

EDITORIAL

Hello everyone!
Happy New Year

CF DAV warmly welcomes you to the third edition of its school news letter "Pulse".

The beginning of 2023 is at its heart a fantasy of newness and clean slates-of the chance to do things differently and with more attention.

With the commencement of this new year- new dreams, new hopes, new aspirations are also unfolding.

We appreciate your support and feedback. We hope going through this news letter is as enjoyable for you as it is for us in bringing it to you.

Happy Reading!

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My Reading List

Young Readers

1. Where the Red Fern Grows-Wilson Rawls
2. The Kid who Came from Space-Ross Welford
3. The Secret Garden-Francis Hodgson Burnett

Teeming Teenagers

1. You are Born to Blossom-Dr. APJ Abdul Kalam
2. The Outsiders-S.E. Hinton
3. The World as I See It-Albert Einstein

FROM THE PRINCIPAL

"The arts push us to new frontiers of innovation. They open our eyes to new ways of seeing, thinking, and doing. And they are a means for creating the world we all want to live in, where everyone has access to new opportunities and the channel for their dreams to be realized."

— Jane Chu

Dear readers

Greetings!

This quarter has been abuzz with many activities and most importantly, our Annual Day Celebration and Sports Day, which were the first post Covid. It was a truly hectic time for my young ones and the entire school, but the fruit

tasted very sweet. Due to your belief and immense support, we were able to achieve many firsts. Thank you all for appreciating our efforts!

This issue gives you a glimpse of the celebrations, activities and some new areas of technology that we stepped in. I put forth the quarterly newsletter for your kind reading. Hope you will like it!

Looking forward to an enthusiastic response!

Best wishes!

Smita Ghosh

(Principal)

When you refuse to REUSE, It's the EARTH You ABUSE



Looking at the need of the hour, a workshop on Solid Waste Management was organised for the students of grades VII to X. The Principal, Ms. Smita Ghosh took to explaining this global issue.

The main objective of the workshop was to educate students and provide them with holistic understanding of Solid Waste Management (SWM) issues, ill effects of bad/wrong practices of SWM, best practices of SWM and importance of proper sanitation.

The students learnt the 5R principle- refuse, reduce, reuse, recycle and rot. Try to reduce the use of all non biodegradable substances. Try to reuse the reusable substances. Try to



recycle things such as plastic. They also came across various handmade materials reusing things such as tetrapacks, used jeans etc. Through this workshop students have come to know many ways of how various materials are segregated, processed or recycled.

The main point that has been conveyed through this workshop was to reduce the waste produced so that we won't have to segregate it. Zero waste is a powerful program and we hope in the near future India can stand tall as a zero waste country. The workshop was interesting, interactive, engrossing and an eye opener for all. We will surely use these easy steps to manage waste and save our future !!!



Every name is called a NOUN



"Every name is called a **NOUN**,
As field and fountain, street and town;
In place of noun the **PRONOUN** stands,
As he and she can clap their hands;
The **ADJECTIVE** describes a thing,
As magic wand and bridal ring;
The **VERB** means action, something done -
To read and write, to jump and run;



How things are done, the **ADVERBS** tell,
As quickly, slowly, badly, well;
The **PREPOSITION** shows relation,
As in the street, or at the station;
CONJUNCTIONS join, in many ways,
Sentences, words, or phrase and phrase;
The **INTERJECTION** cries out, 'Hark!
I need an exclamation mark!'



To bring about holistic development of each child, the school provides ample opportunities to the students for aesthetic, and creative expression through a wide range of experiences. A vibrant and splashy Fancy Dress Competition was organized in the month of October on the theme Nursery Rhymes & Story Characters.

The children also celebrated Navratri in school by drawing 'Ravana' and performing garba wearing their bright colorful festive attires.

They prepared delicious sandwiches & biscuit-toppings under the guidance of their teachers during Non- Fire Cooking time in the month of November and learnt decorating Diyas and Candles as our focus is to develop their skills to make them self-sufficient. December started with Origami followed by Painting competition organized for the tiny tots. We celebrated Red Day & Christmas on the last day in school before the commencement of winter vacations.

CHRISTMAS CELEBRATION



NAVRATRI CELEBRATION



FANCY DRESS COMPETITION



TOY PARTY



NON-FIRE COOKING



ORIGAMI



DIWALI CELEBRATION



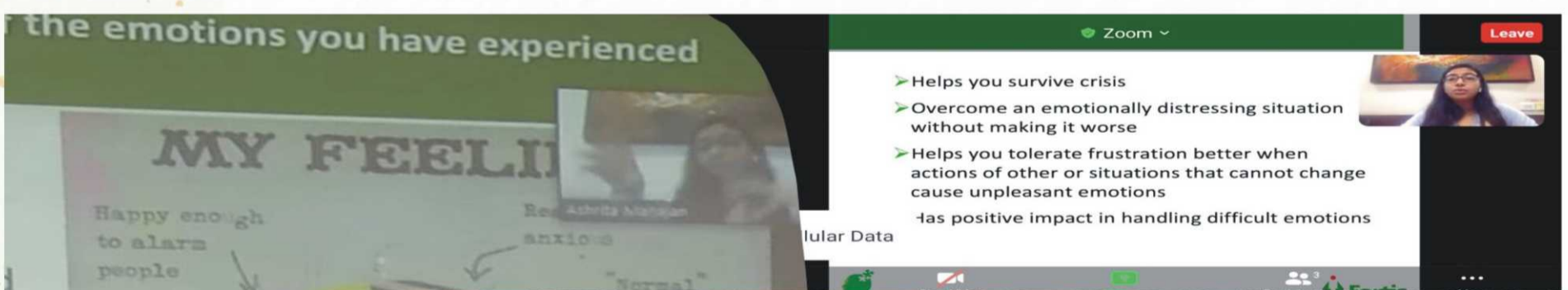
COLOURING COMPETITION



WORKSHOP ON EMOTIONS COACHING

In modern times, with so much exposure to the social media and uncontrolled influences in students' lives, it is essential to create awareness so that our young ones understand their responsibility in keeping themselves Emotionally and Physically safe. In effort to provide a suitable hand holding to the children, we have collaborated with the Department of Mental Health and

Behavioural Sciences, Fortis Healthcare for a string of workshops for children. A virtual workshop on Emotions Coaching-Skills to Build Stress Tolerance by Ms. Ashrita Mahajan, who is a Counseling Psychologist with Fortis Health Care was conducted for the students of Grades VI-X.



SOLUTION OF SUDOKU-II

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7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9



WORKSHOP ON SAFE & UNSAFE TOUCH

A workshop on Safe and Unsafe Touch for grades II-V was conducted by Ms. Aleena Ali, who is an Arts based Therapist at Fortis Healthcare. The children were explained the differences between the nature and

intention of each touch. They were also encouraged that they should be sharing any thought or concern with their parents. At the end, they were also guided how to combat in case such a situation arises.



WORKSHOP: SPIC MACAY

Our school, in collaboration with Spic Macay, organised a Bharatnatyam performance by renowned soloist, Dr. Mandakranta Roy from Tripura. Students of Grades V to X attended this workshop cum performance bonanza. Dr. Roy taught the students the meaning and the

significance behind the major mudras and poses of this classical dance form. The students even performed along with the amazing dancer. It was a great learning and exposure to our rich cultural heritage.



WORKSHOP: ART & CRAFT

School had organized an online Art & Craft workshop for our students of grade III in November. The objective of the workshop was to provide limitless opportunity to the little ones to explore their imagination & creativity.

The highly talented & experienced resource person Ms Preeti Sinha from Mumbai guided the students to make lovely 'Wall Art' using clay and colours. All the kids created that enthusiastically in their own different creative way. The workshop was totally filled with fun, energy & passion.



METaverse 360 VR EXPERIENCE

Sharing some moments of the Metaverse 360 VR experience that was conducted for grades VII to X. Students travelled to mars through Metaverse 360 degree VR films. Metaverse 360 Degree VR films are immersive pieces of Virtual

Reality content. It takes you on an adventure which feels like you've left the physical realm and actually travelled to a different location. There's really no better way to experience a story than VR films.



SCIENCE EXHIBITION

Two-days Science Exhibition of Central Board of Secondary Education was organized at CBSE Bhupal Nobles Public School, Udaipur on 9-10 December 2022. In this exhibition, children from 62 schools of zone participated and displayed 110 models. Children's interest in science was visible in each model. Four students of our school participated in this exhibition under the guidance of

K.K. Kumawat and Rashmi Gautam. Grade X students Sarvesh Kumar and Vansh Jain presented Smart Road Model in Group category featuring Science theme and Grade VII students Yashvardhan Singh and Sanskriti Sharma presented Electricity Production through Human Waste Model in Group featuring Mathematics theme II. The guests appreciated the scientific aptitude of all the children.



EDUCATIONAL TOUR

Under the Educational Excursion, the students of Grades 9 -10 were taken to Kota Abheda Palace, Zoological garden and Trikuta Devi Temple. Three teachers of the school accompanied them on the excursion.

Here the students got a lot of information and thoroughly enjoyed the tour. This educational tour was a wonderful experience for the students.

