



# *Indo American Public School*

*Quarterly*

*Magazine*

*2022-23*



**Your Bright Future Will Start Here**



**School Address :**

**"Golden Arcadia",  
Balicha, N.H.-8,  
Udaipur (Raj.)**

**(M) 9799208479**

**8852977973**

**E-Mail : [indoamericanschool@yahoo.co.in](mailto:indoamericanschool@yahoo.co.in)**



“Gratitude can transform common days into thanks giving, turn routine jobs into joy and change ordinary opportunities into blessings”

We are firmly thankful to our Mentors, Dr. Ganesh Lal Harpawat and Dr. Kiran Harpawat, Chairman Mr. Mohit Nagori, Secretary Mr. Shubham Kothari and Principal ma'am Mrs Rinika Roy who inspired us to build confidence, install a lot of learning & under Principal ma'am's guidance we successfully completed E-Magazine 2021-22 first time. With an equal spirit and enthusiasm we have completed E-Magazine session 2022-23 which represents holistic growth of each child through a number of creative learning programme. We are also thankful to the teachers and special thanks to Mr. Deepak Pandya, Mrs. Anita Sharma and Mrs. Yogeshwari Choubisa for their helping hand and kind support for making this E-Magazine successful within a short period. We are looking forward for your constant support in the future as well.

**Mrs. Soma Chakraborty**  
(Coordinator)

## OUR MENTORS



OUR MENTORS  
DR. GANESH LAL HARPAWAT

**Dr. Ganesh  
Harpawat**



DR. KIRAN HARPAWAT

**Dr. Kiran  
Harpawat**



CHAIRMAN

**Mr. Mohit  
Nagori**



SECRETARY

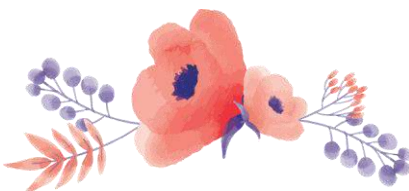
**Mr. Shubham  
Kothari**



PRINCIPAL

**Mrs. Rinika  
Roy**





# INDO AMERICAN PUBLIC SCHOOL



“Golden Arcadia”

Near IIM, Balicha  
Udaipur, 313001  
Rajasthan

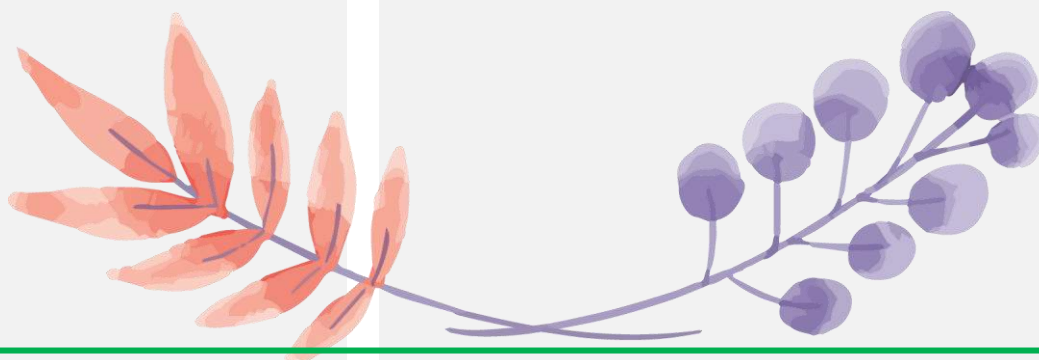
9799208479  
8852977973

indoamericanschool@yahoo.co.in

[indoamericanpublicschool.com](http://indoamericanpublicschool.com)

## Salient Features of the School

- ✓ Sports Room
- ✓ Music Room
- ✓ Library
- ✓ Exam Room
- ✓ Smart Classes
- ✓ Computer Lab
- ✓ Science Lab (Physics, Chemistry, Maths, Biology)
- ✓ Geography & Psychology Lab
- ✓ Swimming Pool
- ✓ Badminton Court
- ✓ Basketball Ground
- ✓ Football Ground
- ✓ Leo Club
- ✓ Heritage Club
- ✓ NCC
- ✓ Scout & Guide
- ✓ Encourage the holistic growth of each child through a number of creative learning programs.



*Keeping Growing With Us and Never Look Back*

## LIST OF FACULTY

S.N.	Employee Name	Desig.	Post
1	Mrs. Shubhangi Chouhan	PGT	Coordinator
2	Mrs. Soma Chakraborty	PGT	Coordinator
3	Mrs. Seema Rathore	PGT	Head (Sci. Department)
4	Mrs. Deepali Rathore	PGT	Staff Secretary
5	Mrs. Chitra Sharma	PGT	Exam Incharge
6	Dr. Prerna Ranawat	PGT	Senior Incharge
7	Mr. Surendra Singh Panwar	PGT	Discipline Incharge (PTI)
8	Mrs. Yogeshwari Choubisa	PGT	NCC Incharge
9	Mrs. Neelam Periwal	PGT	Assembly Incharge
10	Mrs. Arpita Dutta	PGT	House Incharge
11	Mr. Aadil Khan	PGT	Physics Teacher
12	Mr. Bhupendra Chandel	PGT	Chemistry Teacher
13	Mr. Tej Prakash Mali	TGT	Scout & Leo Club Incharge
14	Mrs. Vineeta Sharma	TGT	House Incharge
15	Mrs. Nitu Vyas	PGT	Heritage Club Incharge
16	Mrs. Manisha Joshi	TGT	Hindi Subject Incharge
17	Mr. Vineet Kumar Choubisa	TGT	Middle Incharge
18	Mrs. Aishwarya Papihara Jhilmil	TGT	Assis. Incharge of Heritage Club
19	Mrs. Kajal Dwivedi	PRT	Hindi Teacher
20	Mrs. Nirmala Tyagi	PRT	Primary Incharge
21	Mrs. Madhulika Lohar	PRT	Scout Incharge
22	Mrs. Poonam Jayaswal	PRT	Assis. Exam Incharge
23	Mrs. Abha Paliwal	PRT	Social Science Teacher
24	Mrs. Vinita Sahni	PRT	Computer Teacher
25	Mrs. Taruna Tayal	NTT	Coordinator
26	Mrs. Mamta Bhanawat	NTT	Teacher of Pre-Primary
27	Mrs. Khushboo Rathore	NTT	Teacher of Pre-Primary
28	Mrs. Lalita Rawat	Lab. Assis.	Science Lab Assis.
29	Mr. Rahul Salvi	TGT	Discipline Incharge (PTI)
30	Mr. Norman Gardner	Warden	Discipline Incharge
31	Mrs. Nisha Bansal	TGT	Art Teacher
32	Mrs. Anita Sharma		Office Superitendent
33	Mr. Deepak Pandya		Office Assis.



# Student Council

Transforming Learners of today  
into leaders of tomorrow

Head Boy

Mrighraj Singh Chouhan



XII Science

Head Girl

Anushka Singh



XII Science

Literacy

Secretary



Aryan solanki

Sports Secretary



Pharthik  
XII Arts



Aaradhika Singh  
XII Science

Secretary



G. Hunapriya  
XII Science

Cultural Secretary



Shambhvi Mishra  
XII Arts



Rishi Kumar  
XII Science

Pratap House

Captain

Bhumika Jayswal  
XII Science



Vice Captain

Gourav Kundu  
X



Shivaji House

Captain

Anmol Saini  
XII Science



Vice Captain

Meghant Kohli  
X



Kumbha House

Captain

Priyanka Yadav  
XII Science



Vice Captain

Akhilesh Yadav  
X



Tagore House

Captain

Kunal Raj Gameti  
XII Science



Vice Captain

Priyansh Varlani  
X





# Investiture Ceremony





## Star Achievers of class XII<sup>th</sup>

2021-22

96.4%



Sanyam Kothari

97.2%



Dviti Bafna

94.4%



Dev Pratap Audichya

93%



Sanchi Jain

90%



Reena Sisodia

45 students  
scored more  
than 90% in  
subject

## Star Achievers of class X<sup>th</sup>

44 students  
scored more  
than 90% in  
subject

95.6%



Hiya Singh

94.4%



Kritika Nagda

88.8%



Dolly Vyas



# Scout and Guide



## NCC Activities





# Medal Winners of IAPS

**INDO AMERICAN PUBLIC SCHOOL**  
Day cum Residential School  
Golden Arcadia Balicha, National Highway, No. 8, Udaipur, Rajasthan 313001

## KARATE

**REPRESENTED KARATE IN RAJASTHAN NATIONAL LEVEL TEAM**

Mansvi sonwal in kata	- Gold Medal
Bhavishya Sonwal in kata	- Gold Medal
Laksha Meena in kata	- Gold Medal
khushi katara in kata	- Silver Medal
Yashdeep Tyagi in kumite	- Bronze medal
Khush katara in kumite	- Bronze medal
Labhansh Lohar in kata	- Bronze medal
Himanshu Patel in kumite	- Bronze medal

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**INDO AMERICAN PUBLIC SCHOOL**  
Day cum Residential School

**IAPS Student**  
**MANSHVI SONWAL**  
13 Years  
**GOLD MEDAL**

**Congratulations**  
On Winning Medal in  
Bhagat Singh Cup, All India  
Karate Championship 2022.  
29th Sept to 1st October 2022.

**INDO AMERICAN PUBLIC SCHOOL**  
Day cum Residential School

**IAPS Student**  
**BHAVISHYA SONWAL**  
11 Years  
**GOLD MEDAL**

**Congratulations**  
On Winning Medal in  
Bhagat Singh Cup, All India  
Karate Championship 2022.  
29th Sept to 1st October 2022.

**INDO AMERICAN PUBLIC SCHOOL**  
Day cum Residential School

**IAPS Students**  
**LAKSHA MEENA**  
**GOLD MEDAL**  
And  
**KHUSHI KATARA**  
**SILVER MEDAL**

**Congratulations**  
On Winning Medals in  
Bhagat Singh Cup, All India  
Karate Championship 2022.  
29th Sept to 1st October 2022.

**INDO AMERICAN PUBLIC SCHOOL**  
Day cum Residential School

**IAPS Student**  
**LABHANSH LOHAR**  
7 Years  
**GOLD MEDAL**

**Congratulations**  
On Winning Medal in  
Bhagat Singh Cup, All India  
Karate Championship 2022.  
29th Sept to 1st October 2022.



Martial Art



# Football

**INDO AMERICAN PUBLIC SCHOOL**  
Day cum Residential School

**IAPS Student**  
**PALASH**  
U18  
**GOLD MEDAL**  
**Congratulations**  
On Winning Gold Medal in the 4th  
SDPF National Federation Cup,  
Nashik.

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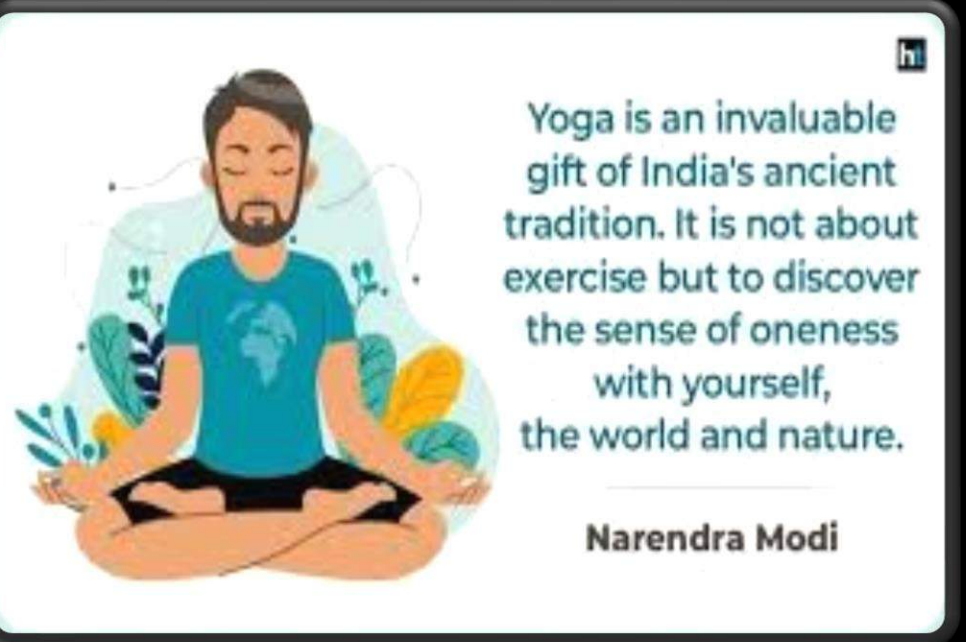
**INDO AMERICAN PUBLIC SCHOOL**  
Day cum Residential School

**IAPS Student**  
**ASHISH**  
U23  
**BRONZE MEDAL**  
**Congratulations**  
On Winning Bronze Medal in the  
4th SDPF National Federation  
Cup, Nashik.

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# Yoga Day



# Picnic Day





# Readers Page

## LET'S REMEMBER THESE DAYS

**September 8 : World Literacy Day:** It aims to highlight the importance of basic literacy skills. It brings together individuals, communities, societies and governments.

**September 14 : Hindi Diwas:** Hindi was adopted as the official language of the Constituent Assembly in 1949 on this day. Hindi is the 'language of unity' for India.

**September 21 : International Day of Peace:** It is dedicated to world peace and preventive means to reduce war and violence. It promotes respect, safety and dignity for all.

**September 27 : World Tourism Day:** It raises awareness on the role of tourism within the international community and demonstrates how it affects social, cultural, political and economic values worldwide.

**September 29 : World Heart Day:** It urges all to lead the global fight against heart diseases and stroke. It aims to encourage people to make lifestyle changes and promoting education about ways to be good to your heart.

## SCIENCE & TECHNOLOGY NEWS



India's researchers have successfully developed a 3D-printed artificial cornea from human donor corneal tissue. This artificial cornea was developed using bio-ink. This artificial Cornea can be used by army-personnel to prevent any eye infection or eye injuries during war.

## INDIA-WHO'S WHO

### INDIA

#### UNION GOVERNMENT

**Smt Droupadi Murmu:** President

**Shri Jagdeep Dhankar:** Vice President

**Shri Nuthalapati Venkata Ramana:** Chief Justice of India

**Shri Om Birla:** Speaker of Lok Sabha

#### CABINET MINISTERS

**Shri Narendra Modi:** Prime Minister and also in-charge of: Ministry of Personnel, Public Grievances and Pensions; Department of Atomic Energy; Department of Space; all important policy issues; and all other portfolios not allocated to any minister

**Shri Raj Nath Singh:** Minister of Defence

**Shri Amit Shah:** Minister of Home Affairs; and Minister of Cooperation

**Shri Nitin Jairam Gadkari:** Minister of Road Transport and Highways

**Smt Nirmala Sitharaman :** Minister of Finance; and Minister of Corporate Affairs

**Shri Narendra Singh Tomar :** Minister of Agriculture and Farmers Welfare

**Dr. Subrahmanyam Jaishankar :** Minister of External Affairs

**Shri Arjun Munda :** Minister of Tribal Affairs

**Smt. Smriti Zubin Irani :** Minister of Women and Child Development

**Shri Piyush Goyal :** Minister of Commerce and Industry; Minister of Consumer Affairs, Food and Public Distribution; and Minister of Textiles

**Shri Dharmendra Pradhan :** Minister of Education; and Minister of Skill Development and Entrepreneurship

**Shri Pralhad Joshi :** Minister of Parliamentary Affairs; Minister of Coal and Mines

**Shri Narayan Tatu Rane :** Minister of Micro, Small and Medium Enterprises

**Shri Sarbananda Sonowal :** Minister of Ports, Shipping and Waterways; and Minister of AYUSH

**Shri Mukhtar Abbas Naqvi :** Minister of Minority Affairs

**Dr. Virendra Kumar :** Minister of Social Justice and Empowerment

**Shri Giriraj Singh :** Minister of Rural Development; and Minister of Panchayati Raj

**Shri Jyotiraditya M. Scindia :** Minister of Civil Aviation

**Shri Ramchandra Prasad Singh :** Minister of Steel

**Shri Ashwini Vaishnaw :** Minister of Railways; Minister of Communications; and Minister of Electronics and Information Technology

**Shri Pashupati Kumar Paras :** Minister of Food Processing Industries

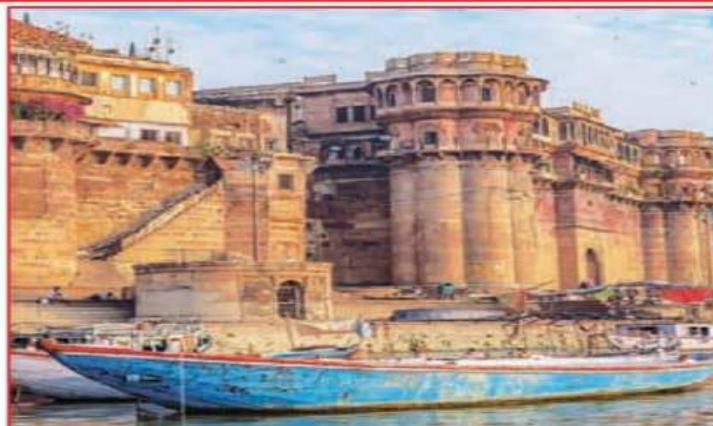
**Shri Gajendra Singh Shekhawat :** Minister of Jal Shakti

**Shri Kiren Rijiju :** Minister of Law and Justice

**Shri Raj Kumar Singh :** Minister of Power; and Minister of New and Renewable Energy

## VARANASI NOMINATED AS THE FIRST SCO TOURISM AND CULTURAL CAPITAL

Varanasi was nominated the first-ever Shanghai Cooperation Organisation (SCO) Tourism and Cultural Capital for the period of 2022-23. SCO is a political, economic and security alliance established in 2001. Its headquarter is in Beijing. Its members are China, India, Kazakhstan, Kyrgyzstan, Pakistan, Russia, Tajikistan, Iran and Uzbekistan.



Nomination of Varanasi as SCO Tourism and Cultural Capital will promote tourism and cultural and humanitarian exchanges between India and other SCO member countries. Under this programme, various events will be organised in Varanasi in 2022-23. These events will bring together musicians, authors, scholars, Indologists (people who study about Indian culture, language and literature), artists as well as other invited guests in Varanasi.

## They Made Us Proud To Be INDIANS

### GITA GOPINATH

Gita Gopinath, the First Deputy Managing Director at the International Monetary Fund (IMF), has become the first woman whose portrait was featured on the wall of former Chief Economists of the IMF. Gopinath studied at Nirmala Convent School in Mysore. She received a B.A. degree from Lady Shri Ram College for Women of the University of Delhi in 1992 and an M.A. degree in economics from Delhi School of Economics. She got her second master's degree in economics at the University of Washington. She did her Ph.D. in economics.



### MURALI SREESHANKAR

Murali Sreeshankar, a long jumper has created history by becoming the first Indian man to qualify for the long jump final in the history of World Athletics Championships in US' Eugene. He was coached by his father S. Murali who is a former triple jump athlete and silver medalist at the South Asian Games. Murali would accompany his father at practices as a four-year-old, and it was there that his father noticed his potential as a sprinter. He became a state-level under-10 champion in 50 metres and 100 metres. But he switched from sprinting to long jump at the age of 13.





# English Exhibition



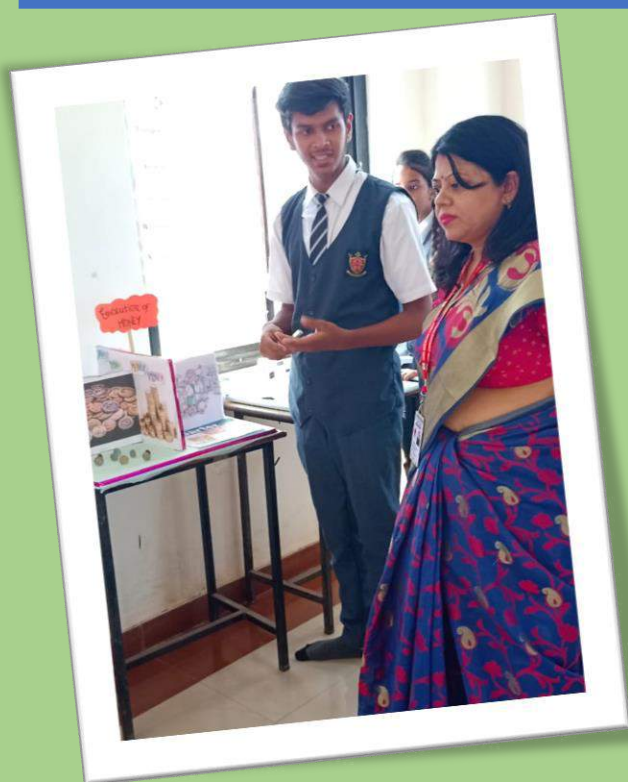
# Hindi Exhibition



# Maths Exhibition



# Commerce Exhibition





# Social Exhibition



## Workshop : Happiness & Stress Releasing

### WORKSHOP ON HAPPINESS AND STRESS RELIEVING



## Training Program on Financial Literacy

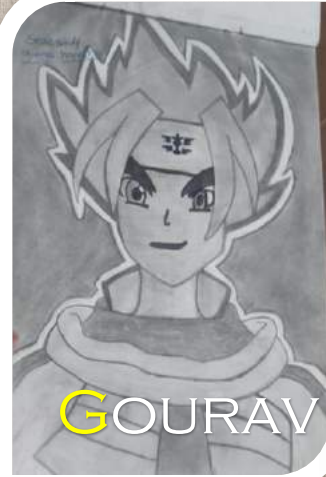


### WORKSHOP ON SWACCHATA BHARAT AND PERSONAL HYGIENE





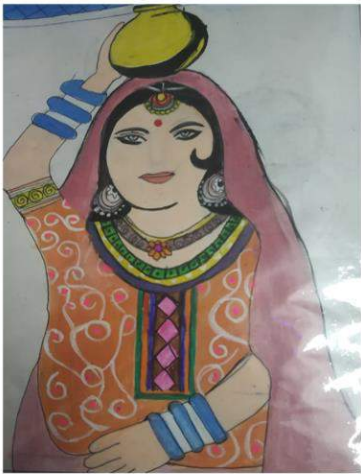
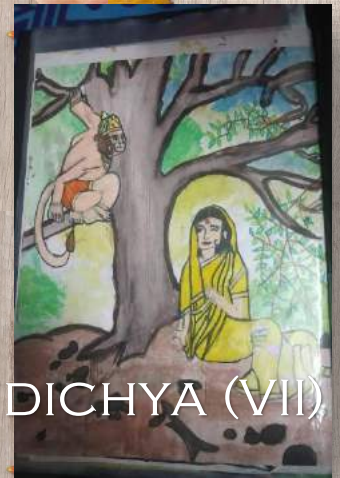
# Art Corner



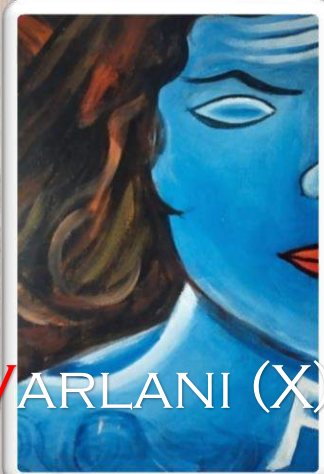
GOURAV KUNDU (X)



KAUSHIKI AUDICHYA (VII)



PRIYANSH VARLANI (X)



TEJASVINI  
AUDICHYA



# Our Activities



Swachhata Pakhwara



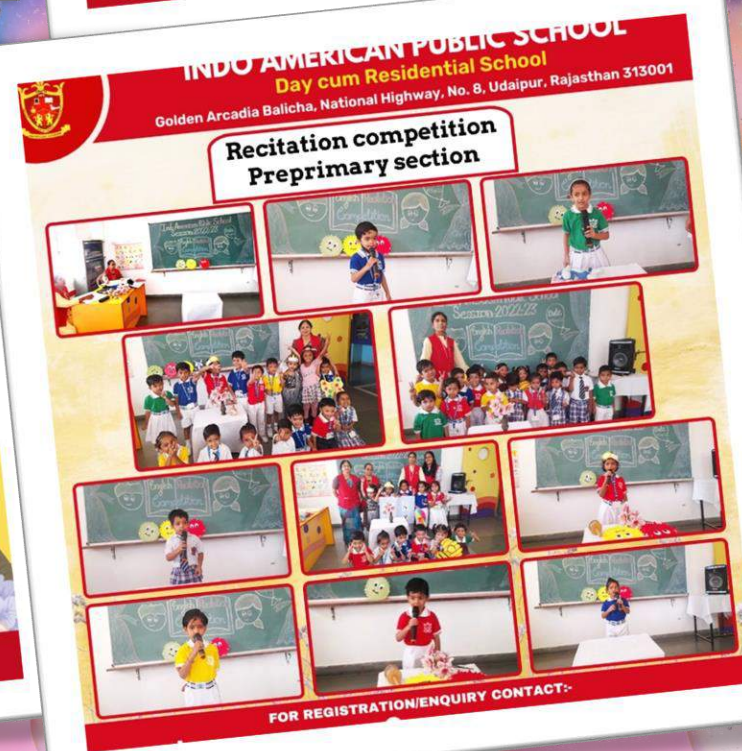
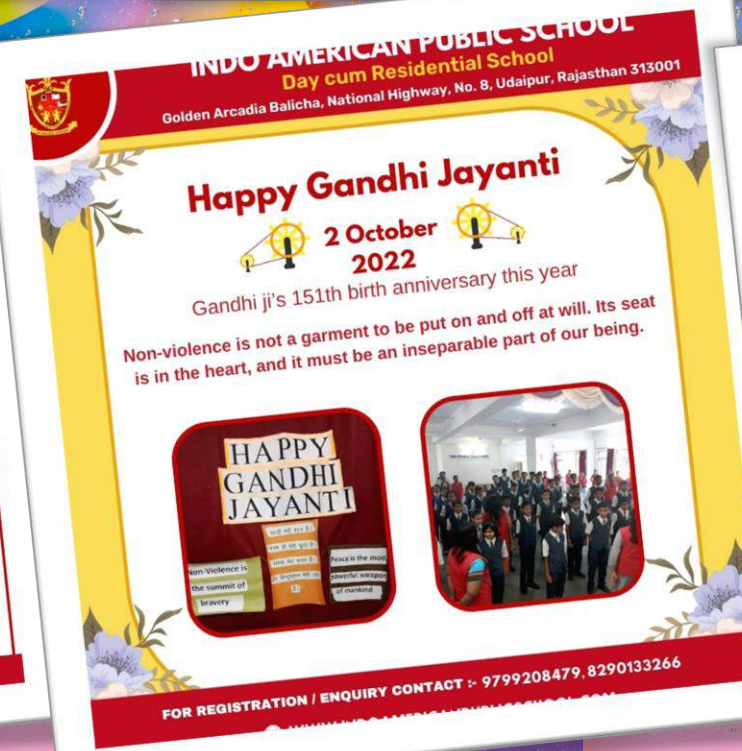
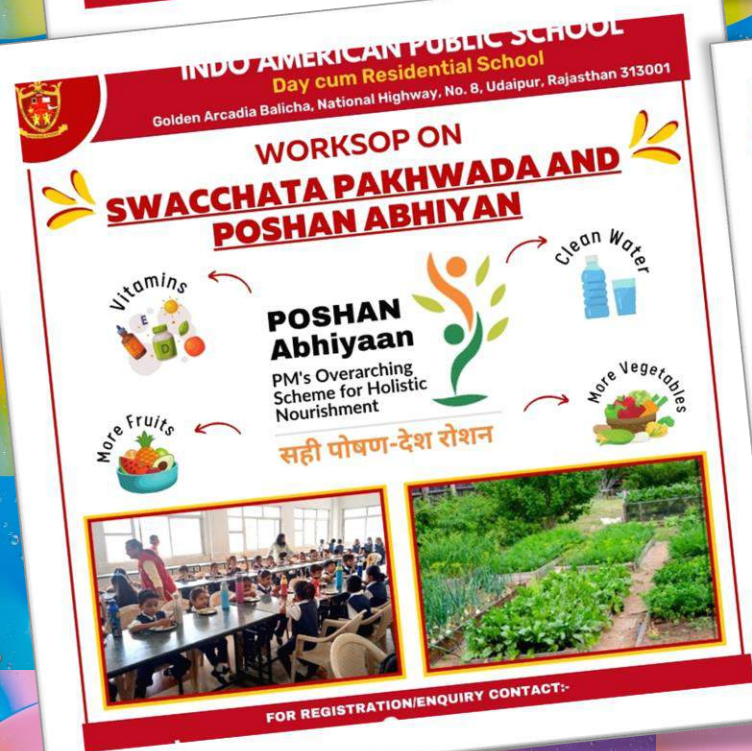
Poshan Maah



Nutrition Meal

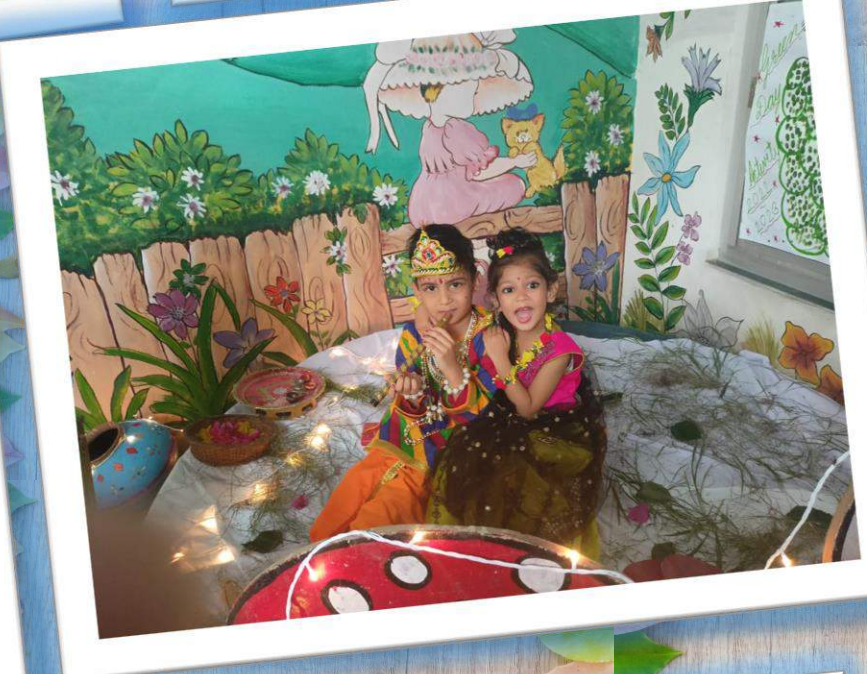
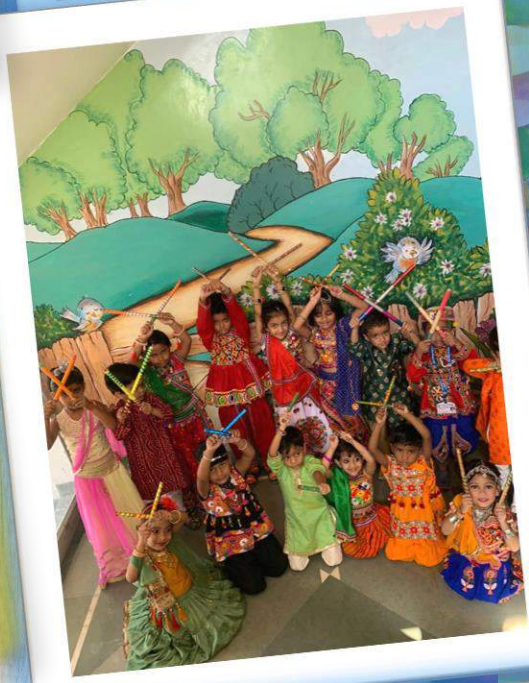


# Our Activities





# Kids Corner





# HERITAGE CLUB ACTIVITIES

Today, let us remember the golden heritage of our country and feel proud to be a part of India.



## LET'S REMEMBER THESE DAYS

**October 2 : Gandhi Jayanti** : It is the birthday of Mahatma Gandhi, the Father of the Nation, and is marked by prayer services and tributes. On 15<sup>th</sup> June 2007, the UN declared this day as *International Non-Violence Day*.

**October 4-10 : World Space Week** : It is an international celebration of human's greatest achievements in Science and Technology. The theme of this year is 'Women in Space'.

**October 10 : World Mental Health Day** : It is supported by the World Federation of Mental Health and WHO. It raises awareness on mental health issues.

**October 16 : World Food Day** : The day is concerned with food security and nutritious diet for all and to increase efforts to achieve the 'Zero Hunger Programme' by 2030.

**October 24 : United Nations Day** : The day marks the anniversary of the Charter of the United Nations and creates awareness on the aims and achievements of the UN.



# LEO CLUB ACTIVITIES



दानक  
भास्कर

उदयपुर 08-09-2022

## शिक्षक सम्मान एवं लियो क्लब का शपथ ग्रहण



उदयपुर | इण्डो अमेरिकन पब्लिक स्कूल, बलीचा में लायंस क्लब मेवाड़ गौरव के माध्यम से विशिष्ट शिक्षकों का सम्मान किया गया। मुख्य अतिथि हड़पावत चेरिटेबल ट्रस्ट अध्यक्ष मोहित नागौरी, सचिव शुभम कोठारी, स्कूल





# Guru Vandan Chatra Abhinandan

By

## Bharat Vikas Parishad



शिष्य वही जो सीख ले, गुरु का ज्ञान अगाध।  
भक्ति भाव मन में रखे चलता चले अबाध।।





## INDO AMERICAN PUBLIC SCHOOL

Day cum Residential School

Golden Arcadia Balicha, National Highway, No. 8, Udaipur, Rajasthan 313001

INDIA SCHOOL RANKINGS  
EDUCATION WORLD  
2022-23

INDO AMERICAN PUBLIC SCHOOL  
IS RANKED

6<sup>th</sup>  
AMONGST  
UDAIPUR'S TOP

CO-ED DAY SCHOOLS

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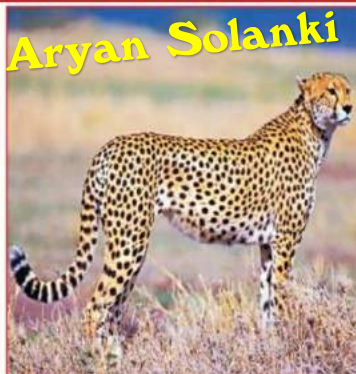
Awarded by Full Marks



# Students Page

## CHEETAHS RELOCATION IN INDIA

The National Tiger Conservation Authority (NTCA) has decided to bring 50 African cheetahs from South Africa and Namibia. They will be reintroduced in various National Parks over five years, under 'Action Plan for Introduction of Cheetah in India'. This is the world's first inter-continental cheetah translocation project. The cheetah will be brought into the wildlife site at Kuno Palpur in Sheopur district of Madhya Pradesh.

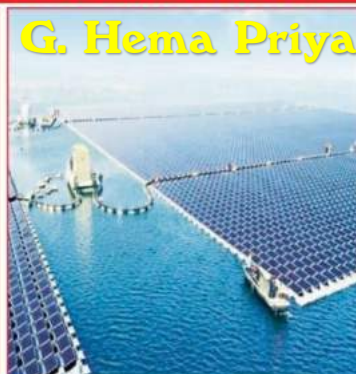


Kuno is probably the only wildlife site in the country where there has been a complete relocation of villages away from the park. The cheetah is also the world's fastest land mammal that lives in Africa and Asia. India's last spotted cheetah died in Chhattisgarh in 1947 and it was declared extinct in the country in 1952. Cheetah is the only large carnivore that was completely wiped out from India, mainly due to over-hunting and habitat loss.

Aryan Solanki

## INDIA'S LARGEST FLOATING SOLAR POWER PROJECT IN TELANGANA

Ramagundam floating solar PV project, India's Largest Floating Solar Power Project in Telangana is declared operational from 1<sup>st</sup> July 2022. The 100-MW Floating Solar PV project at Ramagundam in Telangana is equipped with highly advanced technology as well as environment friendly features. All major components of the solar plant are indigenous, contributing to the Government of India's 'Make in India' mission.



100 MW Ramagundam floating solar PV project in Telangana is installed across the natural water reservoir, saving valuable land resources and also conserving water by reducing evaporation from water bodies (saving approximately 32.5 lakh cubic meters per year). Bharat Heavy Electricals Limited (BHEL) engineering and manufacturing company has started Ramagundam Floating solar PV project in Telangana.

G. Hema Priya

## SPORTS Parthik Dhabai

**6<sup>th</sup> September**  
Grandmaster Aravindh Chithambaram has won the 22<sup>nd</sup> Dubai Open Chess Tournament with 7.5 points. While seven Indians finished in the top 10, R Praggnanandha was in the second spot with five others. Aravindh Chithambaram and R Praggnanandha settled for a draw in the ninth and final match, which enabled Aravindh Chithambaram to finish the match with 7.5 points, ahead of the rest of the players.

**10<sup>th</sup> September**  
• Anishka Biyani of Mumbai has won the gold medal in the Malaysian Age Group Rapid Chess Championship at Kuala Lumpur. She is six years old and a first grade student of Dhirubhai Ambani School. She achieved the feat in the Under-6 Open category with a score of four points, out of six to get the title in the girl's category.  
• Tokyo Olympic gold medalist, Neeraj Chopra has become the first Indian to win the prestigious Zurich Diamond League Final 2022 in Switzerland. His first attempt was declared a 'No Throw', but he claimed the top spot with a throw of 88.44m (the fourth best of his career) in his second attempt, which turned out to be his winning throw. He threw 88.00m, 86.11m, 87.00m and 83.60m in his next four throws.

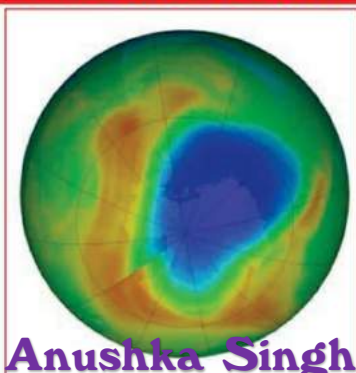
**11<sup>th</sup> September**  
Sri Lanka won the Asia Cup Final 2022 by 23 runs against Pakistan. Pakistan won the toss and chose to bowl first. Sri Lanka made 170 runs in 20 overs with a loss of 6 wickets. Pakistan scored only 147 runs and were all out in 20 overs. W Hasaranga made 36 runs in 21 balls and Dhananjaya de Silva made 28 runs in 21 balls. Bhanuka Rajapaksa became the Man of the Match and W Hasaranga was declared Man of the Tournament.

**21<sup>st</sup> September**  
Indian wrestler Bajrang Punia won the bronze medal after defeating Daulet Niyazbekov of Kazakhstan in the men's freestyle 65kg category at the World Wrestling Championships 2022. It was his fourth medal at the world championships.

**22<sup>nd</sup> September**  
Linda Fruhvirtova of Czech Republic won the Chennai Open 2022 Women's Tennis Association 250 tennis singles. The 17-year-old tennis player beat Magda Linette of Poland in the final. She is the youngest champion titlist and the youngest singles of the season on the WTA Tour.

## SCIENTISTS DISCOVER 7 TIMES LARGER OZONE HOLE OVER THE TROPICS

Qing-Bin Lu, a scientist and his team from the University of Waterloo in Ontario, Canada have discovered a large ozone hole in the lower stratosphere over the tropics which is roughly seven times larger than the one over Antarctica. The ozone hole also refers to thinning of the protective ozone layer. The Ozone layer is a gas layer in the Earth's stratosphere that covers the Earth and protects it from the Sun's harmful ultraviolet rays.

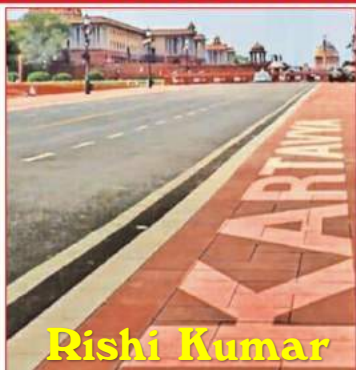


Human activities are the main cause of depletion of the ozone gas through use of gases like chlorofluorocarbons (CFCs) which are released into the atmosphere through refrigerants and AC. The formation of the ozone hole is a cause of great global concern, as the depletion of the ozone layer leads to increased exposure to harmful UV radiations. The increased radiation can increase risk of skin cancer and cataracts in humans.

Anushka Singh

## INAUGURATION OF 'KARTAVYA PATH' IN NEW DELHI

Prime Minister Shri Narendra Modi inaugurated the 'Kartavya Path' on 8<sup>th</sup> September 2022. The two-kilometre long road between Rashtrapati Bhavan and India Gate was formerly known as 'Rajpath'. Kartavya Path is one of the most frequented tourist spots in Delhi. The Kartavya Path is an important road where the Republic Day parade takes place on 26<sup>th</sup> January every year.



A 15.5 km long walkway has been made between Kartavya Path and Rajpath. Both sides of this walkway have been laid with red granite. The area has 987 pillars, over 900 LED lamps, 415 benches, and 114 sign boards. Drinking water and washroom facilities have been provided at multiple points. Renovated canals, state-wise food stalls and new amenity blocks will also be set up along the road.

Rishi Kumar

## GARBA TO BE INCLUDED IN UNESCO'S INTANGIBLE CULTURAL HERITAGE FOR THE YEAR 2022

India has now named Garba to be included in UNESCO's Intangible Cultural Heritage list for the year 2022. Garba is a form of dance, performed around a centrally lit lamp and picture or statue of Goddess Shakti, during the nine-day Hindu festival, Navaratri.



Garba originated in the villages of Gujarat. It is also performed during social events like weddings and parties. Since 2008, following 14 Indian heritages have been listed in UNESCO Intangible Cultural Heritage List:

1. Kudiattam (Sanskrit theatre) 2. Tradition of Vedic Mantras chanting 3. Ram Leela 4. Ramman 5. Chhau Dance 6. Kalbelia (Folk Songs and Dances of Rajasthan) 7. Mudiattu (a ritual theatre and dance drama from Kerala) 8. Durga Puja in Kolkata 9. Buddhist chanting of Ladakh 10. Sankirtana 11. Traditional brass and copper craft of pottery 12. Nawrouz 13. Yoga 14. Kumbh Mela

Shambhavi Mishra

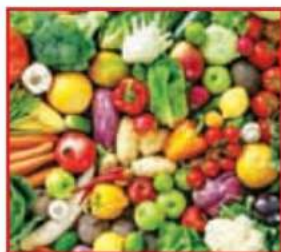
## Health and Fitness

### A HEALTHY DIET

Eating a healthy diet is very important to strengthen the immune system.

Tips for maintaining a healthy diet:

1. Eat wholegrains, lentils and beans, and plenty of fresh fruits and vegetables.
2. Avoid processed, baked and deep fried food. Eat steamed or boiled food.
3. Avoid sugary drinks and processed (canned/ bottled) fruit juices.
4. Limit salt intake to one teaspoon a day.



## YOGA : THE HEALTHY WAY OF LIFE

The 2022 Commonwealth Games, (Birmingham 2022), was an international multi-sport event for the members of the Commonwealth of Nations that took place in Birmingham, England between 28 July and 8 August 2022. India won a total of 61 medals (26 gold, 16 silver and 23 bronze) to finish Fourth overall in the medal's tally.

<p><b>BIRMINGHAM 2022</b> commonwealth games</p> <p><b>India's Gold Medalists</b></p>		<p><b>PV SINDHU</b> (Badminton Women's Singles) <b>GOLD MEDAL</b></p>		<p><b>BAJRANG PUNIA</b> (Wrestling - Men's freestyle 65 kg) <b>GOLD MEDAL</b></p>		<p><b>RAVI KUMAR DAHIYA</b> (Wrestling - Men's freestyle 57 kg) <b>GOLD MEDAL</b></p>	
<p><b>ACHANTA SHARATH KAMAL</b> (Table Tennis - Men's Singles) <b>GOLD MEDAL</b></p>		<p><b>BHAVINA PATEL</b> (Para Table Tennis - Women's Singles) <b>GOLD MEDAL</b></p>		<p><b>DEEPAK PUNIA</b> (Wrestling - Men's freestyle 86kg) <b>GOLD MEDAL</b></p>		<p><b>ELDHOSE PAUL</b> (Athletics - Men's Triple Jump) <b>GOLD MEDAL</b></p>	
<p><b>JEREMY LALRINNUNGA</b> (Weightlifting - Men's 67kg) <b>GOLD MEDAL</b></p>		<p><b>LAKSHYA SEN</b> (Badminton - Men's Singles) <b>GOLD MEDAL</b></p>		<p><b>MIRABAI CHANU</b> (Weightlifting - Women's 49kg) <b>GOLD MEDAL</b></p>		<p><b>NAVEEN MALIK</b> (Wrestling - Men's freestyle 74kg) <b>GOLD MEDAL</b></p>	
<p><b>NIKHIL ZAREEN</b> (Boxing - Women's 50kg) <b>GOLD MEDAL</b></p>		<p><b>NITU GHANGHAS</b> (Boxing - Women's 48kg) <b>GOLD MEDAL</b></p>		<p><b>AKHINTA SHEULI</b> (Weightlifting Men's 73kg) <b>GOLD MEDAL</b></p>		<p><b>AMIT PANGHAL</b> (Boxing - Men's 51kg) <b>GOLD MEDAL</b></p>	
<p><b>SAKSHI MALIK</b> (Wrestling - Women's freestyle 62 kg) <b>GOLD MEDAL</b></p>		<p><b>SUDHIR</b> (Para powerlifting - Men's heavyweight) <b>GOLD MEDAL</b></p>		<p><b>VINESH PHOGAT</b> (Wrestling - Women's freestyle 53 kg) <b>GOLD MEDAL</b></p>		<p><b>SATWIKSAIRAJ RANKIREDDY &amp; CHIRAG SHETTY</b> (Badminton - Men's Doubles) <b>GOLD MEDAL</b></p>	



# Inter School Sports Competition

## ASTRO CHAMP



## OPENING



## FOOTBALL



**SPORTS DO NOT  
BUILD CHARACTER.  
THEY REVEAL IT.**



## SWIMMING



## CLOSING



# Inter School Quiz Competition



School Level





# National Festivals

# Independence Day



# Gandhi Jayanti





# Guru Purnima Festival Celebration

## Teachers Day



## Ganesh Chaturthi



## Janmashtami



## Navratri



## Diwali





## New Achievements of 2022

<b>1</b>	<b>Road Safety</b>
<b>2</b>	<b>Martial Art</b>
<b>3</b>	<b>Football Academy</b>
<b>4</b>	<b>Nutrition Meal</b>
<b>5</b>	<b>Recreation Club</b>
<b>6</b>	<b>Speaker's Corner</b>





Thank  
you

Design by  
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