

JINDAL VIDYA MANDIR , KALMESHWAR

**Monthly Newsletter**

Udaan



**OCTOBER 21**

## **From Principal Desk :**

**This Diwali.....let's celebrate the idea of 'Me to We'.**

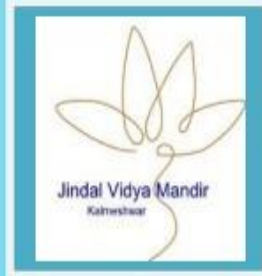


**The unprecedented times of Pandemic has brought to surface, the ground reality that life is uncertain and health is the only wealth.**

My dear children now as the life is coming back to routine, I urge, you all continue to be self disciplined and focused towards the health and hygiene. We faced the challenges since more than a year during the lockdown crises, but now as we are ready to welcome the season of festivities, let's ensure to mingle with Friends and neighborhood keeping social distancing as priority and involve everyone in the celebrations following covid 19 protocols! It is indeed pertinent to mention and appreciate that the students and staff of Jindal Vidya Mandir Kalmeshwar have extended the festival celebrations by reaching out to the Senior citizens of Matoshree Old age home at Kalmeshwar and offered them the token of respect and love in the form of handmade articles. This is indeed the most desirable change we wish to see in our society where people value not just themselves but equally to others....our team is setting the tone for 'Me to We' approach to make people understand that the joy coming from such compassionate and humanitarian work is the best festival indeed! Special thanks to all the parents for partnering with the school in such community outreach activities and needless to mention the master team of teachers and students who made this celebration possible. Let's see the world through the lens of Me to We, celebrate the festival of togetherness and create a better world to live in. On behalf of our Honorable Chairperson, Trustees and School Management committee, I wish you and your families a very happy, safe and prosperous time ahead.

**Happy Diwali!**

**C.Pallavi  
Principal**



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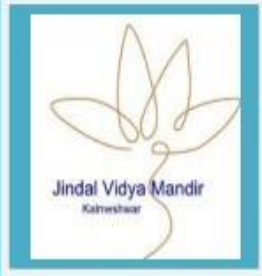
## **Student's Section**

### *What Aditi Says.....!*

Myself Aditi Karn, studying in Grade IX, got an opportunity to take our JET Head Srinivasa Kotipalli Sir to a school tour. It was a great learning experience for me where I got a chance to interact with sir. I was inspired by him in many different ways as he was so humble with everyone while on the way to school tour he explained many important things which the school needs to upgrade wherever needed. He interacted with me in a very polite manner as I was taking him to the school tour, and I am really inspired with his every gesture also was enlightened with his words. I thank my Principal Ma'am and teachers for giving me such a golden opportunity to represent our school. This helped me to become more confident and inbuilt the feeling of empowerment to take bigger responsibilities.

**Aditi Karan**  
**Grade -IX**





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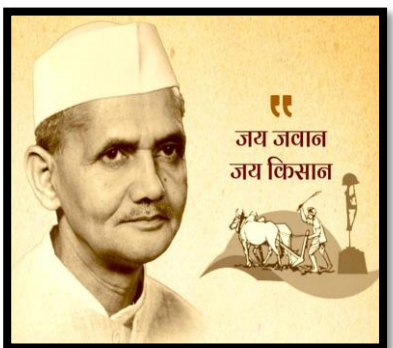
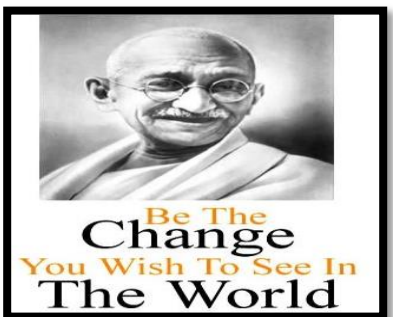
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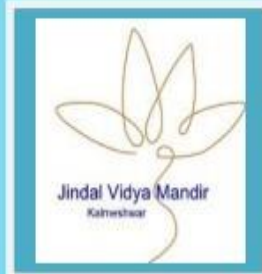
**My School in Action**

**Remembering National Hero's**

**Gandhi Jayanti & Lal Bahadur Shastri Jayanti Celebration!**

Gandhi Jayanti and 'Lal Bahadur Shastri Jayanti, the joyous occasion of the birthday of two great patriots 'Mahatma Gandhi' and 'Lal Bahadur Shastri' was celebrated in Jindal Vidya Mandir School. Since the occasion marks the birth of two national heroes. To commemorate this event the students of Jindal Vidya Mandir, were encouraged to participate in various activities .The students of higher grades were motivated to pen down the character sketch of both the personalities so as to know more about the real and amazing facts related to their life journey and also to get inspired. Teachers urged the students to imbibe the values and principles, which Gandhiji and Shastriji held during their lives, like truth, non-violence, respect for all beings, self-discipline, unity, harmony, sharing and caring.





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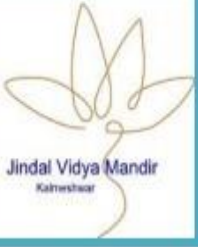
Udaan



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### **IVM Welcomed the JET HEAD :**

Great visionary, our JET Head Mr. Shrinivas Kottipalli visited Jindal Vidya Mandir, Kalmeshwar on 21st and 22nd October 2021. Principal Mrs. Pallavi Chakkilala welcomed Sir along with student representative Ms. Aditi Karan. Ms. Aditi Karan escorted Honorable Sir on school tour and very expressively explained and introduced all the areas of school. Sir interacted with Council Members and Grade X students and encouraged students to seek lessons from pandemic. He gave some tips on how to choose career even answered the queries raised by the students. On day II, Sir interacted with Parent Teacher Association members and encouraged the parents to share their suggestions and ideas for the overall development of the children. Parents made request regarding the transportation facility for the students traveling from far off areas and requested upgrading of JVM School to JVM Junior College. Honorable sir announced the vision and mission of our respected JET Trustee to start Junior College with Science and Commerce stream for the benefit of the students. During the PTA interaction the winners of Salad Making competition were felicitated at the hands of JET Head. Sir also interacted with various departments and took feedback from the team and reflection on ongoing projects /status of the work/ challenges faced by department like HSE, Coe -SEN, administration were discussed. Honorable JET Head also reviewed and discussed the report on school fire safety and discussed the audit report on safety that was performed by JSW Plant and suggested the scope for compliance management. Sir, encouraged the team for hosting the inter JVM sports meet at JVM, Kalmeshwar as Plan B keeping the Covid 19 challenges in mind. The staff meeting was conducted to felicitate the JET Head and the teachers were encouraged to share their views in the open forum for the development of the school. The visit was coordinate by JVM admin department and vote of thanks was proposed by Principal Mrs. Pallavi Chakkilala.



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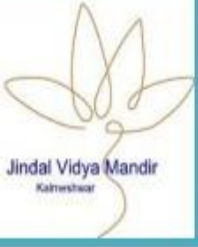
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## **Glimpses of Mid – Year School Review Done By the JET Head**





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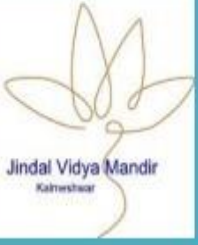
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### Tree Plantation Drive:



As government issues the order to reopen schools, Jindal Vidya Mandir welcomed its students by the auspicious ceremony of Tree Plantation. Teachers along with students of from class 7-10 plant the saplings of *Trachyspermum Ammi*. Locally known as Ajwain, in the school premises. The importance of this medicinal plant was explained by Mrs. Jyotsna Randhir, Ms. Deepa Nigam and Mr. Govinda Pal. This initiative was greatly appreciated by the principal, Ms. C. Pallavi.





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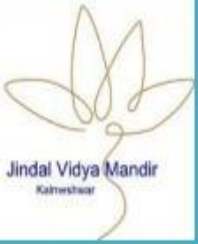
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### World Postal Day:



Communication and information technology plays a crucial role in bringing the world close together. The early means of communication was the postal service. The aim of celebrating world postal day is to create awareness on the role of the postal sector in people's and businesses everyday lives and its contribution to the social and economic development of countries. World postal day is celebrated every year on 9th October, the anniversary of the Universal Postal Union, which started in 1874 in Switzerland. To mark this day, the students of smaller grades were encouraged to make a Diwali greeting card on a postcard to share their feelings and excitement and post it to their grandparents, friends or relatives, whereas the students of higher grades were asked to write an informal letter to their parents wherein they shared their feelings, needs, ambitions and future plans.





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### Global Handwashing Day:

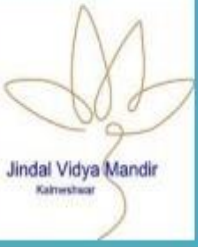


October 15th is Global Hand washing Day, and amidst the corona virus pandemic, the importance of hand washing has never been greater. The experts' advice is clear: besides staying at home, the single most important protective measure we can take to reduce the risk of contracting COVID-19 is to wash our hands regularly and properly with soap. In order to educate and encourage the public, the little Jindalites of Jindal Vidya Mandir were encouraged to motivate others by sharing the process of washing hands like:

- ❖ Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- ❖ Lather your hands by rubbing them together with the soap.
- ❖ Scrub your hands for at least 20 seconds.
- ❖ Rinse your hands well under clean, running water.

The students clicked pictures while washing their hands in a proper manner. The purpose of this activity is to build the habit of proper hygiene in the children so as to keep themselves in a safe shell.





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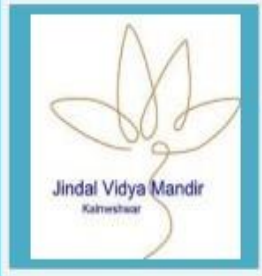
### Green Day Celebration :



The Pre- Primary section of Jindal Vidya Mandir, Kalmeshwar, celebrated Green Day. The day was celebrated to make the students understand the concept of colour and objects establish its relation with real life application objects with of green colour. The programme was conducted online, the tiny tots showed their excitement by dressing up in green coloured dresses and decorating their surroundings with green colour balloons and participated in the activity by arranging a few green coloured objects like green vegetables, grass, fruits etc., which they'd find in their day-to-day life. The classroom was decorated with green-coloured balloons and various green coloured objects were displayed, the children were introduced to different shades of green and were also informed about the importance of green vegetables. The teacher also emphasized that children should eat green vegetables to live a healthy lifestyle. To make the session more lively an activity of seed germination was conducted. The students participated enthusiastically and were attentive throughout the celebration.



GO GREEN



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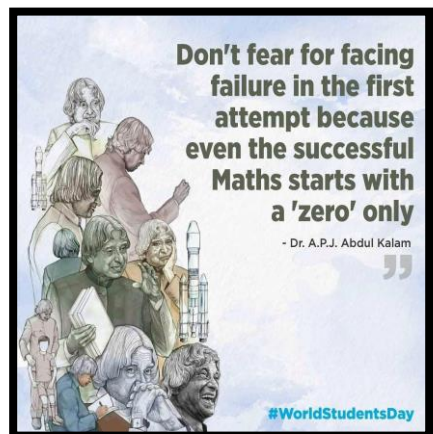
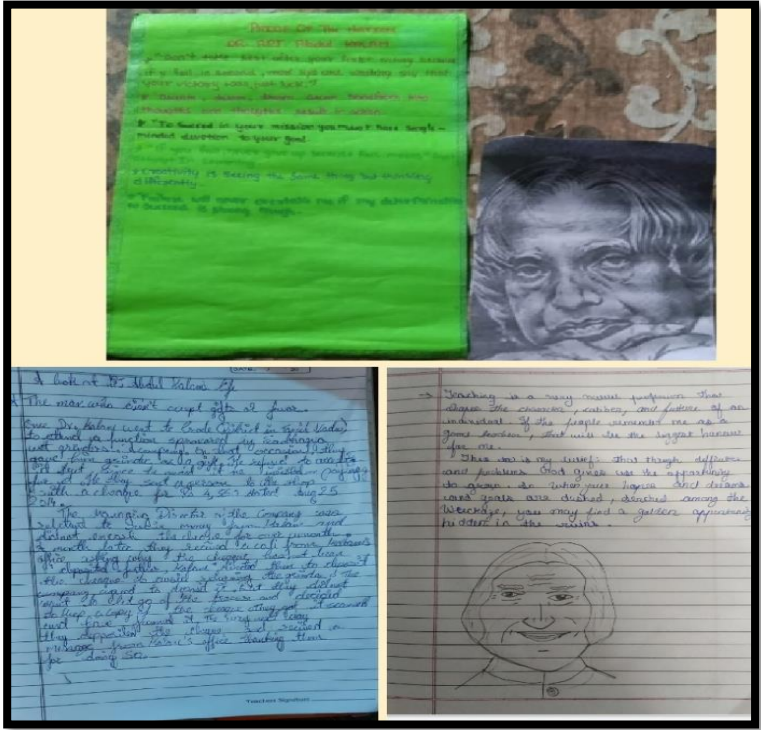
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**World Students' Day:**

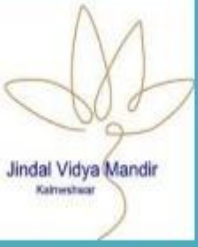


**If you get “No” as an answer, remember **N.O.** means Next Opportunity. So, let’s be positive. – Dr. A.P.J Abdul Kalam**

World Students' Day is celebrated on 15th October across the globe to mark the birth anniversary of an Indian Aerospace scientist, Bharat Ratna **Dr. A.P.J Abdul Kalam**, who also served as the 11th President of India. Dr Kalam was known for his love for students and focus on promoting education. Therefore, in his honor, the United Nations declared 15th October– his birthday as the World Students' Day in 2010. To appreciate and acknowledge the teachings and contributions of the great leader, the young Jindalites of Jindal Vidya Mandir, celebrated World Students' Day with great zeal and enthusiasm. The students shared their views on the importance of celebrating this momentous occasion and shared and elaborated it by writing quotes of Dr. Kalam. Students of higher grades were encouraged to present a write up on some inspiring episodes where they comprehended that 'Dream is not that which they see while sleeping, it is something that does not let them sleep. 'And seeked something to motivate themselves for their self development.



#WorldStudentsDay



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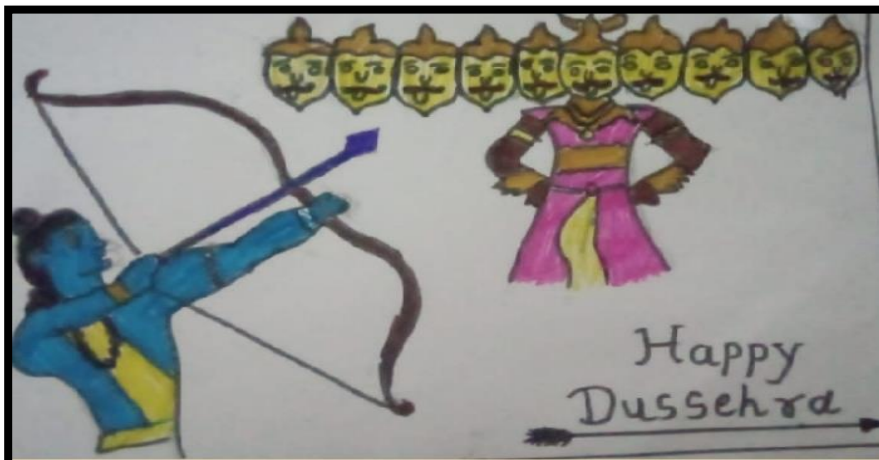


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## Dussehra Celebration :



Festivals are the period of celebration and bring peace and joy for everyone. They are an expressive way to celebrate glorious heritage, culture and traditions. To enhance it among the students, Jindal Vidya Mandir organized fun filled and learning activities virtually for Dussehra celebration which included story writing on Ravan Dahan or on any Mythological character and also were encouraged to add some inspiring qualities of Rama. The students of higher grades jotted down four facts from the holy book “Ramayana” where they were sensitized by the power of good over evil. The celebration was a part of our philosophy of ‘ learning by doing’ .Children learnt values of honesty, respect, humility and obedience, which are the core of our Indian epic ,Ramayana All the children enthusiastically participated and enjoyed the celebration. Thus the celebration not only enriched their learning but also made it memorable for our students which will be cherished for a long time



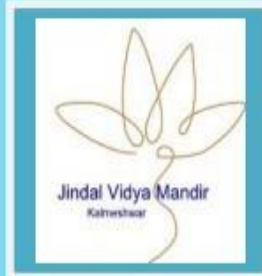
Jindal Vidya Mandir Kalmeshwar  
 Class : III CBSE  
 Date : 10-10-21  
 Topic :- Dussehra Art-Work  
 Name - Anushka Tandon

Dussehra

1. Ravan-50000 of demon are born on Vijaydashami in every place. Hanuman - Goda. He said that this symbolizes Ravis triumph over evil. It denotes the victory of good over evil over Ravan - the king of Lanka - a name good enemies.

2. He never spoke lies  
 3. He never spoke the foul (Aur) language  
 4. He never thought about his strength  
 5. He never played games that involved risk





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## Survey on Body Mass Index under School Social Responsibility

### By IVM:

To conduct the Survey and compile the information on the status of BMI, among the adolescence, within the age group of 11- 15 years, residing in Kalmeshwar Brahmani, under the flagship of School social responsibility by Jindal Vidya Mandir, Kalmeshwar.

**Concept of the Project**-Health is a state of complete harmony of the body, mind and spirit. It is the key to happiness. Complying with this fact, Our School Jindal Vidya Mandir, under the banner of School Social Responsibility, had organized a Community Survey, keeping in concern the health of our future citizens of India. The half-way point of plan BMI, is related to the pattern of body mass ratio found in a particular age group i.e. 11-15 years. It was based on the collection and interpretation of the relevant data such as sex, height, weight measured considering a sample of adolescents residing in Kalmeshwar. The purpose of the survey was to know the vital statistics of how the Pandemic situation had affected the physical health and wellbeing of the students. A comparison review of the survey with WHO, referred standardized table of BMI, which resulted in the key findings, proposed mid-course consultations, and strategic implementation to ensure a balanced and age appropriate height and weight statistics. This understanding highlighted the percentage of children suffering obesity, underweight challenges and solutions that can be undertaken. Students of JVM Kalmeshwar, who are studying in high school, conducted the present survey by measuring and collecting height and weight data of a sample size of 114 students. The students had compiled the height and weight ratio in a pre-decided approved format for data analysis.

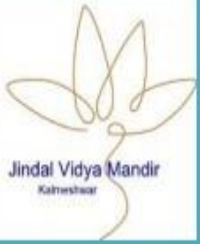
**Conclusions**-According to the World Health Organization, the standard BMI classification are as follows. Table given below will provide the data analysis done by the students according to chart.

Out of the 114 students,

- 99 students were found to be obese,
- 8 overweight,
- 1 under weight and only
- 6 were found to have normal BMI.

#### **Data Analysis**

Total	<b>114</b>	<b>%</b>
Underweight	1	0.87
Normal	6	5.26
Overweight	8	7.01
obese	99	86.84



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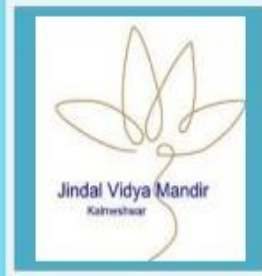
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**Suggestions** -Initial implementation of the plan involved sharing the data with the Primary health care centre. Rural government officers and analysis by the doctors. If the same life style continues there is a possibility of lot of physical and physiological disorders. Intervention with the health officers ruled out possibilities of

- Anaemia
- Heart diseases
- Insomnia
- Decreased ability to perform everyday activities.
- Decreased cognitive ability and a reduced risk of dementia.
- Decreased bone and musculoskeletal health.

A Health check-up was organized that did not charge any fees. It helped the students to interact personally with the rural doctors. The students decided to follow the guidance, given by the health officers, because it is aptly said **“to keep our body in right health is our duty and we should do justice for it.”**





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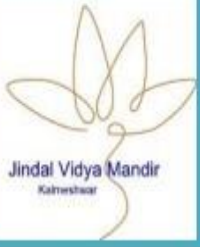


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# **ME to WE**

## **The Essence of Team Building :**

On 11 and 12<sup>th</sup> October 2021, JVM had organized a Seminar for the wellbeing of its teachers. The workshop was addressed by the renowned Spiritualist Mr. Rishi Nanda. He is well known behavioural trainer and a motivational speaker. He has conducted more than 2000 workshops especially for the professional development of teachers. Principal Ms. C. Pallavi introduced him and Ms. Geetanjali gave him a floral welcome. A total of about 30 teachers of JVM including the admin staff and the Principal participated in the workshop. The session was indeed impactful as the resource person showed how to keep a balance between the professional and personal work fronts. Examples given by Mr. Nanda were influenced from the ancient Indian history, popularly known as Indian Mythology. According to him, the principles mentioned in the Vedas and the epics, brings out the virtues on which an individual can act on a set and orderly path. These principles are not only personal but can relate to work ethics, management, interpersonal relations, attitude and life goals. Many ice breaking sessions, activities, and result oriented effective decision making strategies were explained by him, to the teachers. He primarily focused on time management, Choice making and also on traits found in a successful person. He also said that being one self's best, and thinking of oneself as a leader, and by broadening the lens we could actually attain the heights of success. He repeatedly reminded the teachers to upgrade their professional areas, and update their technical and soft skills. He also suggested that for better development of oneself, one should know their colleagues well.



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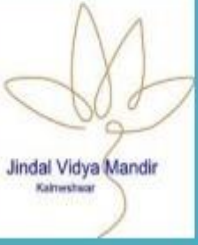
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Trust talk activity was conducted where in the teachers felt free and could communicated better. He also gave a way of living, saying “sacrifice everything but not the self-respect”. There were many takeaways from the session. Mr Nanda, with the help of many stories and happenings have enlightened the stories and happenings on a personal backdrop. The exciting stories kept the teachers hooked to the seat for two days. The session became more pleasing with the gracious presence of the Principal who was actively participating in all the activities put forth by the resource person. Overall program was coordinated by the Admin Head Ms. NitikaAgrawal. Ms. Shivani Naidu extended gratitude on behalf of the JVM team; the Principal Ms. C. Pallavi handed over a memento to Mr. Rishi Nanda for his noble initiative towards professional development of teachers. The staff also had extended gratitude to JSW steel coated products ltd, for providing this platform for capacity building.





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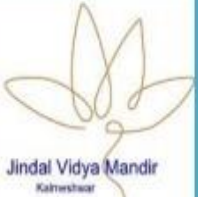


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### DAN UTSAV :

With a desire to strengthen the value of gratitude among students and experience the joy of giving by spreading love and happiness among others, JVM school initiated a small community service activity 'Dan Utsav' to pay respect to the senior citizens living in old age home. The essence of festival and traditions are fostered in everyone to enhance the love and respect towards the family especially the elderly people. The students and teachers created various festival related articles and actively contributed in the "DAN UTSAV".





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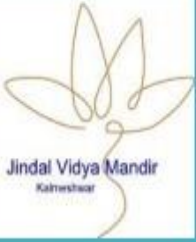


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# Well Done Teachers....!



"Curiosity is the wick in the candle of learning."



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## COE Training Attended by Teachers

Serial No: CBSE/OS/2020/M/90323  
 क्रमिक: 20/10/2021  
 जारी करने की तिथि:

**केन्द्रीय माध्यमिक शिक्षा बोर्ड**  
 CENTRAL BOARD OF SECONDARY EDUCATION

**ऑनलाइन सत्र में सहभागिता का ई-प्रमाण पत्र**  
 e-Certificate of Participation in Online Session

प्रमाणित किया जाता है कि डॉ. ज्योती शोमराठी  
 This is to certify that Dr./Ms./Mrs./Mr. Jyotsna Randhir

विद्यालय: JINDAL VIDYA MANDIR MH ने ऑनलाइन सत्र में भाग लिया:  
 School has attended Online Session with following details:

दिनांक: 13/10/2021 समय: 10:00-11:00  
 शीर्षक: Health Promoting Schools

यह ऑनलाइन सत्र उत्कृष्टता केंद्र द्वारा आयोजित किया गया।  
 This Online session was organized by Center of Excellence Chennai

प्रमुख/प्रभार, उत्कृष्टता केंद्र: HeadIn-Charge, COE  
 निदेशक (कौशल शिक्षा एवं प्रशिक्षण), के.आ.सि.ओ. Director (Skill Education & Training), CBSE

Serial No: CBSE/OS/2020/N/323445  
 क्रमिक: 18/10/2021  
 जारी करने की तिथि:

**केन्द्रीय माध्यमिक शिक्षा बोर्ड**  
 CENTRAL BOARD OF SECONDARY EDUCATION

**ऑनलाइन सत्र में सहभागिता का ई-प्रमाण पत्र**  
 e-Certificate of Participation in Online Session

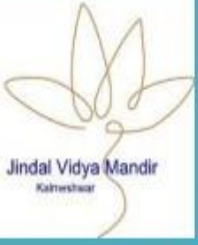
प्रमाणित किया जाता है कि डॉ. प्रियी शोमराठी  
 This is to certify that Dr./Ms./Mrs./Mr. Priy Bais

विद्यालय: JINDAL VIDYA MANDIR MH ने ऑनलाइन सत्र में भाग लिया:  
 School has attended Online Session with following details:

दिनांक: 07/10/2021 समय: 13:00-14:00  
 शीर्षक: Happy Teacher Creates Happy Classrooms

यह ऑनलाइन सत्र उत्कृष्टता केंद्र द्वारा आयोजित किया गया।  
 This Online session was organized by Center of Excellence Noida

प्रमुख/प्रभार, उत्कृष्टता केंद्र: HeadIn-Charge, COE  
 निदेशक (कौशल शिक्षा एवं प्रशिक्षण), के.आ.सि.ओ. Director (Skill Education & Training), CBSE



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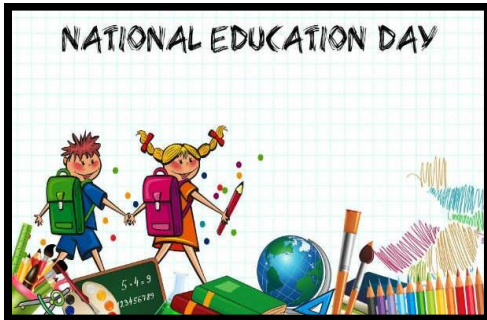
## Next Month Jubilation



**Diwali**



**Children's Day**



**National Education Day**



**Constitution Day**

### Editorial Team



Mrs. C. Pallavi



Mrs. Priyanka Wasnik



Mrs. Chetna Joseph

**Thank You**