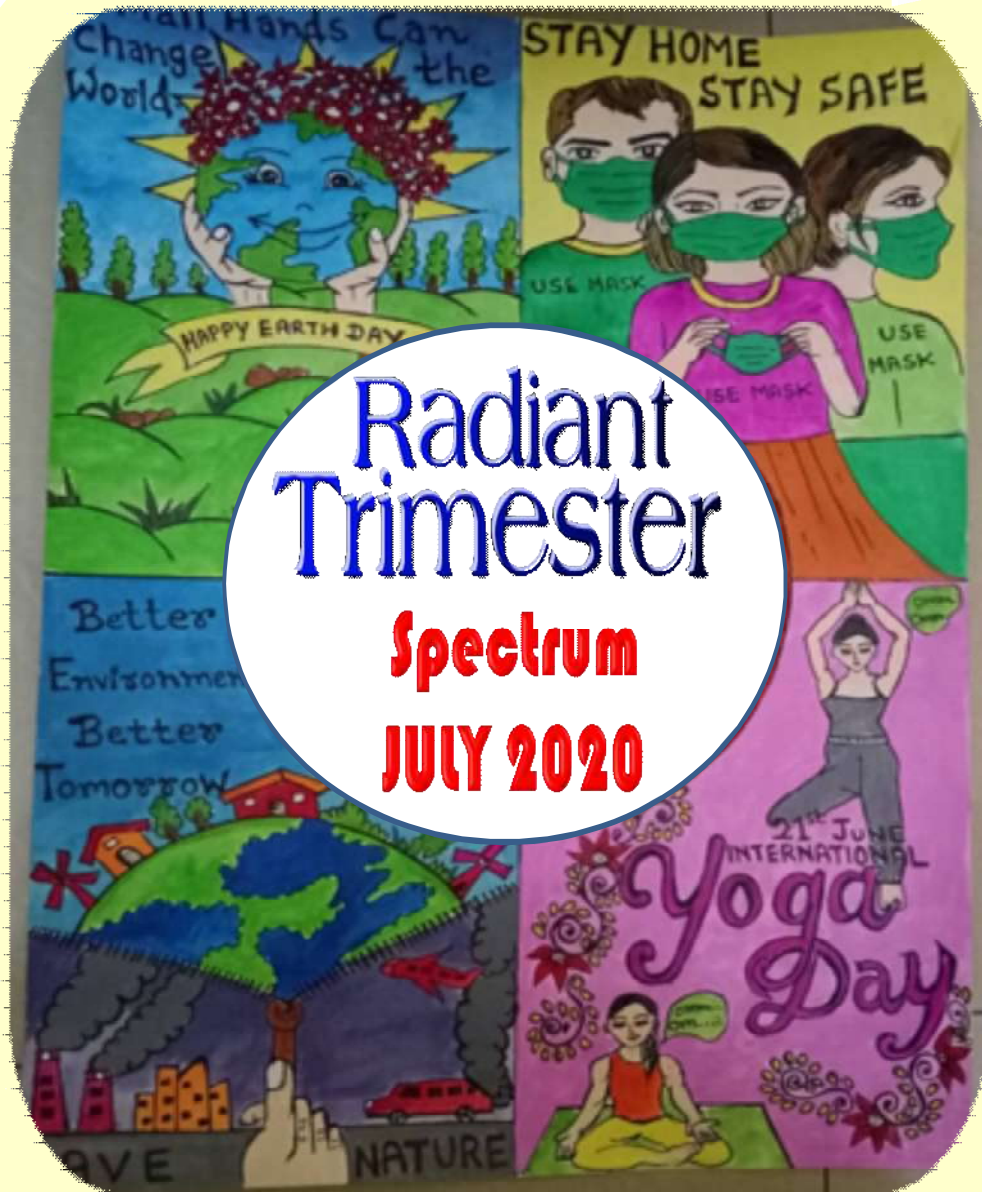


Sant Nirankari Public School

MALVIYA NAGAR

e magazine



Radiant
Trimester

Spectrum

JULY 2020

FROM THE PRINCIPAL'S DESK



It gives me pleasure to bring forth another edition of SNPS Spectrum. The school is holding virtual classes for students of classes Pre-primary to VIII. Teachers take attendance, guide the students and conduct the classes. The observer teachers observe the classes and help in maintaining decorum. There is twenty minutes break in between the two classes. This lockdown has been a learning phase for everyone. We have learned to live with less and manage with whatever is available. We learned to use technology and innovative ways of learning. We shifted from the real to virtual classrooms. The teaching-learning process took a new turn with classrooms and teachers virtually entering the homes of children to teach. We have to support the system to support society and support ourselves. Social distancing, face masks, and sanitization drives are a must to combat COVID-19. The remarkable efforts of teachers and students are praiseworthy.

Good Luck!
Head Mistress (Malviya Nagar)



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Science activities

Science is the study of facts. At the same time science is also about discovering the world around us, of knowing the things and testing new and wonderful ideas. Scientific learning in young children can be best achieved through science experiments and activities. Science activities engage students, helping them to learn important skills understand the process and develop broad understanding of scientific concepts. To engage students in the learning process creative And fun Science activities were planned by the teachers

which could be conducted using resources available at home. All children gain important abilities when parents support and encourage doing -at -home easy science experiments ,keeping this in mind creative science experiments and activities like reaction of baking soda with vinegar, rusting of iron under different conditions, sprouting of seeds, formation of curd , recycling of paper , observing physical properties of metal ,sprouting of seeds ,growing a plant from seed ,making Jal Tarang , Toy telephone were planned and explained to the children. They were instructed to perform the activities under the guidance and support of their parents .These activities helped the teachers map the learning outcome and to assess the progress of the children in learning this was done in variety of ways by asking questions and encouraging interactions and suggesting another activity related to the topic. Children were interested and participated wholeheartedly in the activities. They posted their pictures and videos performing the activities at home on the what app groups created for learning and submitting the assignments.



Creative activities at home

During the pandemic there has been a drop in air pollution, purification of canals in Venice, clear skies, and healing of mother Earth. We realise that life is precious and we have to cherish it. Good mental health is very important for all of us. We should keep calm positive and fit. We must not waste things and use resources judiciously. We can efficiently balance work, life, and home. We have to become self-sufficient, loving, caring, eco-friendly, and law-abiding citizens. We all can together fight the invisible virus. We should work for sustainable development goals that are critical to our planet's future.

Children are free spirited and like to go out and enjoy themselves but to manage their routine during these testing times our kids have come up with smart ways. They are trying to keep themselves busy and entertained. They are doing various activities which are fun loving and also so help them to learn a lot.

MAKING POSTERS
NURTURING PLANTS, MAKING MASKS DOING
AEROBICS AND YOGA, CLEANING THE HOUSE,





मानव एकता दिवस

As we are all aware, that 24th April is observed every year as Manav Ekta Diwas in Sant Nirankari Mission. On this day in 1980, Baba Gurbachan Singh ji laid his life for the sake of truth and Humanity. The 50 - year life span of Baba Gurbachan Singh ji Maharaja (1930-1980), was though short, yet it was unique in terms of his contribution to the world. He dedicated himself to the task of spreading the voice of truth of the Mission to masses and due to his rare quality of thoughtfulness, determination and leadership, he made valuable contribution to the world in a relatively shorter period such as spreading of awareness about simple marriages, elimination of dowry, women dignity, anti-intoxication, importance of education, health and family welfare sector and propagation of truth. Also, to fulfil his Holiness ' vision that " blood is to flow in veins and not in drains ", a blood donation camp was organized to put his words into actions and the main gathering was highlighted by a devotional song performed the youth and various inspirational speeches encouraging listeners to take inspiration from Baba Gurbachan Singh ji's practical approach to creating one universal human family. So, this event was dedicated to Manav Ekta Diwas (Human Unity) in remembrance of Baba Gurbachan Singh ji, Chacha Pratap Singh ji, and many other saints who sacrificed their life for the Mission to uphold the ideals of Truth, Non- violence and Tolerance.





COVID-19 AWARENESS

The Covid -19 pandemic has drastically changed the world. In times of great anxieties it was utmost necessary to make students aware and communicate with them about the disease (COVID-19), inform and educate

them about the virology ,health and safety .Awareness class was conducted with the aim to make the students aware of what the virus is and avoid unnecessary panic. In the class they were explained about the symptoms, precautions and the way the virus spreads from an infected person to a healthy person . Informative video and a PPT about the COVID-19 was shared with the students. To involve students creative activities like poster making , slogan writing ,poem recitation and mask making were organised .Students participated with enthusiasm and made posters on the theme - Thank You Corona Warriors How To Protect From Corona Virus . They also made face masks at home and promised to tell the importance of wearing the masks to their family members. It was an enriching experience for all.

Safety measures taken by our school during Covid-19



Safety measures are very important to create a safe and secure environment. During covid-19 it becomes our duty to follow the guideline issued by the authorities.

Keeping in line with itour school is following various safety measures. In addition to basic precautions like regular sanitization of the school campus, temperature check of all visitors, housekeeping staff and office staff is done. Face marks are compulsory and social distancing is followed. At the entrance gate, the guard sanitizes the hands of visitors and checks their temperature .He makes the visitors fill the details and sign in the register .Every effort is made to create awareness regarding the safety measures. We already have security cameras ,secure entrance and fire safety equipments in our school. The housekeeping staff ensures cleaning and maintenance of school.

Mask Making Activity

Students of our school made face masks with the help of parents. The enthusiasm of parents and children was noteworthy. Students made the mask and send the pictures of them wearing the masks. They used various material available at home like rubber bands, cloth etc and made beautiful masks. Face masks made by our students are washable, reusable and attractive. It was a step to encourage the use of face masks and guide children regarding the importance of wearing face masks. Wearing a face mask will help prevent the spread of infection and prevent the individual from contracting any airborne infectious germs. When someone coughs, talks, sneezes they could release germs into the air that may infect others nearby. Face masks are part of an infection control strategy to eliminate cross- contamination.





समर्पण दिवस

है समर्पित , आज का दिन
तुमकोहे मसीहा , तू कल भी था

तू आज भी है और कल भी रहेगा |
हम सब भी कर पाए अब अपना जीवन अर्पण

मानवता के मसीहा , शांति एवं सदभाव को विश्व में प्रसारित करके शांतिपूर्ण विश्व की परिकल्पना को साकार करने वाले सद्गुरु बाबा हरदेव सिंह जी ने मानव मात्र को जीवन पर्यंत प्रेम और शान्ति का पाठ पढाया और धरती पर बसने वाले प्रत्येक मानव को जागरूकता प्रदान की कि प्रभु की अनुभूतिकरके ही विश्व मे आदर्श समाज की स्थापना की जा सकती है। अपने जीवन के अंतिम स्वासों तक इसी उददेश्य के लिय प्रयासरत रहे | अप्रैल 1980 से मई 2016 तक 36 वर्षों तक सद्गुरु रूप में संत निरंकारी मिशन एवं विश्व को आपने दिव्य मार्गदर्शन दिया।आपने हर प्रकार के भेदभावो को भूलाकर दीवार रहित संसार बनाने की ओर अग्रसर रहे। बाबा हरदेव सिंह जी के आदेश से कई अन्य सेवाएँ भी शुरु की गई जैसे फ्री हेल्थ चैक अप , स्कूल ,कॉलेज और आपदा के समय तन और धन की सेवाओं द्वारा पूर्ण रूप से योगदान देना। जिसकी समाज और सरकार द्वारा सराहना की जाती रही है।

बाबा हारदेव सिंह जी ने अपना सारा जीवन मानवता के लिये समर्पित किया। इनकी शिक्षाओं और जीवन को संपूर्ण मानव जाति 13 मई को समर्पण दिवस के रूप में मनाती है।

Save earth

Earth is our motherland. We should have respect, care and love for it. So it becomes our moral duty to save the earth.

We should save the earth so that our future generation can live in a safe atmosphere.

We can protect the earth by

1. Protecting trees, Natural vegetation, Water, Natural resources, Electricity etc.

All the possible actions to control the environmental pollution and global warming.

There are plenty of things you can do every day to help reduce greenhouse gases and your carbon footprint to make a less harmful impact on the environment.

Taking care of the Earth is not just the responsibility, it's a necessity.

The following steps can do now to have save the planet means our mother earth.

1. Conserve water

The little things can make a big difference every time you turn off the water while you are brushing your teeth.

Switch to filtered tap water. You will save a ton of cash also.

2. Be car-conscious.

walking is the way to reduce greenhouse gases you will get some good cardio And burn some calories.

If your area is not walk able area then take advantage of your local mass t

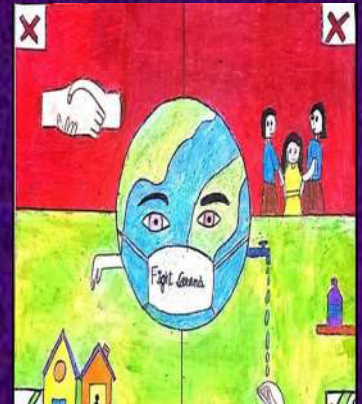
3. Reduce, Reuse Recycle

you can help reduce pollution just by putting that soda can in the recycling the growth we avoid disposable plates spoons glass cup and napkins.

4. Give composting a Try.

7. Plant a tree.

8. Give up plastics.



Happiness Curriculum

Effect of Happiness Curriculum It has also been noticed that happiness curriculum has inculcated moral and ethical values in students. Overall it is very effective for every student as it boosts confidence and concentration level in studies as well. Activities of happiness curriculum like mindfulness ,story telling, poster making etc has contributed to every student's life somehow or the other. Happiness curriculum is very helpful in educating children to be happy.



The International Day of Yoga

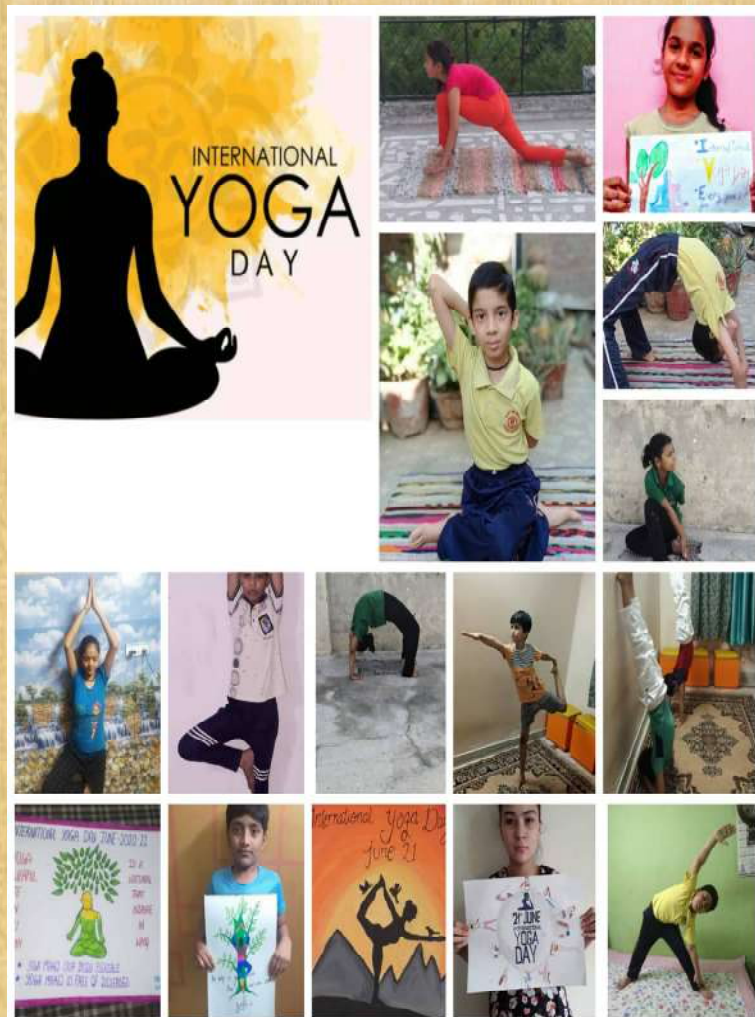
Yoga is an ancient physical, mental and spiritual practice that has its roots in India. The international day of Yoga aims to raise awareness around the world about the numerous benefits of practicing this art form. Yoga day was first celebrated on 21st June 2015, 21st June being the longest day of the year pertaining to the summer solstice in Northern Hemisphere.

The theme for International Yoga day 2020 is 'Yoga at Home and Yoga with Family' promoting the social distancing measures mandated by WHO to fight COVID-19 pandemic.

Students were encouraged by the teachers to stay fit by practicing yoga, preferably with their family members while staying inside their home. Various activities such as poster making, slogan writing, poem recitation and write-ups

on the benefits of yoga were conducted as well. Students were asked to Upload short videos of them doing yoga asanas of their choice, and reciting the slogans and poems, in their respective class WhatsApp groups.

A virtual yoga session was organised by the school as well, in which teachers and students of all the classes participated enthusiastically. Students from various classes shared their posters, photos and videos after performing the asanas. Students were then educated about the importance and need of practicing yoga in their daily life.



WORLD ENVIRONMENT DAY

World environment day is a campaign established to bring positive environmental changes all over the world to make life better and more natural. This year, the theme was 'Biodiversity', which focussed on the need to save resources and reconnect with nature . During online classes, teachers raised awareness amongst the students to take the necessary actions to save the environment and mother Earth. Students were encouraged to undertake one environmental friendly action during the summer break, on 5th June -World Environment Day, and were supposed to plant a sapling, make posters and write slogans, as a part of their summer break activity. All the students participated enthusiastically and sent pictures with their work.



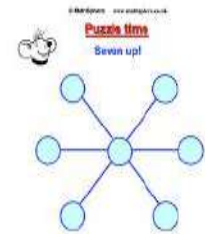
FUN ACTIVITIES



Activity Time!

Have Fun!

Use your Brains!

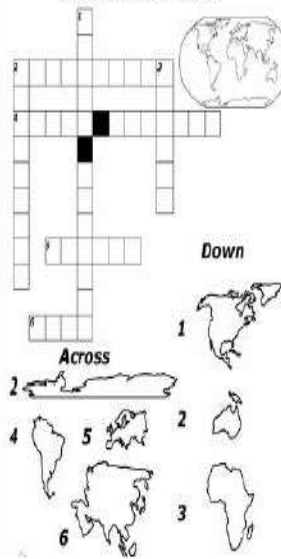


Put the numbers
1, 2, 3, 4, 5, 6 and 7
in the circles so that each
straight line of three numbers
adds up to the same total.



Look at the clues given below and fill names of continents

The Seven Continents



Across

Down

Rainy Day Scramble

Unscramble each word to find out the
'Rainy Day' words.

- YSMTI
- ZEDZLRI
- OUSLCD
- WOODPNR
- SEWORH
- AILNLARF
- EIPAINRCPTYOI
- HERAEWT
- IAORTMNSR
- HGNGTLNH

ANSWERS:
1. SHIRT
2. RAINCOAT
3. UMBRELLA
4. RAINBOW
5. WATER
6. SUNGLASSES
7. RAINBOW
8. SHIRT
9. RAINCOAT
10. UMBRELLA

