



DARSHAN ACADEMY



NEWSLETTER

KAITHAL, 5th MILE

(August Edition 2023)



From the Principal's Desk

I welcome you all to an outstanding learning community where everyone is dedicated to high standard of excellence. Darshan academy is a symbol of progressive and quality education. Our motto "We build the citizens of tomorrow", captures the essence of our spirit. In our school children will gain an all round education and achieve their potential not just in academic field but also in the spiritual, sports and creative arts.

Susheel Kumar
Principal





WORLD HEALTH DAY



"The greatest gift you can give to your family and the world is the healthy you."

Darshan Academy Jagdishpura, Kaithal celebrated 'World Health Day' on April 7, 2023 where Darshanites were sensitized to remain healthy by eating nutritious food, fruits and vegetables. They were made aware about the importance of physical exercises like Yoga, Zumba Dancing and Aerobics to remain fit & active. The students from grade III-VII enthusiastically participated in Poster Making activity in which they made beautiful posters with slogans depicting how taking healthy food, doing regular exercise, etc. help us in maintaining good health. The celebration fulfilled its objective of developing a deep understanding of the essential link between individual and collective health for a sustainable life.





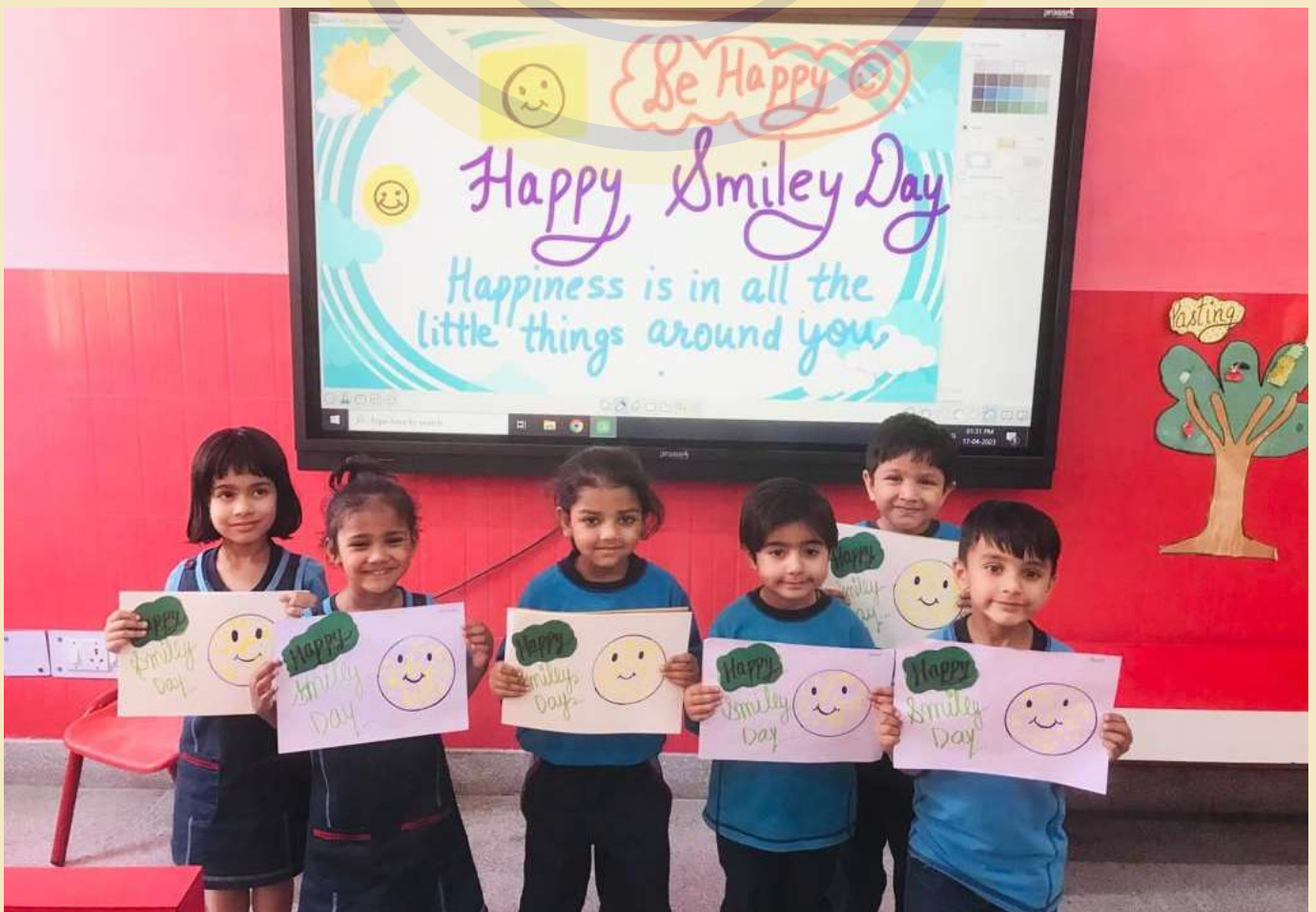
SMILEY DAY



A smile is a curve that sets everything straight.

Darshan Academy Jagdish Pura conducted SMILEY DAY for Grades Nur. and K.G to bring a little more joy among kids and to teach them about smiles with fun and engaging activities and crafts.

All the students enjoyed the activity by making their own smileys using a bindi and performing laughter yoga. The teachers made their little ones smile by telling them jokes, making different faces and conducting excellent smiley activities.



BAISAKHI CELEBRATION

Our school celebrated Baisakhi on April 13, 2023. All the students and teachers were dressed in the beautiful traditional attires. Well-planned activities to acquaint the students with this harvest festival were carried out at all the class levels. The objective of these activities were to acquaint students about Baisakhi and its significance in our culture and also to engage them in the celebration of a harvest festival. Little Darshanites also carried back home memories in the form of self-made craft. They made impressions of maize plant by finger painting.





EARTH DAY



We celebrated "EARTH DAY" on April 22, 2023 to spread awareness among kids about conserving earth and mother nature. The celebration started with a special assembly in which students were told about the importance of planting trees, keeping wet waste and dry waste separate and implementing the rule of 3 R's. Students were also asked to thank the mother earth for all its bountiful gifts in the form of all flora & fauna and beautiful landscapes. An array of creative activities was organized like poster making, slogan writing and thumb printing which gave the students a platform to showcase their artistic and creative skills.



MOTHER'S DAY CELEBRATION

Mother's day is a day dedicated to all mothers and is celebrated every year to honour the mother and motherhood. It is celebrated annually on every second Sunday of May to remember and honour Mother's stature in the family and society. Our school celebrated Mother's Day on May 12, 2023 with great pomp and show and zeal. The Darshanites presented a cultural programme on this occasion. Some games were also organized for the parent mothers. In the end, the students gave flowers to their mothers to express their love and gratitude.





TALENT HUNT



"We are born unique. We all have different talents and abilities."

The school organized "Talent Hunt "on May 22,2023 in which students participated enthusiastically and displayed their abilities magnificently. It not only gives a platform to students to showcase their talents but also motivates other students to come up and show their hidden talents.

The competition included following categories: Solo dance, Rhyme recitation, Mono acting, playing instruments and many more. Every student who participated in the competition was very talented and the audience was mesmerized by their talent.

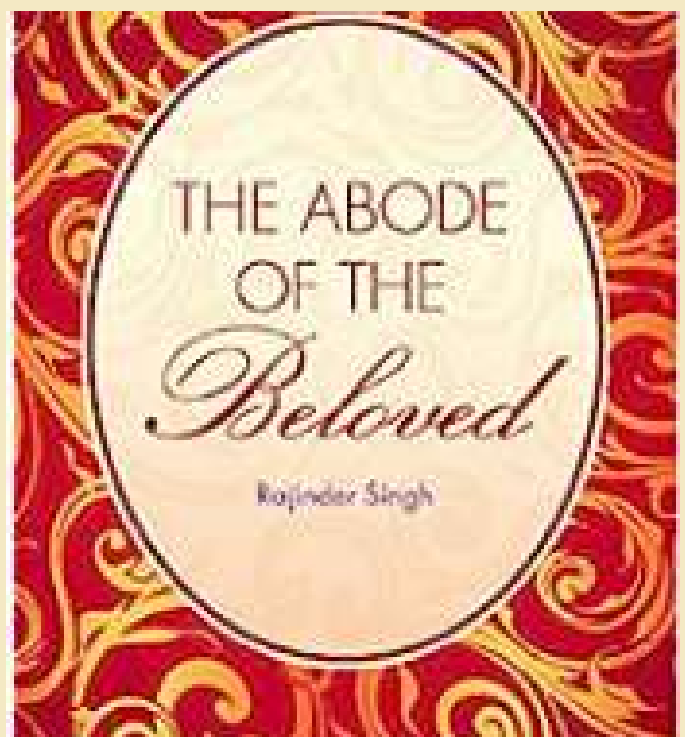
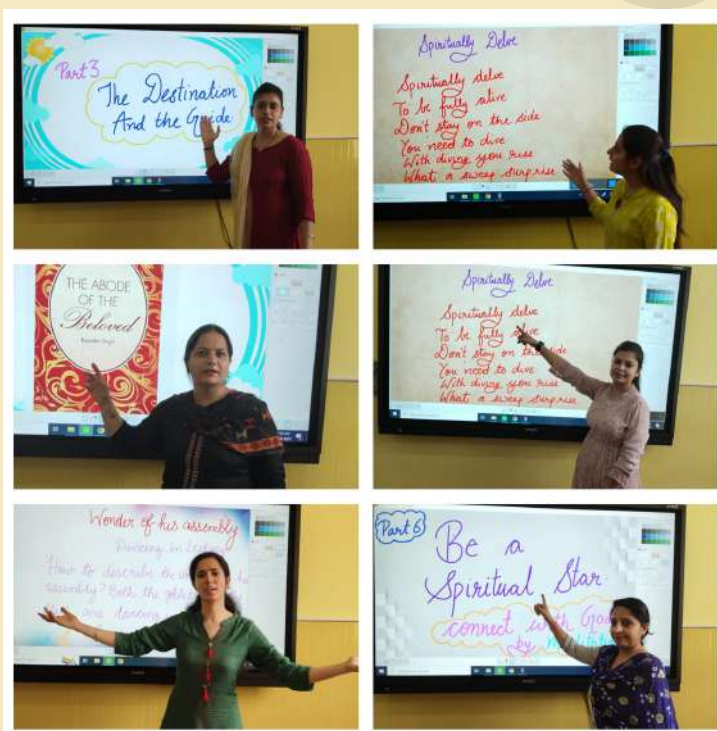


BOOK REVIEW WORKSHOP

A Book review session was conducted on 29th - 30th June 2023, at the school . The book selected for the review was, "THE ABODE OF THE BELOVED" written by Sant Rajinder singh ji maharaj. It tells us about the power of meditation, shows the path of positive mindset and belief in God. The chapter which were reviewed by the teachers are :

- 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 concluded that a person with good understanding and dedication can give the ultimate peace which connects him to the almighty. The path to attain that level is difficult but can be achieved with a proper mindset which includes meditation and spirituality. It focuses on the betterment of our inner self which makes us strong physically, emotionally and spiritually as well. The easiest way to connect with God is performing meditation at 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 enlightens the path to connect with God, who always supports us. We should be kind to all and spread humanity which give a message to live in harmony.





YOGA DAY CELEBRATION



International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual process that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. Warm up exercises were taken, and all the students practiced & performed different asanas in the sitting and standing positions, importance of which were explained simultaneously.



Van Mahotsav



'Plant a tree, make the Earth pollution free'

Van Mahotsav, celebrated for tree plantation is organized every year in the first week of July across India when millions of trees are planted.

We also celebrated the event in our school campus from 3rd - 7th July 2023 and got an ideal opportunity to instill the value of social responsibility among students towards safeguarding trees and forests with various activities.

Students from Nursery to 2nd grade also participated in plantation program where different types of medicinal plants like Neem, Aloe Vera, Basil etc. were planted in the school premises. UKG grade students gave their contribution by making charts on "NO TREE, NO LIFE " and First grade students made chart on " GROW MORE TREES". Mr. Susheel Kumar, the school Principal congratulated and motivated all of us for the same in future too.





DARSHAN ACADEMY

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