



# E-GENESIS

THE SCHOOL NEWSLETTER  
OCTOBER 2021



## E-GENESIS

The School Newsletter  
MPS INTERNATIONAL



### The Editorial Team

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# From the Desk Of...

## Honorary Secretary

Whose Shoes Are These?



Funny how you'd ask a kid today what he/she'd like to be when they grow up and they'd say, 'I want to be like my daddy or like my mummy.'

You ask the same question to teenagers and you'd hear them saying they want to be like R.Kelly or Obama; like Dora Akunyili or Beyonce.

These people are great in their own rights, yes they are; read the papers, but that's not enough reason to spend your time living out a life just trying to be an image of another person.

This same question is not just limited to kids and teens, ask adults, business men/women and they'd also tell you they want to be like Bill Gates or Ellen Sirleaf Johnson.

We all have people as role models, who we want to be like.

Folks, we live in a world that is populated with more than a billion people. If you doubt me, ask the Chinese. Different people from different backgrounds, some are born with silver spoons and others with no spoon at all. We live in a world of challenges and solutions, obstacles and stepping-stones, depending on where you're looking.

Most of us spend our time and energy looking for shoes to fit into, leaving ours behind, trying to live life and act the way our role models do. It's good but that's not a determinant factor that we'd be like them, because we'd be surprised that we'll come-up short of our expectations if we spend such energy chasing the wind.

Success is 2% gift and 98% hard work, so it goes to reason that we all have this 2% in our genetic make-up but we need to put in work, carving out the spoons that we missed at birth.

Now, I'm not trying to say it's bad to want to be like somebody else, all I'm trying to say is that's not the main reason why you came to earth. You didn't stumble here from space; God placed you here for a reason.

Now to share a personal thought: I'd say God created you, giving you an empty book to write your life in. So while we are here writing our life story, I wouldn't want your book to be filled with how so-so and so is but rather how 'I is'.

For as you go around trying out people's shoes, who's going to try yours? Even if you don't make it big in life, console yourself with the thought that at least your shoes are worth trying out.

Have a great day !!!!!

**Nirmal Dargar**  
**Secretary (MPS International)**



# From the Desk Of...

## Respected Principal



Don't Spend Today Living In The Past

Today Is Something New

The height of your brilliance does not depend on the size of your head, rather it depends on the limits you're willing to break to achieve excellence.

Creativity puts the world in your head and foolishness puts your head in the world.

Have you ever wondered why the world revolves and rotates while you don't even feel it moving? If you understood all the mysteries of life, you'd be a mystery yourself.

We are just a breath less to the other end of our hyphen. What have we done to make our hyphen thick? There's nothing you can't do; there's everything you should do so that when that time comes, our deeds will pave the way into the other life where it's an endless hyphen.

Every good deed you do on earth is like a brick you lay in heaven. Some of us have laid firm foundations, others have built their houses, others can't even afford straws and most don't even want a house in heaven.

I don't know how far I've built mine but I know this; I want to build a beautiful world. It is not the length of your prayer that determines its efficacy, it's the strength of your faith that does.

Befriend that shadow that is you. Be proud of who you are. Don't spend life trying to live in someone else's shadow. Like trees, we grow inwards.

Grow, bloom and shine.

Today is described as something new; don't spend it living an old life.

**Archana Singh**  
**Principal (MPS International)**



# From the Desk Of...

## Respected Vice Principal



### Perspective

Look around you and you will be amazed at what you see. We take so much for granted because we focus on the parts of our lives that are hard or unfulfilled.

But if we really stop to look at what we have...we are truly blessed. Others would only dream to have what we take for granted.

- The homeless person wishes to have that little house you wish were bigger.
- That mother who lost her son would do anything to deal with that defiant child.
- The Father that cannot feed his three kids would love to go to the job you hate.
- The woman riding her bike 10 miles to work wishes to have the car you want to trade in.
- That orphan child wouldn't mind the mother that makes him clean his dirty room.
- The crippled adolescent would love to climb that flight of stairs you dread.
- The woman in the hospital dying of cancer wishes to rush home after work to cook her family a meal.

You see it's all in how we look at things.

If we start to look at our lives with the right perspective and focus on the blessings, we will be filled with gratitude. To focus on what we have and not on what we don't is the best way to live. In the end, the biggest joy and blessing is love. If you look hard enough, you'll be amazed at how much love surrounds you and how much you truly have. What you have today you will miss someday.

**Manju Sharma**  
**Vice Principal (MPS International)**



# The School News

## STUDENTS WISHED ON VARIOUS OCCASSIONS

The School wished and greeted all its students on various occasions and festivals like National Unity Day, World Student's Day, Mental Health Day, Durga Ashtami and many more. The importance of these days and festivals was also conveyed to the students through these wishes.

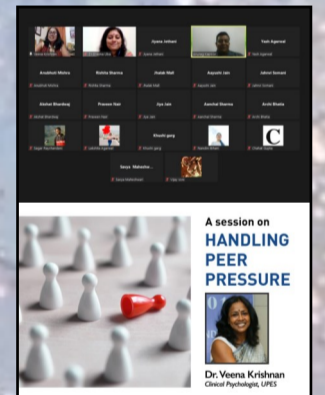


## RESOLUTIONS TO FOLLOW PRINCIPLE OF GANDHI JI AND SHASTRI JI

On the occasion of the birth anniversary of Mahatma Gandhi and Lal Bahadur Shastri - Bhajan, Poetry Recitation, Slogan Writing, Motivational Context and Speech Competitions were organized in the school. Students enthusiastically participated in these competitions. On this occasion, School Secretary Mr. Nirmal Dargar and Principal Ms. Archana Singh motivated the students to adopt the principles laid down by Mahatma Gandhi and Lal Bahadur Shastri in the present circumstances.

## WORLD MENTAL HEALTH AWARENESS DAY

World Mental Health Day was celebrated in the school on 10th October 2021. On this occasion, a session was organized through an online medium for students of classes 10th, 11th and 12th. The Chief Guest of this session was, Dr. Veena Krishnan, a clinical psychologist from UPIS University. Dr. Krishnan informed the students about problems faced by children due to peer pressure in adolescence and how to handle it so that they can avoid unnecessary stress and mental pressure. She also said that at this age the brain of a child is influenced by what their friends do. This pressure is sometimes good whereas sometimes terrible. The negative pressure from peers encourages the child to develop bad habits. Positive peer pressure helps children to grow and learn in a good environment.



## DUSSEHRA CELEBRATED WITH ZEAL

On October 15th, an online Dussehra festival was organized in the school. During this, the children made posters of 'Dashanan', a symbol of ego, and told about the glory of Shri Ram. Some children made effigies of Ravana at home. Teachers taught the children about the victory of truth over deception and told the students the whole story about Ram and Ravana and that they should always speak the truth and live in harmony with brotherhood. School Secretary Mr. Nirmal Dargar and Principal Ms. Archana Singh wished everyone a Happy Dussehra and gave a message to the students to leave the path of evil and follow the path of truth.



# The School News

## INTER-HOUSE COMPETITIONS ON DIWALI

Various competitions were organized in the school on the five-day festival of Deepotsav, rangoli lamp decoration, bandanwar card making, poster making, short drama and dance, etc. competitions were organized according to the covid protocol. The participants of the four houses displayed their creativity and artistry by participating enthusiastically in these competitions. The school premises were decorated with Rangoli and attractive lamps. School Secretary Mr. Nirmal Dargar and Principal Mrs. Archana Singh, while wishing the students a happy Diwali, gave them a message to celebrate pollution-free Diwali.



## VIGILANCE AWARENESS WEEK

A special program was organized in the school under Vigilance Awareness Week in which SHO of Moti Dungri Police Station, Shri Surendra Ji Pancholi inspired the teachers and students to follow the rules and regulations in life by administering the oath of integrity to the teachers. On this occasion, famous comic poet Shri Praveen Kumar in his humorous style inspired the students to follow the traffic rules and live life completely stress-free. Along with this, the invited comic poet Shri Surat Ajnabee Ji also played the edge of poetry on many problems of life in a humorous atmosphere. In the era of Beti Bachao, while requesting to save the son, he said in his poem that if the daughters survive, the sons will also be saved. School Principal Ms. Archana Singh expressed her gratitude to all while saying that all of us should also make concentrated efforts to eradicate corruption.



## NAVRATRI DANDIYA PROGRAM

A Dandiya program was organized for the students of classes 1 to 5 in the school on October 28th. Children were dressed in colorful navratri attire and they celebrated the occasion by dancing to dandiya music with full zeal and enthusiasm following all the covid protocols.



# SWEET SEEDLINGS



**KRISH SAKHARNI**  
I - D



**PADMAJA SHARMA**  
III - D

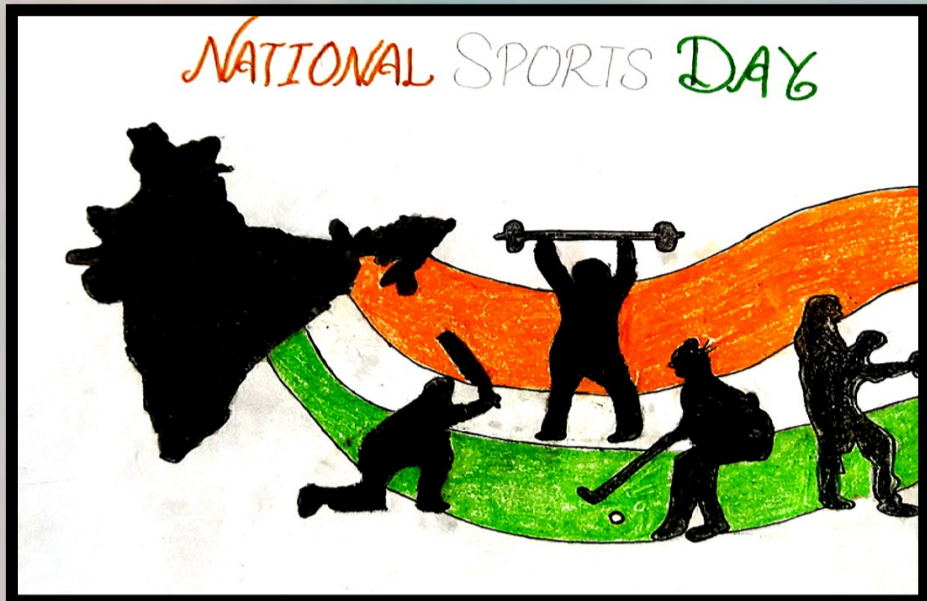


**GARVITA AGGARWAL**



**JAY DADHICH**  
II-E

# SWEET SEEDLINGS



**GARVITA AGGARWAL**

## DIWALI OF MY DREAMS

Here comes the 'Festival of Lights'  
Bringing along beautiful sights.  
Hundreds of diyas light up our world  
And brighten the pink of my dress when I twirl  
The hues of rangoli color our lives  
While the rainbow of happiness thrives  
May Goddess Lakshmi bless us with wealth,  
Happiness, strength, and good health  
Let us all say NO to crackers and fights  
Because here comes the 'Festival of Lights'

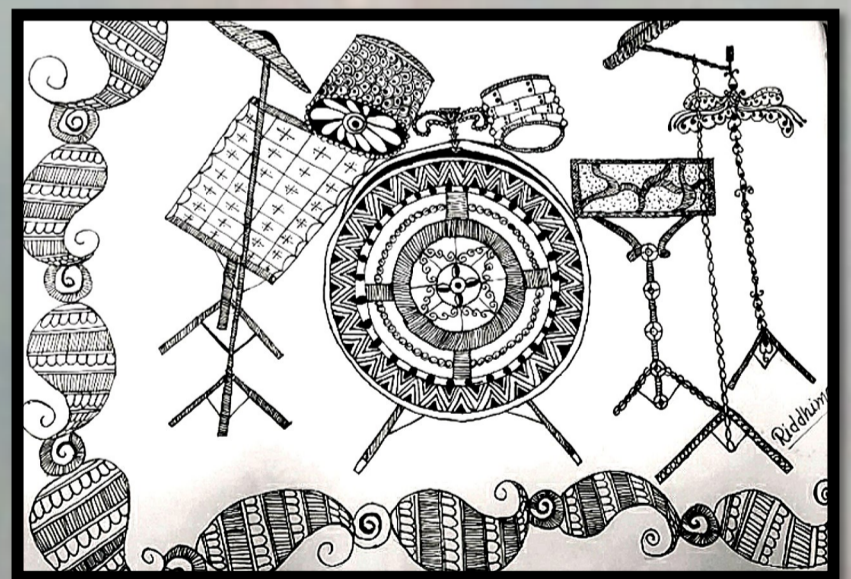
**HIYASHA KHATRI**  
III-B

## TIT FOR TAT

My, I and my cat,  
Sitting on a mat.  
We saw a rat,  
The rat was very fat.  
I run away from the rat,  
My cat ran after the rat.  
She ate the rat,  
This was Tit for Tat.

**PALAKSHI YADAV**

V-G



**RIDDHIMA DADHICH**

VII-A



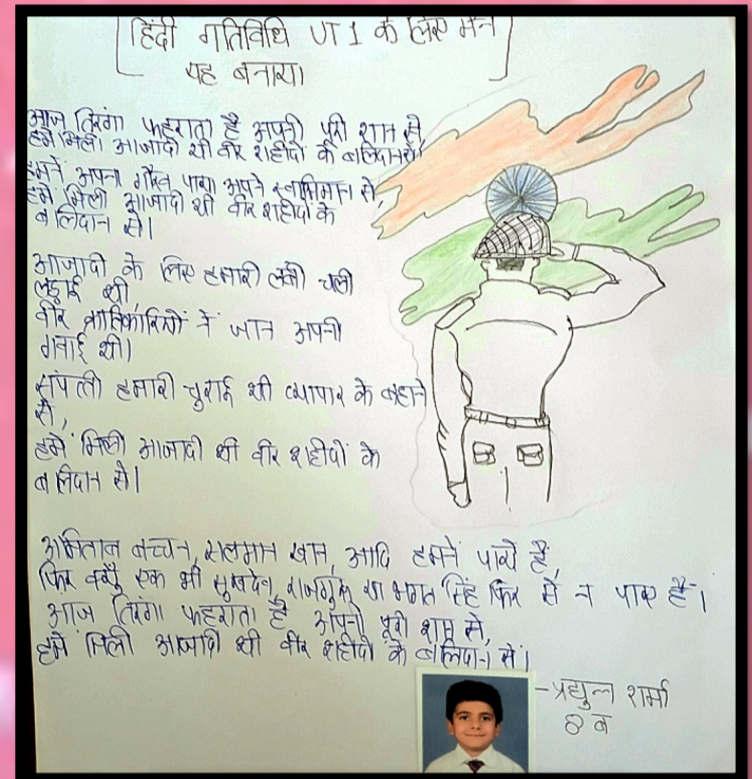
# ENTHUSIASTIC YOUTH

## मेरा भारत

हम हैं सुपूत भारत के,  
हम हैं बंदे ईश्वर के,  
देश हमारा सबसे प्यारा,  
देश हमारा विशाल है,  
ऊंचे हमारे लक्ष्य हैं  
जिसे हम अपना बनाना हैं  
ब्रत मत तोड़ो जीवन का  
लक्ष्य मत छोड़ो जीवन का,  
आगे आगे बढ़ना है  
कदम मिलाकर चलना है  
जिस दिन हमने हमारी मुश्किलों को हरा दिया,  
उस दिन हमें साथ मिलकर जश्न मनाना है  
जिस दिन मुश्किलें पर्वत बनकर आए,  
उसे हमें रेत समान बनाना है  
आगे आगे बढ़ना है  
कदम मिलाकर चलना है  
कदम मिलाकर चलना है।

AVNI BHATT

VIII-B



PRAGATI MOHTA

IX-D

## A FEMINIST IDEAL WORLD

A WORLD WITH

Equality

No misogyny

Unity being the immunity

No cruelty

Liberalism

No sexism

No patriarchy

No beauty standards

No stereotypes

No male or female superiority

ONLY AND ONLY EQUALITY

TWISHA JETHANI

VI - G

## TEACHERS

Teachers are like Pens ,

They give us best thoughts.

Teachers are like pencils,

They draw sketches in our life .

Teachers are like sketch pens ,

They make our life colourful .

Teachers are like erasers ,

They erase bad thoughts from our hearts .

Teachers are like sharpners,

They sharpen our knowledge and mind .

Teachers are like compass,

They draw a perfect future .

TANUJA MAHESWARI

IX - G

# ENTHUSIASTIC YOUTH

## DIWALI

The Festival of Lights, Diwali has been celebrated for many years. Lord Rama returned to Ayodhya on this day after killing the demon king Ravana, according to the Hindu legend. To honor the coming of their monarch, the people of Ayodhya lit oil lamps in the streets and in their homes. Since then, Hindus have continued to celebrate the event with pomp and devotion, as per tradition. It is without a doubt the children's favourite celebration since they get to eat their favourite sweets and dress up in new clothing.

PRATHAM GUPTA

IX-G



TANISHA GUPTA

VIII-B

## स्वच्छता की सीख

राधेश्याम जी का उत्साह चरम सीमा पर था। उनका पसंदीदा त्यौहार दिवाली जो आने वाला था। दिवाली पर बनने वाली मिठाइयों की फेहेरिस्त बना रहे राधेश्याम जी की खुशियों में अचानक खलल पड़ गया जब उनकी पत्नी की 'मधुर' आवाज़ उनके कानों में पड़ी। "मेरे तो कर्म ही फूटे हैं। इस घर में किसी को मेरी नहीं पड़ी। दिनभर काम में खटते रहो।" "अरी भाग्यवान, ऐसा क्या जुल्म हो गया तुम पर जो इतना चिल्ला रही हो?" "अब क्या बताऊँ आपको, पिछले पंद्रह दिन से दिवाली की सफाई कर रही हूँ, साँस लेने कि भी फुर्सत नहीं है और आपके राजकुमार बेटा, उसका तो शरीर ही नहीं हिलता। उससे कहा, जा जा के ये घर का कचरा जा के बड़े वाले कुड़ेदान में डाल आ, तो साहबजादे कहते हैं, इतनी दूर नहीं जाया जाएगा। अब आप ही बताइए, क्या मैं खुद इतनी दूर जाऊँ, काम कर कर के वैसे ही पीठ में दर्द हो रहा है।" "अरे इतनी सी बात, कॉलोनी के कोने में जो प्लाट है खाली, उसमें डाल आओ ना।" यह बात सुनकर उनकी ६ वर्षीय बेटी हंस पड़ी और बोली "पिताजी, सफाई करने से घर में लक्ष्मी जी का वास होता है ना।" राधेश्याम जी बोले "हाँ बेटा।" "तो लक्ष्मी जी जब हमारे घर आएंगी, तो रास्ते में प्लाट पे फैली गन्दगी देख कर ही वापिस लौट जाएंगी। तो ममी की सारी मेहनत बेकार।" उस छोटी सी बच्ची ने बड़े सयानो को इतना बड़ा सबक दिया था।

JIYA GARG

XI - A

# Teacher's Corner

प्यारे बच्चों!

कैसे हैं आप? उम्मीद है स्वस्थ होंगे व कुछ न कुछ क्रिएटिव जरूर कर रहे होंगे क्योंकि बच्चे कभी बिना क्रिएटिविटी के रह ही नहीं सकते। उन में ढेर लगा होता है प्रश्नों का। बहुत कुछ जान लेने की इच्छा और कुछ न कुछ करते रहने की ऊर्जा भी भरी होती है।

ये ऊर्जा यानी एनर्जी बर्न भी होती है और फिर से बनती भी रहती है, ये तो आप सभी जानते हैं।

ये एनर्जी आपको मिलती कैसे है यह भी आप जानते ही हैं?

पौष्टिक भोजन से एनर्जी मिलती है।

अच्छा अपनी दीदी के एक प्रश्न का जवाब दीजिए।

कभी कभी जब सुबह सोकर उठते हैं तो दुबारा से सो जाने या बिस्तर पर ही पड़े रहने का मन किस किस का करता है? सभी का ना ?

लेकिन कभी कभी सुबह उठते ही बहुत फ्रेश यानी ताज़ा महसूस करते हैं, पढ़ने का मन करता है, पूरा दिन खुश खुश गुज़रता है।

ऐसा भी होता होगा न?

हम्म होता है पर सवाल ये है कि ये अलग अलग फीलिंग्स यानी अनुभूति क्यों होती है?

उसका कारण है हमारा खाना, हमारे शरीर, मन व दिमाग का भोजन।

क्या कहा आपने, नहीं समझे?

रुकिए समझाती हूँ।

जब भी हम पौष्टिक, हल्का व ताज़ा खाना खाते हैं तो उसे पचाने में हमारे शरीर की मशीनरी यानी पाचन यंत्र को स्थूल काम करना पड़ता है इसके विपरीत अगर हम डिब्बा बन्द व कूड़ा खाद्य यानी फ़ास्ट फ़ूड खाते हैं तो हमारे शरीर को उसे पचाने के लिए बहुत मशक्कत करनी पड़ती है और हमें सवेरे आलस व सुस्ती महसूस होती है।

तो भई खाते समय केवल अपने स्वाद का ही नहीं अपने पेट का भी ख्याल रखो।

ये तो हुई आपके शरीर के भोजन की बात जिससे आपका शरीर स्फ़टिवान व ताकतवर बनता है। अब जल्दी से आप मुझे यानी अपनी दीदी को वादा करिए कि अब से "फ़ास्ट फ़ूड नहीं सिर्फ़ हेल्दी फ़ूड ही खाएंगे"। अरे भई आखिर आपका शरीर कोई कूड़ेदान यानी डस्टबिन थोड़े ही है जो कुछ भी डालते जाए इसमें।

समझ गए न?

आपके शरीर में ये क्रिएटिविटी व एनर्जी बनी रहे इसके लिए शुद्ध व पौष्टिक भोजन के साथ साथ एक और भोजन चाहिए। शरीर के साथ ही साथ मन व दिमाग को भी तो भोजन चाहिए। अरे भाई! वो भूख थोड़ी रहते हैं ?

क्या कहा ? आपको नहीं पता कि दिमाग व मन को भी भूख लगती है। बिल्कुल लगती है।

मुझे पता है अब आपका अगला प्रश्न होगा, दिमाग व मन की भूख को कैसे मिटाएं?

तो भई, सुनिए, ज़रा अपने कानों की खिड़कियाँ खोल कर, मन व दिमाग की भूख मिटती है अच्छे विचारों से। नहीं समझे?

समझाती हूँ देखो जब हम अपने पसन्द का कोई काम करते हैं जैसे खेलना, पढ़ना, डांस, म्यूजिक, गार्डनिंग, कुकिंग, ड्राइंग वगैरह, इस सबको करते वक्त हमें कितना आनन्द आता है। बहुत मज़ा आता है, आता है न? हम सकारात्मकता व आशा से भर जाते हैं सब कुछ अच्छा व सुंदर लगता है। जीवन उमंग व उत्साह से भर जाता है। ये उस भोजन का कमाल है जो हमने अपने मन व दिमाग को दिया क्योंकि ये आपकी दिमाग व मन की भूख को शांत करते हैं।

हमारे शरीर की तरह ही हमारा मन व दिमाग भी एक विशिष्ट रचना है जो हर इंसान में अलग अलग है। जिस प्रकार हमारे खाने के टेस्ट अलग अलग हैं उसी प्रकार हमारे मन व दिमाग के भी टेस्ट अलग अलग हैं।

तो अपने दिमाग व मन की भूख को समझकर उसे भी भोजन देते रहना चाहिए।

शरीर को स्फ़टिवान बनाएं पौष्टिक भोजन से व मन व दिमाग को जिंदादिल बनाये रखिए अपनी पसन्द की एक्टिविटी के माध्यम से।

इस फेस्टिवल मन्थ में बस यही आपके लिए, आपके तन मन की खुराक है।

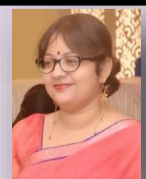
अगली बार कुछ और अलग, कुछ और आपकी ही बात।

तब तक के लिए

जय हिंद।

VIJAYLAXMI JANGID

TEACHER



# Teacher's Corner

*May this Diwali bring more delight; Let this delight stay with us every day and every night.*

*Let earthen lamps be chosen, May the wall between rich and poor be broken. Let us have pity for poor hawkers, To make them feel special, we can be a bit more talkers. We wish to see everyone happy tonight. May this festival of light bring more delight every day and every night.*

*It's time to stay away from adulterated food; homemade bites can surely brighten up your mood. When all family members meet and cheer, we greet everyone far and near. With lights of joy in height and nutrition in diet, May this healthful Diwali bring more delight every day and every night.*

*Let plastic polythenes be removed from every corner, our mother earth be saved from getting warmer. With more contributions from people in the cleanliness campaign, we hope everyone will stop pollution and refrain. Let no crackers show their might and smoke reach any height. May this plastic-free Diwali bring more delight every day and every night.*

*We believe God is one as interpreted in different religions, giving equal respect to all with no specific divisions. Adding love for the country in every heart and voice, serving humanity at its best is a great choice. Let peace and brotherhood among Indians reach a new height. May this green Diwali bring more delight every day and every night.*

NEETA DUSEJA  
TEACHER



## Teacher of the Month



PRIMARY

Ms. Sunita Parashar



SECONDARY

Mr. Prathmesh Khanwalkar

# Student's Corner

A man tells his doctor,  
"Doc, help me. I'm  
addicted to Twitter!"

The doctor replies,  
"Sorry, I don't  
follow you..."

An **Old man** had **8 hair** on his head.  
He went to a Barber shop.

**Barber in anger** asked:  
shall I cut or count ?

**Old man smiled** and said:  
"Colour it!"

**LIFE** is to enjoy with whatever  
you have with you,



## SOME IDIOMS

1. A piece of cake- Extremely easy and straightforward.
2. Break a leg-Good luck!
3. By the skin of your teeth-By the smallest possible amount of time.
4. I could eat a horse-I feel extremely hungry.
5. Cost an arm and a leg- Cost a large amount of money.

Teacher: What is your date of birth?

suleman: October 13th

Teacher: Which year?

Suleman: It is every year!

