



# DARSHAN ACADEMY

## NEWSLETTER



**5TH MILESTONE, KAITHAL**

**(December Edition 2023)**



### From the Principal's Desk



**A child is like a butterfly in the wind  
Some can fly higher than others;  
But each one flies the best it can  
Why compare one against the other  
Each one is special - Each one is beautiful**

Education is a lifelong process and it begins at school. The purpose of education is to open up a closed mind. The staff of our school is committed to provide the students with quality education which would shape the children of today into leaders of tomorrow. Today, the role of our school is not only to make children pursue academic excellence but also to motivate and empower them to be lifelong learners, critical thinkers, and productive members of an ever-changing global society. Our school is striving hard to make the best possible efforts to inculcate strong values combined with academics and extra-curricular activities in the children. I proudly feel that our school is performing extremely well in all the aspects to ensure academic and human excellence. I pray to Almighty that our journey towards excellence continues.

Sushil Kumar  
Principal

# " Van Mahotsav"

'Plant a tree, make the Earth pollution free'

Van Mahotsav, celebrated as the tree plantation festival, is observed every year in the first week of July and millions of trees are planted across India during this week.

We celebrated the event from 3rd July to 7th July 2023 and got an ideal opportunity to instil the value of social responsibility in the students towards safeguarding trees and forests through various activities.

Students from grade Nursery onwards participated in the plantation programme wherein different types of medicinal plants like Neem, Aloe Vera, Basil etc. were planted in the school premises. Mr. Susheel Kumar, the Principal of the school, also motivated everyone for the same. Students of UKG gave their contribution by making charts and posters on the theme - "NO TREE, NO LIFE " and students of Class 1st worked on the theme - "GROW MORE TREES".

The message conveyed through these attractive charts will encourage all of us throughout the year to plant more and more trees and to save the environment.

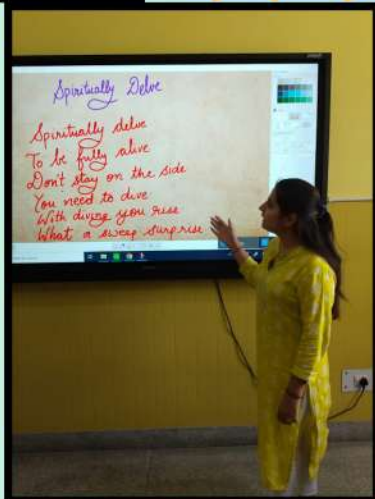
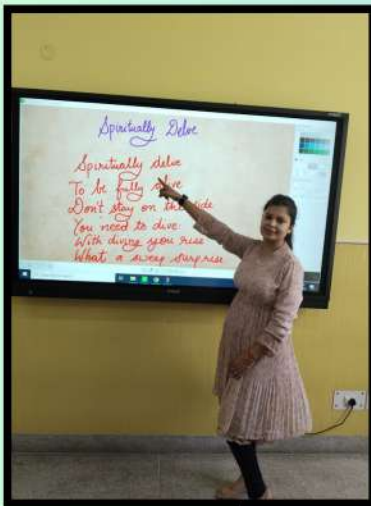


# Book review

A Book review workshop was conducted on 29th and 30th June 2023. The title of the book reviewed was "THE ABODE OF THE BELOVED" written by Sant Rajinder Singh ji Maharaj. It briefs us about the power of meditation and shows us the path of positive mindset and belief in God. The chapter which were reviewed by the teachers were :

- A. Holiday at the abode of the beloved
- B. Spiritually delve.
- C. The destination and the guide.
- D. Wonder of his assembly.
- E. Be a spiritual star.

We culminated that a person with good understanding and dedication can feel ultimate peace which connects him to the almighty directly. The path to attain that level is difficult but can be achieved with a proper mindset of spirituality and meditation. It focuses on the betterment of our inner self which aims to make us physically, emotionally and spiritually strong. The easiest way to connect with God is by performing meditation and gradually crossing the different levels which are discussed in different chapters of the book. We must focus on our day to day activities which adds up to our efficiency and decreases the level of stress which will enlighten our path to connect with God, who always supports us. We should be kind to all all, spread humanity and thus, live in harmony.



# Teej Celebration



Teej is the beginning of the yearly celebrations that marks the advent of Monsoon or Sawan. It is also called the Festival of Swings. This month is devoted to Lord Shiva and Goddess Parvati. It is celebrated to mark the beauty of nature, the arrival of rain, the greenery surrounded by beautiful flowers and the bond of togetherness. It is synonymous with mehndi adorned palms, flowers, bangles, dupattas, and mouth-watering Ghevar and other sweets.

We organized various competitions like Mehndi competition and Kite Flying competition on the occasion of Haryali Teej. The students participated enthusiastically and made wonderful designs of Mehndi. They also flew kites in the sky. Everyone enjoyed swinging on the swing. It was a memorable day which was spent well, especially the dance performances by students and teachers, which were enjoyed by all. The Principal gave his best wishes to all the students, teachers and parents.



# Rakhi Making

Rakhi, also known as Raksha Bandhan, symbolises the true love and bond of brothers and sisters. Rakhi holds deep significance and it has been used as a promise of protection of the one who ties it, since mythological times. This sacred thread was even used by Lord Indra, Queen Karnavati, Kunti, Rabindranath Tagore and other well known and famous personalities for spreading harmony in the world. During a war between Lords and demons, Rakhi was also used by Indrani.

This year, Rakhi festival was celebrated on 29th of August. Rakhi making competition was organized in our school. The students enthusiastically participated in the competition. Students showcased their talent by making beautiful and creative hand-made Rakhis using craft and waste material. The school authorities appreciated every active participant and motivated everyone to take part in similar future activities as well. All students of Grade III to VII thoroughly enjoyed. Students were also awarded first, second and third position from each class.



# Independence Day

One of the most awaited and patriotic festival, the 77th Independence day was celebrated in our school. Students sang patriotic songs and performed other activities like speech and poem recitation. Various questions were asked by the anchors and the audience tried to answer them correctly. Dance performances and poem recitations were the highlights of the event for all of us. Speech about our freedom fighters was delivered by the students through which we got to know more about them and their historic achievements. Our music teacher along with the school choir enlightened us by singing "Har karam apna karenge e vatan tere liye" which motivated us to do good for our nation and inspired us to lead our country towards the path of development. The students of Grade VI performed a role play on the theme - "Use of Social Media". Our Principal, Mr. Susheel Kumar, praised the performances of all the students and encouraged them for doing their best in their lives for the country.



# Teachers' Day

On 5th September, 2023; our school organised a celebration for Teachers' Day and the birth anniversary of Dr. Sarvepalli Radhakrishnan, the former president of India. After the morning assembly, the celebration began. The Principal along with the teachers, the lion's club members and the Chairperson of the school management committee were present for the function. The event started with the dance performance by the students of UKG and Grade I followed by the speech of a student of Grade VI, highlighting the motive behind celebrating this day and the contributions of Dr. Sarvepalli Radhakrishnan for our society. Then, students of Grade VI and VII performed a role play on the theme - "Use of Social Media". Our music teacher along with the school choir sang a song. Students of grade II, V and VI gave a graceful dance performance and also performed a dance drama on "Masti ki Pathshala". The event was concluded with words of wisdom by the Principal. Gifts were also presented to the Principal and other teachers by the coordinator as a token of love and respect.



# Krishan Janmashtami



Janmashtami is celebrated as the birthday of Lord Krishna, one of the most powerful and famous reincarnations of Lord Vishnu. This festival was celebrated at our school on 6th of September, 2023. The students of primary wing were dressed up as Radha and Krishna. The principal, activity incharge, teachers and all the students worshipped Lord Krishna and offered sweets to the God. Students enjoyed a lot and relished the sweets.







## Vegetarian party

Vegetarian party was Celebrated on 25th September, 2023 at our school. All the students brought delicious home cooked vegetarian food items like sandwich, fruits, oats, poha, green vegetables, etc. They enjoyed the food together by sharing their lunch with eachother. They were also taught the importance of healthy food habits. The different delicious dishes given by the parents made the children very happy and satisfied.



# GK Quiz Competition

An Inter House GK Quiz Competition was organized at our school on 14th October, 2023. There are four houses, namely, Compassion, Empathy, Peace and Service. Students from these four houses participated in the competition. There was a tough competition between them. The Compassion house won the competition. This activity enhanced the confidence of the students and they gained a lot of knowledge. Our honorable Principal, Mr. Susheel Kumar, gave trophy to the winning house and encouraged all the students to be updated and alert by reading newspapers daily and listening to and watching the news regularly.



# Cooking Without Fire

We conducted the 'Cooking Without Fire' activity for grade III-VII on November 18, 2023 in our school premises. All the students of these grades prepared healthy and flameless dishes like Bhel Puri, Chaat, Sandwiches, shakes, Mojito, Chocolate cake, etc. The aim of the activity was to provide a platform to the students to showcase their talent and to let children explore new arenas of interest. They served the dishes in an artistic and aesthetic way which made them all very appealing. It was a visual treat tickling our taste buds.



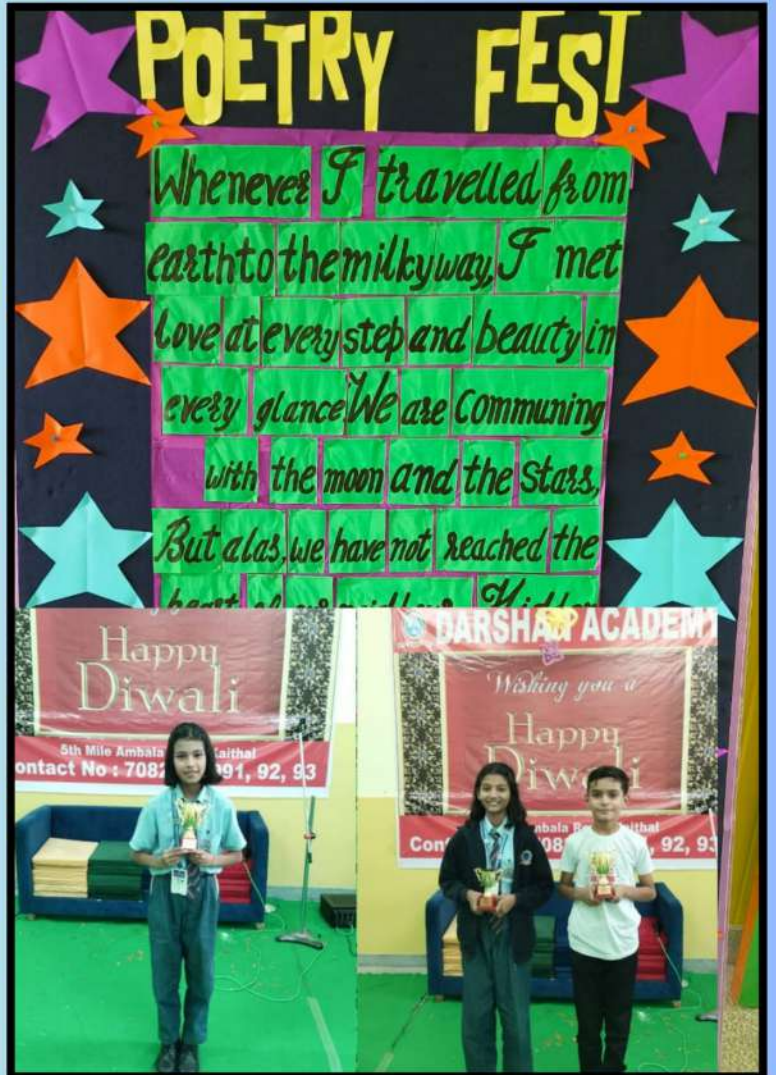
# Regional Sports Meet

Haryana Inter Academy Regional Sports Meet was organized in our school on 27th October, 2023. Five branches of Darshan Academy participated in this meet. They were DA Ambala, DA Kalka, DA Hisar ,DA Kaithal and DA 5th milestone, Ambala Road, Kaithal. Students performed a welcome dance to commence the event which was followed by the performance of tiny tots who also danced fabulously. Then, Haryanvi Dance was performed by talented girls of our school. Many sports and games were conducted for all students and they played well and secured various positions in each of them. At the end, the kabaddi match was played by all the academies. Our honorable Principal, Mr. Susheel Kumar; Chief Guest, Mrs. Surbhi Garg and the Regional Head, Mr. A. David congratulated the students. The Principal presented prizes to all the winners. All the students and teachers enjoyed thoroughly throughout the event.



# Poetry Fest

Our school organized the Poetry Fest in the loving memory of Dyal Purush Sant Darshan Singh Ji Maharaj. Students from Nursery to Grade VII participated with great zeal and zest. Mr. Suresh Arora, Mr Anil Gulati and Mr. Rajender Choudhary were invited as the Chief guests. Mrs. Meena Arora was invited to judge the Poetry Fest. The students were categorised into three groups. Students recited the beautiful poems written by Sant Darshan Singh Ji Maharaj. The best 3 participants were awarded from each group.



# Yoga Day

It has been rightly said that, "A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind". Yoga postures, Pranayama and meditation are very effective techniques to release stress. Meditation is relaxing and it rejuvenates the body and mind. With this aim in mind, a three day yoga camp was organised from 21st to 23rd November, 2023 , at our school. All students from Grade I to VII took part in the yoga camp. The yoga instructor, Ms.Padma, conducted these yoga sessions with great dedication. The students participated with full interest, enthusiasm and eagerness. The session began with seeking the blessings of the Almighty by chanting the Gayatri Mantra. It started with warming up and stretching, followed by a series of Padmasana, Sukhasana, Tadasana, BhujangAsana and ended with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers. The sessions were very refreshing and relaxing.



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