

ECHOS OF EXCELLENCE



CF DAV
Leading Through Innovations



CHAMPIONS

**Class 10 Students Soar
to New Heights!**

Striving to Excel, Again and Always

Editorial

"The greatest service to mankind is to impart knowledge and awaken the soul."

— Swami Dayanand Saraswati

Inspired by these profound words, the months from April to June at our institution have been a celebration of learning, growth, and unity. We began the new academic session with a sacred Hawan, seeking divine blessings for a successful and enriching year ahead.

Co-curricular activities flourished, offering students platforms to explore their talents through various competitions, nurturing their creativity and confidence. A shining achievement during this quarter was the outstanding 100% result by our Grade 10 students in the board examinations — a reflection of their diligence and the unwavering support of their teachers.

To meet the needs of our growing student body, new sections were introduced in Classes II and III, enabling more focused attention and enriched learning experiences.

Leadership skills were nurtured through the School Council Elections, encouraging students to step into roles of responsibility and contribute positively to the school community. A civil defense mock drill was also conducted, equipping students with essential knowledge about safety and emergency preparedness.

As we continue this journey, let us uphold the ideals of discipline, creativity, and leadership. Guided by the timeless vision of Swami Dayanand ji, may we strive for excellence in all we do, with courage in our hearts and knowledge lighting our path.

Editorial Team

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Interesting Podcasts

YOUNG READERS

1. The Famous Five and the Forgotten Treasure by Chris Smith, inspired by Enid Blyton.
2. My Nest is the Best by Niyatee Sharma.
3. A Dog named Bob and a Cat named Kit by Namita Gokhale.

TEEMING TEENAGERS

1. People Like Stars by Patrice Lawrence.
2. The Temple Bell Mystery by Nalini Varanasi.
3. The Adventures of Feluda by Satyajit Ray.

"You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot it's all there. Everything influences each of us, and because of that I try to make sure that my experiences are positive."

— Maya Angelou

Dear readers

Welcome to a New Beginning! Session 2025-26 commences with a renewed vigour and vitality. All of a sudden, we can sense the enhanced confidence level of our children. We feel really blessed to observe new leaves unwrap as the session advances.

We are delighted to share that in CBSE 2024-25 examination, four students topped the school by ranking above 90s. Highest was 96.4% scored by Kinshika Jain. We achieved 100% result, enhancing our QPI (Qualitative Performance Index) even further. This year one of our

From the Principal

students scored 100 marks in Sanskrit and many scored in the nineties in most of the subjects. Every session is committed to some innovation and creativity. We are scheduled with Art Exhibition this session for Classes I-X. Our planning and efforts are in full swing and our aim is to showcase the immense creativity and sensibility of each one of our students. With this, I hand over this first edition of Session 2025-26 for your reading and feedback.

Looking forward to another enriching session!

Smita Ghosh

Principal



"The Earth is what we all have in common — let's nurture it together!"

To honour World Environment Day, CF DAV Public School, Gadepan, bloomed with the spirit of care, responsibility, and gratitude. From our tiny tots in Nursery to the enthusiastic students of the secondary section, every child planted a sapling dedicated to their beloved mothers, the guiding light and nurturing force in their lives.

This green gesture was more than just an act of planting — it was a tribute, a promise, and a celebration of life. Inspired by the theme, "For My Mother, For Mother Earth," even parents joined in, planting saplings in the name of their mothers, turning the event into a beautiful symphony of love and sustainability.

Through this initiative, our young environmental champions learned that caring for nature is just another way of caring for the ones we love. The event left behind not just greener corners on our campus but also greener thoughts in every heart.

"Plant Today, Protect Tomorrow!"

Let's continue sowing seeds of change — for a greener, cleaner, and kinder planet.





International Yoga Day Special

Yoga : A Superpower for Your Body and Mind!

By : RISHI AGNIHOTRI

Every year on June 21st, people all over the world roll out their yoga mats to celebrate International Yoga Day. But did you know that *you* yes, you can also be a yoga champion? Yoga isn't just for grown-ups. In fact, it's *perfect* for children too! Whether you're in school, at home, or on the playground, yoga can help you grow stronger, feel calmer, and even smile more.

What is Yoga, Really?

Yoga is an ancient practice that began in India over 5,000 years ago. It includes:

- Stretching your body into different fun poses (like becoming a cat, boat, or even a mountain!)
- Breathing deeply and calmly
- Being mindful and focused
- Relaxing and feeling peaceful inside

You don't need to be super flexible or athletic to start yoga. All you need is your body, your breath, and a little bit of curiosity!

Why Yoga is Awesome for Children

Now that Yoga Day has passed, let's remember *why* it's worth keeping yoga as part of our daily lives. Here are some superpowers yoga gives you:

• A Stronger, Healthier Body

Yoga keeps your muscles and bones strong and flexible. It helps with your posture, balance, and coordination too which means you'll move

better in sports, games, and everyday fun.

• Sharper Focus and Better Learning

Yoga helps your brain concentrate. If you practice regularly, you'll find it easier to stay calm during tests, listen better in class, and remember more of what you learn.

• A Happier Heart

Feeling upset? A few deep breaths or a relaxing pose can help you feel better. Yoga teaches you how to manage your emotions, which makes life a little easier and a lot more joyful.

• Better Sleep

Doing yoga in the evening helps your body relax and your mind slow down. This makes it easier to fall asleep and wake up feeling refreshed the next morning.

• More Confidence and Kindness

Yoga helps you feel good about yourself. When you hold a pose you couldn't do before, or breathe through a challenge, you learn to trust yourself. It also teaches kindness to your body, your friends, and even the world!

Try This Mini Yoga Flow:

Here's a short, 5-minute routine you can do at home:

1. Mountain Pose: Stand tall like a mountain. Breathe in and out slowly.
2. Tree Pose: Balance on one leg and place your other foot on your calf or thigh. Raise

"Yoga teaches you how to manage your emotions, which makes life a little easier and a lot more joyful."

your arms like branches!

3. Cat-Cow Pose: Get on hands and knees. Arch and round your back slowly.
4. Butterfly Pose: Sit, put your feet together, and flap your knees like wings.
5. Relaxation Time: Lie down, close your eyes, and take 5 deep breaths. Feel your whole body relax.

Keep Yoga in Your Life All Year Long!

Yoga Day is a great reminder, but the real magic happens when we *keep practicing*. Just 5-10 minutes a day can help you:

- Start your day with energy and focus
- Calm down when you feel upset or angry
- Relax before bedtime
- Connect with yourself body, heart, and mind

You can even make it a family habit. Yoga time together can be fun and peaceful! Just like brushing your teeth or eating healthy food, yoga is something that helps you every day!

Hellen Keller-An Inspiration for Us

Helen Keller's (1880-1968, Tuscumbia, Alabama) life story continues to inspire millions worldwide, demonstrating that with determination, perseverance, and the support of others, individuals can overcome seemingly insurmountable obstacles and achieve greatness. Her life serves as a powerful reminder of the human capacity for resilience and the importance of hope and faith.

At 19 months old, Keller contracted an unknown illness described by doctors as "an acute congestion of the stomach and the brain", which is now thought to have been scarlet fever or meningitis. The illness left her both deaf and blind. Despite this profound loss, Keller, with the help of her teacher Anne Sullivan, learned to communicate, excel academically, and become a world-renowned author, lecturer, and activist. Keller authored several books including her famous autobiography, "The Story of My Life." She was also a powerful advocate for people with disabilities, speaking out against injustice and working for social change. She

enjoyed swimming, sailing, canoeing, horseback riding and tobogganing.

Inspiring Lessons Learned from Helen Keller

"The best and most beautiful things in the world cannot be seen or even touched they must be felt with the heart."

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

"What I am looking for is not out there, it is in me."

Many people spend their entire lives chasing the next "big thing" thinking that some thing or person out there is going to make them happy and bring them fulfilment. Helen recognized early on that happiness was not found but rather created. Happiness and confidence were attributes she championed from within, not things she would magically find one day if she searched long and hard enough.

Courtesy- Google Art & Culture, <https://faithcounts.com/5-inspiring-lessons-learned-helen-keller/>



Exploring, Expressing, Enjoying – Pre-Primary at Its Best

Our school recently organized a series of engaging activities for our pre-primary students (Nursery, LKG, and UKG), making learning fun and interactive. Helpers' Day was a special event where children dressed up as doctors, teachers, and police officers, exploring different professions through role-play and storytelling. It was a great way to help them appreciate the role of community helpers. The excitement continued with hopscotch, which encouraged balance and number recognition through play.

Beading enhanced creativity and fine motor skills as children crafted colorful patterns. Pattern matching sharpened logical thinking, while the Spell Bee introduced new words in a fun, confidence-building format. These activities, conducted in small groups across the pre-primary classes, fostered teamwork and social bonding. The joy and enthusiasm seen in the children made the experience truly memorable, leaving them with valuable lessons and happy memories.



Jumping into Fun with Hopscotch



Little Spellers, Big Thinkers!



Tiny Hearts, Big Thanks: Helpers' Day Celebration



Beading Joy in Every Thread



Class IX Assembly

Mistakes are Opportunities to Learn- Mistakes have the power to turn you into something better than you were before



Class X Assembly

Advantages and Disadvantages of AI

The most important role for humans will be to ensure that the rise of the AI doesn't get out of hand



Brainpower & Spelling: The Ultimate Test

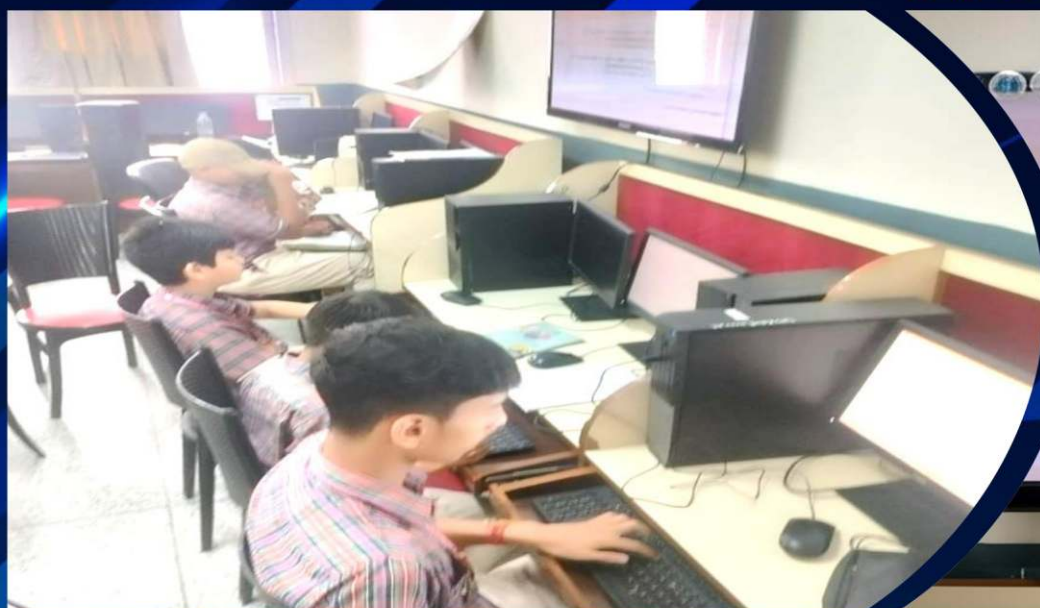
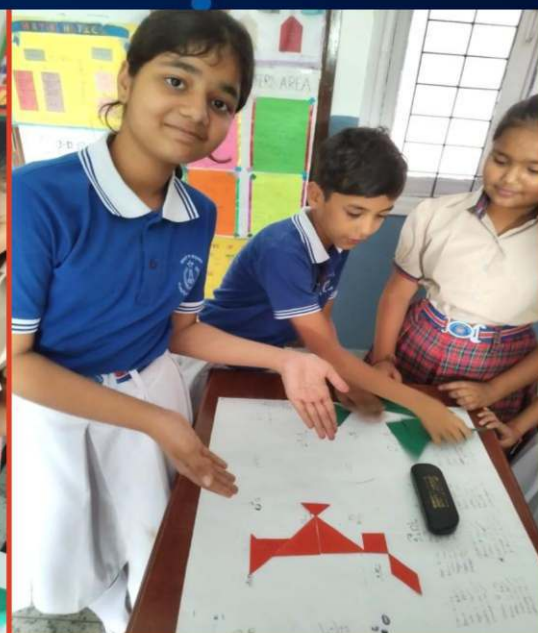


Science Comes Alive: The Role-Playing Showcase!



Little Voters - Big Impact : Students Council Elections



CLUBS IN ACTION**I.T. Club****Introduction to
Python Programming****Raman Club****Maths Club****Literary Club**

Art Club**Scouts & Guides Club****In the Rhythm of Tradition: Odissi by Parvat Swain with his Troupe & Abhishree**

With Courage and Commitment: Career Talk by Army Officer Capt. (Dr.) Nischay Pratap Singh



Mahatma Hansraj Jayanti Celebrations



Ready for Emergencies: Mock Drill at School



Beyond Books: Co-Curricular Carnival

