



E-GENESIS

THE SCHOOL NEWSLETTER

JULY 2021



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The School Newsletter
MPS INTERNATIONAL



The Editorial Team

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From the Desk Of...

Honorary Secretary



The main reason for the pressure of the modern generation is the cruel competition and the consumer culture that prevails in our society. This always puts them under pressure for efficiency and productivity. In the modern environment, the competition is fierce and requires tireless effort from all young people. To achieve their goals, they must do their best and cannot rest. So they don't even have time to worry about themselves. They don't have time to relax or pursue what interests them, which sounds like a luxury to them. The impact of this kind of stress on young people is also reflected in their bodies, which is why their pulses increase and muscles are tense. With the increase of specialization and the degree of specialization, there seems to be no practical and sufficient solution to the pressure caused by competition. In this era of consumerism, it is no wonder that today's young people are constantly competing for material things. But now is the time for each of us to sit still and introspect, thinking at such a fast pace where we are really going. Our health and well-being will be our main concern, because as they say, "a healthy mind lies in a healthy body". Let us stop living like robots. We are human beings, and we must act in the same way, not like machines we create ourselves.

Nirmal Dargar
Secretary (MPS International)



From the Desk Of...

Respected Principal



Living an adventurous life is certainly very exciting and amazing. It involves getting rid of certain social restrictions and challenging yourself to deal with the psychological fears that mainly exist in your mind and discover unlimited freedom and opportunities. Therefore, we must be willing to take risks, because this is a necessary part of a happy life. The important thing is to spend your limited time on Earth doing things that can have an impact and give you a sense of enjoyment, rather than obsessing over the usual game of "delayed gratification." Taking action can help people build richer lives and allow you to embrace life with more enthusiasm every day. The desire for the same will never contribute to anything exciting, but it will dull our life and our spirit. Today, many people are interested in various sports and entertainment activities. Some people race cars, skydivers jump from planes, climbers climb peaks, etc. This helps them get rid of daily stress and gives them a "high." Therefore, it is important to live a full life, and it is certainly worth "living" with an adventurous spirit.

Archana Singh
Principal (MPS International)



From the Desk Of...

Respected Vice Principal



India has made considerable progress in the field of technology. Technology makes our lives easier and more comfortable than ever. However, the comforts that technological progress brings us do us more harm than good. In the 21st century, technology has evolved to accommodate more convenient lifestyles and meet all the needed needs. With the right technology at home, you may never feel the need to get out of bed. Our entire way of life has been slowly but surely taken over by technology. This harms our well-being. We become lazy and get sick easily. Modern technology gives us everything we want when we want it and more than we really need. As a result, we have become a fragile society. Unlike the previous generation, today in 2021, children have no space and freedom to move around and are eventually squeezed in front of computers and video games. This sedentary lifestyle makes the child antisocial, which makes him socially vulnerable. Also, reducing exercise can increase your risk of obesity. A sedentary lifestyle, coupled with poor eating habits, makes us vulnerable to disease. While technology has contributed enormously to human development, it also has its downside: it adversely affects our health.

Manju Sharma
Vice Principal (MPS International)



The School News

DOCTOR'S DAY CELEBRATION

On the 1st of July, Doctor's day was celebrated in the school. On this occasion the students showed their respect to the doctors (the lords of Earth) by beautiful slogans, decorated charts and melodious songs. With the guidance of doctors, students got information on symptoms and preventions on COVID – 19 with importance of vaccination during this pandemic. Respected Mr. Nirmal Dargar along with respected Principal Ms. Archana Singh while expressing their gratitude for the doctors said, "When the whole world was fighting against COVID, it was only doctors who were saving lives."



INTERNATIONAL PLASTIC BAG FREE DAY

In order to protect the world from Plastic Pollution, on 'International Plastic Bag Free Day', children were taught to make cloth bags. On this occasion the scholars of class 3rd made beautiful and attractive bags from paper. Respected Principal Ms. Archana Singh enlightened students with the harmful effects of using plastic. She also said, "Plastic is our biggest enemy. This causes ill effects on both, health and the environment. We should promise ourselves to use cloth bags instead of plastic bags."

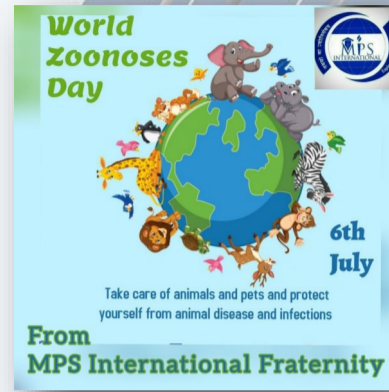
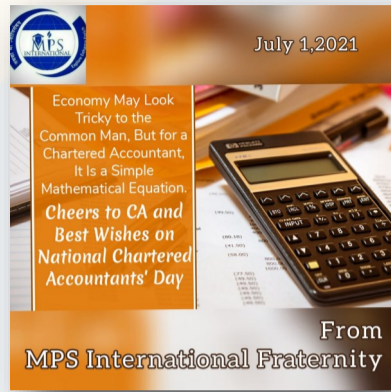
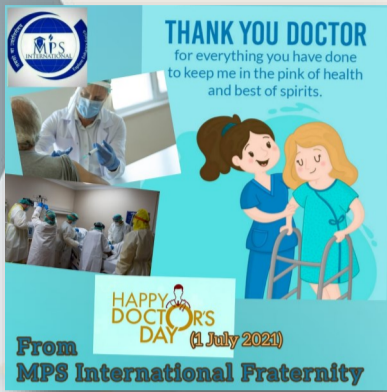


GRAND CELEBRATION OF GURU PURNIMA

On Saturday, 24th July, there was a grand celebration of Guru Purnima in school. The program started with the divine worship of Goddess Saraswati. Emphasizing on the importance of Guru, the teachers sang melodious "DOHE". During the online classes, all students greeted teachers with shlokas and melodious songs for Guru Purnima. Our Honorable Secretary Mr. Nirmal Dargar along with the Principal also wished the teachers and students on the occasion of Guru Purnima.

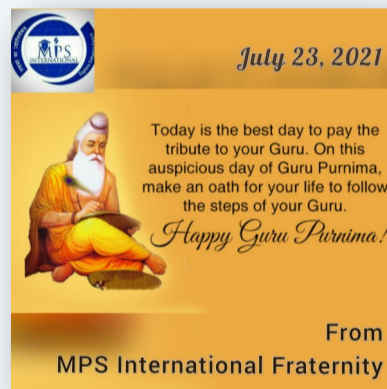


The School News



GREETINGS ON VARIOUS OCCASIONS

Students were greeted on various occasions like National Chartered Accountant Day, National Zoonoses Day, International Population Day, Eid and Kaargil Day.



VARIOUS PRIZES WON BY STUDENTS IN INTERSCHOOL ACTIVITIES

In 'Discovery School Super League' organized by BYJU'S in MPS International, a student Kiara Gangwani of class 3 won a scholarship of 5000/- Rupees in Little Leap Olympiad's first round.

In Doll Making Competition, a student of class 3, Padmaja Sharma won the First Prize whereas in Pottery, Sparsh Poddar won the 3rd prize. In English Story Telling Competition, Abhishree Gupta of class 5 bagged the first position whereas in Hindi Story Telling Competition Bhavik Kabra grabbed the second position.



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TREE PLANTATION DAY

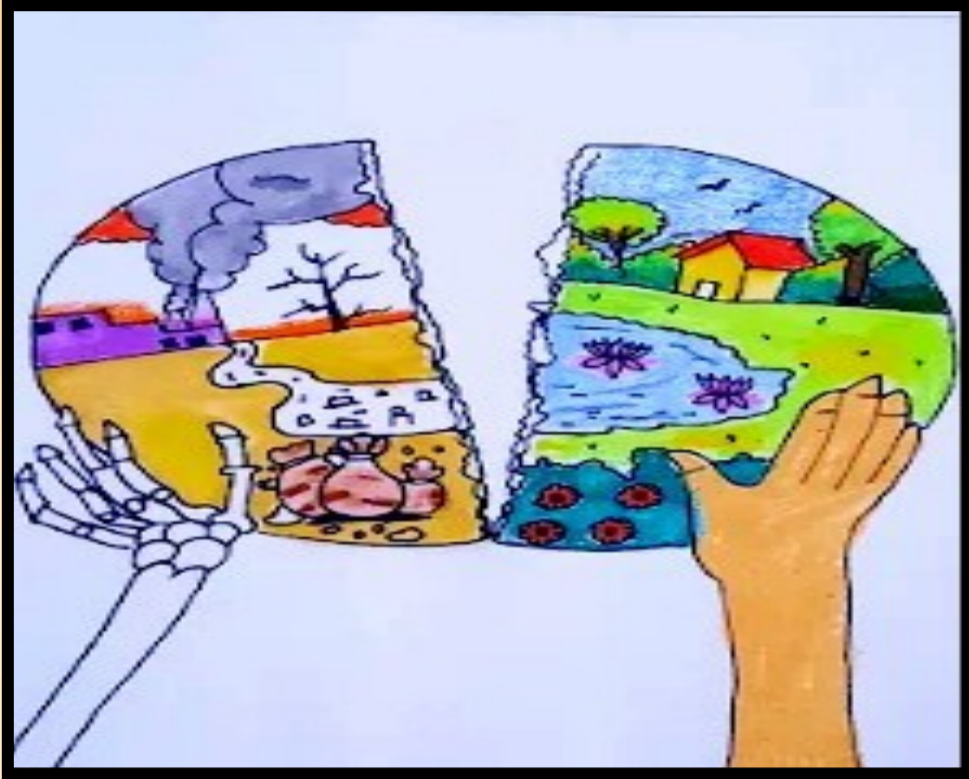
A tree plantation program was organized in the premises of MPS International, Tilak Nagar. All the enlightened guests were welcomed by garlanding them and offering shawls. The program was initiated by the Chief Guest, Mr. Pratap Singh Khachariyawas, Transport and Military Welfare Minister (Government of Rajasthan) by planting a sapling and sharing the memories of his school days. He said that this is the courtyard where he grew up playing sports. He has a spiritual attachment to this school. Dr. Atal Soni, while addressing the program as a special guest, told about his resolve to plant a tree in the memory of his father. The guest of honour for the day, Mr. Ashwani Hurkat, a prominent Businessman and Social Worker, inspired everyone with his energetic presence.

Mr. Pradeep Baheti, President, The Education Committee of the Maheshwari Samaj, appreciated the melodious songs 'tree is life', 'Vriksha Lagaye Hum Vriksha' and the orchestra presentation by the music department of the school. He extended his gratitude towards all the educators and mentors. He congratulated the Principal Ms. Archana Singh and the Convener of the program, Mr. Sanjay Kabra for the successful event. He urged everyone to organize such programs in all the schools. Mr. Pradeep Baheti also encouraged the students for their magnificent dance performance on this occasion. The Convener of the program, Mr. Sanjay Kabra, expressed his firm association with nature. The program was graced with the benign presence of General Secretary Education Mr. Natwarlal Ajmera, Vice President Mr. Ramesh Kumar Somani, Treasurer CA Natwar Kumar Sarada and General Secretary Society Mr. Gopal Lal Malpani along with the worthy members of the Management Committee and the dignitaries of the society. At the time of closing ceremony, Tulsi saplings were presented to all the visiting dignitaries. Mr. Ajay Malpani, member of managing committee, extended his gratitude towards all highbrows.

All the guests were cordially invited for snacks. The reminiscence of the day bore in every heart that witnessed it.



CURIOUS JUVENILLE



Ankita Das
V - D



Krishangi Mukhi
V-C



Aarvika Maheshwari
III - D



Aarya Somvanshi
V - F

CURIOUS JUVENILLE

MY FAMILY

I love my mother
She loves me too
I call her Mamma
She calls me betu

My dad is strong
And very loving
He is never wrong
And very caring

Dakash Baheti
IV-A

LACK OF POCKET MONEY

I stood first in the class,
And went to play on the grass.
I would love to go so far,
I should buy a small car.
But I have finished my pocket money,
Hahaha, it is so funny.
Still, I can buy some honey,
There on the grass, I saw a bunny.
The bunny was having a carrot,
Then I went to see a parrot.
The parrot was having a gummy,
It was having a big fat tummy

Aashna Singh Shekhawat
IV-D



Prashita Tak
IV-G

VIVACIOUS YOUTH



Asrah Ahmed
VI-D



Shreya Chitlangiya
VIII-B



Ridhima Dadhich
VII-A



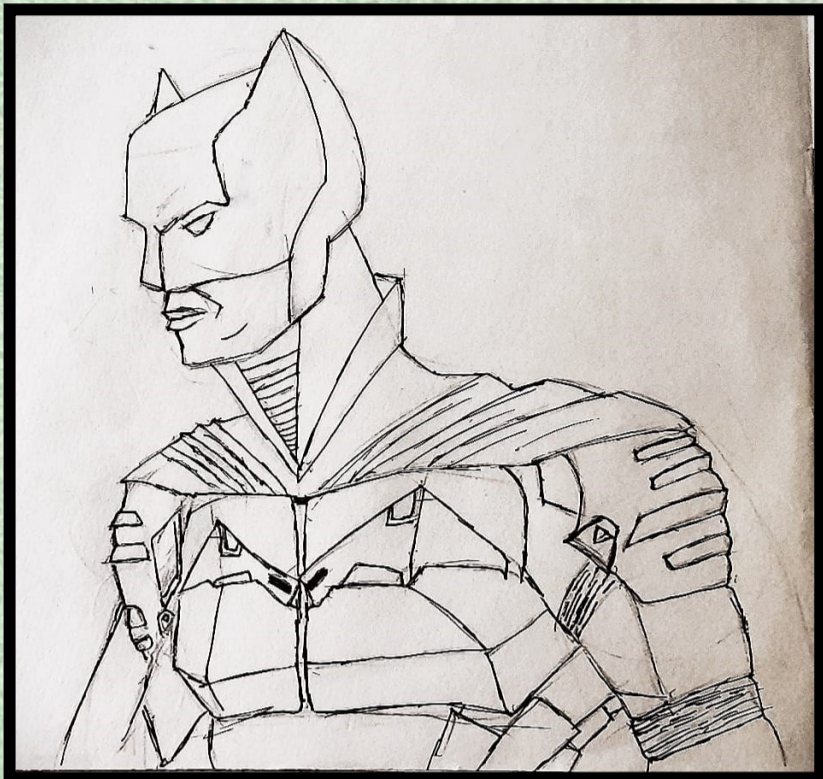
Priyanka Das
X-A

VIVACIOUS YOUTH

Mental Health Awareness

Taking care of yourself isn't "me first" "it is me too". Things get really hard at some point, and our brain starts to give up, life doesn't make sense at that point. But it doesn't mean you give up, you get stronger and better. You stand up and tell yourself that you can do it, if you try if you give yourself space and time to think and process, things get better because the strongest people are who win the battles we know nothing about., People will say so many things against you and try and make you insecure but you have to fight and show them that they are not worth. You deserve better. What mental health needs is more sunlight, more candor, and more unashamed conversation. Do not let people get into your heads love yourself and believe in yourself you are perfect the way you already are and you are unique in your own way. Our psychological well-being is an important part of our own health, productivity, and happiness.

Twisha Jethani
VI-G



Manish Bakolia
VI-B



Vatsal Jangid
VI-B



Vinamra Sharma
XII-G

VIVACIOUS YOUTH

At the dawn of the day

Look at the blue sky with the cherishing
orange rays

In the time between the duskiess and first
blush of morning it lays

The moon and stars are still visible to me
The sun and the moon are together you
see

My eyes are gazing at the beautiful shady
moon

And having a thought in my mind that the
sun will shine soon.

My mind was lost in memories and dreams
Remembering all the beautiful scenes.

The sun is coming up and up and up with
its bright beams

Inspiring me as towards the Earth his
brightness leans.

My soul is getting the positive vibes
and it is getting divine

And every stress and worry are getting
decline

Tanisha Sharma
IX-G



Harshika Jangid
VII-G



Kritika Baheti
VII-D

VIVACIOUS YOUTH



Abha Khandelwal
IX-F



Inderpreet Kaur
VII-D



Kritika Maheshwari
X-A

OVERCOMING BULLING

It's one of the most difficult things to overcome bullying. We frequently speak with folks who have been affected by bullying. They may struggle with trust, poor self-esteem, and a sense of self-worth. We've seen how bullying may influence a person's actions and behavior. It may be tough to carry out daily tasks for people who have been bullied. We take things for granted, like meeting new people and taking on new tasks.

Obtaining the required strength

If you're coping with the consequences of bullying, you could be exhausted and run down. Trying to find the fortitude to comprehend, analyze, and overcome what you've gone through might be the most difficult thing you've ever done. Finding strength may often be found via the support of family and friends, and this can provide you with the assistance you require. I can relate to what you've been through. It's critical to allow yourself as much time as you need; don't set yourself unreasonable deadlines; you need to be able to handle this process.

Stress management

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.

Krityasudha Vyas

Teacher's Corner

“ Live Life Happily “

“ Life is a game, play it ;

Life is a challenge , meet it;

Life is an opportunity, capture it;”

This is a quote by Sai Babaji

Sai Babaji always blesses his followers and teaches us that life is not perfect, its not important that whatever we want we may achieve or its not that according to our beliefs and interest , we achieve everything in our life. He always teaches us to be calm and stay happy with whatever God has given us .

If we want to learn how to live a happy life then we should control our actions and focus on our work, and also become passionate about our life . The ultimate goal that everyone wants to achieve is happiness. Everyone wants to live a happy life. Happiness does not lie in living a luxurious life, or to travel around the whole world or to buy more products, it lies within our heart. If we live a life without stress, we believe that we love our life whole heartedly.

Actually the important point to be unhappy in our life is that we , as a human beings, have the tendency to compare ourselves with other people who are better than us, this actually creates a negative feeling in ourselves and a feeling of hate and envy. So, its better to improve your way of living by doing exercise which keeps us energetic and relaxed and also have a positive attitude towards life. We should always be thankful to God.

MEGHA DEEWAN
TEACHER



TEACHER OF THE MONTH



Ms Swati Sharma



Mr. Mohd Idris



Student's Corner

Knock, knock.
Who's there?
Boo.
Boo who?
Don't cry, it's just
a joke!

What does the ocean
do when it sees its
friends?

It waves!

Why are sport
stadiums always
so cool?

They are
filled with fans.

RD



- I never ask questions, but always answered. What am I?
- What word becomes shorter when you add two letters to it?
- What gets bigger the more you take away?