



# SWARNSTAMBH

Vol-12

JAN-MARCH 2019



**SWARNPRASTHA PUBLIC SCHOOL  
QUARTERLY NEWSLETTER**





## MESSAGE FROM THE PRINCIPAL....



**Mrs. Rashmi Grover  
(Principal)**

***Every threat is an opportunity. The key is to face the challenges head-on and always remain positive.***

All of you must be having the memories of Nidhas Trophy Cricket final against Bangladesh or the more recent second ODI against Australia played at Nagpur. In Nidhas Trophy final, India needed five runs off the last ball and Dinesh Karthik was on strike. In the ODI against Australia, India needed to defend just ten runs off the last over with two Australian wickets remaining or lose, and inexperienced Vijay Shankar was the bowler. Both Karthik and Vijay had two options. Either to blame their luck, or the circumstances, or the Captain or even God for finding themselves in such a seemingly hopeless position. Or taking this challenge head-on, only thinking about winning, doing their best and remaining positive.

They choose the second option and behold – Karthik hits a six off the last ball and Vijay takes the remaining two Australian wickets in the first three deliveries conceding just two runs. And they became heroes to the one billion Indian Cricket fans and earned the respect of their opposition as well.

Giving up without even genuinely trying is the worst thing that you can do to yourself and only leads to failure. But by remaining positive, trusting your abilities, hard work and facing the situation bravely, you never fail. You will either win or learn a lesson that will help you to prepare for the next challenge. This is the only mantra for success.

Face the challenges with all your might. Then there will be no threats. Only opportunities.

**All the best and May God be with you, always.**

**Rashmi Grover  
Principal**





## MESSAGE FROM THE VICE PRINCIPAL

*The soul is healed by being with children.*

To be a winner, one has to reflect on the master plan. It's not about success and failure. It's about working hard every day and thriving on a challenge. Students must challenge themselves and thrust with all their efforts to achieve beyond limits.



**Mrs. Gayatri Kanwar**  
(Vice-Principal)

## MESSAGE FROM THE HEADMISTRESS

*Children are the anchors that hold a mother to life.*



**Dr. Manveen Sandhu**  
(Head Mistress)

Challenges in Education are forever changing, from analog to digital to virtual, from bookish to experiential to enquiry based & thematic. The school shall rise up to all these challenges and make a mark every time.

## MESSAGE FROM THE EDITOR

*Children are the adornment of life.*



**Mrs. Veenu Sharma**  
(Editor)

You have to believe in yourself, challenge yourself and push yourself until the very end that's the only way to succeed. May God's grace give you all every possible reason to smile, to enjoy and to celebrate.

Best Wishes and Blessings!!!





## BIG 'O' MOMENT

*Difficult roads often lead to beautiful destinations.*



Education Awards bestowed '100 Highly Effective Principals Award 2018' upon Mrs. Rashmi Grover, Principal Swarnprastha Public School in a spectacular award function at "India Education Conclave 2019 ceremony" held on 25th February 2019 in New Delhi. Mrs. Rashmi Grover was acknowledged for spearheading initiatives to enhance students' performance, endorsing safe learning environment and creating partnership with parents and community. We at SPS once again congratulate her for her outstanding award.

## LITERATURE FEST



Classes VIII, IX and XI visited Jaipur Lit fest with four teachers on 27 January 2019, featuring live music sessions and interactive workshops. The festival provided a space to dare, dream and imagine and in this innovative environment the Swarnprasthians set forward to explore the world of intellect. The students had a rare experience filled with last minute cramming of information and attending as many sessions as possible. Everyone wished to come again next year.





## ODYSSEY OF THE MIND

*Creativity is piercing the mundane to find the marvelous!*



It was a great pleasure and a moment of pride for all of us at Swarnprastha Public School to have participated at the National level of the 'ODYSSEY OF MIND' competition this year. It was a great platform provided to students all across the country to engage themselves in the creative problem solving programme. The Odyssey of the mind programme started in the year 1978 in New Jersey, USA and has been around since then. We are pleased to inform that we came out as Winners of Division II, Problem 3 and runners-up of Division Problem 5. Praise must go to all the students, mentors, parents involved and school management for providing such an International Platform. Henceforth, the team is selected for further competition at International Level, i.e. Euro fest at St. Petersburg, Russia. The fest will take place from 25 April-30 April 2019. With more than 25 nations participating in it every year, it provides a generous exposure to students to perform the problems given in a fun, ingenious manner.

## A VISIT TO GARDEN

*Every child is a different kind of flower and all together they make a beautiful garden.*



A garden is a place teeming with beauty. Trees, plants, insects, butterflies, birds etc. abound a garden. It is a place where one can feel refreshed and rejuvenated. Keeping this in mind children of class I made a visit to the garden in school premises, where they explored different beautiful flowers. Children had really a good time in the garden.





## ESSAY WRITING

*Dreams transform into thought and thoughts result in action.*



Once again Swarnprastha prides with glory. Students of SPS participated in ALL INDIA ESSAY WRITING EVENT organized by Ram Chandra Mission, United National Information Centre and the Heartfulness Education Trust. In the category (IX-XII) Yashika Jain (IX C) and Ronak Antil (IX C) stood first in Hindi and English Essay Writing respectively. Students were highly appreciated by the Management and the Principal, Mrs. Rashmi Grover. Madam encouraged all the students to nurture a spirit of competition and achievement and make winning their habit.

## PINK AND YELLOW COLOUR PARTY

*“Sunrise paints the sky with Pinks.” Pink isn’t just a colour it’s an Attitude too!*



Children dressed up in different shades of pink/yellow for the day. Eagerly waiting for the activity related to the colour to begin. Sorting of pink colour/ yellow paper flowers from the bowl and pasting it in the art file was the opening activity. Later the students enjoyed pink and yellow colour food from their tiffins. Music and dance raised the level of enjoyment of each child.



## CITATION CEREMONY

*The whole purpose of education is to turn into windows.*

The citation ceremony is held every year to bid adieu, to give recognition to the talents of the outgoing students and to encourage them to hone their talents and flourish in times to come. The ceremony culminated with ‘Showers of Blessings’. Swarnprastha organized the citation ceremony for its outgoing batch of class XII in its school premises under the leadership of the revered Principal, Mrs. Rashmi Grover. The students took blessings of the President Mr. Anmol Kedia and the Principal, Mrs. Rashmi Grover who had graced the occasion with their august presence. It was a sentimental moment for the students, heads and teachers.





## A VISIT TO NIFTEM



Swarnprastha Public School visited NIFTEM on 22 February 2019 with 47 students of class VIII along with four teachers. The food festival was a means of uniting communities through celebrations of harvests and giving thanks for a plentiful growing season. The children had gala time. They were treated as special guest and enjoyed the variety of foods and the drinks. The school Principal, Mrs. Rashmi Grover makes sure that the students participated in such activities and learn.

## SAPTARANG- 2019 CREATING HUES OF TOMORROW

*A Grand Salute to Incredible Haryana.*



Saptarang 2019 was held on 9 February 2019. The joyful festival displayed the rich culture and heritage of Incredible Haryana. The future leaders set forth their grand vision which left the audience captivated. To make the event more lively, Haryanvi song and dance and street play was displayed by the students which left an everlasting impact on the guests. Mr. Zile Singh (DEO, Sonapat) was the Chief Guest of the event. Mr. Verender Singh was the Guest of Honour (Metropolitan Magistrate, Tis Hazari Court in Delhi). The launch of Blogopedia was the highlight of the day. The management along with the Principal Mrs. Rashmi Grover applauded the innovative work done by the students in different stalls.





## BLESSING CEREMONY CLASS-X

*Don't stress. Do your best. Forget the Rest.*



SPS wished the students of class X the very best for C.B.S.E Board Exams.

The Principal, Mrs. Rashmi Grover showered her blessings on them, so that they shine and begin a new chapter of their life.



## LANGUAGE BRAIN VISTA

*"Knowledge of languages is the doorway to wisdom".*

What will be the better way than a quiz competition to enhance the knowledge of the tiny tots. Keeping this in mind "Language Brain Vista" was held on 28 January 2019 for Nursery and KG classes. Different rounds were taken according to the level of the children. Teams were formed with different names. Through this Brain storming session children enjoyed a lot and participated with full enthusiasm.





# CAPACITY BUILDING PROGRAMME

*Opening minds, Widening Horizons.*



The centre of Excellence CBSE, Panchkula conducted a capacity building programme for the career guidance on 1st and 2nd February 2019 at Bright Scholar Senior Secondary School, Sector-10 Raipur, Sonapat. The Resource person was Dr. Baljit Singh. Prerna Dixit from Swarnprastha Public School participated with full gusto. It was a fruitful learning experience for her and was full of skillful activities.

## RANGOMETRY (MATHS)

*I found I could say things with colour and shapes that I couldn't say any other way.*



A kit consisting colourful shapes like circle, square, rectangle, hexagon, rhombus, trapezium etc. It is beneficial to enhance cognitive skills of the children. Keeping this in mind the students of class I made a beautiful scene/objects/pictures out of different shapes. It was a fruitful and fun filled activity. Children utilized their time constructively. The Principal, Mrs. Rashmi Grover congratulated the tiny ones for their inquisitiveness.





# WORKSHOP ON COMMUNICATION SKILLS

*Don't stop when you're tired. Stop when you are done.*



The communication workshop was conducted on 15 February by Ms. Priyal for classes VI to VIII on how to debate and share their views with their peers in a positive way and control their strong feelings, thus improving and strengthening interpersonal relationship. This workshop helped the children to voice their thoughts, opinions and ideas.

## EVS ACTIVITY



The children love to learn about the solar system such as sun, moon, stars and planets, as they always fascinate the small kids to see stars twinkling at night. This activity was conducted on 7 February 2019 in class II which helped the students to learn the names of eight planets with the help of song and dance. It was an enlightening activity.





## EVS BRAIN VISTA

*“Brain vista is a combination of two words ‘brain’ and ‘vista’ to bring in creativity, knowledge and fun.”*



The best way to check and freshen the knowledge gained is quizzing in campus. Keeping this in mind “EvS Brain Vista” was held on 18 February 2019 for Nursery and KG students. There were five rounds followed by the tie-breaker round according to the level of students. Students participated in this brain vista as different teams with attractive names e.g.– Red, Green, etc. It was an energetic and full of zeal experience for the tiny-tots.

## FANCY DRESS ACTIVITY

*“Every day is a fashion show  
And the world is your runway.  
So always dress your best and  
Walk with confidence.”*



Fancy dress is the way to stimulate a child’s imagination, confidence and communication skills. Fancy dress activity for Nursery and KG was held on 1 and 5 February 2019. It enhanced their confidence by giving them a chance to portray their talent and their thought on the stage. The children were free to choose their own character or theme. They all came dressed up in colourful costumes and depicted different characters like birds, animals, freedom fighters etc. The effort and the hard work of the children was highly commendable. Winners from each section were selected and were felicitated with positions. The Principal, Mrs. Rashmi Grover congratulated the tiny tots for their hard work and the day ended with a happy note.





# REPUBLIC DAY CELEBRATION

*We salute you, brave sons of Mother India.*

The students saluted the National Flag and pledged themselves to upholding the honour and integrity, diversity and uniqueness that is "INDIA". The school choir group presented the patriotic song. The Chief Guest Mr. Anmol Kedia (President of School) felicitated the choir group. The Principal Mrs. Rashmi Grover addressed the students and urged them to do their best and feel proud to be Indians. The students enjoyed the kite flying activity and dispersed after snacks with the image of the fluttering tricolor in their minds.





## DURGA SHAKTI APP

*All progress takes place outside the comfort zone.*





### Durga Shakti App

**महिला सुरक्षा एवं सशक्तिकरण हेतु**

**एक क्लिक में मिलेगी मदद**

- + नाम, पता व **Location, Trace** करने में मिलेगी मदद
- + छेड़छाड़ या किसी भी वारदात पर मौके पर तुरंत पहुंचेगी **Police**
- + दुर्गा शक्ति मोबाईल **App, Google Play Store** से डाउनलोड करें



महिलाओं के प्रति हो रहे अपराधों पर अंकुश लगाना है उद्देश्य

This app has been released by E&IT Department, Haryana Communication. The app description in Google Play reads as, any woman or girl who is in distress could send information along with her GPS location to the Women Helpline number of her district through Durga app just by pressing a red button on the app. It is mandatory to register once on the mobile app. The victim does not need to speak. Once the red button is pressed, she can send information about her GPS location, blood group and other details in form of a WhatsApp message to the Women Helpline number. The victim can also speak to the operator at the helpline number. Keeping the safety in mind Swarnprastha took an initiative on 15 March 2019 to sensitize their school staff and teachers. Heart felt thanks to the Principal, Mrs. Rashmi Grover for such a campaign.

## ROCKSPORT DAY OUT

To make our little lions more trained and polished, we organized a one day trip to Rocksport on 25th March 2019 for classes III- XII. It is an adventure- based research organization, continuously involved in the process of finding innovative uses of adventurous activities in a very positive manner. Through camps, it provided something that was the need of today. So, to prepare our children for a better and challenging future, the school provided the children this opportunity, wherein they did numerous adventurous activities like: Burma Bridge, Sport Climbing, Gorilla Cave and many more, that were actually learning with fun. Through this, children not only enjoyed their trip but also gained a lot of courage and enthusiasm. A spark to do something new was observed in their eyes after they did these activities.





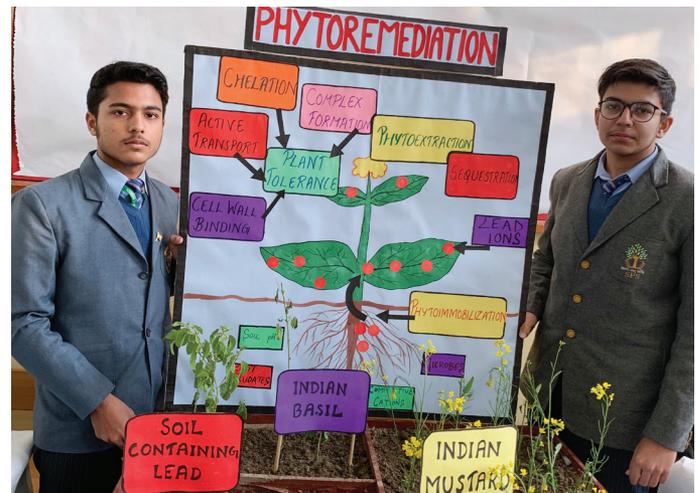
# CBSE REGIONAL SCIENCE EXHIBITION 2018-19

*Cross the gap and achieve success.*



CBSE organized Regional Science Exhibition 2018-19 at D.A.V School, Gurugram for two days 30 and 31 January. Two teams from our school participated in the exhibition. First team comprising Aryan Malik (IX C) and Dwij Sharma (X B) under the guidance of Mrs. Shruti Sachdeva presented a model on the topic Phytoremediation. Second team comprising Devansh (X B) and Parshvik (X C) under the guidance of Mrs. Meena Malik presented a model on the topic Smart Irrigation. Aryan and Dwij won the regional exhibition and qualified for the National exhibition. Both

the teams were appreciated for their research work and models. Our teams were offered to carry out further research at Indian Agriculture and Research Institute. Swarnprastha Public School is the only school from Sonapat to qualify for the CBSE Regional Science Exhibition 2018-19.



## TAEKWONDO CHAMPIONSHIP

Gaurav Khatri of class VIII A aims as high as his kicks! With Open National Taekwondo Championship, he has done us proud sporting a Gold medal! With yet another medal, he constitutes to stack up his championship collection of State as well as National wins!





## ENGLISH ACTIVITY-“SPIN THE WHEEL”



To make the different parts of speech more clear and for a complete understanding, a wonderful fun based activity grammar "Nazi – Spin the Wheel" was conducted in Class – II. A spin wheel with different parts of speech written on it and flash cards with different word were made. Children were divided into groups. They spun the wheel and picked the flash cards related to the topic where the pointer stopped. It was an engaging activity in which all the students participated with great enthusiasm.

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(Principal)

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(Vice-Principal)

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(Head Mistress)

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