



# SUMITRA MODERN SCHOOL

We Educate to Innovate



# ROOTS & WINGS

2020  
2021  
E - MAGAZINE



# PREFACE

Dear Readers,

It gives us immense pleasure to present the first e-magazine, Roots and Wings, for the Academic Session 2020-21. The E-magazine is one of the strong medium by the school to keep the parents abreast of the various school events across all grades and classroom pedagogies that ran through out Covid 19.

We would extend our gratitude to you all for your kind support and understanding as we responded to the unexpected invasion of COVID-19 in March 2020. The imposed shift from Offline to Virtual Classroom and accelerated adoption of digital technology that has helped us continue the process of teaching-learning seamlessly. We proudly accept the sportive attitude of our students, parents and teachers who handled the demand of teaching and learning process virtually during the most unusual time caused due to pandemic.

It appeared as if the entire world is changing its pattern of living and doing work for which we weren't aware and prepared for. Students are affected by physical distancing, quarantine and nationwide school closure. Feeling isolated, anxious, restless and uncertain was natural. As parents and teachers it is our paramount responsibility to ensure they are well nourished physically, mentally, emotionally and intellectually. Keeping this in view we have kept the entire unprecedented time chock-a-block with activities, which enabled learners to further hone various life skills of 21st century. We have left no stone unturned to help our students accept the new normal pedagogy of learning. We have constantly tried to introduce various creative content in virtual classes along with various platforms of national and international exchange programs. It has enhanced the skills and confidence of our students. They have understood and accepted the width and depth of learning through technology. The teacher-learner bond has developed yet another paramount of understanding during this unprecedented time.

We take this opportunity to recognize our parent fraternity's passionate involvement and constant trust as we strive to do what is best for our learners and teachers during these challenging times. We are confident that our persistent efforts coupled with your consistent support will help our learners scale new heights and spread their wings.

We hope to have your consistent support and passionate involvement in yet another educational journey for the academic session 2021-22.

**Stay safe, strong and happy!**

# FROM MANAGER'S DESK

The year 2020 has been all about changing roles and a shift in style of living for everyone. Teachers have become co-parents and more importantly parents have become co-teachers. During the unprecedented time the journey of Sumitra Modern School was full of teaching, co-parenting, counseling, various webinar sessions on wellbeing, mindfulness, self-awareness, time management, creative writing, yoga, aerobics, storytelling, general awareness, virtual celebration of festivals, career counseling and many more.

Lockdown didn't deter our students from learning and self-analyzing. In fact they were given various national and international platforms that has enhanced confidence and honed various skills. I was further delighted to witness the confident performance of students of Sumitra Modern School on national and international exchange programs. Students have widened their horizon of learning and analyzing through online examinations.

This has inculcated self-learning skills and has made them even more responsible which is the need of the hour.

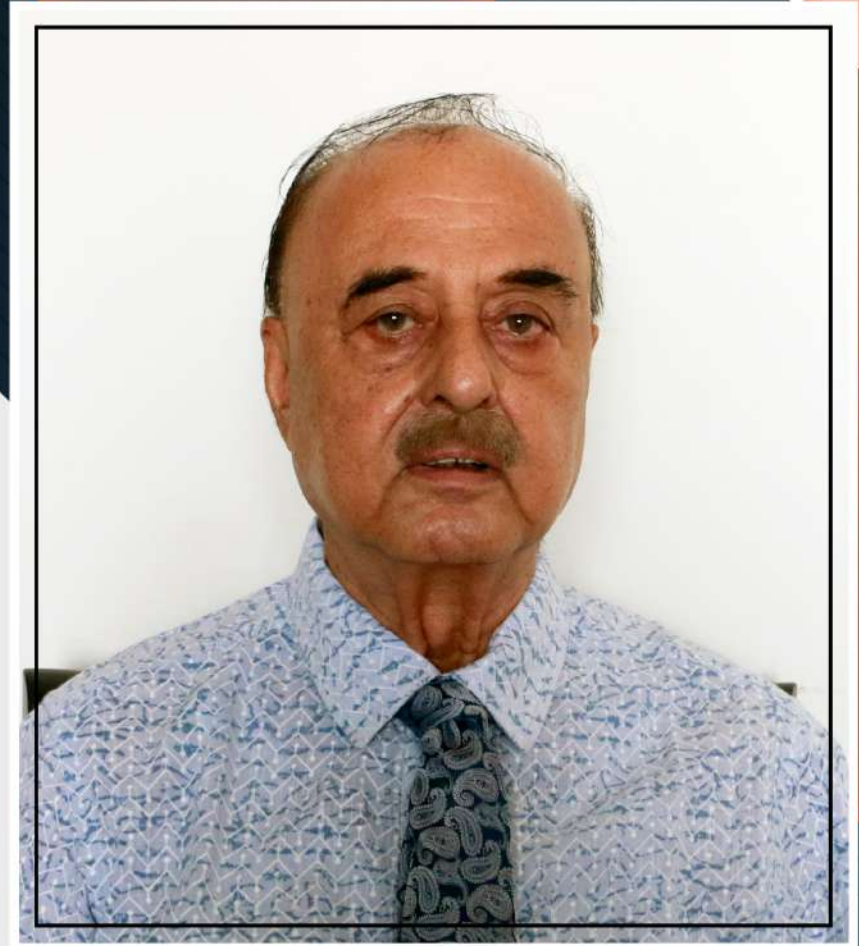
We strongly appreciate our strong association with parents who have always been an immense support system in helping us cater holistic approach towards learning.

Now I see Sumitra Modern School family is confident enough to handle digital teaching-learning and welcome inclusion of blended, flip and experiential learning. I am reminded of Alfred Tennyson's most inspiring poem, "The old order change the yielding place to new."

Now we can proudly say we were the generations of teachers, parents and learners that brought in this paradigm shift.

So, cheer up and gear up for yet new beginning of the new academic session 2020-21.

- Mr. R. K. Mehta  
Founder Manager  
Sumitra Group of Schools



# FROM BOARD MEMBER'S DESK



**AJAY MAGON**  
PRESIDENT



**VIJAY MAGON**  
VICE - PRESIDENT

" Education is the passport to the future, for tomorrow belongs to those who prepare for it today." - **Malcolm X**

Thanks for building trust in us. We aim to engage your child in a meaningful and creative way. To make them happy and give them wings to fly and accomplish accolades and successes. We encourage them to perform in every field may it academics sports or co-curricular activities.

As a school we aim to be an instrument in changing every child's life. Our main concern is the security of students and to instill values in them which in longer run will help them overcome various challenges in life.

Understanding need to the hour we prefer not only to make them literate, but also to make them aware. We put in our effort to not just make them mere learners but an efficient decision makers.

**All the best for new academic session 2021-2022 !**



# FROM DEAN ACADEMIC'S DESK

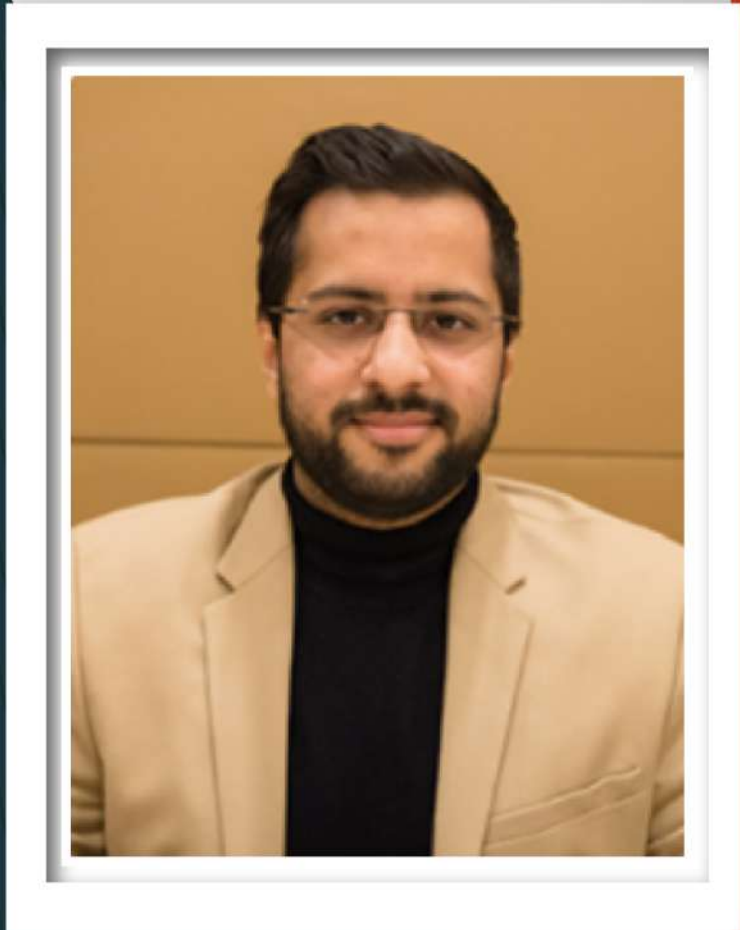
**Let them bloom!**

Children possess great creative skills and unrecognized intellectual powers. As parents and facilitators it is our responsibility to identify and channelise them in a constructive way. We, at Sumitra Modern School create a learning space which is not suppressed by the orthodox methodology of teaching dependant on talk rather we aim at cultivating an environment where children are free to learn and explore, fostering independent learning skills among themselves. Education is not acquired by listening to words imparted in the classrooms rather it happens by virtue of experiences in which the child acts on his environment. The environment must be rich in motives which lends interest to activity and invites the child to conduct his own experiences.

To all the parents and everyone reading this, a sincere request to all- Never help the children with their task at which they feel they can succeed as it cancels the child's personality and also obstructs the freedom of the child to learn and grow.

There is an urgent need to understand that we as adults need to stop seeing children as we are because children are not empty vessels waiting to be filled with our knowledge and experiences, we need to accept that children have their own capacities and potential for life. With little efforts taken today we can hope for better and bright adults catering mankind and society at large.

**Early Year Educator**  
**Aakshi Mehta**  
**Sumitra Group of Schools**



## FROM ACADEMIC DIRECTOR'S DESK

Team Sumitra Modern School is highly influenced by the assertive thoughts by John Dewey who believes that 'Experiential learning takes place when a person involved in an activity looks back and evaluates it, determines what was useful or important to remember, and uses this information to perform another activity.'

The academic session 2020-21 had indeed offered various opportunities to learn something new every day through experiencing it. We believe that at this point of time we cannot master their academic skills, but rather work on the life skills, which in future improve overall aspects of livelihood and well being of the society.

When hours are the darkest and problems are greatest, how do we react?

Life is full of ups and downs but the only thing that truly matters is how you choose to react to situations around us and what we make out of it. Life is all about learning, adapting and converting all the struggles into something positive.

Maybe the art of life is to convert tough times to great experiences; we can choose to hate the rain or dance in it.

We, as the school, while planning the annual calendar, always take pride in ensuring that every aspect of the student's development is addressed and every student is provided with the experience that would further prepare them for all the challenges life may offer.

With all this planning and more, the teachers lost out on the planning of this inevitable catastrophe, "the coronavirus." However, Principal and her team of 'Warriors' rose to this occasion and did not leave any stone unturned to assist their students in whatever manner they could so that the learning process does not stop. Despite their own limitations of space at home, abundance of workload, the presence of all family members at home, no outside help, the net connectivity issues, no exposure to online teaching, etc., teachers have showed great level of perseverance, resilience and succeeded in their battle of imparting education.

**Mr.Rohan Mehta**  
Director Academics  
Sumitra Group of Schools

# FROM PRINCIPAL'S DESK

*"It is said that crisis wakes you up, gears you up and up skills you."*

Dear Parents/Readers,

With diverse emotion I am depicting the journey of Sumitra Modern School, Naipalapur Branch, amidst pandemic. The entire journey was unpredictable and we all sailed more or less in the same boat. Journey of the year 2020 has written various important chapters in the history of survival and sustainability. We all have walked the path of unparalleled challenges which at times might have forced to break down. And I congratulate each and every reader for staying strong and motivated.

A radical shift has been observed in the pedagogy of teaching and learning led by the unprecedented hardships imposed by COVID-19. Virtual classes became the new trend which was assumed to be short lived. At the contrary it has opened various doors of learning and growing and making students even more future ready. Amidst the uncertainties we have curated the framework of teaching and tracking the performance through various activities which has taken our students to national and international platform. Believing that performance is no time bond and situation bond, students were given various opportunities to think more, analyse more and perform better. The school achieved yet another milestone by successfully performing and getting name registered as a confident performer on Virtual platform.

To quote C.V.Raman, "I am the master of my failure. If I never fail, how will I learn." Believing on this quote we encourage our students to accept failure. Through this they develop the courage to face failure in life and develop decision making.

With all humility, I would like to congratulate our grade X and XII learners (2019-20 batch) and teachers for their exquisite performance in board examinations. The outstanding result is indeed a testimony of their involved participation, intense dedication and relentless hard work. The school faced formidable challenge overnight to find new ways of teaching - learning and being connected with taught in virtual classroom atmosphere. We smoothly and firmly adapted the new normal and encouraged students to learn adaptability, determination and resilience no matter what may come. The phrase 'enough energy to not just crawl with situation but to gear up and perform even better. Parents were also counselled and appreciated for their ample support. This unprecedented time has given all the stakeholders to realise the strong bond in the making and nurturing of future of India.

I am immensely proud of my devoted Team who opened all doors to learning and left no stone unturned to ensure joy, warmth and humour while teaching learners through virtual classes. They curated delightful learning strategies that has built the confidence and helped in keeping mental well-being during lockdown. Our torchbearers presented indigenous yet phenomenal attempt to perform in virtual celebrations on various occasions. I would like to share a few lines which which you all might have realised lately: Life is precious. Live in present. Follow the path of minimalism. Respect yourself and be prepared to face any challenge and prove your mettle no matter what may come.

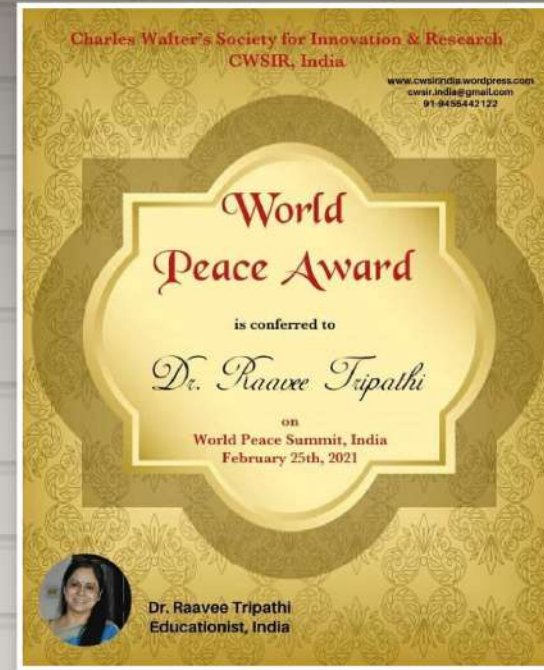
- Dr. Raavee Tripathi



# ACHIEVEMENTS

Dr. Raavee Tripathi represented Sumitra Modern School at a national platform on topic 'Leveraging Technology' in a webinar amongst 150 Principals. The online stage was shared with the renowned eminent guest speaker Mr. Amit Goyal who is the India & S.E. Asia head for edX, world's largest E-learning founded by MIT & Harvard University.





**World Peace Award 2021**

Heartfelt congratulations to madam Principal , Dr. Raavee Tripathi for World Peace Award being conferred on her for her noble and praise worthy contribution in World Peace Summit 2021 on 25th February 2021.

**We have one HOPE  
We have one DREAM  
And with one voice we SING  
Peace, Prosperity and Love for all Mankind.**



# GLOBAL ACCOLADES

Sumitra Modern School, Naipalapur branch takes every challenge positively and takes it as an opportunity. Covid 19 followed by lockdown had widened the horizon of students. Students of Sumitra Modern School took the privilege to represented school on global platform. Glimpses of panel discussion where students of Sumitra Modern School share their envisage of creativity society through Alatra TV Unites. Sumitra Modern School feels elated to see our children being featured on a Global Platform!



# INTERNATIONAL EDUCATIONAL EXCHANGE PROGRAM

Sumitra Modern School, Naipalapur Branch is humbled and privileged that our students will be participating in the INTERNATIONAL EDUCATIONAL EXCHANGE PROGRAM which was a 4 day event where students across the globe will represent their country.

Topic - Art and Culture

Organised by - Harvest Educational Transformation Solutions

Sumitra Modern School, Naipalapur, Sitapur is humbled and privileged to participate in the international 4 - Day event (25 Feb - 28 Feb) - \*INTERNATIONAL STUDENTS EXCHANGE PROGRAM\* organized by \*Harvest Educational Transformation Solutions\* under the kind and able guidance of Respected Madam Principal, Dr. Raavee Tripathi and

Event Coordinator- Mr. Avinash Lambert,

Assistant Event Coordinator- Ms. Naina Mishra

Makeup and Dress up by Mrs. Pragya Rastogi and Mrs. Sneha Mahendra.

Congratulations performers.

HETS Harvest Educational Transformation Solutions  
INTERNATIONAL STUDENTS EXCHANGE PROGRAM

Vasudhaiva Kutumbakam  
वसुधैव कुटुम्बकम्

**The Global Peacemakers**

Dr Raavee Tripathi  
Principal  
Sumitra Modern School

Avinash Lambert  
School Coordinator

Yashi Pandey

Arth Sharma

Abhishek Yadav

Akanksha Mishra

VIRTUAL EVENT  
ON  
25 - 27 FEB, 2021

www.hets.in

**SUMITRA MODERN SCHOOL**  
NAIPALAPUR, SITAPUR, UP, INDIA

is really humbled and privileged to participate  
in the international 4 - Day event ( 25 Feb - 28 Feb)

**INTERNATIONAL STUDENTS EXCHANGE PROGRAM**  
organised by

**HARVEST EDUCATIONAL TRANSFORMATION SOLUTIONS**

A group of nine people, including men and women in various attire, standing together for a group photo.

# VIRTUAL GLOBAL INTERSCHOOL COMPETITION ORGANISED BY PSQUARE INTERNATIONAL

Sumitra Modern School, Naipalapur, is a staunch believer that Success is no Accident, it is Hard Work, Perseverance, Learning, Studying, Sacrifice, and most of all, Love of what you are doing or learning to do. Every success story is a tale of constant adaptation, revision and change.

We felt privileged to participate and represent school before 900 students and 360 Teams in Virtual Global Interschool Competition organised by PSquare International. We are really proud and glad that our students bagged:

- 5th position in Senior Group
- 8th position in Middle Group
- Consolation Prize in Junior Group.

Congratulations to all performers!

The jury members Ms. Kajal Chattija (Founder Director, EduDrone), Mr. Prasad Shringarpure (CEO, PSquare International), Mr. Pramod Rajput and Mr. Mukul Dave have exceptionally appreciated the confidence and presentation of Milan Awasthi and co-presenter Achyut Pandey.

**Sumitra Modern School**  
is proud of the efforts of the children.

*Kudos to the entire teamwork.*

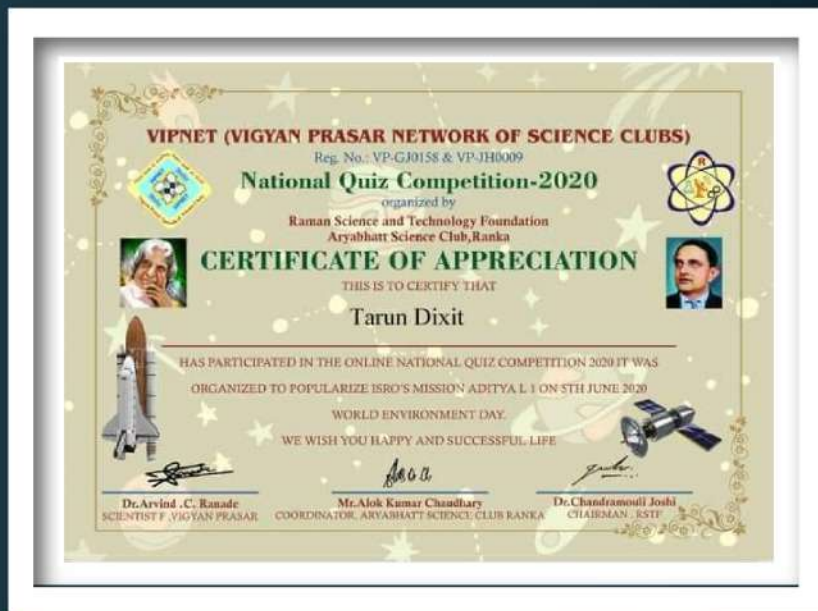
THANKS  
There aren't things that we ever get tired of. We love making the today and the future is not something to which we often dream, it's something we create. So, we create.



# INTERNATIONAL ADOLESCENT LEADERSHIP SUMMIT 2020

Sumitra Modern School, Naipalapur is really proud take part in the International Adolescent Leadership Summit 2020 organised by CBSE.





# NATIONAL PLATFORM

Tarun Dixit of Sumitra Modern School, participated in National Quiz Competition organised by ISRO, Aryabhata Science Club Ranka, Jharkhand and bagged Third position and won the Bronze Medal.

# CLASS X



**SUMITRA MODERN SCHOOL**  
(Affiliated to CBSE)

**CLASS X BOARD 2019-20 RESULTS**

★ Star Performers ★

Akansha Mishra  
95.6%

Arpima Verma  
95.6%

Kavya Srivastava  
95.4%

Abhishek Yadav  
95.2%

Abhishek Rai  
94.2%

Suryaash Pandey  
93.2%

Rishu Chandhary  
91%

Disha Mishra  
92.6%

Vaishnavi Mishra  
92.2%

Anuja Verma  
92%

Vaishali Tiwari  
91.8%

**NUMBER OF STUDENTS WHO SCORED 90 & ABOVE (SUBJECT WISE)**

SUBJECT	STUDENTS SCORING	SUBJECT HIGHEST
English	11	97
Mathematics	14	97
Science	07	97
Social Science	25	97
Computer	08	99

# CLASS XII



**SUMITRA MODERN SCHOOL**  
(Affiliated to CBSE)

**CLASS XII BOARD 2019-20 RESULTS**

★ Star Performers ★

Bhavya Pandey  
96.4%

Suboohi Kumar  
96.0%

Shyam Yadav  
95.5%

Mohd. Kaif  
95.2%

Simran Yadav  
93.8%

Ashish Pratap Singh  
93.6%

Pranish Verma  
93.6%

Ira Tripathi  
93.4%

Aditi Singh  
93%

Akash Mishra  
92%

**NUMBER OF STUDENTS WHO SCORED 90 & ABOVE (SUBJECT WISE)**

SUBJECT	STUDENTS SCORING	SUBJECT HIGHEST
Chemistry	26	99
English	23	95
Biology	14	96
Mathematics	07	96
Physics	18	97
Comp. Sc.	05	97
Art & Civ.	17	96
Health	02	95
Biotechnology	06	95
S.S.	03	91

*Many congratulations to our Shining Stars of Sumitra Modern School who made us all feel proud of their excellent results in the Board Examinations.*

## SUMITRA GROUP OF SCHOOLS





## Letter of appreciation and Encouragement from Principal

Dear students,

Congratulations to all the top scorers in CBSE exams, we are sure that you have a bright future and all those who haven't scored high percentage, don't worry, your purpose of life is much bigger and you never know that tomorrow these top scores might be working for you.

These numbers will try to become your identity for a while. Everyone would be asking you about your results. You might even feel that this number is more important than you. But, contrary to popular belief, these marks won't shape your future. It isn't even the beginning. We wouldn't deny that those with better grades get a little head start, but that's it. In a couple of months, most of you would be in college. Trying to figure out life this time. You will do things. You will learn. You will grow. And this is what would matter. There's a big world inside and outside that you're yet to see. You're yet to learn things.

Each one of you is unique, dear and special to your friends, parents, family and those who matters the most the most of you. Don't let the numbers get to you.

The day that happens, is the day you lose. Until then, keep fighting you little soldier. Remember, these are just exams and your future is not limited to the percentage you score in these exams. In fact, more than 90% of the top leaders and entrepreneurs, worldwide, were either average or below average in studies and now they are leading the world.

Look forward to positive thoughts and you will get what you deserve best for you.

God Bless you all.

With tons of love and blessing from the entire Management Committee, Principal, Teachers of Sumitra Modern School, Naipalapur.

# A TRIBUTE TO INDIAN ARMY



The best display board decoration was the depiction on  
**"A tribute to Indian Army"**

*Heartiest congratulations to Class IX B of Sumitra Modern School for the session 2020-21.*



# EARTH DAY



Students of Sumitra Modern School have always been a nature lover. And during the lockdown they whole heartedly devoted their time and passion to plant saplings, nurturing and participating various colouring and painting activities



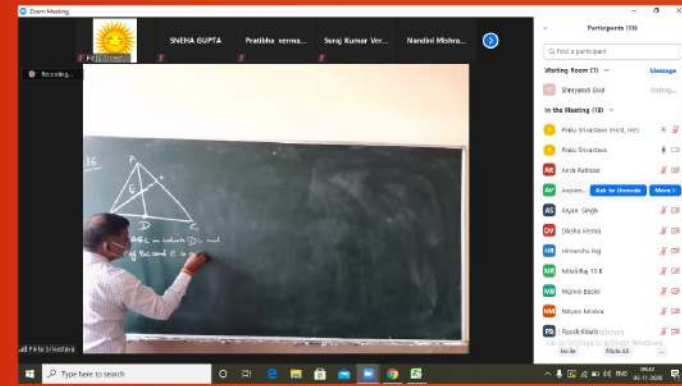
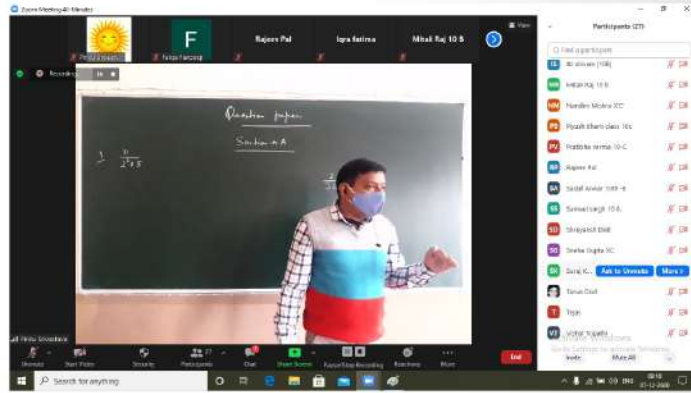


# EXHIBITION

We put the curtain down of academic session 2019-20 with much colour, much creativity and innovation in the form of collaborative approach towards experiential learning through annual exhibition 'Brain Rain 2020' on 15th March 2020. Although it was a Turning Point for the academic session 2020-21.

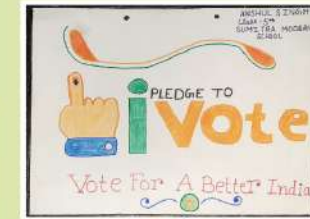
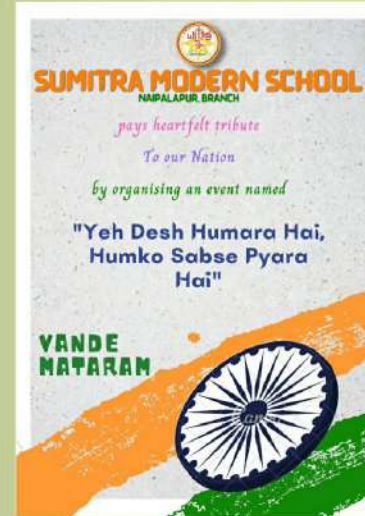


# E-LEARNING





**NATIONAL**  
**VOTERS**  
 ... DAY ...



Every year \*National Voters Day(राष्ट्रीय मतदाता दिवस)\* is witnessed on \*25th January\*. The motto of which is to spread awareness among the people to cast their votes.

Sumitra Modern School , Naipalapur branch has organised a Slogan Competition under "National Voters Day" on ZOOM platform.

Tanishka Gupta bagged the First position .

Shubra Awasthi (IX A) bagged 2nd position

and Aman Pandey (IX A) bagged 3rd position.

**Congratulations to all the winners!**



# NEP WORKSHOP

Sumitra Modern School believes in collaborative approach at all stake holders should collaborate in making the journey memorable and blissful. We all make a difference in the life of a student on every day basis. A session on National Education Policy 2020 was conducted by Madam Principal, Dr. Raavee Tripathi, to make all the stakeholders aware of the changes done by Ministry of Education through NEP 2020.



# INVESTITURE CEREMONY 'RESILIENCE'

The main motto of having Investiture Ceremony in any school is solely to inculcate a sense of responsibility, self-discipline, leadership qualities and decision making skill in the students so as to make them enough capable to face the outside world.

"Leadership is influence."

It is rightly quoted-- "As we look ahead into the next century, leaders will be those who empower others."

We all would agree that the academic session 2020-21 was larded with challenges. Amid the crisis of pandemic, Sumitra Modern School, Naipalapur has not let any stone unturned to continue its tradition of conducting Investiture Ceremony.

The ceremony was conducted on digital platform -- ZOOM under the kind and able guidance of our insightful Madam Principal, Dr. Raavee Tripathi.

The ceremony has been witnessed by two most eminent and reputed Guests of Honour- Dr. Vasudha Neel Mani (Principal, Rockwoods International School, Udaipur) and Dr. Seema Negi (Principal, Sanjeevani World School, Mumbai). The guests of honour appreciated the initiative and efforts our school and also congratulated the newly elected office bearers.

The young and passionate, Director Academics, Sumitra Group of Schools, Mr. Rohan Mehta also encouraged our students with his inspirational and kind words. Our constant source of inspiration, Madam Principal also motivated the students and wished them in completing their responsibilities entrusted to them in the year ahead. She also mentioned the efforts taken by the school in promoting children's democratic and social skills. Her words of advised were really insightful for the students.





**SUMITRA MODERN SCHOOL**  
Naipalapur, Sitapur  
Organizes  
a webinar under  
**HUB OF LEARNING (CBSE)**  
Topic- Knowledge and Learning

**Keynote Speaker**

**Dr. Abhishek Pandey**  
Academic Evangelist  
President, Charles Walter's Society for Innovation and Research, India

30th Dec, 2020  
06:00pm IST

**HONOUR OF THE PRESENCE**

Dr. Shailendra Gupta  
Principal  
City Co-ordinator and Principal,  
Shri Guru TegBahadur Sr. Sec.  
School, LakhimpurKheri

Dr. Suneel Kumar  
Principal  
Kendriya Vidyalaya,  
Sitapur

Dr. Sant Singh  
Principal  
Jawahar Navodaya Vidyalaya -2,  
Sitapur

Dr. Harish Chaudhary  
Principal  
Singhania Educational Institute,  
Sitapur

Dr. Shiksha Dixit  
Principal  
Maharishi VidyaMandir Sr. Sec. School,  
Sitapur

Dr. Ravee Tripathi  
Principal  
Sumitra Modern School  
Naipalapur, Sitapur

**Sumitra Modern School,**  
NAIPALAPUR, SITAPUR  
cordially welcomes you  
in the webinar under  
**Hub of Learning (CBSE)**  
Topic - Knowledge and Learning

**KEYNOTE SPEAKER**

**Dr. Abhishek Pandey**  
Academic Evangelist  
President, Charles Walter's Society for Innovation and Research,  
India

30th Dec, 2020  
06:00 pm

<http://www.sumitraschools.com/>  
<https://www.facebook.com/sumitragroupofschools/>

**Sumitra Modern School**  
Naipalapur, Sitapur

Webinar under the Hub Of Learning, CBSE  
30th December, 2020

**Keynote Speaker**  
**Dr. Abhishek Pandey**

Thank You for sharing your valuable insights on "Knowledge and Learning" and contributing towards Faculty Development Program.

**Mr. Rohan Mehta**  
Director Academics  
Sumitra Modern School,  
Naipalapur Sitapur

**Dr. Ravee Tripathi**  
Principal  
Sumitra Modern School,  
Naipalapur Sitapur

# “HUB OF LEARNING”

Believing that learning is unending, Sumitra Modern School wined up the year 2020 by organizing an enriching webinar on "Knowledge and Learning" by the keynote speaker, Dr. Abhishek Pandey, an academic evangelist and President, Charles Walter's Society for Innovation and Research, India.

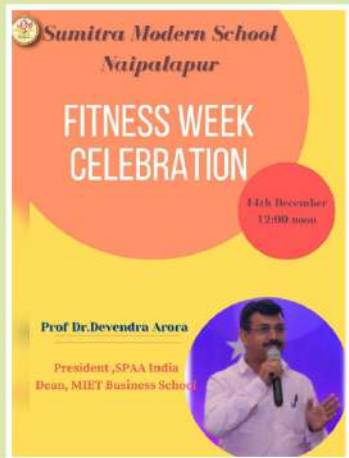
This webinar was witnessed by the revered Principals of five other prominent institutions- Dr. Shailendra Gupta (City Co-ordinator and Principal, Shri Guru TegBahadur Sr. Sec. School, LakhimpurKheri)

- Mr. Suneel Kumar (Principal, Kendriya Vidyalaya, Sitapur)
- Mr. Sant Singh (Principal, Jawahar Navodaya Vidyalaya -2, Sitapur)
- Mr. Harish Chaudhary (Principal, Singhania Educational Institute, Sitapur)
- Mrs. Shiksha Dixit (Principal, Maharishi VidyaMandir Sr. Sec. School, Sitapur)

The session was very insightful and interesting. The speaker explained the minute difference between Knowledge and Wisdom in a very simplified manner. He also mentioned some innovative ways of making the Online teaching more fun

# FIT INDIA MOVEMENT

Sumitra Modern School believes that if a child is fit he is hit in all spheres of life. Believing on this we whole heartedly accepted Fit India Movement initiated by PM Narendra Modi and supported by CBSE. Along with yoga on a daily basis virtual class we organised one week Fit School Drive under Fit India Movement.



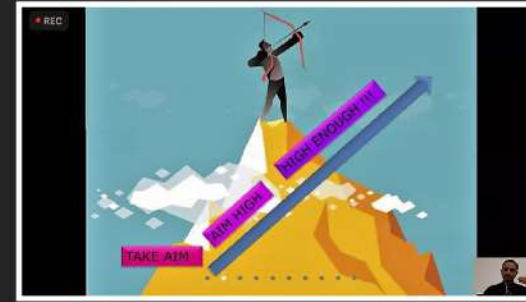
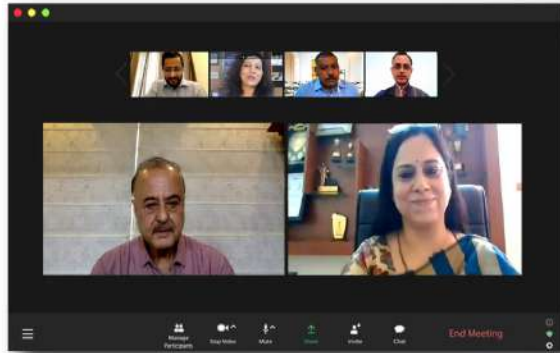
# FIT INDIA FREEDOM RUN



Congratulation to all the Participants of Sumitra Modern School who participated in FIT INDIA FREEDOM RUN, an initiative of Fit India Movement by Ministry of Youth Affairs and Sports, India.



# GURU DEEKSHA- THE RITUAL OF GIVING

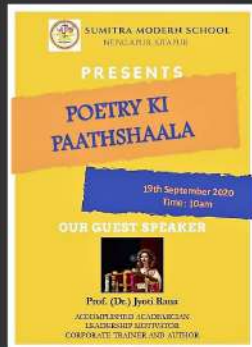
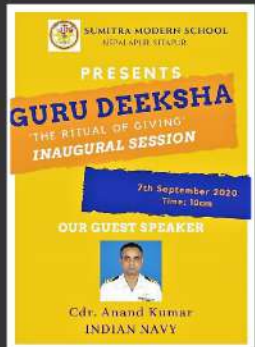


It feels immense pleasure and proud to share that Sumitra Modern School, Naipalapur Branch, has always been catering the best to our students. Keeping in view the holistic development of our students Sumitra Modern School had planned a series of webinar named Guru Deeksha- The ritual of giving which exclusively designed for students in order to make them more confident and equipped to face unpredictable tomorrow.

The curtain raising ceremony was done by honorable Manager Sir on the occasion of Teacher's Day, 5th September 2020.

The theme of Guru Deeksha was a noble initiative by Sumitra Modern School under the kind and able guidance of Madam Principal, Dr. Raavee Tripathi . This quality webinar series will not only motivate and inspire the students of Sumitra Modern School but also open the various source for students who don't choose to be a doctor or an engineer only. It will also introduce them with various opportunities other than traditional professions like doctor or engineer.

Glad to note the overwhelming participation of students in this webinar.



# REWIRE YOUR BRAIN

The change in mind set and positive outlook will make CHAMPIONS.

Change is the only constant and inevitable. Glad to learn the future readiness of young minds of Sumitra Modern School.

Amidst Covid- 19 Pandemic, Sumitra Modern School, Naipalapur has taken the initiative to conduct numerous webinar sessions in different slots named - 'Rewire Your Brain'organised under 'Principal Ki Paathshala' with a motive to reinvent them and introduce them with a better version of themselves.

# #4

batches



**SUMITRA MODERN SCHOOL**  
**PRINCIPAL KI PAATHSHAALA**  
 Webinar On :  
**Topic : Rewire Your Brain**  
 Batch #1  
 Class 8B Sumitra Modern School  
 Dr. Raavee Tripathi  
 Principal  
 Sumitra Modern School  
 Venue : LIVE on ZOOM  
 Cross-Link : School Website  
 Date : Monday, 08 June 2020 | 7 PM - 10:30 Noon

**SUMITRA MODERN SCHOOL**  
**PRINCIPAL KI PAATHSHAALA**  
 Webinar On :  
**Topic : Rewire Your Brain**  
 Batch #2  
 Class 10 Sumitra Modern School  
 Dr. Raavee Tripathi  
 Principal  
 Sumitra Modern School  
 Venue : LIVE on ZOOM  
 Cross-Link : School Website  
 Wednesday, 17th June 2020 | 11 AM - 12:15 Noon

**SUMITRA MODERN SCHOOL**  
**PRINCIPAL KI PAATHSHAALA**  
 Webinar On :  
**Topic : Rewire Your Brain**  
 Batch #3  
 Class X Sumitra Modern School  
 Dr. Raavee Tripathi  
 Principal  
 Sumitra Modern School  
 Venue : LIVE on ZOOM  
 Cross-Link : School Website  
 Monday, 22nd June 2020 | 10 AM - 11:30 AM

**SUMITRA MODERN SCHOOL**  
**PRINCIPAL KI PAATHSHAALA**  
 Webinar On :  
**Topic : Rewire Your Brain**  
 Batch #4  
 Class 8B Sumitra Modern School  
 Dr. Raavee Tripathi  
 Principal  
 Sumitra Modern School  
 Venue : LIVE on ZOOM  
 Cross-Link : School Website  
 Thursday, 25th June 2020 | 10 AM - 11:30 AM

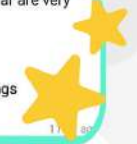


A new experience I got learn which will surely help me in future  
 That I mostly like that to find positive aspects from every things in this beautiful world.  
 Thank you  
 Shreyansh Dixit  
 X, A  
 11:29 am

feel this webinar very helpful for me in this lockdown because it gave me a new confidence and new things to learn like to have a positive attitude .  
 Mitali Raj  
 10 B



The following points from this webinar are very useful for me~  
 ~For challenges  
 ~Gain as an individual.  
 ~Gain awareness and skills.  
 ~Enable me to do uncomfortable things  
 Name~Asti'va Singh  
 Class~X Sec~B  
 11:30



# HOME VISIT

In order to be in touch with parents of board appearing students we had also planned to visit home after first pre board examination. That step really helped us know the real status of student's preparation for their board examination. Students were encouraged to attend online classes more sincerely.







# TEACHER DURING THE LOCKDOWN

Amid our ephemeral enjoyment  
When, for us the things were perfect and pure  
On the spur of the moment  
In just one snap; everything got over.  
No more smell of those coloured chalks  
No lectures scheduled all around the clock  
No more assemblies, recess and dispersal time  
Nor there were bunch of naughtiest behaving out of line  
Empty classrooms  
And we all were confined  
Then, A new way of teaching we've find  
-- The VIRTUAL CLASSROOM  
The only lifeboat we could have assumed.  
We led the ship,  
We have never rode  
In spite we held the helm to let it rip,  
With a view to land on a near shore.  
New waves, New tides  
Swirled our ships to cold highs.  
We showed the world  
What we've never ever tried.  
When others were enjoying cuisines during quarantine  
We were making the Audios, Videos and PPT slides.  
When others were busy in watching TV series,  
We were marking attendance in excel sheets.  
When all were counting their trips and falls  
We were busy in attending student's calls.  
We were grappling from our classrooms  
to the virtual class o'er ZOOM  
Soon this pandemic made the virtual more real  
And the real---- A vague dream.  
But all we learned and all we know; is  
Even in scarce, the ability to grow  
And that's how a teacher is known.

- Naina Mishra  
(Assist. Teacher)

## Why should we develop the habit of reading regularly?

- Avinash Lambert  
(PGT Economic)

You are the books you read, the films you watch, the music you listen to, the people you meet, the dreams you have, the conversation you engage in. You are what you take from these.

### 1. READING EXPANDS KNOWLEDGE

You might already know this; knowledge is the key to success. Reading feeds your mind with lots of knowledge and information which in return helps you stand tall before intelligent minds.

### 2. ENRICHES THE COMMAND OVER A LANGUAGE

You come across a lot of new words and phrases while reading and eventually get accustomed to it. It not only enhances your vocabulary but also improves your grammar.

### 3. BOOSTS FOCUS AND CONCENTRATION

When you read, you disconnect yourself from the outer world. It's like immersing yourself into every fine detail you read which in a way boosts your focus and concentration.

### 4. REDUCE STRESS

Reading is more like a break from a stressful moment. It can help you to meltdown your stress level faster than any other method. When you are whole heartedly concentrating on a particular thing, everything else around perishes

### 5. SPARKS IMAGINATION

When you watch a movie, there is no time for you to think. But when you read a book, you have a whole new world to fantasise in your own way. Reading fiction allows you to frame your own vision.

### 6. INCULCATES SELF IMPROVISATION

When you read from a different perspective about different topics, your thinking ability grows. It exposes you to new understandings, new ways to handle situations.

### 7. EXERCISE THE BRAIN

Reading is a much more complex task for the human brain rather than watching TV. The brain on books is active- Growing, changing and making new connections and different patterns, depending on the type of material you are reading.

### 8. DEVELOPS EMOTIONAL INTELLIGENCE

It let's you experience multiple lives. When you read a fictional novel, it allows you to feel and live another person's life; therefore it increases your empathy and your ability to place yourself in someone else's shoes.

## Message from Head Boy



I Chirag Saxena , the Headboy of this prestigious institute wants to express my gratitude. I feel so overwhelmed that I was bestowed with this title and this is truly icing on the cake for me.

It has been rightly said "Success occurs when an opportunity meets preparation ". And that's what I rightly did when I was handed over this responsibility. I vividly remember the conversation with my teachers on the day when I was selected for this privileged post, based on my performance and my agile treat during the previous stints. Each day at school, to keeping up with the school rules and regulations, keeping in mind that other students will follow is challenging yet experiential.

My experience in this role has taught me vital aspects which I am going to follow my entire life. The 2D's -determination and discipline that has helped me enhance my leadership and managerial skills.

This year was tough, but I was fortunate to be able to accomplish a lot. I have learnt two important things which I would like to share- Do not be afraid of asking if you have any doubt or query.

Do not hesitate to seek suggestion in order to improve yourself.

Thank you so much to Sumitra modern school and its entire management committee for helping me to grow, both as a learner and as an individual. I have amazing experiences that will stay with me for the rest of my life. One of the most touchy is my international debate competition at Kanpur, I once again want to thank our honourable Madam Principal Dr.RaaveeTripathi for believing in me and building me more stronger to reach heights of success. None of these moments would have been possible without the unceasing dedication and support from our teachers and the students of the school.

Last but not the least I am proud to be Sumitrian.

जब भी देखा मंजिल को देखा ।  
मील का पत्थर नहीं देखा ।।  
हो राहें पथरीली, हो या नदी हठीली ।  
जब भी देखा पार किनारा देखा, लहरों का तूफां नहीं देखा ।।  
जब भी देखा मंजिल को देखा ।  
मील का पत्थर नहीं देखा ।।  
हो तपती धरती, हों या हवायें बरफीली ।  
जब भी देखा बसंत बहार ही देखा, पतझड़, वीरानी का संसार नहीं देखा ।।  
जब भी देखा मंजिल को देखा ।  
मील का पत्थर नहीं देखा ।।  
भूखे को भोजन दे, प्यासे का पानी ।  
हतास चेहरे पर मुस्कान देने की ठानी  
दानवता के तांडव में मानवता ही देखा, दानवता का त्रास नहीं देखा ।।  
जब भी देखा मंजिल को देखा ।  
मील का पत्थर नहीं देखा ।।

Mrs. Sanju Lata  
(Hindi Teacher)

मातायें देती नव जीवन, पिता सुरक्षा करते हैं ।  
लेकिन सच्ची मानवता, शिक्षक जीवन में भरते हैं ।।

सत्य न्याय के पथ पर चलना, शिक्षक हमें बताते हैं ।  
जीवन संघर्षों से लड़ना, शिक्षक हमें सिखाते हैं ।

ज्ञानदीप की ज्योति जलाकर, मन अलोकित करते हैं ।  
विद्या का धन देकर शिक्षक, जीवन सुख से भरते हैं ।।

शिक्षक ईश्वर से बढ़कर है, यह कबीर बतलाते हैं ।  
क्योंकि शिक्षक ही हमको, ईश्वर तक पहुंचाते हैं ।

जीवन में कुछ पाना है तो, शिक्षक का सम्मान करो ।  
शीश झुकाकर श्रद्धा से, तुम उन्हें प्रणाम करो ।।

Mrs. Shobhana Pandey  
(Hindi Teacher)

## Travel : An Important Source of Learning

Do you know what is travelling?

Travelling means going from one place to another or from one country to another. This instinct of roaming about is rooted in man's nature. This instinct leads a man to see the unseen, to know the unknown and to unveil the mystery. Therefore, it is very beneficial part of education as it promotes the experiential learning - in which we learn by doing the things.

When we travel from place to place we get to know about a number of hidden facts about the place, we experience the varying life styles of different people at different places. We understand the worth of everything minutely and try to become more adaptive.

As it is rightly said, "Home keeping youth have ever homely wits."  
Which means "who passes his life in one's place, has too narrow outlook."

Furthermore, travelling fosters understanding nations. It is an important component in establishing world peace.

Travelling helps the traveller to know how the wonderful earth is. How rich is its heritage! Really, full of natural beauty. In fact, it said that travelling removes boredom and essentially has a great education value.

Aryan Dubey ( IX - A )

## समय का महत्त्व

समय का हमारे जीवन में अत्यंत महत्वपूर्ण स्थान है। 'समय' सभी वस्तुओं से, यहां तक कि धन से भी अधिक शक्तिशाली और अमूल्य वस्तु है। यदि एक बार यह हमारे हाथ से निकल गया तो फिर यह वापस लौट कर भी नहीं आता। स्वामी विवेकानंद के अनुसार-

एक समय में एक काम करो  
और ऐसा करते समय  
अपनी पूरी आत्मा उसमें डाल दो  
और बाकी सब भूल जाओ

किसी व्यक्ति की वर्तमान स्थिति को देखकर उसके भविष्य का मजाक मत बनाओ क्योंकि कल में इतनी शक्ति है कि वह एक मामूली कोयले के टुकड़े को हीरे में तब्दील कर सकता है। समय है तो मान लीजिए कि जीवन है और समय नहीं तो जीवन भी नहीं। समय को वापस नहीं लाया जा सकता इसलिए हर व्यक्ति को समय का सही उपयोग करना चाहिए। कहा भी गया है-

पुरुष बली नहीं होत है समय होत बलवान

यदि हम समय को नष्ट करते हैं, तो समय भी हमें बुरी तरह से नष्ट कर देता है। समय किसी की भी प्रतीक्षा नहीं करता। इस विषय पर कबीर दास जी ने बहुत अच्छी बात कही है-

काल्ह करे सो आज कर,  
आज करे सो अब ।  
पल में प्रलय होगी,  
बहु रिकरेगा कब ।।

'समय' भगवान द्वारा दिया गया एक अमूल्य उपहार है। अतः भगवान द्वारा दिए गए इस अमूल्य उपहार का हमें जीवन में उचित प्रयोग करना चाहिए। इस प्रकार प्रत्येक बुद्धिमान व्यक्ति समय के महत्त्व को समझता है। हमारा जीवन समय से जुड़ा हुआ है, इसमें एक पल की भी वृद्धि होना असंभव है। जसि देश के व्यक्ति समय के महत्त्व को समझ जाते हैं, वह देश समृद्ध हो जाता है। समय का सदुपयोग ही मनुष्य को उसकी सही पहचान प्रदान करता है।

समय का सदुपयोग हमारे जीवन की उन्नति की कुंजी है।

यदि हृदय से किया परिश्रम हो,  
मरुस्थल में फूल खिलता है।  
समय चक्र जब चलता है,  
फल करनी का मलित है।

- Ms. Kavita Srivastava  
(PGT Hindi)



## Department of Social Science

In social science various activities had been done during pandemic and lockdown in order to make students engaged and informed. For classes VI to IX General Knowledge quiz competition was conducted in which students gained knowledge about various concepts of General Knowledge.

Map pointing was also given equal stress in classes VI to X. Students had shown curiosity through map pointing of India as well as world. Virtual Rapid-Fire activity was organized for VI to X through zoom meeting, in this activity students benefitted with accurate knowledge and it was also supported in play-way method.

A group discussion on General discrimination was organized for class VI to VIII to create awareness on this sensitive topic of "Gender discrimination". Group discussions for class IX to X was also conducted on various topics like elected system in India and Bar & Graph representation. In these activities students prepared on graph and pie chart with various dates related with poverty and poverty line and merits and elements of electoral system in India.

Art Integrated Project was also designed by the students in form of P.P.T and video etc. In this activity students prepared a comparison analysis on Uttar Pradesh, Arunachal Pradesh and Meghalaya.

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## Department of Art & Craft

Art and Craft department of Sumitra Modern School organized a number of activities despite adverse situation owing to covid-19 pandemic in the session 2020-21. School celebrated various occasions through drawing and painting competitions, craft work, rangoli competition, Thaal decoration, Kalash decoration, Eco Friendly Diya making and Eco Friendly Bandhanwar. To enhance the creativity of students art and craft department has left no stone unturned. Students were guided to do silver painting and honed various stitching skills on hankerchief, pillow cover and table cover. They were also guided for fabric painting on hankerchief, pillow cover and bed sheets. In August, a drawing competition on the topic 'Gandagi Mukh Mera Gaon' was held. The other activities in the same month were wall painting and poster making competitions.

Students were trained to utilize waste materials to make creative items like pen stand, brush stand, mobile holder, newspaper holder, beautiful bags from old clothes etc.

In all these activities the students have shown great interest. They displayed their creativity with a goal to create beautiful items to use on day to day basis.

## Department of Science

The department of Science had organized various activities in the session 2020-21 to make students more resilient, thoughtful and innovative.

Various Projects were allocated to the students as Holiday Homework. The topics were Nutritional Chart, Medicinal Plant Present in our Surroundings, Blood Group Inheritance, Ozone Layer Depletion, Gene Therapy etc. Students had also prepared PPTs and videos on the topic like 'National Parks and Sanctuaries of India', 'Electricity Generation in Arunachal Pradesh and Meghalaya etc. which was further guided by the concerned teachers.

Students were encouraged to perform Collage making activity on 'Diversity of Plants and Animals in India' which involved students in research based understanding. A large number of models had also been prepared by the students on the same.

The students were involved and engaged with a lot of enthusiasm and were made understand various scientific concepts, principles and its relevancy to the future development of our society.

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## Department Of Physical Education

Yoga classes proved to be the main aid to keep the well being of parents, teachers and students even during pandemic which was a life threat. It has given a new outlook to each and every student of Sumitra Modern School towards living life fearlessly. Various events were carefully curated to address the stress and fear developed due to pandemic. 'Fit India Movement' an initiative by honourable Prime Minister was taken up with full zeal and enthusiasm. Not only students but parents and teachers have also participated in it wholeheartedly.

During Fit India week many Yogasanas, Pranayams, Mudras, Aerobic activities and Exercises have been performed by the students.

Yoga quiz was organized in month of December and certificate also given to the participants. Sunday was scheduled for Aerobic Special and through Yoga and Aerobics entire Sumitra Modern School Naipalapur branch overcame the stress of Pandemic and made a strong Immune system.

# DEPARTMENT REPORT





## Unsung Heroes of School

Unsung means those who do great deeds but receive little or no recognition for them. If we talk about our school, there are many unsung teachers (heroes).

The person who works in films is not only called a hero but the loyalty towards their work also, a quality that makes them a hero.

One such hero is our respected Madam Principal, who supports us in all our problems. Our school helps us to keep the education system afloat by innovatively sending material and instructions to us through WhatsApp, Emails and other channels in Covid pandemic. During this tough time of pandemic, our respected Madam Principal has done all efforts to keep ourselves engaged in investing the time during lockdown in doing something productive.

And yes, how can we forget our teachers who helped us a lot through Online classes in Covid time by sending many pdfs, videos, audios and continuous guidance and everything.

Medical teacher, working staff and account's department- 'These are Unsung Heroes.' Really proud to be surrounded of such heroes.  
Thank you for the care of our work.

- Sukeerti Mishra (IX - A)



### My Parents

They never look for praise,  
They never boast,  
They just go on quietly working for those,  
Whom they love the most,  
Their voice makes me strong,  
Teaching what is right and wrong,  
Their smile says it all,  
Mom and Dad I love you more than all.

(few more words)

Parent is a word which has world itself containing affection, love, care and respect for others. Pain in heart, smile on face working for other's faith for which they neither complain in return they just won to be loved and not to be hated.

The people I admire, the people I aspire are none other than my Parents.

- Vaibhav Trivedi (XII - A)

## Corona Awareness Program and Transportation Training Camp

Corona Awareness Program and Transportation Training Camp Organized By Uttar Pradesh State Road Transport Department and Education Department

- The main objective of this program was to bring awareness about traffic related rules and to reduce road accidents. A two days 21 to 22/09/2020, Training camp was organized at District Village Development Institute Khairabad, Sitapur.
- The event was inaugural by DIOS (Mr. Narendra Sharma) and program conducted by RTO officer (Mr. Udit Narayan Pandey).
- In this training Teachers were trained through PPT and video, so that students and parents can be made aware through teachers.

### Important Points in the Training

- What is the reason for the accident, how can they be reduced.
- Road sign and Traffic Indicators-
  - (i) Mandatory road sign.
  - (ii) Whip road sign.
  - (iii) Rectangular Street sign.
- 10 common road safety mistakes while driving.
- Measures to prevent road accidents.
- To make Students and Parents aware of road safety from time to time.
- Awareness of Covid-19 and Corona Pandemic Prevention, Measures.



Miss Maytendra Mishra  
(PET)

## Causes of Stress in Modern Generation

Stress is the main cause of every mental disease. Now-a-days, stress is like water in our daily life. People suffer anxiety, depression and other mental illness because of too much stress in their daily lives. Now-a-days kids of less than 18 years of age saying that they are depressed, taking anxiety attacks and that's how stress effect modern generation. People became anxious about their day to day life. A result in United States of America states that 3 out of 4 people suffer from phase of anxiety and depression. That's how stress is affecting modern generation.

The way by which one can reduce stress is by doing regular exercise and meditation. Exercise are strong enough to keep you away from the problem of stress and to avoid stress in our life.

Meditation is practising or focussing your mind for keeping peace and releasing stress. Students of Modern era are also affected by stress in their daily life that makes them anxious about their day to day action. People sufferings from mental illness because of stress loses mind concentration focusing, ability, etc.

We have to create awareness about how important our mental health and benefits of exercise and meditation. Exercise and meditation are strong enough to keep mental and physical fitness and avoid role of stress.

- Altamash Quraishi (XI - C)

## Child Labour

Child Labour is the illegal act running in India for many years and running the present and future of the children. It has taken many different forms and has an urgent priority to be eliminated from the society without any delay. Child Labour has been a deep rooted social issue which in term has given rise to other social issues such as sale trafficking of children, debt bondage, seufdom, forced labour at low cost etc. Some other act involved are children are hired for production and trafficking of drugs, etc., all such activities are harming the children's health, development, safety and morals. All the activities which put at risk the physical, mental and moral well - being of a child, come under the category of hazardous work.

According to the Constitution of India, children below the age group of 14 years are coompletely prohibited to the inculcated in factory mine or other hazardous employment in anyways. They should be provided free and compulsory education by the state government. They shopuld not be abused and forced by economic necessity. They should be given full opportunities and all the required facilities to develop ijn healthy manner. Inspite of these rules and regulations, there are many industries and businesses which are using child labour.

- Varsha Yadav (XII - A)



**STOP CHILD LABOR**

## Unsung Heroes of School

As we all are aware that the previous year, the whole world was affected by the Covid - 19. Many countries such as USA, India, Britain announced lockdown in thier respective countries. During such pandemic situation, a great course and patience was shown by medical staff, administrative officials as well as the teaching fraternity of the world.

Due to lockdown, schools and colleges were closed in India which lead to the loss of studies of children. But the process of learning cannot be stopped. So a great power and precision was shown by our teachers who carried out the process of tecahing through Zoom, WhatsApp, explanatory videos etc. As per the advisory of Government of India more than 3 hours of online classes are not prescribed for primary child. I think the same is applicable to the teachers.

During the lockdown period, great skills of multi-tasking has been shown by our teachers. On one side, handling household work while on the other teaching virtually is really a tough task to perform. Teachers have very well adapted themselves from their comfortable classrooms to a tiny mobile / laptop screen. Teachers have not only prepared the teaching material, but also have learned the techniques and methods of the online session.

As it is very well said by Albert Einstein that - "It is the supreme art of the teacher to awaken joy and creative progression and knowledge." And the teachers in our school were successful in making our online sessions enjoyable and full of learning.

**"Teachers Are Unsung Heroes of A School."**

- Achyut Pandey (X - C)

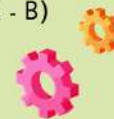


## Life without Modern Gadgets



Now-a-days, Man cannot imagine his life without modern gadgets. Modern gadgets have made us slave to machines. No one can deny the fact that these gadgets have made our lives quite comfortable. But at the same time, our dependence on them has increased so much. We cannot do our washing without a washing machine. We cannot manage our day to day dealing without a T.V., a telephone, a computer or any other modern gadgets and if electricity fails, life for us comes to a standstill. If our phone battery goes 'dead', we feel ourselves isolated from the rest of the world. Truly, we have become the slaves of machines. We have become so dependent on machines that we cannot even remember a thing without the help of machines. Even for smaller calculations we depend on calculator whereas our fore fathers were able to solve even the higher difficulty arithmetical problems in no time. This overdependence on machines had made us physically and mentally weak and at the same time emotionally dead . Men have to come out of this slavery.

- Vedanshi Khanna (IX - B)



माँ

उँगली पकड़ जिसकी चलना सीखा,  
दामन में जिसके सोना सीखा  
नौ महीने गर्भ में रख कर पाला है जिसने  
देख के उसे जीना सीखा  
मुझे देख उसने जीने का मतलब दूँदा  
मेरे सुनहरे भवषिय के लिये दनि भर उसने काम दूँदा ।  
मेरे सुन्दर कपड़ों के लिये उसने अपने कपड़ों को देखना छोड़ा  
मेरे सपनों को साकार करने के लिये अपने सपने सँजोना छोड़ा  
जब जब देर रात तक मैं पढ़ा  
तब तब सोते सोते ही "बेटा सोजा" कहा  
जब जब परीक्षा से पहले घबराया,  
तब तब परीक्षा में "सब अच्छा होगा" कहा ।  
एक पल दूर रहूँ तो तुम्हें मेरी चिंता सताती थी  
तो फरि क्यूँ अब मुझे छोड़ इतनी दूर चली गयीं  
तेरा बच्चा अकेला है माँ, मेरा सहारा क्यूँ छोड़ चली  
मैं रोता हूँ बलिखता हूँ तेरी ही याद करता हूँ  
तो क्यूँ मुझे इस दुनिया में अकेले छोड़ चली  
अरे! एक बार मन की व्यथा तो बता जाती,  
शायद उसका हल बता देता मैं,  
तेरा ही ज्ञान तड़पे आजमा देता मैं।

- अभषिक यादव ( XI - B )

## I LIVE IN PRESENT

"Life is short." Yes we hear this a lot. Each moment of breath is a moment we have NOW. There's no guarantee beyond that. Yet we behave as if this isn't the case.

For some reason our society runs on worry and hurry. Our mind and souls aren't meant to be rushed.

But we behave this way in order to forget the very fact that time is finite.

We try to maximize time by multi-tasking. Work becomes an obsession. We want to be and have more.

Life is meant to be a vibrant, deeply felt, growing mosaic of meaningful moments.

How we felt yesterday or this morning doesn't matter. The moment NOW is new and waiting. Waiting for us to notice and live.

"Better" isn't a destination to arrive at.

Better is now. In each second we're alive.

"Fully living" isn't something which will ask us if we're ready or not.

And yes...I live in present.

I decide and commit to live fully. I Breathe in the air of the present and use my senses to take in what's around me.

-Akanksha Mishra (XI-C)



अभी तो हुआ था ये चंचल सवेरा

अभी तो हुआ था ये चंचल सवेरा,  
जरा देर पहले हमने छोड़ा था डेरा,

अनगनित आसुमाँ में जरा देर आए  
तनकि ही तो पंख है फडफडाते,  
लग जाए बन्दशि बढे चाहे पहरें,  
रुको आशयिने में हम और ठहरें,

तभी हुक्म आया कबिदलो बसेरा  
अभी तो हुआ था ये चंचल सवेरा।

बहुत बार हमने करऐसी बातें,  
आज हैं साथ में बस ये आवारा यार्दें,  
तनकि रुकनेदो ये कोई तो माने,  
अब आगे क्या होना है ये कौन जाने,

चारों तरफ धुंधली यादों का घेरा,  
अभी तो हुआ था ये चंचल सवेरा।।

- सरयू शुक्ला (XII A)

## Causes of Stress in the Modern Generation

Today, we are living in an age when people are more stressed and relaxed. Due to extreme competitiveness in every aspect of life, there is always a lack of time. This leads to high level of anxiety, mental tension and of course, the feeling of dissatisfaction.

A cut-throat competition starts at school level with parents' pressurising chilchildren to work extra hard and score high marks in all subjects. Students too feel the pressure of performing better than the rest. Therefore, they get stressed when they are unable to perform according to the expectations. This stress stays on forever.

Then there is a stress of desired job. This is worse than scoring good marks. Many people can't fulfill their dreams due to money. So the modern generation got stressed due to their career fields.

This Stress of Modern Generation can be finished if the families would not pressurize them instead motivate them and spend a quality time with them.

- Vishal Tiwari (VIII- A)

मुझे याद हैं वो कसिसे कहानियाँ

मुझे याद हैं वो कसिसे कहानियाँ

जब मुश्किल भरी हालात चल रही थी

उधर कोरोना के खतम होने का नामोनिशान तक नहीं था

तो लॉकडाउन और बढ़ने की बात चल रही थी

कसिी ने फेंक दिये पत्थर देश के रखवालों पर

तो कहीं डॉक्टरों पर फूल की बरसात चल रही थी

वहाँ वदिशों से अमीरों को उड़ा लाए हफिजत से

तो कहीं मजदूरों के लिये रेल चलाने की अनुमती चल रही थी

कोई नकिल पड़ा पैदल ही अपने घर की ओर

तो कहीं जगह जगह लड़ाई फरि रही थी

कोई बेचैन था वापस घर जाने को

तो कोई खाली घर बैठे बोर होने की शकियत कर रहे थे

कसिी को मलि गई नजिात अपने स्कूल और कॉलेज से

तो कोई भवषिय खराब होने की शकियत कर रहाथा

अभभाविक बच्चों को फोन दलाने में व्यस्त थे

आखरि स्कूल की कक्षाये ऑनलाइन चल रही थी

कब खतम होगा ये सब और कब ठीक होगा

हर कसिी के मैं मैं चल रहा हैयही खयालात कि कोई वो बीते हुए दनि लौटा दे।

-हर्षिता सिंह चौहान (XI-C)

## Young Entrepreneurs of 21st Century

The meaning of word 'Entrepreneurship' is 'undertake'. In this 21st century the young citizens of our country and of whole world are enough capable to undertake the responsibilities and create new opportunities for others also. We are in a condition where new ideas and thoughts flourished in minds and these ideas also appear in reality. The development of a country depends only on these young entrepreneurs. They are not only to create profits but also provide employment to most of people. Many new companies of different units of softwares, technology and electronics are establishing day by day.

The young people are opting business and management at university to become an entrepreneur. An interest to start own business might be influenced by many factors. Some factors are general and related to overall situation in the economy, to business conditions and pre conditions for success in business. Economic analysis shows that most new jobs are not created by large established companies but by entrepreneurial startup companies. It is a mechanism by which many people enter the economic and social mainstream of society, facilitating culture formation population integration and social mobility.

Hence, we focus on the emerging entrepreneurial mindset to make the young more efficient and motivate others to create self opportunities and not depend on others. Thus, today entrepreneurial thinking is seen as 21st century skills, one of the basic qualities that young generation need to develop to be successful in life.

- Ashutosh Shukla (XI - A)

### Fitness Beats Pandemic स्वस्थ शरीर से हारेगी महामारी

हम मानव मद मस्त खेलते थे परमाणु से,

आंख खोलकर हदें सीख लो इस छोटे जीवाणु से।

इस समय की कुटलि घड़ी में कोई यार न आएगा,

महामारी के इस पल में 'अन्तर्बल' ही पार लगाएगा।

चारों तरफ फैली है जो, समझो ज़रा वषिमता को,

'योग' से नति रोज़ बढ़ाओ रोग नरोधक कृषमता को।

यह साल कुछ अलग था, जैसे जएि नये आयाम में,

प्रकृति के नयिम तोड़ने को हम अक्वल हैं इस काम में।

पर,

प्रकृति का सार हम,

शुद्ध एक वचिर हम,

कमजोर तो बेकार हम,

सभ्यता के द्वार हम,

जाए कैसे हार हम,

हाँ, शर्षटि के आधार हम ॥

### Life without Changes

Gadgets are now-a-days as common as food. The uses of gadgets made our lives easy and comfortable especially the help gadgets brought us during pandemic going now-a-days. To order food, groceries, to heat water, to warm room, for entertainment, etc. We use these small tools to make our life food.

But have you thought of a day when there will be no gadgets? Maybe or maybe not because there was a time we live without gadgets. Gadgets are becoming more and more upgraded like from basic phones to smart phones and watch to smart watch but what if there was no such things? Would you have survived? Yes, we would have because gadgets take very small part of our life but with that part, they make life easier.

So, a life without gadgets is neither impossible nor out of imagination. It is just hard to survive without gadgets after being dependent on gadgets. Maybe it will also be good as we will have more time for people around us. Hence, life without gadgets is good or bad, it just depends on us, on how we will take it.

- Vartika Chaudhary (VIII - A)

## LIVE LIFE TO THE FULLEST

Matt Cameron said these words - LIVE LIFE TO THE FULLEST. It means you are in tune with yourself.

People stop themselves from living their life fully and enjoy it because they do not think about themselves, they only care about what others think. But we should live our life with happiness and be focussed and determined to what we actually want from our life.

Our life is full of surprises, some surprises are good and some are bad, but it depend on our vision that how we see them. As there are two types of people in the world -

Negative Minded People

Positive Minded People

Negative Minded people only see bad things in their life almost like a tunnel vision, while Positive Minded people see good things in their life and live their life in their own way leading a happy life.

How to live our life to its fullest and enjoy every single moment?

We can live our life fully and freely by following ways -

Decide what's important for you.

Live life in the present.

Ignore the haters.

Be kind to everyone.

Keep your mind open.

STOP COMPLAINING. START ACCEPTING. START LIVING.

Why to be jealous?

It's OKAY if you Fail.

Ignore the things you can't Change.

Avoid the stress.

Take Care of your health. Love Yourself.

Keep Smiling no matter what's going on.



- Sugandhi Gupta ( X-C)

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- Vishal Tiwari (VIII- A)

# 'SADAK SURKSHA AUR PARIWAHAN NIGAM'



Students of Sumitra Modern School participated and bagged second prize in a speech completion organised by 'Sadak Surksha aur Pariwahan Nigam.'

WE CAN TALK ON THIS



And we celebrated Virtual Diwali....



Aaradhya Singh, VI A



Narav Singh, VII B



Vidhi Saxena, VIII A



Yuvraj Singh, VI A



Tanishka Gupta, VII C



Rishhi Sharma, V



Garima Rajwanshi, VIII A



Shreya Yadav, VIII B



Nikhil Varshav, V



Vedika Prastav Singh, VIII B

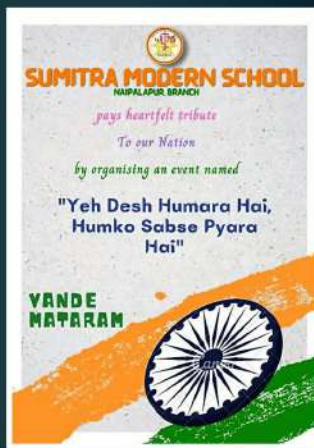


Anshika Jaiswal, IV



Sumitra Modern School left no stone unturned to be creative, energetic, enthusiastic and committed even during this unprecedented time. Virtual Diwali was celebrated in the form of various competitions. Glad to declare that all participants were brilliant and are winners in their own way of being creative and artistic.

Wish you all a happy and prosperous Diwali.



India

HAPPY REPUBLIC DAY

CELEBRATED VIRTUALLY !!!

Freedom and responsibility are very well linked. Freedom breeds responsibility. Freedom gives us the insight of our duty. Thousands of Salutes to our great nation and an effort to show some tribute to our nation and the nation builders Sumitra Modern School, Naipalapur branch salutes our Nation Soldiers and the Nation builders by organising and Mega event named-

**'Yehdeshhumarahai, Humkosabsepyarahai'**

More than 250 students participated in

- Poster making competition
- Article writing competition

Students of Sumitra Modern School expressed pride to live in a country that has such a diverse and glorious history and rich heritage.

**Feel proud to be an Indian**



SUMITRA MODERN SCHOOL, SITAPUR

"Education Breeds Confidence, Confidence Breeds Hope, Hope Breeds Peace"- Confucius

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