



**Meerut Public School**

Pallavpuram

**Year Book**

2022-2023







# MEERUT PUBLIC SCHOOL

PALLAVPURAM

*Year Book*  
2022-23



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# CONTENTS

1. Chairman's Message
2. Director's Message
3. Principal's Message
4. Editorial Board
5. School Counsellor's Message
6. Academic Coordinator's Message
7. House Reports
8. Visitors in our Campus
9. MPS Pallavpuram in news
10. Depiction
11. Congenial Learning Environment
12. Spiral Spectrum
13. Festivities at MPS PLPV
14. Spark Forward
15. Professional Development
16. Eloquence Expression
17. Abhivyakti
18. Recommendations
19. Staff Photographs
20. Class Photographs
21. Parents' Reflection





# CHAIRMAN'S *Message*

*"Education is not the learning of facts but the training of minds to think" - Albert Einstein*



**Mr. Tara Chand Shastri**  
(Founder Chairman)

**Mrs. Kusum Shastri**  
(Vice President, Co-Founder)

Every individual's persona is given shape by his/her family, religion, and cultural influences. About two decades ago, the first lesson for any child in India would be the passages from the Ramayana or the Mahabharat, instructing one of the morals and codes of conduct to be followed in life. The example of Shri Ram has been handed over to be emulated, for he has been regarded as the perfect man. Then, there were the stories from Panchatantra, emphasizing the triumph of good over evil. But, with the economic evolution of man over time and the emergence of working couples, families have taken recourse to external agencies for support, like daycare centres to look after their children. Hardly any time is given to the children, the values that a child imbibed while growing up within the family, watching the elders, are getting diluted and subsequently being translated into lessons on dealing with the competitive environment around – to begin in the rat race soon enough so as not to be left behind.

With not being much handed over to them in the form of value systems, the rights, and wrongs of youngsters, today are increasingly being determined in the light of

the conveniences and particular circumstances. After all, to fix any situation it only takes a distortion of truth here, a little manipulation there, a little moral bending, or a stepping over a head to climb higher. Thus, trapped among various pulls and compulsions and the changing atmosphere, it is difficult, if not impossible, to provide a listing of what comprises ethical conduct under different conditions.

Respecting the ethics of the economic fabric of society and being respectful towards the elders is imperative for the young generation. It is in these complex situations that the individual value systems come into play, for they have to take a call on their own. Albert Schweitzer had it right when he wrote that “A man is truly ethical when he obeys the compulsion to help all life which he is able to assist, and shrinks from injuring anything that lives.” The real secret, however, is to be thankful for all the wonderful things you have in your life and to always seek the hidden advantage in the events that surround you.

Dare to dream and make those dreams into your reality, through your actions and thoughts.

*Education is the most powerful weapon which you can use to change the world. -Nelson Mandela*



Mr. Vikramjeet Singh Shastri  
(Managing Director)

Mrs. Ketiki Singh Shastri  
(Director)

## DIRECTORS' *Message*

*"It is the highest duty of parents, teachers and relatives to adorn children with good and sound Education, nobility of character, refinement of manner and amiability of temper"*  
- Swami Dayanand Satyarth Prakash

In our rapidly changing world, innovation is the key to our long-term survival. An individual who understands the importance of innovation will be able to take measured risks and identify opportunities for improvement. Therefore, the sooner the students are encouraged to explore innovative ways of thinking the better equipped they will be for the future. It will not be an exaggeration to say that Indian school education is passing through an exciting, albeit critical stage as it realigns its course to respond to the changes sweeping the sociocultural, economic, and political milieu of the country. Meerut Public School has been preparing its growing family to meet the challenge of reinventing education. This dynamic process has seen an increase in the value of learning, as part of the nationwide trend towards a 'knowledge society'. Accordingly, the school has taken various initiatives to set new benchmarks in the recent years

To make learning more useful and interactive for current-generation learners, the use of technology in education today is a must and so is the application of the knowledge and online education is a foray into the

sphere of digital learning. Although, online education is a far better option because it allows more freedom and flexibility, but, traditional classroom teaching cannot be replaced as it combines a lot many elements other than the lesson content. The interaction that can ensue in a traditional classroom cannot be replaced in the virtual world. It is this one-to-one exchange that better aids learning. A classroom creates a distinct atmosphere where education acquires an air of seriousness and where new thought is stimulated to yield much more mental output.

The group has firmly held together the Gandhian philosophies of nurturing a sound mind in a sound body and will continue to empower lives in countless ways in decades to come.

The ultimate purpose is to reduce the social and parental pressure on children and facilitate a joyful learning process that will help each child reach an altitude according to their attitude and aptitude.



# From the Principal's Desk



**Mrs. Mukti Minocha**

*Principal  
MPS Pallavpuram*

Dear Readers,

“Educating the mind without educating the heart is no education at all” -Aristotle

Today, the role of a school is not only to pursue 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. MPS Pallavpuram is a vibrant, extensive and a welcoming learning community aimed to create the best educational experience for every child. We strive to make each child an all-rounder and reach full potential.

Despite the overwhelming consequences of the pandemic, this global crisis has also been an extraordinary time for learning. We are learning how to become adaptable and resilient. The role of teachers is rapidly evolving in many ways as it has become more accountable than in the past. Technology has been considered the main pillar of school education and has gained unprecedented

momentum during the pandemic, Covid- 19. It is being perceived as a panacea to combat all the schooling related issues. I would like to extend my commendation to Staff of MPS Pallavpuram for adopting new work styles and making virtual classrooms more interactive and innovative.

My complement goes to all Faculty Members for bringing out the best in each child in these trying times. I am sure that the school will definitely touch the heights of achievements in years to come. I believe that a magazine of any organization is its mirror. It will provide a glimpse of various academic and non-academic activities accomplished by all stakeholders. I convey my best wishes to the Editorial Staff, Members of Teaching staff and students for heartfelt efforts to publish the 1st Edition of the School E-Magazine.

Warm Regards

# The Editorial Board

“

*You write to communicate to the hearts and minds of others what's burning inside you, and we edit to let the fire show through the smoke.*

*- Arthur Plotnik*

”

The key of fantastic writing is to prune and trim, remove every superfluous word and present a heartwarming read. As an editor, I find it enlightening to delve into creative minds to whittle and prune their grandiose expressions.

The coronavirus tsunami has swept away in its wake, all that we know to be normal. The pandemic has changed the world forever, and how? The 2020 lockdown has left its indelible mark on all humankind. The adage, what we go through is what we grow through, has never sounded truer than now. The pandemic may have compelled us to stay indoors, but it could not curtail the creativity from flowing from one child/teacher to another.

Undeterred, the imaginative writers and poets of Meerut Public School, Pallavpuram put forth an impressive collection of passionate writings. It has been a privilege to witness gifted students compile an extensive anthology of artwork, poems, stories, and articles. This magazine is more than just a compilation; it is a timeless masterpiece waiting to be unwrapped and savored.

We proudly present an array of short and crisp writings. It is bright and beautiful and offers a ray of sunshine amidst the over-darkened ways of the Covid-19 pandemic. This kaleidoscopic magazine is a harbinger of hope, love, and compassion to a world that is slowly but surely getting back on its feet. Happy reading!

**Ms. Charu Chhabra**  
(EDITOR-IN-CHIEF)

**Ms. Somlata Jain**  
(EDITORIAL BOARD)



# House Reports

## Tagore House



Ms. Ashu Rana  
(House Mistress)

The students of the Blue House, referred to as Dove are known for their highly intellectual skills, stability and unity, symbolizing the blue colour. The Blue House takes great pride in working for their 'Kingdom' and have emerged the winners of the much coveted cup for 'Best House', many a time. They are triumphant in many of the co-curricular activities, be it quizzing or sports. Their greatest asset is their confidence and determination. Students of the Blue house possess immense intellectual vitality. They are committed to their goals, and are all-rounders and achievers. Dove house members can summon immense courage in other fields as well as duty calls.

"May my faith always be at the end of the day like a hummingbird..... returning to its favorite flower. " The color of Hummingbird house is yellow. Yellow means wisdom. Our house got the first position in competitions like tableau making, quiz competition etc. All year round, our house was seen giving a spirited performance and even though it had its share of victories and disappointments, it maintains the old saying, "Failures are the stepping stone to success. " The students of Hummingbird house have settled to bid a bon-voyage to this year's failures and are moving ahead with clarity and an even bigger determination to become insuperable. I wish the students and teachers a year full of excellence.



Ms. Somlata Jain  
(House Mistress)

## Gandhi House

# House Reports

## Nehru House



Ms. Meenakshi Kapoor  
(House Mistress)

The colour red signifies enthusiasm, creativity, success, optimism, strength and vivacity. It carries a message of warmth and ambition as it uplifts the soul and injects zeal and zest in our bodies and minds. With this in mind, students of Falcon house participated in all the events and competitions throughout the academic session 2022 - 2023 with great fervor. Every competition, every event brought new challenges and responsibilities. Falcon House faced every challenges with grit and courage because winning or losing never concerned us, our sole aim was to do our best. Competitive zeal and indomitable will power was found to be truly alive in the students of the house who took strength from their ongoing spirit. This spirited endeavor of the students brought the house laurels in many fields. Under the able guidance and motivation of our House, we participated in the different co-scholastic activities like Rangoli Making, Group Singing, Diya Making, Rakhi Making etc. I extend my sincere thanks to all the house teachers for their continuous support and cooperation throughout the year.

“The peacock has become one of my regular source of inspiration from nature.” The colour of Peacock house is 'Green'. It symbolizes nobilit, holiness and guidance. It is a symbol of integrity and beauty. Our house got second position in rangoli making, tableau makinh, quiz and stood at the first position in the Preamble of our Nation Competition. In this session, our house had given tremendous performance in the field of dramatics, competition, quizzes and many more.... I would like to thank our house captain and vice captain for helping me throughout the year in achieving all the accolades. Our House captain and vice captain will work harder and will take the green house to greater heights in the coming years and continue the legacy of excellence and keep the peacock house flag flying high.



Ms. Anu Sharma  
(House Mistress)

## Shastri House



# VISITORS IN OUR CAMPUS



I had the honour to share my best practices with MPS Pallavpnam. I loved the hospitality, beautiful environment and wonderful Principal and Teachers.

Dr. Inchie Lonial (PT)

The program was amazing. Students performed brilliantly. I appreciate the efforts of the students and the staff. All the best for your bright future and success.

Dr. Asha Anand,  
*Rtd Professor(HOD Fine Arts)*



Meerut Public School, Pallavpuram, Meerut is a growing school with highly effective faculty and is adaptable to the needs of students. They embrace technology and also encourage their students to work/progress within this new digital era. I feel fortunate being a part of the Yoga Mahotsav they organised on 21 June 22. They way they taught the students important and easy yoga poses and discussed the benefits of balanced diet was really appreciable All the teachers are highly appreciative and the Principal is a wonderful personality who believes in quality work and thereby making each and every possible effort to provide her school and children with the best of what she can.

I wish them good luck!

Regards  
Dr Rohit Kaushik

It was really enriching and wonderful talking to the team of MPS Pallavpuram. The spirit, enthusiasm and thinking towards life and Interpersonal relations towards life was wonderful.

I was a Trainer but learned a lot from the team.

Wonderful hospitality, nice experience.

All the best to the school!

Ms Ritu Kaushik  
*Registered Psychologist*



# VISITORS IN OUR CAMPUS



A wonderful experience with the team. Best wishes for all your future ventures.

Ms Tanu Singh  
*Makeover specialist, Director Sukkoon Salon*

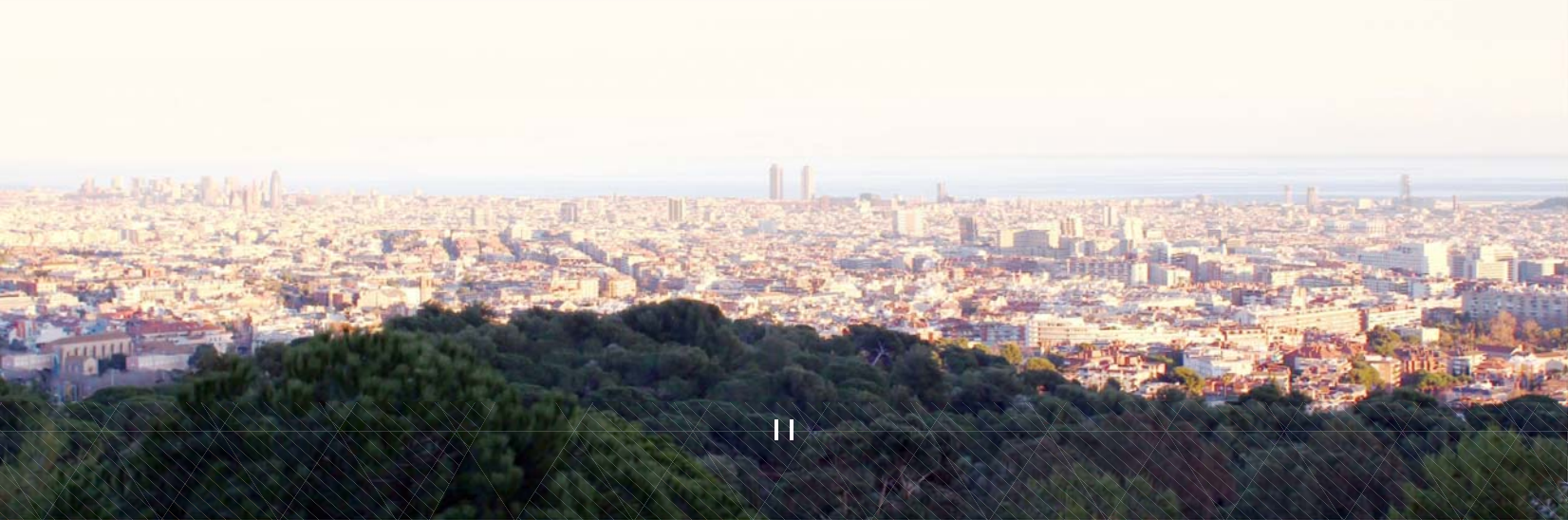
I had the honour to attend the investiture ceremony of the school, I am really delighted to see students enthusiasm and teachers support for the students. I wish for a bright future for the school.

Dr Saloni Garg  
*Dist Youth Welfare Affair, Meerut*



A very well presented programme indeed. The diligence of the teachers and students was very evident. My compliments to the Principal and her staff. May the school continue to grow.

Dr. Monika Tomar





# DEPICTION





# DEPICTION





# CONGENIAL LEARNING ENVIRONMENT

## VISIT TO MUSHROOM PLANTATION SITE AND HERB GARDEN

*"Medicine plants heal more than the physical body. They help open our hearts, reconnect us with Spirit, and guide us in developing respectful and joyful relationships with the natural world."*

To make students recognize what wonders mother Earth can do, MPS Pallavpuram planned a visit to Mushroom Plantation Site and Herb Garden.

Mr Rahul Adarsh, the owner of the herb garden and mushroom plantation site, interacted with the students and shared his experience in managing the garden.

With the visit, the teachers and students were highly motivated and encouraged to maintain and manage a herbal garden developed in the school compound. The interaction of the students felt lively as there was two way learning between students as well as on various herbs and use of those herbal plants. They were also demonstrated with the complete process of growing mushrooms from making bags to storing in a dark room till fruiting. A small surprise in the garden visit was made when the students were served with the yellow cherry tomatoes grown in the herbal garden.

The students felt this visit as a reward to them for their dedication and commitment towards managing herbal garden and mushroom plantation in school as many of the herbs were really rare like mint basil, clove basil and some commonly used like thyme, celery, oregano etc.

Madam Principal, Ms. Mukti Minocha, really appreciated and admired the energy, initiation and enthusiasm that students had towards managing Herbal Garden and Mushroom Plantation in school. She promised to replicate the program in the school during Summer Camp.

Sharing the glimpse of the same.



# CONGENIAL LEARNING ENVIRONMENT

## SENSORY PATH ACTIVITY

*“When children pretend, they're using their imaginations to move beyond the bounds of reality. A stick can be a magic wand. A sock can be a puppet. A small child can be a superhero.”*

So, to stimulate the little brains, MPS Pallavpuraam conducted a 'Sensory Path Activity' for the students of Kindergarten and Grade I, on July 29, 2022.

The students actively used their senses as they explored the world of senses through 'a sensory path' specially organised for them. They dived into the sea of touches like soft, hard, rough, smooth, slippery and prickly. It was interesting to see them touching and feeling different objects like cotton, soft toys, wooden blocks, card boards, clay, birthday caps, rug, scotch bright, popcorn, toothpick, practice paper, sand, oil, hand wash, sanitizer and water. During the activity, they were encouraged to learn through exploration and curiosity. It helped them to build nerve connections in the brain and encouraged the development of language and motor skills of the tiny tots. The activity engulfed our little ones as it was a stepping stone on their journey of learning.





# CONGENIAL LEARNING ENVIRONMENT

## FRUITS AND VEGETABLES MARKET

To make children understand that vegetables and fruits are essential components of a healthy diet, a Vegetables and Fruits Stall was set up in the premises of MPS Pallavpuram on 15 July '22.

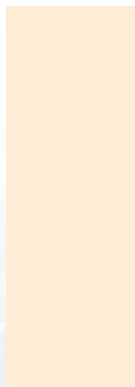
The objective was to acquaint the students and teach them the need for food and inculcate healthy eating habits and help them distinguish between healthy and junk food. It was conducted as a multi sensory learning activity. The students could see, touch, feel and smell the fruits and vegetables.

They were enthralled by the vibrant colors in the market. Children learned how different types of vegetables grow differently. They were also sensitized to 'Healthy Eating Habit' and how it is significant for our body, brain and heart. The activity not only expanded their comprehension of how food looks and smells but also exposed them to the routine activities in the market.

The young minds learned the importance of eating vegetables and fruits, buying and selling things and make them experience the ambience of the market.

The students personally experienced purchasing vegetables and fruits using paper currency. It was an immense joy seeing the blooming buds enjoy and learn at the same time.

Children looked adorable as they were dressed up as vegetable vendors. Principal ma'am, Ms. Mukti Minocha appreciated the performance of kids at the event and the efforts of the kindergarten teachers to arrange the eye-catching set up.





# SPIRAL SPECTRUM

## ORIENTATION PROGRAM

*“Together we may give our children the roots to grow and wings to fly.”*

MPS Pallavpuram has organised a Parent Orientation Program on 28 March '22 believing that a student's academic and all-round development is not just up to the school. The parents also need to be involved at every step so as to keep track of the progress their ward is making over the academic year.

The programme commenced with the lighting of lamp by Madam Principal, Ms Mukti Minocha along with the parents.

Madam addressed the gathering and spoke about 21st century skills.

As we know that an inspiration is needed for every student to develop more as a human being and they get most of the inspiration from teachers and who they look up to each day, different activities like Rebus Puzzle, Story Telling, Oil Spill Activity, Tree House Activity, Sorting Nouns and Pronouns and Hour Rush Activity were conducted by the teachers. The students and the parents showed their enthusiastic participation in the activities.

Parents also shared their experience and appreciated the school curriculum and methodologies wholeheartedly. The program concluded with the vote of thanks by academic coordinator ma'am wherein she elucidated parents that children love knowing that they're appreciated by the people around them.

She urged parents to praise them and let them know that they are a blessing to this world.



# SPIRAL SPECTRUM

## WELCOME DAY

*"School bells are ringing loud and clear; vacation's over, school is here." — Winifred C. Marshall*

To cheer up our tiny tots back to school after final examination and to create a homely atmosphere, a Welcome Day was organized by MPS Pallavpuram for the students on 28 March '22.

The cheerful welcome day for this academic year started at 7:30 am.

Our tiny tots were neatly dressed and the primary section was formally dressed up in the school uniform. The class teachers affectionately welcomed the kindergarten students by holding their hands and led them with utmost love and care to their classrooms.

The day initiated with the special Welcome Assembly conducted by the teachers. The welcome song sung by the teachers filled the ambience with the festive mood. They had a circle time in their classes and wore their crowning glories gifted to them by their teachers.

Students participated enthusiastically in different fun-based learning activities arranged for them. They also had fun playing at the bouncy castle.

It was an amazing experience to see the lovely smiling faces. To sum up, the students spent their entire day with great pleasure.



## NO BAG DAY

*"Experience is the purest source of knowledge."*

In an attempt to make learning more enjoyable for students, MPS Group observes a 'NO BAG DAY' on Saturdays for the students of Grades I and II. On this one day, the emphasis is kept on allowing students to have a stress-free time and make them study in a fun way. Keeping in mind this fact, Pallavpuram wing observed its first No Bag Day of the session 22-23 on \*3 April '22.

The day began with a short assembly which included an interesting General Knowledge Quiz and the facts. Once back in their classes, the activities held focused on developing listening, speaking and fine motor skills.

The day's schedule remained the same and the topics for the day were taught through interactive exercises, practical experiments, fun worksheets etc. Activities like Hoping on Ordinal Numbers, Pick up- Vowels and Consonants from the bowl, Rainbow Salt, are conducted and the overjoyed students participated enthusiastically. While reducing the burden of carrying books to school, it also enhanced the learning experience as what they learned on that special day through different teaching methods left a stronger impression on their minds.



# SPIRAL SPECTRUM

## LABOUR DAY

*"Labour is the ladder through which human dignity and creative excellence are expressed."*

Keeping the belief, MPS Pallavpuram celebrated the Labour Day with aplomb to extend gratitude towards the employees who work their fingers to the bone and keep the wheels of an organisation rolling. The day initiated with the special assembly.

Teachers briefed the students about Labour Day and its importance.

The students of the Primary section expressed their gratitude through a skit emphasising the importance of dignity of labour. The skit was designed to forge a better understanding of the labour community among our students who must learn to respect and appreciate their efforts. The learners designed cards and handed them over to the helper employees of the school as a mark of their industrious contribution to the school.

Madam Principal, Ms. Mukti Minocha lauded the efforts of the students and said that all must learn to respect and appreciate the hard work and dedication of the working class. Madam also appreciated the activities designed to foster a better understanding of the importance of the labour community.

tors to share their experiences too.

To sum up, the session as per the name 'Buddy Session' was an interactive and trendsetter for any kindergarten teaching process.





# SPIRAL SPECTRUM

## SAVE SOIL CAMPAIGN

*“It seems to me that the natural world is the greatest source of excitement; the greatest source of visual beauty; the greatest source of intellectual interest. It is the greatest source of so much in life that makes life worth living.”*

—David Attenborough

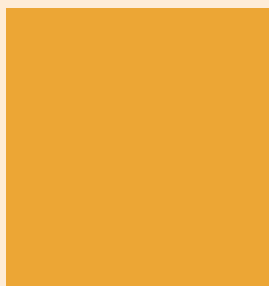
MPS Pallavpuram celebrated a SAVE SOIL campaign for a month long to commemorate our benevolent Mother Earth. On the occasion of the Earth Day, an array of creative activities were organized with a view to sensitize children about the conservation of natural resources and to motivate them to do their bit towards making their planet even more beautiful.

During the month, special assemblies were conducted focussing on deforestation, afforestation and saving wildlife. Students took a pledge to preserve and conserve their self-sustaining planet.

The students of classes I - V turned trash into treasure as they decomposed different kitchen wastes and paper in a pit made in the school backyard to get natural fertilizer.

Day initiated with the special assembly wherein the school choir scintalised the premises with their song which was followed by the mesmerizing dance performance. Afterwards, a Save Soil rally was organised followed by the plantation drive in a colony nearby the school to address the soil crisis by bringing together people from around the world to stand up for Soil Health, and supporting leaders of all nations to institute national policies and actions toward increasing the organic content in cultivable Soil.

Madam Principal, Ms Mukti Minocha appreciated the staff members and the students for showing their enthusiastic participation. Madam also extended her humble gratitude towards the local residents of the colony for their support.





# SPIRAL SPECTRUM

## USED BOOK FAIR

*'Books are a uniquely portable magic. Book fairs are an appetizer for further reading and play a positive role in encouraging the development of reading habit among all age groups.'*



To promote basic academic learning amongst the children of community helpers a USED BOOK FAIR was organised on the occasion of World Book Day as a part of community service programme in MPS Pallavpuram. The fair was set up outside the school premises during school hours. Students brought their used books which included a wide range of books like literature, grammar, value education, workbooks and story books etc. The students visited the fair. They exchanged their books and also donated the books to the children of the community helpers. Students from different schools also collected different books for reference.

The fair helped the students to build social relationships, connectedness and exposed them to diversity.

Madam Principal, Ms Mukti Minocha, appreciated the wholehearted involvement of the students and their parents as they sent the reading material to organise a successful fair.



# SPIRAL SPECTRUM

## MOTHER'S DAY

*"Mothers are the emotional backbone of the family, who have the magic touch to heal all wounds and make all things beautiful."*

To celebrate the everlasting bond of love and affection, the students of MPS Pallavpuram hosted their mothers on the special occasion of Mother's Day. The mothers were specially invited to spend a memorable day filled with activities and fun. A host of performances were planned to honour and appreciate all mothers.

The little ones mesmerized their mothers by singing a melodious song, a group dance performance and a small skit. A poem recited by kindergarten teacher Ms Sonia filled the environment with intimacy and gratitude. Delighting their parents with their culinary skills, the children also prepared a platter of mouth-watering snacks by cooking without fire.

Fun games and activities were planned for the lovely ladies in which they enjoyed dancing and also enthralled everyone by showcasing their creativity. It was an emotional time for the mothers, as the children made their mothers feel special by expressing their feelings full of love for them through the cards they made for their beloved mothers.

Madam Principal, Ms Mukti Minocha extended her gratitude towards the mothers who were the stars of the day.





# SPIRAL SPECTRUM

## INTERNATIONAL YOGA DAY

*'Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony.'*

To bring balance between body, soul and mind, International Yoga Day was celebrated at MPS Pallavpuram.

The programme was conducted under the guidance of the Guest of Honour Dr Rohit Kaushik, Yoga Instructor, Dr. of Yoga (Y.D), Dr. of Naturopath (N.D), MBA.

Sir enlightened how yoga helps us to understand the purpose of life and how to survive in the changing environment. He added that yoga can play a major role in bringing people together with compassion, kindness, build resilience among people and foster a sense of unity. He said that apart from keeping the body fit and healthy, yoga also cleanses the soul. Thereafter, the invited parents, students and teachers participated in many 'Yogasanas'. It was a treat to watch children and adults performing yoga for a healthy body and soul. The entire area reverberated with the soft and melodious music while everyone performed the 'asanas.' Madam Principal, Ms. Mukti Minocha expressed her gratitude towards Dr Rohit Kaushik Sir and the parents. In her address she added to the valuable knowledge shared by Dr Rohit. She spoke about how through Yoga one can transform one's life and maintain a balance between mind, body and soul and bring peace.





# SPIRAL SPECTRUM

## FATHER'S DAY CELEBRATION

*“A father is neither an anchor to hold us back, nor sail to take us there, but a guiding light whose love shows us they way.”*

Father's Day is a celebration honouring fathers and celebrating fatherhood, parental bonds and the role of fathers in shaping the lives of their children. Summer vacation did not damp the enthusiasm and MPS Pallavpuram celebrated the day virtually on June 18, 2022 in its own special way. The young ones made attractive cards to depict their unending love and gratitude for their fathers. They also made trophies to express that the power of a dad in a child's life is unmatched.

Dancing to tunes, singing melodies, reciting rhymes, preparing a father's day special breakfast and gifting gifts to their beloved fathers made the celebration spectacular. The entire occasion was touching, rejuvenating and moved many daddy dears to tears.

The fathers appreciated the school for conducting such events where they too could be involved and also get an opportunity to relive their own school days





# SPIRAL SPECTRUM

## KARGIL VIJAY DIWAS

*'Our flag does not fly because the wind moves, it flies with the last breath of each soldier who died protecting it.'*

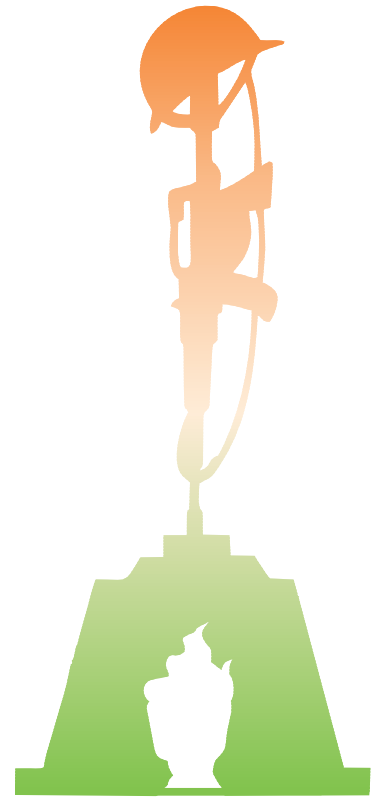
Kargil Vijay Diwas is celebrated to commemorate the sacrifice of those brave soldiers who died in the line of duty to protect our great nation.

MPS Pallavpuram solemnized 'Kargil Vijay Diwas' to reminisce India's war victory and to pay tribute to Kargil Martyrs who are the symbol of courage and sacrifice for safeguarding the borders of the Country.

The entire staff along with the students paid homage to the soldiers of Kargil through different activities conducted during online classes. The activities like Making Soldiers using Icecream sticks and Patriotic Poem Recitation were conducted, in order to instil a sense of patriotism in the students, apart from honing their creativity and imagination. The students of grades IV & V demonstrated their patriotism by drafting beautiful Posters and Gratitude Cards.

Madam Principal, Mrs Mukti Minocha, appreciated & applauded the initiatives and efforts of the students. In her address she motivated the students saying that patriotism is a social value, the feeling of patriotism is to be inculcated at school level to make sure that students become the responsible citizens of our Nation.

**Jai Hind!**



# SPIRAL SPECTRUM

## INTERNATIONAL PLASTIC BAG FREE DAY

*"Plastics give a helpful hand, but they are polluting our land!"*

In a bid to raise awareness about the very disregarded and pressing issue of plastic pollution on the planet, MPS Pallavpuram celebrated the 'International Plastic Bag Free day' on 4 June, 2022.

Through a speech in assembly, students were made aware that Plastic waste is dumped in landfills and proves harmful to marine creatures if it gets washed into oceans.

To spread this noble awareness, a plethora of activities like Bird House Making, Piggy Bank Making, Flower Pots Making, Pen Stands Making and Flower Baskets Making were conducted wherein students of primary school had an exposure in terms of learning. The center of attraction was the awareness rally of the students of Kindergarten, conducted in the school premises, with the motto to stop the usage of plastic.

Students took a pledge to make the planet a better place to live in simply by not using plastic bags and by recycling the plastic which is already in use.





# SPIRAL SPECTRUM

## WELCOME OF STUDENTS AFTER SUMMER BREAK

*'Summer days cannot last forever and school bells will be ringing once again.'*

MPS Pallavpuram welcomed the students with a festive atmosphere. Joyous parents dropped their children at school in the morning. Students looked happy to return to school after a long vacation. The day started with the special welcome assembly and Saraswati puja. On the one hand, primary was engaged in the fun games, while tiny tots of Kindergarten spent a day well celebrating UFO Day. A special Shadow Puppet Show was organised wherein, the concept of formation of shadows and the facts related to UFOs and aliens were taken. The glorious day concluded with the appreciation address by the Madam Principal, Ms Mukti Minocha who motivated the students to work hard & smart and wished them good luck for their Periodic Assessments.



# SPIRAL SPECTRUM

## HAR GHAR TIRANGA CAMPAIGN

The Har Ghar Tiranga Campaign launched by Prime Minister Narendra Modi aims to encourage people to bring our flag into our homes and hoist it to mark the 75th year of India's Independence.

Following the same

MPS Pallavpuram conducted a drive and distributed National Flags in village Pelheda to raise the awareness and a sense of Patriotism among the people.

**Jai Hind!**





# SPIRAL SPECTRUM

## INVESTITURE CEREMONY AND MAGAZINE RELEASE

*Reach high, for stars lie hidden in your soul,  
Dream big, for every dream precedes the goal.*

Meerut Public School, Pallavpuram held the Investiture Ceremony & Magazine Release. The day initiated with the formal welcome of the Guest of the day, Dr Saloni Garg, District Youth Welfare Officer, Meerut and the revered Director Madam, Mrs Ketiki Singh Shastri by the school band. After the floral welcome of the guests and the lamp lighting, the talented choir, through a welcome song, celebrated the self-belief and the power of positivity. The school report was presented reflecting the chronicles of the school's achievements and the initiatives taken for the overall development of the students. The Council members with Punyah Khatter as a head boy and Aradhya Panghal as a head girl, were pinned up with the badges and were administered the oath of office wherein they pledged to dispense their duties to the best of their abilities and abide by the rules and regulations of the school. The atmosphere became scintillating when the first School Magazine was unveiled by the dignitaries. Principal ma'am, Ms Mukti Minocha, requested the parents to guide the appointees to become worthy role models for their peers by being exemplary in their disposition and demeanour. She also applauded the editorial team for their contribution in the school magazine. Director Madam, Mrs Ketiki Singh Shastri shared her wisdom and motivated the students and the staff for do their best. The guest of the day, Dr Saloni Garg, congratulated the newly appointed council members and wished the Pallavpuram fraternity for the first Annual Magazine release. She reiterated that student council posts were about responsibility and authority. The gratitude speeches of the head boy and head girl were imbued with a sense of pride, achievement and humility. The parents were treated to a visual display of a group dance by the students. The function concluded with the vote of thanks offered by the school Academic Coordinator, Mrs Charu Chhabra. She expressed her gratitude towards the guests and lauded the students for their sheer hard work and dedication.





# SPIRAL SPECTRUM

## PROJECTS OF THE MONTH

*Children work hard enough in school and should have the opportunity to relax, engage in activities of their choice and have quality family time after school.*

Keeping the above notion, MPS Group's Kindergarten Homework Policy assigned some hands-on activities to the Kindergarten students.

Moreover, every month we have topic of the month to upgrade general awareness in our little ones. Save Soil topic of the project for the month of July 2022- was taken up for home assignments too.

Students have made and painted different objects using soil. They also made beautiful animal planters recycling the plastic bottles and sowing wheat grass into them.

The beautiful artifacts of the students were exhibited in the PTM held on 6 August '22.

The parents were also very enthusiastic to see the children getting connected to mother earth and helping to save our earth in a fun way.





# SPIRAL SPECTRUM

## NATIONAL SPORTS DAY

*"Your dreams are what define your individuality. they have the power to give you wings and make you fly high."*

- PV Sindhu

Believing that games and sports have become an integral element of present day education, MPS Pallavpuram celebrated the national sports day on 29 September '22 amidst a lot of fun and frolic.

The eventful day initiated with the special assembly where the sports head threw light on the life of major dhyana Chand who was known as 'the hockey wizard'.

to teach the qualities of discipline, sportsmanship, team spirit and leadership various sports activities were conducted. enthusiastic students participated in various sports events like frog jump, collect the balls, zig zag running, balancing the cones, jump with circle, running with the balloons, sack race, boys frog jump race/ girls relay race.

the celebration culminated with the felicitation of the winners with the certificates by madam principal in her address she advised that it is not important to win, it is participation that makes all the difference. she congratulated the staff and student council for the successful afternoon.





# SPIRAL SPECTRUM

## WORLD COCONUT DAY

*Life is like coconut water, when you break the hard shell, it flows...*

World Coconut Day is celebrated every year on 2 September. The main objective of celebrating this important day is to create worldwide awareness about coconut usage and its myriad benefits.

MPS Pallavpuram celebrated World Coconut Day on 2 September 2022. The little ones were apprised of this wonder fruit because of the multiple health benefits and its uses, that it provides to mankind.

Teachers along with children also proved the importance of this day by preparation of various coconut delicacies and setting up a food stall. Tiny tots came attired in vibrant dresses and enjoyed the beach scene created by the students of kindergarten.

The teachers briefed the children about the importance of coconut and coconut water, that it is highly nutritious and contains powerful antioxidants. In the end students were given goggles as a take away.

Overall it was fun-filled learning which boosted student's confidence and enriched their knowledge about coconut.





# SPIRAL SPECTRUM

## TEACHERS' DAY



*"Teachers' determination and sincerity will shape the destiny of the nation as they are laying the foundation and the building blocks of the society".*

To salute the efforts of the nation builders, MPS Pallavpuram celebrated Teacher's Day on September 5, 2022 with full zeal and zest.

The celebration started with the special assembly organised by the school students council. The assembly commenced with a welcome note of head girl followed by the mesmerizing performance of the school choir. They showed their love and respect through pinning the badges to the teachers. Head boy expressed his gratitude towards the educators through his speech. Students also tapped their feet on tantalizing songs. The poem recited by the students made the atmosphere overwhelming. The assembly concluded with the vote of thanks expressed by the student environmental incharge.

The cherry on the cake were the fun games arranged for the staff. The day culminated with a sumptuous lunch arranged for the staff as our revered management always keeps the notion that "The swiftest way to triple your success is to double your investment in personal development".



# SPIRAL SPECTRUM

## NUTRITION WEEK FROM SEPTEMBER 1 -7

*"Diet is the essential key to all successful healing. Without a properly balanced diet, the effectiveness of herbal treatment is very limited." – Michael Tierra*

To inculcate healthy eating habits among the children, the students of the Kindergarten and Grades I & II of MPS Pallavpuram participated in the Nutrition Week from September 1 -7.

During this week the children were sensitized about the importance of a balanced food and healthy eating habits through food plate activity and powerPoint presentations. The children were super excited when they opened their tiffins which had a variety of healthy food options throughout the week.

Students of Grades I & II stimulated their taste buds enjoying the delicacies of different states and through a nutritional food drive for the whole of the week.

Kindergarten learnt about healthy and unhealthy food and healthy eating habits through the activities Eating Healthy & Unhealthy and Eat a Rainbow.

Overall it was a fun filled week where kids not only relished their meals but also took a pledge to accept a healthy lifestyle and work towards spreading the awareness about the importance of healthy food.





# SPIRAL SPECTRUM

## HINDI DIWAS CELEBRATION

*Life is like coconut water, when you break the hard shell, it flows...*

HINDI HAMAARI SHAAN HAI; DESH KA ABHIMAAN HAI”

Language and culture of any country plays an important role in making people-to connect with the other people and helps in making a strong nation. Hindi is a language of love, togetherness and brotherhood. HINDI DIWAS is celebrated on 14 September with great pride and vigor as Hindi was adopted as the official language of our nation, India on September 14, 1949. To pay tribute and to mark the importance of the country's most widely spoken language, MPS Pallavpuram celebrated Hindi Diwas in the second week of September 2022.

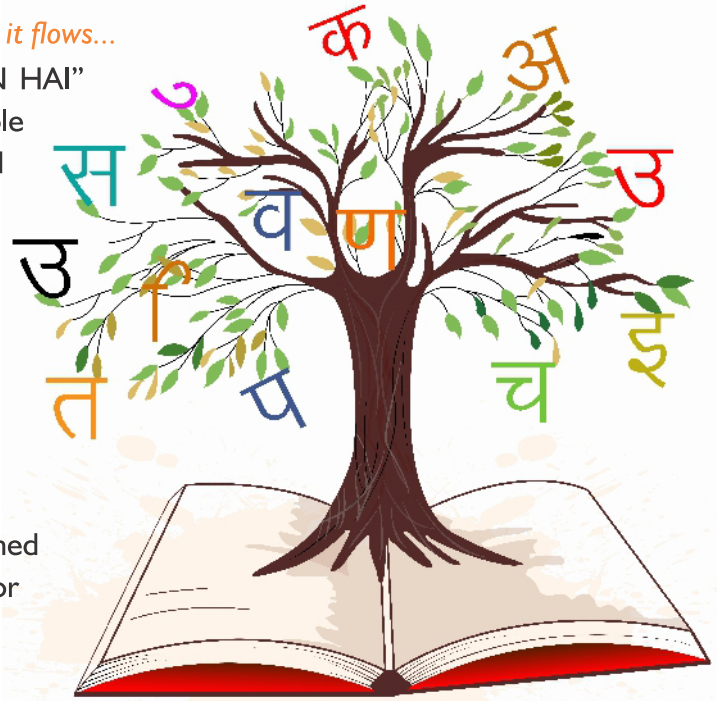
Special assembly was held wherein students were informed that Hindi is a very rich language and has made major contributions to the field of literature.

Role play is an art of expression of thoughts and develops empathy towards others by experiencing new perspectives. Keeping the same thought in mind and to inculcate love for Hindi language in our kids, the Role Play of

Mirabai, Kabir Das, Tulsi Das and Mahadevi Verma was enacted by the students of Grade 3-5. They enthralled their teachers and friends with their articulation and memory skills while doing the role play.

Students of grades 1 and 2 were enlightened with the importance of Hindi language through different worksheets done in classes.

Teachers encouraged the students to use Hindi in their daily life without any hesitation and respect their national language. Everyone made their sincere efforts to use Hindi as a medium of conversation for the day.





# SPIRAL SPECTRUM

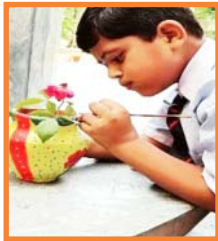
## WORLD ENVIRONMENTAL HEALTH DAY

*'The environment is where we all meet; where we all have a mutual interest; it is the one thing all of us share.'*

In order to protect and advance human health, preserving and enhancing the planet's health MPS Pallavpuraam celebrated World Environmental Health Day on 26/09/2022 on the theme 'Prioritising Environmental Health for healthier communities in the global recovery.'

The central idea behind celebrating this day is that the health of the human race is irrevocably intertwined with the health of the environment. A special assembly was conducted on this occasion wherein students shared their thoughts on a healthy environment through a speech. Different activities were done by the students like seedling plantation, pot decorations, and poster making competitions. Students have also made the green, black and blue coloured dustbins and explained their usage too.

Overall students learnt a lot as World Environmental Health Day provides the students with a an opportunity to ponder on the issues of environmental health and their solutions.





# SPIRAL SPECTRUM

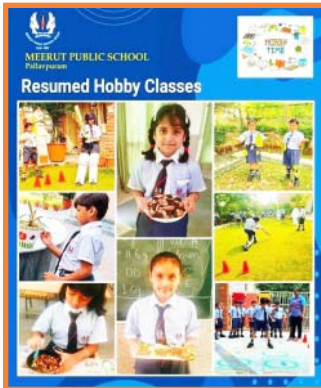
## HOBBY CLASSES

*"Doing what you love is the cornerstone of having abundance in your life."*

To engage our little ones and to add some merriment to their regular routine after mid term examination MPS, Pallavpuram has resumed the Hobby Classes for grades I to V from 26 September '22 onwards.

A plethora of pre planned activities are conducted from Monday to Thursday to keep the scholars focussed. The activities include Art and Craft, Music, Fitness Exercises, Skating, Cricket, Dramatic, Gardening, Cookery etc. These prolific activities help to explore the inherent talent of the students.

A new entry in the list is cricket. It is introduced to teach students to treat their team members and opponents with kindness and respect. They will learn the virtue of team spirit and leadership skills. Moreover, they will learn to help others in need and come to their rescue during a match. At the same time, they will realize the significance of competition and try to do their best.





# SPIRAL SPECTRUM

## GRAND PARENT'S DAY CELEBRATION

*"Love is the greatest gift that one generation can leave to another." — Richard Garnett*

Grandparents and children have a special connection that is proven to both make grandparents live longer and also make children more emotionally resilient. To treasure that connection and spend some quality family time together, MPS Pallavpuram celebrated Grandparents Day on 27 September '22.

Tinytots tapped their feet on some emotional songs to exhibit their bond with their grandparents.

Stories narrated by a few grandparents in Dadi Nani ki Kahani Session helped not only students but also elders to learn important lessons of their lives.

Little ones expressed their gratitude through a well planned skit. The major attraction of the celebration was the compering by the LKG class students. It was so overwhelming to see grandparents sharing their valuable experiences with all.

The session culminated with the vote of thanks by the coordinator and madam principal's address to the revered guests of the day i.e. grandparents.





# SPIRAL SPECTRUM

## INDIAN AIRFORCE DAY

*'There is nothing like a little competition to make for perfection'. Keeping the notion an Inter-House Quiz*

Competition was organized in which students of Grades III - V participated with great zest. Quiz questions were prepared for the students on the theme 'Indian Airforce Day'. This much awaited competition was held.

Three students from each house were chosen to represent their houses. The rounds were Buzzer Round, Rapid Fire, and Visual round. Rapid Fire round lifted the level of interest of not only the participants but also the audience. The competition was tough and the children held their nerve and contested keenly. There were many questions for the audience also and that added to the fun at the contest.

The students not only gained knowledge but also enjoyed answering the varied questions compiled for them.

Madam Principal, Ms Mukti Minocha, announced the results and congratulated the students on their success and wished them a bright future in their forthcoming quizzing endeavors.





# SPIRAL SPECTRUM

## CHILDREN'S DAY CELEBRATION

*"Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow", believing in Chacha Nehru's words, MPS Pallavpuram celebrated Children's Day with fanfare.*

The celebration began with the special assembly, wherein Principal Ma'am, Ms Mukti Minocha, explained the soul significance behind the children's day celebration, which was followed by fun dances, music, jokes and quiz. Students rejoiced wholeheartedly about the show planned and showcased by their teachers.

A short and cozy movie show was arranged to rejuvenate them. Students thoroughly enjoyed the movies like Little George and a Folded Wish.

Thereafter students visited the land of wonderland! Fancy dress parades themed as Alice in Wonderland kept them fully engaged and they enjoyed to their heart's content. At the end a Magic Show by Mr. Shakaal was arranged for students. Magical tricks and a world of illusion mesmerised them all.

The ceremony culminated with the warm blessings of the teachers for all the dear students. Wishing everyone a Happy Children's Day!





# SPIRAL SPECTRUM

## INDIAN NAVY DAY

*"A good navy is not a provocation to war. It is the surest guarantee of peace."*

Navy day is observed every year to celebrate the achievements, and the role of the naval force in protecting and guarding the country. It pays an ode to the strength and bravery of the Indian Navy who won the Indo-Pak war in 1971.

Navy day was celebrated by Meerut Public School, Pallavpuram on 3rd December, 2022.

The little scholars of Grades I and II participated in the slogan writing competition wherein they wrote impressive slogans using beautiful colours. The students of Grades III - V participated in the flag making activity wherein students made the Navy flags of different countries and students enjoyed this activity a lot.

Overall observance of Navy day raised desire in the young minds to opt Navy as a career and serve the motherland.



## ROAD SAFETY AWARENESS CAMPAIGN

*"Safety isn't expensive, it's priceless."*

Keeping the belief, Dainik Jagran has taken the initiative to spread awareness and remind people about the importance of Road Safety Rules.

Following the same, MPS Pallavpuram organized a special assembly, to sensitize awareness about road safety and traffic awareness among the students and the staff. A detailed presentation on road safety was presented. PTI, Ms Shobha Kashyap, delivered a detailed lecture on road safety and traffic awareness. An awareness was raised about traffic rules to reduce casualties due to road accidents.

An oath was taken by the students, teachers and school helpers to commit to six key points to protect themselves and others, by driving safely, encouraging others to drive safely, and by driving less or not at all: slow, sober, sharp, silent, secure, sustainable. Assembly concluded with the urge of the Madam Principal, Mrs Mukti Minocha to obey traffic rules and persuade others also to do the same.



# SPIRAL SPECTRUM

## JOY OF GIVING

*"We make a living by what we get. We make a life by what we give."*

MPS Pallavpuram is celebrating December as the 'Joy of Giving' month. To commemorate it, we conducted an event named 'A Day Out With MPS Pallavpuram' in Ansal Courtyard. The goal was to empower students to engage ethically and most importantly, to promote human values and ethics.

The event initiated with the pious Yoga Session of renowned Yogacharya, Dr Rohit Kaushik. It was a lecture-cum-demonstration session on various Meditation and Grounding techniques. He emphasized on the importance of keeping the mind, stress and anxiety free so that students could focus well in every sphere of their life and take up challenges with a positive mind set. The students and the staff had hands-on learning from the session and had many precious takeaways from the enriching session.

In the later part of the event, the school choir made the audience sing along. Children of Ansal Courtyard participated enthusiastically in various competitions like Drawing Competition, Singing Competition, Solo Dance Competition and Stand Up Performance. The competition was held for the three categories from age groups 3-5, 6-8 and 9-10. The show stopper part was the group dance by the school students. They exhilarated the audience and the children of the colony joined our dancing group on the stage and tapped their feet.

Head Admin MPS Group, Col Pramod Singh Attri and Madam Principal, MsMukti Minocha felicitated the participants with the certificates and gifts.

The event concluded with the vote of thanks extended by the coordinator Ms. Charu Chabbra. The residents of the colony were very enthusiastic and requested to conduct such programs in future too. Such activities always help to nurture strong and positive individuals in an anxiety driven and stress ridden world and the Vision and Mission of the school always corroborates this.





# FESTIVITIES AT MPS PLPV

## RAM NAVAMI



*"A good navy is not a provocation to war. It is the surest guarantee of peace."*

MPS Pallavpuram celebrated Ram Navmi with great pomp and gaiety.

The day initiated with the special assembly wherein, hymns from Ramcharitmanas were recited and a devotional song was also sung in praise of Lord Rama. The student of Grade 4 elaborated the significance of the day through her speech.

Keeping in mind the festive spirit, the tiny tots of Kindergarten participated in vibrant activities. Nursery explored India through Toddler Friendly Version of Ram's Journey through India, LKG & UKG explored nature to make A Bow & Arrow. Their engagement in the activities was indeed a treat for the eyes and added even more splendour to the celebration. Grades I & II expertise themselves with Worksheet- Find the words related to Ramayan and Crown Making activity.

Wherein students of Grades III - V brainstormed in an Inter house Quiz Competition on the theme- Ram Navmi.

Madam Principal, Ms Mukti Minocha, appreciated the wholehearted participation of the students and threw light on the virtues of Lord Rama that need to be imbibed and followed in our daily life.





# FESTIVITIES AT MPS PLPV

## RAKSHABANDHAN CELEBRATION

*MPS Pallavpuram celebrated Raksha Bandhan with full zeal and endeavour that one associates with this auspicious festival.*

An array of activities were conducted to make the students aware about the virtuous bond of love between a brother and a sister which is one of the deepest and noblest of all human emotions. Students unveiled their talent through Rakhi Making, Card Making and Thali Decoration activities. Our tiny tots of Kindergarten were no less; they showcased their innovation through Doodle Art on the theme Rakshabandhan.

In the special assembly the story of Lord Krishna and Draupadi was told to throw light on the significance of the festival.

The students also visited the place of Respected Shri Rajendra Agarwal, MP and tied a handmade and pious "bond of protection" on his wrist and sought his blessings.

Madam Principal, Ms Mukti Minocha, appreciated the enthusiasm of the students and lauded their efforts. The Innocent smiles brightened the ambience and lifted the spirit.





# FESTIVITIES AT MPS PLPV

## INDEPENDENCE DAY

*Freedom is the open window through which pours the sunlight of the human spirit and human dignity..*

Independence day was celebrated with great enthusiasm and patriotic fervor in the MPS Pallavpuram premises with respected guest Head Administrator MPS Group, Colonel Pramod Singh Attri, Madam Principal, Ms. Mukti Minocha, staff and the students to mark the 75th year of freedom from the British rule.

On this special occasion, the programme was initiated with the pinning of the badges to the guests and the flag hoisting by the Head Administrator of MPS Group, Colonel Pramod Attri and Madam Principal, Ms. Mukti Minocha followed by the national anthem.

The programme continued with a musical rendition by the school choir which sang patriotic songs that awakened everyone's feelings towards the motherland.

A plethora of activities were conducted to infuse the sense of patriotism in the students. Students of the primary section presented a scintillating dance performance and a patriotic fancy dress show was showcased by the Kindergarten students.

Colonel Sir and Principal ma'am addressed the staff and the students, appealing to their nationalistic spirit and urging them to take pride in being an Indian and fulfilling one's duty with responsibility. Sir also emphasized on the role of youth today as the true wealth of a country.

Indeed, it was a day of joy, a day to love and respect our country and make it a better place for Indians to live and experience the freedom, peace and unity in diversity.

**Jai Hind**





# FESTIVITIES AT MPS PLPV

## JANMASHTAMI CELEBRATION

*“Wherever there is Krishna, the master of all mystics, there will also certainly be opulence, victory, extraordinary power, and morality.”*

Janmashtami is celebrated as the birthday of Lord Krishna, one of the most powerful and famous reincarnations of Lord Vishnu.

MPS Pallavpuram celebrated Janamashti, on August 17 2022, with great mirth and religious fervour.

To celebrate the extraordinary bond between children and the Almighty a special assembly was conducted. The students of Kindergarten dressed up as lord Krishna and Radha, complete with flutes, peacock feathers and matkis. Children also enjoyed watching a short act based on 'Little Krishna' and danced to Krishna hymns. The students shared thoughts, offered prayers, chanted hymns and poems.

The bright and joyful faces of children lit the festive aura with spirit of love, devotion and faith.

A Tableau Making Inter House Competition was organised wherein the spirit of festivity was enhanced with Jhankis depicting life history of Lord Krishna. The celebration that followed was truly entertaining and educational.

Madam Principal blessed all the students on this auspicious day and gave them the message as always, looking ahead instead of reminiscing in the past.





# FESTIVITIES AT MPS PLPV

## DUSSEHRA CELEBRATION

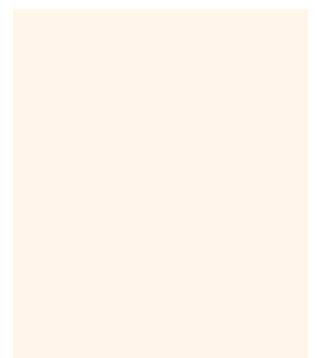
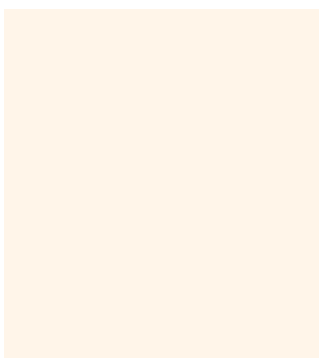
*Festivals are the period of celebration and bring peace and joy for everyone. They are an expressive way to celebrate glorious heritage, culture and traditions.”*

To enhance that among our little ones, MPS Pallavpuram celebrated the festival of Dussehra with great fervor and festivity on 1 October '22.

The celebration initiated with the special assembly wherein the students threw light on the significance of Dussehra festival through well composed poems and dohas. The assembly concluded with the burning of the effigy of the demon king Ravana.

The celebration did not end here, rather it ignited when the beautifully dressed up children of grade III - V depicted the story of the great Indian epic the Ramayana through a Shadow Show. The children played the role of their favourite mythological characters from Ramayana and were perfect in their poise, confidence and expression. The show conveyed the message of victory of Lord Rama over Ravana and reinforced the message that good always triumphs over evil.

The celebration was a part of our philosophy of 'learning by doing'. Children learnt values of honesty, respect, humility and obedience, which are the core of our Indian epic, the Ramayana.





# FESTIVITIES AT MPS PLPV

## BAL RAMAYANA CELEBRATION

### *Greetings of the day!*

*"Ramayana is the eternal tale of human virtues told through the incarnation of Lord Rama himself on the earth."*

To reinforce the values of respect, love, compassion, dedication and humility in the young children, MPS Pallavpuram organised the mega event 'Bal Ramayan- The Treasure Trove of Values' in the form of a lyrical dance drama.

Pallavpuram celebrated the festivity fervour during the one of the most important festival 'Diwali' in the school premises. The lyrical ballad Bal Ramayana which unfolded the story of Ramayana from Ram's birth to the end of Ravana and Ram's accession to the throne. The songs and birth dance celebrating the birth of Lord Rama and the concluding Dance depicting the victory of good values over evil values mesmerised the audiences.

It was an incredible show as around 75 students participated in the event and showcased their talents. The stunning makeup and the scintillating costumes added to the beauty of all the performances. The grand finale with all the participants decked up colorfully was a picture perfect moment and it left everyone wanting for more. The whole ambiance depicted the vibrance of spirituality.

Guest of honour Dr Monika Tomar, renowned Gynecologist and Obstetrician, addressed the gathering and said that school has succeeded in spreading the golden heritage and in fastening the bond of love and peace with each other in the society. Executive Member of Governing Body MPS Group Mrs Madhu Sirohi shared her words of wisdom, appreciated and blessed the staff and students. The festivity concluded with the vote of thanks extended by Madam Principal Ms Mukti Minocha.





# FESTIVITIES AT MPS PLPV

## HALLOWEEN ACTIVITIES

*Double, Double Toil and Trouble. Fire Burn and Cauldron Bubble - William Shakespeare*

Halloween is a fun day observed in various parts of the world on 31st October every year. The popular Halloween has its roots in ancient European traditions and people light bonfires and dress up as ghosts and witches to ward off evil spirits.

Ancient people believed that ghosts came back to Earth on Halloween. In fact it is said that spirits of the dead came back to Earth in search of living bodies to repossess the homes where they were living. The celebration of Halloween is therefore associated with the idea of good fortune. With the same festive spirit, MPS Pallavpuram geared up to celebrate this international festival on 31 October '22. The students decorated their classrooms with scary yet extraordinary handmade crafts and listened to Halloween stories with awe.

The students came dressed as ghosts, witches, vampires, bats, etc for the Halloween celebration and were ready to go trick-or-treating! The school premises were decorated for Halloween, with all things spooky and scary! The event started with the special assembly where the students dressed up as ghosts, witches, skeletons and monsters presented a startling group dance.

A special spooky corner was created for the children. Where every child who dared to step in, got to engage in some ghostly activities like Ghost Sticky Wall, Pop Up Pumpkin, Halloween Tunnel, Halloween Fancy Dress and Trick & Treat. At School the children were shown pumpkins and how they are carved for Halloween. There was much excitement all around in the MPS Pallavpuram premises.





# FESTIVITIES AT MPS PLPV

## GURU NANAK JAYANTI CELEBRATION

*"Ik Onkar, Satnam, Karta Purakh, Nirbhau, Nirvair, Akal Murat, Ajuni Sae Bham, Guru Prasad."  
-the mool mantra by Guru Nanak Dev ji*

This means: There's only one God, his name is the only truth, he is the only creator, he is fearless, he is without hate, he is immortal, he is beyond birth and death, and by only his grace one can chant his name.

MPS Pallavpuram celebrated Gurpurab, also known as Guru Nanak's Prakash Utsav through a special assembly on 7 November '22 with great spirituality. This auspicious day celebrates the birth of the first Sikh Guru and is one of the most sacred festivals in Sikhism. As the festival was celebrated in all its sanctity, the students sang and prayed in praise of the almighty. They were also made to understand Guru Nanak Dev Ji's Bani in order to instill good values in them.

The poem recited by the grade V student was a wonderful tribute to Guru Nanak Dev Ji's life. It reminded the students the importance of service to fellow human beings and devotion to the Almighty. A speech was also delivered throwing a light on Guru Nanak Dev Ji's teachings, philosophy and contribution to the society.

The celebration concluded with a happy note and motivational words of madam Principal, Ms Mukti Minocha. Her words inspired the students to follow the path of truth, service and devotion.





# SPARK FORWARD

**Meerut Public School Pallavpuram felicitates Arihant Singh who bagged a Gold Medal at 5th District Level In Jump Rope Competition. Arihant is a Yellow Belt Holder in Taekwondo and is selected for the National Level Competition in Martial Arts.**

*“Success doesn't come to you, you've got to go to it.”*

It was a proud moment for MPS Pallavpuram to organise a felicitation ceremony for Arihant Singh of grade V to acknowledge and applaud his achievements.

The school is proud to have nurtured such a brilliant and talented student. He learns Taekwondo and Martial Arts and has passed the Yellow Belt Test in Taekwondo. He had participated in the 5th District Level Jump Rope Competition held at Karan Public School and bagged a Gold Medal.

Madam Principal, Ms Mukti Minocha lauded, the little star, Arihant Singh, who has also been selected for the game of martial arts Tong Il Moo Doo, which will be held at Jammu and Kashmir Srinagar Indoor Stadium, Jammu and Kashmir and he will participate in the national competition from June 2 to June 5, 2022.

We wish Arihant will hold high the soaring flag of the institution.

## HANUMAN CHALISA RECITING WORLD RECORD

*“Success is hard work, perseverance, learning, studying, sacrifice and most importantly love of what you are doing or learning to do.”*

Champions have different mentality. They have a stronger self belief. They are the ones who have a goal strong enough to push through situations and hard work towards achieving it. Such expertise was exhibited by our champion Raj Pandey of Grade I.

He participated in the Hanuman Chalisa Reading World Record Event. Rather than reading, he learnt and recited the entire Hanuman Chalisa and soar the school flag high.

Madam Principal, Ms Mukti Minocha congratulated him for his wonderful performance and motivated all other students to participate in such activities to enhance their inner skills.

## INTER SCHOOL TAEKWONDO CHAMPIONSHIP

*“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”*

It was a proud moment for MPS Pallavpuram to organise a felicitation ceremony for the students and to acknowledge the young talents who have made tremendous efforts in sports. Our students learn Taekwondo and Martial Arts in school. They participated in the 24th International Taekwondo Championship 2022 on organised by Meerut Amateur Taekwondo Association and soar the school flag high. The zeal, exuberance and vibrancy were palpable as Parth Mudgal & Virat Bansal bagged Gold Medals, Arihant Dalal Singh bagged a Silver Medal and Shubh Panwar & Deepanshu Singh bagged Bronze Medals. Madam Principal, Ms Mukti Minocha lauded the little warriors for their exhilarating performance. She motivated the students to keep doing the good work and always be consistent. 'We all are born to win, but to be a winner, we must plan to win, prepare to win and expect to win.' Indeed it was a proud moment for the parents, students and the school.

# SPARK FORWARD

## SECOND INTER SCHOOL TAEKWONDO CHAMPIONSHIP

*Greetings of the day!*

*"Success can never be a destination. It is a continuous process including those little tasks that you take up and when accomplished successfully, those successes add up and give you in return what you are aiming for in life!"*

MPS Pallavpuram once again feel proud and elated to share the achievements of the students. We wholeheartedly congratulate the students who have soar high the flag of the institution in Kickboxing Girls/Boys Tournament 2023. The tournament was held at St Xavier's World School, Kaland Chung Sardhana, Meerut and was organised by Kickboxing Association Meerut.

Our little champs bagged 10 Gold, 12 Silver and 9 Bronze Medals.

In the tournament 130 participants from 13 different schools had participated wherein we grabbed the first trophy scoring 98 points in all.

Madam Principal appreciated the winners and wished them luck for their future endeavours.

## SOF OLYMPIAD WINNERS

*"Things turn out best for the people who make the best of the way things turn out"*

MPS Pallavpuram feels elated to share the exceptional achievements of its scholars. It is a privilege to announce that our students have participated in different Olympiads and brought laurels to the school. These students have made the school proud with their remarkable results.

In the International English Olympiad, Anush Singhal, Aashwi Verma and Vihaan Goyal secured School Rank I. In International General Knowledge Olympiad, Asmee, Eklavya Tomar, Vinayak Tyagi, Aaradhya Verma and Aaradhya Panghal secured School Rank I. In International Mathematics Olympiad, Aavya Sharma, Kuber Galiyan, Vivaan Baliyan and Akshaj Prasad Bagged Gold Medal of Excellence and School Rank I while Arnav Verma and Ananya Grover secured School Rank I. In International Science Olympiad, Aashwi Verma and Vansh Vihaan secured School Rank I.

Madam Principal felt elated and felicitated the winners with certificates and appreciated their commendable efforts. She said that awards bring honour and open doors to more success in future.

May we keep climbing new heights!





# SPARK FORWARD

## FAREWELL 2022-23 'AU REVOIR'

*Every new beginning comes from some other beginning's end.*

MPS Pallavpuram hosted a farewell ceremony 'Au Revoir'\* for the students of Grade V. The day was observed as a difficult moment of bidding adieu to our far associated and nurtured kids. An enthusiastic and sentimental Grade IV took great pride in organising the ceremony. The ceremony was initiated with a warm welcome song by Grade IV students. It was further followed by the interesting games specially arranged for Grade V students. Grade IV stole the heart of the day by a collective and lively dance performance on a medley of popular songs. To further enliven and enhance the celebratory spirit of the event, students performed a humorous skit exhibiting the students' life from day one in the school till the last day.

There was a lot of emotion and nostalgia when Grade V students expressed themselves. Handmade goody bags and titled brooches were given to them as a token of affection. They were also felicitated with the sachets. Teachers also bid their beloved students a warm goodbye and wished them good luck for their future.

Madam Principal, Ms Mukti Minocha wished them happiness and success in all future endeavors and inspired them to leave an indelible mark on society and make the school proud.





# SPARK FORWARD

## GRADUATION CEREMONY 2022-2023

Graduation is a time to celebrate new beginnings and progress.

Kindergarten wing of MPS Pallavpuram celebrated Graduation Ceremony on March 20, 2023 with a traditional fun and fervor with our students and parents.

The day was marked with lighting of traditional lamp and invoking God's blessings.

Our children took to the stage and presented a welcome song singing with lot of passion and punch.

Then the children took to the stage with lot of josh to sway on Zumba beats which made the parents also sway.

The walk to the stage, to receive their scrolls was a momentous occasion for all as could be witnessed by the enthusiastic children, parents and our Teachers and Staff.

We continue to see progress and steadily Climb “To Greater Heights”





# PROFESSIONAL DEVELOPMENT

## INTERACTIVE SESSION

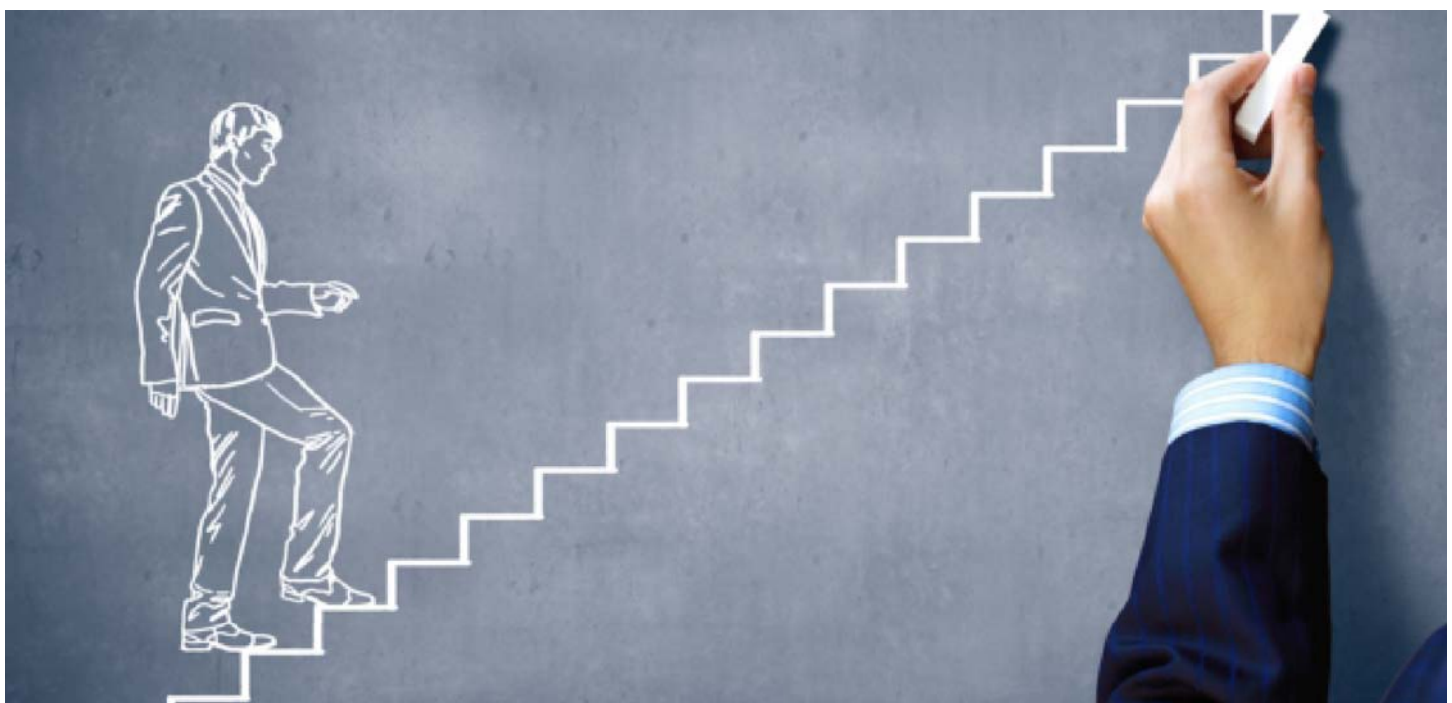
*" The time to start will never be just right. Start with what tools you have and better tools will be found as you go along"- Napoleon*

Keeping the above notion in mind, MPS Pallavpuram organised an Interactive Session on 30 April '22. The session was for the Kindergarten coordinators and teachers of MPS Group and the parents of Grades Nursery to II.

The topics for the interaction were 'Attention concerns and Hyperactiveness in children' for the educators and 'Smart phone addiction and Hyperactiveness in children' for the parents. The objectives of the session were to raise awareness regarding the severity of smartphone addiction which has already been reflected in clinical science and praxis and to provide aids to keep engage the hyperactive children. The session was conducted by the guest speaker Dr Inchie Lonial, a Pediatric Therapist and Special Educator working in the area of child development. She works primarily with children with Neurodevelopmental concerns.

Madam equipped the educators and parents with some soft tools like Brain Gym exercises, Planning a written schedule, Bed Time stories and behaving in the way we want them to behave. Both the teachers and the parents have participated in the physical brain gym exercises suggested by madam. The session was concluded with the words of gratitude extended by all the coordinators and teachers towards the guest speaker.

Overall it was an interactive and energetic session.



# PROFESSIONAL DEVELOPMENT

## INTERACTIVE SESSION

*"The disability is not the problem. The accessibility is the problem."*

To aid teachers to understand symptoms and causes of Specific Learning difficulty, an Interactive Session was organised by MPS Pallavpuram.

The session was conducted by the MPS Group counsellor, Ms Divya Goel. The topic of the session was Sensitization on Learning Disability. In her session, madam threw light on the ways to identify and support the children with special needs. The other points covered in the session were the categories, problems associated with learning disabilities and ADHD. Through driver car activity madam elucidated that how the role of counselor, special educator and a guidance from a teacher can bring a positive change in any special child.

Madam Principal, Ms Mukti Minocha appreciated the wholehearted participation of the coordinators and teachers.



## 'COMMIT TO SELF' FOR TEACHING STAFF AND 'COPING WITH STRESS & SELF- MOTIVATION' FOR THE MAINTENANCE STAFF

*"Commitment unlocks the doors of imagination, allows vision, and gives us the right stuff to turn our dream into reality."*

MPS Pallavpuram organised sessions on 'Commit to Self' for Teaching Staff and 'Coping with Stress & Self- Motivation' for the Maintenance Staff on May 24, 2022. The sessions were conducted by Ms Divya Goel, counsellor MPS Group. Session for teaching staff began with the Drama Therapy with the objective to establish deeper connection with each other and to strengthen individual's support system. Other activities like Guided Meditation and My Observing Head helped them detaching from emotional distress. Dance & Movement Therapy created a therapeutic alliance for the teachers to shift meaning of their negative thoughts by using movement, breathing and body awareness. The session helped to understand about Self-Compassion and Self-Care. The Self-Care Snacks activity was also conducted to help each participant to introspect deprivation. In the session for maintenance staff motivational videos were played to motivate them to start each day with an array of positive thoughts and look forward for the day. And also to build hope during adverse time.





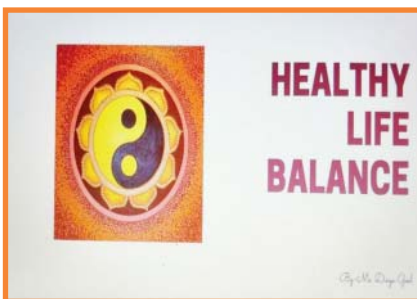
# PROFESSIONAL DEVELOPMENT

## COUNSELLING SESSION ON HEALTHY LIFE BALANCE FOR ADMINISTRATION DEPARTMENT

*“Balance is a feeling derived from being whole and complete; it's a sense of harmony. It is essential to maintaining quality in life and work.”*

With proper work-life balance, many people find they are more satisfied with their work. They are also more likely to stay in a company where work-life balance is a priority. Believing that work-life balance can help reduce stress, MPS Pallavpuraam organised a session for the administration department on the topic 'Healthy Life Balance'.

The session was conducted by the MPS Group counsellor Ms Divya Goel. In her session madam introduced the strategies to regulate distressed emotions and the strategies to cope up with the challenges. Through an array of activities madam focussed to understand the seven significant core areas of life and to identify the core areas which are imbalanced. The wholehearted participation of the staff and the interesting methodology used by Divya ma'am made the session a lively one. Madam Principal, Ms Mukti Minocha, extended her gratitude towards counsellor ma'am for the insightful session.



# PROFESSIONAL DEVELOPMENT

## WELLNESS SESSION AND PERSONAL GROOMING SESSION FOR TEACHING STAFF

*Keeping the belief that "A calm mind brings inner strength and self-confidence, so that's very important for good health",*

MPS Pallavpuram organised sessions for the Wellness and Personal Grooming of the staff. The staff of Pallavpuram and Shraddhapuri were benefited by the sessions conducted. The sessions were conducted by the two renowned personalities Ms Ritu Kaushik, registered Psychologist at Rehabilitation Council of India and Ms Tanu Singh, Director Sukkoon Salon and Academy.

Ms Ritu Kaushik, in her session, shared the valuable tips on controlling and stimulating happiness to make oneself feel satisfied, rejuvenated and more productive at the same time.

On the other hand, Ms Tanu Singh shared personal grooming tips with all which made the environment lighter. She gave tips on skin care, personal grooming, appropriate attire and how to carry yourself perfectly. The staff learned that both health and wellness are the most important things in our life. They impact how everything else happens and is received by us.

Madam Principal, Ms Mukti Minocha appreciated the fruitful sessions conducted by both the resource persons.





# MPS PALLAVPURAM IN NEWS

DAILY NEWS FIRST TODAY

बाल रामायण से दर्शायी भगवान राम के जीवन की झलकियां

मेरठ (प्र)। मेरठ पब्लिक स्कूल ग्रुप की पल्लवपुरम शाखा में भगवान राम की बाल रामायण नाटिका का आयोजन किया गया। मुख्य अतिथि के रूप में इस आयोजन का उद्घाटन राष्ट्रीयकौशलीजर, अखिल भारतीय शान एवं इन्फर्नसिडिटी की विद्योपेत डॉ। गौतम सोमर एवं एजिडिन्टिव मेबर ऑफ गवर्नमेंट खाड़ी कपु हरिशी द्वारा दीप प्रज्ज्वलित करके किया गया।

प्रस्तुत की गयी। शयम शर्मा के उपस्थान भगवान श्री राम, सीता एवं लक्ष्मण की अर्पणा गायत्री में आगमन तथा उनके अग्रगण्य पर नगर नाटिका द्वारा हर्षोल्लास से प्रस्तुत गयी। दीपकाली उत्सव बड़े मनोरंजक रूप से दर्शाया गया। छात्री ने अग्रगण्य मनोरंजक और आकर्षक कार्यक्रम से सभी दर्शकों का मन मोह लिया।

विद्यार्थियों की प्रशान्तधारी प्रज्ञा शर्मा ने छात्रों की उपर्युक्त प्रदर्शनों को प्रशंसित करते हुए, कार्यक्रम को सफल बनाने हेतु सफल शिक्षकों और प्रोग्रामर की सराहना की। मुख्य अतिथि कुटुम्ब शास्त्री जी ने छात्री एवं शिक्षकों की द्वारा प्रस्तुत नाटिका की सराहना की।



DAINIK MEERUT NEWS

मेरठ पब्लिक स्कूल पल्लवपुरम में छात्रों द्वारा बाल रामायण का किया गया शानदार आयोजन

मेरठ पब्लिक स्कूल पल्लवपुरम में बाल रामायण का आयोजन किया गया। मुख्य अतिथि के रूप में इस आयोजन का उद्घाटन राष्ट्रीयकौशलीजर, अखिल भारतीय शान एवं इन्फर्नसिडिटी की विद्योपेत डॉ। गौतम सोमर एवं एजिडिन्टिव मेबर ऑफ गवर्नमेंट खाड़ी कपु हरिशी द्वारा दीप प्रज्ज्वलित करके किया गया।

MEERUT PUBLIC SCHOOL GROUP

DAINIK MEERUT NEWS

मेरठ पब्लिक स्कूल पल्लवपुरम में यथायत जागरूकता कार्यक्रम में शामिल हुए छात्र छात्राएं

मेरठ पब्लिक स्कूल पल्लवपुरम में यथायत जागरूकता कार्यक्रम में शामिल हुए छात्र छात्राएं। छात्रों को जागरूक बनाने के लिए कार्यक्रम में शामिल हुए छात्र छात्राएं।

MEERUT PUBLIC SCHOOL GROUP

DAINIK MEERUT NEWS

मेरठ पब्लिक स्कूल, ग्रुप की सभी शाखाओं में हिंदी दिवस का आयोजन।

हिंदी दिवस के अवसर पर मेरठ पब्लिक स्कूल ग्रुप में हिंदी सप्ताह मनाया गया। इस अवसर पर विभिन्न कार्यक्रमों का आयोजन हुआ। तथा सभी प्रतिभागियों के विजेताओं को प्रशान्तधारी द्वारा सम्मानित किया गया।

MEERUT PUBLIC SCHOOL GROUP

DAINIK MEERUT NEWS

मेरठ पब्लिक स्कूल ग्रुप द्वारा सामाजिक - भावनात्मक स्वास्थ्य से संबंधित 'होलिडिंग हैड्स' कार्यक्रम का आयोजन

मेरठ पब्लिक स्कूल ग्रुप द्वारा सामाजिक - भावनात्मक स्वास्थ्य से संबंधित 'होलिडिंग हैड्स' कार्यक्रम का आयोजन किया गया। कार्यक्रम में भाग लेने वाले छात्रों को जागरूक बनाने के लिए कार्यक्रम में शामिल हुए छात्र छात्राएं।

MEERUT PUBLIC SCHOOL GROUP

DAINIK MEERUT NEWS

नव संवत्सर का स्वागत जनचेतना महायज्ञ पर हजारों ने दी यज्ञ में आहुति

जिमखाना मैदान में परम पूज्य स्वामी विवेकानंद जी के सानिध्य में हुए जनचेतना महायज्ञ के दौरान आहुति देते श्रीमती कुसुम शास्त्री विक्रमजीत सिंह शास्त्री सहित हजारों श्रद्धालु

MEERUT PUBLIC SCHOOL GROUP

DAINIK MEERUT NEWS

मेरठ पब्लिक स्कूल की सभी शाखाओं में बड़े ही धूमधाम से मनाई गई गोपी व लालबाहादुर शास्त्री जयंती।

मेरठ पब्लिक स्कूल की सभी शाखाओं में बड़े ही धूमधाम से मनाई गई गोपी व लालबाहादुर शास्त्री जयंती। छात्रों को जागरूक बनाने के लिए कार्यक्रम में शामिल हुए छात्र छात्राएं।

MEERUT PUBLIC SCHOOL GROUP

DAINIK MEERUT NEWS

मेरठ पब्लिक स्कूल की सभी शाखाओं में मनाई गई गणेश चतुर्थी

मेरठ पब्लिक स्कूल की सभी शाखाओं में मनाई गई गणेश चतुर्थी। छात्रों को जागरूक बनाने के लिए कार्यक्रम में शामिल हुए छात्र छात्राएं।

MEERUT PUBLIC SCHOOL GROUP

DAINIK MEERUT NEWS

नव संवत्सर का स्वागत जनचेतना महायज्ञ पर हजारों ने दी यज्ञ में आहुति

जिमखाना मैदान में परम पूज्य स्वामी विवेकानंद जी के सानिध्य में हुए जनचेतना महायज्ञ के दौरान आहुति देते श्रीमती कुसुम शास्त्री विक्रमजीत सिंह शास्त्री सहित हजारों श्रद्धालु

MEERUT PUBLIC SCHOOL GROUP



# ELOQUENCE EXPRESSION

## FIFA WORLD CUP 2022 THE MOMENTS THAT GIVE A KICK....

**FIFA WORLD CUP** - The most prestigious tournament in the world.

The first competition for the cup was organized in 1930.

by the Fédération International de Football Association (FIFA) held every four years since that time, the competition has consisted of 32 national teams.

The **22nd FIFA World Cup** marks over 90 years of triumph and tragedy with stunning goals and impossible saves, creating a showpiece.

The 2022 FIFA World Cup was an international football tournament contested by the men's national teams of FIFA's member associations. It took place in **Qatar** from **20 November to 18 December 2022**, making it the first World Cup held in the Arab world and Muslim world.

**Lionel Messi** was the star as Argentina returned to the summit of world football while **Kylian Mbappe** of France dazzled in defeat. It was the first football World Cup to be held in winter, as well as the first to be hosted by an Arab country.

### QATAR 2022 FACTFILE

**Goals** : 172 (a new record), **Volunteers** : 20,000 from 150 different nations.

**Fan Festival attendances** : 1.8 million visitors

### MEDALISTS

**Champions** : Argentina; **Runners-up** : France; **Third place** : Croatia

### AWARD WINNERS:

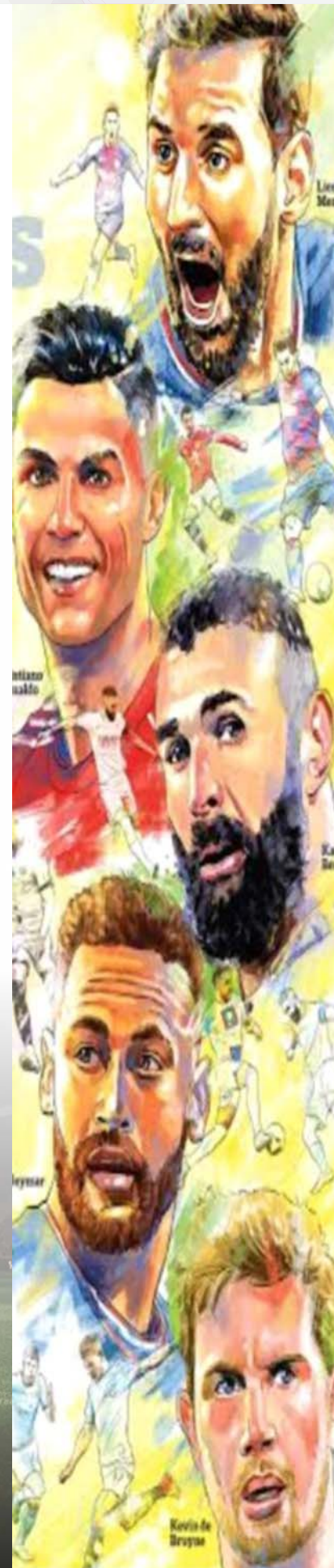
**Adidas Golden Ball** : Lionel Messi (ARGENTINA)

**Adidas Golden Boot** : Kylian Mbappe (FRANCE)

**Adidas Golden Glove** : Emiliano Martinez (ARGENTINA)

**Best Young Player** : Enzo Fernandez (ARGENTINA)

By Ms. Shobha Kashyap





# ELOQUENCE EXPRESSION

## VALUE EDUCATION— a Remedy for Social Evils



Modern education is merely academic and prepares students to acquire degrees or diplomas in general or specialised fields. There is no stress in the educational institutions to uplift the students morally, spiritually and physically. Morals, ethical values, performance of duty, regard and consideration for fellow human beings, sympathy and compassion seem to have gone with the wind in this modern, complex and fast competitive era. We should realise the real aim of education, which is not confined to mere cramming, of literary pieces or facts of science. Education means the all round development of man. It makes an individual responsible, sensitive and a decent human being. A really educated person has the capacity of self sacrifice. A dedicated individual is a boon to the society and the

nation. Our education should lay stress on cultivating human values. In fact, value education can help in removing all social and cultural evils. We need vigilant and emancipated men and women to help India march forward. Thus, value education is the need of the hour.

## DANCE

Dance is also called the hidden language of the soul as we use it to express ourselves when words fall short. The joy which comes with dancing helps us get over our sorrow and adversity sometimes.

Moreover, it is simply a translator for our hearts. What is most important to remember is the dance is not supposed to be perfect. There is no right way of dancing, as long as your heart is happy, you can dance.



## IMPORTANCE OF EDUCATION

Education is the process of acquiring knowledge and skills, building morals, values, and developing habits. Education does not just consist of these. The process of education can be said to be complete only if you are able to put the knowledge you acquire to good use. So, education is not just gaining knowledge and gathering information but developing the ability to apply what you have learned to daily life scenarios.

Is there good education and bad education? This is a question that has been asked for years now. Good education works towards the goal of preparing and empowering individuals to lead a productive life that definitely impacts the economic growth of the society and country they are a part of. Good education is meant to stimulate logical and critical thinking in individuals. Good education does not mean scoring high marks in your assessments. People usually perceive the

notion that schooling and scoring good marks in examinations is education. Education is beyond all that. Schooling alone does not lead to learning. Getting a good education depends on a lot of factors, including the environment or society you are in, the social and economic background and the ability of the individual to understand, analyse and act according to the need of the hour.

It is a fact that quality education and skill development comes from strong education systems. Having trained and empathetic teachers is one of the prerequisites to availing good education. Education includes learning about different cultures, religions, communities, economic and social standards and grooming oneself to become a socially responsible individual. With the advancement of technology, teachers have been taken for granted because most children



# ELOQUENCE EXPRESSION

nowadays have their own mobile phones and internet access with which they can find answers to any questions, sometimes questions their parents, siblings, or teachers cannot explain. This is a huge drawback in the process of building a healthy society.

## THE POWER OF BEING EDUCATED

Being educated often makes you feel powerful. Why is that? Imagine you did not know how to use a mobile phone, a laptop, a match stick or a bulb. What is the use of possessing something that you do not know how to use? In the beginning of time, it was found out that hitting two rocks together produces sparks that can start a fire. Every little thing you come across can teach you something or the other. The more you know, the more powerful you become.

Knowing how to drive a car would come in handy when you have to go somewhere with more people travelling with you. Knowing how to fix a pipe can help you when someone accidentally breaks off a pipe and water keeps flowing. Likewise, everything you learn will help you in one or the other way. Therefore, good education can be defined as the general and specific knowledge people gain by being taught or by experience.

“Education is not the learning of facts, but the training of the mind to think”, according to Albert Einstein. Gathering a load of information is easily possible in the present age of the internet and technology. Being able to answer every question does not guarantee or prepare you for a life where experience and knowledge is accounted for.

## HOW CAN OUR EDUCATION BENEFIT OUR SOCIETY?

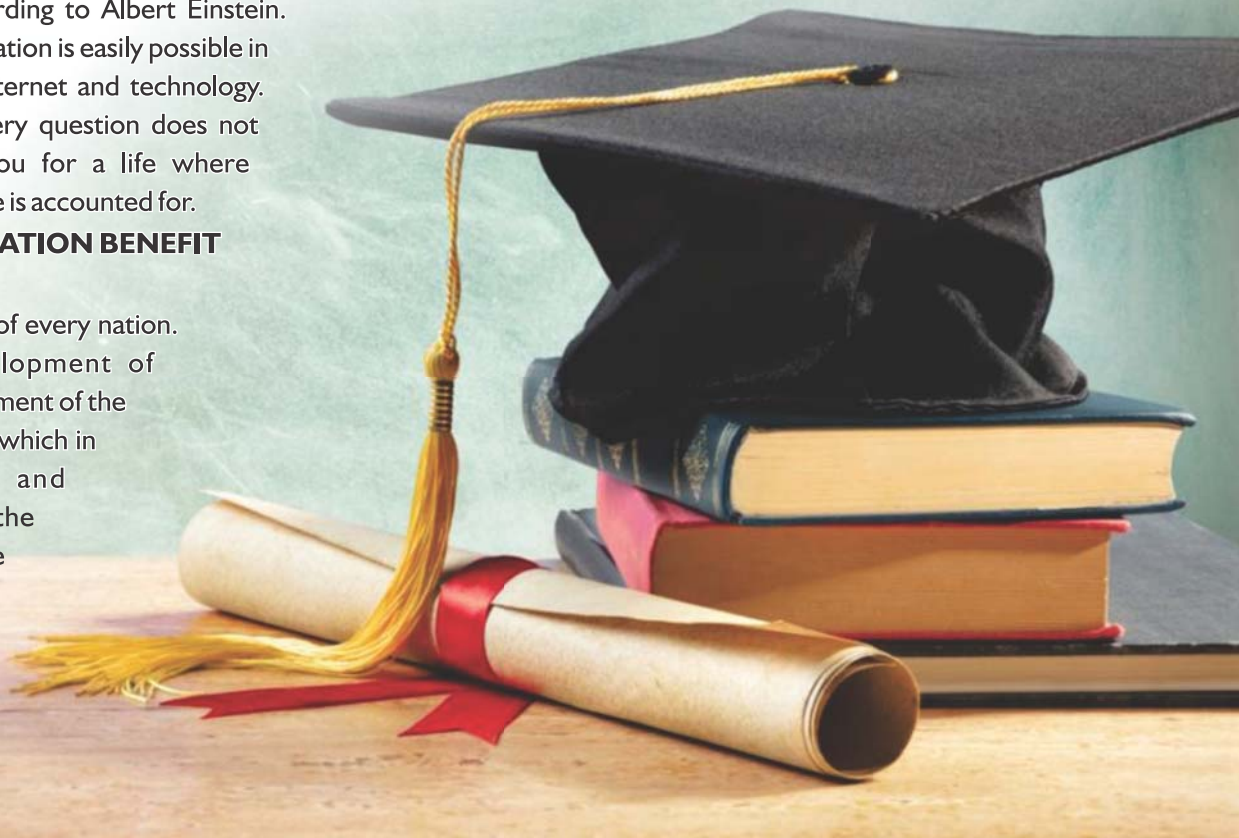
Society is an integral part of every nation. The growth and development of individuals help the betterment of the society they are a part of, which in turn helps the social and economic progress of the nation as a whole. The education system has been evolving from day one. The modes and means of education are improvised every now and then

according to the changing times.

According to Benjamin Franklin , “An investment in knowledge pays the best interest”. Any amount of money or time spent on getting yourself educated never goes to waste. The more you learn, the more you benefit from it. Even if you think that something that you are learning is not what you are interested in or what you think you need, do not worry because everything you come across will help you in some stage of life. An educated individual has a lot more to give to a society and a nation than a rich person. Being educated shapes the characters and social behaviours of individuals. It changes the way people think and act. The way you look at your fellow beings and treat them varies with every day in the process of learning.

The ultimate goal of education should be action and not just knowledge. In order to attain this goal, it is important to let all kinds of people understand the importance of education and the benefits of being educated in this constantly changing world.

By Ms. Aditi Siwach



# ELOQUENCE EXPRESSION

## 9 THINGS YOUR CHILD EXPECTS FROM YOU

### 1. **"I learn by watching you. Become a role model for me."**

Parents play a very important role in a child's upbringing. Showing is better than telling in good parenting. "Be a good role model" seems pretty obvious. But it's easier said than done. Remember the last time your kid was pushing your buttons, and you yelled at them?

If we don't want our kids to lose it when they feel pushed to their limits (chores, homework, veggies, etc.), we have to model how to regulate our emotions and handle things that make us mad calmly.

It isn't easy. We tend to have a hard time staying calm when we are angry. But our kids are watching us. We must be the person we want our children to become.

### 2. **"Give me hugs and kisses. You can't spoil me with those."**

Children want our love and see us show them. Love cannot spoil children. Only things we do or give in the name of love, or even worse, in place of love, may do that.

Showing affection to children helps create secure attachment and allows them to build an internal working model of loving relationships. This will have a tremendous impact on how they relate to others, especially in adulthood. There are many healthy ways to show your love. Here are some examples that will not spoil your child.

- Give them hugs and kisses.

- Spend time doing things that you can enjoy together.
- Talk with them, and truly listen to them.
- Cheer for their success.
- Empathize with their struggles and not dismiss their feelings.





# ELOQUENCE EXPRESSION

3. **“My brain is still developing, and so I'm slow in learning. But I want to learn if you patiently and kindly teach me.”**

Practice authoritative styles of parenting and use kind and firm positive discipline.

Most children want to learn. But learning takes time. Remember how often your toddler fell before they learned to walk without wobbling? Learning “human rules” is even more complex than learning “gravity rules.” It takes time to understand, absorb, incorporate and use that information.

If a child doesn't get it the first ten times you say it, it doesn't mean they are stubborn or strong-willed. It means they need more time and practice. They need your kind and firm guidance to discipline them, not punish them.

4. **“Talk with me. Don't just talk to me.”**

Talk with your child, and discuss what's on their mind and what's important to them. Things not important to grownups can be very important to your child. If we listen to the small things our young kids say, they'll come to us with big things when they grow up.

5. **“Accept who I am. Don't constantly compare me to other kids.”**

Every parent wants their child to be the best they can be. This natural desire may sometimes cause parents to compare their kids with others.

6. **“Let me play outside a lot.”**

The importance of play for young children cannot be overstated. Unstructured play outdoors is even better. The outdoor environment is full of rich opportunities for development and learning. Playing outside usually allows children to have more autonomy and develop independence. Children can also engage in sensory play and physical activity unavailable in indoor facilities.

7. **“Give me food that is nutritious and yummy.”**

Children cannot buy or make their own food. So they rely on us to provide what they need. Your child may not have the exact same taste as you do. When they refuse certain food, it may be tempting to use the “Eat or Starve” method.

“You either eat it or starve” is essentially starving a child into submission, into having the exact same taste that you do. Instead, look for healthy food that your child likes.

8. **“Please trust me.”**

Making mistakes is not always a bad thing. If we want our children to have good judgment, we must let them practice making decisions and stop acting like a helicopter parent. That means they will inevitably make mistakes.

It doesn't mean we become permissive parents. Rather than telling them what to do, teach them critical thinking. It is one of the best ways to teach children how to make sound decisions. Let older children decide on things that won't be a danger, health risk, or inconvenience to others. A child cannot learn to walk without falling. They also can't learn to make good decisions without making bad ones.

9. **“Your praise means so much to me.”**

Encouraging words can have a powerful positive effect on young people. Praise sincerely and focus on their efforts, not their abilities.

Catch them when your child's behavior is positive, such as putting down video games without being asked. When praise for kids is used correctly, it can make a big difference in a child's self-esteem, intrinsic motivation, and good behavior.

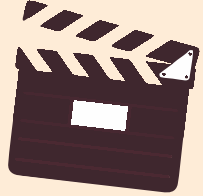
**By Ms. Ashu Rana**





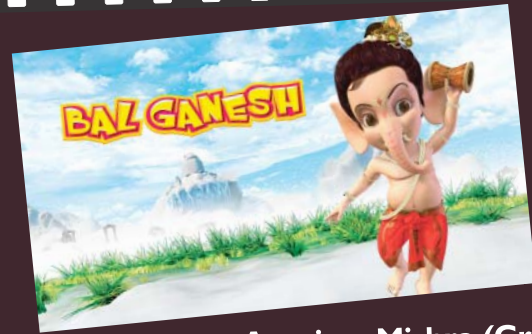


# RECOMMENDATIONS



**Ganesh:** This show shows the entire life journey of Lord Ganesha. We can learn many things from this Show. I love the part where lord Ganesha wins the race between lord Kartikey and him by moving around Lord Shiva and Mata Parvati which shows how he obeys his parents and his knowledge.

Recommendation by Ruchi Mishra.



Arunima Mishra (Grade-I)



Priyam Bhatia (L.K.G)

**The legend of Hanuman:** This series shows how we can learn to be pure, strong yet humble. Even though Hanuman is very strong, he never got carried away in arrogance. He showed how we can stay polite and humble with elders. Hanuman had the 8 Siddhis but he surrendered himself completely to Lord Rama. Even though we achieve many milestones in our lives, but we must always be grounded and respect our elders. He proved to us that God resides in every devotee's heart, and you don't have to go places to find God. Just connect and surrender to your inner self, God.

Recommendation by Priyanka Bhatia

**Taare Zameen Par** - The film beautifully showed how a teacher can double up as the parent and look after a student like their own child. Not giving up and honing a child's unique talent without underestimating them, it touched upon the issue of dealing with dyslexic kids in the most sensitive way.

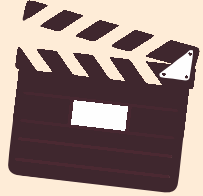
Recommendation by Nidhi Sharma



Aavya Sharma (Grade-I)



# RECOMMENDATIONS



**The Jungle book** - The most important life lesson in Jungle Book is to not be a coward. We need to face our fears, gain confidence, and triumph over it. This is shown beautifully when Mowgli faces the Tiger - Shere Khan and saves his friend Baloo. It also shows us how to treasure friendship. The friendship between Baloo and Bagheera or Mowgli and Baloo, is one classic example of how a true friend guides and supports you. The relationship of Mowgli with Bagheera and Baloo at times, is that of a teacher-student relationship. Mowgli is mentored and guided by them. They teach him rules of the jungle and to respect elders. They also criticize and are strict with Mowgli when he does something wrong. Mowgli also has immense respect for them. It also tells us how to lead a simple and happy life.

Recommendation by Mrs. Jaya



Asmee (Grade 1)



**Bindu**- It's a short inspirational movie which shows a heart touching bond between brother and sister .Their care and love for each other is truly emotional.

Recommendation by Arnav's mother

(Grade 3)

Recently I watched a short inspirational movie named "Not Out". It was very inspirational for both kids and adults. It is about the struggle of a man who wanted to achieve his dream of becoming successful. He came to Mumbai with the hope to become successful and fulfill his goal. He worked very hard every day, however, got nothing but failure. He gave many interviews and applied for many jobs but nothing seemed to work. This continued for months. But, just when he was about to give up, he got a call from a company and finally got a job. This story gives the message that those who work hard and never give up become successful.

Recommendation by Aashvi mother

(Grade 3)







# CAMARADERIE WEEK

*"Friendship is the only cure for the hatred, the only guarantee of peace"*  
- Lord Buddha

MPS Pallavpuram celebrated a Camaraderie Week from 4 April '22 to 8 April '22 by organizing a plethora of activities to promote the value of peaceful friendships, which ultimately help in developing love. Buddies are provided to the new students to create harmony amongst the students. Buddies make sure that new students are comfortable in the new environment and enjoy school.

Activities like Passing the ball, Our Friendship Tree, Buddies' Garden, United we bloom, The Scoop on friendship, My Buddies' Circle, Traits of a Friend, Friendship Venn Diagram, laid stress that friendship

between people, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

"Plant the garden of your life with friendship's lovely flowers".





# STAFF PHOTOGRAPHS



## ADMINISTRATIVE STAFF

Ms. Neetu Singh, Mr. Ankit Sharma, Ms. Chitra Sharma,  
Ms. Priyanka Rastogi, Ms. Niharika Bhatt, Ms. Shalini Thomas



# STAFF PHOTOGRAPHS



## TEACHING STAFF

- Row 1 (L-R) -** Ms. Somata Jain, Ms. Akansha Chaudhary, Ms. Jubariya, Ms. Shobha Kashyap, Ms. Nami Singh, Ms. Sarika Goel,  
Ms. Krati Sharma, Ms. Harpreet Kaur Jaggi
- Row 2 (L-R) -** Ms. Sonia Chaudhary, Ms. Sudhanshi Tomar, Ms. Chitra Sharma, Ms. Priyanka Rastogi, Ms. Ashu Rana, Ms. Swati Sharma.



# STAFF PHOTOGRAPHS



## MAINTENANCE STAFF

- Row 1 (L-R) -** Mr. Rahul, Mr. Balesh, Ms. Urmila, Ms. Sheetal, Ms. Sunita, Ms. Munesh, Ms. Shanti, Ms. Pinky  
**Row 2 (L-R) -** Mr. Raheesu, Mr. Rajesh, Mr. Lal Pratap Singh, Ms. Chitra Sharma, Ms. Priyanka Rastogi, Ms. Rajesh, Ms. Sonam



# COUNCIL MEMBERS



**Row 1 (L-R) -** Aaniya Rajput, Harnoor Kaur, Kritika Jain, Paavni Chaudhary, Virat Bansala, Viyaan Saharawat, Nihal Vihan, Gourayanshi Malik  
**Row 2 (L-R) -** Utsa Rajput, Aradhya Verma, Ishan Pal, Apoorva Chauhan, Atharva Singhal, Vinaan Goel, Vansh Vihan  
**Row 3 (L-R) -** Ilma Saifi, Aaradhya Panghal, Ms. Chitra Sharma, Ms. Priyanka Rastogi, Punyah Khatteer, Ishan Tomar



# CLASS PHOTOGRAPHS



## GRADE NURSERY - MS. AKANKSHA CHAUDHARY

**Row 1 (L to R)-** Gritvik Nagvanshi, Tarush Kumar, Samarth Singh, Ayushman Kashyap.

**Row 2 (L to R)-** Darsh Gupta, Divit Saharawat, Tanmay Bharadwaj, Ranvijay Singh, Daksh Rana, Kanav Pratap Singh.

**Row 3 (L to R)-** Tanishka Rajjan, Ishani Sharma, Adriti, Amayra Wadhawan, Krishni Bhartiye, Vidisha Panday.



# CLASS PHOTOGRAPHS



## GRADE LKG - MS. HARJEET KAUR JAGGI

- Row 1 (L-R) -** Avika Ahlawat, Suryansh Tomar, Angel Sood, Sambhavi Kaushik, Aayansh Goel, Vaibhav Yadav, Vaneesha Tyagi, Tanishka Singh, Sandarbh Chauhan, Tanishq Yadav, Rhythim Pangal
- Row 2 (L-R) -** Ekakshi Chhoker, Anushri, Rachit Maurya, Atharva Sharma, Harijap Singh, Auansh Singh, Yathav Tyagi, Shaurya Singh
- Row 3 (L-R) -** Antriksh, Devishri Adarsh, Adriti Chauhan, Kashvi Goel, Yashika Kaushik, Aahnik Chaudhary.



# CLASS PHOTOGRAPHS



## GRADE UKG - MS. SUDHANSHI TOMAR

- Row 1 (L-R)-** Utikarsh Meena, Sankalp Chauhan, Pranjul Jayant, Sarthak Bhardwaj, Prakshi Bhartiya, Advik Singh, Mokshita Sharma, Anandita Sharma, Pratishta Mathur, Shrishta Panghal  
**Row 2 (L-R) -** Aditya, Hindhavi Bhatnagar, Yaksh Siwach, Anika Singh, Mokshi Bansal, Nandini Choudhary, Aayra Kapoor, Aarohi Mittal  
**Row 3 (L-R) -** Mayank Sharma, Avni gupta, Vishwajeet, Advika goel, Vidhaan Semwal, Aradhya Chauhan, Varnika Singh, Vaanya Choudhary.



# CLASS PHOTOGRAPHS



## GRADE I - MS. ZUBARIA

**Row 1 (L to R)-** Tanisha Chaudhary, Reyansh Singh, Rudransh Sharma, Akshit Jain, Aviraj Singh, Yug Yadav, Suryansh Singh

**Row 2 (L to R)-** Raj Pandey, Disha, Parth Mudgal, Kuber Galyan, Agrani Anmol Mishra, Jassi Punia

**Row 3 (L to R)-** Dhairya Girish Parashar, Asmee, Sayansh, Aadvik Tanwar, Arunima Mishra, Aavya Sharma



# CLASS PHOTOGRAPHS



## GRADE II - MS. SWATI SHARMA

- Row 1 (L-R) -** Anan Singh Rajput, Divyansh Singhal, Parth Chaudhary, Mrinalini Sharma  
**Row 2 (L-R) -** Vivan Ballyan, Anshuman Ballyan, Tanishq Yadav, Adarsh Vihan, Rudransh Chauhan , Hanishka prashar, Shatakshi Vats, Manasvani, Arachya Chaudhary, Avni Tomar  
**Row 3 (L-R) -** Yuvaan Siwach , Anush Singhal, Kushagr, Anirudh Dehra, Rudra Malik, Pratisitha Bharadwaj, Princi Chauhan , Ridhisha Singh, Adishree Bansal  
**Row 4 (L-R) -** Adhiraj Chaudhary, Anshuman Chauhan , Anan Singh Rajput , VipraDev, Vartika Yadav, Ananya Sharma, Saisha Kumari, Jayantika Panwar.



# CLASS PHOTOGRAPHS



## GRADE III - MS. ASHU RANA

- Row 1 (L-R) -** Diwansh Ballyan, Shivansh Sharma Aarav Chikara, Daksh Pangal, Shubhansh Chhoker, Rewansh Jawla  
**Row 2 (L-R) -** Vinayak Tyagi, Dhairiya Chauhan, Aadya Parashar, Avni Singh, Aarohi Chaudhary, Akshat Ballyan, Tanush Bhati, Yash Chandel, Aarav Singh, Devesh Devendra  
**Row 3 (L-R) -** Aashvi Verma, Yyakhya Singh, Shatakshi Verma, Avni Singh, Sarthak Sharma, Shivank Diggel, Aadwik Chaudhary, Madhav Vashishtha,  
**Row 4 (L-R) -** Vaishnavi Gaolia, Manvi Ujjawal, Nitya Gupta, Shreya Pal, Arnav Verma, Siddhant Kumar, Aditya Verma, Atharva Ballyan



# CLASS PHOTOGRAPHS



## GRADE IV - MS. SOMLATA JAIN

**Row 1 (L-R) -** Paavni Chaudhary, Aaniya Rajput, Har Moor Kaur, Ilma Saifi, Ursa Rajput, Peehu Balyan

**Row 2 (L-R) -** Gouryanshi Malik, Aradhya Meena, Aaradhya Verma, Nihal Vihan, Lavish Goswami

**Row 3 (L-R) -** Ananya Grover, Yardhita Garg, Yanalika Singh, Viyan Saharawat, Aayush Yadav, Ishan Tomar



# CLASS PHOTOGRAPHS



## GRADE V - MS. NAMI SINGH

- Row 1 (L-R) -** Anushka Singh, Punyah Khatter, Vihaan Goyal, Dakshit Suri, Manan Pankaj, Deepanshu Singh, Apoorva Chauhan, Shubh Panwar  
**Row 2(L-R) -** Simon Singh, Aaradhya Panghal, Shreya Pant, Kritika Jain, Manav Karanwal, Sarthak Kalkandey, Vishnu, Ruben Bhartiya, Virat Bansala  
**Row 3 (L-R) -** Parisha Kumari, Aarohi Shukla, Aarohi Parashar, Kavya Chauhan , Vansh Vihan, Atharva Singhal, Akshaj Prasad, Ishan Pal

# PARENTS' REFLECTION

School is maintaining good discipline. Extra-curricular activities are also highly appreciated. Teachers are cooperative and well behaving.

**Surbhi Baliyan**  
Tanisha Chaudhury (Grade 1)

Thanks to all teachers and school because my son is improving in studies.

**Adarsh Vihan**  
(Grade 2)

We are very happy with the school teacher. Thank you for helping our son to improve his learning and his confidence. I would like to take this opportunity to thank all the teacher's for the efforts they are putting together to teach our children. The faculty has been making sure every child is comfortable in school. Thank you

**Pradeep Yadav**  
Yug Yadav & (Grade 1)

Thanking all the teaching fraternity won't be enough because from day 1 you have always been beside Sayansh. He finds you the best teacher & best person. He has been improving continuously & performing the best he can as the last two years haven't been easy for anyone, but still the School has made a point & now Sayansh is loving his MPS & his teachers. Thank You for always guiding him.

**Swati Singh**  
Sayansh (Grade 1)

We as parents are very happy with the school. In just a few days we saw noticeable improvement in our daughter. We can see her excitement every day for going to school. The teachers are friendly and activities conducted by them are fun loving. I wanted to share how impressed I am with the school. The school provides a nurturing and supportive environment for my child's learning. My child has shown significant progress under the guidance of teachers. The teachers and staff have been supportive and dedicated, and our child has thrived academically and socially. Thank you for providing a safe and welcoming environment that fosters learning and growth. We feel grateful to be a part of such a wonderful school community.

**Ruchi Mishra**  
Arunima Mishra (Grade 1)



# PARENTS' REFLECTION

I am really happy and thankful that my son Raj Pandey studies in class I - A of the esteemed School MPS, Pallavpuram. I am very proud to see so many positive changes in him after taking admission in MPS. The school has a caring and child centered education system. Raj loves to go to school daily. I would always recommend this school to every parent. In the end, I must say that if you have dreams for your kids then this school can add wings to them.

**Rajesh Pandey**  
Raj Pandey (Grade 1)

MPS Pallavpuram is delivering international standards in education, individual attention is given to every child. Well behaved & mannered teachers and other team members are passing the moral and social values to the students. School security is up to the mark specially for tiny tots, School building structure is specially designed for maximum safety and adequate natural light and ventilation, best wishes to the entire Team of MPS.

**Jaya Verma**  
Asmee (Grade 1)

It was a fantastic event. We all enjoyed it very much. I thank & really appreciate the efforts & ideas which the school is trying to bring in to add to the school's curriculum. It gives me immense pleasure when I look at the Educational Tools being used in making learning FUN & Interactive. We enjoyed every part of the event. Everything was unique & well thought must result in peaceful learning. Thanks to all of you again.

**Divyansh**  
(Grade 2)

With your guidance, our son has developed into a confident and capable child. Thank you for being such an important part in our child's development.

**Rudransh Chauhan**  
(Grade 2)









The beauty of a tree increases with each passing year. The pleasure of sitting under an old spreading tree is heavenly. God knows how many seasons the old tree has seen, how many monsoons, how many springs, how many summers and winters; how many students rested under its shade; how much life passed under it, and the winds and clouds that passed overhead, and how many sun rises and moon rises it must have witnessed And how many dark moonless nights. All is contained within it. To sit next to an old tree is to sit next to history. A profound tradition has flown through it.



## Meerut Public School Pallavpuram

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