

### Editorial

Dear School Community,

As we find ourselves navigating the midpoint of the academic year, it's an opportune moment to reflect on the journey we've embarked upon together. In the tapestry of education, each day we weave brings forth new experiences, challenges, and triumphs that contribute to the vibrant fabric of our school community.

This year has been marked by resilience and adaptability, qualities that resonate within our student body and faculty. In the face of unforeseen circumstances, we've collectively risen to the occasion, embracing change as an opportunity for growth and learning.

The dedication of our teachers continues to be the cornerstone of academic excellence. Their unwavering commitment to nurturing inquisitive minds and fostering a love for learning is commendable. Students, too, have demonstrated commendable tenacity, showcasing not only academic prowess but also a myriad of talents that enrich our school's cultural tapestry.

Beyond the academic realm, the spirit of community prevails. Various extracurricular activities, virtual events, and collaborative initiatives have kept our school alive with energy, even in these unique times. It's heartening to witness the diverse talents and passions that make our school a dynamic and inclusive space.

As we move forward into the remainder of the academic year, let us continue to support and uplift one another. Each individual is an integral part of our school's narrative, contributing to the collective success of our community. May the coming months be filled with continued growth, shared accomplishments, and a sense of togetherness that defines our school spirit.

Wishing everyone a fulfilling and successful continuation of the academic year.

Warm regards,

### Editorial Team

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Student Editor

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### Interesting Podcasts

#### YOUNG READERS

- <https://podcasts.apple.com/in/podcast/ba-algatha-bedtime-stories-and-fables-for-children/id1116571844?mt=2> DANGAL JUNGLE (English)
- <https://purplerocketpodcast.com/-> CAMP DINO (English)
- <https://podcasts.apple.com/in/podcast/fair-ytale-of-india-by-gaathastory/id1224505389?mt=2> ANANSI GIVES PEOPLE STORIES (English)

#### TEEMING TEENAGERS

- <https://www.storynory.com/a-christmas-carol-part-one/>
- <https://www.storynory.com/a-christmas-carol-part-two/>
- <https://www.storynory.com/the-dutch->

“The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can.”

—Neil Gaiman

Dear readers

It is time to review the last quarter of the year! At the onset, let me thank all our stakeholders for making our Annual Function a huge success. This time we took a big step of presenting two separate functions, one of Seniors “Doordarshan” (III-X) and another of Juniors “Maa” (Nursery-II). We maintained our policy of 100% participation and no child left behind thought. It was wonderful to note that many children and parents adjusted their holiday plans so that the child could participate. On the D Day, it was not only the Annual Presentation of the School, but also an inspiring showcase of the unwavering enthusiasm and the

### From the Principal

unlimited talent of our children.

What was worth observing was that the children played active role in all areas of the function, be it management, costume, props or logistics. They stood shoulder to shoulder with their educators. The unparalleled efforts put in by the school staff is also heartening. I really feel proud to be the mentor of these amazing learners and educators.

This edition of Pulse is filled with numerous feats by the students in DAV Sports Tournaments 2023, Interschool Events, activities, etc.

Happy Reading!!

Smita Ghosh

Principal

### EXCLUSIVE



## Eye-opening Session on Drug Awareness for IX & X Graders!

### Unveiling the Secrets of a Healthy Lifestyle

In a bid to empower our students with knowledge and resilience, Dr. Rakesh Kumar Sharma took center stage to tackle the critical issue of drug addiction. The session, exclusively tailored for IX and X graders, was a riveting experience that brought awareness to the forefront.

#### Highlights:

**Informative Insights:** Dr. Rakesh delved into the world of drugs, providing a comprehensive understanding of their impact on physical and mental well-being.

**Interactive Dialogues:** Engaging discussions allowed students to voice their thoughts, turning the session into a dynamic exchange of ideas.

**Real-Life Stories:** Unveiling the realities of drug abuse through gripping real-life examples, Dr. Rakesh connected with students on a personal level.

**Coping Strategies:** From stress to peer pressure, the session equipped students with essential coping strategies and alternatives for a healthier lifestyle.

#### Conclusion:

Dr. Rakesh Kumar Sharma's dedicated session for IX and X graders was an enlightening experience. Through informative insights, interactive dialogues, and real-life stories, he comprehensively addressed the impact of drug addiction on physical and mental well-being. The engaging discussions allowed students to actively participate, turning the event into a dynamic exchange of ideas. Moreover, by unveiling the harsh realities of drug abuse through gripping examples, Dr. Rakesh connected with students on a

personal level.

Notably, the session went beyond awareness, equipping students with coping strategies to handle stress and peer pressure. The emphasis on alternatives for a healthier lifestyle adds a practical dimension to the initiative. In conclusion, this exclusive event stands out for delivering a powerful message. Dr. Rakesh's session has left an indelible mark on the students, fostering a culture of awareness and responsibility that extends beyond the classroom.





## Proud Moments for CF DAV!

## DAV ZONAL LEVEL SPORTS

DAV Zonal Level Tournaments was held at

1. Shabd Lakchura-Discus throw-Silver
2. Athletics-Silver
3. Shreyas Raj Pandey & Kartik Mehra Qualified for Nationals.



## NATIONAL LEVEL QUALIFIERS

SAHODAYA INTER SCHOOL  
BADMINTON TOURNAMENT 2023-24

Runner Up, Sahodaya Inter School Badminton Tournament 2023-24 organised at Bansal Public School on 21-23 December.

1. Arav Pratap Singh
2. Suraj Patel
3. Abhimanyu Singh Bhadoria

LAURELS AT DAV SPORTS CLUSTER  
LEVEL TOURNAMENTS- Girls U-14/17/19

DAV Sports Cluster Tournaments for girls was held at DAV Kota on 2-3 December, 2023.

Following is our Golden Trail:

1. Under 19- 1500 m Gold -Somya Sharma
2. 800 m Silver -Somya Sharma
3. 400 m Silver - Aarju Bano
4. 200 m Silver - Yashika
5. 100 m Silver -Khushi Patel
6. 4×100 m relay Gold - Khushi Patel, Komal Sen, Yashika, Somya Sharma
7. 4×400 m relay Gold - Khushi Patel, Aarju Bano, Somya Sharma, Yashika
8. Long jump Gold - Khushi Patel
9. Under 17- Badminton Gold - Singles and Doubles- Ravina Gadri, Kalpita Suman, Vanshika Mandawat, Shreya Gupta
10. Athlete of the Day- Somya Sharma
11. Our Chess, Yoga and WUSHU teams of Girls directly to Zonals.



## Wushu Champions at State Level Competitions (Bronze Medals)



**Arzoo Bano**  
(Weight Category 40 kg)



**Joya Khan**  
(Weight Category 65 kg)



**Ara Khan**  
(Weight Category 65 kg)



**Priyanshu Meena**  
(Weight Category 40 kg)



**Umesh Malav**  
(Weight Category 70 kg)

Interschool Competitions  
at Modern School

Princy Kumari secured the 2nd prize in the Senior Category for Classical Dance, while Bhumi and Mekanshi actively participated in the Dance competition. Additionally, Mahi Nagar and Tanu Kumari secured the First prize in the Rangoli-making competition at Modern School, Kota.

Their remarkable accomplishments in these diverse artistic endeavors reflect both individual talent and the school's commitment to fostering a culture of excellence.





# CFDAV's Rising Stars Shine

## A Kaleidoscope of Participation at Kota in Various Interschool Competitions



### 'If—'

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise ...

If you can dream—and not  
Make dreams your master;  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

By Rudyard Kipling

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;

If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And—which is more— you'll be a Man, my son!

|| 'If—' is a poem that ranks among Rudyard Kipling's most beloved works. He originally wrote the poem in 1896, in response to a failed British military operation that had occurred in South Africa the previous year. However, he first published it as a part of his 1910 book, Rewards and Fairies, which is a work of historical fantasy that features a series of related short stories interspersed with poems. The poem's speaker is a father who addresses his son, dispensing paternal advice about what it means to be a man. The speaker is therefore keen to communicate his ideal vision of masculinity. The key masculine virtues outlined by the speaker include levelheadedness, self-assurance, humility, and perseverance. Stoicism looms large in this poem— that is, the acknowledgment that, whilst you cannot always prevent bad things from happening to you, you can deal with them in a good way.



## FANCY DRESS COMPETITION



## DIWALI CELEBRATIONS





## CHRISTMAS CELEBRATION



## ORIGAMI ACTIVITY





## SCHOOL EXCURSION

### The Garden of Joy : City Park, Kota (Oxygen Park)





## CBSE SCIENCE EXHIBITION AT AJMER Project on Smart Railways



## SCIENCE EXHIBITION AT MODI PUBLIC SCHOOL, KOTA Project on Smart Helmet



## DAV CBP ENGLISH WORKSHOP AT CF DAV GADEPAN





## SCIENCE CLUB - STUDY OF CLASSIFICATION OF PLANTS

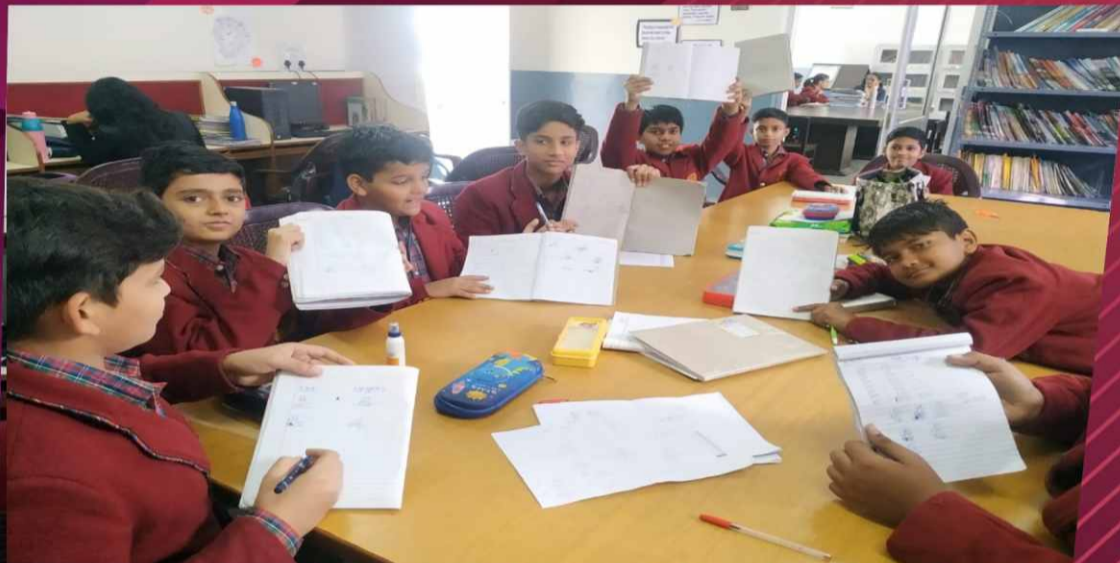


## ICT CLUB





## MATHS CLUB

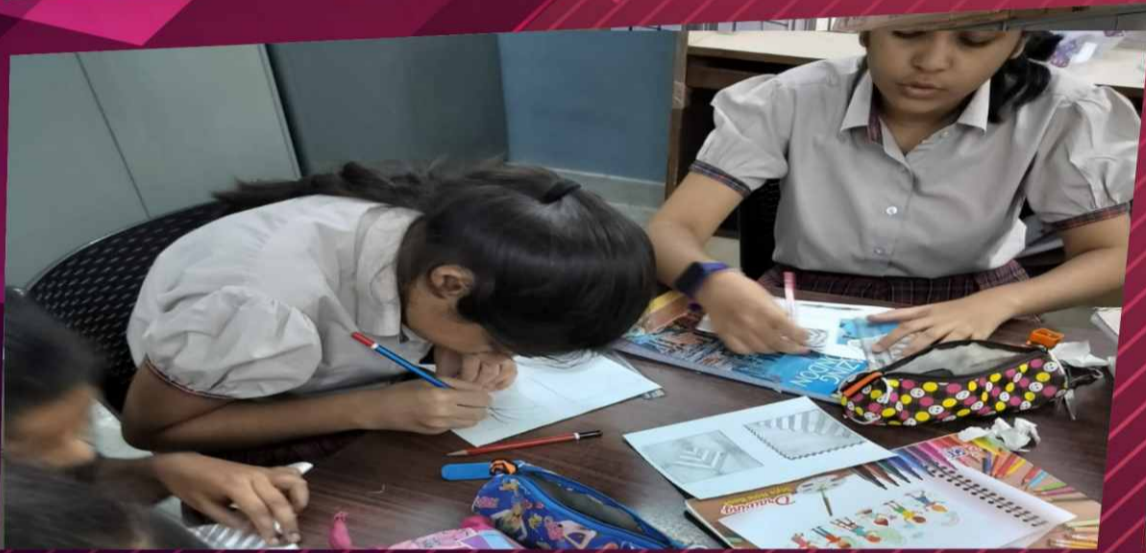


## PERFORMING ART CLUB





## ART CLUB



## SPORTS CLUB





## EMPOWERING CHILDREN WITH METAVERSE EXPERIENTIAL LEARNING



### SPIC MACAY WORKSHOP

Mohiniyattam by Divya Warier





## GLIMPSES OF CO-CURRICULAR ACTIVITIES

