#### **Monthly News Bulletin June 2021**

### From The Chairperson's Desk.



Nobody is exempt from the trials of life, but everyone can always find something positive in everything even in the worst of times.

I just want to take this opportunity to thank all the parents and students for understanding, staying calm and having positive approach to the Covid-19 virus. While the

situation regarding COVID-19 continues to evolve, I wish to reassure you that Lovely Group of schools is taking all the necessary initiatives to prove that the teachers, presumably groomed in old fashion ways, from conventional schools are adaptive to new tools, overhauled curriculum design and an unheard of virtual pedagogy, can weather the storm to ensure that our children continue to learn and grow. Teachers are extending a helping hand to each student to cope with this finite phase with equanimity, nerves of steel and heart brimming with love and compassion for each other. Every muscle and sinew is wired to rush to school, to welcome the students, hear the laughter of children ring through, fill the corridors with shouts and cheers. There will be a day for that, the good times will return and walking into the school will be nothing short of a celebration!

May all my students flourish with every passing day. Wish you all good luck.

#### From the Director sdesk &

Education is a shared commitment between dedicated teachers. motivated students and enthusiastic parents"



I hope that you and your Dr. Mahima Malik families are all well and safe at vour home. I wanted to start by

thanking all the parents for their fantastic support. Our role, as a school is not only to pursue the academic excellence but also to motivate and empower the students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society. We aim at converting every individual into a self-reliant and independent citizen, by providing an amalgamation of scholastic and co-scholastic activities, even during these challenging times. This has been achieved with your support and I am really appreciative of this fact. I wish luck and success to all my enthusiastic learners. Look for the bright side of every situation.

"Change your thoughts and you will change your world"

# Building

#### power gets you started. Habits get you results



Dear Readers,

Today, I will share with you few tips about building your WILL POWER.

Will-Power is a deplete-able resource and you can understand this point by just recollecting any one of your new year resolutions like reading, improving handwriting, cutting down snack intake or completely saying No to junk food, etc. You had the will to follow the new habit for few days and after that....IT'S GONE. That's why it's important to work on your will power muscle daily. Like you build your body muscles by exercising or by doing



yoga, you need to work out your mental muscles daily too. Mental resilience is motivation, focus and will power - strengths that are essential to achieving any goal. Research has shown that will power is like any other muscle. It gets stronger the more you exercise it.



Left Hand Writing



Snapping Fingers

#### Exercises to build mental resilience:-

- 1) Do Meditation for 10 minutes daily to train the brain to focus and resist the urge to wander.
- 2) Use your opposite hand for at least an hour in a day. Your brain is wired to use your dominant hand, so it takes will power to use the opposite. To get started, you can start from 15 minutes and increase the time gradually. Do your day to day tasks, draw, write, eat etc.
- 3) Snap your fingers exactly fifty times.
- 4) Count backwards from 50 by 3, like this: 50, 47, 44...all the way to 0. You can count by any number say, 4,6,7 etc. By practising these daily or whenever you get time you will gradually feel you are now mentally stronger than you were.

- Pearls of Wisdom by Dr. (Mrs.) S.D.Malik

#### **MONTHLY NEWS BULLETIN** June. 2021



#### Feel the pride and go on accomplishing new ventures.



The key to achieving your goals is consistent performance and your consistency is evident in your performance during the online classes. In fact, your active participation in co- curricular activities is also much appreciated. You all have switched from traditional classroom to virtual classroom very smoothly and it's really remarkable the way you are coping with Digital world at such tender age. Your will to accomplish tasks in spite of challenges will always make you shine. So, keep moving with all your might to overcome hardships and conquer

# WAYS TO CONSERVE WATER

"If there is no water, there is no life".

Water is the essence of all life forms. It is the most valuable natural resource. Gifted by nature but unfortunately spoilt and misused by humans. It's time to rectify the mistake and ensure proper usage and distribution through various channels or else life processes will cease to exist. To make the students understand the importance of water, different ways to conserve water were discussed virtually with them. Students enjoyed sharing their tips through various pictures.







Arnav Jain











Geetika Daga

**Lehar Bansal** 

**Sunanya Soni** 



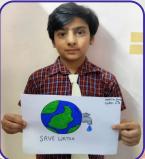
**Sriian Mishra** 



**Gonal Sharma** 



Shourva Bhatia



Kartik Soni



**Vanshika Shrivastava** 



Anandita







Charu Goyal

Angel Gupta

Ishaan

Atishay Jain

**Monthly News Bulletin June 2021** 



# etivities at a Quick Glance

June-2021

Nursery to **VIII** 













TUE











WED











THU











FRI











SAT











SUN











Nurturing Passion Towards Perfection...

#### **Monthly News Bulletin June 2021**



# WORLD ENVIRONMENT DAY



### Lets nurture the nature so that we have a better future.



Sulaiman

Naksh Lakhotia

Amogh Jain

Navya Jain













Cherish Jayate

Anya Jain

Nauman

Ayansh Pandey Daksh Kochar

Yukta Sinah

World Environment Day is happily celebrated world wide on the 5th of June every year. On this day action and programmes are organized to support and protect our environment. Mahatma Gandhi said that... " Earth provides enough to satisfy every man's need, but not every man's greed. But man's greed never ends up. He is destroying the nature for his own selfish purposes. Environment day is also called "People's day" to take care of earth and the environment for a healthy life. The environment plays an important role by providing us air, food, water, jungles and much more. The theme of world environment day 2021 is Ecosystem Restoration. It can be taken in various forms like- growing trees, making cities green, rewilding gardens, changing diets or cleaning up rivers and coasts. It is necessary to call people from all over the world to come and join their hands together to serve the nature and save environment. It is the responsibility of every human being to love, serve and save the environment. So..... DO YOUR BIT ..... TO KEEP THE ENVIRONMENT FIT.



# FIRST AID BOX MAKING ACTIVITY





### PREVENTION IS BETTER THAN CURE '

First aid is the medical aid given to an injured person before a qualified doctor arrives. Accidents are quite common no matter how careful we are. Something is bound to happen one way or the other. Keeping this in mind making smart lovelites smarter First aid awareness activity was conducted virtually. Training was given to the students about how to assist people who get injured in the event of an accident or emergency situation until medical help arrives. Students with good knowledge of the first aid are likely to be more active and useful at such times. First aid promotes the sense of safety. The more they are aware of the accidents, illness and treatments, the more conscious they become. It's true that having first aid training definitely helps save lives.









Avni







Udhav Verma





















#### MONTHLY NEWS BULLETIN June, 2021



Aradhya Yadav

# Sight Words

### Reading is to mind as exercise is to body

To encourage reading habit amongst the ever curious lovelites, An activity to test their learning through fun way was conducted. Knowledge of sight words help children build a foundation for reading comprehension and fluency. It was a mind blowing experience to understand the innovative perspectives of the little ones. Lovelites enjoyed the activity and had fun exploring their brains.













Divyam Bhargav

**Goransh Verma** 

**Ivnoor Kaur** 

Lakshita Arora

Md. Yusuf











Shubh Malhotra

Yuraj Soni

**Daksh Goyal** 

**Aaradhya Jain** 











**Aarav Aggarwal** 

**Jaynit** 

An object reading activity was conducted for students of classes nursery to II. Children shared wonderful views. The confidence and enthusiasm with which the children expressed themselves was praise worthy. It was an excellent opportunity for children to exhibit their knowledge about different objects. It was really enlightening how the little nuts view things around them.











Manyi Thakral

**Revansh Arora** 

Ridhima Bothra

Mayra Tyagi

Apeksha Yadav









Every object tells a story if you know how to read it.

#### **MONTHLY NEWS BULLETIN** June, 2021

# RPM WISDOM

# FATHER'S DAY CELEBRATION -

Father is the first genuine friend of a child who guides, manipulates and transforms life in the best possible way. With or without resources he is the push; he is the one who makes miracles happen. A father is the backbone of a family, always working to

provide food, shelter, security and emotional stability. And our lovelites showed their love and appreciation for the remarkable provider of the family on this Father's Day.













Vanya Rawal Anshika Gupta Nandita Arora Kayna Verma





### Dad a son's first HERO & a daughter's first LOVE



Rihaan



Himani Sharma Dhruv Gambhir Shivaay Kwatra







Abhishree



Paridhi Gupta



rnav Sinha



Yash Sharma



Manit



Aarav Jain



Aksh Jain





nushka



Atishi Jain



Avyukt Dhamija





Devansh Gupta





Hargun



Kapil Sharma



Naksh Rai



Prakriti



**Pranjal Jain** 

# Monthly News Bulletin June 2021

### RPM WISDOM

### International Yoga Day





Yoga doesn't transform the way we look at the things it transforms the person who looks at it.

Since its inception in the year 2015, June 21<sup>st</sup> is celebrated as International Yoga Day all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature. It is a holistic approach to health and well-being. It is not only about exercise but to discover the sense of oneness within yourself, the world and the nature by changing our lifestyle and consciousness. It can help in well being". International Yoga Day was celebrated virtually by the students and teachers with great enthusiasm. Students demonstrated various asanas followed by Om chanting. Warm up exercises, sitting and standing asanas were performed along with their explanation. Regular practice of yoga will surely help the students achieve a better life.



PRAVATASANA - NANDITA ARORA



ARDH PASCHIMOTASANA - MADHAVI SHARMA



ARDH PAWANMUKTASANA - MAISA THAKUR











BHASTRIKASANA (L TO R ) TANMAY PANDEY, HIMANSHU, NAKSH JAIN, HETAL JAIN, MANAS



TRIKONASANA NAKSH & MAHI JAIN



ANULOM-VILOM



DHANURASANA - ANSH JAIN



SURYA NAMASKAR - APEKSHA SWAMI

Yoga is a journey to the Self, through the Self and for the Self.



#### MONTHLY NEWS BULLETIN June, 2021

# COMPUTER MI-CLUB ACTIVITY

As we all know education system has upgraded to virtual rather than classroom session. Technology is the new tool to stay upgraded upfront with innovative ways. To smarten up our lovelites an Introduction to computer and its parts was organised. Students enjoyed and learnt a lot of things.



Tia Sharma

Bhavishi Mittal

Vansh Manocha







Ohannikey Shah

Radhika Thakur

Jigyasa Negi

# Knowledge of computers is a magnificent tool for achieving our goals.











Shreyas Jain

Avish Tyagi

Daksh Narana

Anaika Aggarwal

Kanav











Shourya Aggarwal

Tanisha Kalra

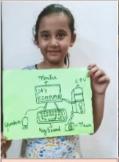
Aarav Saxena

Anaika Aggarwal

Mohit Sharma













anishq Verma

Tisya Jain

Maisa Thakur

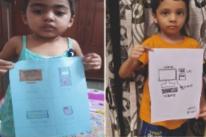
Kaavya Sareen

Swasti Jain

Paridhi Jain















Alferd Toppo Urvisha Sethia

Kapil Sharma

Kapish Gambhir Devyansh Aggarwal Aarna Gulati

## **COMPUTER MI-CLUB ACTVITY (Grade 3 to 5)**

Computer has become windows through which we can gaze upon a world that is virtually without horizons

In order to enrich the IT skills of the students, Computer MI-Club activity was conducted for the students of Grade 3 to 5 on 22 June, 2021. Where students were made familiar with the softwares 'Wordpad' and 'MS-Word'. Children enjoyed learning the new concepts and actively participated by typing paragraphs on various topics like- Myself, Computer, Tips to be safe from COVID, using above mentioned Softwares. Video on Wordpad was also shared to add to the knowledge of the children.



Jai Trehan



Tanishi Gupta



Avika Aggarwal



Suryansh Jaiswal



Atharv Sharma



Sarthak Gaur



Samyak Jain



Ajay Rajak



Aarav Kumar



Dravya Jain



**Pranjal** 



Vivaan Bansal



Kkaavyaa



## STAR ORATORS OF THE MONTH

Computer has become windows through which we can gaze upon a world that is virtually without horizons.

Public speaking is one of the most important forms of communication and is a vital skill to have. Lovely Public International School works to educate and encourage public speaking confidence and focuses on developing this ability by providing a platform in form of Monthly Star Orator for classes Nur to 2, which is conducted on every 24th of the month. In the month of June students of Grade Nur-KG recited poem on 'Healthy Habits' and Grade I-II expressed their views on 'Importance of Yoga' via recorded videos. Students enthusiastically participated in the activity and delivered their best. The best performers were appreciated via E-certificates.

gaze upon a world that is virtually without horizons.				
	Grade Nur	Grade KG	Grade I	Grade II
	Gorangi Nagi	Anushka	Arinjay Jain	Paridhi Jain
	Atiksh Aggarwal	Anika Jain	Prithvi Raj Chauhan	Kapish Gambhir
	Devanshi Malik	Anika Chopra	Navya Jain	Kaavya Sareen
		Anshika Gupta		Priyanshi Chopra
			SUPERI	Anayah Ahmed
	Star!	Apeksha Yadav		Aarav Aggarwal
		Shanvi	Grear Joby WOW!	Devansh Khandelwal