

SAI SUKRITI

(An initiative by the students of Sri Sathya Sai Vidya Vihar, Indore)

Bi-Monthly E-Magazine

January 2024 Edition

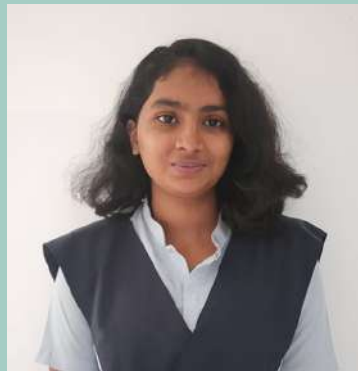


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CAREER EXPO.



Our Principal, Dr. Anju Chopra represented our school as a panelist in Central India's biggest career expo. held at Indore on 28th & 29th October, 2023.

A proud moment for us indeed.

KNOWLEDGE SESSIONS

**Central India's Biggest Education Expo
Indore: 28 & 29 October 2023 | Sheraton Grand Palace**

BL



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Advisor to
Government



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M

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Valued suggestions of our Principal, Dr. Anju Chopra for the physical fitness of children.

05

www.freepressjournal.in INDORE | THURSDAY | NOVEMBER 16, 2023

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CBSE FIT INDIA WEEK BETWEEN NOV 15 & DEC 15

Schools to focus on physical, mental wellness for better future

TINA KNOTHE

Finding the perfect balance with exercise, stress, nutrition and meditation, students of Central Board of Secondary Education (CBSE) schools in India and across the country will celebrate Fit India Week between November 15 and December 15 this year. Students are gearing up for sports week, wherein they would be competing in friendly sports matches, meditating, practicing yoga and taking fitness pledges.

Schools in India have received primary directions how they will create norms of fitness week. Furthermore,



schools will discuss with their peers on innovative ideas to make Subhasha Complex (CBSE) schools more.

The focus for most schools in Madhya Pradesh especially Indore and major cities is fitness. This has been covered better for mental health by most schools with advice from doctors, experts and analytical teachers.

"This year the Fit India Week is to be celebrated between 15.11.2023 and 15.12.2023. One tag this time period, the schools can choose a week at their convenience and organize various sports and fitness activities in that week," CBSE Director (Academic) Dr Joseph Emmanuel said.

High level of stress in children affects physical health



"Experiencing high levels of stress in childhood can have lasting impact on physical health well into adulthood. In fact, according to research published in the Journal of the American College of Cardiology, psychological distress in childhood is associated with a higher risk of heart disease and diabetes later in life. Individuals with persistent stress have a high cardiovascular risk even when compared to those who reported low levels of distress throughout childhood and adulthood."

DR. NEHRA JAIN BHANDARKAR
Pediatric Interventional and Perinatal Cardiologist

Yoga & Meditation essential in Fitness Week

"It has always been of prime importance for Indian education system that we develop children to become good, well-balanced individuals. Hence, one focus is also on mental health along with physical fitness. Meditation and yoga will play an essential role in the Fitness Week among most schools to help children attain balance."

CH. JHA
CBSE coordinator



Better in academics too

"As students practice yoga, they can be healthy in body and mind and, consequently, excel in their academics. It's an overall way to be better in every possible way."

SANGRITA UPPAL
Principal, The Millennium School, Indore



All-in-one fitness

Yoga incorporates meditation, breathing exercises, and stretches to allow stress reduction, relaxation, and rejuvenation. For students, Yoga is integral to their physical and mental health.

DR. ANJU CHOPRA
Principal, Sri Subhasa Rai Vidya Vihar

Harmony is must to bring down rage

"The purpose of Yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being. Today's children lose their patience and serenity. We need to incorporate spirituality and harmony in their lifestyle."

MANOJ RAJPOOT
Principal

Birla Open Minds International School



CBSE Suggested Activities

1. Annual Sports Day
2. Importance of Fitness: Debate, Quiz, Essay Writing Competition, Poster Making
3. Competition
4. Indigenous Games
5. Fitness Assessment through Fit India Mobile App
6. Yoga and Meditation
7. Fitness Pledge by teachers, students and their parents

The schools should upload a brief report of the 'Fit India Week' activities at the provided link before 20.12.2023, added Emmanuel.

Annual Function

The Annual Function 2023-24 was a resounding success with the bountiful blessings of our Beloved Baba.

We were honoured to have the eminent Author, Columnist, Script Writer and a Motivational Speaker Mr. Chetan Bhagat as the Chief Guest.



As per the tradition of the school of honouring the teachers who have completed 25 glorious years of service in school, Mrs. Preeti Rangnekar was conferred with the Long Service Award in the benign presence of the Dr. Ramesh Baheti, Chairman, Mr. Tribhuvan Sachdeva, Hon. Secretary, CA Shyam Bhatia, Hon. Treasurer and Dr. Anju Chopra, Principal. She was felicitated with a Citation and a cheque of Rs. 1 lakh.



Ms. Anushree Sinha was the recipient of the Academic Excellence Award, Ms. Karnika Gupta received the Lt. Gautam Jain Award, the Rajkunwar Baheti Award was conferred to Ms. Seher Gupta and the Sai Student Award was bestowed upon Dr. Ananya Mishra. They received a Citation and a Gold Medal.



The dance drama 'Chiranjeevi Bhava' highlighting the inspiring life of Ashtachiranjeevi - the eight immortals left everyone spellbound. The performance of the School Orchestra and School Band was also much appreciated by all.

The Chief Guest, Mr. Chetan Bhagat shared the 11 golden rules of life with the audience.







2nd Sri Sathya Sai
Inter-School U-19
BASKETBALL
COMPETITION

1st-3rd November 2023



The 2nd Sri Sathya Sai Inter-School U 19 Basketball Competition was hosted by Sri Sathya Sai Vidya Vihar, Indore from 1st November - 3rd November, 2023.

A grand Opening Ceremony was organised on 1st November, 2023 in the presence of the Chief Guest, Mr. Abhishek Anand (IPS), DCP Indore Zone 2, Mr. Taresh Soni, TI, Lasudia, Director, Shri M G Paranjape, Hon. Treasurer CA Mr. Shyam Bhatia, Principal, Dr. Anju Chopra and officials from the Basketball Federation. Dr. Anju Chopra welcomed the guests and the teams. Hon. Treasurer, CA Mr. Shyam Bhatia and Mr. Taresh Soni, a National Basketball player himself inspired the teams with their motivating words.

The young and dynamic Mr. Abhishek Anand (IPS) shared instances from his life and iterated that the children must develop skills of perseverance, patience and must diligently focus on their goal. After the tournament was declared open by him, the oath was administered.

Around 40 Boys & Girls teams from 21 prominent schools of the city participated in the tournament.

CBSE Regional Science Exhibition




Science is the most beautiful gift to humanity; we should not distort it, rather use it for the benefit of mankind. This very well explains the aim and the theme of the exhibition- Science and technology for society. The main theme has 5 sub-themes such as- Health, Lifestyle for environment, Communication and transport, Computational thinking and Agriculture and the participating schools could choose any of the sub-theme for their project in the Junior and Senior category.



Sri Sathya Sai Vidya Vihar hosted the prestigious CBSE Regional Science Exhibition 23-24 on Tuesday, 19th December and 20th December, 2023.

It was a matter of immense pride to host 50 schools from various cities of Madhya Pradesh namely Bopal, Jabalpur, Gwalior, Sagar etc. with 77 creative and interesting exhibits for the two day mega event.

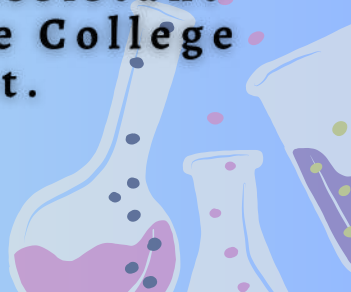



The grand Opening Ceremony was successfully organised on Tuesday, 19th December, 2023 in the benign presence of the erudite and proactive Chief Guest Dr. Ilayaraja T, Collector, Indore, Special Guest, Mrs. Isabel Swamy, Chairperson, Indore Sahodaya Schools Complex, Mr. Tribhuvan Sachdeva, Honorary secretary, CA Shyam Bhatia, Honorary Treasurer, Dr. Anju Chopra, Principal, Sri Sathya Sai Vidya Vihar, esteemed Judges, eminent guests, teachers and children of the participating schools.

The exhibition showcased immense potential and creativity of the future scientists of the GenZ.



A very learned panel of Judges comprising of Dr Rajnish Mishra, Professor, IIT, Indore, Dr. Sangita Paneri, Professor, MGM Medical College Indore, Dr Mayank Saxena, Pro Vice Chancellor, SAGE University, Dr. Sunita Patel Hardia, Associate Professor, Mata Jija Bai Government PG Girl's College, Dr. Shailesh Chaure, Associate Professor of Geology, Government Holkar Science College and Dr. Tasneem Rangwala, Assistant Professor, Government Holkar Science College ensured an objective judgement.





The Chief Guest, Dr. Ilayaraja T was amazed and highly impressed by the innovative exhibits put up by the participants. He reiterated that it is a must for every citizen to have a scientific temperament as has been specified as a fundamental duty in the Constitution. He added that such original thoughts coming from young minds are a motivator for the Administrators and an assurance that India will carve a niche of scientific brilliance in the global world.

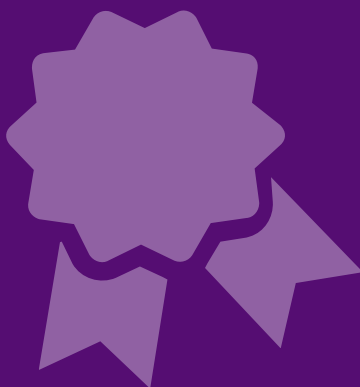
The judges keenly assessed exhibits and models. The participants and their mentor teachers enjoyed sumptuous refreshments and lunch.

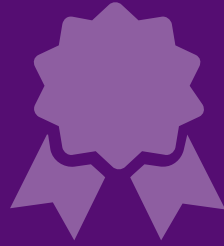


Champion Crafters Programme

Sports and co-curricular activities have always contributed to a child's growth and development and it has the power to transform a child to establish a sense of belonging. To harness this collective power, we have ensured that there are adequate facilities and programmes in the school.

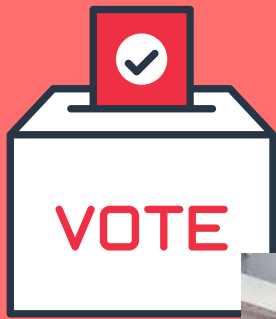
With this objective "Champion Crafters Programme" for the children of classes III and IV has been initiated from 21st December, 2023 to enhance their skills under the able guidance of specialised coaches belonging to the institution.



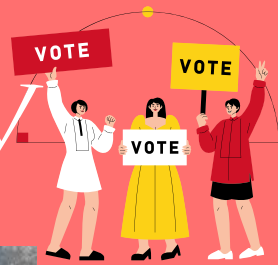


The prime emphasis of this programme is to enhance physical & mental fitness, agility, strength, speed, coordination, endurance and flexibility and to build up a good school team.

The classes are conducted in the Senior School premises from 8:30 am to 9:45 am followed by nutritious breakfast in Bal Mandir. There is no extra charge for this programme. Transport as well as breakfast is provided free of cost.



Voting Rally



"Voting is not just a right, but also our responsibility and duty".

Universal Adult Franchise is a powerful weapon in the hands of the people in a democratic setup. Children of classes XI & XII organised a rally to create awareness and to motivate the people to vote wholeheartedly and choose the right representative.

The children enthusiastically spread the message for the people to vote consciously and rationally through inspiring slogans and a short street play.



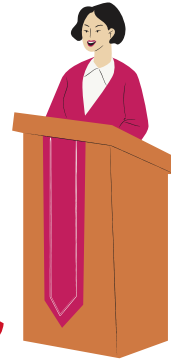
Intra House Competition

To bring in the festive spirit of the festival of light, Rangoli and Mandana Art competition was organised for student of classes VIII and IX ; Toran Making, Diwali Card Making, Lantern Making and Diya decoration for classes Sr. Montessori – VII. The children also curated yummylicious and healthy Millet recipes.





Speak Up, Speak Out



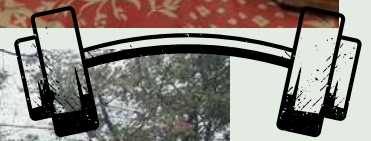
Our school's Rotary Interact Club hosted a Speak Up, Speak Out Competition on 16 December 2023, where students from classes V to IX got to show case their oratory skills. The motive of organising the competition was to encourage students who had least participation in any class/house or school/Inter-school competition to gain confidence and combat stage- fear by delivering a speech in their respective sections. One speaker from each class was judged as the best speaker and will be awarded a certificate from the Rotary Interact Club. After the competition, educational documentaries were played, that left a smile on everyone's faces.



FITNESS ACTIVITY

Children need physical activity to build strength, coordination, and confidence — and to lay the groundwork for a healthy lifestyle.

Fit Kids Fit Indore Fit India Programme provides a daily dose of fitness through activities such as games, yoga, meditation etc.



BABA'S 98th BIRTHDAY CELEBRATION

**OUR BELOVED BABA'S
BIRTHDAY WAS CELEBRATED
WITH FANFARE ON 23RD OF
NOVEMBER IN SRI SATHYA
SAI VIDYA VIHAR, INDORE.**





joy of giving

UPHOLDING THE IDEALS OF OUR BELOVED SWAMI OF 'LOVE ALL; SERVE ALL' AND TO INSTIL THE LOVE FOR HUMANITY AND A FEELING OF CARING AND SHARING, WE HAVE INITIATED COMMUNITY SERVICE DRIVE, WHEREIN THE SCHOOL MANAGEMENT, CHILDREN AND TEACHERS CONTRIBUTED WHOLEHEARTEDLY FOR THE NOBLE CAUSE. TO BRIGHTEN UP THE DIWALI CHILDREN OF A NEARBY SLUM WERE GIVEN PARTY DRESSES AND HAMPERS COMPRISING OF CHIPS, BISCUITS AND STATIONERY ITEMS.

THIS SELFLESS SEVA ACTIVITY OF TEAM SATHYA SAI BROUGHT SOUL SATISFYING HAPPY SMILES ON THE FACES OF THE CHILDREN.

'JOY OF GIVING' - A COMMUNITY SERVICE INITIATIVE OF TEAM SATHYA SAI.





सार्थक दीपावली | सत्य साई स्कूल और एनजीओ की पहल

स्कूली स्टूडेंट्स और टीचर्स ने बांटी मिठाई और कपड़े, खिल उठे चेहरे

सिटी रिपोर्टर | इंदौर

दिवाली का सेलिब्रेशन शुरू हो गया है। इसी कड़ी में शहर के सत्य साई स्कूल ने आनोखे अंदाज में इस बार दिवाली मनाई। स्टूडेंट्स ने प्रिंसिपल डॉ. अंजू चोपड़ा के साथ जरूरतमंद बच्चों को गिफ्ट बांटे। इन चीजों को बांटने के लिए कुछ दिन पहले स्कूल में साई उद्यमी मेला लगाया था, जिसमें स्कूल के स्टाफ, मैनेजमेंट और स्टूडेंट्स द्वारा यूजफुल आयटम डोनेट किए गए थे। आज उन्हीं आयटम्स में से कपड़े, मिठाई और अन्य चीजें गिफ्ट के तौर पर डिस्ट्रीब्यूट किए गए। इन चीजों को देने पर बच्चों के चेहरे पर खुशी देखने को मिली।



Visit to Abhakunj

A visit to Abhakunj, a place named after a bouquet of flowers spreading light, was a truly heartwarming experience. The Saanjan team, had the opportunity to collect the smiles of children in their baggage of love.

During the visit, the team engaged with the children in various activities. The children were taught about the concept of sustainability, and encouraged to think about the importance of preserving the environment for the future.





The team had meaningful conversations with the children, asked them about their future aspirations and dreams. Their responses were filled with hope and determination, reminding each of us of the incredible potential each of them withhold.

Overall, the experience at Abhakunj was filled with love, laughter, and learning.

It was a reminder of the power of education and positive interactions in shaping the dreams of these bright young minds.

Saanjh's team left with hearts full of gratitude, cherishing the smiles and stories of the children they had met.

Bhavika Agrawal of X C is actively involved in this initiative.



CYBER SECURITY WORKSHOP

In this era of rapid technological advancement, the need for robust cyber security measures cannot be overstated. The threats we face in the digital realm are ever-evolving, requiring us to be proactive, informed, and vigilant. We were fortunate to have amongst us the eminent Mr. Rajesh Dandotiya, Additional Deputy Commissioner of Police, Crime Branch, Indore to enlighten us about a topic of paramount importance in our digital age Cyber Security’.

The invigorating, interesting and informative seminar on ‘Cyber Security’ was conducted in the presence of Honorary Secretary, Mr. Tribhuvan Sachdeva, Honorary Treasurer, CA Mr. Shyam Bhatia, Principal, Dr. Anju Chopra for the children of classes V- XII in the School Auditorium.

He apprised the gathering about the traps of fake profile, online predators etc. in the virtual world and reiterated that the children must use mobile sparingly and under parental supervision.

Mr. Rajesh Dandotiya patiently answered the queries of the teachers and the children.



Open House Design Workshop



The children who have opted for Fine Arts in class XI & XII had the privilege to attend an Open House Design Workshop at Labh Mandapam- Abhay Prashal organised by UID Design Disha , a reputed university of Ahmedabad. Only the top schools of Indore had received the invite for the workshop.



CHAMPION CRAFTERS

*Future champions being groomed in the
Champion Crafters' programme.*



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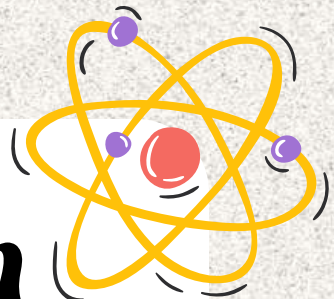


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IPM Outreach Session

The IPM OUTREACH SESSION was conducted by two students of IIM INDORE Deval Maheshwari and Swasti Ajmera , in collaboration with Media Comm for grade XI. It was an invigorating session that entailed all the details for eligibility, written tests and personal interview and lucrative placements. The students of our school asked relevant questions for further clarification. And finally a glimpse of the campus with students' feedback was the icing on the cake which generated tremendous interest in the students to join a prestigious IIM.



ART CORNER



Anvi Nagi
9C





Mahak Sood
11G



Arya
Paliwal
12 F





**Rudraveer
Soni
2C**



**Adhira
Ilayaraja
1C**





Sahodaya Song

United, we rise to a future that's bright,
With tireless efforts, working day and night.
Striving for perfection in education's domain,
Fostering innovation, a continuous chain.

A vision where Indian education gains global esteem,
Our children as leaders, fulfilling each dream.
Excelling in studies, arts, sports, and more,
In fields diverse, their talents will soar.

United we stand, hearts and minds aligned,
Solutions emerge, brilliantly designed.
Glistening like stars, illuminating the way,
From night's fade to dawn, a hopeful array.

We're Indore Sahodaya schools, a dynamic blend,
Crafting a future where education ascends.
Nurturing youth's flame through the darkest of nights,
As dawn arrives, united, embracing the light.

We're Indore Sahodaya schools, a dynamic blend...

By - Vagesha Bajpai
9 A






Pages of my Science Book



Today I opened my science
book,

Just to take a look...

First I saw the body parts,
and their names in a chart...



When I turned to second page,
I saw how people age...

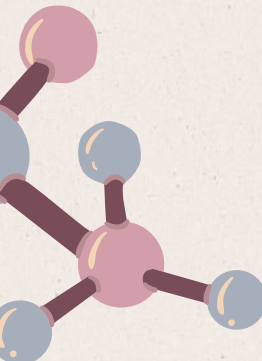
Then was life cycle of
butterfly,

Got to know baby fish is called
Fry...

Then water cycle got me
confused,

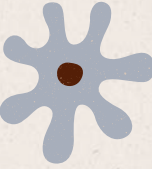
felt my brain was all used...

I closed my book for today,
I will open it another day...



Science is my favourite
subject,

Next I will do an experiment....



Nitya Sohani
1 E



SHATTERED PERFECTION

Those who see perfection in flaws
Are the ones who've been broken.
Until you've encountered terrible
fate And lived a horrendous moment
You don't understand scars.

Scars aren't marks but stories,
they're emotions felt,
Mistakes made, actions done.
The eyes don't perceive
The mind does,
And thus
no similar eyes can feel the same
Cause their heart lies in different
places.

Sanvi
Choudhary,
11G



A GIRL WITH A SCAR



The scar that she used to
hide
The shame she felt to
highlight
Carrying that she
thought was her
weakness
And she questioned the
mirror, "Ain't I pretty?"



It's not your fault
little girl
What happened was
not in your control
It hurts but it also
heals
A rotten heart still
maintains its beat.


It's easy to cry
But it takes courage to smile
In thunderstorms of rain
To live in a selfish world
With a scar on your soul.





Moonlit Tidal Embrace

**Moon's silver light arouses the sea's embrace,
Chasing the tide, a celestial maze,
In whispered tugs, their eternal dance,
Unfolds each night, a symphony for all the stars.
Ocean responds to the moon's sweet call,
Rising and falling, a dance for all,
Bound by forces that nature creates,
Moon and tide locked, where destiny meets fate.**

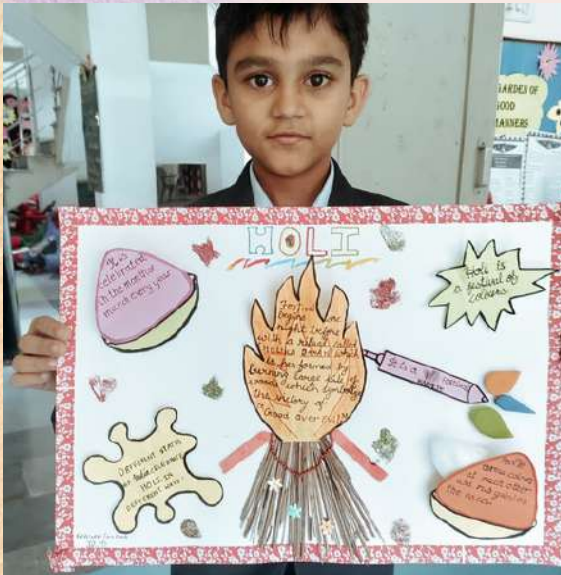


Arya Paliwal
12 F



HOLI

Holi is the festival of beautiful colours. Each colour represents something like green represents the 'greenery on Earth', red represents 'love', blue colour says that 'sky is limitless' and yellow depicts the 'sunrise'. People throw these beautiful colours at each other and become colourful. Holi is celebrated in the month of March and as per the Hindu calendar in the month of Phalgun.



The word HOLI stands for -

H - Harvest festival

0 - Open-hearted festival

L - Festival of Love

I - Festival of India

Holi is celebrated all over India in many different ways with different names like - Royal Holi in Rajasthan, Hola Mohalla in Punjab, Lathmar Holi in Uttar Pradesh, Basant Utsav in West Bengal and many more.

Festival begins one night before with a ritual called 'HOLIKA DAHAN' which is performed by burning large pile of woods which symbolizes the victory of "GOOD OVER EVIL"

प्लास्टिक प्रदूषण

हमें पॉलीथीन का उपयोग नहीं करना चाहिए। पॉलीथीन पर्यावरण के लिए बहुत हानिकारक है। इससे भूमि, वायु और

जल प्रदूषण होता है। यदि पालतू पशु भोजन समझ कर पॉलीथीन खा जाए तो पशु के स्वास्थ्य को नुकसान पहुँचता है।

जब इसे जलाया जाता है तो है तो विषैली गैस निकलती है जिससे वायु प्रदूषण होता है। यह कभी भी नष्ट नहीं होती और

भूमि में पड़ी रहती है। यह जलीय जीवों को भी नुकसान पहुँचाती है।

प्लास्टिक प्रदूषण को रोकने के लिए सबसे महत्वपूर्ण कदम यह है कि प्लास्टिक के उपयोग से बचना चाहिए। प्लास्टिक

बैग कि जगह हम जूट, कपड़े या कागज़ से बने थैलियों का इस्तेमाल कर सकते हैं। हम एक साथ मिलकर प्लास्टिक

प्रदूषण जैसे इस समस्या का सामना करने की कोशिश करना चाहिए।

अमायरा सोनी

कक्षा - तीसरी - अ





जब वो नेता का काम करे



हर बच्चे के मन में है,
कि इंजीनियर या डॉक्टर बने।
किसी के मन में यह नहीं,
कि नेता बनकर देश की सेवा करे॥
कहता तो यह प्रत्येक नागरिक,
राजनीति एक कीचड़ है।
लेकिन कोई नहीं सोचता कि,
जाकर उसको साफ़ करे॥

कुछ भ्रष्टाचारी नेता,
हर नेता को बदनाम करे।
बदनाम किया चंद नेताओं ने,
फिर क्यों सब नेता बदनाम हुए?
आसान काम नहीं नेता का,
जो वह घर-बैठे आराम करे।
आसान इसे कोई तो कह दे,
जब वो नेता का काम करे।
जब वो नेता का काम करे॥



आदित्य गोयल
७वी - अ



Avanti Bai - THE FLAG WAVER.

**The valiant queen of Ramgarh,
Descent of the Kshatriya Rajputs.
The grit and zeal in her soul,
had nationalism as the only goal.**

**Not only a mother to young Aman
and Sher,
But a mother to each and every
exploited farmer.
With her mighty sword and
mounted on a horseback,
Britishers were forced to face a
setback.**

**Defeated the British leading a 4000
soldier army,
An inspiring and brave woman of
the 18th century.
With a strategic guerilla warfare
did she strike,
Not succumbing to the British, she
took her own life.**

**This Navratri, we commemorate you
as Maa Durga's incarnation,
Who fought against the evil for the
pride of her nation.
We bow down to a warrior gone at
such a young age,
" Nation before self " is our
inviolable pledge.**

**Divisha Joshi
9E**



धरती माँ

ओ मनभावन धरती माँ।

कोटि नमन है तुझको मेरा,
स्वर्ग से पावन धरती माँ।

स्वर्णिम किरणें लेकर सूरज,
हर दिन करते तेरा वंदन।

शत-शत फूल महकते निस दिन,
चंदन-चंदन भरती माँ।

ओ मनभावन धरती माँ।।

अन्न-धान के मोती झरते,
सतत्-निरंतर आँचल से

मन्द पवन की मोहक गुनगुन,
जीवन तान सँवरती माँ।।

ओ मनभावन धरती माँ।

अमृत-जल की गागर लाएँ,
गंगा-यमुना तेरे आँगन।

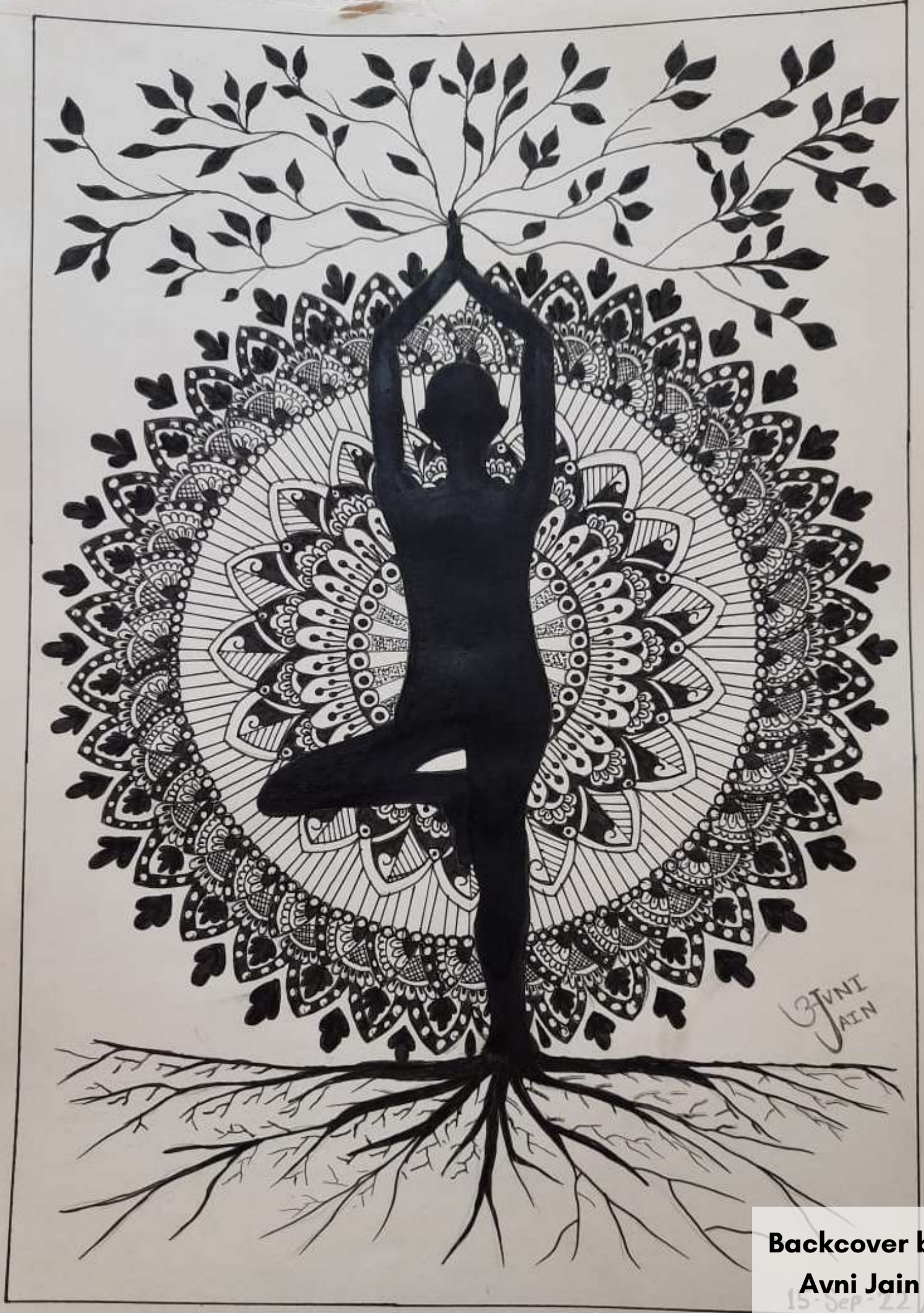
तेरी अनुपम उज्ज्वल छवि से,
नयन थकान उतरती माँ।।

ओ मनभावन धरती माँ।



युति तिवारी
नवीं - स





Avni Jain

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