

LIST OF INSTITUTIONS

| | |
|--|------|
| Seth Anandram Jaipuria College, Kolkata | 1945 |
| Seth Anandram Jaipuria School, Kanpur | 1974 |
| Jaipuria Institute of Management, Indirapuram | 2001 |
| Seth Anandram Jaipuria School, Ghaziabad | 2004 |
| Jaipuria School of Business, Indirapuram | 2008 |
| The Jaipuria School, Farrukhabad | 2014 |
| LITTLE ONE - The Jaipuria Preschool, Kakadeo | 2015 |
| Seth Anandram Jaipuria School, Unnao | 2016 |
| Seth Anandram Jaipuria School, Shaheed Path, Lucknow | 2016 |
| Seth Anandram Jaipuria School, Alambagh, Lucknow | 2017 |
| LITTLE ONE - The Jaipuria Preschool, Ghaziabad | 2018 |
| LITTLE ONE - The Jaipuria Preschool, Vikas Nagar | 2018 |
| LITTLE ONE - The Jaipuria Preschool, Jajmau | 2019 |
| Seth Anandram Jaipuria School, Sitarganj | 2019 |
| Seth Anandram Jaipuria School, Varanasi | 2019 |
| Seth Anandram Jaipuria School, Satna | 2020 |
| Seth Anandram Jaipuria School, Mirzapur | 2020 |
| Seth Anandram Jaipuria School, Raebareli | 2020 |
| Seth Anandram Jaipuria School, Dibraypur | 2020 |
| Seth Anandram Jaipuria School, Naini | 2021 |
| Seth Anandram Jaipuria School, Nanpara | 2021 |
| LITTLE ONE - The Jaipuria Preschool, Swaroop Nagar, Kanpur | 2021 |
| UPCOMING SCHOOLS | |
| Seth Anandram Jaipuria School, Greater Noida West | 2022 |
| Seth Anandram Jaipuria School, Raebareli Road, Lucknow | 2022 |
| Seth Anandram Jaipuria School, Haldwani | 2022 |
| Seth Anandram Jaipuria School, Amethi | 2022 |
| Seth Anandram Jaipuria School, Jajmau, Kanpur | |
| Seth Anandram Jaipuria School, Mainawati Marg, Kanpur | |
| Seth Anandram Jaipuria School, Jhansi | |
| Seth Anandram Jaipuria School, Kidwai Nagar, Kanpur | |



**JAIPURIA GROUP OF
EDUCATIONAL INSTITUTIONS**

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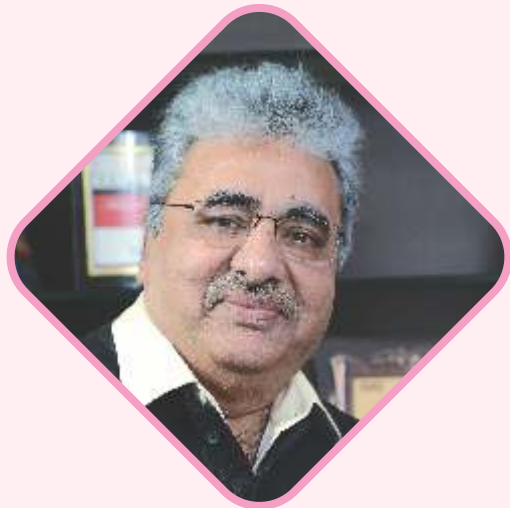


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QUEST



OCTOBER 2021



Vinod Malhotra
Advisor
Seth Anandram Jaipuria Group
of Educational Institutions

**From the desk of the
Editor**

Man’s capacity to achieve great, and sometimes seemingly impossible tasks cannot be overemphasized. Undoubtedly a marvelous miracle of nature, he has been endowed with a strong body and a superior intellect, and he occupies the highest rung in the evolutionary ladder of all creations. His thoughts and vision that emanate from his mind and intellect, empower him to perform immensely difficult tasks and this faculty ensures continuous development. We need to pause here for a moment, and reflect that if his body is weak, fragile and unhealthy, it will be impossible for him to lead even a normal existence, leave alone attempt any difficult job that he may be required to perform during his life’s tumultuous journey.

It is axiomatic to state that a sound mind needs a sound body, and that alone underlines the overarching importance of health and well-being. It must be stated that it is not enough to have a healthy body alone, although one would concede that it is an essential condition, it is equally important to experience a state of well-being. This therefore underscores the significance of healthy mind and intellect. We must all understand that we need to follow a healthy protocol in terms of our eating habits, sleep schedule, life-style, abstinence from innumerable temptations and allurements our world offers, it is as, and indeed more important to keep our intellect healthy. Long-standing research has established that major component of our health-related problems is psychosomatic in nature, and hence our intellect should remain in possession of positive thoughts, with frequent rounds of brain detoxification.

To keep our body and mind in a healthy state is a continuous learning process and we all need to educate ourselves, our children and the society at large, through formal or informal means. The best phase to learn this is when children are young and growing, and healthy habits learned and practiced at that age will stay for the rest of one’s life.

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QUEST
2021

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HEALTH & WELLNESS





SHISHIR JAIPURIA
Chairman
Seth Anandram Jaipuria
Education Society

From the desk of the **CHAIRMAN**

The term healthcare is generally regarded as synonymous with “care for the sick” rather than health promotion and prevention. The pandemic has however, created a new perspective and has strongly emphasized on the urgency and importance of health promotion and disease prevention, accentuating the need for staying healthy and keeping diseases at bay. Although this has been an integral part of the United Nation’s Development Plan with particular attention to maternal/infant mortality, deaths caused by HIV, malaria and very recently COVID-19, etc., social inequalities and economic disparity has thwarted the efforts of all care givers. The pandemic proved to be a watershed moment for health emergency preparedness and for investment in critical 21st century public services. This inevitably led to strong reiteration of United Nation’s Sustainable Goal to achieve ‘Good Health & Well-Being’. Health promotion has assumed much greater importance now than ever before– to combat COVID-19 and create better response protocol against cardiovascular diseases, cancer and related health risk factors. India has been working aggressively to deal with rising problem caused by increase in population as also by disruptive changes in our life-style. Govt and individual citizens will have to come together and build a collective strategy to counter this growing menace.

Responsible behavior and healthy lifestyle choices, including changes in eating habits, adequate physical activity and maintenance of mental health is the need of the hour. Patently unhealthy habits that can have a lingering effect, should be discarded. People have become more conscious about what they eat, how much to exercise, how frequently to monitor their vital health parameters and how they can improve their work life balance. They have also become sensitive towards nature and want to live in harmony with it. But somehow the anxiety, panic and deep concern created by the global pandemic has taken everybody by surprise, and people have actively started introspecting and establishing priorities.

Awareness since early childhood can play an important role in ensuring a safe and secure future for a generation which has experienced stress and consequential health issues at a very tender young age. Realizing the importance of health and well-being as matter of primary concern, we at Seth Anandram Jaipuria after due deliberations with important stakeholders including Doctors, psychologists and parental community, have developed a structured Health Curriculum, encompassing the three core facets comprising emotional, social, and physical well-being. This is designed to comprehensively address all health-related issues, give timely warning for control and prevention and enable our children to lead a healthy and productive life.

We believe that learning to live a healthy life is an integral part of Education.

JAIPURIA QUEST 2021

Major Events

| | |
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| STTAR and UP Govt Programme for 10,000 Teachers | 04 |
| Dr. Rajaram Jaipuria Memorial Lecture Helmed | 06 |
| Launch of Health Education Curriculum | 07 |
| Digital Leadership Workshop | 08 |
| Rendezvous | 09 |
| Jaipuria Olympics | 09 |
| Founders Day | 10 |
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| Jaipuria Model United Nations Conference, 2021 | 12 |
| ‘SAMAROH’ Founder’s Day | 13 |
| Inauguration of the New State-of-the Art Building | 14 |



STTAR and UP Govt Launch Programme to Train 10,000 Teachers in ICT



Saamarthya Teachers Training Academy of Research (STTAR), Ghaziabad, reached a significant milestone on October 8, 2021, with the launch of a programme to provide training in Information and Communications Technology (ICT) to 10,000 teachers of Uttar Pradesh's government schools. The UP government has collaborated with STTAR, the ace teachers' training academy that will bring in its expert trainers for online sessions to trainees.

Dr. Dinesh Sharma, Deputy Chief Minister of Uttar Pradesh, officially launched the programme in Lucknow in the presence of **Ms Aradhana Shukla, Principal Secretary of Education**, and **Sh. Shishir Jaipuria, Chairman of Seth Anandram Jaipuria Group of Educational Institutions**.



Praising this CSR initiative by STTAR, Dr. Dinesh Sharma said that the training in ICT will equip teachers in Uttar Pradesh's government secondary schools with necessary knowledge and skills to confidently use technology in imparting education.

In his address, Sh. Shishir Jaipuria said that STTAR will bring in its best experts and talents to make this training programme a big success.



2nd

Dr. Rajaram Jaipuria Memorial Lecture helmed

by Sh. Nitin Gadkari



Union Minister **Sh. Nitin Gadkari** was the **Chief Guest** at the 2nd **Dr. Rajaram Jaipuria Memorial Lecture**, which was held virtually. A very pertinent theme was chosen for the lecture: Role of Leadership In Turbulent Times. In his address, Shri Nitin Gadkari said that leadership plays a key role not just in politics, but also in other fields, such as education, business, social work and religion. “Good leaders take lessons from history. It is often said ‘Old is Gold’. I say we should give the maxim its due,” he said. The tone for the lecture was set by **Sh. Shishir Jaipuria**, **Chairman** of Seth Anandram Jaipuria Group of Educational Institutions. He said that true leaders have the foresight, resilience and optimism to turn adversities into opportunities to create a better future.

Launch of Health Education Curriculum A Momentous Occasion



Pioneering a transformative reform in education, **Seth Anandram Jaipuria Group of Schools**, in collaboration with Saamarthya Teachers Training Academy of Research (STTAR), Ghaziabad, launched its Health Education Curriculum for schools virtually on September 17, 2021. Secretary of CBSE, **Anurag Tripathi**, who was the **Chief Guest** for the event, formally launched the curriculum and said, “To bring out this health curriculum for the students, teachers and parents is a very thoughtful initiative...I wish to see this curriculum implemented in schools across India and reach lakhs of students and teachers.” The Guest of Honour for the launch ceremony was **Dr. Muffazal Lakdawala**, a noted bariatric surgeon and founder of Digestive Health Institute by Dr. Muffi. The Special Guest was **Mr. Dilip Thakore**, Founder Editor of EducationWorld.

Digital Leadership Workshop Embracing Technology



The Digital Leadership Workshop, held in the auditorium of Jaipuria Institute of Management, Indirapuram, on September 13, 2021, saw the meeting of the best minds of Seth Anandram Jaipuria Group of Educational Institutions. **Chairman Sh. Shishir Jaipuria** graced the event along with his family. **Sh. Vinod Malhotra** shared his insights on the importance of digital competence for effective leadership. The workshop featured a series of interesting sessions conducted by **Ms Dhvani Jaipuria, Mr. Harish Sanduja, Ms Manju Rana, Ms Shikha Banerjee, Ms Poonam Kochitty, Mr. Pankaj, Ms V. Suprabha, Ms Sushma Raturi, Ms Anjali Khanna, Mr Anirban Bhattacharya, Ms Khushboo Pandey, Mr. Daviender Narang, Mr Jitendra Kumar Mishra and Mr Bikram Agarwal.**

Celebrating Teachers' Day at 2nd Townhall

Rendezvous

Entertaining performances and inspiring speeches marked the celebration of Teachers' Day at the 2nd Townhall of Seth Anandram Jaipuria Group of Educational Institutions. Titled 'Rendezvous', the townhall was held virtually and attended by the teachers, staff, and corporate leadership team of the Jaipuria Group on the eve of Teachers' Day on September 4, 2021. The two-hour cultural extravaganza featured prayer recitations, music performances, dances and even a humorous skit to lighten the mood. 18 teachers from SAJS, Vasundhara, and 3 teachers from SAJS, Kanpur, were presented with Long Service Awards. Madhavi Goswami, deputy HM of SAJS, Vasundhara, was felicitated for winning the CBSE National Award for Teachers, 2021. The Townhall also featured inspiring speeches by **Chairman, Sh. Shishir Jaipuria, Vice Chairman, Sh. Saket Jaipuria, and Senior Advisor, Mr. Vinod Malhotra.**



Sports Day

Celebrated with Zeal at Jaipuria Olympics

Jaipuria Olympics, a sports meet of the inhouse sporting talent of **Seth Anandram Jaipuria Group of Educational Institutions**, was organized on August 14, 2021 and saw some great moments of sporting excellence and camaraderie. Held at the Indirapuram campus, Jaipuria Olympics kicked off on the bright Saturday morning with the hoisting of the national flag. The patriotic fervour then gave way to the contest of physical strength in Tug of War. The games of Badminton, played on the hard court, saw enthusiastic participation by eight teams. Cricket expectedly drew maximum crowd. The contesting four teams were: Jaipuria Panthers, Jaipuria Warriors, Jaipuria Boomers and Jaipuria Spartans. Good sportsmen spirit and healthy competition made all the games a lot of fun to watch.



The Founder's Day CELEBRATION



JSB's tribute to the founder
Dr. Rajaram Jaipuria Ji
on his Birth Anniversary



On this auspicious occasion, respected Director Sir and Dean academics, along with faculty, staff members and students paid floral tributes and remembered his contributions towards society as an Educationist and philanthropist.



INTERNATIONAL YOGA DAY



Jaipuria Institute of Management, Indirapuram, Ghaziabad celebrated the 7th International Day of Yoga on June 21, 2021 at JIM campus in association with MISAKI. The purpose of yoga is to build strength, awareness as well as harmony in both mind and body. JIM focuses on the importance of the well-being of its faculty and staff members. The session on Yoga was conducted by Ms. Kajal Gupta, the seasoned yoga instructor from MISAKI. All the participants benefitted from the yoga session.





JAIPURIA MODEL UNITED NATIONS CONFERENCE, 2021

The Jaipuria Model United Nations Conference, 2021 (JMUNC' 21) was held on August 13 and 14 and was attended by more than 225 delegates and 50 schools across India. This year Jaipuria MUNC was proudly powered & recognized by UNHCR, the UN Refugee Agency, and joined hands in the 2021 MUN Refugee Challenge. The conference saw the simulation of six exceptional committees i.e. AIPPM, UNHRC, UNW, UNCOUOS, IWC, and the International Press which highlighted true global perspectives that were unique, educational, and exhilarating. All the six committees were presided by experienced Executive Board Members who have been a part of the Indian MUN Circuit for the past many years and possess great command as Chairpersons.

The Inaugural Ceremony was attended by the honorable Chief Guest, Shri Vishnu Prakash, Former Ambassador to South Korea and Canada, Principal cum Director Mrs. Manju Rana, and various other members of the school management. Mr. Vishnu Prakash empowered the delegates on various topics like International Relations, Foreign Policy, Public Policy, and External Relations. He also accentuated on the importance of punctuality in Life and solved queries of the young leaders in a Question & Answer session that was effectively moderated by the Head Boy, Abhinandan Adhikari. Mrs. Manju Rana in her welcome address also emphasized that as we progress, peace and cooperation are the two most important

pillars of diplomacy and the most important factors to reach any fruitful conclusion. The Secretary-General, Vijjial Mangat Pundir declared the conference open with his welcome note to all the Delegates and Executive Board Members.

Over the two day conference, the committees witnessed a milieu of heated debates and discussions, crucial points were raised by both the proposition and the opposition, while the moderated and un-moderated caucuses saw multifaceted reactions. The agendas of the committee ranged from The Transgenders Protection and Rights Act, 2021 to The Refugee Crisis and Women Rights to Education & Healthcare. The delegates were highly impressed by the professional and flawless organization of the two day conference, with no technical and procedural failures as well.

Mr. Kiri Atri, Assistant External Relations Officer at the UNHCR addressed the Closing Ceremony and discussed various issues of urgent importance like Climate change and importance of Youth Participation in modern times. Tanishka Bahl, a proud Jaipurian also performed

live that left the audience mesmerized and awe-struck with her musical voice. Ms. Sumita Vij, the MUNC coordinator welcomed the guests and expressed her gratitude to the management and the Principal cum Director for supporting in hosting the event. She also emphasized on the importance and benefits of an MUN Conference for the youth.

The event was a solely student organized event that was spearheaded by the Secretary General Vijjial Mangat Pundir, Director General Saksham Rai, Convener Aditi Kundu, Head of Del. Affairs Santushti Rai, Hospitality Head Shreyasee Jha. The team was backed by powerful support of the Advisory Board comprising Head Boy Abhinandan Adhikari, Head Girl Sanya Ganjoo, Deputies Palash Pandey and Khushi Bhatia. Arnav Verma, Technical and Creative Head and Mayank Goyal, Website Development Head were the creative geniuses for the social media. Siya Tomar (OC Head), Soham Bajaj (Deputy OC Head), Rumish Ali Saif, Rishima Rawat, Ashmit Mittal, Vaishnavi Kashyap, Ananya Rawat, Vanshika Gupta, Pihu and Janhvi Tomar served in the Organizing Committee at JMUNC'21.



'SAMAROH' A DOSE OF EMOTIONAL VACCINATION



Founder's Day, 2020

The 46th Founder's Day, 'Samaroh: A Celebration of Life' witnessed a participation of more than 250 students even when it was conducted on a virtual platform. **Mr Sonam Wanchuk** (Founding Director SECMOL) was the esteemed Chief Guest for the occasion. It was a treat to hear his words of wisdom which encouraged the students to be ingenious. Along with him Darsheel Safari, the famous actor of 'Taare Zameen ke fame' was also the Chief guest.

As a part of the Founder's Day celebration, a virtual art exhibition Kalakriti happened too. All staff, students and their families visited this virtual exhibition. Students from Nursery to Class 12 have contributed. Pencil to pixels was the theme



Inauguration of the new state-of-the art building



Seth Anandram Jaipuria School, Lucknow inaugurated a new **state-of-the-art building** on its sprawling campus on Tuesday, February 16, 2021. The inauguration happened in the presence of the **Chief Guest, Satish Mahana**, Minister of Industrial Development, Government of UP. The Guest of Honour was Smt. Suniti Devi Jaipuria, who did the virtual inauguration of the new phase 2 building.



The ceremony began at 11 a.m with the lighting of the lamp and a Saraswati Vandana by the students of the school. **Mr. Shishir Jaipuria**, Chairman of Seth Anandram Jaipuria Group of Educational Institutions, delivered the welcome address in which he recalled the 75-year-long legacy of the group in the field of education.

The Chairman's address was followed by a virtual walk-through video highlighting the facilities of the new building. The new building is twice the size of the old one and has a capacity of 1500 students. It has an indoor swimming pool, a badminton court, a taekwondo arena, a shooting and archery range, a gymnasium, a computer and robotics lab, a music and dance room, a radio jockey room, a film-making and editing studio, a science laboratory, and a well-stocked library.

The school's **Principal, Ms. Poonam Kochitty**, in her address, reminisced the achievements of the school in the last five years.



JAIPURIA SCHOOL OF BUSINESS INDIRAPURAM, GHAZIABAD

EVENTS

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| International Conference | 16 | AAC Meeting, 2021 | 20 |
| National Article Writing Competition (Rachna) | 16 | Guest Lectures | 21 |
| Awards & Recognition | 17 | Bhavna Talk Series | 22 |
| Success Event | 17 | Debate Competition | 22 |
| ADIEU 2021 | 17 | Success Stories of Placement | 23 |
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| Orientation Programme Prarambh | 20 | | |

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International Conference, 2021



Jaipuria School of Business, Indrapuram organized an International Conference on 'Re-Imagining Business and Re-Skilling Workforce for Emerging Digital Ecosystem' on February 13, 2021.

The Conference had two panel discussions and one technical session in which more than 50 research papers were presented by academicians from across the globe.



RACHNA NATIONAL ARTICLE WRITING COMPETITION

JSB, in collaboration with Amazing Workplaces, organized 'RACHNA' a National Article Writing Competition on the Theme 'Future of Work: Recreating the work & Workplace', on May 29, 2021. For RACHNA, JSB received more than 160 articles from reputed Universities and Colleges Pan India that included; Delhi University, Banaras Hindu University, KIIT, Fore School of Management, IIM Indore, etc.



Awards & Recognition



We are proud to share that Jaipuria School of Business, Ghaziabad has been awarded the Best Management College in India for Placement by the Integrated Chamber of Commerce and Industry ICCI DELHI 2021 & Best Management College in India for Industry Interface by CEGR.



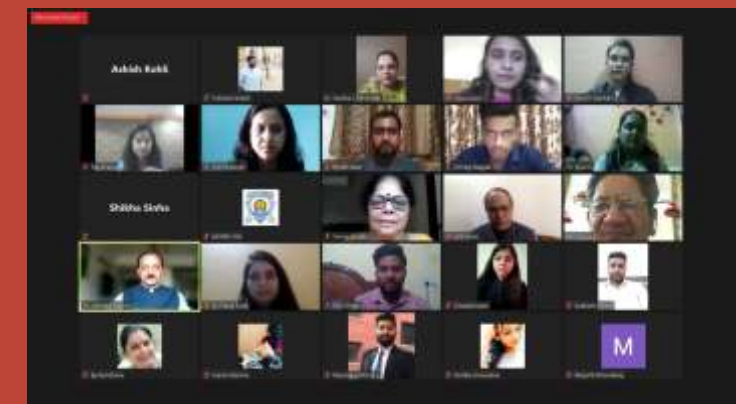
Success Event

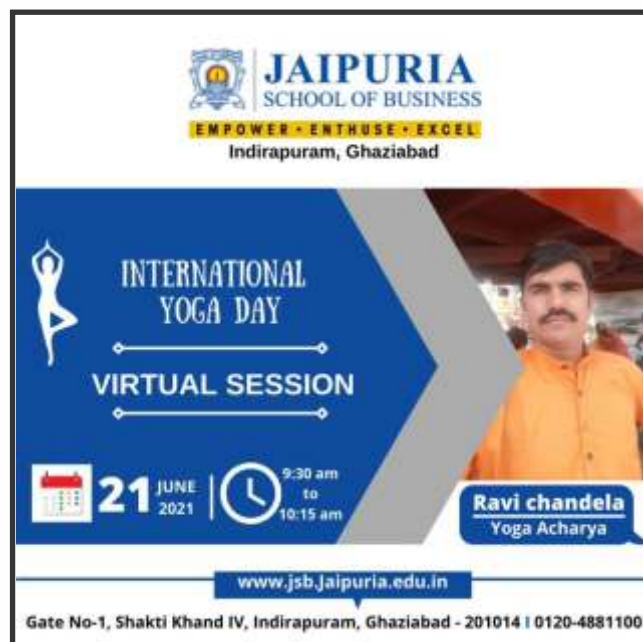
JSB celebrated the 'Success Event' to honour the Placement Team as well as the first thirty students who have been placed through the campus interviews organized by the Institute. Director, Dr. Jitendra Kumar Mishra congratulated the team and students for their efforts and commitment. He also shared his views regarding the opportunities which the students will get in the future. The placed students shared their leanings and experiences with the new batch.



ADIEU 2021

Jaipuria School of Business, Ghaziabad organized ADIEU 2021, an online farewell for the batch 2019-21 on June 6, 2020. The program commenced with the inspirational speech by Director Jaipuria School of Business, Ghaziabad, Dr. Jitendra Mishra. Few of the students from the outgoing batch shared their experience, which made everybody feel nostalgic. First-year students presented cultural events, poems, songs, and a video of two years of Journey at Jaipuria School of Business, Ghaziabad. Faculty and staff members presented their citations about the wonderful time spent together, which created a lot of memories that are priceless.





International Yoga Day

by Acharya Ravi Chandela



Jaipuria School of Business organized a power packed yoga session on June 21, 2021 to celebrate the **International Yoga Day**. The session was conducted by **Acharya Ravi Chandel**, a senior practitioner and a member of **Patanjali Yogpeeth, Haridwar**. Acharya Ravi explained the importance and benefits of yoga, like it enhances stamina, increases blood circulation, activates internal organs and helps in detoxification, thereby improving immunity levels, which is the most sought out for health and well-being due to Covid 19 crisis. Acharaya Ravi, demonstrated many yoga Asanas and Kriyas to the Faculty, staff and students. All the participants enthusiastically performed the various Asanas and Kriyas, and appreciated the same

National Youth Day

National Youth Day is observed every year on January 12 to honour the teachings of Swami Vivekananda. In lieu of the same **JSB organized a Poster making competition** for the new batch of PGDM (2021-23). Every poster had a message for the youth which the teams elaborated.



International Women's Day

International Women's Day was celebrated at JSB to honour womanhood and the strong spirit of women. It commenced with the address by the Director, **Dr. Jitendra Kumar Mishra** where he elaborated on the numerous roles played by a women and how they are excelling in all the avenues. The students performed some cultural programs which brought smiles to the faces of every individual present in the auditorium. To mark the culmination of the event and celebrate the sportsmanship spirit of women, few outdoor games were organised for the students and employees.



Campus Life@JSB

Republic Day Celebrations

Jaipuria School of Business, Indrapuram celebrated 72nd Republic Day with full zeal and patriotism. Director, Dr. Jitendra Mishra unfurled the National flag and gave a speech to the millenials. Students presented few cultural events which made the day more vibrant and colorful.

Lohri Celebration

The Cultural Club of JSB organized a small cultural event on the eve of Lohri. The festival was celebrated with a lot of enthusiasm and fanfare. The function started with highlighting the importance of the festival of Lohri. The students along with Faculty and staff members were totally absorbed in the festive spirit the day ended with "Lohri Poojan". Popcorns, groundnuts, and sweets were distributed.

Basant Panchami

JSB celebrated the auspicious festival of Basant Panchmi with full exuberance. Director JSB, Dr. Jitendra Kumar Mishra along with Faculty, staff, and students offered prayers to Goddess Saraswati followed by aarti and Prasad distribution.





Jaipuria School of Business organized **Virtual Pre-Orientation Programme** for the batch 2021-23 on June 10, 2021 titled **Prarambh – Journey To Excellence**. The event was a great opportunity for new students to get acquainted with the institute, and building a foundation to leverage the immense potential that lies ahead in the 2-year long academic journey. It also provided them an opportunity to know the institution and also gain valuable insights from the experts in the corporate world for a successful start to their business education. The inauguration was followed by three weekly lectures by industry experts.



AAC Meeting, 2021

As a part of annual academic process, Jaipuria School of Business conducted its Academic Advisory Council Meeting on June 24, 2021. The members reviewed the curriculum and syllabus of the PGDM program and approved the same. The members appreciated the curriculum and the syllabus for their relevance to the industry practices and also provided useful suggestions to drive effective learning for the students. The AAC comprises 20 eminent cooperate leaders and accomplishments.



Guest Lectures

Mr. Adish Verma

Founder & CEO at the Cofounder
(Startup, Media)
Date: January 8, 2021
Topic: Entrepreneurship Skills

A guest lecture on 'Entrepreneurship' by Mr. Adish Verma was conducted on January 8, 2021. Mr. Adish elaborated on the prerequisites of starting a business and running it in a profitable manner. All this was explained by discussing start-up stories of Paytm, Flipkart, Ola, Uber as well his own experiences as a 'StartupGuy'. It was an interactive session.

Ms. Megha Gupta

Director HR Fiserv
Date: January 22, 2021
Topic: New Age Hiring

On January 22, 2021 Ms. Megha Gupta, Director Human Resource Fiserv was invited for an Expert talk on the topic 'New age hiring's'. She elaborated on the thriving tech skills required for millennials in 2021. She also emphasized the major transformation in manpower demand. Demand for skilled and trained people in Artificial Intelligence, Machine Learning, Block chain is going to be double when there is uncertainty in the business environment. Ms. Megha was happy to share that the businesses are reopening and gaining momentum for revival.

Mr. Deb Argha

Regional HR Manager (North)
Dabur India Ltd.
Date: January 23, 2021
Topic: Recruitment Trends for future Work Places

Mr. Deb Argha was very interactive during the guest lecture where he explained each and every dynamics of the HR profession. While talking about the attitudes and mind-set required in HR profession, he emphasized on multi tasking and being a team player. Further, speaking about freshers, he said that a fresher should always try and stick to his domain and practice in its respective field so that they have a huge career prospect and scope in the future.

Mr. Dilip Jadeja

Project Director –Rolling Stock ALTOM
Date: February 6, 2021
Topic: How to Bring Desired Changes in the Organization

Students had a very informative and interesting session on Organizational Development by Mr. Dilip Jadeja, Director Rolling Stocks, Alstom. He said that sustainability is key to any development process for any organization. It is always advisable for the company to revisit its mission and vision statements to bring out development. With the use of a number of examples from the business world, he tried to bring more insights into the concept. The session was very interactive and students participated very enthusiastically.

Mr. Vineet Singh Kaler

Consultant
Date: March 23, 2021

On March 23, 2021, Jaipuria School of Business, Indrapuram Ghaziabad hosted a session organized by Multi Commodity Exchange of India Ltd. through an online mode. Mr. Vinit Kaler, Sr. Manager – Training & Education with Multi Commodity Exchange of India Ltd. (MCX) took the session and interacted with students on commodity derivatives markets, the instruments traded, hedging and functions of commodity exchanges with LIVE Market screen as well as career opportunities in Multi Commodity Trading.

Ms. Shuchi Agarwal

CSO & Head of Design E2logy
Software Solutions Pvt. Ltd
Date: March 24, 2021
Topic: Leadership & Culture Prospective from the real world

An expert session was conducted by Ms. Shuchi Aggarwal CSO & Head of Design, E2logy Software Solutions Pvt. Ltd. on the Topic 'Leadership & Culture: Perspectives from the Real World'. Ms. Aggarwal stated her thoughts about how Organization Culture impacts the work style of any employee. She also elaborated on the term Innovative culture and how it is an influential force behind upholding Organization's sustainability.

Mr. Colin Mendes

Head HR Voltas Boko
Date: April 23, 2021
Topic: Smart Skills for Smart Future

Mr. Colin Mendes, Head of Human Resources, Voltas Boko delivered a guest lecture on April 23, 2021 on the topic 'Smart Skills for a Smarter Future'. Mr. Colin explained the three buckets of this 'Smarter Future':

- Accelerated Trends (trends assisting in faster movement, for e.g., a rocket helping a tortoise to run and 'fly').
- Newer Impact (critical skills no longer synonymous with roles)
- Pendulum Swings (focus on efficiency + resilience)

He also explained that the concept of 'Alternative Workplace' is now coming into picture as there is a gradual shift from traditional working to flexible and anywhere working. This has resulted in a change of ecosystem so, the workforce is now 'redefined' and the companies are recalibrating expectation and skills. He also added that the EXISTING ROLES of trainees, contracts, etc. are now converting into EMERGING ROLES of virtual working, flexitime, work onsite, GIGs, freelancing, etc. and this new workforce constitutes 15% of the total one and this figure would subsequently rise.

Mr. Rajesh Tripathi
CEO

Date: May 16, 2021

Topic: Attracting & Retaining top Talent

Mr. Rjesh Tripathi, CEO of Kenbox Technologies delivered a talk on the topic of Attracting and Retaining top Talent on May 16, 2021. Mr. Tripathi began the session by explaining the importance of workforce planning, and effective Talent Acquisition strategies for an organization to sustain in this competitive scenario. He also shared a few of his experiences related to policy formulation and implementations in the area of retaining talent. Mr. Tripathi concluded the session with his PAPA Theory of individual development where P stands for Progressive, A stands for Adaptability, P stand for Patience and the last A stands for Accountability.

Mr. Sandeep Bisht

Head HR & IR Minda corporation Limited

Date: May 28, 2021

Topic: What HR Expects from Newbies'

Mr. Sandeep Bist Head HR & IR Spark Minda Corporation Limited to deliver a lecture on the topic 'What HR Expects from NEWBIES' on May

28, 2021. Mr. Bisht started the session with an interesting question 'What are you - A Cow or A Buffalo'?

Students shared their thoughts on what they interpreted from the question. He precisely explained the changing expectation of Corporate from the new entrants. He stated the skills and traits which a student must attain to lead with these frequent changes in the work culture. He concluded his session with a reality check, of the corporate advancements and preparation of Millennials for the same.

Dr. Vipin Jain

Cluster Head IDFC First Bank

Date: June 12, 2021

Topic: Banking Product and their Services

Jaipuria School of Business, Ghaziabad organized a practitioner session on Banking Products and Services on June 12, 2021 with Dr. Vipin Jain, Cluster head, IDFC FIRST Bank. Dr. Jain described the various types of products and services provided by banks. In this session, he focused on the needs, functions, and roles of these products and services.

Bhavna Talk Series

Ms. Akshara Seth

Founder Next Move

Date: January 30, 2021

Topic: Learn How to take Control of Your Mind

Under the aegis of the learning pillar BHAVNA a session on the topic 'Learn how to take control of your mind' was conducted by Ms. Akshara Seth Founder 'Your Next Move' on January 30, 2021. In this session, Ms. Akshara Seth shared few effective tips to take charge of one's mindset and how to control thoughts. The session ended with the questions asked by the students.



Debate Competition

Jaipuria School of Business believes in the holistic development of the students and accordingly creates opportunities for exposure of students to activities for learning beyond the classroom. In this series of learning by debates and deliberations, a Debate Competition was organized on the Topic 'Agri Reforms 2020; Boon or Bane for farmers' on January 29, 2021. It offered the students an opportunity to develop opinions and arguments on critical issues. The Competition witnessed enthusiastic participation by students.



PURSUING HEALTH AND WELL BEING IN THE PRESENT TIMES



We are living in very different times. Unfortunately, despite on-going efforts from the best of the minds and the most powerful countries, we continue to see the on-going pandemic impact on our race – from economic impact right down to social impact in individual nuclear homes, where we have seen a breakdown of the core need of socializing. One of the big manifestations of this new way of living is being seen on both our health and well-being. It is imperative that we recognize this impact and take the right actions to maintain our health and well-being.

Well-being is an all-encompassing term which pans multiple dimensions of our life. It is most often defined as a composition of several elements such physical, mental, and emotional well-being. As per Roger Williams, health and well-being needs to be looked basis the following. (Williams)

Every individual should recognize the above and constantly feed each one of them to achieve health and wellbeing.

- 1. Physical Well-being:** This is related to a healthy body that is well rested, energized and 'on your side'. This state can be achieved through discipline:
 - In what we consume: A balanced nutrition, eaten at the right time.
 - In how we keep it fit: Exercising, even in moderate amounts will lead to achieving physical well-being since it will keep the body in a state of energy and readiness.
 - Sleeping is closely correlated to physical status
- 2. Spiritual Well-being:** This is also called 'Purposeful well-being' in some organizations. The gist is to identify what really matters to us and then connecting to that as much as possible as possible in whatever we do. Pre-requisite is to identify one's true purpose – this can be achieved through introspection, tracing one's journey and how it has shaped you as well really teasing out what really brings you joy. A similar state can be achieved through appreciating everything in the world, being thankful and even through better understanding one's religion and practicing it.
- 3. Emotional Well-being:** This is about finding ways to feel positive and confidently face the challenges life throws at us. Fundamentally it is about maintaining a positive attitude even when problems arise – hence important to understand what relieves stress for you, and practice that. Depending on the situation, this could also require specialized/expert help to center oneself better. People in one's life can also help – reaching out however is key.
- 4. Occupational Well-being:** This relates to both having quality of work as per one's expectation as well as working in an environment in which one feels valued, respected, and included. We all spend hours at work – and it is critical to be spending those hours of your life in an environment that is in sync with your values and realistic expectations.

- 5. Intellectual Well-being:** Idea is to 'keep the brain fed'. Depending on individual capacity and inclination, it is important for an individual to keep feeding their brain constantly. It could be as simple as being aware of current affairs to spending time to pick up a new skill or gain expertise in a new field/domain.
- 6. Social Well-being:** This appeals to the basic human need to connect – and perhaps the most impacted after the pandemic. Being connected to 'things' you like will help improve well-being on this dimension – these 'things' could be subjects of interest, people you care about, communities you feel part of. A lot of this can be achieved through online connects which has now more than ever become a way of life and being.

While one may connect with some of the above dimensions more than other, all of these are present and the 'gas in the tank' would be varied depending on every individual and their context. It is for us to spend time and recognize where we stand on these dimensions and what can we do to move on them positively.

Interestingly, especially after the pandemic, a lot of organizations have recognized the need for actively pursuing well-being. The lines between work and home have blurred, and a lot of employees have undergone some dramatically 'tough and unusual' times personally or with friends and families. While not all of this impact can be measured, it has clearly taken a toll on well-being which if not addressed will lead to burnout and drop in productivity. Hence, organizations are doing all they can from running basic well-being courses to build awareness, all the way to providing expert helps to individuals and their families who need the same.

While a lot of this will be driven by individual desire to augment one's well-being, what is certain is that with the continued 'unrest and uncertainty', well-being should remain centerstage both personally and professionally, if we must live constantly through this experience and build on it positively for ourselves.

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Williams, R. (n.d.). <https://www.rwu.edu/undergraduate/student-life/health-and-counseling/health-education-program/dimensions-wellness>.

Dr N K Gupta
Professor, Jaipuria
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JAIPURIA INSTITUTE OF MANAGEMENT

INDRAPURAM, GHAZIABAD

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Health and Wellness Program

Jaipuria Institute of Management, Indirapuram, Ghaziabad organized a Health & Wellness Program for MBA and MBA (Business Analytics) students, parents and faculty members on Saturday, 22 May 2021. The objective of the session was to address current issues faced by all due to COVID-19 and the way forward. During the session students, parents, and faculty members asked a number of questions related to their health to the expert Dr. R N Mathur who counsel and give his expert advice to students, faculty members and their family members.



INTERNATIONAL FDP ON Innovative Approaches in Case of Teaching Methodology



Jaipuria Institute of Management organised an Online International Faculty Development Program on Innovative Approaches in Case of Teaching Methodology on Monday, June 28 at 10 am. The program delivered virtually focused on the power of case studies and how this strong pedagogical vehicle could enable teachers to impart complex and robust business mechanisms to MBA students. The program was held by Professor George Rosier, SP Jain School of Global Management, Sydney Campus, a leading figure as a management coach and trainer, who excels in Project Management, Research, University Teaching, Adult Education, Leadership Development, Change Management, Higher Education, and Training.



Jaipuria Institute of Management, Indirapuram, Ghaziabad organized a Management Development Programme (MDP) on understanding core values to enhance their personal and professional growth on July 24, 2021. This MDP was designed to help individuals understand the core principles for their personal and professional growth which are: Ethics, respect, integrity and honesty. The programme also helped the participants understand the ways in which values may support them in setting their priorities in life, and help them determine the best direction to attain their personal and professional goal or any desired outcome they aimed for. Speaking on the programme, Professor (Dr) Daviender Narang, Director, Jaipuria Institute of Management, Ghaziabad said, "I am happy that we initiated this MDP programme which talks about the fundamentals of personal and professional growth. The purpose of this programme is to serve individuals as well as groups of people who are placed at different levels of management and are looking to better their decision-making skills and enhance their core competencies. I hope our small yet significant initiative helped them in their personal and professional growth. I wish all the participants a successful and glorious career ahead." The session was a perfect blend of lecture and interactive activities that helped participants uncover their core values and principles. The interactive sessions were practical in nature and were designed to help professionals enhance their decision-making skills based on values.

MDP ON Understanding Core-Values for Personal and Professional Growth



Marketing Club Activity: Unveil – Brand Identity

An intra-college online activity entitled "Unveil – Brand Identity" was organized by Marketing Club of Jaipuria Institute of Management, Ghaziabad on May 15, 2021. The event took place through Zoom Platform. Marketing club events provide the exposure to the students through which they realized diverse marketing related activities such as understanding the brand identity and strengthening the brands in the market. The Unveil: Brand Identity event was an activity that made the opportunity to bring out individual and collective talent of the MBA II Semester students participating in it. This event has showcased the knowledge of the students regarding various attributes of brand identity. With the help of this event, the students have gotten ideas related to identifying the major strong and weak aspects of the brands' identity and can also provide tentative solutions to fix grey areas. The event was graced by the presence of two eminent judges from the industry. Mr. Prakar Raj and Mr. Himanshu, who was associated with Forever New Clothing and InterOcean Shipping respectively. Total 13 teams participated in this event.





QUIZ-O-HOLIC : An Inter College Online Quiz Competition

An inter college online Quiz Competition Event JAIPURIA QUIZ-O-HOLIC was successfully organised by Jaipuria Institute of Management, Indrapuram, Ghaziabad. The quiz was conducted in two rounds: the first preliminary round was conducted on April 24, 2021 and the second final round was conducted on May 1, 2021. There were 37 teams registered and appeared the preliminary round. Each team consisted of two members. The teams registered were from 22 colleges.

There were 18 teams shortlisted for the final round held on 1st May 2021. All the participants showcased their knowledge and team building skills in all the rounds of the event. The winner of first prize was awarded with prize money of INR 10,000.



Winner of Entrepreneurial Roadmap: The Business Plan Competition, 2021

Mr. Satyam Singh, student of MBA (Business Analytics) Batch 2020-22 participated in an Inter College Competition and won the 1st prize in the event Entrepreneurial Roadmap: The Business Plan Competition 2021 which was organized by IMS Engineering College, Ghaziabad. This competition was organized to identify disruptive ideas & focus on stimulating young minds & to work towards innovative business ideas & solutions for the most promising segments.

CASE BASED WORKSHOP

Start and Grow : An Initiative of IIC and IQAC

Our institute's philosophy and culture regularly provide opportunities to the students to showcase their critical analytical skills by solving the real-time business problems. Start and Grow event was organized by Institute of innovation council and IQAC of Jaipuria Institute of Management, Ghaziabad on May 29, 2021. The event took through Zoom Platform. IIC and IQAC targeted primarily the students who are having entrepreneurial mind-set and are able to understand the basics of entrepreneurship. Moreover, the purpose of this event was to orient the students to identify the issues in the start-up journey and explore the reasons behind the success and failure of the start-ups. In this event, both types of case studies have been discussed: Success and failure stories. Case studies based on successful journey of entrepreneurs gave the enthusiasm and inspiration to students while failure in start-ups provided new horizons of thinking as failure is not the opposite of success but a part of success. The event was graced by the presence of three eminent judges. All the judges were the alumni and have strong profile in respective sector. Mr. Sushant Nigam is the Founder of DroomMedia.com (Influencer Marketplace Platform). Ms. Debadrita Ganguly is associated with Pearson Vue and working as a Senior Program Coordinator. Ms. Shweta Pandey is a Legal consultant, mentor and founder of Liveshweta digital services. Mr. Sushant Nigam, a serial entrepreneur orientated the students to explore entrepreneurial opportunities in energy, Agritech, Edtech and Health sector.



International Women's Day

Jaipuria Institute of Management, Indrapuram, Ghaziabad has celebrated International Women's Day with great zest and zeal on March 8, 2021. The program started with an objective to pay a tribute to countless women and their contributions in different areas of life. Faculty members and staff celebrated the achievements of women in various fields. From social celebrities to freedom fighters to corporate leaders, women's contribution is immeasurable and can't be just expressed in few words. For the event, the Director of the institute, Dr. Daviender Narang, Dean Academics, Dr. Sadananda Prusty, Dean Student Welfare, Dr. Ashwini Varshney, and all the faculty and staff members were present. The faculty coordinator for the event was Dr. Rashmi Maini and the student coordinator was Ms. Ayushi Mishra from MBA first Year. All the faculty and staff members participated in various activities and acknowledged the contributions made by important women in their life.





Faculty Development Program on CMIE Prowess IQ Database

Jaipuria Institute of Management, Indirapuram, Ghaziabad has organized a one-day Faculty Development Program on the CMIE Prowess IQ Database on March 12, 2021. The program was conducted by professional executives from CMIE. The faculty members learned that how to retrieve data from Annual reports, quarterly financial statements, of all the companies listed on the National Stock Exchange and the Bombay Stock Exchange, thousands of unlisted public limited and private limited companies. The objective of the program was to give exposure and workable knowledge of CMIE's Prowess IQ, the database of the financial performance of nearly forty thousand companies.



STUDENT WORKSHOP ON ProwessIQ Database

Jaipuria Institute of Management, Indirapuram, Ghaziabad organized an online Training Programme on CMIE's Prowess IQ' on May 22, 2021 for MBA and MBA(Business Analytics) students. The objective of this training program was to give exposure and understanding of the Prowess IQ database to the MBA students. This database will be used by the students in their projects, research reports, assignments, and to update their knowledge about the Indian companies & enhance their employability skills.



GUEST LECTURE ON

Role of Leadership in Turbulent Times

Jaipuria Institute of Management, Indirapuram, Ghaziabad organized a guest lecture on "Role of Leadership in Turbulent Times" on Saturday, May 22, 2021. Mr. Sameer Kishore, President, and CEO at Milestone Technologies Inc, San Francisco Bay Area, US delivered the lecture.



GUEST LECTURE ON

Climate Change Mitigation & Adaption on Environmental Sustainability & Business in India

Jaipuria Institute of Management, Indirapuram, Ghaziabad is organized an online guest lecture on 'Climate Change Mitigation & Adaption on Environmental Sustainability & Business in India' for MBA & MBA (Business Analytics) on Tuesday, May 25, 2021 at 3:00 pm. The lecture will be delivered by Prafulla Kumar Dhal, State Head CSR, J K Paper Mills Ltd.



GUEST LECTURE ON

Legal Considerations Related to Corporate Governance

Jaipuria Institute of Management, Indirapuram, Ghaziabad organized a guest lecture on the topic 'Legal Considerations related to Corporate Governance' for MBA students on May 29, 2021. The lecture was delivered by Mr. Vikrant Vashisht, Senior Lawyer, Supreme Court of India.



GUEST LECTURE ON

Customer is King, Product is Prince

Jaipuria Institute Management organized a guest lecture on an extremely intriguing topic 'Customer is King, Product is Prince', the guest lecture was delivered by Mr. Kanwar Sameer, Director, Copper eye media, former Vice President, Radio City, he is multiple award-winning media professional with an insightful and cross-culture work experience of more than 18 years. The topic indeed was a very fruitful one for the MBA students, the customer is the key to any successful business endeavor and the product is also of prime importance, the lecture was based in the context of the radio and entertainment industry but the view is provided to the MBA graduates was holistic.



EVENTS@JIM

Independence Day Celebration

A flag doesn't fly because of the wind, it flies because of the breath of every dying soldier. Jaipuria Institute of Management organised a Flag Hoisting Ceremony on 15th August 2021 to celebrate the 75th Independence Day. We salute each and every individual who took a step towards making our nation free.



Jaipuria Olympics

Why should students have all the fun? When the faculties and staffs too can enjoy their day! Jaipuria Institute of Management organised JAIPURIA OLYMPICS on August 14, 2021 for its faculty members and staff. From Cricket to Badminton, it was a rejuvenating day for the staff!



WORKSHOP ON Machine Learning and AI USING PYTHON

AGENDA – 3 DAYS WORKSHOP ON ML

1. Introduction about Machine Learning
2. Machine Learning Models
3. Applications of Machine Learning
4. Importance of Python for Data Sciences
5. Important Python Libraries for Machine Learning
6. Different Types of Machine Learning Methods
7. An Overview of following Machine Learning Algorithms (with examples and coding):-
 1. Classification
 2. Regression
 3. Clustering
 4. KNN Algorithm



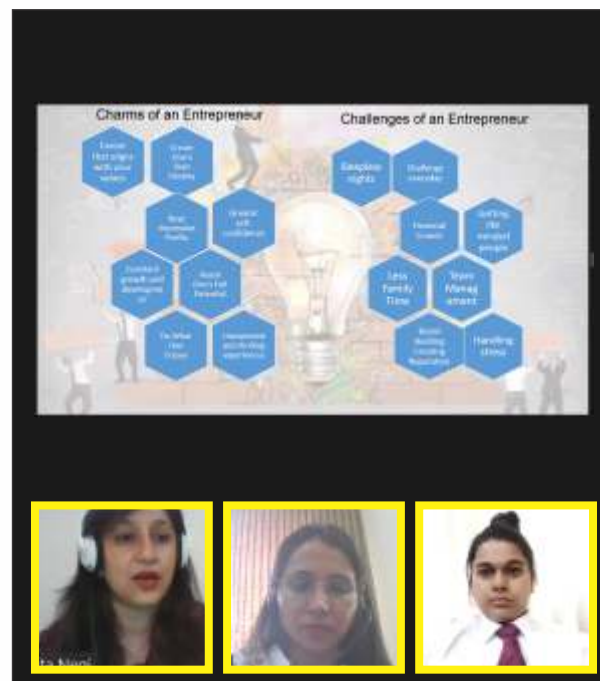
Jaipuria Institute of Management, Indirapuram, Ghaziabad organized a 3-days workshop on 'Machine Learning and AI with Python' from 4-6 Aug 2021. The speaker for the session was Mr. Gagan Deep Singh (Founder and CEO, Rozy Computech Services).

The detailed description was provided on Machine Learning applications in real life, types of Machine Learning Models and hands on experience on multiple datasets about basics of ML. Various libraries in python and their respective applications have been discussed in the workshop. Besides this, the speaker focused on two types of the regression models: classification and regression with practical examples. After giving the explanation about the techniques, prediction modelling was started. On last day discussion was completely based on predictive analytics with decision tree method. Mr. Gagan Deep took the queries of the students and explained the decision tree modelling theoretically as well as practically in Jupyter Notebook. The assignments pertaining to the content discussed was given to the students on day-to-day basis and proper feedback was provided by the speaker. Three days workshop ended with the detailing of sources like Matplotlib, scikit learn, seaborn and graphviz and distribution of learning material to the students. This workshop helped the students in accessing great libraries of python and python frameworks for AI and machine learning.

Motivational Session by Ms. Mamta Negi

Institution Innovation Council and IQAC of Jaipuria Institute of Management organised an Motivational Session by Ms. Mamta Negi, Entrepreneur and CEO, Nutri Munchy on July 6, 2021 at 2 PM. The session was inspired by the success story of Nutri Munchy. Nutri Munchy is a brand that serves healthy snacks comprising the goodness of assorted vegetables such as carrot, beetroot, spinach, and quinoa without any chemicals & preservatives and are gluten-free. The speaker briefed the concept of entrepreneurship and explained the capabilities make a successful entrepreneur. The session progressed with the discussion on how to identify the problem and develop the business ideas taking the problem as a base.

The orientation of the session was to inspire the students for self-employment and various success stories of business tycoons were cited to do the same. The speaker also briefed about the self-upgradation by focusing upon the charms and traits of being an entrepreneur. This motivational lecture helped encourage and inspire MBA to innovate and create business ideas. Moreover, this session was an attempt towards developing an understanding that entrepreneurship can be taken as a career option that creates employment for others.



LET'S NOT CONFUSE COMFORT WITH Happiness!

hobbies on a regular basis. They also act as role models for promoting positive thoughts among colleagues by posturing a happy environment. The basic philosophy is to make sure employees take time to reflect and be aware of their physical and mental health. This initiative on the management's part can act as a great motivation for both the parties.

Health and well-being is one thing that affects all individuals colossally. We should appreciate that we have achieved pinnacles in medical science and have been able to do humongous research on body cells. However, we cannot ignore the state of mental health issues spurring out in the existing scenario irrespective of the Covid-19 aspect. The big question remains do we really know how to be mentally healthy?

As per Hindustan Times the number of students' suicide in India stood at 8934 in 2015. And it has dangerously soared up since then. As we are marching towards attaining high levels of comfort and automated gadgets that make our lives very easy, we are also en route to a host of mental disorders like anxiety attacks and depression. It sometimes feels like an illusion of 'Alice in Wonderland' where the more we become successful the more burdened we are with stress and expectations. No wonder IIT-Kharagpur runs a course on happiness!

As the world is well aware now that health is not just physical, we need to think how equipped we are with our mental well-being. In some organizations, the concept of 'Well-Being Champion' has emerged which endeavours to manage the mental health of the employees. These well-being champions take the responsibility for their teams and departments by encouraging employees to take a water-drinking break, lunchtime walks and pursuing

Our spiritual gurus have talked about 'one universal mind'. It refers to the vibrations of all individual beings contributing to the world's energy. If we hypothesize this to be true then we would show more responsibility towards keeping our thoughts more positive. A negative mind will always lead to something disastrous. Hence, training oneself to champion your own well-being is one of the best gifts that we can give to ourselves. Some tips to keep your mind light are spending quality time with yourself, persistently thinking about your own mental state and how to keep it going in the right direction.

One can pursue child-like activities like cycling, painting, getting drenched in the rain etc to keep the kid inside alive. Thinking right is also an effective habit of living life rightly. As said by many philosophers, 'Life is too short to crib; let's live it rather than just living it'. Stay sorted by forgiving more and focusing on the brighter side of life.

Guneet Kaur
Assistant Professor
Jaipuria Institute of Management
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GOOD HEALTH IS ABOVE WEALTH

Health and well-being are different terms but interrelated with each other when considered for a human being. A person with a healthy mind and body is capable of working with 100% efficiency.

In the ancient era, our ancestors followed a disciplined life and routine which kept them healthy and disease free. They had a proper schedule of practicing yoga exercises and a balanced diet which gave them the boon of great health and well-being. Talking about the modern world, people are not bothered or we can say are not well aware about being and healthy. They generally hit the gyms in order to being healthy but this is not the only option. Health and well-being are indispensable elements to increase and maintain employee efficiency and performance, productivity, job satisfaction and engagement within the work environment.

The year 2020 CORONA VIRUS PANDEMIC came as an alarm for every individual. The virus affected the whole world on a large scale. Everywhere there was a situation of emergency leading to deaths in many families. We believe this virus will disappear one day but it has given us a great teaching that a healthy lifestyle is the mantra for health and well-being.

Transmission of viruses is not in our hands but being healthy and fit to fight with them is what we can achieve by following a balanced life style. Physical health and well-being is visible to everyone but the most important

is the mental health and well-being of an individual. Mental health is a state of well-being in which an individual understands his or her own capabilities, can deal with the normal stresses of life, can work efficiently and is able to make an influence to the community.

Mental health is important to our collective and individual ability as humans to think, interact with each other, earn a living and enjoy life. In the light of this, the promotion, protection and restoration of mental health can be regarded as a dynamic concern of individuals, communities and societies around the world. Mental health includes emotional, psychological, and social well-being. It marks how can one think, feel, and act. It also helps to control how can we handle stress, relate to others, and make good decisions. Mental health is significant at every stage of life, from childhood to adulthood.

Thus, concluding with a famous proverb GOOD HEALTH IS ABOVE WEALTH because wealth cannot buy us health, it can only recover us but cannot maintain us like before without practicing the principles.



Tushar Saxena
Jaipuria Institute of Management
Ghaziabad

DON'T LET YOUR MIND BULLY YOUR BODY

Health and well-being are playing a vital role in current health and social care facilities. The significance of health and well-being becoming important issues is due to the enormously rising trend of dreariness and mortality from medical conditions, sickness, and ongoing illness. There is a wide variety of major genetic, social, and environmental factors which influence the health and well-being of children in today's society.

World Health Organization (WHO) characterizes well-being as "a condition of complete physical, mental, and social prosperity and not just the shortfall of infection or sickness (disease)." WHO defines wellness as "the optimal state of health of people and groups," and well-ness is expressed as "a positive approach to living." How we determine, what we eat, how we manage stress, the supplements we take – all aspects of non-public health and wellness are affected and have evolved due to the COVID-19 pandemic. Indeed, we see a push for a healthier society as a whole.

Good health may be a process, and through exploring the miniature world within our body, we will optimize and improve our everyday health and wellness. How fit we are once we are 'well' can tell us how well our body has responded after getting over some sickness – an undeniable fact that has never been clearer than it was in 2020 with COVID-19 affecting millions.

Good health is a process, and by exploring the microscopic world inside our body, we can work on our regular well-being and health.

Investment for health and sustainable development is a right and results-based responsibility for all, driven by values and intergenerational justice and ensuring the wellbeing of the present and future generations.

Himanshi
Jaipuria Institute of Management
Ghaziabad



SETH ANANDRAM JAIPURIA SCHOOL

VASUNDHARA

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School Awards

- Seth Anandram Jaipuria School, Ghaziabad has been **Ranked no. 1 in Ghaziabad, 7th in Uttar Pradesh, 19th in Delhi NCR and 31st in India**, respectively under very prestigious **EW** (Education World) Rankings, 2020-21.
- Seth Anandram Jaipuria Group of Schools awarded **K12 School Chain of the year (National)** by **EW Teach Indian Education Awards 2021**.
- SAJS, Vasundhara** secured second position in the **Times school** survey brought by the **Times of India**.
- Seth Anandram Jaipuria School Ghaziabad is being felicitated with **The India's School Merit Awards, 2019** and was **Ranked No.1 in Ghaziabad, No.4 in Uttar Pradesh & Rank No.14 in India**, under the Category- '**India's Top 20 CBSE Board**' by **Education Today**.
- Governor's Recognition Award Elite Club** was awarded to Interact club of SAJS.
- National School Award 2020** for the category of **Most Technically Advanced School** was bagged by Seth Anandram Jaipuria School, Vasundhara from Uttar Pradesh region.
- Seth Anandram Jaipuria School got selected among the only **22 selected schools** across India to showcase their created toys at the **first-ever Virtual India Toy Fair 2021** organised by Government of India.
- Microsoft recognized SAJS** as the **SHOWCASE SCHOOL**, for the third time in a row, an elite group of schools that exemplify the **best of teaching** and learning in the **world today**.



Triumphant Moments of the School



Director's/Chairman's Awards

- Mr. Shishir Jaipuria, Chairman**, Seth Anandram Jaipuria Group of Educational Institutions has been selected among the **21 Leaders Transforming Indian Education**, an unprecedented commemorative compendium by **Education World**.
- Principal cum Director Manju Rana** was conferred with the **Certificate of Appreciation** by **Unified Council** for the success of the **National Level Science talent Search Examination 2020**.
- Principal cum Director **Ms Manju Rana** got the **Best Principal Award** in the International category by **Science Olympiad Foundation**.
- Principal cum Director **Manju Rana** received **Waste Transformers Leadership Award** by **CEE**
- Principal cum Director Ms. Manju Rana** featured among the **Top 30 Eduleaders** Weathering Covid Tsunami in the country by the illustrious **Education World Magazine**.



Teacher's Awards

- Ms Varda Jutta** (Counselor) Research work was published in **International Journal of Indian Psychology** The topic was "Study of Relationship between Optimism and resilience in the times of COVID- 19 among university students.
- 22 Teachers** nominated for **(MIEE) MICROSOFT INNOVATIVE EDUCATOR EXPERT-** sharing the **best practices**.
- Ms Sonal Srivastava** got **Certificate of Appreciation** by **Unified Council** for the success of the **National Level Science talent Search Examination 2020**.
- Ms. Sonal Srivastava** and **Mr. Sanjay Raghav** got the **Best Teacher Award** in the **International category** by **Science Olympiad Foundation**.
- Ms. Madhavi Goswami** and **Ms. Bhavana Sharma** received '**Waste Transformers Leadership Award** by **CEE**.
- Ms. Rubi Choudhary** has been **shortlisted among top 100 teachers for, Lead Z Teachers Award** by **UN-accredited 1 Million for 1 Billion- 1 MIB** for the outstanding work done during the pandemic to advance the **UN's Sustainable Development Goals**.
- International conference** in partnership with club **UNESCO-**



Baronissi (SA) and **ENO Environment online Distance Learning during Lockdown** awarded certificate of attendance in quality of speaker to **Ms Heena Sharma**.

- Ms Kumud Sharma** (Teacher & Coordinator) was **felicitated virtually** with the most prestigious '**Global Teacher Award 2020**' organized by **AKS Education award**.
- Mr. Pawan Rajput** (Skating Coach) was awarded **Certificate of dedication** by **All India Institute of Public and Physical Health (AIIPPHS)** for his efforts in promoting Awareness program of COVID-19 in "**Safety Against COVID-19 Awareness Program**" as specified by **WHO**.
- Mr. Pawan Rajput** (Skating Coach) was **felicitated with a certificate** by **Uttar Pradesh Roller Ball Association**, affiliated to **Roller Ball Federation** and recognized by **Ministry of Youth Affairs and Sports, Government of India** for successfully qualifying **3rd UPBRA Referee Exam 2020**.
- GETVICO24 - Ms. Ritika Pathak** received **certificate of appreciation** during **GETVICO24 – International Virtual German Teachers Conference, 20-21**. October, 2020 organized by **Goethe Institute, München, Germany**, for exchanging **ideas on methods** and materials, on themes like **diversity, German reunification, teaching through digital mediums, film and Music and literature in class**.



Triumphant Moments of the Stusents

Our children have got trained, participated in events and won laurels. A brief account is given below.

January, 2021

- January 6: **Shivin Shresth Asthana**, Class I, won the Third Prize for creating a special, vibrant
- Painting in **wizkids carnival.com**. The competition was **Color Wizard's January '21 Challenge**.

March, 2021

- March 1: **SOF International English Olympiad 2020-2021**:
- SOF (National Science Olympiad) 2020-21**
- SOF International General Knowledge Olympiad 2020-21**
- SOF International Math Olympiad 2020-21**
- March 6: **Certificate of Appreciation** was given to Faculty member, **Ms Rubi Choudhary** for her contribution as an attendee in spreading Awareness for **United Nations sustainable development Goal No 1 "No Poverty** as part of **Rise up 4SDGs International Collaborative project**.
- March 6: **Young plastic warriors of Eco care club** are actively voicing their concern and influencing and inspiring people around them by participating enthusiastically in "**Tide Turners Plastic Challenge**"- a global youth movement to fight plastic pollution in collaboration with **UNEP, CEE & WWF** and waste segregation management.
- March 9: **Pal Aggarwal** was the **UP Topper in JEE Mains 2021** by scoring **99.98 percentile**
- March 31: to April 11: The school's skating team (Girls) participated in **58 RSFI National Skating Championship 2021**

April, 2021

- April 1: **Ahipsa** won 2 medals and 1 trophy in **Karate championships**. She got 'certificate of merit' for securing **2nd Rank** in the event "**KUMITE**" the **8th NCR ISKF** held in **Huda Community Centre, Gurugram**, and **3 rank** in **1st ISKF North India open karate championship**.
- Bhavya Mittal**, Class VIII stood **1st** in **Adobe Virtual Creativity Contest** under the theme "**Life at Home**" for

being amongst top winning projects made using **Adobe Spark**. **Adobe Creativity Contest** was a competition in which some themes were given and a graphic was to be designed related to the chosen theme.

- April 1 to 4: **1st PEFI National Football U-17 Boys Championship**, **Uttar Pradesh** team got third place in the **Tournament**.
- April 1 to 4: **Seth Anandram Jaipuria School** received **Certificate of appreciation** for successfully organizing trials for **Uttar Pradesh for 1st Physical Education foundation of India National Football U-17 Boys Championship 2021**.
- April 6: **Students** participated in the **TT Carnival Table Tennis Tournament** held at **Credo Table Tennis Academy, Indirapuram**.
- April 8 & 9: The school's skating team (Boys) participated in **3rd Sikh National Games 2021** at **Sirifort sports stadium**. They were mentored by **Pawan Kumar**.
- April 9: Faculty member, **Ms Alka Rani** was amongst **Top 5** in the **North Zone** in **Tataclasse Classroom Championship Competition**. The competition served as a platform to showcase innovative ways of student engagement and improved learning outcomes.
- April 10-Head Girl, **Drishti Shishodia** of **Class XII**, shared her views about the conduction of **CBSE Board Examinations - 2021** on **@NDTV Live (Hindi)**. She was confidently in favour that the **Board Examinations** should be held at the earliest.
- April 10: Faculty member, **Ms Rubi Chowdhary** was shortlisted for **Lead Z teachers award** by **UN Accredited 1 million for 1 billion 1 MIB** for the outstanding work done during the pandemic to advance the **UN's sustainable development goals**. She is among top 100 teachers selected for the awards and would be showcasing school work on a national platform.
- April 22: **42 Teachers** successfully qualified as **Microsoft Certified Educators Capturing the Crowning Glory**, setting off #2021 with a bang, bench marking our skills, in the face of adversity.

MAY, 2021

- May 7: **Taru Maru**, Class VI got an opportunity to participate in the **Sustainable Development Goals** by **United Nations**. She participated in many activities of **SDG** like **Gender equality, clean water and sanitation, Industry innovation and Infrastructure**.



- May 29: Abinandan Adhikari of class XII was selected for the "Harvard College Project" for Asian and International relations after going through a highly competitive selection process. A great opportunity for interacting with some of the most successful leaders in the conference organized by Harvard College. May 25 to June 10: In Online National Fitness and Sports Contest, 2021, Our students came out with flying colours.

JUNE, 2021

- June 16 to June 21: The 7th International Yoga Day-Along with the participation of students, parents, and staff, more than 10,000 viewers joined in the live Yoga workshop through Facebook and Zoom. This was a week-long program.
- June 21: Seth Anandram Jaipuria School, Vasundhara Ghaziabad commemorated a global festival of music 'RhythmScapes' on the occasion of World Music Day on 21st June, 2021 on a virtual platform.
- June 25: The school was awarded with the prestigious Edtech Indian education award under the category of Best K12 School Chain of the Year (National)
- June 28: There was a splendid participation in Unified International English Olympiad (UIEO).
- June 28: Rudr Rawat, Class II received Medal & Certificate of Appreciation. He got 90 % marks and his performance was considered as "Excellent" in United Cyber Olympiad (UCO)
- June 28: Participation in Unified International Mathematics Olympiad (UIMO) – June 28: Class X students participated in two online French Olympiads organised by the Prayatna Education Society in the month of October and November and scored 100%.
- June 28: NUTOM Olympiad-Bhavya

Mittal, Class VIII was Star Performer in NUTOM Olympiad, a test for Socio-Emotional skills.

- June 29: The tenacious efforts of our young Jaipurians won them the accolade of being COURAGEOUS CHILDREN ~ the Creative Champions of COVID-19 induced VUCA by Rethink India.
- June 30: Nayan Sharma, Class I, secured Rank 1 at National level for 4 themes: - Socio Emotional, Language and Communication, Physical, Creative and Imagination, Secured Rank 2 at Central Zone across India for Overall Category, Rank 1 at State Level for Overall Category, Rank 1 at City level for Cognitive Skills, Rank 2 at State level for Cognitive Skills, He has secured the Elite Certificate for his. Nayan participated in KIDEX(NARC)- Nation All Rounder Championship which was held from December 2020 to February 2021. It was a 3 months long competition based on 30 activities across 5 development themes (Cognitive, Socio Emotional, Language and Communication, Physical, Creative and Imagination).
- June 30: Mahi Gandhi, Class III, participated in All India Swatch Bharat Art competition and got "S B Art Excellence Award" certificate and a trophy. She got A+ in the performance level in drawing and painting and Handwriting competition organized by National Education and Human Resource Development organization
- June 30: Mahi Gandhi, Class III received Certificate of Achievement "National Child Artist Award" for her performance in the "Drawing and Colouring contest 2020-21" and also got rank 1 in "State level Art competition" organised by CIART (Centre for Indian Art Resource and Training)

JULY, 2021

- July 4: This stands true for the students

of Seth Anandram Jaipuria School as Dhruv Shah(XI) has added yet another feather to the cap on being selected for a Summer online course on "Usefulness of Remote Sensing and GIS for Environmental studies", hosted by The Indian Space Research Organisation (ISRO) through its centre Indian Institute of Remote Sensing (IIRS).

- July 11: An illustrious success for Pal Aggarwal (XII, 2020-21) in Indian National Astronomy Olympiad (INAO) 2021. She qualified INAO for an Orientation cum Selection Camps (OCSCs) at HBCSE (Homi Bhabha Centre for Science Education).
- July 13: Eleven students from Seth Anandram Jaipuria School, Class X qualified the NTSE Stage-I Examination 2020-21.
- July 28: World Nature Conservation Day acknowledges that a healthy environment is the foundation for a stable and healthy society. SAJS, Vasundhara encouraged the students to participate in the 1st ever Edition of Inter-School Cultural Fest themed 'Sadbhavana - Contribute, Conserve, Protect Mother Nature' on July 28, 2021, The World Nature Conservation Day.
- July 28: WE RiseUp4SDGs Conference Episode 14- It was a proud moment when Ms Madhavi Goswami, Environment Ambassador/ Deputy Headmistress Learning and Development, Seth Anandram Jaipuria School made an appearance as the panellist and shared the success story of awesome work done by the ECO CARE club of the school.

AUGUST, 2021

- August 4: 'TALENT HUNT' Students of Class Prep enthusiastically participated in 'Hasya Kavita', 'Clay Moulding' and 'Best Out of Waste' categories

Congratulations Students

CLASS XII RESULT, 2019-20

School Toppers



Pal Aggarwal
99.2%
SCIENCE



Armaan Chaudhary
99.4%
HUMANITIES



Drishti Shishodia
98.6%
COMMERCE

Result Highlights

Total 240
appeared in
examination and
236 secured
distinction

83 Students
out of 240
students scored
95% and
above

145 Students
out of 190
students scored
90% and
above

19 Students
scored perfect
100 in one or
more subjects

School
Average
90.75%

School Subjectwise Toppers

| Name of the Student | Obtained % |
|--|------------|
| Armaan Choudhary | 99.4% |
| Pal Aggarwal | 99.2% |
| Shailja Malik | 98.8% |
| Drishti Shishodia | 98.6% |
| Anshika Rastogi | 98.6% |
| CLASS XII-Toppers Stream wise SCIENCE | |
| Pal Aggarwal | 99.2% |
| Shailja Malik | 98.8% |
| Samarth Srivastava, Angad Verma, Neelansh Varshney | 98.0% |
| COMMERCE | |
| Drishti Shishodia | 98.6% |
| Rddhima Goel | 98.0% |
| Tanvi Gupta | 97.2% |
| HUMANITIES | |
| Armaan Chaudhary | 99.4% |
| Anshika Rastogi | 98.6% |
| Aryan Naithani | 98.4% |

Perfect 100 Scores

| | |
|-------------------|-------------------|
| ENGLISH | Pal Aggarwal |
| | Shailja Malik |
| | Angadh Verma |
| PAINTING | Armaan Choudhary |
| | Shailja Malik |
| | Anoushka Patni |
| | Jahanvi Gupta |
| | Chhavi Budhiraja |
| | Sheryl Agarwal |
| | Shruti Srivastava |
| | Livanshi Bansal |
| HISTORY | Armaan Choudhary |
| ECONOMICS | Armaan Choudhary |
| PSYCHOLOGY | Anshika Rastogi |
| | Utkarsh Sharma |
| | Yadavi Jain |
| | Riya Goel |
| POLITICAL SCIENCE | Armaan Choudhary |
| | Anshika Rastogi |

Congratulations Students

CLASS X RESULT 2019-20

School Toppers



Anushka Sharma
99%



Arihan Andotra
99%



Malay Kedia
99%



Raunak Gupta
99.8%



Anwita Das
98.8%



Shivangi Agarwal
98.6%

Result Highlights

330 Students
out of 360 secured
distinction

99 out of 360
secured 95%
and above

101 out of 360
secured 90%-95%
and above

117 Students
secured perfect
100 in one on
more subjects

100% Students
passed with
flying colours.

School
Average
89%

"Excellence is not being the best; it is doing your best."



FELICITATION CEREMONY 2021



Bearing this thought in mind, the school organised a **virtual two-day Felicitation Ceremony** to celebrate the academic eminence of its assiduous Jaipurians. The Academic Award Ceremony was as special as the batch of 2020! Despite all the hurdles that the unprecedented times have posed, the Jaipurians took the onus of turning it into the most memorable year with their zeal to learn.

The ceremony was honoured by the presence of the Chief Guests **Ms. Preeti Goel**-Principal of Sun Valley International School, who is a true visionary and guide; whose endless passion for altruism inspires one and all, on Day 1; as well as Ms. Manju Rana, the Principal cum Director of the school and a National Awardee. The Chief Guest on Day 2 were Mr. Trilok Singh Bist-Principal DPS Vasundhara Ghaziabad and Ms. Manju Rana-Principal cum Director of the school. Mr. Bist is a renowned educationist, with over 32 years of illustrious experience.

At the onset of the event the school choir won the hearts of the viewers through its melodious performance.

The award ceremony was graced by two alumni of the school who were National Toppers AISSCE 2018, **Anoushka Chandra** and **Kshitij Anand**, as well as **Aishna Jain** National Topper AISSCE, 2019. They witnessed the event and were the guiding lights for the upcoming students. The event was enriched with speeches given by parents of the students who were a part of the award ceremony.

The school believes in holistic development of children, henceforth, students with commendable extracurriculars were awarded and appreciated too!

The audience was also introduced to the celebrated achievements of the school. A video clip of Ms Manju Rana ma'am being felicitated by the honourable President made the hearts of Jaipurians shine in pride.

The ceremony ended in immense delight for both the students and their parents, who were certainly inspired by the meritorious achievements of the achievers.



INVESTITURE CEREMONY 2021-22



"Leaders are the role models who inspire their followers and motivate them to reach the pinnacle of success"

The Investiture Ceremony is a solemn occasion where all the young students are prepared to don the mantle of leadership and discharge the responsibilities entrusted upon them by the school.

Despite the widespread of the pandemic, the indomitable spirit of young talented leaders of Seth Anandram Jaipuria School was commemorated by means of a **Virtual Investiture Ceremony** on June 28, 2021. Being an online event, it was much more fun and joyful having the parents and friends watching the event. In this unique virtual dais, the deserving young Jaipurians were honoured with the responsibility of leading their School from the front with their commitment, confidence and competence.

The ceremony was flagged off with the lighting the lamp which signifies the removal of darkness, and the continuous upward movement of the flame denotes the path and wisdom of divinity. Then an inspiring speech was given by the school Principal cum Director Ms. Manju Rana Ma'am. She congratulated the newly appointed school council members and their readiness to take up responsibilities entrusted onto them.

The Guest of Honour, **Ms. Shakti Shukla**, alumna from batch 2009-10 and the former Head Girl of Seth Anandram Jaipuria School shared her enriching experiences with the students and congratulated them on their achievements. She was truly a great source of inspiration.

This day brought another level of importance for the newly elected **Head Boy Abhinandan Adhikari** and **Head Girl Sanya Ganjoo**. They, along with the council members were recounted with the duty of enhancing young leaders and pledged the oath of commitment, endurance, and empowering of young minds of the school, which was followed by speeches of House Mistresses of the four houses and also the galvanizing words of the Head Boy and Head Girl.

The occasion proved to be an invigorating moment for all the badge bearers who were filled with utmost perseverance to take up their duties.

'Writing beyond Everything'

National Writing Day, 2021



National Writing Day occurs on June 23, 2021, an annual celebration which emphasises on writing skills. The event is a recognition of the power creative writing can have in bringing people together to share their joys, voices and their stories.

SAJS-Library celebrated Writing Week on this occasion from June 23-29, '21. The initiative taken by the school library is to explore new talents and their wonderful ways in illuminating the path of creativity and imagination. A plethora of activities were organised for the students which got overwhelming responses.

On the opening day, the purpose of celebrating National Writing Day was stressed on the students and they were acquainted with the world's best writers. Provision was made for the students to be able to virtually access famous works of these authors. A video, imparting tips on creative writing, shown to the students, whetted their appetite for the subject.

On the second day, students were engrossed in illustrating their ideas and views through their writing skills, while participating in a variety of class activities starting from the grade I till the grade VIII. Some of the activities were Calligraphy, String of noun, Pencraft, Word Wall, Twist a Tale, Memoire, designing comic strips on 'Join hands against Covid', and writing book reviews.

On the third day, class VII got the opportunity to interact with well-known children's author and nature lover Ms. Katie Bagli. In response the spirited author shared some valuable tips to enhance writing and shared experiences of her journey of becoming an author.

Celebrations continued for the fourth day also with several virtual tours of the Junior wing to Disney Land. However, seniors had the chance to experience famous author Anne Frank House.

On June 29, 2021, the students observed the culmination of the week long programme with an interaction with the Guest for the day, Senior Advisor, Jaipuria Schools and an acclaimed author **Mr. Vinod Malhotra**. The event was graced by other panellists venerable **Ms. Manju Rana**, Principal cum Director, Vice Principal **Ms. V. Suprabha**, Cultural and Co-curricular Coordinator, **Ms Sumita Vij**, **Ms. Monika Ganjoo**, active member of the Parent Teacher Forum, and the student authors of the Writer's Club.

"The environment is in us not outside of us, the Trees are our lungs, the rivers our bloodstream; we all are interconnected and what you do to environment ultimately you do to yourself!"



Sadbhavana

INTER SCHOOL COMPETITION
WORLD NATURE CONSERVATION DAY

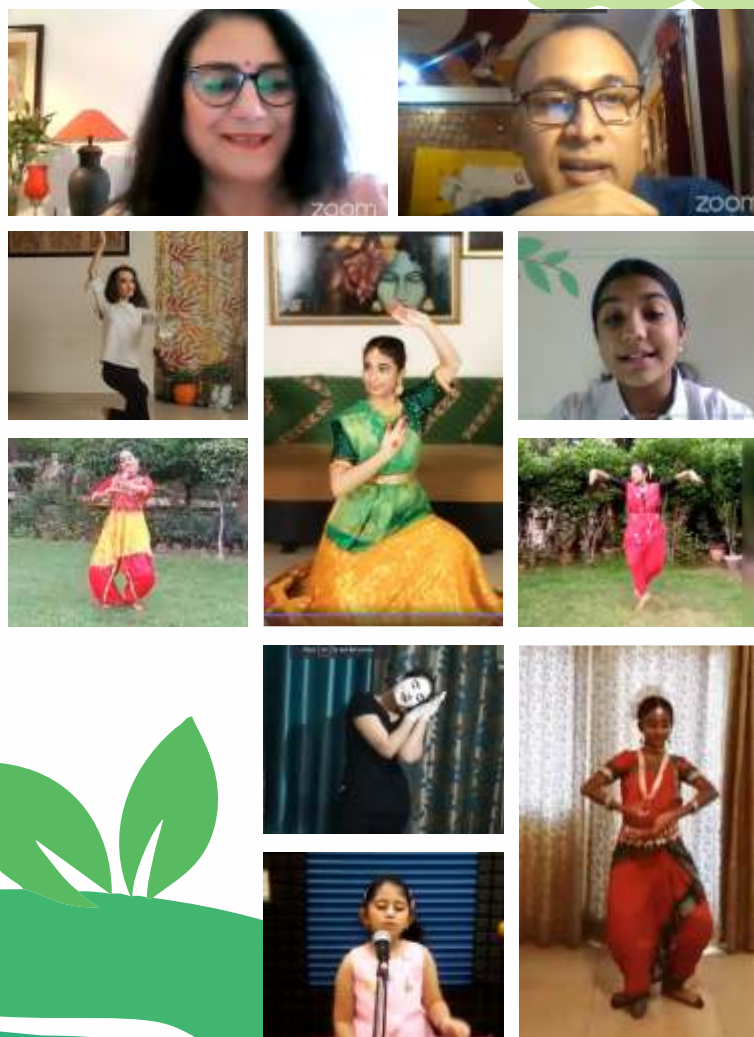
Seth Anandram Jaipuria School, Ghaziabad takes immense fulfillment in encouraging students to stride towards vast ventures of environmental conservation. As a Green School, we have been undertaking innovative approaches to minimize the carbon foot print. The school Eco-Care initiatives in nurturing a sustainable habitat, contribute solidly toward securing the Environment for future generations and as the young custodians it is our responsibility to carve the future of the environment.

Thus, aiming towards sustainable development. On July 28, the World Nature Conservation Day - 2021 the school celebrated its 1st Virtual Edition of Inter-School Cultural Fest themed '**Sadbhavana - Contribute, Conserve, Protect Mother Nature**'. World Nature Conservation Day acknowledges that a healthy environment is the foundation for a stable and healthy society. Sadbhavana, was the school's approach to empathize with Mother Nature and to vivify her bounties.

The competition comprised of multifarious events depicting the beauty of nature like Ode to Nature (Solo Dance), Yin Yang (Duet Dance), Srishti Srijak (Solo Song), Diorama (3D Paper Model Making), Just a Minute (Extempore), Chitrarhnam (Photography) and I Act (Mime).

The culmination of the Green fest, took place with the eminent presence of the Chief Guest, **Mr. Dipto Narayan Chattopadhyay**, an internationally acclaimed artist and conservationist. Present on the occasion, the Guest of Honor Ms. Manju Rana, Principal cum Director addressed the eminent gathering and participants virtually.

The event saw excellent participation and entries from around 30 schools across Delhi/NCR. Delhi Public School, Indirapuram was adjudged as the overall champion.

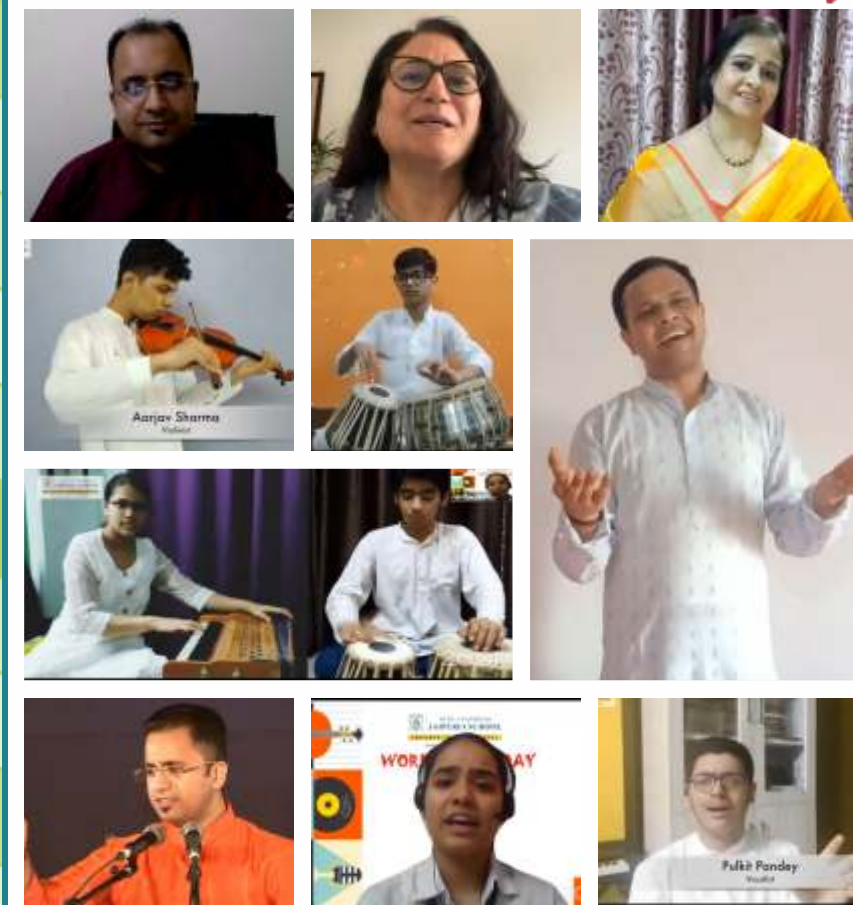


"Music gives soul to the universe, wings to the mind and flight to the imagination."

Where Music is the language...



RhythmScapes, 2021



Reposing our faith in the immense power of music to touch the deepest recesses of mind and soul and to bind everyone with a strong cord of love and togetherness, Seth Anandram Jaipuria School, Vasundhara Ghaziabad commemorated a global festival of music '**RhythmScapes**' on the occasion of World Music Day on 21st June, 2021 on a virtual platform. Sangeet Alankar, Sangeet Prabhakar, a visionary and promising young Indian classical vocal performing artist, **Shri Kshitij Mathur ji** graced the occasion as the **Chief Guest** for the day. The vivacious event commenced with the address by Principal-cum Director Ms. Manju Rana who gave a cordial welcome to the Chief Guest. Underscoring the role played by music in the holistic and comprehensive development of children, she advocated the integration of performing arts in the school curriculum.

The event embarked on a mellifluous journey beginning with a soothing classical vocal music rendition by Shri Kshitij Mathur ji, nothing less than a rendezvous with supreme divinity. This was followed by his speech in which every word was the reflection of his fathomless love for music. This was followed by multiple events like 'Saraswati Vandana', heavenliness of the 'Fusion Instrumental Music' adorned by 'raag' 'Hansdhwani', Rhythmic 'taals' in solo Tabla performance and splendiness of lyrical composition ' Mile Sur Mera Tumhara' was a deific euphoria in itself. The empyrean musical journey observed its apparent end with the vote of thanks by the Vice Principal Ms. V. Suprabha and with an advent of adoration for music in the hearts of the audience.



HELLO ZINDAGI!

‘Shareeramadyam khalu dharma-sadhanam’, which when translated means that ‘swasthya’ or sound health is the foundation for all other human endeavours which include-physical, mental, spiritual, economic, and social well-being. The modern day BPO culture and the consequent sedentary life-style, spiced up with delightfully packed processed food have paved the way for a generation of obese humans. Obesity rates in places such as Evansville in USA have spiked past 40% drawing concerns regarding their healthcare costs, workplace productivity, and the overall happiness of the population who are struggling to cope with diabetes, heart attacks, high blood pressure, and high cholesterol.

Well, we need not worry! Ancient Hindu practises have always endorsed and shed light on every aspect of human existence, including health and wellness, which are quite intertwined. Our food may be classified into three major categories such as Tamasik, Rajasik and Satvik bhojan as prescribed by ancient Hindu texts, which are to be consumed on the basis of the activities indulged in by a person. They have also been known to determine a person’s temperament and predicament. Therefore a proper balance of the three needs to be maintained in order to lead a complete and fulfilling life.

We are indeed what we eat; therefore awareness in this regard amongst the adults and children must be raised. It is true that we cannot choose the state of health, but we can consciously choose wellness by living our life responsibly and taking proactive steps for our well-being. Wellness is more than just physical health; it is holistic and multi-dimensional. It comprises of six dimensions that include physical, intellectual, emotional, environmental, social, and spiritual wellness. So, make the right choices and lead a fruitful life.

Priya Mohan
English Faculty
Seth Anandram Jaipuria School,
Ghaziabad

Paving the Way to Good Health

Fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick. Exercising also helps you control stress better, and can make you feel happier and less nervous. Before you start an exercise routine, ask your doctor about what exercises to do. Then make a plan to spend less time in front of the television and/or computer, and begin exercising more. Your doctor may suggest that you begin by doing little things first, such as parking in the farthest corner of your parking lot at work, taking the stairs rather than the elevator, taking your dog for a walk, or riding a stationary bike. Little by little, adding daily exercise to your daily routine will help you begin to feel better.

Eating healthy foods is important for good health, too. Changing the kinds of food you eat means paying attention to what you eat and how much you eat. Depending on your location of employment, it may be nearly impossible to get healthy food from vending machines or in a cafeteria; so you will need to be smart and make a good food plan for yourself. It is important to eat a healthy breakfast; eat more fruits, vegetables, salads, whole-grain breads, and egg whites; and foods that are boiled or grilled – not fried. Ask your doctor or a dietician about starting a healthy, balanced diet.



Ms. Harveen Kaur
English Faculty
Seth Anandram Jaipuria School,
Ghaziabad

‘What is this life full of care? We have no time to stand and stare.’

Self care and Well-being: Key to Happy Life

We all have been born into this world to live life to the fullest. Everybody believes this notion but few experience it. The reason being the hustle and bustle somewhere dampens the liveliness and one remains a mere object drifting through time and space. The most adversely affected in this mundane lifestyle is health- both physical and mental. Truly said – Even the Garden of Eden has no sheen for one who is not hale and hearty.

Given the call of the modern times, the wheel of development and technical advancement has been rumbling on at a fast pace but facility doesn’t ensure feistiness. Somewhere the joy of living has waned out and this is evident in all age groups, especially children. Given the testing times, owing to the pandemic, individuals have been mostly locked within the bounds of their own homes and their social life has been badly affected. This has not only brought a crucial damage to their bodies but also their minds. Somewhere, the

adults have accepted the new norm to a certain extent and made peace with it through acceptance. But the children, with their bubbling energy and enthusiasm, have been experiencing tremendous pressure.

Both heart and mind are co-related. One not does only need to take care of the body but also the mind. Besides, nutrition intake and exercise for the body, it is important to take care of the mental health as well to maintain proper balance. Engaging in hobbies, having an active social life and maintaining optimism are some of the ways leading to fitness and well-being. Being healthy is not a privilege but a responsibility as only healthy individuals are the foundation of greatness!

Ms. Reena Chaudhary
English Faculty
Seth Anandram Jaipuria School,
Ghaziabad

Wellness and Self-care



When the world has uncloaked the need of social and emotional learning, it owes much to us to make it a part of our own lives. Many of us may not incorporate it in ourselves. It might just be a cliché used for some theoretical updates. Replicating social-emotional learning in our lives is the need of the moment. We need to find ways to prioritize ourselves. It is surely a challenge to 'start this experiment'.

Busy is normal. Being busy is a prized accomplishment. It also signals that it is time to stop and pause, and give time to self-care. It is not selfish to think of self-care. A very popular analogy of putting your own oxygen mask before you can assist others can be mentioned here. Its implementation however, seems to be challenging. Designing a self-care regime can be like ordering a bespoke suit. It is something which fits one's personality and needs.

Caught up with too much work? A streamlining schedule could provide a solution to it. Instead of trying to fit in as many things as possible, think about the tasks that could be eliminated. Creating space for those higher priority jobs will make things fall in place.

Maintaining the habit to stick to 'me time' early in the morning would be a ritual that shifts and improves the energy levels. Small creative habits for your own relaxation could range from gardening to mindful walking, tidying things up or even keeping the desk clean.

Establishing habits for self-care and strengthening them (for the sake of that healthy person in you, ten years hence) needs to break that big old habit or rather bad old habit of 'just this time'. It is simpler to put in writing, than to practice. We can draw an inspiration from the words of Alexandra Stoddard- "What we do today, right now, will have an accumulated effect on all our tomorrows." Try assuming that what we do today will be followed the next time. So, the key to good health and well-being lies in being mindful and focused on the present choices.

Himani Mehta
English Faculty
Seth Anandram Jaipuria School,
Ghaziabad



SETH ANANDRAM JAIPURIA SCHOOL

KANPUR

EVENTS

Graduation Day 50
Yoga, for Better Living
CYCLOTHON
Earth Day
Aparaajit
Summer camp Fiesta Frolic

51
51
52
52
53

ARTICLES

Be there Happy and Healthy !

54





Graduation Day

A STEP TOWARDS FORMAL SCHOOL

Graduation is an exciting time. Every year Seth Anandram Jaipuria School, Kanpur celebrates graduation day to applaud the young learners of Class Prep for their commendable performance. This ceremony gives a firm foundation to the mental and emotional well-being of the students as they embark on their journey ahead. The year 2020-21 was particularly a unique year as the cherubs learnt to live, study, laugh, sing and dance virtually. This year we became a close-knit classroom with the parents as well. A glittering Graduation Ceremony was held at the virtual platform.

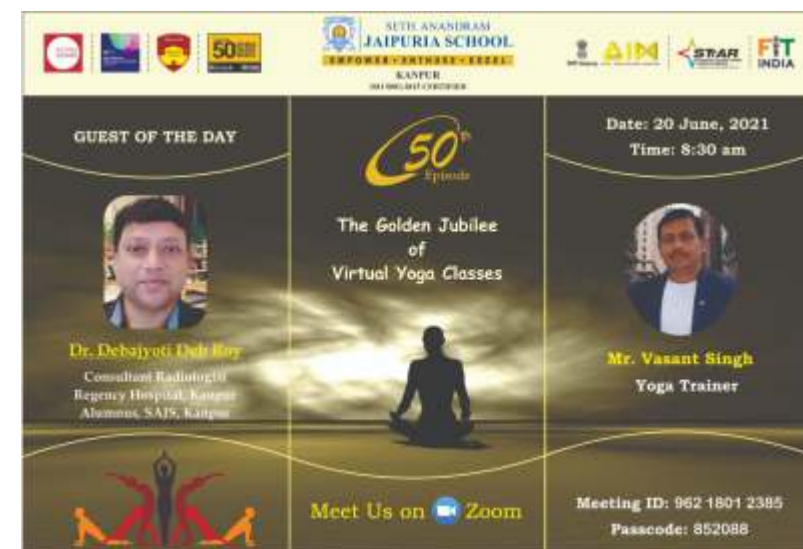
The students of Prep looked smart in their graduation gowns and caps, feeling proud of their attire. They received appreciation on successful completion of two years of Pre-Primary. The children were felicitated with Graduation Certificates. It was indeed a joyous and memorable day for the little ones and their parents.



Yoga, for Better Living

Under the FIT India initiative by the Government, Seth Anandram Jaipuria School, Kanpur, launched weekly **virtual yoga sessions** for its fraternity a while back. Each Sunday, the Jaipurians don their fitness gear and practice yoga with a trained instructor. This activity rejuvenates all from within; brings obvious health benefits to each. On Sundays, a doctor is also available for free consultations. Students actively voice how they and their loved ones have been feeling, which makes for communication rich in information, compassion and a sense of responsibility.

We are proud to tell you that we have hit the 50-week mark on our healthful practices. This is a priceless golden jubilee, indeed, as our students grow healthier, wealthier and wiser each day!



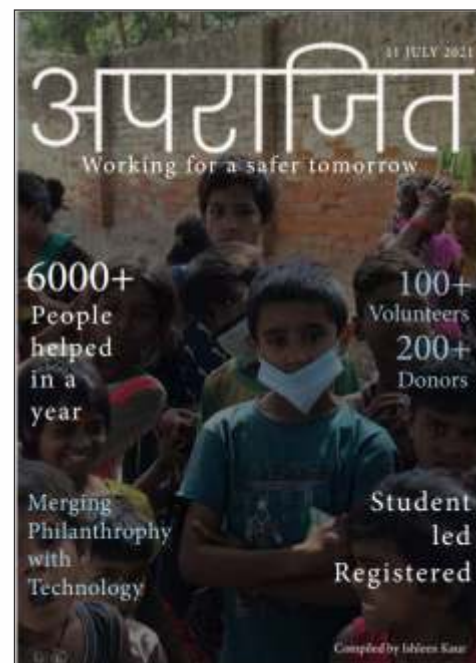
'Fit India School Week Celebration CYCLOTHON



EARTH its Life is Our Life; its Future Our Future!

Each year **Earth Day** is celebrated on 22nd April to enhance and create awareness about the importance of the day to the future inheritors of this planet. On this occasion the school invited **Mrs. Nisha Agarwal**, Principal S.N. Sen Degree College, who motivated the students to participate enthusiastically in the Art Competition which helped them feel connected to the environment, enabling them to imagine the world they want to live in.

The Tree Plantation drive initiated by the school had students as well as the staff planting more than 5000 saplings as a way of taking a tangible action towards a bigger goal. The health curriculum introduced as a new initiative aims to help the next generation restore and sustain the resources of the earth. This Earth Day instilled in students, the convergence of wellness and that the environment is more important than it was ever before.



APARAAJIT *the undefeated*

Last year, every nook was overcast with gloom, misery, and agony. Having survived the period of pain, each one of us should extend a helping hand of generosity, and benevolence towards those who faced losses, and contribute towards health and social well-being.

With this thought in mind, five mighty Jaipurians formed an organisation, 'Aparaajit', and assisted more than 15,000 people during the deadly pandemic. Out of all the diverse campaigns, they started 'One Meal=One Smile', in light of the increasing unemployment and lay-offs during that time. Under this initiative, they provided freshly cooked meals, along with ration on a daily basis.

Observing the shortage of blood in blood banks, they organised a blood camp and successfully collected 67 units of blood. This initiative of theirs was featured in seven renowned newspapers of Uttar Pradesh and they were also invited for interviews by two leading news channels!

Standing true to their organisation's name 'APARAAJIT' they aim to truly remain undefeated! Small little acts of kindness do bring about a big change, and our Good Samaritans proved it yet again.



An online Summer camp was organised for the students of Pre-primary, Junior and Middle School.

This online Summer camp allowed thirteen hundred children to interact with their friends-from the comfort of their homes. With invigorating, engaging themes relating to this mysterious universe, the dark, yet shimmery outer Big Bang space, moon, rockets, planets, Solar System, cloudburst and floating ink, making a robot out of old matchboxes, self expression through dance, germination activity with coriander seeds to topics pertaining to the endless world of waves, life underwater- fishes, and mermaids; this camp wiped off the despair caused by the pandemic and furthered their blooming procedures.

Overall sixteen activities were conducted which were the best way to enhance the linguistic, logical, observational, cognitive, scientific, creative and critical thinking skills of the young minds while they gained hands-on experience for a lifetime.



SETH ANANDRAM JAIPURIA SCHOOL

SHAHEED PATH, LUCKNOW

उद्धरेदात्मनात्मानं नात्मानमवसादयेत्।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनरू॥

(Bhagvad Gita — Chapter 6, Verse5)

**It's Your Future.....
Be there Happy and
Healthy!**



Hon'ble Union Minister, Shri Nitin Gadkari shared his insight on 'The Role of Leadership in Turbulent Times' at Dr. Rajaram Jaipuria Memorial Lecture 2020 Citing instances of leadership and its role in turbulent times during his illustrious political career, Chief Guest Union Minister for Road Transport, Highways Shri Nitin Gadkari pointed out that leadership plays a key role in the life of a learner.

On one hand this lecture proved to one and all how adept and proficient our learners are in their communication skills and on the other hand it highly inspired our students to work progressively towards controlling the reigns of the society which is not possible till they are physically fit and happy.

We want our students to be happy and healthy.....so we do all that we can!!

As it is rightly said in Bhagvad Gita-to rise in our activities, we must create a healthy relationship with our mind. A healthy mind exists in a healthy body is a clichéd but a sentence with very deep meaning.

SAJSK has always advocated holistic development of our learners. It means a comprehensive and integrated approach of teaching which encompasses physical, mental and social well-being of our pupils. If health is a state of being, wellness is the state of living a healthy lifestyle. If health refers to physical, mental, and social well-being; wellness aims to enhance overall well-being. In pursuit of perfect health and wellness for our learners as a commitment of our stakeholders, we nurture and steer their minds into right direction through various avenues, series of Dr. Rajaram Jaipuria Memorial Lecture being one of them.

Dr. Rajaram Jaipuria Memorial Lecture is inspired by the life experience and teachings of Dr. Rajaram Jaipuria who practiced and taught ethical values and succeeded in running an industrial empire and delivering quality education despite intense challenges and hiccups. He was a strong leader who turned his adversities into opportunities.

It was indeed an honour for SAJSK when two of our students were selected to host this inordinate occasion. Positivity and self-confidence are the crux of decisive leadership and our two comperes—Master Divy Tandon and Miss Pranjali Tripathi proved it so by hosting the event flawlessly and with grace. To be on the same platform with the Chairman of the group, distinguished members of the Management, Principal and above all his Highness, Nitin Gadkari along with our 2 learners as the host was only possible owing to their mental well-being and resilience.



Divya Roy
PGT-English
Seth Anandram Jaipuria School,
Kanpur

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SETH ANANDRAM JAIPURIA SCHOOL SHAHEED PATH, LUCKNOW

CBSE BOARD RESULTS

The board results of grade X, session 2020-21 brought cheers to the entire campus as six students secured above 95%, eighteen students scored between 90% to 95% and thirty-four students were between 80% to 89%. The school secured a 100% result with Saumitra Saran as the school topper.

CONGRATULATIONS!!

CLASS X BATCH 2020-21
We are Proud of You!



Saumitra Saran
98.8%



Devakshat Mohan
97.6%



Twisha Srivastava
96.2%



Vedansh
96%



Saksham
95.8%



Devanshi Mohan
95.2%

School Average 83.16%



Atharv Khubele,
Class 9 C

(An initiative of Atharv Khubele)

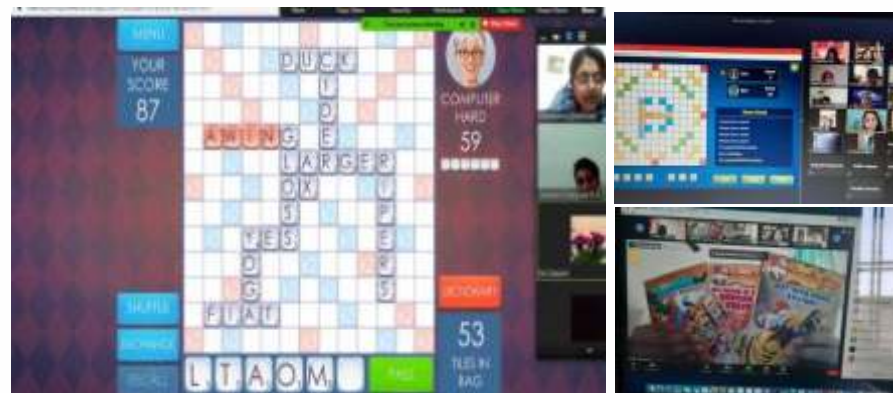


Help Can be Small, But Best When Needed

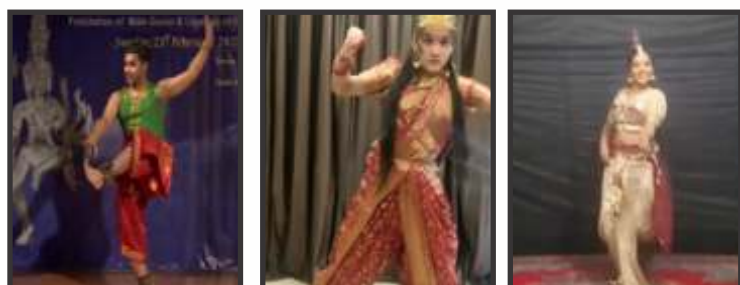
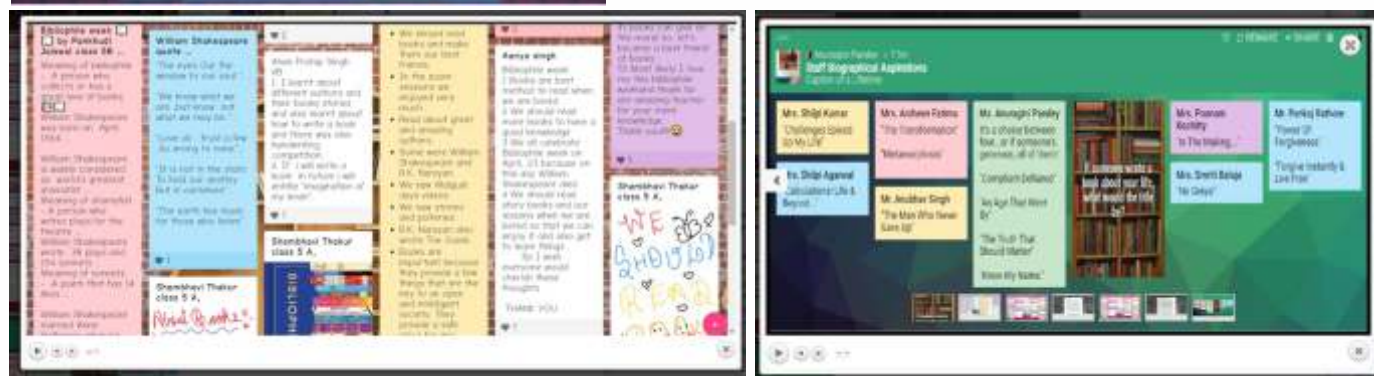
The new wave of pandemic struck the country again that caused chaos and panic in 2021. The number of patients of COVID19 variants was rising at a rapid pace. There was a steep rise in the number of deaths directly related to COVID19. Lockdown was imposed by many states, totally or partially which caused unemployment. We saw that the Rickshaw pullers, Tonga hawkers, Garbage pickers, Scrap dwellers and other daily wages labours that used to earn daily and feed themselves and their family lost their source of earning. They were not able to manage the safety against COVID of their family as their earnings were stopped.

We and our Punarsthapan team began distributing food to the needy, when we saw the poor conditions of daily wagers. We quickly decided to help the people and prepared precaution kit with some food and took the expenses on our own. The kit contained 2 masks and a sanitizer bottle and we distributed it along with the food packets, to the very needy group by going to their area. We also saw that the sanitation workers and the police were not fully equipped to fight against COVID. We donated 100 kits each to Nagar Nigam, Police department and to the District Magistrate, Raebareli. Through sources we came to know that there was a requirement of PPE kits, sanitizers, masks and gloves in the district hospital. We donated PPE kits, gloves, masks and sanitizers bottle to Raebareli district hospital. Overall, we distributed around 900 precaution kits, 50 PPE kits, 200 gloves and food packets. This time me and my brother were mostly busy in preparing the kits and the distribution was done by my parents as we were not allowed to go outside. We also planted 25 saplings on Environment Day. On June 25, & 26, 2021, we distributed 260 precaution kits in a vaccination camp organized by IIA for their labors and workers.

Bibliophile Week Celebrations



The bibliophile week was celebrated from 19th to the 23rd of April. The students were engaged in a plethora of English activities, ranging from creating limericks, to playing online scrabble. The students also learnt about various Indian writers in English. The bibliophile week concluded with the World Book Day.



The Artist Week-Poetry in Motion



At Seth Anandram Jaipuria School Lucknow, it has been a ritual to call people from different walks of life for sharing their experiences and skills with the students. In the week beginning from June 7, the school planned for an 'Artists Week' wherein dancers of various genres performed and interacted with the students. The aim was primarily to promote the diverse cultural aspects associated to a dance form and give an opportunity to the children to learn from an expert.

The Artist week from June 7 to 11, saw artists from around the globe, performing, coaching and having everyone on their feet. We had Mr. Gagandeep from Canada, Ms. B.H Nuwanthi from Sri Lanka, Mr. Jonathan Hollander from New York, Mr. Vinay Tiwari from Delhi and Ms. Ankita Singh from Lucknow.



Dr. Rajaram Jaipuria Memorial Inter-School Debate



SAJS, Golf City, Lucknow conducted the 4th **Dr. Rajaram Memorial Inter-School Debate**, and the 2nd one on virtual platform, on August 23, 2021, with the participation from eight schools. The August gathering was addressed by the Chairman, **Mr. Shishir Jaipuria**, who shared the noble ideals of altruism that the founder Dr. Rajaram Jaipuria had always adhered to, setting a precedent which has been carried forward today as a precious legacy by the institution, followed by a trip down memory lane- with glimpses of the event over the last four years.

The event was presided over by an eminent panel of judges, Dr. Tapati Dutta, Assistant Professor from Fort Lewis College, Colorado, USA, Mr. Shashi Bhushan, a multi-faceted pioneer of LGBTQ rights in India, an acclaimed radio-jockey, an educator with the British Council, Ms. Jasmeet Kaur Sahi, a writer, editor and art-worker from Melbourne, Australia, Ms. Saloni Priya, Founder Director of Ummeed Counselling & Consulting, a pioneer in counselling in India, Consultant Training at CCRT, New Delhi. The event was smoothly conducted by Ms. Poornima Santusht from Bengaluru, who was the moderator of the event.

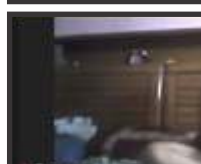
The topic was thought-provoking – 'The end justifies the means' – which was ably analyzed and argued upon with persuasive rhetoric and solid facts by different speakers from 8 teams, each with 2 speakers, speaking for and against the topic.

The results were announced by the Head Master, Mr. Pankaj Rathore. Priyansh Bhatia of SAJS Kanpur, and Abhinandan Adhikari were adjudged best speakers for and against the motion respectively, the winning team of the day was Study Hall, Lucknow, represented by Zoya Shaikh and Anjaneya Raj Garg. The vote of thanks was given by Ms. Deepika, the coordinator of the event. The online debate concluded on a jubilant note.



WORKSHOP ON

Natural Cleansers



On July 17 and 31, 2021, Seth Anandram Jaipuria School, Lucknow conducted a workshop for students of Grade III-VIII on DIY Natural Cleansers. Ms. Karishma Chaudhary along with Ms. Elizabeth was invited to conduct the workshop.

Ms. Karishma Chaudhary is a bachelor in Architecture and the co-founder of Paakshantar, who heads the Production and Procurement division. Ms. Karishma who is an architect by qualification chose to quit her mainstream job to work on sustainability. She along with Ms. Aparna Pathak a bachelor in Architecture founded Paakshantar, New Delhi. This organization is committed to providing us with zero chemical, daily health care products that are made from kitchen ingredients sourced from our villages. Their mission is to reduce water pollution caused due to cosmetics.

In the workshop, Ms. Karishma trained the young minds to look after and take care of their hygiene by using natural products available easily in their homes.

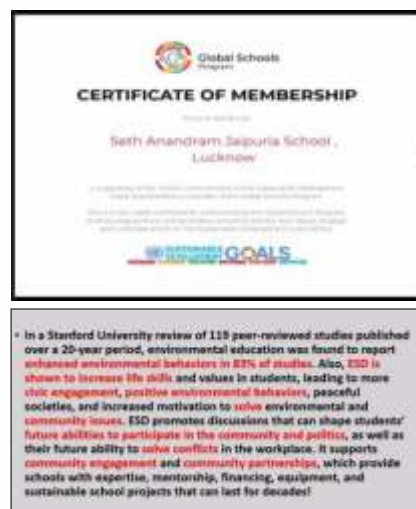
She taught the children how to make toothpaste, face wash or face scrub, body scrub, and shampoo by using common ingredients such as pink salt, turmeric, clove powder, neem powder, lintel powder, rose petal powder, Shikakai, aloe vera, and fuller's earth commonly known as 'Multani Mitti'.

at the end, the school pledged to support and promote SDGs in every capacity and it is their conscious effort to provide educational opportunities for the students to engage in the same.



Seth Anandram Jaipuria School is now a member of The Global Schools Program

Seth Anandram Jaipuria School, Lucknow is now a signatory of the 'School Commitment to the Sustainable Development Goals' and, therefore, a member of the Global Schools Program. As a part of this Program, the school has pledged to support and promote the principles of the Sustainable Development Goals (SDGs) and to provide educational opportunities for the students to engage in the same.



National Handloom Day Celebrations

The National Handloom Day was celebrated with zeal by the Primary section of Seth Anandram Jaipuria School, Lucknow on August 7, 2021. The students, dressed in various regional attires, graced the event with vibrant colours. The cultural event was organized virtually to commemorate India's pre-historic handloom handicraft.



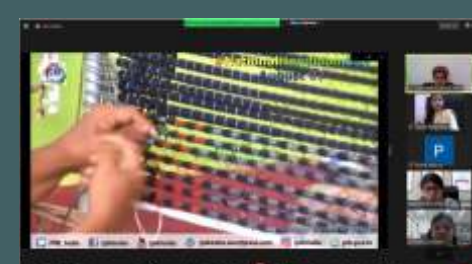
Ms Reetu Pandey and Ms Ankita Yadav conducted a fun-filled and interesting quiz. Ms Vanshika Yadav of class III mesmerized the audience with her dance performance. To conclude the presentation, Ms. Anuradha Shankar presented a short story on artisans.



To mark the occasion and to instill pride in the workmanship of handloom weaving amongst children, Rida Zaheer of class IV and Shivansh Sharma of class V started the event with a welcome note which was followed by a prayer song sung by Ms Preeti Mishra.



This was followed by a documentary on Indian Handloom. Aradhya Mishra and Ramesht Mishra of class IV presented a PowerPoint presentation on the Handloom of India and shared interesting vocabulary related to handloom.



Incredible videos made by the Principal, the Headmistress and the Primary teachers showcasing different handloom fabrics through their beautiful sarees were shown. In continuation, a melodious poem recited by Master Pratyush Himanshu 'Maa Khadi ki Ek Chadar Dedo' worked as an icing on the cake. Head of the Hindi Department, Ms Amita Shukla emphasized the importance of thread through her monologue 'Ek dhaga prem ka'.



The Principal, Ms Poonam Kochitty gracefully expressed gratitude to everyone and voiced her thoughts about the history of the handloom industry.

Teachers Lead The Way



Tree Plantation drive is underway. The teachers are leading by example and hoping that all students and parents will follow the suit. We owe a lot to this earth and the only way to do our bit to combat climate change and global warming is by planting more and more trees.



BECOMING A **WAKELET School**

SAJS, Lucknow feels proud to share that it has earned the badge of WAKELET SCHOOL. This initiative will bring the power of curation, organization, and collaboration to our learning! It will help teachers and students to learn, grow, and collaborate together to achieve amazing results!

Five teachers, Ms Reetu Pandey, Ms Ankita Yadav, Ms. Warsha Sawant and Mr. Mohit Goswami, have received the Community Leader badge. The school was shortlisted in the first cohort of international schools and is also featured on The Wakelet International School Showcase community.

Proud Moment!



Jaipuria Group of Educational Institutions (Seth Anandram Jaipuria Education Society) has achieved a special milestone of being recognized as a Great Place To Work by GPTW Institute.

This is an important step for us to build a High-Trust High-Performance Culture in our organization. Congratulations to everyone who is a part of the big and strong Jaipuria family.

Events

INDEPENDENCE'S DAY CELEBRATION



FATHER'S DAY CELEBRATION



SUMMER CAMP



Is a Healthy Lifestyle a Choice or a Necessity?

A healthy lifestyle is no more a choice, it is a necessity and COVID-19 Pandemic has made this very clear. The ones with a strong immunity survived. Putting in effort to achieve a healthy body is a privilege. Very few of us have understood the importance of exercise and good food but many still have plenty of excuses. It is very easy to say that the daily grind of a job of doesn't give time to exercise or plan a nutritious meal, but at the end of the day, what good is money earned if health is compromised.

I have known people who work in a gruelling shift but have never skipped their workouts/exercises or meals. I have even seen people working merely for 5-6 hours and watching Netflix for the remaining time. Do you notice the difference?

It's in the choices we make. It is not hard to stay fit, but it is hard to start.

For a beginner struggling with time and not able to go to the gym, one can walk! It is scientifically proven that walking is one of the best exercises. Can't walk in the morning or evening? No issues, stop using those elevators at your workplace. Stop taking the help of assistant staff to carry your files from one office to another. Get up from that chair and walk. Secondly is work so pressing that you skip your breakfast? Carry fruits. Eat them in the in between breaks. Try to consume a protein rich diet. And finally, the need for adequate sleep cannot be ignored. No matter how much work you have or how much you earn, it is not worth it, if you are not able to complete your sleep for seven hours. Choose sleep over Netflix!!

Your health is one of the most important assets. Invest in your health in the same way you do in your stocks. Showing up every day to improve your health is a big deal. Just show up!

Ankita Yadav
Computer Department
Seth Anandram Jaipuria School,
Lucknow

Learning the Art of Rejuvenation

Halt and Prioritize

A lot to do, a lot to learn! The day went by really quick but a healthy diet and sound sleep were never on the list. Staring continuously at the screen made my eyes turn into a dark abyss. Hence it was time for me to 'Stop and Rethink'. So, I started to walk for an hour each day and had a thorough look at my plate. The sleeping hours are still erratic but now I have a clear vision and healthy body is definitely going up the priority list.

Take a Break!

A tired mind and undernourished body will not help you to climb the ladders of success. Thus, sit back, relax, and sip your favourite drink while watching a movie on Netflix or going out and taking a walk while gazing at the sunset, or just closing your

eyes and replaying your favourite playlist. Draw, write, sing and cook. Do whatever you wish, but take a break from work as you need to chill.

Plan and Organize!

And when you are relaxed and calm and ready for the next day, sit back and make a plan so that you can efficiently sail through the crowded lanes. Deadlines and chores, lesson plans, and many more things. Be smart and collaborate, share the load at work at home and your workplace. You aren't a Superwoman, do not even try. Sometimes all you need to do is ask and let others comply.

Binish Usmani
TGT Science
Seth Anandram Jaipuria School,
Lucknow

Physical & Mental Detoxification

In this 21st century, we all are tied to very strict schedules of work. There are many things in our personal and professional life that must be taken care of, and very naturally we tend to lose ourselves in all of this. In this pandemic, the world is going through such a phase where maintaining physical and mental well-being is a herculean task. But there are certain things, when taken care of, the body comes in sync with the environment, and everything falls into place.

We know that our body is made up of five elements Water, Air, Earth, Fire and Space. If we take care of these five things in our daily life, our health both physically and mentally will be taken care of by the universe itself.

Water

Our body consists of 72 % of water and it has already been proven by medical science. So, if we take care of our water content, that will affect our body a lot. If a person drinks 300-500 ml of Luke-warm water in the morning after waking up, it will replenish the water loss during the sleep cycle, give a head start to the metabolic process and flush the toxins accumulated during 6-7 hours of rest. A person should drink 3-4 litres of water daily.

Earth

Approximately 12% of our body is made up of Earth. Here the earth symbolizes the food we eat. If we maintain our intake of the vital minerals, protein, vitamins and carbohydrates, our body will function more than fine. Eating green leafy vegetables, fruits, and sprouts will benefit a lot. Processed food should be avoided as it's a major cause of deadly diseases like Cancer in Human beings.

Air

6% of our body is made up of Air. By doing breathing exercises like Pranayama, the regulation of air in our body can be enhanced. Pranayama also enhances lung function and capacity.

Fire

The Human body consists of 4% of fire. It is present in the form of heat in every mammal (warm-blooded animal) on earth. The heat in the human body can be replenished by the Sun. We must get out of our houses, exercise, and feel the warmth which is provided by the ultimate source of energy in our solar system. In the night, before going to bed, a small Diya with any natural oil can be lit somewhere near to the place where we sleep. This provides an immense amount of motivation and positivity to the body.

Space

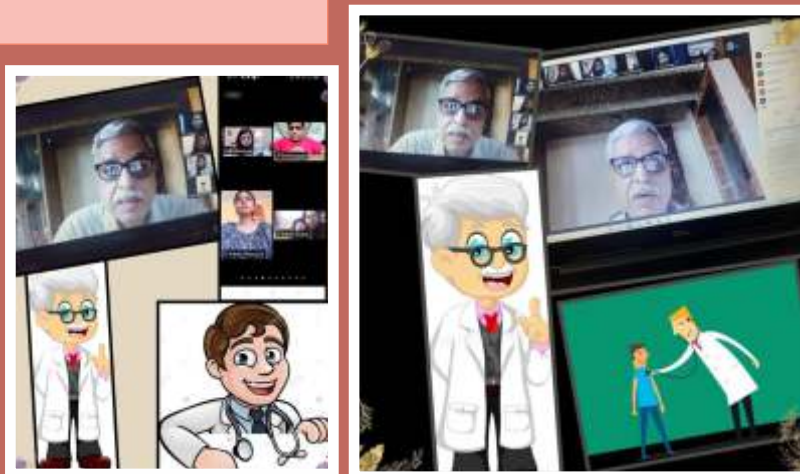
The human body is composed of 6 % of space and it can only be taken care of by Meditation; the only process by which we can connect with the higher dimensions. A daily habit of meditation for 15 minutes can change the thought process completely. It calms the mind and enables us to cope with pressure.

Jayant Kumar
TGT Mathematics & Science
Seth Anandram Jaipuria School,
Lucknow



'Listen First'

Parenting during covid times -
By **Dr. Sunil Taneja**,
Senior Pediatrician



Listening to children and youth is the first step to help them grow healthy and safe. Along with the Covid 19, many questions and fears have also emerged over the last 2 years in our minds and the biggest fear today is how to protect our children from Corona virus and what precautions should be taken to keep kids healthy, both physically and mentally. Therefore, to educate and motivate the parents, to keep a positive outlook during the COVID times an enlightening session was conducted for the parents at little ONE, by the most experienced and renowned pediatrician of the city, Dr. Sunil Taneja.

This interactive session gave a platform to parents to enquire about different complications and assumptions related to post covid care and vaccines. Dr Taneja, made it clear that vaccination is a must for everyone including expecting mothers past the first trimester. He also threw light on the nutritional balance children require in these times when physical activities are limited. He very well explained how to handle restlessness and anxiety in children during these times. The session left a great impact on the minds of parents who already began planning to restructure their home's environments to benefit their children with a complete focus on positive and healthy development.



Ms Deepa Chandwani
Little One, Kakadeo

Plantation drive

Never doubt that a small group of thoughtful committed citizens can change the world. We, at little ONE- The Jaipuria Preschool believe that the young minds and hands can bring a massive change. To make sure that our dear students play their role in creating a healthy, natural and serene environment, a plantation drive was organised. Students planted little saplings and watched them bloom over a period of time. The drive not only made sure that the students planted saplings, but also took care of them, watching and observing them grow leading to holistic development. We believe that the environment isn't asking us to conserve her for her but for our future generations!



Bonding



A bond to bridge the gap between Offline and Virtual meet was also accomplished and welcomed by the parents and students with the commencement of the COFFEE MEET. It not only gave a platform to the Parents to meet with the teachers but also gave them an opportunity to express their views and concerns about the physical and mental well- being of the mothers too. It gave a refreshing change from the virtual meetings.

Not only Parents but this pandemic has brought the Grandparents in the forefront when it comes to the education of the children. The insight and experience of others is a valuable source of inspiration and motivation. And what better to learn from the youngest at heart and oldest members of the family, the Grandparents! Grandparents form the backbone in the upbringing of the grandchildren. A virtual session was organized to facilitate the efforts and participation of the grandparents during the virtual classes and how important their contribution has been during these times. They also got a chance to portray their talents like singing, dancing, Art and Storytelling. The grandparents participated whole heartedly and the joy was unfathomable.

The events that were held in the school premises followed all covid protocols. The parents, grandparents, children and the entire staff of Little One- The Jaipuria Pre - school look forward to many more events and collaboration and festivities inculcating knowledge and providing holistic growth and development of the children.

Coffe Meet

little
ONE
THE JAIPURIA PRESCHOOL
GHAZIABAD



Events & Activities

Janmashtami: Celebrating Natkhat Nandlal's Birthday

To seek the blessings of Lord Krishna, the festival of Janmashtami was celebrated at 'Little One – The Jaipuria Preschool' with mirth and joy. The fragrance of flowers, soothing aroma of camphor and the jingles of bells filled the air. In order to celebrate the extraordinary bond between children and the almighty, Little One took the opportunity to both jubilate and learn with the young minds. The students dressed up as Lord Krishna and Radha, complete with flutes, peacock feathers and matkas. The premises were decorated beautifully and the spirit of festivity was enhanced with the performances of the mothers and children. The little Kanhas and Radhas danced and celebrated Natkhat Nandlal's birthday with great joy and fervor. The celebration that followed was truly entertaining and educating. A lot of fun-filled activities like matki decoration, flute making, tattoo-making, selfie corner etc also enhanced the beauty of the celebration. The purpose of the flamboyant celebration was to inculcate value of sharing and respect in the little ones.



Role Play: When Little Ones Turned Veggie Vendors!

Can children learn by stepping into the shoes of a character? Why not? Role play is an important part of learning at Little One – The Jaipuria Preschool in Ghaziabad. Going well beyond the textbook, we inspire children to learn by role-playing. In this very spirit, the preschool conducted a vegetable/fruit vendor activity in which our little ones dressed up as vendors to sell their favourite vegetables and fruits. They extolled the freshness and deliciousness of the fruits to convince the buyer into taking them by the bagful. The role-play activity not just brought out the good actors in the little cherubs, it made them aware of different vegetables, fruits, their health benefits, colours, shapes, weight and measuring scale etc. By enacting a character, children explore realistic situations, understand people and their profession a lot better.



Play Dough: Little Hands at Work

Dough is used to make chapatis, but it is a good plaything as well. Little children have dollops of fun in making different shapes out of dough: a ball, a brick, a flower, a bunny, a leaf, a car and – believe it or not – a plane. You name it! The children at 'Little One – The Jaipuria Preschool' get ample opportunity to put their imagination to creativity in the Play Dough activities that teachers organize regularly. Play dough provides a great sensory medium and develops fine motor skills. It enhances hand-eye coordination, encourages creativity and improves social skills. Children need to develop their finger muscles and have proper finger control before they can learn to write at school. Play dough helps them build those muscles.



Mango Day: Little Ones Relish Mouth-Watering Treats

To celebrate and relish the taste of the most favourite fruit, MANGO, little learners of Little One – The Jaipuria Preschool organized a 'Mango Festival'. Students were dressed up in yellow dresses as mangoes. They enjoyed and learnt about different varieties of mangoes like alphonso, dasheri, tatapuri etc and also about the various products we can make from mangoes, like pickles, sauces etc. Students savored mango slices, mango drinks and recited mango jingles. We all can relate to the feeling of nostalgia that overcomes us as soon as the summer wind hits our senses. It is the feeling of sunlight showering us with the delicious range of seasonal fruits.



Little Hands At Work: Creating Wonderful Art and Craft

Most children love to get their hands onto paint and other materials that tickle their senses and curiosity. They develop important cognitive, social-emotional and multi-sensory skills. To keep the children engaged in a fruitful way, Little Ones conducts regular art and craft activities with the aim to strengthen children's fine motor skills, finger muscles and to enhance their hand-eye coordination. The children have an enriching experience while having fun.



Father's Day: Honouring the Hero

Little One – The Jaipuria Preschool celebrated Father's Day virtually but there was no dip in the enthusiasm of both students and teachers. Students showcased their love and respect for their fathers through various activities such as badge-making, singing, dancing, reciting poems, etc. Even the fathers came through with flying colours in their entertaining acts that brought smiles to the faces of the children. The little ones giggled and hugged their fathers with joy. They said a big thank you to them for all the things they do for them. Precious and memorable moments like these make all our efforts worthwhile. The event concluded with fathers expressing their feelings on the occasion. They appreciated the efforts of the school for the online celebrations. The lockdown may have kept the children away from the school campus, but Little One keeps bringing cheer to the students and their parents in their very homes.

Independence Day: India Is The Greatest

Independence Day was celebrated at Little One – The Jaipuria Preschool with great enthusiasm and patriotic fervor on 14th August, 2021 with the staff, students and parents. The celebrations marked the beginning of the 75th year of freedom from the British rule. A flag hoisting ceremony kicked off the programme, after which an online special assembly was conducted in classes to celebrate the Independence Day. Students were very excited and participated in celebration with full zest and zeal. They dressed up as freedom fighters and spoke inspiring words and slogans about them. They danced and sang patriotic songs and patriotic rhymes. Different craft activities exclusively dedicated to the Independence Day were conducted to mark the occasion. They included Tricolor Flag, Tricolor Peacock and Tricolor Sandwich making etc. The programme was concluded with the National Anthem. All the kids were happy and enjoyed a lot. They expressed their love for country with much vigour.



Baisakhi Celebration: Time To Go 'BalleBalle'

Baisakhi marks the beginning of the Sikh New Year. It is also known as the spring harvest festival. On this day, people also pay tribute to the Sikh Guru, Guru Gobind Singh. The auspicious festival was observed this year on April 13 and even the lockdown couldn't dampen the spirit and joie de vivre of our energetic chipmunks. Little One – The Jaipuria Preschool celebrated the occasion in the virtual mode with our wonderful students who made the festival special with their enchanting performances. The children dressed up in colourful dance attires and shook a leg to peppy Punjabi music. There was much fun and laughter and singing and dancing to make Baisakhi so special at Little One this year.

Tell A Tale: The Art of Story Telling

Storytelling is a unique human skill shared between people and is one of the oldest art forms. To build confidence, enhance speaking skills and stimulate imagination, a virtual storytelling competition was organized for the students of class Prep at Little One – The Jaipuria Preschool in Ghaziabad. Dressed and ready with their props, the young, enthusiastic storytellers came forth with wonderful tales. While some stories gave the audience food for thought, some reinforced moral values and some had the audience in splits. In all the tales, the nascent talent of the imaginative children of Little One shone through.



Rhyme Recitation: Words That Sound Alike

There is a lot of entertainment to be had with the words that sound alike. School and Cool rhyme well, as do learn and fun. Study seems incomplete without a Buddy, and the Lunch has something delicious to Munch on. Rhyming words do a wonderful job of putting music in a language. Reciting rhymes helps place emphasis on the sound and the rhythm of language, thus building a child's phonemic awareness. It helps to solidify a foundation for reading abilities. To spread the fragrance of rhymes amongst the students of Prep, a Rhyme Recitation Competition was organised in the school. Our cute little poets enjoyed the beauty of expression, thought, feeling, rhyme, rhythm and the music of words. The main purpose behind conducting such competitions is to build self-confidence, develop oratory skills and self-expression in children. The winners were applauded and praised for their capabilities.



Space: All about Summer Camp

Little One – The Jaipuria Preschool organized a Virtual Summer Camp for our tiny tots. It was a celebration of childhood with loads of fun activities. The children of class Prep were shown an entertaining video of their favourite cartoon character Chota Bheem. They flaunted their cooking skills with the activity called Rocket Spaceship Sandwich, in which they made a yummy sandwich in the shape of a rocket and shared it with their family. They had a great time enjoying creative activity named Planets in a Jar, creating their own Solar System and Galaxy. The activities enhanced children's knowledge, made them aware of healthy food, inspired them to create, developed their life skills, observational skills, and helped to build fine and gross motor skills. The Prep children were in the seventh heaven while shaking a leg during Dancing Among Stars. They then rolled up their sleeves to create cute Jumping Robots from simple craft material. Some of these wonderful creations made us jump for joy. The activities helped kids learn a lot. They got their daily exercise, learned about nature, water world and space, and were engaged creatively.



Hawaiian Party

The preschool organized a HAWAIIAN PARTY for our tiny tots and it was celebrated with lots of zeal and vigour. Children were engaged in various games, dance, and music. They also relished the mango delight that our little chefs made themselves. They made paper boats to sail on the water. Children were dressed in floral attires, funky hats and glares, tiaras so typical of the island of Hawaii. Hawaiian Party was an event where friends laughed together, bonded well with each other, danced and celebrated the event thoroughly through a shared experience. It was a fun-filled day with loads of memories to cherish.

A Trip to The Seven Wonders of the World

Online technologies have removed barriers to the learning activities and experiences available to students. Little One organized a virtual tour to the Seven Wonders of the World. From the Machu Picchu, the Taj Mahal to the Great Wall of China, the virtual tour of the Seven Wonders of the World made our Little Ones explore many manmade marvels. Students were also taught about the need for a passport to travel abroad and using a map while travelling. Kids enjoyed the virtual trip through a variety of videos and photography-based presentations. This virtual tour taught many new things to our tiny tots.



Science Experiment: Little Brains, Big Ideas

At Little One – Jaipuria Preschool, we introduce young children to the wonders of science at an early age. We believe it's never too early to kindle curiosity for the world by science experiments that intrigue little ones and make them want to learn more about natural phenomenon and forces that operate the world. Doing science experiments helps develop a child's resourcefulness, particularly their skills at goal-setting, planning and problem-solving. It also nurtures intellectual curiosity and helps children to acquire new ways of asking questions and understanding the world. Science experiments aim to build a scientific temperament in children at a young age. Who knows! The next Newton or Einstein may come from Little Ones – The Jaipuria Preschool! Amen!



Little Chef Activity: Kids As Kitchen Kings

Give little kids a chance to run riot in the kitchen and you may be surprised at what they can rustle up. The lesson we have learned is: do not underestimate the imagination and creativity of young children when it comes to putting together some yummy treats. A Little Chef activity was organized by Little One – The Jaipuria Preschool for our cute ones. The purpose was to educate children about the importance of cooking, which is not just about ingredients, recipes and cooking, but also about combining putting them all together in a way that tickles the taste buds. Our programs have a holistic approach to learning, which include activities like flameless cooking. Hands-on cooking helps children develop confidence and skill. Following recipes encourages them to be self-directed and independent, as well as how to follow directions and develop problem-solving skills.



Yoga: Bend, Stretch, Fold and Flex

A child is never too young to learn yoga. At a tender age, when the muscles are building up, sinews are tightening and bones getting denser, a bit of yoga stretch and flex do a lot of good to little children. Yoga is a part of the curriculum at Little Ones – The Jaipuria Preschool. It's a way of inspiring children towards a healthy life. Being taught at a young age, it becomes an indispensable part of their lifelong learning.

Building Environmental Sensitivity: In Harmony with Nature

Trees and forests play a very crucial role in maintaining an ecological balance and providing oxygen to human beings on the planet. The Van Mahotsav festival is a reminder that we must protect forests and stop deforestation and practice the 3 R's rule - reduce, reuse and recycle. The little ones were taught in their virtual classes about the importance of trees & how they contribute to the production of food resources, maintaining ecological balance, improving air quality, preventing climate change, conserving water, preserving soil, supporting wildlife, reducing drought and preventing soil erosion and pollution. During the week of Van Mahotsav, our little ones planted saplings and took part in the plantation drive to raise awareness about the importance of trees.



Raksha Bandhan: The Bond of Sibling Love

Little One – The Jaipuria Preschool celebrated the festival of Raksha Bandhan with great zeal. Little sisters made the occasion special by lighting up the diya, applying roli and chawal on the forehead of their brothers, doing aarti, tying the sacred rakhi and presenting the brother with his favourite sweets. The celebration created many fond memories to strengthen the sibling bond between the children who participated. A short, animated movie was also shown which shared the story behind this holy festival.

Health and Well-Being: The Secret To Happiness



Nidhi Grover
Little One, Chander Nagar

'Health is wealth' is a phrase that highlights the importance of health. It means when you have good health, you have everything in life. This is because if you are fit and healthy, you can earn and buy whatever you want. But being financially wealthy does not assure you your health and no amount of money can buy back 'health' once it is lost. So always focus on your health first and don't lose your health in the race to earn more money. "Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity" - World Health Organization. In this era of millennials, everyone is super busy with their routine work, domestic chores and earning money. Growing in stature seems to have become the most important goal for everyone. Health is often undervalued and neglected, until one gets ill. Only then we realize how valuable being healthy is.

While it's easy to think about all the good things good health can offer, it is one of the biggest challenges we encounter every day. We no longer have a pollution-free environment and it has become difficult to find organic and fresh fruits and vegetables. In addition to this, people are now so addicted to the media and the entertainment industry that they no longer find the time for their daily regime of exercise or even soak under the morning sun, or meditate. All this causes stress and health issues which people often ignore in the daily hustle and bustle. But health is the most important wealth for a smooth and happy life.

Living in a healthy lifestyle is essential to lead a happy life. Health was earlier said to be the ability of the body functioning well. However, as time changed, the definition of health evolved. It cannot be stressed enough that health is the primary requirement around which everything else revolves. When you maintain good health, everything else falls into place.

Too often we separate the consideration of mental health from physical health. These two are deeply interrelated. The mental and emotional pressures among faculty and students are generally expressed in the deterioration of their physical health poor work delivery. Anxiety and stress can lower immunity, subjecting people to illness.

One's wellness involves giving good care to his/her physical self, using their mind constructively, expressing their emotions effectively, and being creatively involved in their daily lives. Re-looking at our lifestyle choices and opting for a healthier diet has become even more essential now, as most of us are isolated at home because of the pandemic. The commitment towards a healthy life happens in the form of physical activity, exercise, recreation and physical health.

In order to stay healthy, we should control the things we can. Diet, exercise, stress management, being with the people we love, and a purpose to our lives is the formula. Creating a balance in our lives is an important part of wellness. Stay healthy, stay safe and inspire your loved ones to follow a healthy lifestyle!



The Harmony of body and mind

Pooja Mahajan
Little One, Chander Nagar

'Health is like money, we never have a true idea of its value until we lose it.'

Health, Well-Being and You

Health and well-ness are good for everyone. A healthy body has a healthy soul and mind. And a healthy soul and mind work very well as compared to unhealthy people. Health plays an important role in our life. Without health, you cannot have a happy personal life, nor a successful career. Well-ness is a state of mind and being. It usually comes from a harmony between body and spirit. If a person is kind, forgiving, empathetic, compassionate, amicable, truthful, honest and respectful by nature, she or he will most likely have well-ness. We're here to remind you and to re-inspire you to take advantage of your good health while you still can. This is because once your health is gone, money can't bring it back. Nor can money bring the joy and fun back that was best experienced when healthy. So, we've put together these inspiring health and wellness quotes to keep you focused on good health because good health is the ultimate wealth.

The keys to good health are:

- A working digestive system, an alkaline body, low stress, and a joyful state of being.
- A good laugh and a long sleep are the best cures in the doctor's book.
- You can enjoy life and be healthy at the same time.



Seerat Kalsi
Little One, Chander Nagar



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हिंदी दिवस



“हिंदी हृदय की भाषा है, जिसकी वजह से हमारे शब्द हृदय से निकलते हैं और हृदय तक पहुँचते हैं.”

ON September 14, Hindi diwas was observed in Seth Anandram Jaipuria School Varanasi, to celebrate the significance of our mother tongue. The Hindi Department organized a live presentation of students on a virtual platform.

Kids portrayed as renowned poets and poetesses like- **Kabirdas, Tulasidas, Shubhdra Kumari Chauhan, Mahadevi Verma, Ramdhari Singh Dinkar, Munshi Premchand** and many more and recited the poems written them, showcasing beautiful spirit of this language. Students highlighted the significance of the language in connecting the citizens of India and also invoked the youth of India to come forward and help in the upliftment of this language. The celebration concluded on a positive note that-

निज भाषा का नहीं गर्व जिसे, क्या प्रेम देश से होगा उसे.



Sustainable Development Goals



The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. The goals address the overwhelming empirical and scientific evidence that the world needs a radically more sustainable approach.

The 17 SDGs are integrated—they recognize that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability.

The creativity, knowhow, technology and financial resources from all of society are necessary to achieve the SDGs in every context. Our students have taken the initiative to spread awareness among themselves, the school and the society. We are right now, focusing on mainly three Sustainable Development Goals (out of 17) which are –

| | | |
|-----------|---|------------------|
| • Goal 13 | – | Climate Action |
| • Goal 14 | – | Life below Water |
| • Goal 15 | – | Life on Land |

The SDGs have helped students to develop certain skills and attitude within them, such as

- Environmental sensitivity and awareness,
- Respect for evidence,
- Willingness to change opinions,
- Open-mindedness,
- Motivation and encouragement for collaboration
- Tolerance of uncertainty, etc.



"Winners don't wait for chances. They take them."

National Sports Day Celebration

National sports day was celebrated in Seth Anandram Jaipuria School, Varanasi on August 27, 2021 with great enthusiasm and sporting spirit. There were total 50 participants in 6 events.

The celebration was inaugurated with the garlanding on the portrait of Major Dhyanchand and lighting the lamp by the Principal and Co-ordinators of the school. Thereafter Mr. Ashish Verma the physical education teacher reflected his profound knowledge on the importance of sports in our lives as well as threw light on the significance of the 'National Sports Day'.

Total six events including Badminton, Carrom, Chess, Race (50 m.), Relay Race (50x4), and Cricket were conducted for students. The prize distribution ceremony was organized after all the results were declared. The Director Mr. K.K. Pandey, SAJS Varanasi graced the prize distribution ceremony and gave away the medals and trophies to the winners.



How to Keep Yourself Healthy

It has been correctly said that, "A healthy mind resides inside a healthy body." Having a healthy lifestyle is all about choosing to live your life in the healthiest way possible. "Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health are closely linked, so that a change (good or bad) in one directly affects the other.

Fitness and health seems to be same for everyone but they have entirely two different meanings. Fitness can be defined as the physical ability to perform work, sports etc with ease. While health is a condition in which the body should have resistance capacity from all illness and all parts of the body should work fine without any problem. Your body should possess both fitness as well as health.

Holistic health is characterized by comprehension of the parts of something as intimately interconnected and explicable only by reference to the whole. So, when we use the word in reference to our health, what we mean is the picture of health

that includes not only the obvious physical factors, but mental, emotional, social, and even spiritual factors as well.

Gautam Buddha has beautifully quoted, "To keep the body in good health is a duty... otherwise we shall not be able to keep the mind strong and clear."

It is easy to learn and maintain bad habits but it is very difficult to switch them back. The issue of having a healthy lifestyle is very serious but the people take it very lightly. Often, it is seen that we take steps to improve our lifestyle but due to lack of determination quits in the midway.

Moreover, for a healthy lifestyle it is important that we should take small and one-step at a time. Also, we should not go overboard with it. Besides, this good health will help us in life in a lot of ways.

Nazia Ashraf
SAJS, Tarna
Varanasi

How to Keep Good Health

Health is the most important thing a person should possess and I think that it includes both the aspects of our life- physical and mental. Without health, all the wealth we have is just a waste. So, Staying healthy is very important.

Physical Health

Physical health is a very significant part. There are some very important tips as given below should be followed to keep healthy:

- Taking a well-balanced diet which includes all type of nutrients
- Taking regular exercise is of the greatest importance
- Taking proper rest. But, over rest is not desirable
- Treating diseases as soon as possible. We should always keep diseases in a check

In these ways, we can take care of our physical health.

A person may follow all the guidelines to be healthy, but, he / she can't be healthy always. This can happen when society is not important. For example, a person may stay very neat and tidy, but, if his/her surroundings are worst, his/her health will also be worst.

There are some other important points as mentioned below to be considered for keeping good health

- Keeping their surroundings clean.
- Prevent the spread of communicable diseases.

Mental Health

Mental health is the most important health, and also the scarce type of health. A person is mentally healthy if he/she is happy enough. Nowadays, a huge number of people suffer from mental diseases. The worse reason is today's lifestyle.

One can get away from mental diseases by following the tips as mentioned below:

- Think happy. Be happy ; this is The most effective and simplest step order to be healthy mentally.
- What others think of you, is none if your business.
- Never compare your inside with any one's outside. It always leaves you in tears.

So, being Healthy is not an easy task, one should be a good person too, in order to be Healthy. Be wealthy by health, not only by money.

Priteesh Dey
SAJS, Tarna
Varanasi



How I Keep Myself Fit

Life, a continuous journey of learning, brings great numbers of chances, challenges and opportunities to make it pleasant one but the same becomes a bitter one when we fail to give good care to its vehicle, our body.

Taking good care of my health was one of the life lessons my parents made sure to give me and perhaps that was a major concern the parents of the last generation had. We generally got engaged in outdoor games like Kabaddi, Kho-kho and varieties of races. It was the time when most of us were in the pink of health and the credit for the same goes to our parents.

Gradually, we all grew up as men and women of this ambitious world, got certain achievements to our credits but undoubtedly we failed to give due care and respect to the very medium that made us achieve all that we have today! Yes, you guessed it right, it's our body. Countless suggestions and ideas were woven around us like cobwebs; the same customized food chart, food supplements, yoga, gym and the list is a long one.

I always remember my father's suggestion in which he said that our body is our greatest friend and we should not make it angry. If our body is angry, it is very difficult to live with it! Keeping this suggestion in my mind, I always made sure to play any game that makes me sweat; no matter for half an hour only. The second important thing is to keep myself-engaged in some or the other sort of physical activity. Next in the list is to have good intake of vegetables and fruits. And the last but really not the least is to feel healthy and young. It can be possible when you think healthy and think like a young individual willing to put in your energy in whatever you do.

Manish Srivastava
SAJS, Tarna
Varanasi



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Events & Activities

Roots and Wings

"Children have a full time occupation. It's called PLAY! Let them be occupied by it from their early years until their twilight years."

Kindergarten is a preschool educational approach based on playing, singing, practical activities such as drawing and social interaction as part of the transition from home to school. Seth Anandram Jaipuria, Alambagh Campus, Lucknow conducted a number of activities for pre-primary and primary section, to facilitate children learn while having a lot of fun and widen their knowledge base. Monsoon brings new energy, strength and vigour. To celebrate the first showers of monsoon, the pre-primary students celebrated Monsoon Day on 4th August, 2021. All the students danced on the rhyme 'I hear thunder' and made related craft.

In order to make the little ones aware of the significance of our freedom, Independence Day was celebrated with much gaiety and alacrity. Students of the Primary section made National Flags and held them with great pride and honour. Online event was held where the students recited poems, sang songs and performed dance on patriotic songs.

Festivals are an eminent part of our cultural heritage, the significance of the same is reflected through the activities done by the students. **Raksha Bandhan**, which is a special occasion to celebrate the virtuous bond of love between a brother and a sister, was celebrated by making beautiful **Rakhis**. The children thoroughly relished this activity.

The birth of Lord Krishna '**Janamashtami**', was commemorated to seek the blessings of Lord Krishna. Students of Class I made Flutes whereas the students of class II made the images of lord Krishna with their palm. They also made peacock feathers with colourful sheets.

Ganesh Chaturthi, the birthday of Lord Ganesha, was celebrated with great pomp and show. The session had songs and some short stories. The teachers told the importance of this festival to the students. The students also made portraits of Lord Ganesha using squares of different sizes.

"What children need most are the essentials that grandparents provide in abundance." The unconditional love and support of the grandparents needs a day to celebrate. This event was celebrated by the students with great merriment. Students put in immense efforts and love and prepared beautiful cards for their grandparents.

Painting helps children in sensory development, colour concept development, fine motor development while having tons of fun. It is an integral part of our learning tools list. Activities as '**Fork Painting**' and '**Shapes Activity**' for the students of the Pre-Primary was an instant hit. All major festivals, important days have been celebrated in the times of pandemic, with hopes of normalcy returning while little kids continue to learn through them.

Eid Mubarak

Festivals are perceived as an important part of education as they can help to create a sense of national or cultural community among the students. Celebrations bring students closer to traditional beliefs. Seth Anandram Jaipuria Alambagh campus organised online Eid celebration on July 20, 2021.

The event began with the name of Almighty God. Abbas Zaidi of Class VIII continued the ceremony with the soul satisfying recitation from the Holy Book of the Muslims, The Quran.

NAAT which means praise was carried forward by Umam Siddique and Sahiba Bano of Class VI in their melodious voice.

Mrs. Uzma Hasan narrated the story of Eid ul Adha to the students using impressive slides for visual effect. She envisioned that the festival is celebrated to mark the supreme sacrifice made by Abraham and his devotion towards God. She concluded the event by appealing to everyone to not only shun the evil deeds and actions but also contribute towards working for the benefit of humanity by bringing in harmony.

Founder's Day Celebration

'Believe you can and you're halfway there.'

Founder's Day is a very important day and traditionally celebrated every year on September 18, 2021. Seth Anandram Jaipuria, Alambagh Campus celebrated its Founder's Day with great fervor and a lot of exhilaration. Students along with the teachers and parents participated in the event and made the day a memorable one.



The program started with the customary lamp-lighting ceremony. Homage was paid to our founder Mrs. Vimla Mehrotra an educationist, Sanskrit scholar and philanthropist. It is said what cannot be expressed through words can be expressed through dance. Aastha Singh of Class VIII presented a Ganesh Vandana. Everyone prayed to Lord Ganesha for great beginnings and greater success and to showers his blessings upon us. This event was followed by a short speech delivered by Bhavya Singh of Class VI. Her words enlightened us with the real denotation of 'Founder's Day'.

The honorable Principal of our school Mrs. Krishna Kumari welcomed the guests and the audiences. She expressed her gratitude to the Management for their unstinting support. She thanked the staff and the parents for their relentless support and contribution in promoting the well being of the children. Every year on Founder's day we appreciate and lift the morale of the students who set high grades and standards. Certificate distribution was conducted by the school in order to boost the students and award them for their hard work.

Students with excellent grades and 100% attendance were awarded. Students were congratulated for bringing laurels and making the School proud of them.

Kaashvi and Aradhya of Class II cheered the spectators with their joyful dance performances. The students Class III were no less. The program steered with the poem recited by Akshaj and a dance performance by Aarna. Dance performances attract a lot of energy and it's a widely adored artistic expression. Thus we had another dance performances by Mishthi of Class IV and Aparajita Ghoshal of Class V.

Every year new policies are introduced in the educational sector. In order to highlight some of these Aadya of Class VII came forward and brought forth the need and significance of the same. Devotional singing includes in you a desire for experiencing the truth, to glimpse the beauty that is God, to taste the bliss that in the Self. Mansi of Class VIII sung some bhajans in order to encourage us to dive into Self.

'Yesterday is a dream, tomorrow is a vision, but a day well lived is a life forever.' Mrityunjay of Class IX narrated to us the visions and dreams cherished and lived by our founder. He brought into light the idea of the high quality education which helps us strive to become better every day.

Thanking is not enough but following the tradition we had a vote of thanks given by Rameeza Faisal of Class VII. She thanked the audience for keeping patience and also supporting the school in every sphere.

Founders day event concluded with the singing of National Anthem leaving a bench mark for the upcoming year and yet challenged to become smarter and better.

Quiz Time Online

"Competition is not Wining. It's about preparation, courage, understanding and nurturing young minds, with a heart do the best to succeed"

Virtual quiz was organized at Seth Anandram Jaipuria School Alambagh Campus, Lucknow for classes 6 to 10 in two groups. Group I had students of classes 9th and 10th and Group II for classes 6th to 8th. The first round was the elimination round conducted on Google forms. It was mandatory for all students of classes 6 to 10 to participate in the first round. Elimination round consisted of 50 questions encompassing general awareness, current affairs, art, culture, literature, history and science. The final teams were made based on results of elimination round. Four teams played in each group. Each team had three members.

The teams met for final round on July 31, 2021. This round had three sections. Group in charges sent the final scores to the two quizmasters of group I and 2, to compile the final scores. Results were announced and certificates were given away the next day. It was a nail biting unique experience of team work and collaboration. The experience of online quiz was no less exciting and challenging than live physical quiz and an excellent example of our adaptability to survive and succeed with pride.



Check Mate with Brazilian Jiu Jitsu

As the pandemic ravaged the world, suddenly everyone realised the value of being healthy. We always knew that one must work out every day but few people were actually practicing the idea. But this attitude towards health and fitness has drastically changed and now everyone is doing at least some form of exercise.

There are many means of achieving physical fitness like swimming, dancing, body building, games and sports etc. This session we introduced our students to **Brazilian Jiu Jitsu**, which has been my personal choice towards fitness throughout. More than just a workout, it is often referred to as 'human chess' in that it exercises both the body and the mind. Most importantly, unlike many other sports and physical activities, Jiu jitsu is unique in that it can be done by anyone and just anywhere.

The physical benefits of Jiu jitsu are immense and well-documented. Jiu jitsu presents a combination of dynamic and explosive movements with pressure-based isometric pushing, pulling, and holding. It helps to develop increased strength and cardio, as well as promotes weight loss and improved muscle tone. Here one is constantly responding to another person's movements hence Jiu Jitsu also heightens our body awareness, improves balance and reactive ability.

Jiu jitsu is also an incredible mental workout. For one, it provides the challenge of learning a new activity, with limitless variations of movements, techniques and submissions. It also develops our reasoning skills, in that one is constantly planning its next step, both when one is in an advantageous position or a defensive position. As an activity practiced with another person, it increases one's ability to think quickly and 'on your feet' in response to one's partner's movements, as well as to remain calm and controlled when you find yourself in a defensive situation.

For many, it also provides an outlet for the stresses of daily life. When you step on the mat, everything else is put to aside for a moment, while both the mind and body are engaged in learning Jiu jitsu.

Jiu Jitsu was designed and developed so that a smaller, weaker person can defend his or herself against, or even defeat, a larger and stronger opponent. Besides self-defence, it is an excellent method of promoting physical fitness. So regardless of age, size, gender or physical limitation, any person can utilize the techniques and principals of Jiu jitsu, and reap the benefits of its practice.



Monish Ghosal
Physical Education
SAJS, Alambagh,
Lucknow.

Eating Disorders

An eating disorder is an illness that involves an unhealthy feeling about the food we eat. It affects women, men, children, from all ages and different races. People who have eating disorders usually see themselves as being fat when they really aren't. This usually deals with women or teenage girls mostly. They watch television, movies, read articles in magazines, and see pictures of the celebrities whom they want to be like because they have the 'ideal body' that everyone wants and craves for. The media makes us all think we need those types of bodies to be happy with ourselves.

But in order to be happy with ourselves, we need to stop comparing other people and seeing what's missing in ourselves. Stop buying the magazines and diet products, stop looking at the people in the television and movies, and just be you. We need to have more confidence in ourselves and show other people what we can get in life even without having the perfect body.

People who have Anorexia Nervosa have this fear of gaining weight so they result by not eating regularly or eat little amounts of food or not eating at all! People see themselves as

being fat when they are actually skinny. "Anorexics usually strive for perfection; so in doing this they feel like not eating anything can make them look perfect and have the body they want. The lack of food can cause a person to become very thin, develop brittle hair and nails, dry skin, and a low pulse, low immunity and suffer from constipation and sometimes diarrhoea.

Anorexics people also feel that the only thing in their lives is food and their weight and this shows that they are suffering from low self-esteem for themselves. But one should always understand and also know that we are meant to embrace and love ourselves not develop ourselves into something this world wants. **So Always Be You!**

Jyoti Paul
English TGT
SAJS, Alambagh,
Lucknow.



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Life and Good Health

Good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress as healthy population is more productive, saves more and lives longer. Health has an important role in feeling happy as there are many people who suffer from diseases and have never tasted happiness.

Eating a healthy diet can help boost your immune system, help you maintain healthy weight can improve your overall well-being. Add more fruits and vegetables, drink lots of water, get regular exercise, to prevent different diseases. It is therefore essential that we should try to acquire good health. Good health cannot be bought, it can only be wrought. As we know health is wealth, unfortunately very few care about this wealth. People spend sleepless nights, running after material wealth is to have good health.

Every one has gone through phases made by long hours of work, erratic phases made by and little sleep to top it. It makes us feel drowsy throughout the day fatigued seriously negative effects on your emotional and rational capabilities. It is important for an adult to get about 8 hours of sleep every day, with balanced diet and at least 30 minutes of exercise of any kind.

Eating the right kind of food, in the right amount is very crucial for our health. Covid -19 pandemic has changed a lot in the daily lives of people. During these difficult times, it is essential to maintain a healthy lifestyle. While no food or dietary supplements can prevent covid-19 infection, but by maintaining a healthy diet we can keep our immune system strong for fighting the diseases. In a nutshell, we cannot ignore health as it is extremely precious and our life, happiness, work, achievements depends on it.

Jenetta
Maths Teacher
Mirzapur School

Key to Good Health and Lifestyle

The medicines for the diseases might improve our mental and social health to some extent; however, good health in its broadest sense can only be achieved through improved lifestyle.

Lifestyle constitutes of our way of living in aggregate; the way we eat, sleep, and perform our daily duties. It also comprises of the more abstract and complex behaviours like our thinking patterns, beliefs, manners, social interaction, and so on. Thus, lifestyle comprises our culture, which we can improve to achieve a sound health. For example, rather than relying upon medicine after catching a disease, we can prevent most of the diseases through balanced diet, regular exercise and proper rest. Similarly, we can improve our social and mental life by maintaining a healthy social relationship with everyone. Therefore, lifestyle change can provide us a sound physical, mental and social health.

Many people have addictions such as smoking, drinking alcohol, etc. Cigarettes, tobaccos, alcohols and drugs are harmful for the health of everyone. They affect the organs of the people like lungs, liver, kidneys and so on. All these harmful effects cannot be stopped by using medicine. The only way to get rid of these harmful effects is to change one's own lifestyle.

In conclusion, achieving a good health is not a function of single factor but a combination of many different variables. While medicine can be one important factor, lifestyle clearly can play a better role in providing a sound health to people on all three grounds: physical, mental, and social. Also, since the lifestyle solves the health problems from grassroots level, the solution are more long lasting than that of medicines.

Prakriti
Environmental Studies
Mirzapur School



SETH ANANDRAM
JAIPURIA SCHOOL

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SATNA

Yoga Day

Seth Anandram Jaipuria School Satna celebrated the Yoga Day on June 21, 2021 for classes 1 to 7 online with much fervour and enthusiasm. The online assembly and celebration depicted the innumerable benefits of Yoga.



Earth Day

Earth is God's best gift to us. The Earth does not belong to man. Man belongs to the Earth. Love the Earth as you would love yourself. Under the guidance of respected Principal ma'am, Ms. Kajal Mehta, our school, we at Satna campus celebrated the Earth Day with full vigour. The objective was to sensitize the students towards the conservation of Planet Earth.



Yellow Day

Shades of yellow stimulate our little ones with happiness, energy and optimism....." With an objective to recapitulate and reinforce the effects of yellow colour, the pre-Primary wing celebrated 'Yellow day' on July 29, 2021. A Day dedicated to the yellow colour was marked with children dressed in different hues and tints of yellow. Children were not only beautifully dressed in their favourite yellow dresses but also brought yellow objects to make it a complete "Yellow Day"! The teachers recited poems and narrated stories related to the theme.



Our Body is Our Garden

Early to bed early to rise makes the person healthy, wealthy and wise. If we follow this magic mantra in life, our life will be balanced and blooming with flowers like in a garden. As a gardener takes care of his garden, it is mandatory to take care of our body likewise. Every 35 days, our skin replaces itself. Our liver about a month. Our body makes new cells from the food we eat. What we eat literally becomes us. You are what you eat.

Your healthy daily routine becomes utmost important to make your body healthy. A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood. To lead a healthy lifestyle, one needs to be active and take care of

- Physical fitness
- Mental fitness

Physical fitness: includes 4 important aspects; cardiovascular endurance, strength, flexibility and a healthy weight. Along with this, adequate sleep and healthy nutrition is also paramount.

Mental fitness: mental fitness is also as important as physical fitness. Physical fitness helps our body to stay strong and mental fitness helps us to achieve and sustain a state of good mental health. We enjoy our life and environment only when we are mentally healthy. We also can be creative, learn, try new things and take risks. Mental fitness also includes self-acceptance, self-esteem, resilience and the ability to manage strong emotions. Affirmation, visualization and relaxation are the components of mental fitness.

He who plants a garden, creates happiness.

He who takes care of one's health, creates a robust body!



Kajal Mehta
Principal
SAJS, Satna

How to Stay Healthy in a tight schedule of profession

When our time schedule is busy and demanding, then caring for our self is usually the last thing on our mind. Lesson plan definition, teaching schedule, execution of activities for kids, grading of papers often take precedence over exercise, sufficient sleep and healthy eating. This kind of lifestyle will for sure result in burnout and create high stress levels. However this kind of stress and burnout can be avoided with a little planning and thereby have a work-life balance. Using the below mentioned tips we shall be able to take better care of ourself and at same time will be able to take care of our professional responsibilities including family commitments.

- **Drink plenty of water**
When we are too much focused in our work, we often tend to drink less of water during a day. Drinking plenty of water is necessary to stay hydrated and keep us active thereby increasing our productivity.
- **Participate in social activities**
Meeting friends, socializing with them, having a hearty talk and laugh with them keeps us happy, active and healthier. Friends help us rejuvenate life. Also try to engage in our passion or hobby as this helps us to divert our attention from the day to day life.
- **Don't skip meals & eat healthy food**
Never skip meals in order to finish work as this disturbs our body system. Instead, eat small healthy snacks between meals and eat healthy food so as to balance our metabolism, normalize our blood sugar, and maintain our energy levels. This will increase our productivity and maintain high energy.
- **Take frequent breaks & sleep well**
Being busy at work and not being able to take a break can cause

stress thereby impacting our abilities to produce quality work. Hence it is recommended to slow down and instead take a walk, do breathing exercises, or read a book. Taking a break will improve our mood, increase our productivity and prevents eye strain. Avoid taking caffeine in an urge to stay awake. Instead, sleep well and recharge our body. Not getting enough sleep, increases chances of getting chronic illnesses.

- **Attend phone calls while walking**
Every 1 hour, we should get out of our chair for at least a minute. During this time we can fetch a glass of water, or walk down to take printout or attend our calls while walking. This will help us straighten our posture, reduce fatigue in muscles, and thereby refresh our mind.
- **Yoga, meditation & exercise**
We shall start our day with yoga, meditation or stretching exercise. It will help us be stress free, reduce anxiety, calm our nerves, rejuvenate our mind and maintain sufficient level of oxygen.
- **Plan our schedule well in advance**
Apart from our professional commitments, we shall reserve our schedule for activities which allow us to recharge and thereby add value to our life. For example, daily exercises, hobby classes, weekend gathering, family activities and yearly vacation. This will rejuvenate and motivate us.

Rashmi Advani
SAJS, Satna

Lemonade Activity

Little hands of Nursery did a Lemonade activity. It helped to develop Fine motor skills which involve a refined use of the small muscles which control the hand, fingers and thumb. With the development of these skills a child is able to complete important tasks.



Swar Gyan

Nursery children of SAJS had so much fun playing with dough! This fun activity helped kids to learn alphabet letters and enhance their fine motor skills. When a child moulds dough, their experience of forming a letter(s) on their own makes them positive and enhances their recognition skills. Swar आ was introduced wherein the little ones of Nursery learnt the recognition of swar आ and the objects related to it in a very creative and fun loving way.



little
ONE
THE JAIPURIA PRESCHOOL
VIKAS NAGAR



Events & Activities

Creative Learning and Development Activities

Teaching should not be limited to textbooks and blackboards. We, at Little ONE, Vikas Nagar believe in providing our students opportunities of participating in various activities, events and competitions to make learning an interesting and enjoyable exercise. Here is an account of a few activities conducted in school.

Friendship Day

'Friendship Day' is just an opportunity to let our friends know that we value their presence in our life. The students of Little ONE, Vikas Nagar celebrated Friendship Day with enthusiasm. The students prepared a colourful necklaces for their friends. The value of 'Sharing is Caring' was discussed in the session by the teachers. The session concluded with students hugging their friends virtually and presenting each other with a Friendship Day craft.

Virtual School Tour

Trips and Tours are important for interactive learning, social interaction and exposure to eradicate boredom and enhance knowledge while comfortably sitting at home. The students of Pre-Primary got the opportunity to 'Walk Through' the school and view the campus. The students were super excited for the session and loved seeing their school virtually.

Mango Party

Mango, the sweet, juicy, tropical fruit added to any dish, instantly makes the dish a hot favorite. In the Mango party, students diced mangoes in an artistic way. Finger dabbing activity on a mango cutout was enjoyed by all. The teachers made them aware of the benefits of this natural fruit. The children cherished the fruit with joyful emotions.

Van Mahotsav

A 'Go Green' initiative was introduced to promote afforestation and growth of trees on the occasion of 'Van Mahotsav'. The plantation drive was organised on July 3 & 4, 2021. The staff and students planted 5 saplings each and nurtured the potted plants at home. The event helped to bring awareness about the environment around us. Students got to learn a lot and will always cherish the memories of this important occasion.

Yoga Day

Yoga is an invaluable gift of India's ancient tradition. The 'International Yoga Day' was celebrated on Monday, June 21, 2021, with much fervour and enthusiasm. A virtual yoga session was organised for students, parents and the staff. Our Yoga Instructor shared various benefits of practising Yoga regularly. The yogic drill included yogic jogging, several forms of Pranayam and much more. It was quite a refreshing session for everyone.

Father's Day

'A father's tears and fears are unseen, his love is unexpressed, but his care and protection remains a pillar of strength throughout our lives.' 'Father's Day' was celebrated virtually on Friday, June 18, 2021 with enthusiasm. The students showcased their love and respect for their fathers through a 'Card Making' activity.

Mother's Day

The moms, as well as the students, had a splendid time together in the virtual celebration of Mother's Day. The students of Pre-Nursery to grade II brought a smile on their beloved mothers' faces by presenting beautiful handmade cards. Each card was special and different in its own way. The tiny tots sang songs and also spoke about their mothers. It was a pleasure watching the children preparing lemonade for their mothers.

Summer Camp

Summer is not just about sweltering heat; it is time to mix learning with a lot of fun and frolic at the Summer Camps. Starting first week of June, Little ONE Jaipuria, Vikas Nagar conducted an innovative seven day programme for children of all ages. It was an interesting and thrilling experience for the students as it was full of fun filled activities. The summer camp ended with the distribution of appreciation badges to all the participants.

In Pursuit of Wellness

Nowadays, people work full-time and look after their families as well. This makes them extremely busy. In an attempt to get everything done, they tend to neglect their own health and well-being. There is an old saying, "You can't pour from an empty cup" and that is true for all of us too. If we are not fit ourselves, we won't be able to take care of our families or focus on our job. It is time to make a change. However, changing is not easy. Quitting old habits and creating healthy ones can be arduous and even discouraging at times, but it's not impossible.

To build a healthier lifestyle, we should:

Practice Mindful Eating

Mindful eating is an effective tool that helps one to eat healthier with minimal effort.

Go for a Walk

Finding time to exercise is a real problem for most of us. However, regular exercise is important for a healthy lifestyle. In fact, lack of exercise is linked with poor mental and physical health. There are many ways to fit exercise into our daily routine, even with a busy schedule. For instance, walking during lunch break can greatly improve our health and well-being.



Disconnect From Technology an Hour Before Bed

Quality sleep is unquestionably essential for good health.

Try Regular Meditation

Research has shown that meditation alleviates stress and improves overall health.

Take a Break

Cutting ties with the outside world from time to time allows us to recover from stress, and helps us to think innovatively and creatively. It recharges us and increases efficiency. It is important to take a break from work and go on a vacation. Whether the vacation consists of a one-day holiday or a week-long trip, it's important to take time off physically and mentally to recharge. These small changes can have a big impact on our health and quality of life.

Ms. Tripti Prem
Headmistress
Little ONE, Vikas Nagar



SETH ANANDRAM
JAIPURIA SCHOOL

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NAINI

World Environment Day

Celebrating World Environment Day

5 June, Saturday, 2021

Our Teachers Planted Saplings To Do Their Bit For The Environment.



Our school celebrated the World Environment Day on June 5, 2021. The School Principal, Vice Principal, Committee members, Staff members and students (online) were the active participants of the celebration. The school's Principal welcomed the audience with the welcome speech motivating all to save Mother Earth. Vice Principal initiated the celebration of the event by welcoming the special guests and the event started by lightening of the lamp. Students were active participants in online celebration.

The celebration came to an end with the pledging to take the initiative of saving the environment. The pledge was followed the plantation of trees in the school campus by the special guest. The event ended with farewell gifts. The guest, along with all staff members were gifted with medicinal and auspicious Tulsi plant.



Independence Day Celebrations

This year as on August 15, 2021 the celebration of Independence Day was held in a mesmerizing way in the campus of Seth Anandram Jaipuria School, Naini Prayagraj. The celebration started with the lighting of the lamp by the Chief Guest and the dignitaries and then followed by Ganesh Vandana. The Flag hoisting was done by the Chief Guest Dr. Ajay Kumar with the National Anthem followed by National song.

The second part of the celebration was the colourful programmes which were inaugurated by flying a bunch of colourful balloons in the air followed by an inaugural speech by the Principal of School, SAJS, Naini, Mrs. Ritu Srivastav. The programs was hosted by Ms. Harshita Dubey and Mr. Saaranish Dutta. The programs included songs, dance and speech. The Chairman of the school also gave a speech followed by the teachers which reminded us of the struggle, blood and sacrifices that our freedom fighters did to give us this Independence of life.

The programme was ended with the National Anthem.

Hindi Diwas Programme

A short Programme of Hindi Pakhwara was held on September 27, 2021 at Seth Anandram Jaipuria School, Naini Branch.

The programme started with lighting of lamp with a Vandana by teachers. The Principal, Vice-principal, Additional Director, guest of Honour Mrs. Usha Mishra, Members of Management committee were a prominent part of the programme. Students of the secondary class and senior secondary section actively participated in the debate competition which focused on the importance of Hindi language. Students through their speech emphasized on the origin of Hindi language, acceptance of Hindi as language and its role in our society.

Programme proceeded with the Poetry of guest, Mr. Bihari Lal Amber ji along with the result declaration. The Chief Guest congratulated the students for their efforts, presentation and discipline throughout the programme. The programme ended with vote of thanks by Vice-Principal Ma'am, and a Tulsi plant was gifted to the guests.



Joyful celebration of Teacher's day

A function was held in the school premises wherein our school celebrated one of the dearest programs of school life, The Teacher's day.

The School's Principal, Vice Principal Committee members, Staff members and the students paved way for a successful celebration. The chief guest for the program was Cabinet minister Dr. Rita Bahuguna Joshi Ji followed by other elite professors of the city.

The Program began with lighting of lamp and Ganesh Vandana. Saraswati Vandana performed by Sarita Ma'am was hummed by everyone present around there. The function continued with dance performance on Saraswati Vandana by Ms. Palak and Ms. Akriti followed by the Welcome speech of our Principal Ritu Srivastava. Further, the function witnessed a mesmerizing group dance by a mix of students, Guru Vandana performed by the student choir and a melodious song by class I Ith Shrey and team.

This was followed by giving mementos to Guests and teachers. The chief guest shared her token of love and thanked in her speech followed by a Vote of thanks by Vidhayak Sir which was a touching speech.



Demands for Better Healthcare in School



Shweta Singh
Seth Anandram Jaipuria School,
Naini, Prayagraj

The interval between childhood and young adulthood (10–19) represents a significant phase of transition, comprising remarkable development across biological, psycho-social and environmental spheres. This period is considered to be a critical time for health and well-being where lifelong health behaviours and attitudes develop. Hence, it requires health services to be provided at the school itself which should include checkups, access to basic medication, and most importantly workshops and trainings on reproductive health for young students.

Quantitative and qualitative improvements in the delivery of food that should include locally available seasonal fruits too in school canteens, is an important demand, especially since good nutrition is directly related to better health and well-being. Additionally, a cleaner environment, along with better sanitation, hygiene and proper garbage disposal facilities, are important in schools.

On the other hand promoting mental health as a core role in education helps students to flourish in their education journey, build resilience against adversity, develop protective factors from mental ill-health and provide them with skills and confidence to self-seek help for early intervention.



Way to Health and Happiness

"Health is wealth and not pieces of gold and silver." And we have realised that it is so true. Therefore, we need to understand what is the actual role of health and well-being in achieving Happiness.

According to Dr Hahnemann, the father of Homeopathy, "Health is a perfect state of mental, physical, social and spiritual well being"

Well-being refers to the state of being comfortable, healthy and happy. It is a combination of physical factors such as nutritious diet, regular exercise and enough sleep etc. Social, intellectual and emotional factors such as good relations with people, being financially sound to meet our requirements and enjoyable & fulfilling career. Above all, the most important thing is the spiritual well-being which gives us strength to deal with the day to day challenges and problems, inevitable in our life. When we are spiritually sound we can manage all the situations of life because no life is without problem it may be physical, mental, financial or relationships.

We can say that many times physical illness is a manifestation of the hidden mental anguish. Everyone will appreciate that other than heart, liver & brain etc the most important & powerful aspect to be happy is our thought process because our thoughts can make us sink or also can make us fly. Our heart is the reason for our thoughts and behaviour which make us feel the pleasure, joy and misery, anxiety and ecstasy etc. All are caused within; hence the best medicine is a proper mindset that we all need to develop through an optimistic thoughts and positive attitude within ourselves.

In a nut shell, we can say a disciplined life based on sound spiritual philosophy gives us wisdom, courage, compassion to develop perseverance, hope & the right perspective to any situation, leading to good health and well-being. Since we understood that health is an important investment in our life, let us to invest in it on daily basis.

Shalini Srivastava
Vice. Principal
Seth Anandram Jaipuria School,
Naini, Prayagraj



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NANPARA

Events & Activities



Janmashtami Celebration

On August 29, we celebrated the birth of Lord Krishna with full zest and vigour and our tiny toddlers enjoyed this event very much. They dressed up like Radha and Krishan and performed very well in front of their classes. They also played games like musical chairs and passing the ball. The winners got gifts too.

B.R.Ambedkar Jayanti

To pay tribute to his contributions, we celebrated Ambedkar Jayanti on April 14, 2021. A special assembly was conducted by the teachers online, in order to commemorate his teaching, its impact and significance during his time. Special videos describing his life were prepared and presented by the teachers, and forwarded to all the class groups in both Hindi and English. We organised an online Quiz competition for the students from classes 5 to 7. Students participated in this session with great zeal and enthusiasm.



Community Helpers' Day

Community Helpers' Day is a wonderful way to broaden the child's horizon and help them learn about the world beyond home. Community helpers make communities cleaner safer and more pleasant for other people. Students dressed up like community helpers took pictures and sent to the class teachers. With this celebration, the students understood the importance of these people in our society.

Mother's Day

The Influence of a mother in the lives of children is beyond calculation. No language can express the power and beauty of a mother's love. We, at Seth Anandram Jaipuria School Nanpara took an opportunity to honour mothers, these amazing woman who shaped our lives! Our event of Mother's Day included a song sung by each child for their mother, making a video of one minute of the same and sending it to the teacher. The Mothers also had to sing and dance with their children and send to the teachers. The event was innovative and the parents and children, enjoyed beyond compare!

Baisakhi Celebration

Baisakhi Celebration marked the beginning of festivals at our school. Baisakhi was celebrated with great enthusiasm. The motive behind the celebration was to apprise children about the culture and heritage of our country. Students enjoyed dancing on Bhangra beats and took part in Fancy dress competition as well. Students in higher classes talked about the importance and essence of the celebration. These engaging and fun filled activities were planned in such a manner that the students felt confident and connected to each other.



Independence Day (August 15, 2021)

We celebrated Independence Day on 15th August. Our school celebrated this day as "Azadi Ka Amrit Mahotsav". We started this occasion with the flag hoisting. Students performed various cultural programmes based on Patriotism.

Gandhi Jayanti

We celebrated Gandhi Jayanti with great enthusiasm. We started the event with flag hoisting followed by National Anthem. The teachers organised various competitions like fancy dress, colouring, matching with pictures, quiz, Sudoku (puzzle game) and Parent's drawing competition. All the students participated in this event. We ended the day by distributing participation certificates. The day ended on a positive note.

"Health is wealth" very rightly said. Fitness is the cornerstone of good health, because a healthy body leads to a healthy mind and a healthy mind leads to emotional wellbeing. Adolescents experience rapid physical, cognitive and psychosocial growth. This affects how they think, make decisions and interact with others. Now during this phase adolescents may develop behaviour patterns related to diet, physical activity and substance use that may adversely affect their mental and physical health.

To grow and develop in good health, it is important that the youth make informed choices, which can only happen through age appropriate comprehensive education, opportunities to develop life skills, health services that are acceptable, equitable, appropriate and effective; and safe and supportive environments. They also need opportunities to meaningfully participate in the design and delivery of interventions to improve and maintain their health. Expanding such opportunities is the key to responding to adolescents' specific needs and rights.

Depression is a leading cause of death in the age group of 15 to 19 years all over the world. Many factors have an impact on the well-being and mental health of adolescents. Violence, poverty, stigma, exclusion, and living in humanitarian and fragile settings can increase the risk of developing mental health problems. Building socio-emotional skills in children and adolescents and providing them with psycho-social support in schools and other community settings can help promote good mental health.

Health of Adolescents



Ashley Oswald Fernandez
Principal
Seth Anandram Jaipuria School,
Nanpara. Bagraich



Events & Activities



Independence Day

Our children celebrated the 75th Independence on August 15, day to remember with pride the commitment and contribution of our brave freedom fighters who sacrificed their lives for the freedom of our country. The celebration started with the Flag Hoisting followed by dance and craft activity of making flags in their scrap books. Our children also dressed up as freedom fighters.

Janmashtami

On August 30, we organized a grand event in our school. Parents actively participated in the event by narrating 'Baal Leela Stories' of Lord Krishna. Dance performance by our little ones on the songs "Choti choti gaiyan" and "Kanha soja zara" left everyone mesmerized.

Ganesh Chaturthi

On the occasion of Ganesh Chaturthi on September 10, our children watched the movie 'Baal Ganesha' and had a fun time. After the movie watch they talked about the importance of Ganesh Chaturthi and about Lord Ganesh's favourite sweet 'MODAK'. With the help of their teachers, our children really enjoyed making tasty coconut ladoos in class.

Vegetable Day

A vegetable market was set up by our little ones. They dressed up as a vegetable vendor. Our children learnt about fruits and vegetables. A vegetable vendor came with his vegetable cart and the children purchased their favourite vegetables from him. They also did bubble wrap painting on brinjal cut out.



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SITARGANJ



Yugal Kishore Pant
Seth Anandram Jaipuria School,
Sitarganj

Maintaining health and fitness helps an individual to be in a state of well-ness. It provides the capability to work tirelessly and without rest, though it requires not only balanced diet but also regular physical exercises.

The common man doesn't understand the importance of being healthy and fit. Generally, good health is given less importance as the people are not aware about its paybacks.

Being healthy and fit helps us to accomplish our assignments, but being healthy does not mean only physically; but also an unruffled mind.

We must be aware about all the aspects of keeping the body and mind fit. Some know very well how to keep the body clean but they do not get benefitted as some problems keep lingering in their minds. Mental tensions make the body weak gradually.

Health and fitness is the blend of good habits and healthy lifestyle, though physical health can be maintained by eating good and healthy food but to maintain mental health, one must be positive in his/her thoughts.

We must participate actively in our daily chores. The foremost motto of life should be to be healthy and it doesn't need to exercise for hours daily but little sincere efforts help to a great extent.

In the society today, there is an extensive range of definitions of health and well-being which can be seen as both positive and negative. A Holistic view can also be identified and defined. These definitions of health have changed over time and will carry on changing in future. According to the society, everyone will have different meanings and views of health and well-being. This may be due to what one person perceives as being healthy as another person may not. A positive view of health can be seen as when a person is more likely to achieve and sustain physical fitness from exercising and is mentally stable.

little
ONE

THE JAIPURIA PRESCHOOL
JAJMAU, KANPUR

Make a commitment to your health



Himanshi Gupta
Teacher
Little One, Jajmau, Kanpur

The coronavirus (COVID- 19) pandemic can make it challenging to maintain a physically active lifestyle.

In this time of era it is difficult to maintain our health due to our busy schedule of work it can be exhausting trying to balance your work schedule, family, and social life. So when it comes to making time for yourself, it can seem almost impossible.

If you are struggling to balance a busy schedule staying healthy is probably the last thing on your mind. However, health plays a vital role in your productivity and ability to get through your day and it's extremely important that you find ways to maintain it.

The very first way is sleep when you are not getting enough sleep you increase your chances of contracting chronic illness including a stroke, obesity, depression, kidney disease and heart disease. So how much busy you are it is important that you set a time to shut down for the day to get a full night's rest.

The second way is drink a lot of water and keep your body hydrated all the time. The body needs water in order to function.

How to be Healthy in Tough Times

When the school was functional and the kids were physically attending classes, being a teacher, I had to run from one class to another, to the Principal's office, or to ran after each child. It was somehow a kind of exercise. And unknowingly, this schedule was keeping us fit.

The COVID-19 pandemic has had major impact on the health system of the vulnerable population, such as older persons, minorities and people living with some disability.

Home teaching in itself is a source of stress with pressure to take on new responsibilities with limited time or resources. Sitting at one place for hours and hours has worsened the health conditions of the people at large. Not going out, not meeting friends and relatives, in short, meant less movement of the body. This had a negative impact on us all. Diseases like anxiety, depression, difficulty in sleeping, breathing, eating, loss of taste and loss of smell is overpowering population. In a situation like pandemic it is normal to feel sad, worried, confused, scared or angry.

But....Get going!

When there are scanty options or no options, embrace the situation with wide open arms. Its been high time we have to stop complaining and crying for the things and situation that

can't be changed. So, take up the responsibility of taking care of your own health, smilingly! In order to be able to deliver the best to all, one should invest in oneself!

Here are some top tips for all of us to keep going and remain strong, healthy and happy.

- Take time out for your hobby.
- Make healthy eating and exercise a priority. You absolutely must make time in your day to exercise
- Meditate. You should learn the best breathing techniques.
- Get enough sleep and get up refreshed every morning.
- Enjoy time with your family
- Get regular health checks
- Seek medical help at any earliest sign of any illness or mental stress.

Hope to see, not 'new normal' but our 'Old normal' soon.

Hina Mustajab
Teacher
Little One, Jajmau, Kanpur

मन के हरे हर है, मन के जीते जीत

सेहत के लिए: बीमारी से ज्यादा बीमार सोच से बचना जरूरी

कोविड ने दुनिया को बताया की जिन्दगी कितनी कीमती है और उसके लिए प्रकृति का साथ कितना जरूरी। सेहत दुरुस्त रखना आज के दौर की सबसे बड़ी जरूरत है इसके लिए आपको नियमित दिनचर्या अपनानी होती है और खानपान का ध्यान रखना होता है। ये बातें सभी जानते भी हैं और अब समझने भी लगे हैं। हमारी पुरानी परम्पराओं जिनमें योग जिन्दगी में शामिल था, जिनमें काढ़ों का प्रयोग था, हर कर्म का एक वक्त तय था। हमारी आदतें जो पहले काफी वैज्ञानिकता पर आधारित थीं जैसे सुबह जल्दी उठना, रात को जल्दी सोना और हाथ मिलाने की जगह नमस्ते करना, घर में जूते- चप्पल उतारकर प्रवेश करना, हाथ मुंह धोना। मौसम के अनुसार भोजन में बदलाव करना। इन आदतों को अब वापस अपनाया जा रहा है।

जी हां आज के माहौल में बीमारियों से बचना जरा मुश्किल हो गया है। किसी को आनुवंशिक बीमारी ने घेरा है, तो कोई पर्यावरण की मार झेल रहा है। बीमारी से लड़ने के लिए हमें सकारात्मक सोच को बनाये रखना होता है, जिससे बीमारी जल्द ही दूर हो जाती है।

मन पर कभी भी अपनी तकलीफ और बीमारी को हावी ना होने दे क्यों कि मन से शरीर के तार जुड़े होते हैं और वो उस पर अपनी प्रतिक्रिया भी देते हैं। वैसे तो कई उदाहरण आपको अपने आसपास ही देखने को मिल जाएंगे, जिन्होंने अपनी बीमारी से जंग लड़कर न केवल अपने अस्तित्व को कायम रखा बल्कि दुनिया को एक सबक भी दिया।

“ऐसे ही एक इंसान जिन्होंने बीमारी को एक-दो साल नहीं बल्कि 50 से भी ज्यादा सालों तक मात दी। जी हां हम बात कर रहे हैं स्टीफन हॉकिंग की जिन्होंने अपनी शारीरिक अक्षमता के बावजूद विश्व के बड़े वैज्ञानिकों में अपना नाम दर्ज किया। उन्हें मोटर न्यूरोन नाम की बीमारी थी। इस बीमारी में मनुष्य का नर्वस सिस्टम धीरे-धीरे खत्म हो जाता है और शरीर के मूवमेंट करने और कम्यूनिकेशन पावर समाप्त हो जाती है। स्टीफन हॉकिंग के दिमाग को छोड़कर उनके शरीर का कोई भी भाग काम नहीं करता था। ऐसी बीमारी के बावजूद उन्होंने जीने की उम्मीद नहीं छोड़ी और अपनी जिन्दगी में नए मुकाम हासिल किये।

और दूर क्यों जाएँ हमारे पैरालम्पिक खिलाड़ी जिन्होंने अपनी शारीरिक अक्षमताओं और बीमारियों के बावजूद देश का नाम रोशन किया। इसलिए सेहत बनाये रखने लिए उसका ध्यान रहने के साथ सोच को भी सकारात्मक रखना चाहिए।

सकारात्मकता हमारे आसपास के वातावरण को भी बदलती है।

मेखला
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