

THE HAPPINESS HORMONES

There are four hormones which facilitate human happiness:

1. Endorphins: Body releases this hormone when we exercise. It helps the body to cope with the pain of exercising and then we enjoy exercising. It is our body's natural pain killer. Laughter is another good way of generating Endorphins.

2. Dopamine: It is released when we accomplish any little and big task in our life. When we get appreciated for our work in the office at home, when we buy a new house or a car or the latest gadgets we feel good because it causes the release of Dopamine.

3. Serotonin: It is released when we act in a way that benefits others. It makes us sociable.

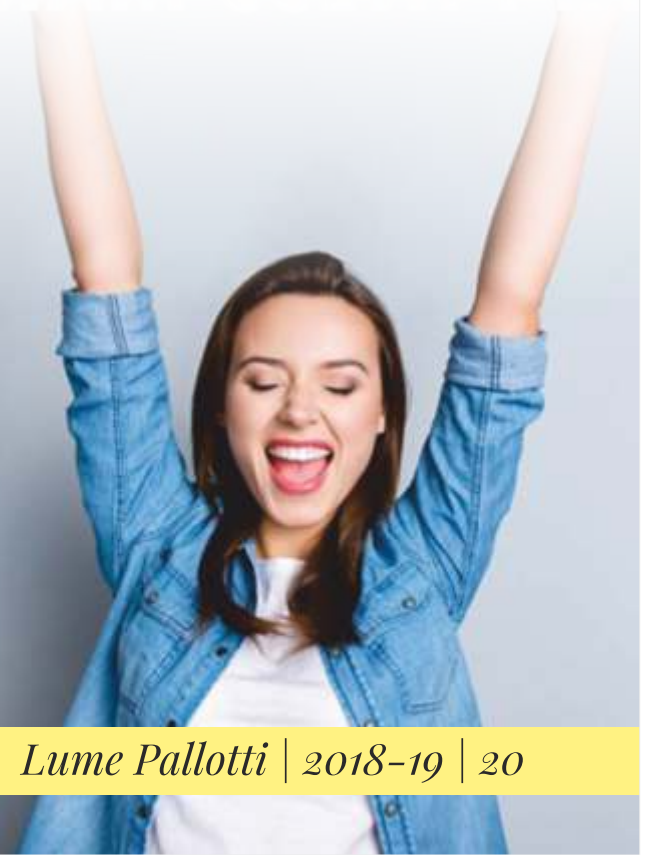
4. Oxytocin: It is released when we are close to other human beings. When we hug, we shake hands or put our arms around someone's shoulders etc.

So it is simple to be happy

- Exercise everyday to get Endorphins.
- Accomplish little goals to get Dopamine.
- Be nice to others to get Serotonin.
- Be close with our friends and family to get Oxytocin.
- So to make our children more and more happy
- Motivate them to play on the ground - Endorphins.
- Appreciate them for their small and big achievements - Dopamine
- Inculcate sharing habits - Serotonin
- Hug your child - Oxytocin



Ms. Sandhya Suresh Kumar
(Incharge - High School)





Ms. Shreelata Iyer
(Incharge – Middle School)



COMMERCE CHANGES THE FATE AND GENIUS OF A NATION

If you are trying to pursue Commerce as a career option, then congratulations, because you have chosen a subject that provides a wide array of growth opportunities that many people are still unaware of. We are in 21st Century and in times of growing economy and opportunities; commerce has introduced various Career Options that can help you to lead a better life. Commerce is not limited to CA. It has various other fields. For e.g. if you like to practice law and want to be a part of the Board of Directors in a company, you can pursue Company Secretaryship as a career option. And if you are more interested in providing job opportunities to the young talents of our country then you can start your own firm. There are many more career options that are available to students other than these three like Cost and Work, Accountancy, Animation, Mass Media, Hotel Management, Banking, Event Management, Business Analysis, etc.

So, Commerce is not a subject that should be ignored when it comes to career building and higher education because commerce builds foundation of a nation's growth and prosperity.

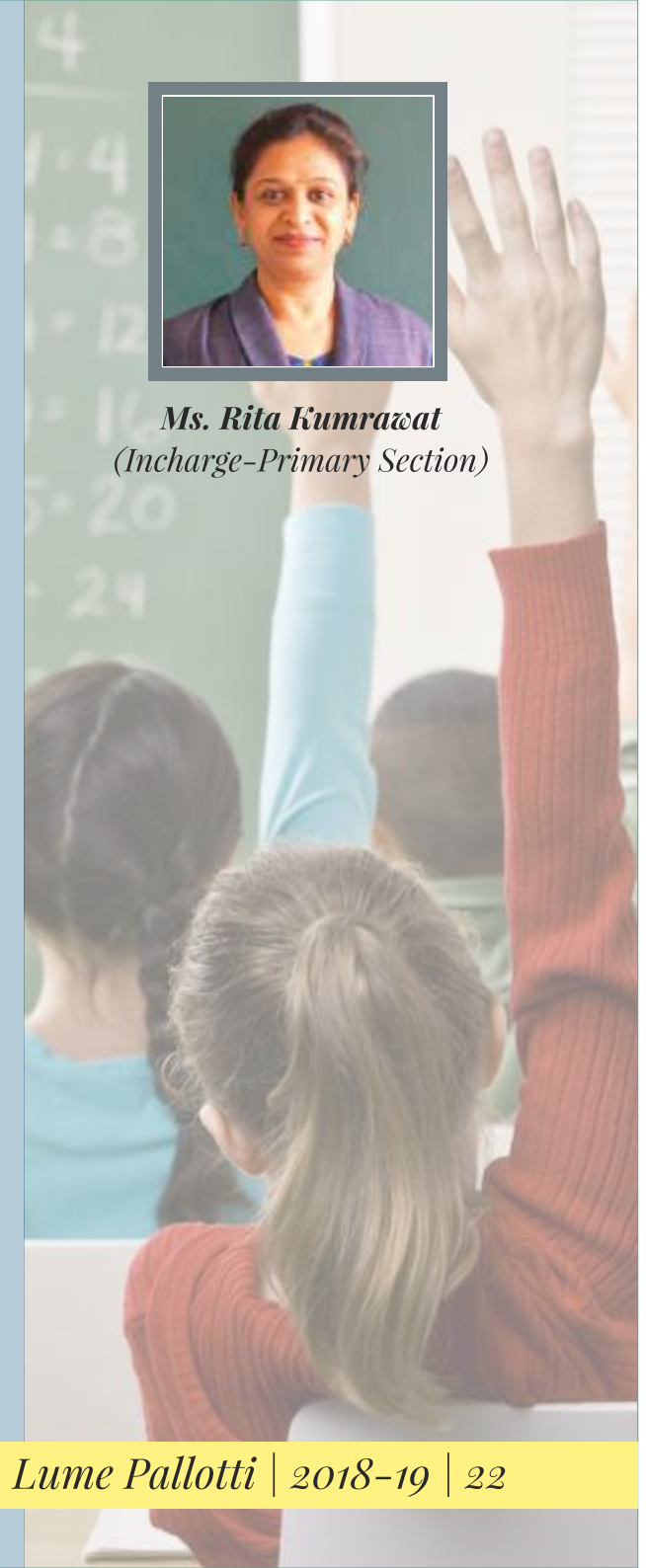
PSYCHOLOGY: A 'MUST HAVE' ARROW IN A TEACHER'S QUIVER

A teacher has to deal carefully with a group of young children in a class room situation. Therefore it is very essential to understand the individual differences of students with regards to their ability, interests, attitudes and needs at different levels of growth and development. A teacher must know the appropriate principles of teaching-learning and different approaches to teaching for better result of teaching-learning process. Psychology helps in this regard. The course of study of a particular class is prepared by a teacher. Knowledge of psychology is helpful in developing curriculum of different levels for students on different subjects. The developmental characteristics and needs of the students are also taken into account in the formulation of curriculum.

A teacher has to play different roles in the school as guide, philosopher and leader. Guidance is a type of assistance to the students to solve their problems by themselves. The knowledge of psychology enables the teacher to provide necessary educational and vocational guidance to the students of different age groups. The study of educational psychology is thus very useful for teachers for planning, organizing and teachers to evolve and fashion themselves into an intelligent and adaptive teachers psychology therefore becomes a 'must have arrow' in the quiver of a teacher.



Ms. Rita Kumrawat
(Incharge-Primary Section)





Dr. Roopali Jadhav
(Incharge – Pre Primary Section)

STEPS TOWARDS EXCELLENCE

There is a saying that 'Nothing succeeds like Success' and 'Nothing fails like failure'. In this modern era of technology it is very easy to get tremendous amount of ideas at our fingertips. But still, today we are lamenting about lack of excellence. Ideas are borrowed, implementation processes are borrowed, technology is borrowed and consequently excellence and innovation are scarce. The need of the hour is to encourage the young minds to follow the 'path less travelled'. To overcome the hurdles of destiny and to learn to walk ahead fearlessly. Innovations have become an event of past. And we claim that our past was better than others. How long will we bask in past glory? We believe in short cuts and look for immediate results. We are not ready to pay the price for innovation. It is not that the children lack sincerity and efficiency but they do not have patience to develop skills on their own, Dear Children! while you are growing up try to depend less on others and more and more on yourselves. That would help you develop confidence and lead you towards excellence, turn uncertainty into certainty and hurdles into opportunities.

'Believe in yourself'

USE OF MOOD REFRESHER IN CLASS ROOM TEACHING

The class room teaching learning always requires a healthy learning atmosphere and this is not possible without "innovation from the part of teachers". One of these innovations can be termed as 'mood refresher'. Mood refresher means techniques which help to lighten the mental burden of students during teaching process. These techniques facilitate the teaching learning process and maintain healthy class room atmosphere. The following techniques can be used as mood refresher during class room teaching:

1. Teacher can discuss practical implementation of the lessons and their connection to daily life.
2. Use of smart class room with projects and videos.
3. Teacher can narrate stories related to topics, to arouse interest in students.
4. Outdoor lectures can be planned for certain subject like environmental sciences.
5. Competitive questioning session among groups of students related to topic.

It is believed that mood refresher techniques reduces mental stress, improves learning ability and enhance interaction between students and teachers. The mood refresher techniques boost interest of student in class room learning and enable teachers to explore his/her view in a different manner.



*Ms. Manju Bhadoriya
Teacher*





Ms. Purvanshi Raghuvanshi
Teacher

IMPORTANCE OF MANAGEMENT IN LIFE

Before talking about the importance of management in life let us discuss the meaning of management. What is Management? The word management is derived from the word manage and the meaning of management is to manage anything a work, an individual a thing etc. Now, what importance does management have in our life. Each and every aspect of our life is a part of management. Waking up early in the morning or getting early to bed, taking food on time, studying with a time table etc. are the part of management. It looks strange that even the language or talking style of a person reflects the management of his life. But there is nothing to feel strange because control and discipline are main elements of management.

A person with well controlled and disciplined character, we can say has successfully managed his life. A person without self control and discipline is like an empty sack that cannot stand upright and failure would be the only destiny for them. Other aspects of life like health, mutual relations, financial status of a person can also be improved by management. But management is not a man made thing or action but it is one of the great creation of God, which he had blessed to all creatures as an inborn ability and play an important role in every field.

ARTIFICIAL INTELLIGENCE: A BLESSING OR A CURSE?

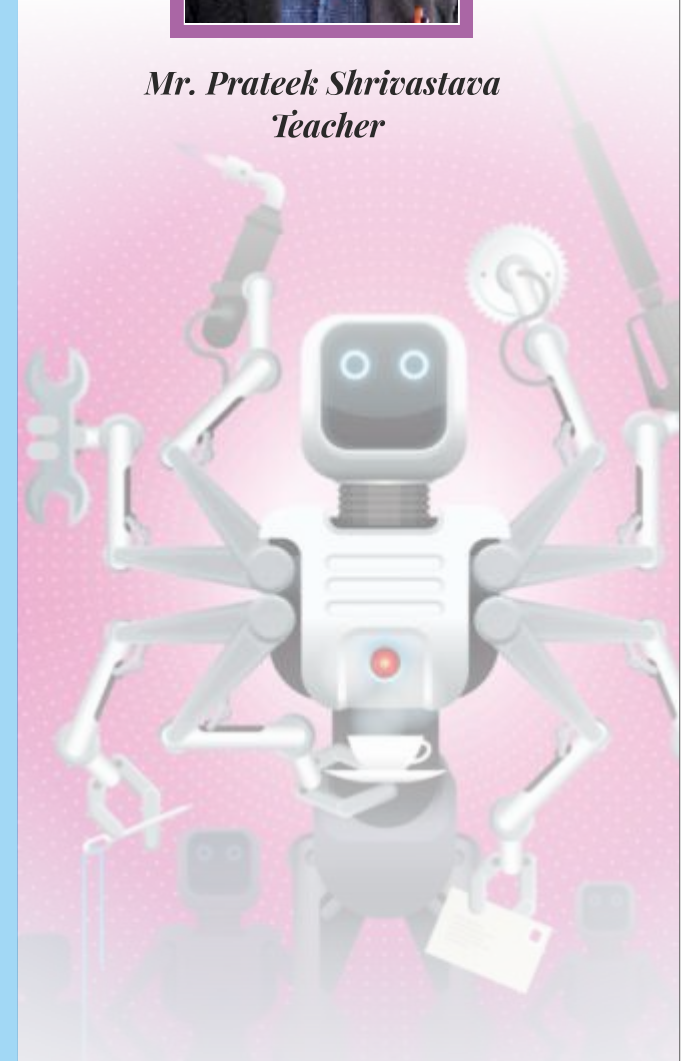
Artificial Intelligence or AI is the term coined by John McCarthy in 1955. He also organised the famous Dartmouth conference in 1956 which stated Artificial Intelligence as a field in academics. Since then AI research has seen many ups and downs. There have been what people call 'AI winters' when for years the interest in AI related research died down and it looked as if the field itself will never be able to make a comeback to the forefront of technological research. But for the last fifteen years AI research has been taken to new levels with big companies like Google, Amazon, Apple taking interest in the research. One can safely say that the future looks promising as far as research is concerned.

All this renewed attention to this field has ignited a debate amongst scientists, scholars and professors whether advancing AI is good for humanity or not. To try and understand the argument from both sides let us first see what AI actually means or how it is defined. In their book 'Artificial Intelligence' authors Shivashankar B Nair, Elaine Rich and Kevin Knight give a simplified definition of AI, according to them 'Artificial Intelligence is the study of how to make a computer do things which at the moment people do better'. One can understand the concern surrounding developing Artificial Intelligence as in essence it means creating a substitute for human brain. According to famous physicist Late Mr. Stephen Hawking "The development of full artificial intelligence could spell the end of the human race...it would take of on its own, and re-design itself at an ever increasing rate. Humans, who are limited by slow biological evolution, could not compete and would be superseded". AI as a research field is at very early stages and there is no predicting where it would all end since many researchers are now realising that to copy the human brain is a complex process. And the biggest obstacle in creating Artificial Intelligence is the fact of how little is known about the human brain. Consciousness still remains a mystery. It is a term that psychologist, scientists, and spiritualists all explain in different ways.

For centuries Homo Sapiens have ruled the earth through their higher intelligence over other life forms on the planet. We have altered our surroundings. However if we do get success in creating an Artificially Intelligent Machine which can simulate human thinking then it could pose a serious challenge to our supremacy as a species. However most researchers agree that even if Artificial Intelligence is developed to a significant level it will still require human assistance at the beginning so perhaps the most important questions is not what an AI would do to us but rather how will humans use them for or against one another.



Mr. Prateek Shrivastava
Teacher





Ms. Alka Bajpai
Teacher

MODERN DAY SLANGS

What if someone asks you: ***Hey What's up?***

What would you answer? Uuummm roof

Nope, here the person is asking, How are you?

Now let us see the possible answer:

Cool man! How you doing?

Here it is not like the person is feeling cold, he means that he is fine and asking in return about your well-being.

These type of conversations are so common these days. When youngsters talk with each other or text on whatsapp or any social networking apps messenger they do not follow grammar rules, this type of language is called "Slang". Slangs are a type of language consisting of words and phrases that are regarded as very informal, are more common in spoken language than in writing.

Here are some of the slangs which are so common these days:

Kudos: means respect

(Kudos for great success)

Bottom line: means the main point

(The bottom line is to learn something new everyday by reading)

Piece of cake: means extremely easy

(How was your exam? It was a piece of cake)

Bae: means before anyone else

(My friend is my Bae)

Epic fail: means complete disaster.

(I tried to bake for the first time but it was an epic fail)

LABORATORY SAFETY

Laboratory Safety:- Bio safety is the prevention of large-scale loss of biological integrity, focusing both on ecology and human health. These prevention mechanisms include conduction of regular reviews of the bio safety in laboratory settings as well as strict guidelines to follow. Bio safety is used to protect from harmful incidents.

Bio safety levels:- There are four bio safety levels (BSL). Each level has specific controls for containment of microbes and biological agents. The primary risks that determine levels of containment are infectivity, severity of disease, transmissibility and the nature of the work conducted.

BSL-1:- A bio safety level is a set of bio containment precautions required to isolate dangerous biological agents in an enclosed laboratory facility.

BSL-2:- Bio safety level-2 is suitable for work involving agents of moderate potential hazard to personnel and the environment. This includes various microbes or difficult to contract via aerosol in a lab setting.

BSL-3:- A level-3 facility is maximum-security. It is described as 'high-security' prisons to house violent offenders with longer sentences and inmates who exhibit behavioral problems. Housing consists of single and double-fenced with extensive electronic surveillance.

BSL-4:- This bio safety level is asset of bio. Containment precautions required to isolate dangerous biological agents in an enclosed laboratory facility. As the highest level of biological safety consists of work with highly dangerous and exotic microbes are frequently fatal and come without treatment or vaccines. Two examples of such microbes include Ebola and Marburg viruses.

Bio Safety Cabinets: - The primary purpose of Bio Safety Cabinets (BSC) is to protect the laboratory worker and the surrounding environment from pathogens. All exhaust air is HEPA-filtered from pathogens; all exhaust air as it exits the Bio Safety Cabinet, removing harmful bacteria and viruses. Bio Safety Cabinets are divided into three classes: I, II and III. Class-I provides protection for the user and surrounding environment but no protection for the sample being manipulated. It provides personnel and environment protection for the safe handling when working with chemicals and powders.

Class-II provides protection for the user, environment and sample.

Class-III: The air enters the cabinet via the front aperture passing through a built-in exhaust fan, HEPA and/or Carbon Filter, thus providing operator and environmental protection.



Mr. Bharat Purohit
Lab Incharge





Our Inspiring Alumni

`Water gives us life but what gives life to water is the Earthen Clay Pot which holds it and keeps it cold and fresh. If we deeply think about the making of that pot we all will be relating it to our school life. When we all entered our schools we were just like the wet clay and our parents handed us over to the potter of our life i.e. our Teachers. Our teachers are power houses filled with hard work, skill, passion, love and care, who shaped our lives into a pot so that we can give life to everyone. That in a nutshell was my school life.

Ms. Namrata Singh
Former Student



The best portion of my life was when I was in school. I have seen myself growing with my school throughout my school life. I joined this school in Std. IV. And now my school has turned up into a big campus . I still remember the moments when me and my friends used to stand at the classroom door and run away like cheetah when we get a glimpse of our school teacher at one end of the corridor. Nostalgic feelings seriously. We spent years in the classroom dreaming and years down the line , classroom itself became a dream.

Ms. Rashi Sharma
Former Student

TOPPERS

100%



Yash Yadav
Nur-A

100%



Sanskriti Rajwal
Nur-B

100%



Naitik Upadhyay
Nur-C

100%



Ashrita Mishra
KG I-A

100%



Nirvi Dahake
KG I-B

100%



Aradhya Raghuvanshi
KG I-C

100%



Aaradhya Jaiswal
KG I-D

100%



Nitya Bhopale
KG II-A

100%



Divya Chouhan
KG II-B

100%



Prakhar Raghuvanshi
KG II-D

94.5%



Adhiraj Singh
I-A

92.4%



Satveer Singh
I-B

97.6%



Sharanyaa Bhuriya
I-C

98.5%



Vaibhavi Shrivastava
I-D

94.9%



Gautam Verma
I-E

96.2%



Love Mishra
II-A

96.6%



Sanjana Nimje
II-B

96.6%



Imelda Stanley
II-C

98.0%




Vanshika Baswal
II-D

94.6%



Manas Shukla
III-A

97.9%



Anmol Sharma
III-B



ATTENDANCE AWARD



ATTENDANCE AWARD



Sanskar Hajare
Class - VI (C)



Jose Toppo
Class - VI (D)



Ayush Verma
Class - VII (B)



Sanskrati Kureel
Class - VII (B)



Jaya Yadav
Class - VII (C)



Anshika Morya
Class - VII (D)



Anuj Gour
Class - VII (D)



Aleena Lovan
Class - VIII (A)



Dhananjay Borban
Class - VIII (A)



Sristhi Padlak
Class - VIII (B)



Karan Patidar
Class - VIII (C)



Pranav Yadav
Class - VIII (D)



Dolly Pal
Class - IX (A)



Joyal George
Class - X (B)



Vibhuti Sharma
Class - XI (B)



Sandeep Suryavanshi
Class - X (C)



Riya Singh
Class - XI (A)



Glowing Stars







School Council **ELECTION**



INVESTITURE Ceremony





