### Mount Abu Public School

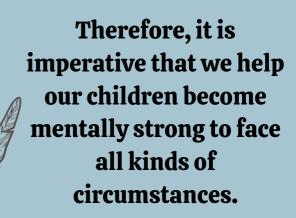
Sector-5, Rohini, Delhi -110085



NEWSLETTER
SENIOR WING SEPTEMBER 2022



In today's world, along with skills that will help us to achieve our goals we need mentally tough people to be able to survive all the tensions and anxieties that come from real life situations.

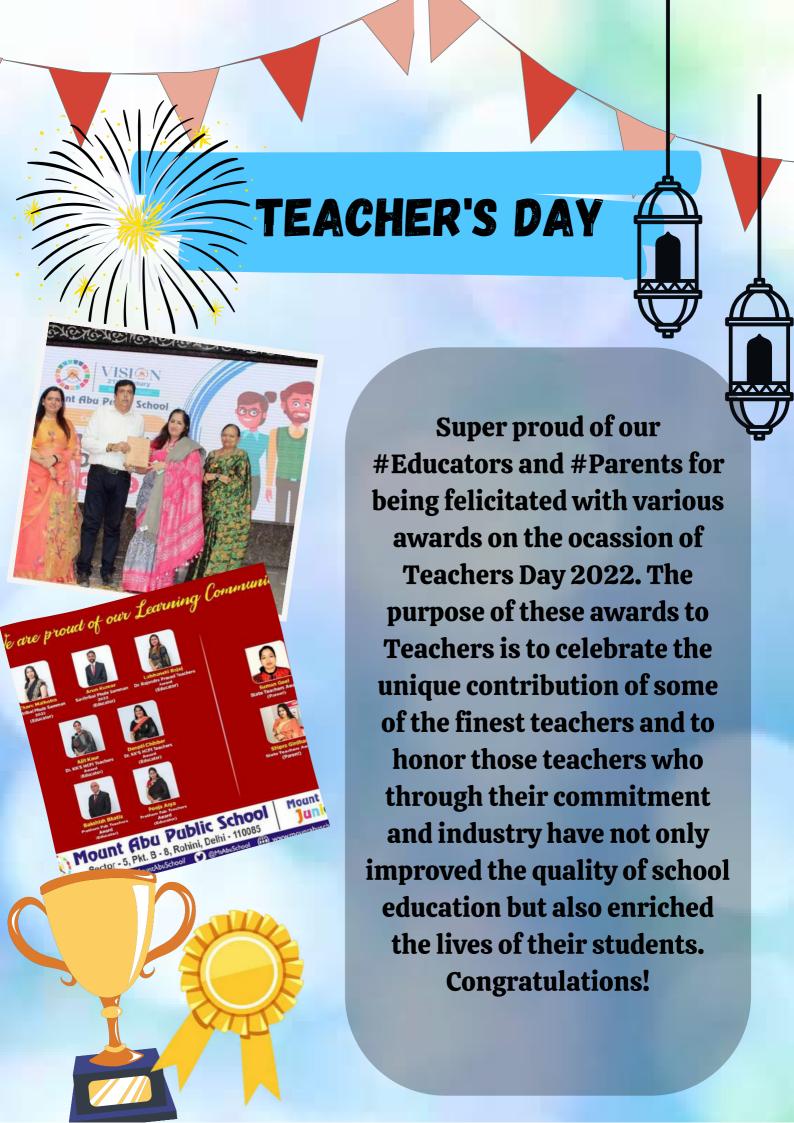


Students who are mentally strong are able to tackle challenging situations and can bounce back from untoward experiences.

Covid years have taught us to teach our kids to be prepared for an unpredictable future. Therefore, now is the time to consciously prepare grounds for sound mental development of students at every age with the support of adults around them.







### RANKED IN TOP 3 IN TIMES SCHOOL SURVEY 2022



Times of India | North Delhi Leaders: Rank 3 Congratulations to the Learning Community.

With every year, Mount Abu School is #SettingTrends, #DefiningStandards, #RaisingBars and #InspiringLeaderships.

All set to 'Redefine The Future' with our #Vision21stCentury.

Our gratitude to The Times of India for this honour.

### ANNUAL TEACHERS AWARD

#ShriDinaNathAroraTeachersHonour2022
Mount Abu Public School has instituted an
#AnnualTeachersAward in the loving memory of our
#Founder #Chairperson Shri Dina Nath Arora Ji.
Congratulations Mrs. Minoo Bhatia (Head, Middle
School) for being felicitated with first ever Shri Dina
Nath Arora Teachers Honour. #Vision21stCentury

## WORKSHOP ON NEP 2020

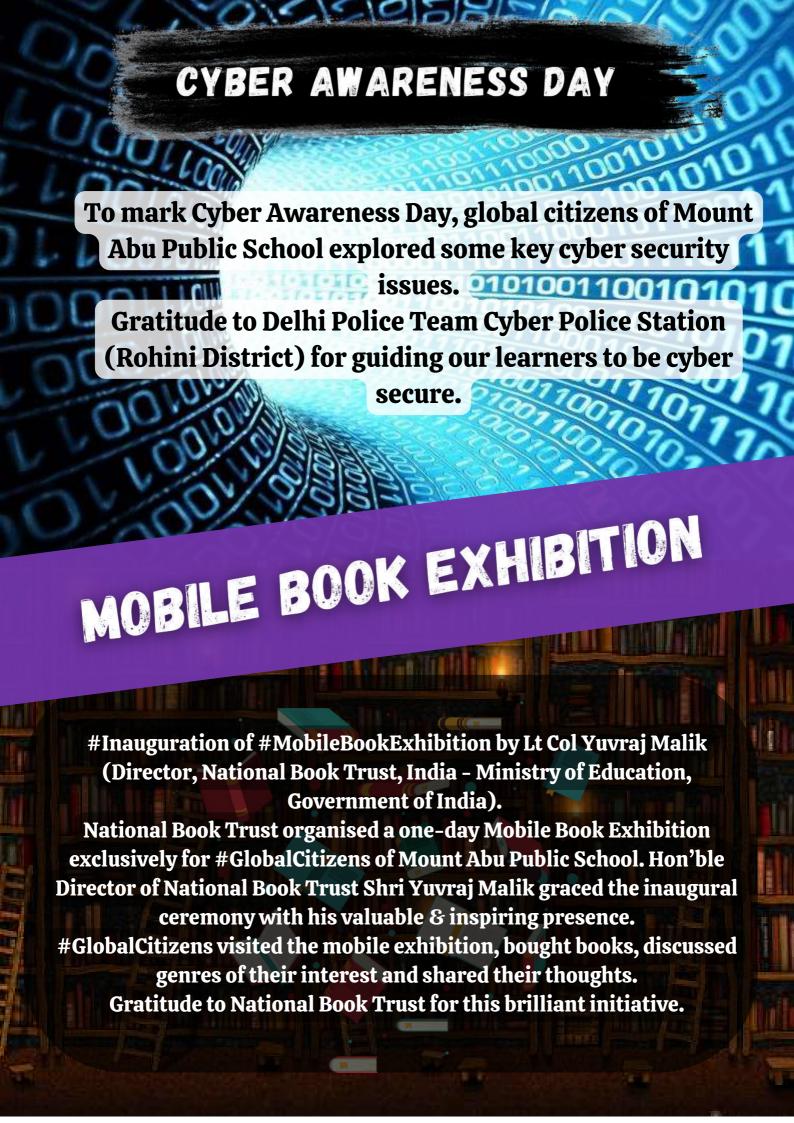
Education is witnessing a series of transformation at the level of policy and practice & thus involvement of stakeholders has become essential. The #LearningCommunity of #MountAbuSchool was invited to be a part of Implementing

#NationalEducationPolicy2020 - One Day Consultation Workshop on National Curriculum Framework organised by Indira Gandhi National Open University #IGNOU in collaboration with National Council of Education Research & Training #NCERT.



At Mount Abu School, we just don't use technology but live it. Our educators are now certified MIE experts (Class of 2022–23).

#MicrosoftInnovativeEducatorExpert Congratulations Educators!



## WE THE PEOPLE OF INDIA

Launch of #WeThePeopleOfIndia: Special Publication to mark #AzadiKaAmritMahotsav by Lt Col Yuvraj Malik (Director, National Book Trust, India Ministry of

Education, Govt of India).

#MountAbuSchool has launched a special edition compiling activities undertaken by the school over a span of 1.5 years to celebrate

#AzadiKaAmritMahotsav.

The publication was launched by Lt Col Yuvraj Malik (Director, National Book Trust, India Ministry of Education, Govt of India) and Mrs Jyoti Arora

(Principal, Mount Abu Public School).

Congratulations to all girls-editorial team composed of Nikita Dhawan (Grade 11), Tanishka Johar (Grade 8), Daksha (Grade 7) and Anika Sehgal (Grade 8) led by Ms Vinita Nanda (PYP Coordinator)



## INTERNATIONAL LITERACY DAY

- Andrews

To mark this valuable day, a team of young learners of Mount Abu School and officials from National Book Trust, Govt of India visited Asha Kiran School to present an impressive collection of books and had an interactive conversation with fellow children.

Feeling of coming across a good book is inexplicable and it is wondrous how a book can change one's life.

Young learners explored an ocean of books at National Book Trust
HeadQuarters in New Delhi. They were warmly welcomed by officials of the
National Book Trust.

Explorers were excited to attend a workshop on "Developing Reading Skills.

Our school mascot Abu too joined fellow Global Citizens.
Gratitude to National Book Trust for this exceptional
platform.



## GREEN CAMPUS PROGRAM



Eco Club delegation of Mount Abu Public School attended the GCP Award Ceremony where the school was conferred with Gold medal for an audit under Green Campus Program by Climate Reality Project India.

This award category recognizes individuals or organisations who have taken bold environmental action in urging and creating decisive positive change on behalf of the planet and its inhabitants The programme enables schools and colleges to conserve natural resources like water and biodiversity, optimize energy efficiency, manage waste and educate about climate change and sustainability while addressing well-being of the students as compared to conventional educational institute.

The audit was a part of this programme, making our school's carbon footprint report about the resources being used and the Green measures adopted by the school community and the school bagged GOLD MEDAL in Green Campus Program 2020-21.

This leadership and example is definitely going to inspire and motivate schools across India .The school is committed and will continue its endeavour in the progress of being a green school and Zero waste school campus, to empower children with sustainability education.

## SCHOOL ENTERPRISE CHALLENGE

Entrepreneur is a catalytic agent of social welfare and change who makes a fortune out of ideas. Entrepreneurship is not a mindset but a skillset. Young learners gained exposure with first hand interaction with an entrepreneur. Mount Abu Public School has been an active participant & promoter of the School Enterprise Challenge for many years now, and our student-run businesses have won many awards in the past. Ms Christophe (Senior Program Officer, School Enterprise Challenge - Teach A Man To Fish, UK) was warmly welcomed at School Campus.

Ms Christophe interacted with the present team of business-students and appreciated schools' efforts in promoting entrepreneurship skills among students and explored about enterprises being run by student-entrepreneurs across the World.



# MICROSOFT SHOWCASE SCHOOL

A school that teaches in an innovative way and allows curiosity to bloom in the classroom creates a promising youth. Holding its exemplary record Mount Abu School is Microsoft Showcase School for 5th consecutive time. We are ready to redefine the future with our 21st century vision.

5TH CONSECUTIVE TIME!

### VALUE EDUCATION PROGRAM

Knowledge gives us wisdom but our values determine in which direction we use it. Value Integrated Education has always been promoted in school campus because a wise man without morals is a well without rope. Principal Mrs Jyoti Arora was invited to share her views on Awakening.. a value Education program at Primary level, Awakened Citizen Program .. a value Education program at Middle level and other educational initiatives of Ramakrishna Mission in the gracious presence of Hon'ble Education Minister of India Dharmendra Pradhan Ji, CBSE Chairperson

Nidhi Chibber Ji and Swami Shantatmanada Ji Maharaj.

The unique initiative, launched this morning, is a step towards empowering young children to self reflect & to make them ENLIGHTENED & AWAKENED. The program is also completely aligned with the philosophy of NEP 2020.

Our gratitude to Swami Shantatmanada Ji Maharaj & Team Ramakrishna Mission for inviting Principal Mrs Arora to present her views.







### PROJECT CHEETAH PROGRAM



"When we lose an animal species to extinction, we lose a part of our family." The School has always been proactive in conducting sessions on recent topics to keep

the young minds updated.

Welcome Back Cheetahs! Gratitude to the Ministry of Environment, Forests & Climate Affairs, Govt of India, Indian Oil and Natural History Museum for conducting an

enriching session on Project Cheetah.

Cheetahs - brought from Namibia - are being introduced in India under Project Cheetah, which is world's first inter-continental large wild carnivore translocation

project

Bringing Cheetahs back to India will help in the restoration of open forest and grassland ecosystems and also lead to enhanced livelihood opportunities for the local community.

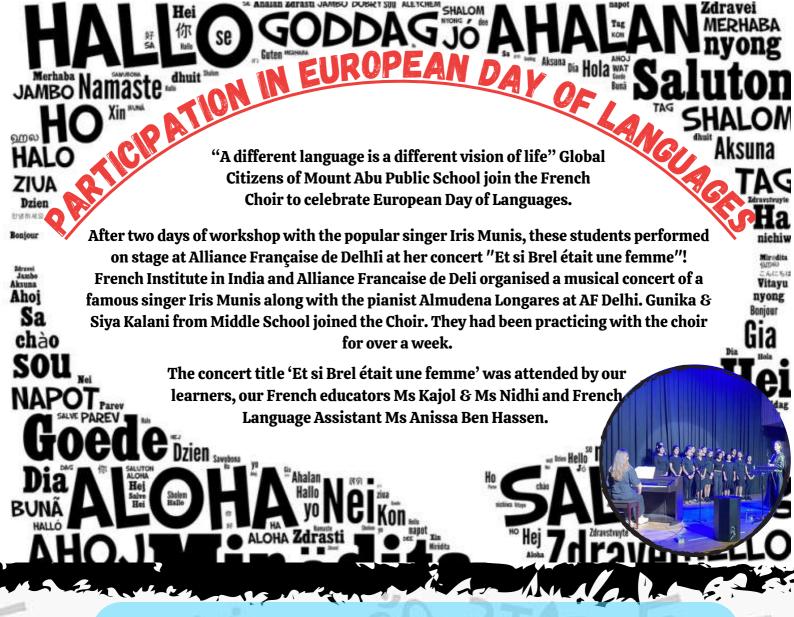




# CPR TRAINING CAMP & HEALTH CHECK-UP CAMP

Informative sessions are not only necessary for students but also for teachers. Our Educators attended a training session on CPR and got their basic health parameters checked. Gratitude to Max Health Care for organising a CPR training camp and health check-up camp for our educators.

CPR is a life-saving skill that everyone must know. CPR proves to be life-saving in a heart attack or close to drowning cases, where victims' heartbeats have stopped and require immediate treatment. Expertise is not necessary when someone's life is at stake; basic knowledge is enough. Having CPR knowledge can make you the life-saving hero in someone's life.

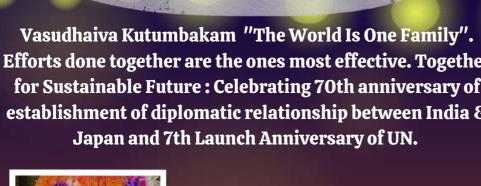


# FACILITATED IN EDUCATION WORLD RANKING

Congratulations Mount Abu Learning Community!!
Education World has ranked Mount Abu Public School among Top 20 Schools of Delhi & Top 70 Schools of India. Relentless efforts at the school to create Global Citizens with imparting education in an innovative way have been recognised. School is honoured to be facilitated in such a prestigious ranking.

### INTER SCHOOL FESTIVAL -TOGETHER FOR SUSTAINABLE FUTURE

Efforts done together are the ones most effective. Together for Sustainable Future: Celebrating 70th anniversary of establishment of diplomatic relationship between India & Japan and 7th Launch Anniversary of UN.





Gratitude to schools across Delhi NCR for massive participation in inter school festival "Together for Sustainable Future". The interschool festival witnessed mesmerising ikebanas, thoughtful haikus, brilliant origami artworks and creative manga scripts. Delegate from Japan Foundation graced the event with her valuable presence.

emman hullow to E.



### BEST SCHOOL AWARD TO DRIVE AGAINST **JUNK FOOD**

Our efforts to promote #EatRightHabits Awarded

Mount Abu School felicitated with "Best School Award to Drive Against Junk Food" at National Conference on Nutrition at Taj by Vivanta, Surajkund. School educators Ms Sonu Khanna & Ms Srishti Nijhawan attended the conference, deliberations, panel discussions and the award ceremony.

Promotion of #EatRightHabits at Mount Abu School actively involves our learners & their families. Congratulations!



# OBSERVANCE OF POSHAN MAAH — NATIONAL NUTRITION WEEK

"It is health that is real wealth and not pieces of gold and silver"
A healthy outside starts from a healthy inside and to propagate this idea more, Mount Abu Public School celebrates National Nutrition Week from 2 September onwards. An assembly was hosted by class 12 and the students of grade 11 and 12 were enlightened with umpteen benefits of having a nutritious and controlled diet.

A fun quiz was hosted by Dhruv Sharma in order to test everyone's wits about Nutrition. To set the assembly in motion, a skit was presented by the students Palak, Sasmit, Dhanuj, and Tanush in a satirical manner to emphasize on the importance of being healthy in today's fast times. The student's talk was orated by Reva Yadav wherein she stressed upon the unhealthy eating habits of the youth and stated reasons why it's imperative to follow healthy eating habits.



the state he

Hindi Divas is an annual day celebrated on 14 September in India to celebrate Hindi as one of Under the Article 343 of the Indian Constitution; Hindi written in 'Devanagari' script was adopted as the official language. To celebrate the popularity of Hindi as an official language of India.

It was in 1918 that Mahatma Gandhi, widely regarded as the Father of the Nation, had attended a conference on Hindi literature and asked Hindi to be made the national language of India. Students of Mount Abu Public School celebrated Hindi Diwas with great zeal and performed various activities regarding the same.

स्ति निक्षा का अन्ति । अन्ति का अन्ति निक्ष



From being #First #IB PYP Candidate School in North Delhi to defining experiential #CBSE education. Our #Vision21stCentury is 'Redefining The

Future'.
Times of India | 27 Sep 2022
#MustRead



## CAPACITY BUILDING PROGRAM

Charle M

Mount Abu Public School hosted
#CapacityBuildingProgram on the theme "Learning
Outcomes and Pedagogies" organised by Central Board of
Secondary Education.

Dr. Meenakshi Gupta, Principal, S.D. Public School and Ms. Aishwarya Taneja, HOD, Bal Bharti Public School were the resource persons for the training program who extensively focused on paradigm shift from teacher centred approach to student centred approach, the major component of National Education Policy 2020.

The resource persons asserted that the outcomes need to be measurable and observable. Hands-on creating well-defined outcomes by critically thinking and learning from other's experiences by the educators were the highlights of the program followed by strategies to align the outcomes to the desired goals in the learning process leading to effectiveness in the process.





### **INSTALLATION OF PLASTIC WASTE BINS**

Bins made from #Plastic Waste installed at Mount Abu School.

A total of 25 kg plastic, specifically 5000 bottle caps have been recycled to make these bins. Gratitude to Green Dream Foundation & @Jindal Stainless Foundation for supporting us in our journey towards being a #ZeroWasteSchool #Shunya #SDG

Kudos to Action Committee of Unaided Pvt Schools for leading Project #Shunya in schools across Delhi NCR. We are well aware that in present times, technology and gadgets take up most of our time. Technology infact has got us all hooked to screens in the form of television, laptops, mobile screens, tablets and more. Other than screens, household appliances run on batteries or electricity as well.

Once obsolete, these Electronic Waste (E-Waste) are mixed in trash causing great harm to Environment.

Mount Abu Public School collaborated with Green Foundation to ensure effective disposal and recycling of E waste. A set of specially designed bins have been installed at the school exit gates to put their E waste which will be collected by the Green Foundation team to ensure its disposal in an eco friendly way.

A little effort from each one of us will make a big difference. Let us join hands and be a #ZeroWasteSchool.



## TIPS FOR EXAMINATION!!

#### <u> 11A</u>

1. Mauli Kumari

Be well prepared for examinations otherwise what happens in an exam is; tik tock, mind block, pen stop, eye pop, full shock, jaw drop, time up, no luck.

2. Rishi Kukreti

Study as much as you can, but don't burden yourself, have faith in yourself, and give the exam confidently PS - You should be studying right now.

#### 11**D**

1. Mansi Mishra
Never panic just believe in your self
that you can achieve what you've
prepared.

2. Sejal Garg

Minimize distractions and overcome procrastination.

#### 12B

1. Aingel Singh
Use effective and study friendly study
techniques.

2. Harsh Kumar

When trying to understand a concept use Self Teaching Method.

#### **11B**

1. Bhavini Mehra Stay hydrated. Eat healthy food. Maintain proper sleep cycle.

2. Shubhi Gautam

It's rightly said, "Stress is the enemy of success."

The most common problem all the students face these days is stress and panic attacks. However, students must understand that one's productivity is inversely proportional to one's stress levels.

Therefore, one should do a stress free preparation during exams, in a relaxed state of mind to enjoy maximum productivity and a good result.

#### 12A

1. Anushka Sharma
Exam time is the right time to put
your Monica Geller shoes on and sort
everything out! Leaving everything to
the last minute never helps but
strategic studying does.

2. Viraaj Narolia
Think of one positive thing just
before starting of the exam, it would
make you optimistic and relaxed

## 11C

1. Deepanshu Singla
Try to note down important key words
with respective heading so, that it can
help you in revision.

2. Kartik Aggarwal

One of the most effective ways to prepare for exams is to practice taking past versions. This helps you get used to the format of the questions.

#### 11E

1. Nitika Dhawan Make your own notes. They are always best.

2. Bhumika Banga Listen to teachers. Mark all the important questions or concepts told.

#### <u>12C</u>

1. Shreyas Jain
Refer to practice manual and old
question papers for practice.
2. Yash Vashishth
Have self confidence. Learn from past

mistakes.

### <u>12D</u>

1. Daksh Bisht

Present your answer sheets properly. It should be neat, clean, error free and underline key words

2. Aakriti Mishra

In theory exams, do not scribble 3-4 pages. Try to make to content crisp by incorporating flowcharts, tables, diagrammatic representations, etc.

#### 12E

1. Karnika H Gaira

Manage your exam properly. Start always with a section with maximum weightage. These questions take a lot of time so can be done in time.

2. Himanshi Narang
Make a proper schedule for managing
your time well.

# THE CURATION TEAM

- Mauli Kumari XI-A
- Deepanshu Singla XI-C
- Nitika Dhawan XI-E
- Kartik Aggarwal XI-C

