

PARENTS' TRIDENT

Quarterly Newsletter of Shiv Nadar School, Faridabad

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Dreams

by Ashi Kandoi
M/o Shiven Raj Kandoi /6 Gir

Dreams
Are Lyrics
Of the heart

Retreat
To world
You wanna be forever

Where
Emotions untangle
Giving spine tingles

Layers
Of deceit
Unwraps the truth

Sometimes
Skiing towards
The aha moment

At
Times scary
Smattering like ashes

Stimulate
To place
Under magical melodies

Keep
Argus-eyed to
Peaks of perfection

Forecasts
To whet
Appetite to prosper

Dreams
Are the
Wings to aspirations



**"We all have dreams.
But in order to make
dreams come into
reality, it takes a lot
of determination,
dedication, self
respect and effort".**

Jesse Owans

**"I'm a dreamer. I have
to dream and reach
for the stars, and if I
miss a star then I
grab a handful of
clouds".**

Mike Tyson



Wander Diary

Walk Aimlessly!

by Raghav Jindal

F/o Aarav Jindal/ KG Gir

We've all heard it before. Go for a walk, you'll feel better. We've all brushed it aside before. A walk won't do anything for me. But we've all been wrong, over and over. A walk can't cure depression, eliminate anxiety, make addiction easier to overcome, but it can do something. In a world of unlimited calls-to-action, Fear of Missing out , a simple walk can help us detach from it all.



“There’s a sunrise and a sunset every single day, and they’re absolutely free. Don’t miss so many of them”

Jo Walton



"Traveling - it leaves you speechless, then turns you into a storyteller"

Ibn Battuta



It's funny that being aimless is seen as such a negative. It's usually used to describe someone who can't figure out what they want to do with their life. But what's really wrong with that? Why should we always know what's ahead of us? And more importantly, how would that be possible?

Walking aimlessly provides us perspective and allows us to feel loose. Loose from the constraints of contemporary society that won't shut for two seconds for you. Walking also provides the opportunity for deep thought. While walking one can take notes sometimes, also allow to investigate what's been hiding in the inner recesses of our brain. And when that becomes a part of your daily ritual, it can only increase your creative vision. It has been proven that ritual of daily walking has added a layer of calm to one's life that wasn't there before. It makes us feel like we have accomplished something. Different than a workout. Different than meditation. It's movement, nature, viewing, smelling, listening. The feeling of every day, I'm out in the world.

The aimless walk is glorious my last blog was regarding trails where i mentioned leave the roads take the trail. The beauty of walk while hiking is unimaginable.

Fun Travel Facts

1. Travel Can Strengthen Your Heart.
2. France is the Top Travel Spot.
3. Tourism Keeps the Economy Churning.
4. The Longest Flight Was Around 30 Hours.
5. Canada Has the Most Educated Population.
6. Travelling Can Make You More Attractive
7. Paid Vacations Vary By Country.



I am SPECIAL

By Urvashi Kaul Bhatia

M/o Samiddha Bhatia & Agasthya Bhatia / 5 & KG

I am special and I am Discrete

Life gives me unique challenges to learn and experiences to enjoy

No two people have the same living guidebook to follow

Most of us were raised to follow in big footsteps, be safe and secure

Those times have gone, each to his/her own in this exceptionally beautiful world.

Make your brand by investing in yourself.

A WISE MAN ONCE SAID, "DON'T WAIT TILL YOU ARE BIG BEFORE YOU BEGIN BUILDING YOUR BRAND. BUILD A BRAND FROM SCRATCH ALONGSIDE YOUR BUSINESS."

Walk Alone

By Urvashi Kaul Bhatia

M/o Samiddha Bhatia & Agasthya Bhatia / 5 & KG

Explaining, Convincing, Verifying, Validating, Justifying, Paraphrasing, Rationalizing, Deciphering, numerous excuses to hold back and scrutinize oneself to get a word of honor from others.

Surely YOU and I can resonate to the spectrum. Pity still waiting in life!!

A WISE MAN ONCE SAID, "BEES DON'T WASTE THEIR TIME EXPLAINING TO FLIES THAT HONEY IS BETTER THAN SHIT."

It is not easy, was never meant to be!
My time and I are both precious.

It is My Road, My Journey and I choose to walk alone.

"One thing I've learnt through writing is this: with everything in life, you have to look down deep into your heart! That fact is true with all things! If you have Jesus inside, He will give you all you need to say, and all the actions you need to do! It's not mere imagination the things I write; they are composed from the words lit up inside of me, from my Creator, who made all things bright!"

Mary Kate



"It's your road, and yours alone. Others may walk it with you, but no one can walk it for you".

Arnold Richard

Uniqueness and Art

by Roohi Gumber
M/o Reevan Gumber, 1 Gir

In this whole world around us where everyone is gushing for their small world, there are some people for whom the time doesn't run fast as for others, where the money doesn't matter till their stomachs are full and life is ravishing, maybe not as in everyone's eye but their own eyes. Such people are exceptional as they are much closer to God, to nature, and most appreciably to themselves.

They say that everything is gifted by God and accept it with open hands and stand out in life.

When we originate something we always look for perfection but being a potter I believe in imperfections. I believe that when we create something if it doesn't go the way we want, one way is either we discard it or we stamp it as a unique piece, as it cannot be formed again and has a very eccentric, noteworthy, and memorable form.

The same goes with us, those who are different are idiosyncratic, who may need some special care but they are the most proficient people in other senses.

For every artist art's definition is different. The way they look at things, the way they feel things, and the way they use or handle things are different. Similarly, the way unique people feel, understand, and manage situations is different.

We all must join hands to make such people feel special and live their life to the fullest.



“You’ll learn, as you get older, that rules are made to be broken. Be bold enough to live life on your terms, and never, ever apologize for it. Go against the grain, refuse to conform, take the road less traveled instead of the well-beaten path. Laugh in the face of adversity, and leap before you look. Dance as though EVERYBODY is watching. March to the beat of your own drummer. And stubbornly refuse to fit in.”

Mandy Hale

Lal Bahadur Shastri

The Unsung Hero

By Anu Sharma

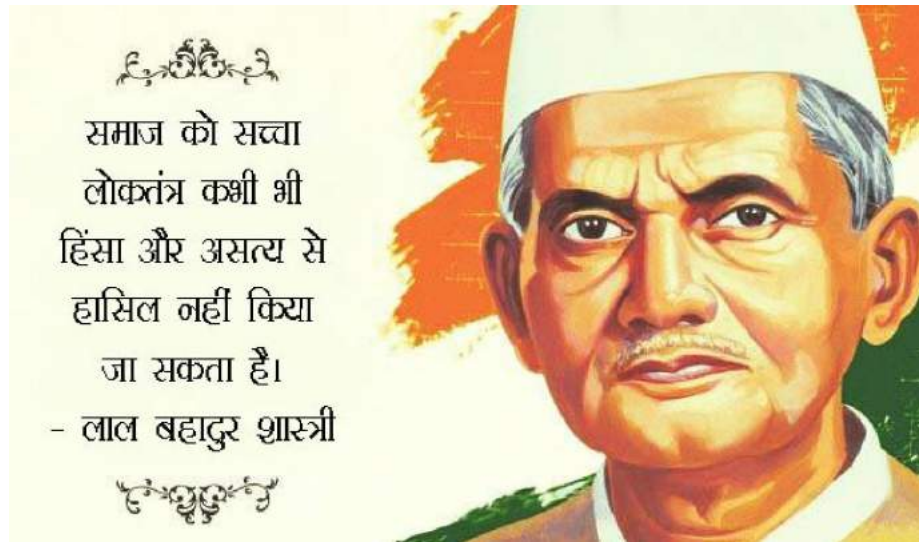
M/o Aadya & Avvyaan Sharma/2 Corbett & Nur Ranthambore

2nd October is known to be the birthday of Mahatma Gandhi : The father of our Nation. But it is also the birthday of our second prime minister Shri Lal Bahadur Shastri. He was an honest man who believed in encouraging the armed forces who protect our nation and the farmers who feed the people . This is the reason why he gave the slogan ' Jai jawan, jai Kisaan'. He served the country the way a mother nurtures her baby. He was a simpleton and never was bothered about spending money on himself but donated a big chunk of his earnings for the needy. He was a true leader in every sense of the word. On this day I request each and every citizen of this country to not only respect Gandhi ji but also Shastri ji. We should also follow his doctrines and lead the country to the path of equality.



"Our way is straight and clear - the building up of a socialist democracy at home, with freedom and prosperity for all, and the maintenance of world peace and friendship with all nations abroad".

Lal Bahadur Shastri



हम भले ही अपने देश की आजादी चाहते हैं, लेकिन उसके लिए ना ही हम किसी का शोषण करेंगे और ना ही दूसरे देशों को नीचा दिखाएंगे। मैं अपने देश की स्वतंत्रता कुछ इस प्रकार चाहता हूं कि दूसरे देश उससे कुछ सीख सकें और देश के संसाधनों को मानवता के लाभ के लिए प्रयोग में ले सकें।



Improvement

By Urvashi Kaul Bhatia
M/o Samiddha Bhatia & Agasthya Bhatia / 5 & KG

Continuous action fuels the engine of performance and nourishes my active soul

Let the fire be working inside till the body breathes its last.

If I fail, I must learn and improve.

If I stop, I allow fear to take over a powerful relationship with ME.

A WISE MAN ONCE SAID, "CONTINUOUS IMPROVEMENT IS NOT ABOUT THE THINGS YOU DO WELL THAT WORK. CONTINUOUS IMPROVEMENT IS ABOUT REMOVING THE THINGS THAT GET IN THE WAY OF YOUR WORK. THE HEADACHES, THE THINGS THAT SLOW YOU DOWN, THAT IS WHAT CONTINUOUS IMPROVEMENT IS ALL ABOUT."

Intention for Life

By Urvashi Kaul Bhatia
M/o Samiddha Bhatia & Agasthya Bhatia / 5 & KG

An intention for life must be planned.

My mind keeps digressing and depleting till I found my purpose.

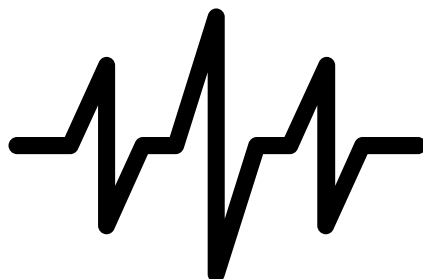
The sooner I realized my Goal, my heart aligned with the universe.

Created a life I can't wait to wake up and be in power.

As I anchor myself, I metamorphose daily.

The new ME is an exclusive version of the old me.

A WISE MAN ONCE SAID, "YOU CAN ONLY BECOME TRULY ACCOMPLISHED AT SOMETHING YOU LOVE. DON'T MAKE MONEY YOUR GOAL. INSTEAD, PERSUE THE THING YOU LOVE DOING, AND THEN DO THEM SO WELL THAT PEOPLE CAN'T TAKE THEIR EYES OFF YOU".



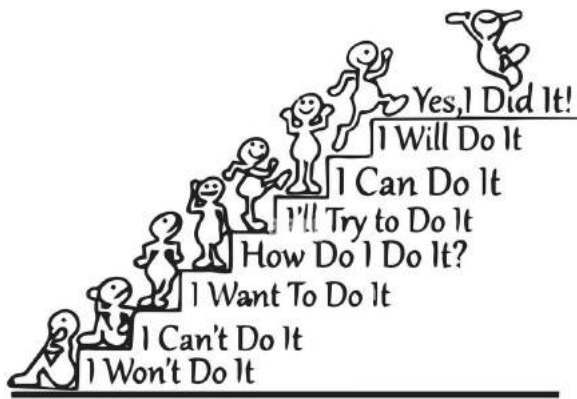
IMPROVE



"If you try anything, if you try to lose weight, or to improve yourself, or to love, or to make the world a better place, you have already achieved something wonderful, before you even begin. Forget failure. If things don't work out the way you want, hold your head up high and be proud. And try again. And again. And again!"

Sarah Dessen





Which Step Have You Reached Today?

The Importance of 'I know you can do it'

By Richa Malhotra

M/o Subeer Malhotra 4 Kanha/ Vian Malhotra KG Sariska

Our children often hear from us 'Oh, come on, how often do I have to tell you to do your work nicely 'or 'how many times do I have to explain how to do it!'

When our child is at task and not able to complete it, we get frustrated and our frustration shows in the words that we use with the child. The reason why our child is struggling may not be due to his/her inabilities but due to low self esteem and motivation level.

It is wisely said , 'Our words become their inner voice as they grow up.'

So our words and reactions are crucial to build their self-esteem. Positive affirmation helps them to establish a positive belief system that gives support to them in developing a happiness driven attitude towards life. In this way we can help our children to internalize positive thoughts and believes. This leads to development of confidence and self-motivation in the child.

Positive affirmation is a thought or phrase often said or heard, it helps us to build belief in ourselves. When a child hears it from us , it empowers him/her to create a protective layer making it difficult for life's challenges to tear the child down.

Positive self -belief developed in early childhood will stay with them throughout their life. Positive affirmations should be used by the caregivers during everyday activities; while playing , eating , studying , and so on.



"No matter what you're going through, there's a light at the end of the tunnel and it may seem hard to get to it but you can do it and just keep working towards it and you'll find the positive side of things".

Demi Lovato

You can do it!

Dental Hygiene in Children

- Dr. Bhavna G Saraf
M/o Avi Saraf/ 8 Corbett

The Dental hygiene plays a very important role in the child s development. Parents visit us with lots of queries. I am hereby, sharing the questions frequently asked by Parents to the Dentists.

1) When does the first tooth erupt?

The first tooth usually comes in around 6 months of age. Usually it is a lower front tooth. the tooth eruption timing of primary (milk) teeth is more variable than for permanent teeth. The front 8 teeth (4 on top and 4 on bottom) usually are reflecting by 9 months of age.

2) When should I start cleaning my baby's teeth?

- The teeth should be cleaned as soon as they first appear.
- Parents should not limit the cleaning only to teeth. The gums also need to be cleaned. • Wash your hands thoroughly with soap
- Wrap the gauze, cotton or cloth around your finger and damp it with water
- Gently put your finger inside your baby's mouth. Wipe the upper and then the lower gum pad once.

3) At what age should a child have their first dental examination?

The American Dental Association and the American Academy of Pediatric Dentistry recommends that all children have their first dental examination by one year of age or six months within the eruption of their first tooth.

Fun Dental Facts

The hardest substance found in the human body is your tooth enamel.



**“Blessed are those who
can hold lively
conversations with the
helplessly mute, for
they shall be called
dentists.”**

Ann Landers



Myth

Some Common Myths

1. Bulls get angry when they see the red color.
 2. Cracking your knuckles too much will cause arthritis.
 3. All deserts are hot.
 4. Chameleons change colors to blend in with their surroundings.
 5. Goldfish only have a three-second memory.
 6. Dogs only see in black and white.
 7. Lightning never strikes the same place twice
 8. Bats are blind
 9. Houseflies have a lifespan of 24 hours.
 10. Ostriches hide by putting their heads in the sand.
-

LET'S BUST THE COMMON MYTHS

Milk teeth are temporary. There is no need to get them filled. Milk teeth help the children to

- Speak clearly
- Chew efficiently
- Growth of jaw
- Form a path and space for permanent teeth to erupt

If the infection remains in the milk tooth, it will surely damage the permanent tooth and bone. Night time bottle feeding does not harm the milk teeth.

Night time feeding leads to acid accumulation in the mouth and hence leads to dental caries which are very painful for the child

My child does not need to visit a dentist till he gets toothache.

The first visit should be as soon as the first milk tooth erupts in the mouth. Many problems can be corrected at that time itself.

My child does not need fillings or root canal treatment, the milk teeth can be removed in case of any problem.

If a milk tooth is extracted unnecessarily, it can lead to shifting of the other teeth in the jaw and block the space for the permanent tooth.

What are the symptoms of a possible cavity?

- A painful toothache
- Higher sensitivity in your teeth to hot or cold temperatures, liquids, or food
- The presence of decay such as white spots
- Tooth discolorations

WHAT IF I DON'T GET THE CAVITIES TREATED?

Left untreated, cavities can lead to more serious problems for your child, such as infection of the core of the tooth (pulp) or root canal, permanent deterioration, and even loss of the tooth itself.

Overview and General Tips for maintaining Dental hygiene

- Avoid frequent consumption of high sugar foods, especially sticky foods, because the longer the food stays on your teeth and gums, a cavity will form.
- Healthy snacks that are low in sugar include white milk, fresh fruits, raw vegetables, dark breads, whole grain and enriched cereals, sugar free candies, gum and other snacks.
- High sugar foods are best eaten with a regular meal.
- Eating a balanced diet and limiting the number of snacks between meals can help prevent the long-term effects of gum disease and tooth decay in your child. • Good foods to eat include fruits, uncooked vegetables, yogurt, and cheese.

Brushing and flossing are the best known methods for eliminating or reducing plaque, and tooth decay.

DENTAL EMERGENCIES

Bitten Lip or Tongue

Clean the area gently with a cloth and apply cold compresses or ice to reduce swelling. If the bleeding doesn't stop, go to a Dental Clinic immediately.

Toothaches

If your child has a toothache, rinse the irritated area with warm salt water. Gently use dental floss or an interdental cleaner to ensure that there is no food or other debris caught between your child's teeth. Place a cold compress on the face if it is swollen. Visit a pediatric Dentist as soon as possible.

Trapped Debris/Objects between Teeth

Try gently removing the debris with dental floss. Be careful not to cut your child's gums. Never use a sharp instrument, such as a needle or pin, to remove any object that is stuck between teeth. If you can't dislodge the object using dental floss, contact our Clinic.

Broken, Fractured, Displaced Tooth

If your child loses a tooth from an injury, try to remain calm.

Call our Clinic immediately and we will help you to determine if it is a permanent or primary tooth.

If it is a permanent tooth, avoid touching the root in any way.

Gently rinse the tooth under running water, but avoid rubbing the root area. Hold it by the crown rather than the root and try to reinsert it in the



Self Discipline

By Urvashi Kaul Bhatia

M/o Samiddha Bhatia & Agasthya Bhatia / 5 & KG

Persistence cannot come without self discipline

Self discipline is about appreciating your self worth

Only a person who values themselves can respect others' time and value them in all aspects

it is the most difficult of all that truly builds your own core.

Grit is required to be rising before the sun, working through the rough terrains each day, being burned out to resurrect again the next day

A WISE MAN ONCE SAID, "THE PAIN OF SELF-DISCIPLINE WILL NEVER BE AS GREAT AS THE PAIN OF REGRET."



Scared of Taking a Leap!!

By Urvashi Kaul Bhatia

M/o Samiddha Bhatia & Agasthya Bhatia / 5 & KG

Joe Mantegna said, "Scars remind us where we've been, - they don't have to dictate where we are going."

Scars of life have shaped much of me and my story. My mind keeps track and scars me off.

Unable to hark back to the origin, date, or time of the wound.

Evidently, to be Scared is the sequel of the scar.

As you and I have become accustomed to this state of everything- unknown.

Taking a leap involves Courage

A WISE MAN ONCE SAID "WHEN IT FEELS SCARY TO JUMP - THAT IS EXACTLY WHEN YOU SHOULD JUMP, OTHERWISE , YOU END UP STAYING IN THE SAME PLACE YOUR WHOLE LIFE."

The choice between living with Scars, being Scared, and ending at the same place OR Compelling a BIG LEAP OF COURAGE to achieve victory.

It won't end with one leap but with many leaps to build a courageous "I"

Do you Agree!!



"Take a leap of faith and begin this wondrous new year by believing. Believe in yourself. And believe that there is a loving Source - a Sower of Dreams - just waiting to be asked to help you make your dreams come true".

Sarah Ban Breathnach



Action & Inaction

by Varun Jain

M/o Yatharth Jain/1 Sariska



The Bhagavad Gita, has spoken about karma association with action and with inaction.

All living beings go through their lives, carrying out activities that are supposed to transform into some kind of outcome. These may either be favorable or unfavorable. These outcomes may be favorable to us while being unfavorable to someone else and vice versa. We base our actions in daily life with longings that would form the outcomes favorable for us.

Rain during summers may be an irresistible threat to the one sweating in summers, but unfavorable to one who farms his crops day in and day out. Hence, both of them would desire differently. The question that arises is, is it good to desire something that looks appealing to us, even though it might have an adverse effect on others?

It is ironic to say that even the most undesirable things in life - like falling sick - are not good. Diseases are unfavorable to all. But even then, there are people who employ thousands of workers in their industries, engaged in the business of manufacturing medicines.

Would not falling sick be favourable to them?? How justified is our thinking and desires if it takes away the livelihood of lakhs and lakhs of workers??

Our desires for the outcomes do not help in framing the passage of our lives. Instead they increase our attachment to these worldly pleasures. The Gita continuously reminds and teaches us of performing our actions without any attachment to the results. A small example illustrates this principle quite well.



“You must acknowledge and experience this part of the universe. Karma is intricate, too vast. You would, with your limited human senses, consider it too unfair. But you have tools to really, truly love. Loving the children is very important. But love everyone as you would love your children.”

Kuan Yin

“Karma, ahhh. We sow what we reap... We reap what we sow! We reap what we sow. The law of cause and effect. And we are all under this law.”

Nina Hagen

If on the way to work on foot, we look for ants on the road and trample them under our feet, we create a negative karma. However, if on the way to work on foot, we look for ants and avoid trampling. Then, we create a positive karma. In the above process our desire for outcome was either to trample or to save the ants and hence the effect of karma. The third scenario exists where in our everyday walking, we trample innumerable life's under our feet, without any desire for the outcome. Such an action that is performed with detachment to the result leaves us free from the effects of any good or bad karma. Bhagavad Gita describes this as "Nishkama Karma". Our everyday lives sees us carrying out multiple tasks, actions all with association to the result. If working day in day out in the office is performed with the desire for an increased income in mind, the outcome may in the end either bring us joy or sadness, hence increasing our attachment with the job. The joy of receiving good marks and the sorrow of failing, both arise from the association with the results.

The results of the world are not directly related to our present deeds. Since the law of karma does not work according to the First In First Out principles. The results of our actions are not directly and individually related to the corresponding actions but are based on our actions performed in combined form. Had this not been the case, two people doing the same job with the same efficiency, same education, would be deserving of the same rewards.

Bhagavad Gita states, one's actions should be independent of the outcomes or result. We should perform our daily activities with a sense of duty irrespective of the result. The attachment to the results would lead us to attachment to the world. No matter what the difficulties in life may be, carry out your duties, corrective actions without desiring the outcomes be it bad or good with faith. Hence the statement, "One who sees inaction in action, and action in inaction - is the intelligent one".

Inaction in action: Not being associated with the fruits of action.

Action in Inaction: Advancement of self by being disassociated to the fruits of the action.

"I would never disrespect any man, woman, chick or child out there. We're all the same. What goes around comes around, and karma kicks us all in the butt in the end of the day."

Angie Stone

The universe does not carry debts, it always returns back to you what you gave it."

Drishti Bablani



Accessibility

by Madhur Prabhakar

F/o Mysha Prabhakar / I Kanha

How many times do we come across the word “Accessible”? Right from the TV screens to smart phones, from web plugins to Microsoft Word, it’s everywhere. The word is so common that we hardly even pay attention to it. Many of us must have wondered then, what does it mean to have this word on your digital devices? And then of course, we must have moved on. Literal meaning is as simple as ‘something that is easier to use, reach or perhaps understand’. Simple!

Well, accessibility is not actually this simple for everyone, especially for the people with disability. According to National Statistics Office report on disability released in 2019, about 2.2% of India’s population lives with some kind of physical or mental disability. That means more than 2 out of 100 people suffer from disability. That’s high percentage number by any means of imagination. Still, we don’t come across many people with disability in our day-to-day life. Or simply (ah this word again), there could be a possibility that these people are not even visible to us. How could they be? They can’t afford to have similar lifestyles that we take for granted. They can’t roam around the same public places that we do. They can’t enjoy their favourite food at that famous eatery that the entire city must be talking about. Kids with disability can’t go and play in the same playgrounds where our kids drag us to at their whims and fancy.

No, no, before you start feeling that all this is because of their disability, spare a moment and think. The answers lie in the ‘simple’ word that we discussed earlier-Accessibility. “Accessible” in this context means a person with a disability is provided the opportunity to engage and enjoy the same services as a person without a disability in an equally effective and equally integrated manner, with substantially equivalent ease of use. Why is there only one restaurant in India that is ‘Accessible to All’? Is cost a reason most of the public entertainment places like restaurants, cinema halls, etc. for being not accessible?

“I wish for a world that views disability, mental or physical, not as a hindrance but as unique attributes that can be seen as powerful assets if given the right opportunities”

Oliver Sacks



If someone tells you this then, it's a stark lie. It's neither too difficult or nor expensive to build a ramp for wheelchair accessibility along with the stairs. It's definitely not impossible to replace some of the normal tiles with tac tiles for the blinds. Again, it's not costly to have wheelchair accessible tables and toilets instead of normal tables, WCs and wash basins. None of this is difficult. Only issue is the intent or perhaps, people with disability are invisible to us. Sad part is restaurants, cinema halls or even many of the schools, don't even consider accessibility for the people with disability in their architectural designs.

You must be feeling that I am blaming the business owners for their lack of apathy towards people with disability. Actually, I am not. Who run these public places? These are people like you and me. My generation was never taught, enlightened or made to realize that these people are part of our society. We always looked at them from the distance with a pang of sympathy. We were not told that people with disability don't need our sympathy, they want to spend their life in a similar way like we do. Getting opportunity to access same services that we do. If we had known, it had made life better for people with disability and us, perhaps better generation.

It is never too late to correct the wrongs we have done to people with disability. Every other day a new public place comes up, or the older ones get renovated. Collectively, we should all demand these places to be all inclusive towards everyone and accessible to all. At the end of the day don't we all want our children to belong to better generation and be better than us.

We rise to great heights by a winding staircase of small steps!!!



“Let's stop ‘tolerating’ or ‘accepting’ difference, as if we're so much better for not being different in the first place. Instead, let's celebrate difference, because in this world it takes a lot of guts to be different.”

Kate Bornstein



Fun Quiz



Fun Facts

- 1. Dead skin cells are a main ingredient in household dust.**
- 2. The Philippines consists of 7,641 islands.**
- 3. There's enough gold inside Earth to coat the planet.**
- 4. Some octopus species lay 56,000 eggs at a time.**
- 5. The world wastes about 1 billion metric tons of food each year.**
- 6. You lose up to 30 percent of your taste buds during flight.**
- 7. The first computer was invented in the 1940s.**
- 8. Some people have an extra bone in their knee.**

1. Grand Central Terminal, Park Avenue, New York is the world's

- A. largest railway station
- B. highest railway station
- C. longest railway station
- D. None of the above

2. Entomology is the science that studies

- A. Behavior of human beings
- B. Insects
- C. The origin and history of technical and scientific terms
- D. The formation of rocks

3. Garampani sanctuary is located at

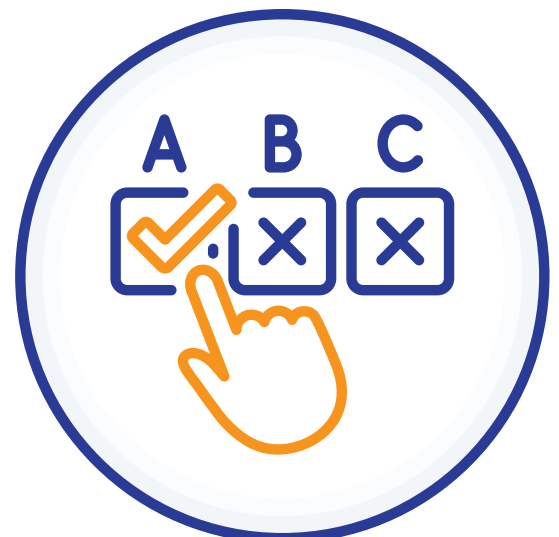
- A. Junagarh, Gujarat
- B. Diphu, Assam
- C. Kohima, Nagaland
- D. Gangtok, Sikkim

4. For safety, the fuse wire used in the mains for household supply of electricity must be made of metal having

- A. low melting point
- B. high resistance
- C. high melting point
- D. low specific heat

5. Durand Cup is associated with the game of

- A. Cricket
- B. Football
- C. Hockey
- D. Volleyball



Teacher's Blogs

Reading at SNS: A Life Skill

By Ms. Manu Singh



The young learner today grows up in a much different environment than their parents and teachers grew up in. They are exposed to a wider world with limitless possibilities. The successful and constructive use of this exposure depends largely on their skills. Our ever-changing, dynamic world expects a lot from our learners and in such a world, reading is now more important than it ever was. We at SNS, strongly promote reading as a life skill. Well, let's decode this idea of reading as a life skill. Life Skills can be defined as behaviours that help humans to effectively deal with the demands of life. Think of any concept, idea, language etc, and I can guarantee that you will find seven books expounding on theory and practice both, with a cursory search itself. Books lead to both - gaining knowledge and to more ways of creating knowledge.

Books are no more relegated to the physical space of the library, they are on our screens, on our phones, in our i-pads. They exist as audiobooks, podcasts and on our kindle devices. Why has there been such a revolution for expanding the avenues and ease of reading? It is because reading gradually became a necessary tool for success. It is a mental exercise that enhances language, emotional intelligence, tolerance as well as perception. It is an absolute life skill for leaders of the world. It is influential, creates dialogue, furthers research and most importantly, enables us to imagine a world different from our immediate reality.



“Don't focus on having a great blog. Focus on producing a blog that's great for your readers.”

Brian Clark



Socio Emotional Health in SNS

By Ms. Prerna



In the wake of the pandemic, and the surmounting troubles facing our world today it is no wonder that our children are anxious, stressed and worried. They are frustrated and often unable to regulate their emotions or express them in a healthy manner. In this constantly changing and diversifying world, our students are exposed to varying beliefs and differences right from the classroom to the social media platforms that they frequent.

To account for all this, and to provide a platform for safe and positive learning, Shiv Nadar School Faridabad pays a special emphasis on the Socio Emotional Health of its students. Social Emotional Learning in class helps students better understand their emotions, manage them, and to show empathy towards others. Not only that, Shiv Nadar school actively incorporates social and emotional learning with the curricula right from elementary classes all the way to senior school- actively working towards inculcating the five social emotional learning competencies- self awareness, self management, social awareness, relationship skills and making responsible decisions.

With dedicated slots and trained mentors for Social Emotional and Ethical learning, space has been created for students and even educators to engage in reflective practices in efficient ways to work on the three key dimensions: Awareness, Compassion and Engagement. Not only that, school counsellors and educators for students with special needs ensure that the socio-emotional needs of our students are met and no one feels left out.

Blog



“Don’t try to plan everything out to the very last detail. I’m a big believer in just getting it out there: create a minimal viable product or website, launch it, and get feedback.”

Neil Patel



BLOG

HOLISTIC DEVELOPMENT by Ms. Meenakshi Sharma



“The mind is not a vessel to be filled but a fire to be kindled’-Plutarch.

That is exactly what we do in Shiv Nadar School . We stoke the fire of curiosity, we ignite the passion for learning, we fill the child with wonder, we let the child explore, we help the child reflect, we focus on the holistic development of the child. This perfectly aligns with the collective vision of the school and the parents. Along with academics, a robust co-scholastic programme, which is very aptly named as AHA sports and AHA arts, is also in place.

The counselling and SEN department take care of the social and emotional needs of the students by holding regular wellness sessions and counselling sessions. The Career Guidance Cell helps the teens grappling with subject choices and career options to make informed decisions.

“It is not enough to simply listen to student voice. Educators have an ethical imperative to do something with students, and that is why meaningful student involvement is vital to school improvement.” Our school prides itself on the fact that pupil voice is taken into consideration in every aspect that concerns them. The school council is quite proactive and plays a significant role in voicing students’ opinions and ideas.

The academic curriculum is such that twenty first century skills of communication, collaboration, critical thinking, creativity and leadership are honed. Integration across subjects gives meaning and purpose to what the students study and learning happens in an organic fashion.

Mahatma Gandhi said, “Happiness is when what you think, what you say and what you do is in harmony”. How true is that. That is why our students are happy children.

“Where the Internet is about availability of information, blogging is about making information creation available to anyone.”

George Siemens



Editorial Support



With more than seventeen years in content, writing, editing and publishing, Neelam Narula is Managing Editor, Roli Books. And, of course, she is also an SNS(F) Mom.

Child's Name - Aarav Peter (Grade 9)

“A good editor is someone who cares a little less about the author's needs than the reader's”

Dene October



With more than fifteen years as a Learning & Development Specialist, Etiquette Enhancer, Performance Coach, An avid reader and of course, she is also an SNS(F) Mom.

Child's Name - Samiddha Bhatia (Grade 5)
Agasthya Bhatia (Grade KG)

Thank you!