



# E-GENESIS

THE SCHOOL NEWSLETTER  
JUNE 2021



## E-GENESIS

The School Newsletter  
MPS INTERNATIONAL

### The Editorial Team

Ms. Deepshikha Ghai, Giyana Gethani, Vedant Khunteta, Radhika Rathi, Yashvi Kasat,  
Vedanshi Khandelwal, Krityasudha Vyas



# From the Desk Of...

## Honorary Secretary



### Courage knows what not to fear. –Plato

*Fearlessness is not the same as courage. Courageous individuals experience fear, but they can control and conquer it such that it does not prevent them from taking action. They frequently utilize fear to ensure that they are not overconfident and that the necessary steps are taken.*

*How do they deal with it? They've taught themselves to control their emotional response to fear, rather than allowing it to control them. This page explains how to learn how to do it.*

*What is the definition of bravery?*

*Courage is a widely regarded virtue, and many well-known and respected figures have talked or written about it throughout history. We all have some concept of what courage, or bravery as it is sometimes called, entails.*

*Courageous people stand up to threats to themselves, their possessions, or the people or things they care about. They act in a manner that is in line with their ideals. However, the action necessary is not always loud, but rather quiet and deliberate.*

*Another common interpretation of bravery is that it necessitates taking actual risks while exercising caution. It takes courage and bravery to not jump in blindly, but to think about it first and then do it anyhow if it is required.*

*Courage's Advantages-*

*As it entails managing emotions, acting boldly helps us feel wonderful. The fact that we value bravery so highly indicates that it is a profoundly human trait.*

*Courage, in the sense of behaving in a way that correctly responds to danger, rather than overconfidently or cowardly, will also assist us in achieving 'good' goals. Courage also aids us in taking action against people who threaten us or act in a harmful manner. The Western civilization has always admired bravery for its own sake; success isn't required if courage is displayed.*

Nirmal Dargar  
Secretary (MPS International)





# From the Desk Of...

## Respected Principal

*Rising before daylight is also to be commended; it is a healthy habit, and gives more time for the management of the household as well as for liberal studies. - Aristotle*



Time, like our energy and money, is a finite resource that must be handled efficiently. Planning and limiting the amount of time you spend on certain tasks is what time management is all about.

Students must have the following abilities to properly manage their time:

### 1. Establishing objectives

If you don't know what to do with your time, it's nearly hard to make good use of it. Short- and long-term objectives can be beneficial to students. A short-term aim may be to finish their homework early each day so that they have enough time to practice music. Their long-term ambition might be to join the Chicago Symphony Orchestra or the school orchestra.

### 2. Setting priorities

Tasks can be assessed according to their significance by analyzing what has to be accomplished within a certain period. Students may achieve their goals by setting priorities for each day, week, month, and year. It also aids in the prioritization of tasks that are necessary but not urgent, such as personal devotions, appropriate sleep, and exercise. Some individuals like to save easy activities for first thing in the morning and use the boost to get things done. Others like to start with the bigger projects.

### 3. Organizing

It's critical to have a strategy in place after priorities have been established. Some individuals are naturally organized, while others require assistance. Keeping an up-to-date schedule and maintaining a clean study space will assist. There are a multitude of beneficial software applications and apps available to help with organization.

### 4. Stress management

Excessive stress causes no one to function at their best. Students require appropriate strategies to cope with academic stress while being productive. Getting adequate sleep and exercise are both excellent strategies to reduce stress and improve learning efficiency.

What are the benefits of having good time management skills?

As the attention is focused and they are not wasting time on distractions (such as social media), effective time management helps students to do more in less time. As students cross tasks off their to-do list, efficient time management decreases stress. It might also provide you a sense of accomplishment when you achieve your objectives.

Students may also complete their work on time, stay involved in their study, and have more time free to pursue things that are important to them, such as sports, hobbies, youth group, and spending time with friends and family, by effectively managing their time. Students who manage their time well are able to maximize their potential and experience a sense of success. It is also one of the most sought-after job talents.

Archana Singh

Principal (MPS International)





# From the Desk Of...

## Respected Vice Principal



### Happiness depends upon ourselves - Aristotle

*All our hopes and objectives can only come true if we take action. How soon do you think it will be? 'As soon as we begin' is the answer to that question.*

*We can't expect results right away, especially if we don't do anything. What we are willing to accomplish in the present determines what we want to be a part of our future.*

*"The future is formed by what you do now, not tomorrow," as the quotation above states.*

*A successful entrepreneur did not start his company from the ground up. It may have taken him years to get there. What if he keeps expanding his company today? In the future, he expects to see even greater advances. It all boils down to what we're doing right now.*

*You must act today, not tomorrow or next week, if you desire a great future. Here, time is important. A day, a week, or a few months lost can have a big impact on our future. So quit squandering your time. Make it happen right now!*

*Each of us has a vision for the future. People believe that life is continuously changing and that nothing in this world is permanent. Until we understood, as we grew older, that life is a process of learning; every time we lose, there is always a cause to get back up. Challenges occur for a reason: they help us grow as people. We must remember that not all experiences are positive; there will always be negative experiences. Events may irritate us at first, but they will later motivate us to keep going and overcome all obstacles. At this moment, our age is deteriorating; people are preoccupied with their daily lives, and money takes precedence over prayer. It is the truth of life that certain politicians are corrupted and that some young are attracted by technology; nevertheless, we should be glad that God sent us to alter it.*

Manju Sharma  
Vice Principal (MPS International)





# The School News



## Closing ceremony of summer camp HIP HIP HURRAY 2021

Activities are the belvedere to a healthy and smart life. Wherefore, a galore of activities was organized from 17<sup>th</sup> May 2021 to 17<sup>th</sup> June 2021 as THE SUMMER FUN CAMP of MPS International.

In the interim, about 2000 students learnt and enhanced their skills in multifarious skills like Communicative English, Mastering French, Vocal and Instrumental Music, Drama, Art and Craft, Sports, Yoga etc. Where the French Learners exhibited master chef activity, Drama workshop was enchanting with puppetry, mask making, script writing, storytelling etc. "THE WORD OF RASA THROUGH EXPRESSIONS", a short Musical Film was also made during this summer camp training session. In Art and Craft, students learnt best out of waste, paper flower making, basket making, etc.

The closing ceremony of the Summer Camp was held on June 17, 2021, with the theme "Hip Hip Hurray". Program started with the benedictions of the President, ECMS, and Shri Pradeep Baheti. He described the online summer camp as an effective step for the mental and physical health of the students during the Corona period. General Secretary Education Shri Natwarlal Ajmera appreciated the efforts of all the teachers and students for the success of the summer camp. School Secretary Shri Nirmal Dargar and member of Managing Committee Mr. Atul Lohia sent best wishes to all the teachers for efficient leadership and teamwork.

The theme of the program was displayed through the Mime acAt at the beginning of the program.

"Dagroo-Magroo" Puppet characters played a special role in this program. Along with the students, parents also enjoyed the summer camp. Describing their experiences, the parents said that by participating in various activities of this summer camp, the confidence of the children along with their artistic knowledge also increased. Principal Smt. Archana Singh said that physical and mental development is very important for the students to prepare them for the challenges ahead in this Corona period. Activities have been organized to fulfill this purpose. She extended her best wishes to all the activity teachers and students for the success of the summer camp. She also advised all the students to take care of their health by following the Covid rules.

## World Environment Day



On this day children were taught some lessons to bring awareness towards the environment. They were taught to plant and protect the trees with some steps to stop water pollution and to keep our surroundings clean. Our respected Principal Ms. Archana Singh said that, "environment and humans are dependent on each other. We should keep our environment clean and safe for better health."

## Greetings on Special Occasions

Greetings were sent to the students on the special days like World Parents Day, Mahesh Navami, World Music Day, Maharana Pratap Jayanti and Olympics day.

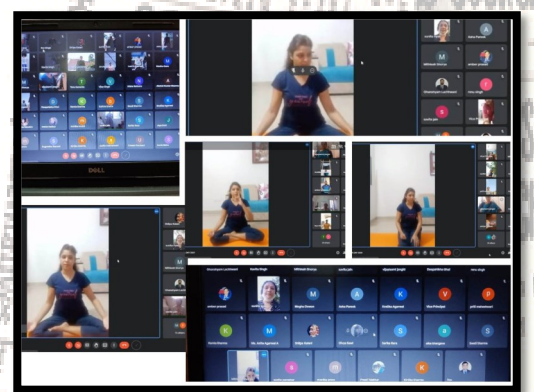




# The School News

## Yoga Day Celebrated at M.P.S International

MPS International celebrated International Yoga Day on June 21, 2021. Various activities were organized on this occasion. An online yoga session was organized for the teachers and students, in which the yoga teachers Mrs. Sunita Kumawat and Mrs. Mithilesh Shaurya made everyone aware of the benefits of Yoga. They encouraged everyone by teaching Pranayama, Anulom Vilom, Kapalbharti, Aerobic and various asanas. Yoga sessions were also broadcasted live on Facebook and YouTube which benefitted a large number of people. An online quiz was organized for the students in which certificates were distributed to the best performing students. A video was also sent to the classes, telling about the "importance of yoga in our life" along with various asanas. ECMS President Shri Pradeep Baheti talked about adopting a balanced diet, exercise and rest for a healthy body. Principal Ms. Archana Singh said that yoga is very important for a healthy body and mind during this pandemic. It gives us energy, strength and beauty as well as increases our immunity, so we should do yoga regularly.



## Stress Management Workshop for Teachers

Amidst such tensed times, a stress management workshop was conducted for all the teachers by the school counselor Dr. Bhavna Uba to help with the stress of pandemic. The teachers highly appreciated and benefitted from the session and it gave them a sense of relief to know how to handle the stress.

## Expression of priceless feeling towards father

"My father is my world, my everything. If my mother is my earth, my father is sky to me". Expressing their feelings and gratitude towards their fathers, the students celebrated Father's Day. The students conveyed their sweet messages through dance, poem, songs and making cards. They extended their thoughts that **"Living under the guidance of their father, they always feel safe. His smile has always inspired them to move forward without bending in any situation."** The Honorable Principal Ms. Archana Singh wished all the students on this special day. She extended her benediction for all families and fathers.





# SOARING SEEDLINGS



Aashna Shekhawat  
IV - D

## A Positive Life

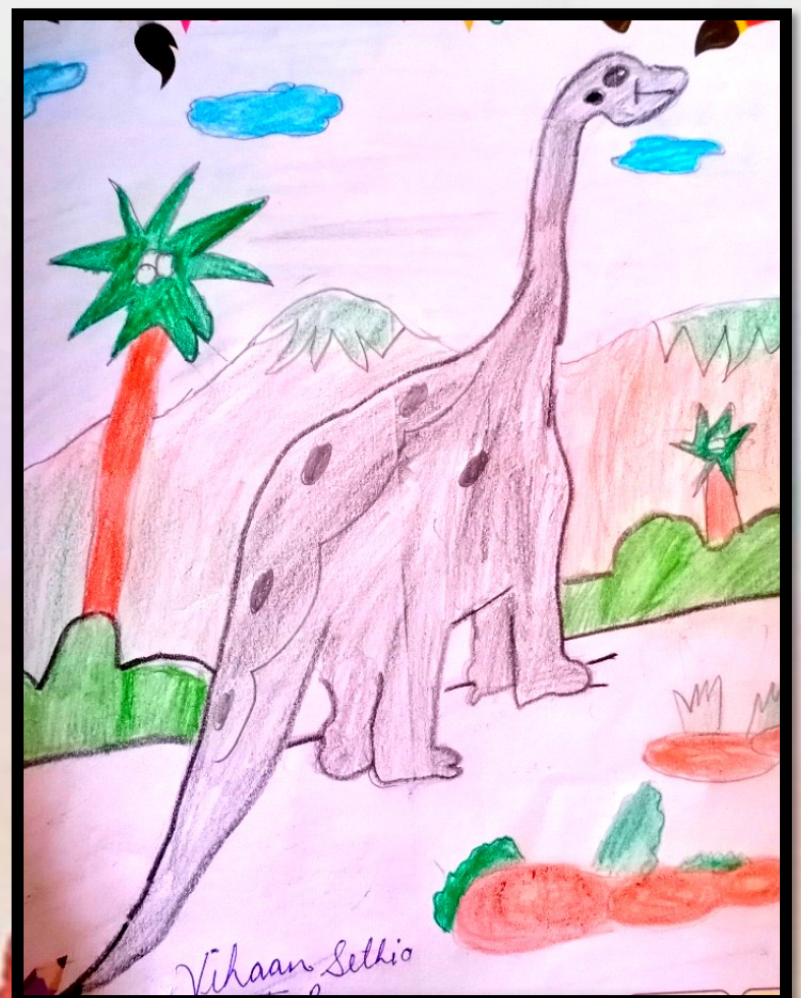
I am wise,  
But I do not take people otherwise.  
Because I listen to their advice,  
And not listen to their cries.  
So I deserve a prize,  
For being so nice,  
Despite so much criticize.

Kayra Ganwani  
III - C

## I AM CURIOUS

I am curious,  
but I don't make people furious.  
I am creative,  
that's why not negative.  
I am funny,  
because I have a Bunny.  
I am active,  
but my schedule is really very hectic.  
I am diligent,  
That's why I am intelligent.  
I am shy,  
I don't know why?

Parish Gera  
III - E



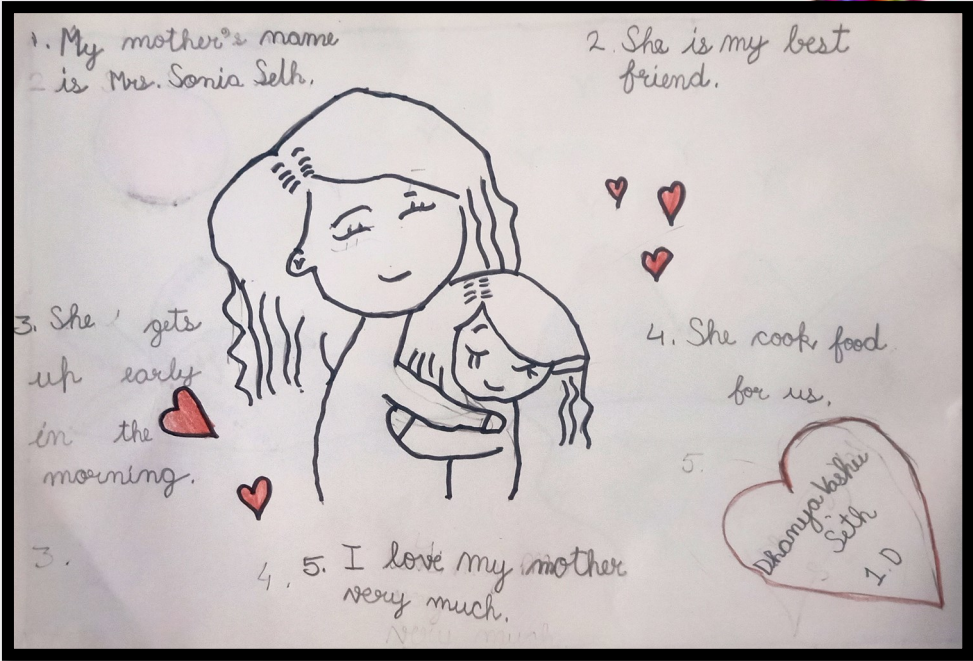
Vihaan Sethia  
II - B



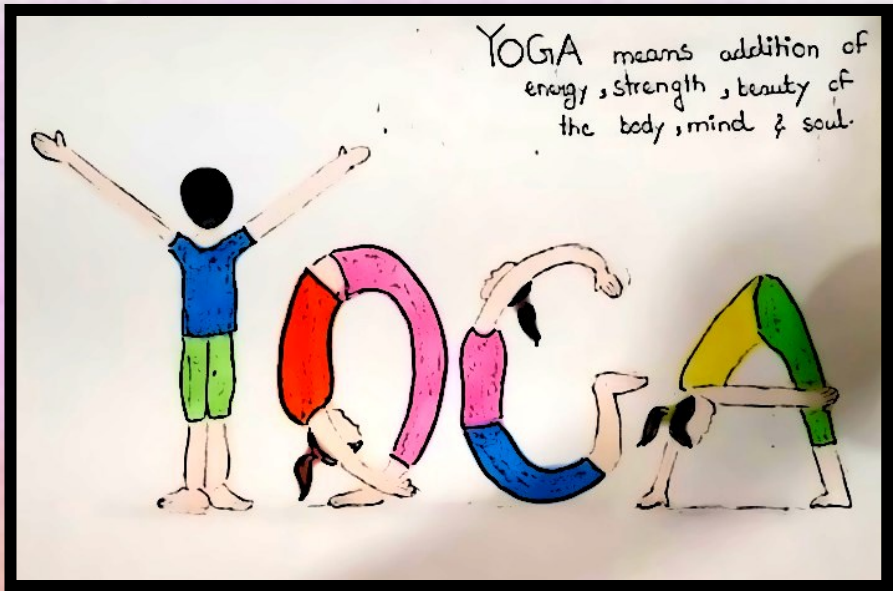
# SOARING SEEDLINGS



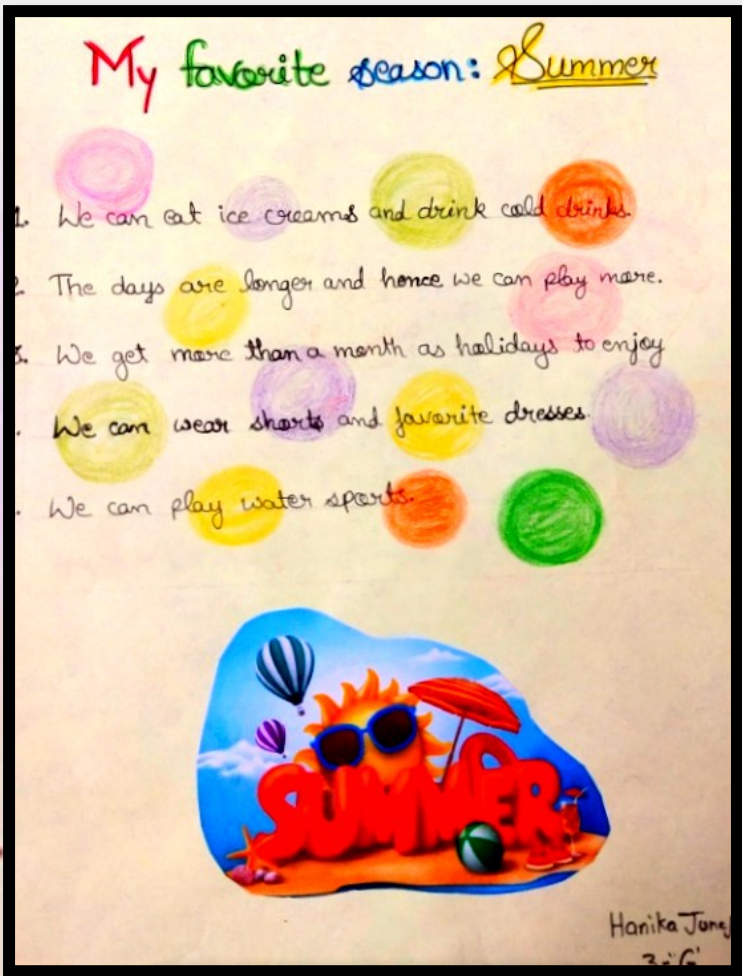
Ansh Jain  
IV - G



Dhanya Vashu Seth  
I - D



Rishabh Hasnani  
IV - A



Hanika Juneja  
III - G



# SOARING SEEDLINGS



Hetvi Vaswani  
I - A



Shreya Mehta  
III - C



Rupal Agarwal  
IV - F



Nitya Agarwal  
III - G

## Papa Is My Hero

Papa is my hero  
He explained me the concept of zero  
He is my best friend  
He always chooses things of good brand  
He is like my god  
Rejecting things that are odd  
In my life he has a special role  
He motivates me for my every goal  
I love you papa

Parth Saini  
V - A



# SOARING SEEDLINGS

## My School Is the Best

My school my school  
Beautiful and so cool  
Our teachers are so nice  
They give us knowledge and advice  
My school looks so simple  
But to us it is a temple  
In Morning we pray  
And study their whole day  
We learn in the school discipline and rule  
My school my school so beautiful and cool

Pritika Lalwani

I - A



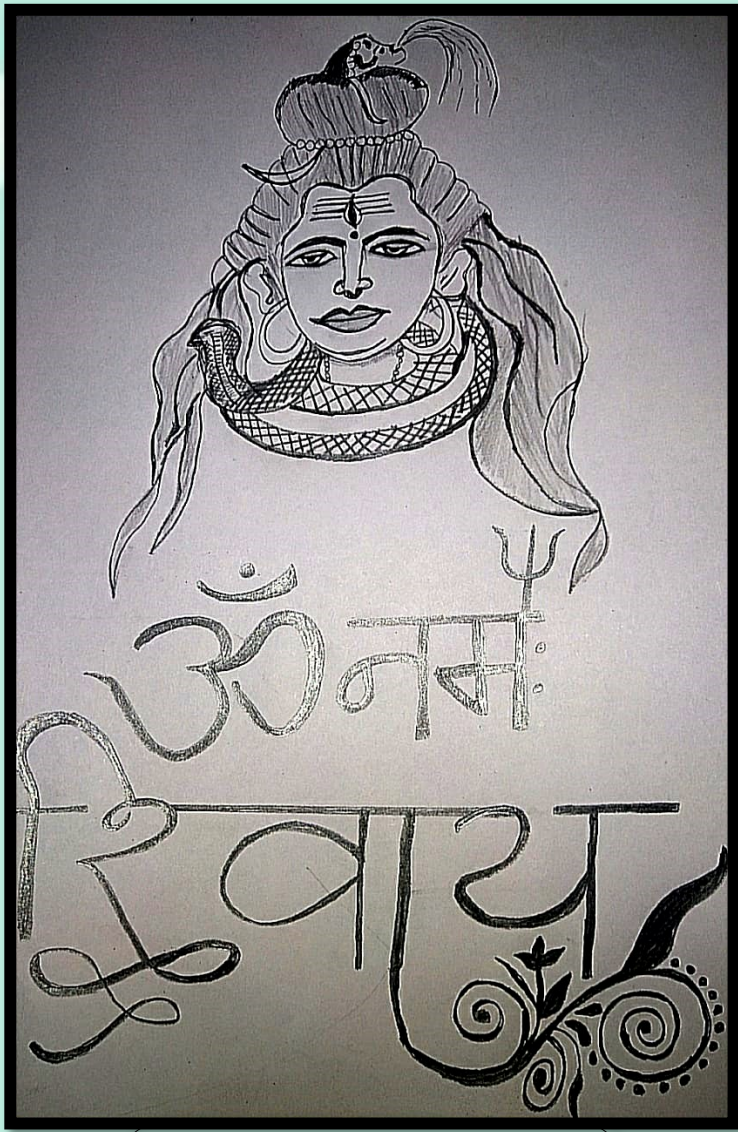
Yogyata Sharma  
V - B



Saksham Bajaj  
III - F



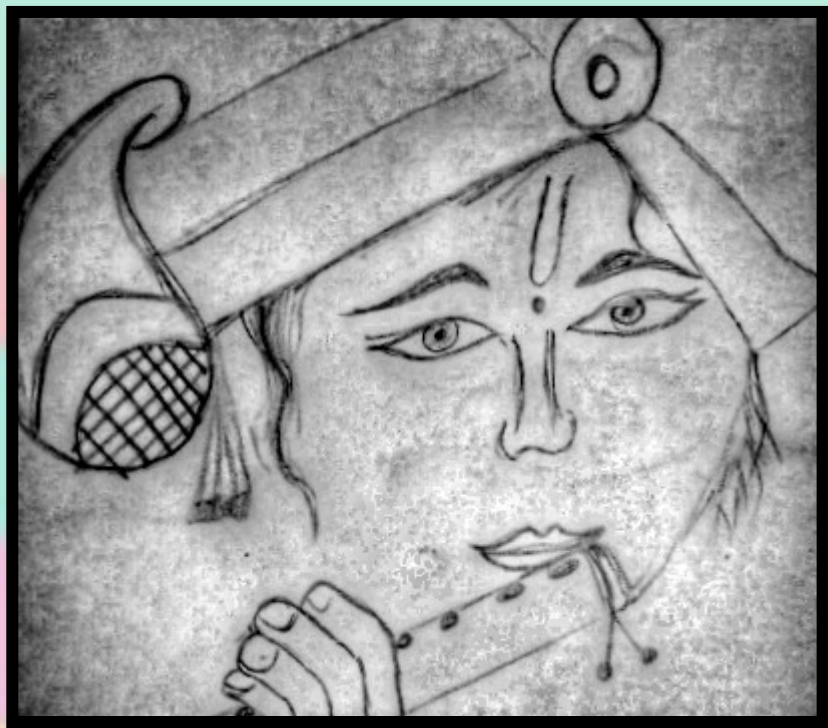
# YARE YOUTH



Bhavya Mehta  
VII - E



Parth Maheshwari  
VIII - D



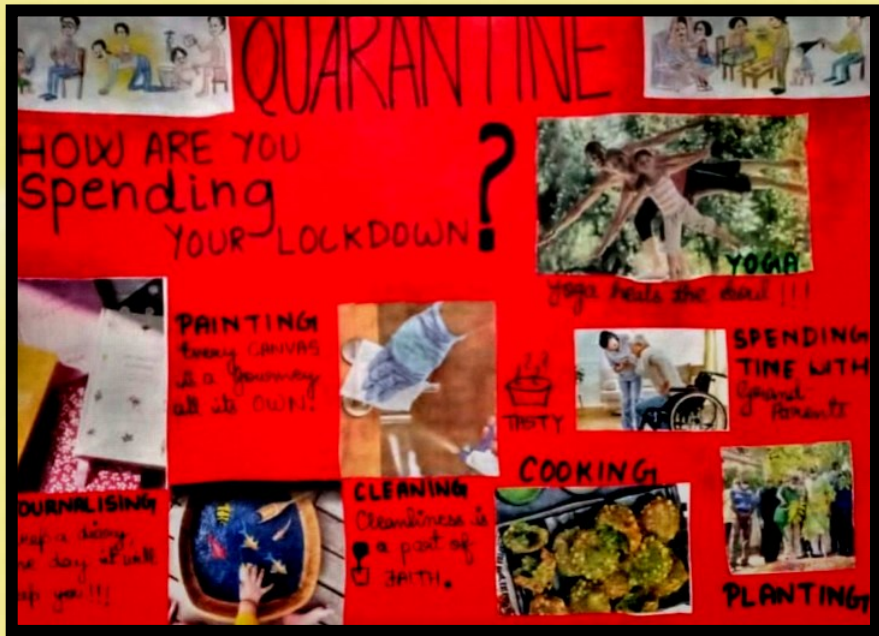
Bhavya Mehta  
VII - E



Siya Natani  
VII - E



# YARE YOUTH



Krish Sharma  
X - B

## HARD WORK

Dreams never go wasted,  
If hard work is invested.  
Hard work reward success,  
And sometimes failure too.  
Never be disappointed because,  
You're different from the few.

Dreaming without action is like,  
Body without soul.  
Working hard without determination,  
Is like Fossil without coal.

Every individual dreams,  
Throughout the year.  
Some are awarded with smile,  
While others with tears.

Shriya Maheshwari  
VIII - B

## FATHER

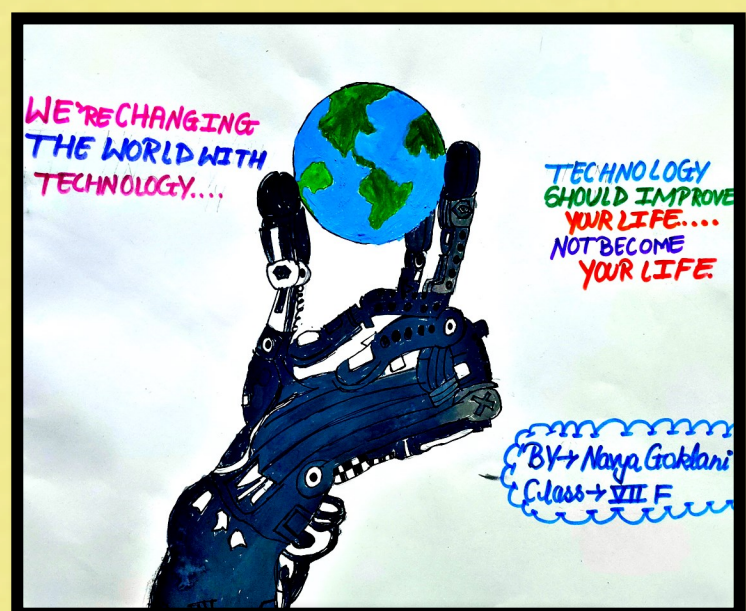
My father is my hero  
My father is my friend,  
I know he is bit old  
But he follows new trend

He says yes when mother,  
Said no to anything I want,  
He is the father which I want.

He is not a soldier,  
But the protector of my family,  
And handles each and every situation easily

The greatest gift  
I ever had from God,  
Is my loveliest dad.

Injila Shariq  
IX - G



Navya Goklani  
VII - F



# YARE YOUTH

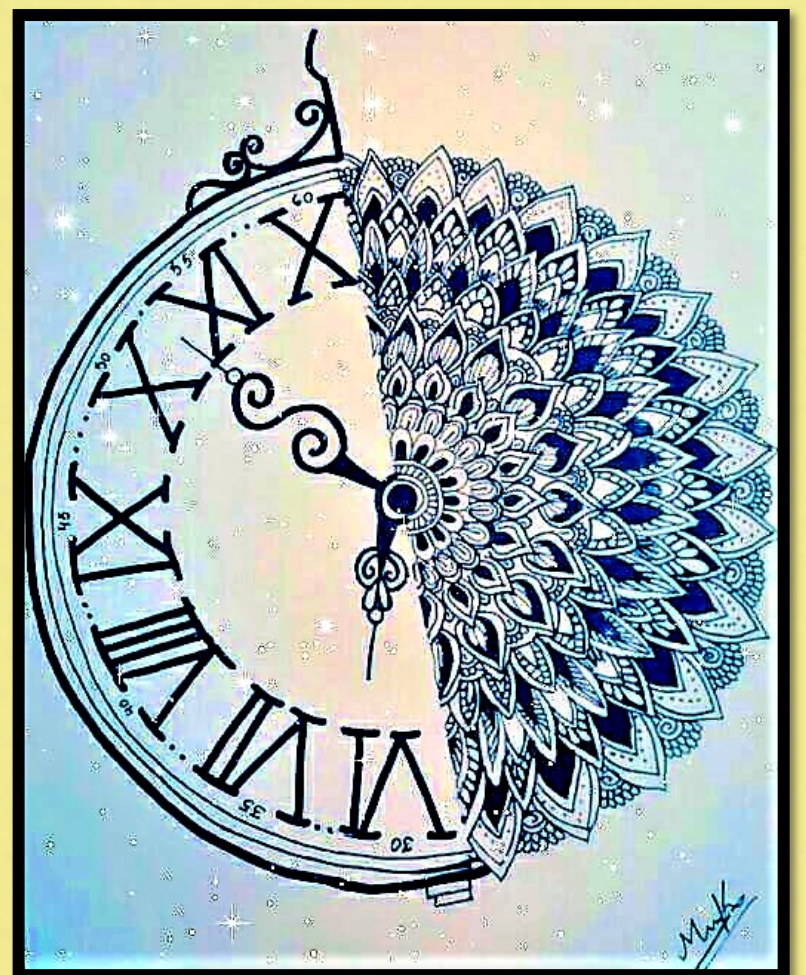
## BIRTH

I hear voices, happy voices and rejoicing all around,  
As the news of my soon arrival starts doing the rounds.  
Though I'm just beginning to take form,  
By happiness and blessings, I'm already being swamped.  
Everyone takes such good care of my mother and me,  
We're always surrounded by love, good food and all-around  
glee.  
Mom and dad talk about me all the time,  
With kicks I sometimes respond to put in my chime.  
My mother's tummy begins to swell,  
As I slowly grow within her protective shell.  
They do not yet know if I'm a girl or a boy,  
I hope this in no way affects their happiness and joy.  
In a few days I become too big for the womb,  
I want to get out as for breathing and moving I need more  
room.  
That's when my mother begins to scream in pain,  
Because all I wanted was to come out of this region.  
Soon the agony ended for her and me,  
And for the first time my parents and I could see.  
Mother looks tired but happy as she hold me in her arms,  
Father stays distant and unaffected by my presence and  
charms.  
In Just a few hours I encounter all human emotions and  
behaviour,  
My mother's yelling, screaming, pledging and crying, failed to  
be my Saviour.  
I was snatched and taken away by my own father,  
Who threw me in a dump without any bother?  
Oh! Mother, the foul smell is suffocating me,  
And there is only darkness around as far as I can see.  
But it is the ants and insects tearing into my skin that  
hurt more,  
As slowly the numbness engulfs me, and I see your happy  
face as I enter through another door.

Aditi Goyal  
X - G



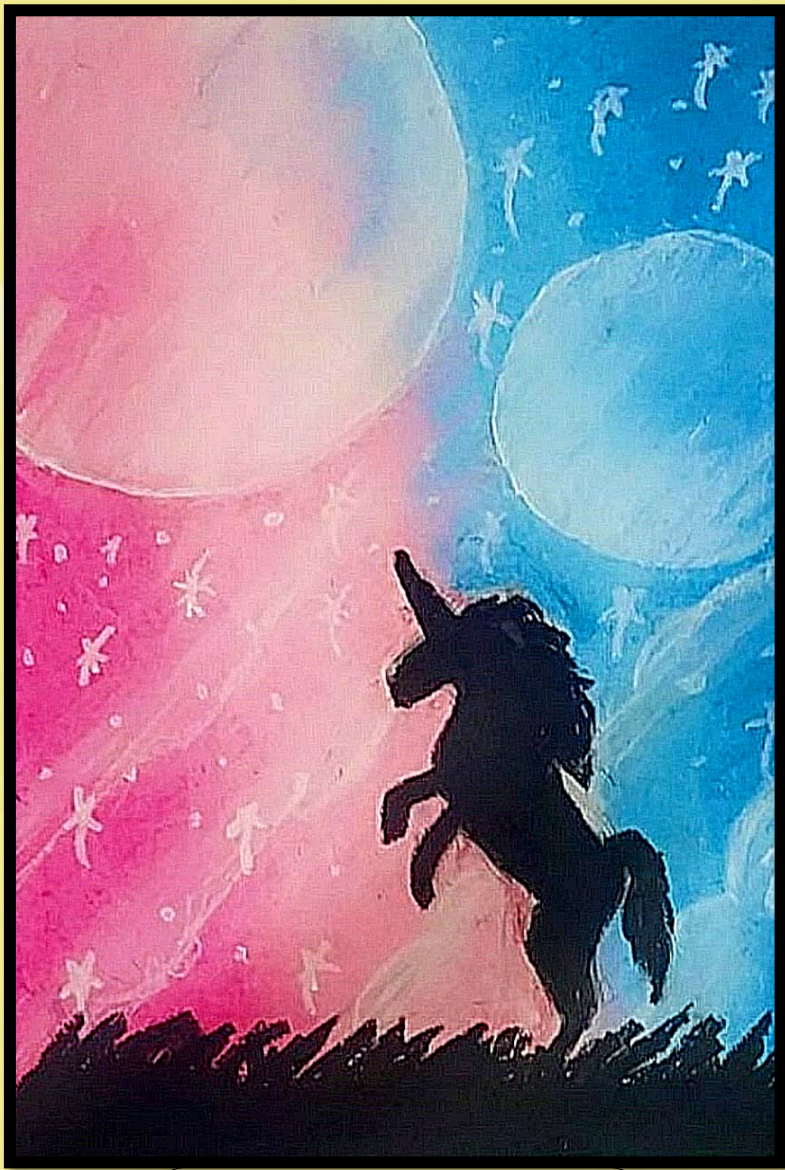
Karan Lalwani  
X - E



Mahi Khandelwal  
X - G



# YARE YOUTH



Palak Hasnani  
VII - G



Palak Hasnani  
VII - G

## HARD WORK

"The sole meaning of life is to serve humanity as times have been tough and it's normal to feel helpless". Understandably there is a fatigue as the news cycle change and we become desensitised to the individuals that are struggling to find the help of O2 cylinders , beds , and injections in the hospitals but a little goes a long way so I decided to help these people by updating them about availability of beds , injections , O2 cylinders and other necessary things .I created a page named ' Jaipur Stories ' on social platform and started sharing every news related covid . Many people got help and that really made me happy . I'm grateful to the people who supported me in my journey even some tv actors also shared my stories on their profile some names of them are Apoorva Arora, Karan Anand, Neha Laxmi, Shreya Mehta, Sachita Puri, Omkaar and Sandeep Anand I thank them all. We all can make an effort and a moment of time . It might not seem like much but #togetherwecan

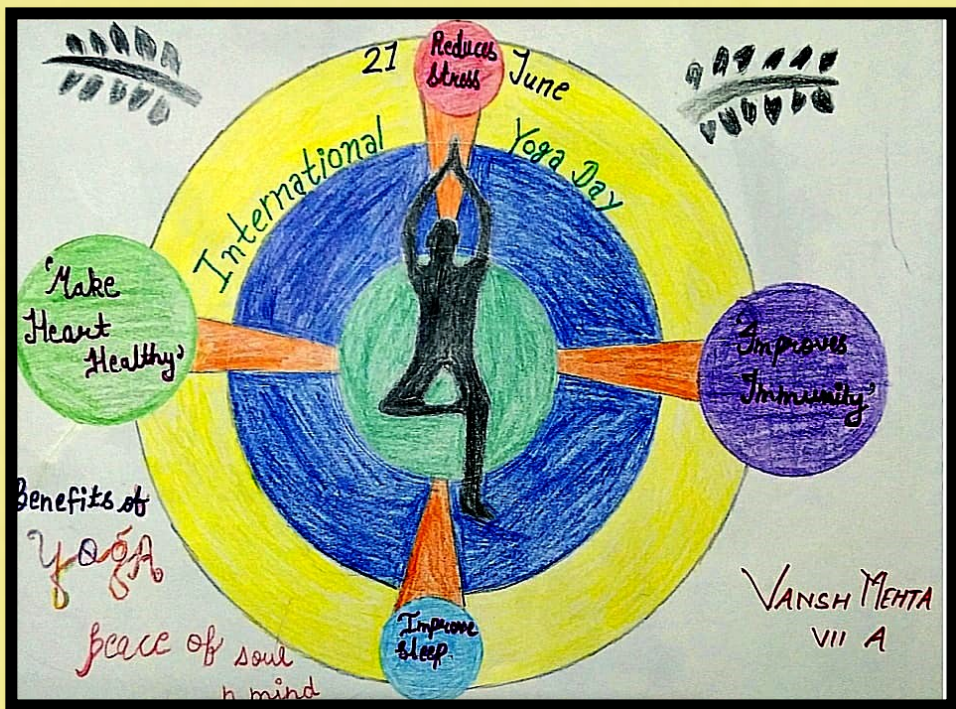
Devansh Jain  
XI - C



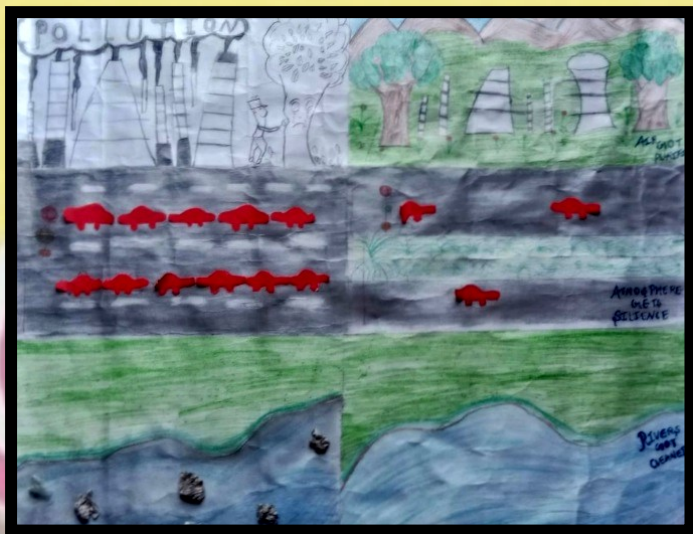
# YARE YOUTH



Manvi Sharma  
VIII - D



Vansh Mehta  
VII - A



Himanshi Verma  
IX - A

## PATRIOTISM

Patriotism is a strong feeling of attachment to one's homeland. This virtue encourages citizens to strive selflessly for the betterment of their country. True patriots are the foundation of any developed country. Furthermore, it contributes to the nation's strengthening. There are also additional meanings of patriotism.

Our country is usually referred to as our homeland. This demonstrates the importance of having the same love for our nation as we have for our mother. After all, our country is a mother to us, nurturing and assisting us in our development. Patriotism is a virtue that everyone should possess since it improves life.

Additionally, it improves people's quality of life. It does this by requiring everyone to labor for the common good of the country. There would be no conflict of interest if everyone worked for the good of the country. As a result, a more pleasant environment will prevail.

In conclusion, patriotism is critical to the country's development. It eliminates any self-serving or negative motives, reducing corruption. Likewise, if the government is devoid of corruption, the country will grow more quickly.

Krityasudha Vyas  
IX - G



# YARE YOUTH

## ENRICHING THE SOIL NATURALLY

I am an organic gardener, a vivid nature lover, and a keeper to an incredible four-legged baby and a few innocent budgies. I have heard from my parents that our city used to be lush green a few decades ago with lots of vegetation & farming. But over the years the "Concrete Jungles" have replaced the natural beauty in the name of development. Since I live in a concrete jungle, the noise and pollution started becoming too overwhelming and since I always longed to have a green space, gardening was the way to go. So, I decided to use my spare time to escape the madness of city life. This way I could be close to nature and also utilize this time to nurture my passion for gardening. Being a biology student, I have a keen interest in flora and fauna.

Initially, I started by growing exotic flowering plants, then I began growing edibles (vegetables) as well. It has been 4 years now since I began my gardening journey when I was in 7th standard. The joy and satisfaction that you get, when you take the time and the effort to grow something with your very hands, watching the whole process of a seed sprouting and transforming into a sapling, then a full-grown plant, from flowering to fruiting and finally the harvest; it is hard to sum up or express in words, it's such a proud feeling. It gives me a sense of satisfaction, fills me with gratitude and nothing compares to homegrown produce. You know for sure that all your products have no harmful chemicals, it feeds not just your body but also nurtures & refreshes your mind and soul. I've recently discovered microgreens and Japanese morning glories and I'm obsessed with them. Soil is the key component of farming(gardening) hence it's important to have living soil, soil that's rich with living and organic matter. I grow plants that act as natural nitrogen fixers and green manure for mulching. I use organic bio fertilizers like aged cow dung manure, homemade compost, cocopeat, vermicompost and neem cake to enhance the NPK(Nitrogen, phosphorus, potassium) content and maintain the pH level of soil.

Pests are a part and parcel of nature and gardening. I try to keep things as organic as possible and let nature take its course. In case there's an aphid, mealybug and spider mites attack I use natural remedies like Neem oil, wood ash and turmeric powder, to name a few. I have recently prepared vermicompost at my home. I got some red wigglers (a species of earthworms) online and then fed them decaying twigs and leaves from my garden and the biodegradable kitchen waste of our home (peels of fruits and vegetables, used tea bags, coffee grounds etc. The whole process of preparing the vermicompost took me 6 months. Earthworms make burrows in the soil and, in the process, mix the soil well. Furthermore, the worm cast (excreta of the earthworms) enriches the soil with nitrogen and makes the soil fertile. Vermicompost is darker in colour and finer in texture as compared to the normal compost due the presence of worm castings. Mixing vermicompost in the potting mix and garden soil enhances the water holding capacity of soil and increases the porosity of soil leading to better aeration for roots. My plants showed more profuse branching and heavy flowering after the application of vermicompost.

Gardening has taught me patience, it has made me respect and love nature even more than ever before, it has taught me not to take things for granted. It has always worked as a stress buster for me. My garden is my zen space and it has taught me to share and care.

Today's times call for sustainable and organic living, we all can do our bit in reducing our carbon footprints. I always support, practice & preach the five "R's - Refuse, Reduce, Reuse, Repurpose and Recycle."

Fun fact: 2 baby worms hatch from each earthworm egg.



**Ayush Agarwal**  
XI - C



**Vinamra Sharma**  
XII - G

**Bhuvnesh Choudhary**  
VI - E





# YARE YOUTH



Daksh Maheshwari  
X - B



Keshavi Khandelwal  
X - E



Mannat Bindra  
VIII - G



Vaibhav Gupta  
X - F

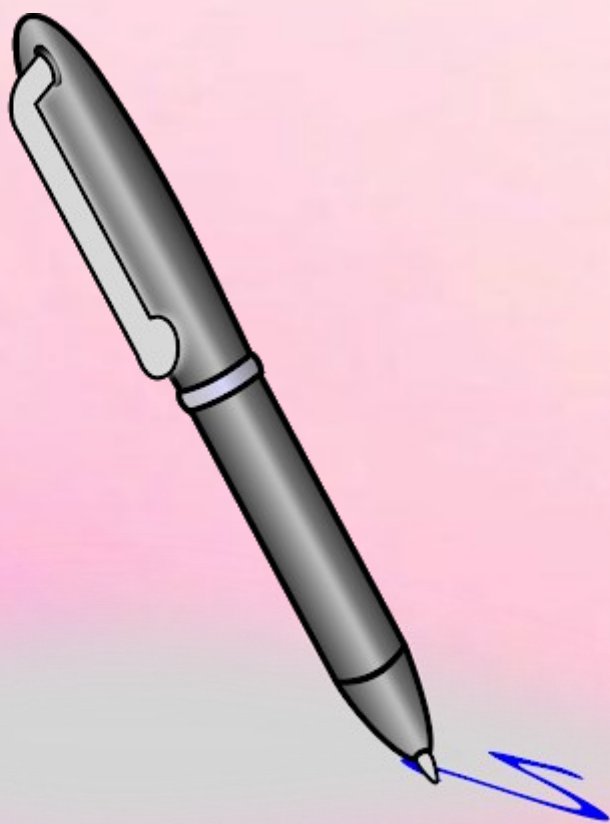


# Teacher's Corner

## सरकता भारत

टीवी आ गया है घर में,  
संस्कार कहां से आए  
मोबाइल आ गए हैं हाथ में,  
हुनर कहां से आए।  
खाना बनाने आती है आया,  
स्वाद कहां से आए।  
हो गए हैं मोहताज दूसरे देशों के  
आत्मनिर्भर भारत कैसे बनाएं।  
खाने में शामिल हो गए हैं चीज बगर पिच्चा,  
मोटापा कहां से जाएं।  
फुर्सत नहीं है किसी का दुख दर्द बांटने की,  
दिलों में प्यार कहां से आए।  
सुरक्षित हो जाएं बेटियां  
ऐसी आजादी कहां से लाएं।

POONAM PARNAMI  
TEACHER



LAXMI AGARWAL  
TEACHER



## सीखने की चाह हमारे व्यक्तित्व को निखारती है।

‘अगर देना है जीवन को नव्य आयाम,  
तो नवाचार के करों को लेना थाम।’

सीखने की कोई उम्र नहीं होती। यह प्रक्रिया माँ के गर्भ से प्रारम्भ हो जाती है तथा जीवनपर्यन्त चलती है। अतः आधुनिक काल में समयानुसार, प्रत्येक परिवर्तन को स्वीकारते हुए हमें समय की माँग के अनुसार व हमारे व्यक्तित्व में निखार लाने के उद्देश्य से प्रतिपल सीखने का जल्बा कायम रखना चाहिए।

इस सीखने की चाहत का प्रथम सोपान है विनम्रता। यदि हमारे मन में सर्वगुणपन्न होने का भ्रम है या तुलनात्मक रूप से अधिक ज्ञानवान होने का भुलावा है तो फिर हमारे संपर्क में कितने भी ज्ञानी लोग हों हम कभी भी कुछ भी सीखने में समर्थ नहीं हो सकेंगे। हमारा गुमान, विद्वजनों के बीच में रहने पर भी हमें कण भर भी नहीं सीखने देगा।

यह एक सर्वविदित व सर्वमान्य तथ्य है कि यदि हमें समाज में प्रतिष्ठा प्राप्त करनी है तथा जीवन में सफलता रूपी शिखर पर अपनी पताका फहरानी है तो कुछ न कुछ नया सीखने की चाह मन में संजोकर रखनी होगी। हमारी यह ललक ही जीवन का प्रकाश स्तंभ है जो हमें कभी भी निराश व पथ भ्रष्ट नहीं होने देगी।

एकलव्य की एक द्रोणाचार्य से धनुर्विद्या सीखने की चाह इतनी दृढ़ थी कि उसने गुरु की प्रतिमा को ही अपने समक्ष रखकर अर्जुन के समान इस विद्या में निपुणता प्राप्त कर एक मिसाल कायम की।

चींटी के बार-बार गिरकर भी पुनः चढ़ने के प्रयास से हम लक्ष्य के प्रति एकाग्रता सीख सकते हैं।

कछुए व खरगोश की दौड़ में कछुए की जीत का कारण उसकी निरंतरता को मानकर सीख ले सकते हैं।

सोचकर देखिए यदि इन मूक प्राणियों से इतना कुछ सीखा जा सकता है तो हम इंसान होकर एक दूसरे से क्या कुछ नहीं सीख सकते!

ईश्वर ने मनुष्य को मस्तिष्क देकर सोचने-समझने की शक्ति प्रदान की तथा संसार के करोड़ों प्राणियों में से श्रेष्ठ बनाया।

इस शक्ति का प्रयोग कर मानव -मात्र ने ज्ञान -विज्ञान के क्षेत्र में आसमान की ऊँचाई व पाताल की गहराई को छू लिया। ये सारी उपलब्धियाँ सिर्फ और सिर्फ सीखने की चाहत व उमंग के नतीजे हैं।

समय, परिस्थिति व असफलता से बड़ा गुरु कोई नहीं है। जहाँ समय व परिस्थिति हमें परिवर्तन तथा सामंजस्य की सीख देती है वहीं असफलता हमें आत्मावलोकन सिखाती है।

अतः हमेशा सकारात्मक सोच, विनम्र स्वभाव तथा चेहरे पर मुस्कान रखते हुए कुछ न कुछ नया सीखने का जुनून जिंदा रखें तो आपके व्यक्तित्व में निखार आएगा, देश व समाज में प्रतिष्ठा बढ़ेगी व आपका भविष्य उज्ज्वल होगा।



# Student's Corner

## RIDDLE THE DAY AWAY!

1. Why do we write etc. at the end in Exam?

A) E = end of    T = thinking    C = capacity

2. Why do bees have sticky hair?

A) because they have honeycombs.

3. What type of sandal do frogs wear?

A) Open-food

4. What is pizzas favourite type of jokes?

A) Cheesy ones!

5. What do you call a car opener that doesn't work?

A) A can't opener

6. What can travel around the world while staying in a corner?

A) A stamp

7. What goes away as soon as you talk about it?

A) silence

8. If you don't keep me, I will break, what it is ?

A) Promise

9. I have a tail, a head but no body ?

A) Coin

10. What goes through cities and fields?

A) A road

**KNOCK, KNOCK.**

*Who's there?*

**Tank.**

*Tank who?*

**You're welcome.**

**KNOCK, KNOCK.**

*Who's there?*

**Nobel.**

*Nobel who?*

**Nobel...that's why I knocked.**

**KNOCK, KNOCK.**

*Who's there?*

**Luke.**

*Luke who?*

**Luke through the peephole and find out.**