



E-GENESIS

THE SCHOOL NEWSLETTER

MAY AND JUNE 2022



E-GENESIS

The School Newsletter
MPS INTERNATIONAL



The Editorial Team

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Yashvi Kasat, Dakshita Tyagi, Radhika Rathi, Vedanshi Khandelwal,

From the Desk Of...

Honorary Secretary



Since years there has been a mundane custom of common teaching methods of mere chalk and board, book reading and incessant writing. But, we have always tried to imbibe better methodologies and interesting teaching learning ways. The incumbent trend of 'intelligent learning' is rife in MPS International and was encouraged during the times of pandemic. As far as the standards to meet with the 21st Century technology, ideology and choice of personnel are concerned, avant-grade pedagogy is a salient feature of the school. The school facilitates a myriad opportunities of new and practical learning, as is the need for the hour, for the students and teachers to go the extra mile. Each class is enriched with smart board with every subject's modules, tests, exercises and the ingenious video explanations of each and every topic in every subject. The teachers are regularly updated in accordance to the latest CBSE trends and policies. The teachers also attend gamut online workshops and teachers' training session. Not leaving any stone unturned, the school shoulders voluntary responsibility to arrange online intra-staff meetings for counsel in teaching methods regularly. The teachers, perceived to be our nation builders, are instilled with a motley skills to vent out the genius in our students. They diligently use the pedagogical instruments like the presentations and quizzes for additional understanding of the topics they have taught. Regular tests conducted on pre-prepared tests and quizzes save time and energy, but also provide the students a worthwhile experience. Teachers elucidate every topic carefully and with proper explanations. The problems of every child are solved by practical approach and by demonstration of various examples. The extreme and sincere efforts of the school and teachers to enlighten the bright minds of our children during a global pandemic proves to be the most humane act of kindness. I welcome the new session with similar zeal

Nirmal Dargar
Secretary (MPS International)



From the Desk Of...

Respected Principal



Holding a lot of prosperity, soaring high with all aspirations and also longing enough to accumulate all joys, we are all set to sail around another promising Academic year of 2022. Those colorful pieces of paper, cut into triangular shape fastened with the thread have always taught everyone a lesson or two about life. A kite is a symbol of great aspirations and balance in life. A kite isn't a kite if it remains merely as a piece of paper lying on the ground and not fulfilling its purpose of flying. A kite is not meant for decoration, it is meant for lifting itself high above the ground, chasing the appropriate direction of the wind and at last managing itself well with all low dips and high rises to sustain in the sky. Similar are our aspirations in life, if they remain confined to our mind, not getting baked by our efforts, not chasing any destination become equivalent to the dormant state of kite. So, a person who wants to fly or desire to achieve something needs to get off the ground, needs to lift himself/ herself high above all negativity, doubts, fear, hopelessness and fly against the wind to stand all trials and tribulations, to emerge stronger, more purposeful and experienced and last but not the least reach its destination or meet its aim. No matter how potentially good a kite is, it will not fly well if we do not balance the string and the line. Our life is all about balance. Balancing the good with the bad, our needs with our wants, our passion with our commitment, our expectations with reality, our weakness with strengths, our hopes with sudden despair etc. Balance is the pre-requisite to keep soaring and not to forget our purpose and ultimate destination. Dear students, the kite of your efforts may just fall prey to another kite in the sky despite of your best efforts, but the lesson to be learnt here is that just as we take the decision to fly a new kite eventually, we must treat every new day as a fresh experience, and carry on with all our efforts towards chasing our aspirations with perfect balance in life. Sooner or later a day will come when our aspirations will find its ultimate destination. Let us lift our spirits higher and bring profound willingness to fly higher like a kite. No matter the circumstances obstruct our way or expectations fail to meet their way, we will always try, try and try.

Archana Singh
Principal (MPS International)



From the Desk Of...

Respected Vice Principal



Albert Einstein said, “Education is not about learning of facts but training young minds to think.” There is a big difference between cramming up facts and learning them so that they can be applied in productive ways. At MPS International, we try to work towards holistic development of our students by providing them the tools and experiences that encourage our students to think. The aim is to create empowered minds so that students are able to decide what is good for them, differentiate between right and wrong, choose opportunities that help build them up and enable them to live in harmony with all existence. As the Vice Principal, I am delighted that the school’s values align with my own personal values, including the importance of trust, respect, innovation and a sense of community. Parents often take pride in informing me about how their child corrects them when they litter in inappropriate places, use fire crackers, cross a traffic signal when it is red. Education imparted here is thus not confined to the class room alone but is moving beyond that. As a Chinese proverb very aptly says, “Tell me and I’ll forget; show me and I may remember; involve me and I’ll understand”. Most people begin each morning in neutral and react to events of the day. You can be one of the successful people in life by starting each day with a positive attitude, a gratitude for the opportunities you have, and an expectancy of the best for yourself. People tend to live up to expectations. Our environment becomes a mirror of our spirit, our attitude, and expectations. If we keep a great attitude, we get great results. Build your mind not to see obstacles but stepping-stones. Build your mind to see beyond where you are. Make up your mind not to give up, no matter the storm. Make up your mind not to feel depressed by circumstances.

Manju Sharma

Vice Principal (MPS International)



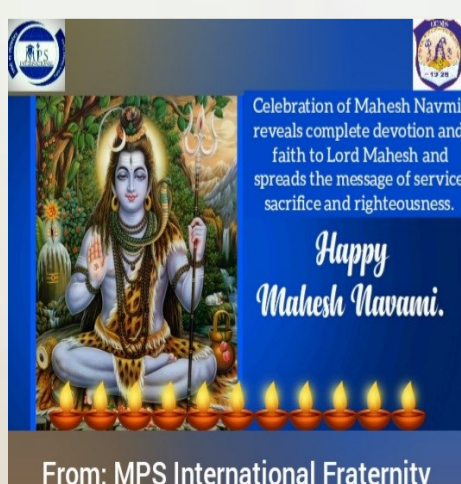
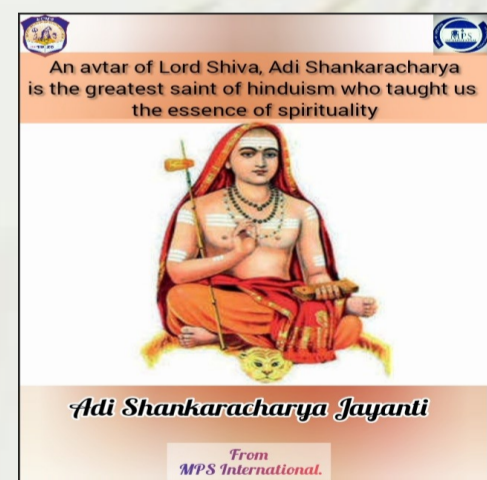
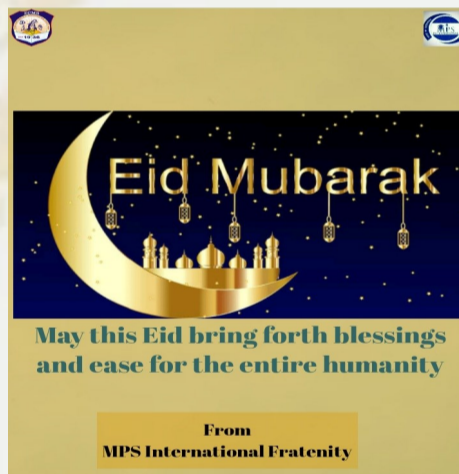
The School News

World Environment Day

On the occasion of World Environment Day, slogan writing, poster making, and paper bag making activities were organised in the school. On this occasion, the students held a rally and made people aware of the increasing pollution in the environment. The children appealed to plant trees, avoid the use of polythene and reduce pollution.



The Principal, Ms. Archana Singh, said on the occasion that polythene pollutes the environment the most. Therefore, whenever you go to the market to get the goods, take a bag from home. To protect the environment, we all have to plant more and more trees. The world can be saved only by tree plantations. On this occasion, parents, teachers, and students were also administered to take the oath to keep the environ-



The School News

Summer Camp Closing Ceremony

The summer camp was organised to help MPS International School students develop their creativity, sports, talent, and art skills. The closing ceremony started with the lighting of the lamp by the guests, Sir Shubham Minister (District Level Kabaddi Player), Ms. Gayatri Deep Toshniwal, Ms. Seema Soni, Honorary Secretary of the school, Mr. Nirmal Dargad, and all the guests. On this occasion, the children displayed their skills learnt in the camp in front of everyone. Around 350 children participated in activities like Vocal and Instrumental Music, Dance, Badminton, Table Tennis, Shantarj, Taekwondo, Spoken English, French, Drama, Art and Craft, and Geeta Shlok recitation as per their interests. The guest and the school secretary sent best wishes to all the teachers for their teamwork and efficient leadership. He said that it is necessary to maintain the creativity of children during summer vacations. This boosts the children's self-esteem and artistic knowledge. The characters of the play, Prarthana, playing a role in the program, gave the message that success is definitely achieved by learning from the failures of life's examinations and moving forward without worrying about the results. The children enjoyed the summer camp and stated that they would remember how much fun they had there. The principal, Ms. Archana Singh, encouraged the children to apply what they learned at the camp to their daily lives. to develop the qualities of loyalty, self-reliance, self-confidence, etc. He praised the teachers for imparting training to the children in various disciplines. The best performing students in various activities were also awarded on this occasion.



Creative Juvenile



AVIVASHISHTA
IV-A



DHANISHTHA AGRAWAL
III-D

FIND YOURSELF

Know yourself first before
Knowing someone else.
Love yourself first before
Loving someone else.
Tell yourself
As it gets cold and gray
You will be yourself
No matter where and
In which situation you find yourself.
Inside the dome of darkness
Or under the crackling white
Of the moons gaze in a valley of snow
Tell yourself
You will never change for others.
Under the ocean of stars or
In a world full of chaos
Tell yourself that you will be
The person you always wanted to be

TANISHA SHARMA
X-G

जिदगी

छोटी सी हैं जिदगी
हर बात में खुश रहो
जो चेहरा पास न हो
उसकी आवाज़ में खुश रहो
कोई स्टा हो आपसे
उसके अंदाज़ में खुश रहो
जो लौट के नहीं आने वाले
उनकी याद में खुश रहो
कल किसने देखा है
बस अपने आज में खुश रहो
छोटी सी हैं जिदगी
हर बात में खुश रहो.

UDHAV BISSA

IX-G

Vivacious Youth



DAKSHITA TAYAGI

IX-F

EDUCATION

Everybody can benefit greatly from education as a valuable tool in their daily lives. Education is what sets humans apart from other earthly creatures. Man is now the most intelligent being on planet as a result. Humans are empowered by it, and it helps them prepare to handle life's obstacles successfully. Despite this, education is still seen as a luxury rather than a necessity in our nation. To make education accessible, educational awareness needs to be propagated throughout the nation. But if we don't first examine the significance of education, this is still lacking. People won't consider anything to be necessary for leading a successful life until they understand the significance of it. We shall examine the value of education and how it opens doors to achievement in this essay on education

YASHVI KASAT

X-E

EXPERIENCE OF NEW

My experience was so different such as meeting my old friends, searching for my same known and friendly smile. Also, some new faces have also been added to my friend circle. I am also eager to learn a new language French because it gives me a spectrum of knowledge of another culture and customs. Now I feel more confident as I am in a senior class of the school. It gives me a sense to develop my own aptitude and perception towards my surrounding environment.

AARYA SOMVANSHI

VI-F



KRISHANGI MUKHI

VI-D

Vivacious Youth

STRESS MANGEMENT

We realize how bullying may have a negative impact on one's mental health. Mental well-being is equally as essential as physical well-being. When your body hurts, you go to the doctor, so why shouldn't your mental health be treated the same way? You can help yourself by doing a variety of stress-relieving activities, such as not isolating yourself, even if you want to. Try to rely on your friends and family and do things with them as you normally would. Take up something new that is beneficial for you both inside and out; for example, yoga or meditation are wonderful for people of all ages and may help you recover from traumatic situations. It is critical to perform the things you enjoy as this will assist you in getting back on track.

KRITYASUDHAVYAS

X-G

SUMMER VACATIONS

During my summer vacation from 1st of May . I was very happy and excited. During the vacations I joined the hobby classes where I learnt paper mâché and resin art. I made beautiful clocks, key chains, tea coasters, photo frame and tray. After our classes were over ,an exhibition was put up and everyone appreciated our articles. In the evening time I used to go for my classical dance classes.

I also went to my grandparent's house in Chandigarh for a few days. I went for shopping and purchased many dresses . We also went for sight seeing. It was all fun and frolic. I enjoyed my summer vacations.

KRISHANGI

VI-D

MAA

अपनी अचल में चुपके रखती
हैं वो, अपने अचल से सलती हैं
वो, स्टे हुए हैं हसा देती हैं वो,
उससे पहले आप पुछो मैं
बताता हूँ कि कहलाता मां है वो।

पापा के आने से बचाती हैं वो,
मन के भाव को समझती हैं वो
ये ही तो एक प्यार की ममता है,
मां बया कर सकती हैं जो।

वो अपने आसु को गया नहीं
करती
हैं तो वो निदर, पर मेरे सामने
हैं वो डरती।

हर जगे भगवान नहीं आ सकते
इसलिये उन्हे एक मां को हा
बनाया,
उनके गोडे मियां सोकर देखो
पूरा ब्राह्मण है नजर आया

ANA KABRA

X-G

Teacher's Corner

Dear Pupils,

In this age, every now and then we keep on reading journals in the newspapers or magazines about the pathetic condition of environment and the threats caused to it by the human race due to its insatiable desire to rule over the nature. And many a times, some eye – opening facts from these articles leave a disrupting effect on our thought process and also scare us of the consequences which our progeny is likely to suffer because of the catastrophic changes nature is undergoing at many ends in the present time. But here the question arises is, how many times has this disruption motivated us to take a stand for the environment?

Most of us come across these frightening facts through some form of media and then, like aliens on the planet, forget about them. We like to go for expensive herbal brands when it comes to beauty products or essentials and do not hesitate to spend many hundreds in the name of "Mama Earth" or any other brand like that. But how often do we really feel concerned about the miseries of our Mama Earth that are also caused by our own community? What is the reason that there's hardly any urge to come out of our comfort zones and do something practically in favour of our mother planet? ...According to my discernment, it is basically a "Lack of

connectivity". The reason for our indifferent approach or few concerns is the gap that we've created with our surrounding nature. But this gap, I think, is merely an illusion which does not actually exist anywhere. This is not just my individual opinion but can be proven scientifically. Because it is only nature, with its numerous gifts, that ensures our own existence in this world. We humans are not separate entities from nature but are intrinsically part of the same natural environment. As a result, the only question is how little attention we should pay to the deserving Mother Nature and the surrounding environment. And it is amazingly simpler than we think. Even if we start saving a few drops of water by fixing a leaking tap, it is still an action of showing concern towards the environment. If we don't plant any trees but only determine to take care of the ones already growing in our vicinity, it's again a great help to the environment. A single bucket of water can save a dyeing plant. The only thing required from our side is to broaden the horizons of our thoughts, have an "inclusive approach" and start feeling connected with the environment. So my message to everyone is: Deem yourself to be a part of this boundless nature and contribute your share to add to the multitudinous array of boons granted to us by Mother Nature.

Let me conclude with a few lines extracted from a poem, Little Things by Julia Carney –

*Little deeds of kindness
Little Words of Love
Make our planet happy.
As in Heaven above,*

SAHIBA BAKSHI
TEACHER



खुशियों का स्रोत है परिश्रम

विद्यार्थी जीवन में सफलता की कुंजी है परिश्रम। जैसे नमक की उचित मात्रा भोजन का स्वाद बढ़ा देती है वैसे ही विद्यार्थी जीवन में किया गया उचित परिश्रम संपूर्ण जीवन को आनंदित कर देता है।

सूर्य, चंद्रमा, पेड़ और ऋतु परिवर्तन आदि सभी प्राकृतिक उपादान हमें जीवन में उचित समय पर सच्ची लगन से परिश्रम करने के महत्व को बताते हैं। वास्तव में परिश्रम का अर्थ होता है— वह श्रम जिसमें हम विकास और रचना की ओर अग्रसर होकर उन्नति के शिखर पर पहुँचते हैं। अपने आसपास के वातावरण में सकारात्मक ऊर्जा का संचार करते हैं।

संस्कृत में श्लोक प्रसिद्ध है—

उद्यमेन ही सिध्यति, कार्याणि ना मनोरथैः।

न हि सुप्तस्य सिंहस्य ,प्रविशति मुखे मृगाः।।

जो विद्यार्थी परिश्रम करते हैं वे न केवल शारीरिक रूप से स्वस्थ रहते हैं बल्कि उनका बौद्धिक और मानसिक स्तर भी सुदृढ़ होता है। निरंतर मेहनत करने के कारण उनके मन में द्वेष, ईर्ष्या व अन्य दूषित विकारों को स्थान नहीं मिल पाता। इसी कारण विद्यार्थी एकाग्रचित्त होकर अपने लक्ष्य को प्राप्त करता है। परिश्रम से ही जीवन में विजय और धन मिलता है।

सफलता का एकमात्र सूत्र है— पूरी निष्ठा से सही समय पर मेहनत करना। विद्यार्थी जीवन में की गई मेहनत व्यक्ति के संपूर्ण जीवन में खुशियाँ बिखेर देती है। जब सच्ची मेहनत का प्रतिफल हमें सुखद भविष्य के रूप में मिलता है तब हमें अपने शौक और इच्छाओं को पूरा करते हुए अपरिमित आनंद की अनुभूति होती है।

स्वामी विवेकानंद, दयानंद सरस्वती और अब्दुल कलाम आजाद सरीखे महापुरुषों के उदाहरण हमारे समक्ष हैं जिन्होंने परिश्रम से असंभव को संभव बना दिया। अपने परिश्रम के बलबूते पर ही किसान धरती से सोना उपजाता है। अतः विद्यार्थी को भाग्य के भरोसे ना बैठ कर परिश्रम से अपनी सफलता के दरवाजों को खोलना है। अपने लक्ष्य प्राप्ति हेतु जीवन में परिश्रम का महत्व बताने के लिए कबीरदास जी द्वारा लिखित निम्नलिखित पंक्तियाँ आज भी प्रासंगिक हैं—

‘काल करे सो आज कर, आज करे सो अब।

पल में परलय होगी ,बहुरि करेगो कब।।’

—सीमा रानी

हिंदी अध्यापिका

SEEMA RANI
TEACHER



Student's Corner

Top 8 Habits of successful students

Get organized and make plans. Whether you are preparing for exams or doing an assignment, make sure to first make a plan.

Don't multitask while studying.

Divide and study.

Get adequate sleep.

Schedule your work.

Take regular notes.

Focus on Study.

Keep your study space organized.

MPS INTERNATIONAL'S

OFFICE OF CAREER SERVICES



An Initiative to offer career guidance to the students of MPS International.

We'll help you through

- College research
- Vetting of CV
- Statement of Purpose
- Portfolios
- Interviews
- Letter of Recommendations
- Questionnaires
- All other University Admission related Procedures.



Contact the faculty members for further information.

- Ms. Deepshikha Ghai
- Dr. Bhawna Uba
- Ms. Monika Mukhi
- Mr. Sanket Vyas
- Mr. Prathmesh Khanwalkar
- Mr. Mahaveer Rao



FUTURE FRIDAYS

MPS INTERNATIONAL

An opportunity to learn about things beyond syllabus

Discuss your ideas & opinions with like minded ones...

Talk freely about topics which are important yet seems unconventional

A club where you can express yourself freely & encourage others too...

A perfect place to begin the journey of bringing a change in your environment..

Every Friday in Zero Hour

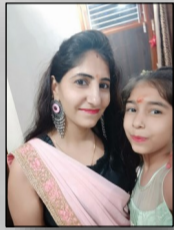


Happy Parents

School is what my child refers to as her second home, and it is because of the comfort it brings whenever she is at that place. She has been studying here for seven years, The environment in the school completely focuses on my child's growth, and the teachers are so loving and helpful. Everything that is taught is not only about academics but also about personal growth. Everything about the school is marvelous; the management, the authorities, the helpers, the staff, the guards. I am really blessed that my child is a part of the MPS INTERNATIONAL school family.

Komal Hasnani

Mother of Palak Hasnani (8G)



Hello,

My name is Rohini Gaur, and I am the mother of Khwahish Gaur of class IX-G and Nakshtra Gaur of class VI-A. I've always had faith in the MPS International School instructors, and they've never disappointed me. I am overjoyed that my daughter and son are attending a school where they will have great interaction with someone who will pay attention to them and assist them with their issues. My children have frequently praised the school. Not only the teachers, but also the office staff is really kind and concerned about the students.

Rohini Gaur

Mother of Khwahish Gaur of IX-G & Nakshtra Gaur of VI-A



Crazy Mental Health

Concentration amidst Distractions...

By

Dr. Bhavna Uba

(School Counsellor)



We are living in a time of abundance. We have an overwhelming abundance of social media apps, famous online trends, reels, and a large pool of informative content. This information, despite being free, is out of our reach. The main reason is our inability to focus and devote time to what is right in front of us. We are constantly getting addicted to things we never imagined we could get so dependent on that our routines would revolve around them, emotions would get a vent through them, and feelings would get repressed because of them.

Concentration is one of those skills that are necessary for performing better not only in academics but in everything we take on. It is our ability to keep our focus on something for a longer period of time. In general, parents advise their children to get up early in the morning for better concentration; teachers advise their students to take notes for better revision; and friends advise them to 'call a friend' when they become overwhelmed after an hour of sustained attention. Well.. none of these suggestions is impractical, but below is some advice based on empirical research about how to enhance concentration.

Focus and Unfocused: When we focus on something excessively, it can drain our energy and make us lose self-control. That is what happens when we find ourselves lost in the words written on the book in front of us and we do not understand a single word. We wish to use the phone instead. This means that you need to unfocused at that time. In order to unfocused, you can choose any activity that would require less focus, such as gardening, playing some music notes, singing, etc. You can keep a thought or concept in mind while doing this light activity. Doing this would rewire the brain and would help you become more productive when you get back.

A 20-minute power nap can refresh your neural system in a way that all your cells get replenished, allowing you to focus better on the task in hand. Moreover, power naps work wonders for enhancing memory as well.

Avert Multitasking: Multitasking is a myth. Human beings are not wired to multitask. It is just that we try to manage doing things together, but the effectiveness definitely decreases when we try to concentrate on more than one task.

Practice Being in Here & Now: The more our mind wanders in the past or future, the more difficult it gets for us to keep it in one place. We get anxious and stressed because of thinking too much about the future or past. At least 5-10 minutes per day, practise mindfulness (focusing on inhalation and exhalation of breath).

Though screens have become an integral part of our lives, try digital detoxification (staying away from screens and spending time in nature or with family, relishing a meal, etc.) for at least 2-3 hours a day.

Eat Well, Sleep Well: Eat healthy meals on time and get enough sleep. Avoid junk food and consume as much nutritious food as possible. Try to turn off the screens at least 1 hour before going to bed. Spend some time reading something or listening to light music before going to sleep.

FUTURE FRIDAY

“You cannot buy the revolution . You cannot make the revolution . You can only be the revolution . It is in your spirit or nowhere else” .

So future Fridays was started with the perspective of changing mindsets , making reforms in our community and to develop the future of this country .So on 22nd of April we had the orientation of our revolutionary forum. So on the very first day we discussed about whether surnames promote casteism and communal violence . Also Bhavna ma'am made us aware of the norms that we are supposed to follow to maintain the decorum .

The last future Friday before our summer breaks was on 29th of April. We talked about emotional resilience. Students shared their stories on how they dealt with rejections , body shaming and family problems . We discussed about the solutions which will help us to deal with failures in a better way.

With all the knowledge that the members of this forum have earned , we have made the best school life memories that we will cherish life long. To conclude I would like to express my gratitude to Bhavna ma'am who became our companion in hard times before being a teacher to us.

Jhalak Mall



mental
health

