



DELHI PUBLIC SCHOOL GANDHINAGAR



From
the
Principal



Dear Readers,
Everyday is thanks giving!
Yet, we generally take things
for granted and fail to see
them as precious items to be
cherished. Of course, when
any one of them is taken away
from us, even temporarily, we
take notice. But, day in and
day out, we rarely consider
our blessings.

Gratitude helps one grow and
expand; gratitude brings joy
and laughter into our life and
into the lives of all those
around us. When we focus on
gratitude, it makes us feel
better and relaxed, more
creative and productive.

Here then, are few tips we can
inculcate to have an "*attitude
of gratitude*" in our life:

1. Think about your blessings
daily: "Count your Blessings".
Set aside time each day to
reflect on how fortunate we
are.

2. Verbalize your gratitude:
express your appreciation for
all the wonderful things and
people in your life. Tell your
parents how much you value
the sacrifices they made while
you are growing up.

3. Shift the focus away from
difficulties: when problem
arises shift yourself to relaxed

and positive emotions, for
better chance of coming up
with solutions.

4. Lift others in need: mere
spending time with someone
in need or giving few words
of encouragement can make
a tremendous difference.

It cost us nothing to be
grateful and appreciative, yet
it has considerable impact on
the quality of our life.

I congratulate all the students of
standard X & XII for magnificent
performance in Board
Examination. Your dedication and
meticulous planning has brought
laurels to school.

Hope all of you will embark on a
journey of self discipline,
compassion and gratitude.

Thanks & regards,

ATANU RATH
Principal
DPS Gandhinagar



Class X Toppers

Students scored 95% and above in AISSE Exams-2019
 Congratulations for your marvellous performance



CBSE Result 2018-19



We aim at nurturing the innate potential of the students and mould them into passionate, committed, competent, sensitive, value based individuals with leadership

qualities. Once again, our students have proven themselves through their hard work and dedication. We take special pride in the tremendous growth demonstrated by them and applaud our teachers for their hard work and dedication. The students of DPS Gandhinagar have performed exceedingly well in the AISSCE CBSE Class XII Examinations 2018-19. The school toppers in Science is **Apoorva Bisht** who got 96 % and **Anushi Chhabra** in Commerce Stream scored 96.6 %. The students of class X have set high academic standards. Out of 247 students, 68 students scored more than 90% . The topper is Master **Saurabh Bharadwaj** who scored 98.2 %.

Class XII Toppers

Students scored 90% and above in AISSCE Exams-2019
 Congratulations for your fabulous victory

SCIENCE:



COMMERCE:



RESULT ANALYSIS CLASS X (2018 – 19)

SUBJECT	Grades									TOTAL
	A1	A2	B1	B2	C1	C2	D1	D2	E	
English	61	71	45	37	23	7	2	1	0	247
Hindi	5	11	23	28	37	30	22	8	0	164
French	1	2	1	4	1	2	4	2	0	17
Sanskrit	21	20	16	7	1	1	0	0	0	66
Maths	59	94	36	26	17	13	2	0	0	247
Science	67	78	38	30	18	9	6	1	0	247
Social Science	37	96	53	35	16	5	5	0	0	247
IT	36	27	30	37	17	17	26	53	0	243
TOTAL	287	399	242	204	130	84	67	65	0	1478
%	19.42	27.00	16.37	13.80	8.80	5.68	4.53	4.40	0.00	100.00

RESULT ANALYSIS CLASS XII (2018 – 19)

Subject	A1	A2	B1	B2	C1	C2	D1	D2	E	Total
ENGLISH CORE	27	35	31	22	14	2	0	0	0	131
MATHEMATICS	14	17	12	5	9	1	1	0	0	59
PHYSICS	14	7	12	11	3	9	2	0	1	59
CHEMISTRY	15	18	12	4	5	1	2	2	0	59
BIOLOGY	4	3	2	4	1	1	0	0	0	15
COMPUTER SCIENCE	4	11	14	12	8	1	1	1	0	52
ECONOMICS	16	24	10	6	6	7	2	0	1	72
ACCOUNTANCY	11	18	13	10	9	4	5	1	1	72
BUSINESS STUDIES	12	9	7	12	14	10	2	5	1	72
PHYSICAL EDUCATION	14	21	11	7	5	3	1	1	1	64
TOTAL	131	163	124	93	74	39	16	10	5	655
Percentage	20%	24.89%	18.93%	14.20%	11.30%	5.95%	2.44%	1.53%	0.76%	100

School Functions

International Yoga Day



5th International Yoga Day was celebrated on 21st June. Students from Classes I to V participated with full enthusiasm. They performed various asanas or exercises under the supervision of the sports department of DPSG. It

was a rejuvenating session enjoyed by all the students and the teachers. The gathering was awestruck by the amazing demonstration of 'Chakra asana' and 'Shirshya asana' by the two students of the Primary Wing: Raghav Vora

of Class IV and Aarav Vyas of IV-D. On this occasion, Yoganigana India's Yoga Anthem was sung by all the students.



The International Yoga Day was celebrated with much fervour and enthusiasm by the students of Delhi Public School, Gandhinagar on **21st June**. Dressed in the enchanting colours of red, blue, yellow and green, the students from standard 6th to 8th performed the asanas with utmost dedication. A brief introduction was given on the importance of Yoga and how it enhances the purity of body and soul. The musical invocation reinstated the importance of the day and created an atmosphere of peace and tranquillity. This was followed by a session of Yoga-asanas as under the guidance of Mr. Raju Thakkar

(HOD- Sports Department) and his team. The celebration culminated with the address by Headmistress Ms. Manju Dabi, who shared with the students the inception of Yoga right from the time of King Bharata. She mentioned how the knowledge of Yoga is the union of Jivatama and Paramatma (the individual and the Universal energy). The knowledge of Yoga bestows wellness universally and was contributed by Sage Patanjali from the wisdom of Vedas and Sastras. The day concluded with a takeaway that this sacred knowledge is known to remove impurities and it balances the male and female energy

principle in the Universe.

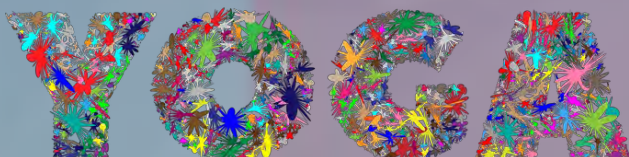
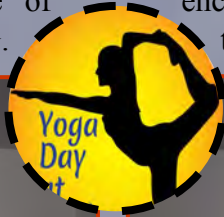


“Yoga is that journey which takes you to your real self, to your soul, through your own self.”



Yoga is a valuable gift of India's ancient tradition to the world. It is a workout that relaxes and strengthens your mind and body. While the world was celebrating International yoga day, the tiny tots also celebrated on **21st June** by performing some asanas and pranayam under the guidance of Ms.Ekta Nandankar, a proud parent of DPSG.

A small video “Main Bhi Kar Sakta Hoon” was shown to children. This was an endeavour to bring about holistic approach to health and well-being among the children and encourage them to adopt this



Prerna Award Ceremony

Primary Wing

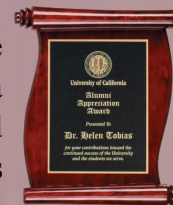


Success comes to the doers and not the observers. Arise awake and stop not till your goal is attained.'

School Gandhinagar. The other dignitaries present for the award ceremony from DPSG were: Mr. Atanu Rath, Principal; Ms. Manju Dabi, Headmistress of Secondary Wing; Mr. Rakesh Kumar Bhagat, Headmaster of Primary Wing; Ms. Niti Jain, Coordinator for Pre-Primary Wing and Senior Secondary Academic Co-ordinator/teacher Mr. Samir Parmar.

Annual Award Ceremony 2018-19 - 'Prerna.....A Never Ending Saga' (Young Achievers' Award Ceremony) was organised on **28 June** to commemorate the excellence of their Primary and Pre-Primary Wing students for the academic session 2018-19 in the area of academics, co-curricular activities and punctuality. The colourful award ceremony was convened in the school atrium to give recognition and further motivation to the students on their successful performance achieved through hard work, dedication, perseverance and sincerity. There

was also an award for the best house in various fields. This occasion was also used by DPSG Management to felicitate a few selected teachers with mementos and certificates in recognition for their commitment and dedication. The ceremony was attended by the proud parents of all the award winning students. The Chief Guest for DPSG Prerna was Mrs. Kiran Upadhyay, Head of the Institution-Hillwoods





Annual Award Ceremony 2018-19 - Secondary Wing

A spectacular event The Annual Award Ceremony – ‘Perna...a never-ending saga’ was organized in Delhi Public School Gandhinagar on 29th June for the session 2018-19 for classes VI to XII. The Chief Guest on this prestigious occasion was Mr Shaji V Mathew, Principal of Divine Child International School, Adalaj, Gandhinagar. The ceremony was graced by the benign presence of dignitaries Director- Ms Rani Chaudhry; Principal - Mr Atanu Rath; Headmistress Secondary wing - Ms Manju Dabi and Headmaster Primary wing Mr Rakesh Kumar Bhagat. The distinguished guests were welcomed along with the proud parents who had taken out their valuable time to be there to motivate the students and acknowledge their hard work. The ceremony commenced with the auspicious lighting of the lamp and a melodious rendition of a prayer song by the school choir which left the audience spellbound followed by a mesmerising dance performance on ‘Akhilam Madhuram’. The meritorious students were felicitated with certificates and trophies in the various fields of Regularity and Punctuality (100% Attendance); the Young Achievers in the field of Academics and the Young Artists (Best Performers in the field of Co-Curricular Activities) for the academic session 2018-19. A teacher plays a key role in the society’s growth, as they help to shape the mindset of the nation. There is personal responsibility on every teacher, as they play significant role in the students’ life and education. Teachers were also felicitated with trophies and momentos for 100% attendance, tenure of five to ten years of

dedicated service and those who promoted academic excellence and are the strong pillars of school. Parents of Mast. Saurabh Bharadwaj Class X Topper 98.2% and Ms. Anushi Chhabra topper of Class XII



(Commerce) 96.6% session 2018-19 motivated the students to continue working hard towards their goals for a bright future. Mr Shaji V Mathew, honourable chief guest spoke about the significance of the education in our daily lives, the role of parents, institution and hard work in achieving success. He further congratulated the students for exhibiting excellent



performance in the Board Examination. He emphasized that teachers play an important

role in moulding the personality of the students and to ensure holistic development of the students, apart from academics, moral, social and cultural values must be inculcated in the present generation. At last Principal Mr Atanu Rath addressed the august

gathering by applauding the hard work and dedication of the students and relentless efforts put in by the teachers in motivating students to give their best. He reiterated that self-discipline is the key to success. Students who learn the lesson of discipline

early in life, are able to accomplish their goals successfully and our aim is to create dynamic, versatile and confident individuals who stand out in the crowd. The jubilant event concluded with a vote of thanks.



First Day for Tiny tots

The first day of school is a mix of anxiety and

PRE-PRIMARY WING

excitement not only for a child but also for the parents accompanying their wards to the school. The day marks the beginning of the most important phase of a child's life.

The new entrants joined the school for the first time on **10th March**. There was

hustle and bustle all around and the Pre-Primary section wore a cheerful look as students

marched towards their wing in their new and tidy uniforms.

Teachers had decorated the pre-primary area with balloons, festoons, ribbons, creative bulletin boards, etc. in order

to create a pleasant and cordial atmosphere for them while they walked towards

their classrooms.



Fun in Sunny Day

Summer is a wonderful season for children as they get a chance to enjoy ice cream, swimming and other outdoor activities. Fun in Sunny Day activity was organised for UKG students on **16th April**. The little ones came to school dressed up in summer clothes. They dreaded the scorching heat but had a real fun playing on the sandpit and in the play area. At the end, students refreshed themselves with juice and lemonade. The children had a wonderful time as their joy was reflecting on their faces.



Earth Day

“Let’s join hands on earth day, to make our earth a better place to live in....”

Our Earth should be protected as it is precious. It is never too early to start teaching children the importance of keeping our planet clean and green. Keeping this thought in mind the students of Pre-Primary celebrated Earth Day on **22nd April** with enthusiasm. Students were shown the globe so that they come to know how our planet Earth

looks like. To mark this day and to emphasize upon the need to save animals and trees all the students were shown a movie on Save Earth through which they learnt how to contribute in saving our planet Earth. The students of L.K.G and U.K.G participated in an art activity as they



the cut out of planet Earth. Photographs were clicked with the model of the Earth and with the inspiring slogans written on the plank cards. It was a great learning day for everyone and this event extensively helped in orienting the young minds to develop a compassion for Mother Earth.



coloured the planet Earth. The tiny tots of Nursery enjoyed doing finger printing in

Red Day

“Red is the first colour of spring. It’s the real colour of beginning”

Nursery students celebrated Red Day on **24th April**. All the tiny tots of nursery and teachers had dressed up beautifully in red coloured clothes. The class was decorated with balloons,

streamers and all red colour objects like cherries, strawberries, apples and many other beautiful things. They welcomed



Attractive appreciation badges were given to five selected students as Mr Red, Miss Red and for good efforts.



summer by making mouth-watering squash. Later they had many activities related to red colour.



Flower Rangoli Competition

Rangolis are something each one of us can relate to as they signify colour and festivities. Be it any occasion a Rangoli can lift everyone's mood and can fetch us some quick compliments. Keeping in mind this very tradition and to enhance creativity and unleash hidden potentials in the children, Flower Rangoli Competition for UKG children on 26th June was organised. They participated

with great enthusiasm and put together their artistic, imaginative and creative skills to make bright and beautiful Rangolis. They made beautiful designs using geometric shapes, deity impressions and floral motifs. The judging criteria were creativity, neatness and pattern. The judges of the event were Ms. Vaidehj Godhani and Ms. Sheetal Patel.



Fun in Rainy Day

Tiny tots of Nursery celebrated "Fun in Rainy Day" on 25th June. Children came dressed up in colourful attire for an outing in the school. The day was enriched with activities like umbrella collage, pencil dabbling in corn and dance in rain etc. They posed in front of camera with their friends and teacher for sweet memories of the



day. They had fun by splashing water and dancing on the peppy music. They also made refreshing Lemonade and enjoyed it. The day was really enriching and enjoyable for the tiny tots.



Good Touch And Bad Touch

To ensure the safety and security of our children, it is important that we teach them about protecting their body. Continuing with the same topic, few activities were planned in the Resource Room from 23rd April –1st May for the students of Pre - Primary. The activities were focused upon protecting the private body parts of children and not allowing others to touch them. It is never too early to talk to them about Good Touch and Bad Touch. Some touches are good and some are harmful and hence we need to alert them about the harmful touches. They also learnt to form a safe circle with whom they can trust and share their talks. Through worksheet they learnt about what steps can be taken if any stranger tries to trouble them. Role play was

enacted by the teachers which showed various incidents where the students must stay alert and not blindly believe to the strangers. The Award winning film named 'Komal' was shown to them so that **'TOUCH NEVER BECOMES TROUBLE'** in any child's life. They also learned the child helpline number. Hence a very important message was conveyed to the students.



PRIMARY WING

Importance of Discipline

'Discipline is the bridge between goals and accomplishment'
- Jim Rohn

An assembly was organised by the students of Class II-A on 12th April to make the students realize the importance of discipline in school as well as in student life. It began with the prayer which was followed by the school pledge. A beautiful

thought on 'Importance of Discipline' was read and explained to the students. They were further enlightened by



Work is Worship

An assembly was conducted by the students of Class V-A on 15th April to make the students realize the importance of hardwork. A beautiful thought on 'Work is worship' was read and explained to the students. They were further enlightened with amazing facts related to animals and current affairs. A thought provoking story was enacted by the students of V-A which gave a message that

everyone should always give their best shot in the assigned task. The students who brought laurels for the school in the International Maths Olympiad (SOF) and in the International Olympiad of Mathematics by Silver Zone Foundation were felicitated with the certificates



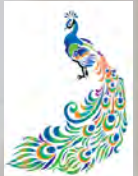
Art and Craft

'Art speaks where words are unable to explain.'

Art and Craft series of competitions were organised for the students of Classes III, IV and V on 20th April which provided a unique platform to all the students to explore their creative side. DPSG has always endeavoured to maintain equilibrium between academics and extra co-curricular activities for holistic



development students. The various of the competitions were:



Best out of Waste	Class III
Design Cover Page of School Magazine for DPSG	Class IV
Paper Flower Arrangement Making	Class V

The creativity displayed by the students through beautiful creations was a sight to behold. The winners in each standard were felicitated with



Summer Splash Activity

Slide into summer and make a big splash
Summer splash activity is a great activity to indulge in, as it helps to strengthen a student's body balance and muscle coordination. It also boosts their social skills. All the students of Classes - I and II participated in the water splash activity with full zeal and enthusiasm. The students had lots of fun in the water splash activity. They got an opportunity to dance to the beats of electrifying music under the water sprinklers. They were then offered refreshing lemonade and watermelon. It was a very refreshing rejuvenating experience for them.



Dancing Feet

Dance with your HEART and your FEET will follow.

Students of Class II-B conducted a special assembly on 26th April based on the theme 'Let's Beat the Summer Heat with the Dancing Feet'. A beautiful thought on 'Dance' was shared and explained to the students. Students gave a mesmerizing dance performance with the help of props based on the theme which was followed by sharing of summer safety tips by the



World Earth Day

'In Nature, Nothing exists alone.' - Rachel Carson

Our planet Earth is blessed with millions of species of plants and animals. All living things have an intrinsic value and each plays a unique role in the complex web of life. To make everyone aware about conservation and protection of our planet Earth, an assembly was organised on the 'World Earth Day' by the

students of Class V-B. The assembly commenced with the introduction of the 'World Earth Day' followed by the prayer, school pledge, thought and news. Then the students were made aware of some irrevocable threats to animal species along with a poem. A beautiful dance performance was presented by the girls of Class V-B followed by the distribution of medals and

certificates to the winners of ABHO, SKGKO, IRAO and ISSO Olympiads.



Truth Alone Triumphs

'Truth will rise above falsehood as oil above water'.-

Miguel de Cervantes

To inculcate good moral values in the students and make them realise the importance of 'truth'

in life an assembly was organised on **29th April** by the students of Class V-C. The assembly commenced with a prayer song followed by the pledge, thought of the day and news. Then the students were acquainted with some important facts about Gujarat. There was a small pep talk on 'Truth' followed by a skit highlighting the importance of the truthful people. The students were further enlightened by the speech on truthfulness. The assembly further continued



Mothers Day

'God could not be everywhere, and therefore he made mothers'-

Rudyard Kipling

The assembly on Mothers Day on **3rd May** commenced with the prayer which was followed by the school pledge. A beautiful thought on 'Mother' was read and explained to the students. They were further enlightened on

the theme with the help of flashcards. A few characteristics which were displayed were as follows: magnanimous, outstanding, tender, heartwarming, empathetic and radiant. The meaning of each characteristic of a mother was discussed in the assembly. Students were asked to make cards expressing their gratitude towards their mothers.



Happy Mothers Day



Library Activities

The beginning of a new academic session is an opportune time to introduce students to books through various library activities. In order to inculcate the habit of reading and interest towards books amongst the students of Primary Wing, DPSG organised library activity titled 'Friendship card for Books' for students of Classes I to V from 24 to 29 April. Age appropriate library activities were well planned for the students. The students of Std. - I made colourful cards by joining the dots and writing a few lines about books. Std.-II students decorated their card with thumb prints and Std.-III to V students made very colourful and innovative cards using ice-cream sticks and colours. The students also wrote



Young Achievers of DPSG

Guinness Book of Record Event

Dhwani Shah, a student of Class IV-D and Vansh Patel of Class V-C got participation certificates for taking part in the Guinness Book of Record event of making the largest human image of an abacus. This was conducted by UCMAS India in Gujarat on 2nd September 2018. These star students were felicitated in



Sky is the limit:

“A dream does not become reality through magic. It takes hard work and determination

Uddhriti Bhui, a student of Class III has been conferred the title of ‘Budding Star’ in recognition of her outstanding performance at the International Championship, 2017-18 of the MARRS International Spelling Bee in category I held on **28 April 2019** at GCC International School,



Uddhriti Bhui-3-C

Thane, Maharashtra. She has been awarded a cash prize of one thousand rupees in appreciation of her excellence.

Manan Bhanushali, a student of Class – I was felicitated for winning a Gold Medal on successful completion



Manan Bhanushali-1-C

State Chess Championship-2019

DPSG takes immense pride in announcing the stupendous achievement of Mehar Chaudhary a student of Class III-A who was declared as the first runner up at Ahmedabad District U-9 Selection for State Chess Championship-2019 at an event held on **31st March** in Ahmedabad organised by Gujarat State Chess Association (GSCA). She will also be representing



Ahmedabad district in the upcoming ‘State Chess Championship-2019’ to be held in June 2019. She is the proud recipient of Centre

MaRRS International Spelling Bee

Kushal Bhosale, a student of Class IV-A secured the third rank at the International Championship, 2017-18 of the MaRRS International Spelling Bee in category II held on **28th April** at GCC International School, Thane, Maharashtra.



Kushal Bhosale-IV-A

He was felicitated in the morning assembly on 29th April by Headmaster of Primary Wing,

of two hours of continuous skating at the ‘International Book of Records’ event held on **29th April** at South International School,



Beginning of New Session

SECONDARY WING

“School bells are ringing loud and clear; vacation’s over, school is here” –Winifred C. Marshal

The beginning of a new session is always a time filled with excitement and exhilaration. It is the time for new hopes and renewed dreams. After the examination fever, it's the time to enter the school with new energy and fresh new vibes. On **April 11, 2019** the first morning assembly of DPSG for the session 2019-20 commenced with prayer where both students and teachers together prayed to

God for a successful year ahead. Prayer was further followed by pledge. The assembly was addressed by the principal Mr. Atanu Rath and he congratulated the students on graduating to higher classes and guided and motivated them to follow the rules and ethics of the school and do excel in all walks of their life. He also congratulated the best performers of the session **Sreshtha Lahiri** of VIII-F and **Tarishi Parmar** of IX-G who has set a benchmark for other students by scoring **99.12% and 99.2%** respectively. These erudite scholars shared

their success mantra with all the students so that they can also perform brilliantly not only in academics but in all walks of life.

The students ensured that they will be more active in terms of academics & co curricular activities. Assembly concluded with national anthem and a commitment to make the session 2019-20 more productive and fruitful by working hard and staying focused.



World Heritage Day

“It is not the honour that you take with you, but the Heritage you leave behind.”

The World Heritage Day was celebrated on **16th April**. Harsh Agarwal and Shweta Bhattacharya highlighted the importance of observance of this day around the world in the

comparing speech. Ayushi Jha, Prakruti Rajdeep and Shrileee Shah enacted a pep talk informing the students about ‘Ahmedabad, the Heritage city’. Tirtha Pandey gave a speech on ‘How to conserve and maintain the monuments’. Viha Vyas made the students to take pledge in order to protect the monuments.



Transition New Beginning

“Imagination is the beginning of creation. Life is like riding a bicycle, to keep your balance, you must keep moving.”

If something starts on a good note it ends happily, the assembly on 16th April commenced with this note as the theme was ‘Transition New Beginning’. The students of Class VI were going to begin their journey from Primary to Secondary. The day started with the Morning Prayer followed by Pledge. ‘Word of the Day’ was given by one of the student to augment everyone’s vocabulary. A group of students sang our school’s song to show their love towards DPSG Family. Some students shared their wonderful experiences of transition of new beginning from Class V to VI.



Felicitation of Olympiads

13th CTSE National Level Test, International Olympiad of Mathematics Silver zone, International Olympiad of Science, International Social Science Olympiad, International Olympiad of Mathematics, International Olympiad of English language (IOEL-19), Silver Zone Level 1 and Silver zone International French Language Olympiad were conducted in the school during the session 2018-19. The winners were felicitated with the Trophy and a Certificate in the assembly which was held on 16th April.





English Concatenation Array

“We need creativity in order to break free from the temporary structures that have been set up by a particular sequence of experience.”

An Inter Class English Concatenation Array Competition group activity was conducted on **20th April** in the class room for all the sections of Class VI. Students took part enthusiastically, showed their creativity by presenting the story on chart paper and narrated the story in their own words. The idea behind holding the competition in the class room in groups, instead of individual, was to motivate



them to work in groups with their classmates in their own class room to promote the value of team spirit.

* Each section was divided into six groups comprising of six to eight students. Ten strips of the story were given to each group.

* The groups were asked to arrange the strips into correct sequence and paste those strips on a chart paper. A suitable title to be given to the story and the story would be well presented on the chart.

* One member of the group narrated the story with proper intonation and voice modulation.

* On the basis of Coherence (Correct Sequence), Voice Modulation, Presentation and Pronunciation criteria, one best group from each section was awarded.

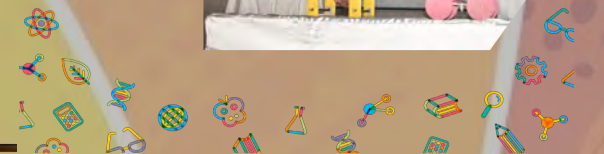
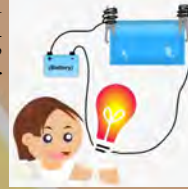


Science Spectacular



To enhance the knowledge about Indian Noble Laureates, Science department organised an Inter-House Competition 'Science Spectacular' for class IX was held on 20th April. Four

students of each house were selected. Out of them two students displayed slides on contribution of various Noble Laureates and other two demonstrated a scientific phenomenon. The competition was an enriching experience for all the students.



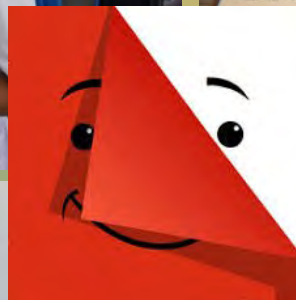
Making of 3D Flip Book

"The essence of mathematics lies in its freedom."

An interclass activity 'Making of 3 - D Flip Book' was organised by Mathematics Department for class VIII on 20th April to

enhance the creativity and instil the learning of mathematical concepts on the topic 'Mensuration'. Criteria of evaluation were relevance to the topic, presentation and creativity.

Students enthusiastically showcased their creativity and learning. It was a good learning experience for the students.

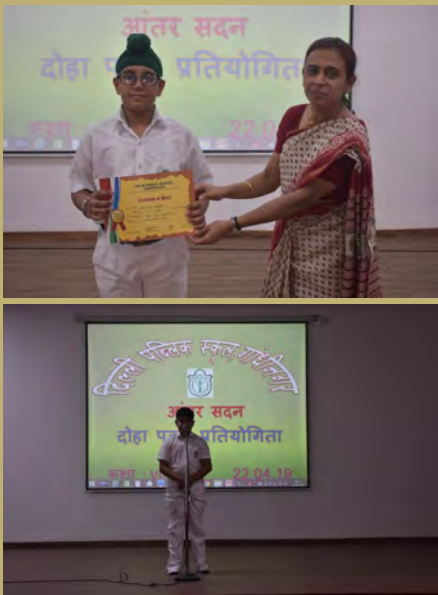


दोहा पठन प्रतियोगिता

दिल्ली पब्लिक स्कूल, गांधीनगर के सभागार में दिनांक 22 अप्रैल को हिंदी दोहा पठन प्रतियोगिता का आयोजन किया गया। यह प्रतियोगिता कक्षा सातवीं के लिए आयोजित की गई थी जिसमें

कुल 12 विद्यार्थियों ने हिस्सा लिया। इस प्रतियोगिता के निर्णायकगण श्रीमती रूपा ठाकोर, श्रीमती संध्या तिवारी तथा श्री ऋषिकेश उपाध्याय थे। इस प्रतियोगिता में बच्चों ने हिंदी के सुप्रसिद्ध कवि कबीर व रहीम के

दोहों का गायन कर उनकी व्याख्या प्रस्तुत की। निर्णायकों ने छात्रों के प्रस्तुतिकरण की भूरि-भूरि प्रशंसा की। कार्यक्रम के समापन में सुश्री मंजू दाबी ने प्रतिभागी छात्रों का उत्साह-वर्धन किया।



NCC Cadets Awareness Talk

World Health Day 7th April was celebrated by NCC Cadets for class VIII on 18th April. Good health and well-being is of paramount importance to us, keeping this in mind NCC cadets delivered a talk on 'Precautions to be taken during Summer Season'. Summer is a season where we are easily attacked by the diseases like loose motion, diarrhea, headache, getting fainted, feeling fatigued, dehydration etc. The precautions to be taken were highlighted like - Never skip breakfast; Eat plenty of fresh fruits & vegetables daily; Always stay hydrated; Protect yourself against sunburn; Drink plenty of fluids; Wear loose-fitting, lightweight clothes; Stay active and Wake up early morning and go for a walk.



Assembly - Count Your Blessings Not Problems

Morning assembly on 25th June undoubtedly holds the numero uno position out of all the routine activities in the school. The

assembly commenced with the beautiful prayer providing peace and serenity to our minds and souls. A thought means a lot and

*Count your blessings,
instead of your crosses,
Count your gains
instead of your losses.
Count your joys instead
of your woes,
Count your friends
instead of your foes.*

a positive attitude causes a chain reaction of positive thoughts and one such motivational thought really added zeal and strength to one and all, followed by a fascinating story which added flavour to the assembly. The students had put up a mesmerizing and energetic

dance performance which created a thrill in the atmosphere and paved the way for felicitating the NCC cadets who had attended a ten days' camp in Ahmedabad. Lastly, the session was concluded leaving an impression to focus on one's strength and count only the blessings as they are bound to multiply, further giving a message that every positive thing in our lives represent a single unique blessing.



“Teachers appreciate being appreciated, for teachers appreciation is their highest award.”

Keeping this thought in mind, DPSG organised a special assembly to felicitate their Class X and XII teachers on 17 June 2019. The astounding result of these classes in the session 2018-19 is indeed a matter



of great pride for the school. Principal Mr. Atanu Rath on

behalf of the management thanked teachers and appreciated their tireless efforts, dedication and hard work in training the students for the board classes. He also extolled parents for their strong support and acknowledged their efforts.

GUJARAT PREMIER SCHOOL LEAGUES BADMINTON CHAMPIONSHIP

Gujarat Premier School leagues Badminton Championship was held at Multipurpose Hall, Strasstadia, Kankaria, Ahmedabad from 28th to 30th June.

Dion Roddrick of class 9th F and Vimal Kumar Jha of class 10th-D Participated in under 17 age Groups Double's and bagged the first position.



ISKU SOUTH ASIA KARATE CUP-2019

ISKU South Asia Karate cup 2019 was held from 8th to 9th June 2019 at Wheeler Club, Mall road ,Meerut, UP India. Organized by International Shotokan Karate United-ISKU and Institute of Shotokan Karate United-ISKU.

Sanskar Sugandhi of class 10- C participated in this championship and won silver medal in Kumite Under 45 Kg. weight category in Cadet Boys groups.



3RD SOUTH ASIAN OPEN TAEKWONDO CHAMPIONSHIP

3rd South Asian Open Taekwondo Championship was held From 31st May to 1st June 2019 at Talkatora Indoor stadium New Delhi. It was Organized by IITF Taekwondo Foundation.

The Tournament consisted of seven countries including India, Uzbekistan, Malaysia, Nepal, Madagascar and Bangladesh with over 300 competitors. India bagged the first position Uzbekistan stood on

second and third position was acquired by Malaysia.

Heeya Sisodia of class 9th –A not only represented the Indian Team but also

brought laurels to the school by winning the Gold medal in individual sparring and Bronze medal in Poomsae competition.





Teacher

Teacher, teacher you're so fine,
I'm so glad that you are mine.

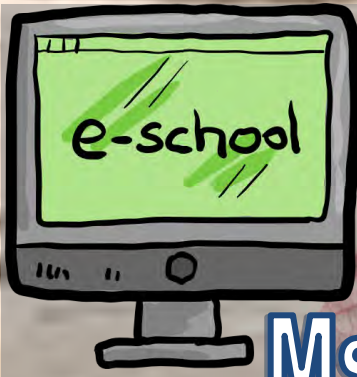
I can't wait to go to school,
You help me learn and you're so cool.

When I'll be graduate, I know,
I'll remember you, wherever I go.

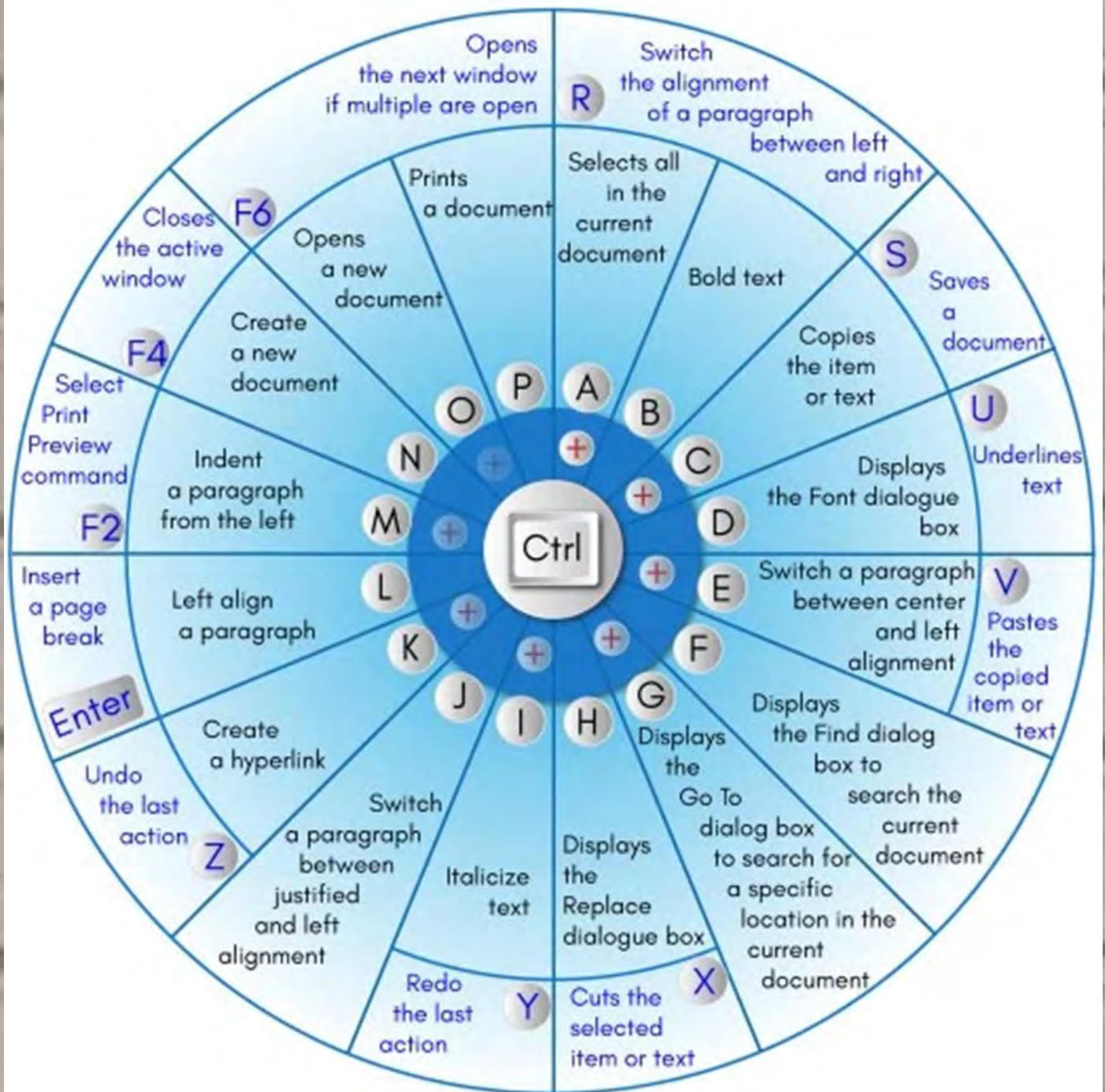
Written by: Dhvaniba Rathod

Class: III-C





Ms-Word shortcut keys


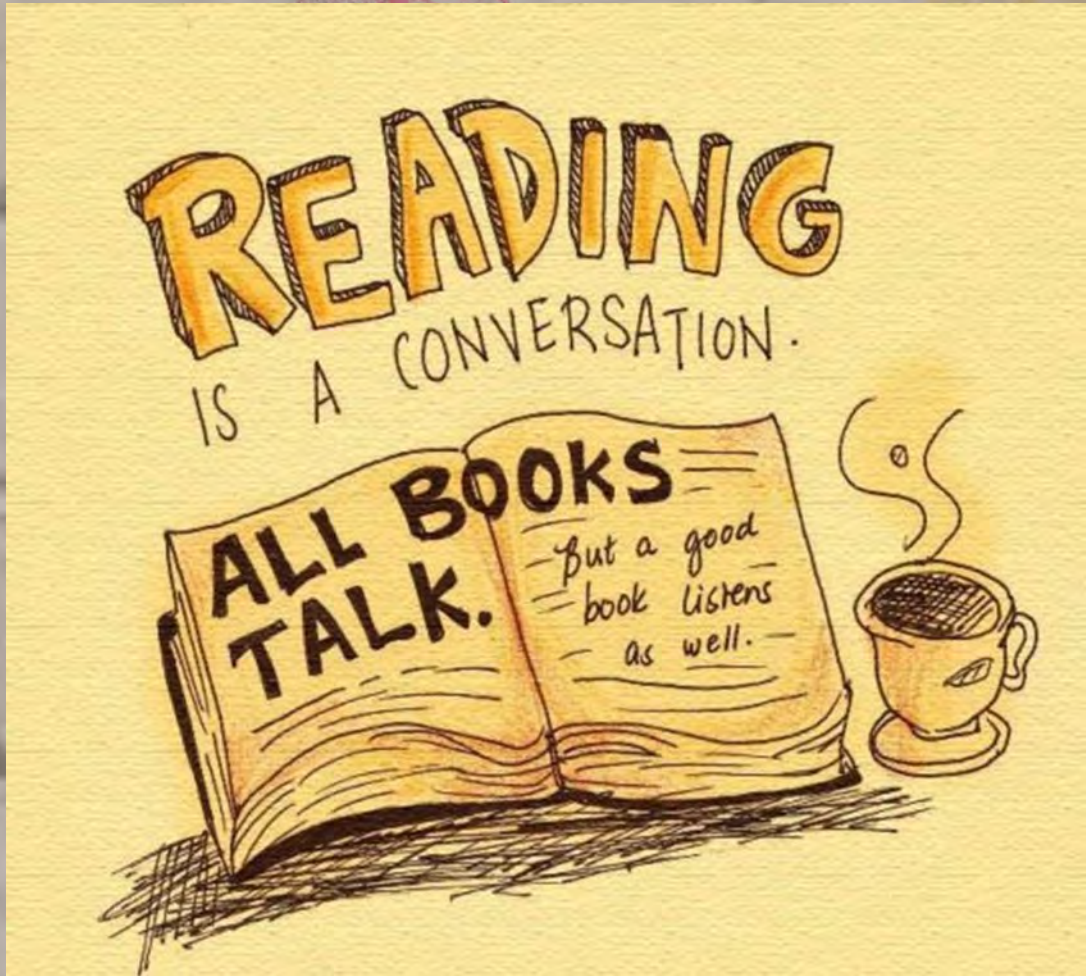


Ms-Word shortcut keys



- ◆ F1 Key: Get help on a selected command or use the Office assistant.
- ◆ Shift and F1 Key: Review text formatting.
- ◆ F2 Key: Move text or image.
- ◆ Shift + F2 Key: Copy text.
- ◆ F3 Key: Insert an autotext entry.
- ◆ Shift + F3 Key: Change the case of the selected text.
- ◆ F4 Key: Perform last action again.
- ◆ Shift + F4 Key: Perform a Find or Go To action again.
- ◆ F5 Key: Displays the Go To dialogue box. You can also get to Find and Replace from here.
- ◆ Shift + F5 Key: Move to a previous revision.
- ◆ F6 Key: Go to the next frame or pane.
- ◆ Shift + F6 Key: Go to the previous frame or pane.
- ◆ F7 Key: Launch the Spell Checker.
- ◆ Shift + F7 Key: Launch the Thesaurus.
- ◆ F8 Key: Extend the current selection.
- ◆ Shift + F8 Key: Shrink the current selection.
- ◆ F9 Key: Refresh.
- ◆ Shift + F9 Key: Switch between a field code and its result.
- ◆ F10 Key: Show KeyTips.
- ◆ Shift + F10 Key: Display a Shortcut Menu (same as right-clicking).
- ◆ F11 Key: Go to the next field.
- ◆ SHIFT + F11 Key: Go to the previous field.
- ◆ F12 Key: Open Save As, equivalent to tools menu.
- ◆ Shift + F12 Key: Save document, equivalent to tools menu.
- ◆ Ctrl and A: Selects all in the current document.
- ◆ Ctrl and B: Bold text.
- ◆ Ctrl and C: Copies the item or text.
- ◆ Ctrl and D: Displays the Font dialogue box.
- ◆ Ctrl and E: Switch a paragraph between center and left alignment.
- ◆ Ctrl and F: Displays the Find dialog box to search the current document.
- ◆ Ctrl and G: Displays the Go To dialog box to search for a specific location in the current document.
- ◆ Ctrl and H: Displays the Replace dialogue box.
- ◆ Ctrl and I: Italicize text.
- ◆ Ctrl and J: Switch a paragraph between justified and left alignment.
- ◆ Ctrl and K: Create a hyperlink.
- ◆ Ctrl and L: Left align a paragraph.
- ◆ Ctrl and M: Indent a paragraph from the left.
- ◆ Ctrl and N: Create a new document.
- ◆ Ctrl and O: Opens a new document.
- ◆ Ctrl and P: Prints a document.
- ◆ Ctrl and R: Switch the alignment of a paragraph between left and right.
- ◆ Ctrl and S: Saves a document.
- ◆ Ctrl and U: Underlines text.





Reading maketh a full man, conference a ready man, and writing an exact man.

(Francis Bacon)

A black and white portrait of Francis Bacon, wearing a black top hat and a white ruff collar, is positioned on the left side of a black rectangular box. To the right of the portrait, the quote 'Reading maketh a full man, conference a ready man, and writing an exact man.' is written in white text, followed by '(Francis Bacon)' in a smaller white font.

THE BENEFITS OF READING BOOKS

„A book is like a garden carried in the pocket.“
(Chinese Proverb)

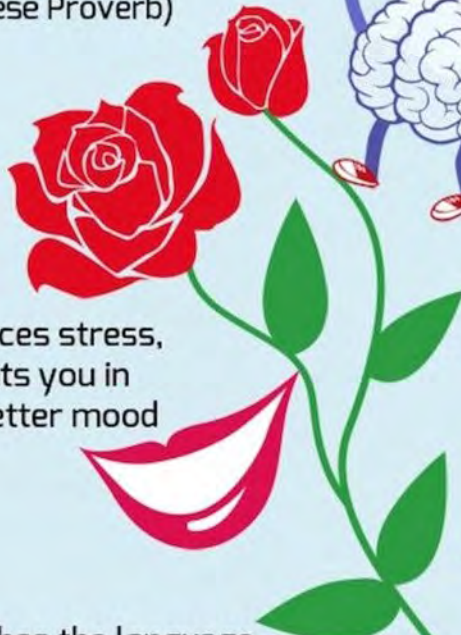
exercises your brain



i provides knowledge and information

books are a good topic of conversation

reduces stress, puts you in a better mood



better writing skills

great and free entertainment

improves concentration and focus




enriches the language and vocabulary

correlation
turtledove
decadence
confused
procrastination
Katha
ambivalence
confabulation
hermeneutics
misalliance

develops creativity




books pose questions to stimulate further reflection

good for memory

books are a window to the world

increases your ability to empathize with others

introduces to the unknown
fantasy world





Today, I want to...

Write something worth reading

Read something worth sharing

Say something worth repeating

Give something worth getting

Choose something worth keeping

Sacrifice something worth giving up

Go somewhere worth seeing

Eat something worth tasting

Hug someone worth holding

Buy something worth treasuring

Cry tears worth shedding

Do something worth watching

Risk something worth protecting

Listen to something worth hearing

Teach something worth learning

Be someone worth Knowing

WRITE YOUR WAY TO BETTER HEALTH

Journaling and writing for reflection carries many benefits for our physical, mental and emotional health. Here are just a few...

by Hannah Braime

1 IT REDUCES STRESS

Reflective writing gives us a chance to express and process events and situations. As well as being a cathartic act in itself, journaling can help us get new perspectives and solutions for tricky situations.

2 IT IMPROVES MEMORY

Writing things down helps us remember them. When we journal about new understandings and epiphanies, they are more likely to stick for the future.

3 IT PROMOTES SELF-AWARENESS AND MINDFULNESS

...Which in turn promotes happiness and a sense of wellbeing. Journaling encourages us to focus on our present thoughts and feelings.

4 IT IMPROVES PHYSICAL HEALTH

Research has suggested that regular journaling strengthens immune cells called T-lymphocytes.

5 IT IMPROVES OUR SENSE OF OPTIMISM

Regular gratitude journaling has been shown to promote greater optimism, enthusiasm and energy.

6 IT IMPROVES OUR PROBLEM-SOLVING ABILITIES

Writing helps us understand complex issues, see patterns and gives us a chance to reflect on solutions.

7 IT ENHANCES OUR CREATIVITY

Journaling is an opportunity for creative self-expression. Regular practice enhances our creativity across the board.

8 IT IMPROVES OUR SELF-DISCIPLINE AND WILLPOWER

Willpower is like a muscle; the more we use it the stronger it gets. Regular journaling gives us an opportunity to exercise and strengthen our willpower.





8 POWERFUL BENEFITS OF **WRITING** THINGS DOWN

**01. RECORD EVERYTHING
THAT HAS YOUR ATTENTION**

02. CLEAR YOUR MIND

**03. CLARIFY YOUR GOALS,
PRIORITIES, AND INTENTIONS**

04. STAY MOTIVATED

**05. RECOGNIZE AND PROCESS
YOUR EMOTIONS**

06. MAKE DAILY PROGRESS

**07. DEVELOP A HIGHER LEVEL
OF THINKING FOR MORE
FOCUSED ACTION**

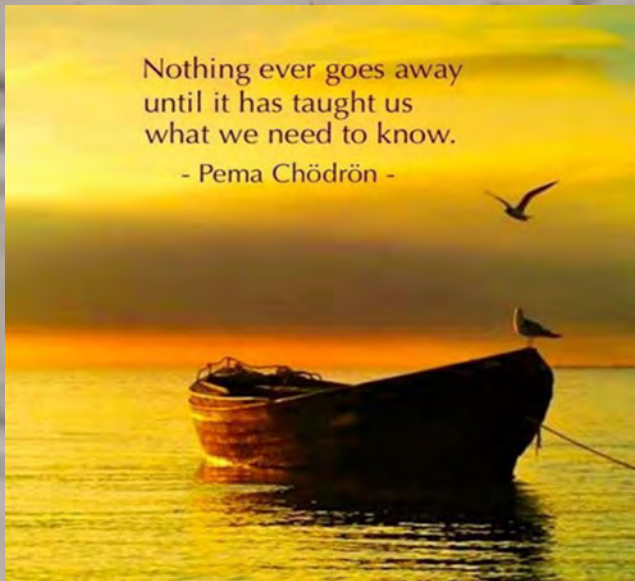
**08. DEVELOP YOUR
SENSE OF GRATITUDE**

INSPIRATIONAL QUOTES AND TIPS



Nothing ever goes away
until it has taught us
what we need to know.

- Pema Chödrön -



Train your mind to
see something good
in everything.



The Five W's Of Life

Who you are is what makes you special. Do not change for anyone.

What lies ahead will always be a mystery. Do not be afraid to explore.

When life pushes you over, you push back harder.

Where there are choices to make, make the one you won't regret.

Why things happen will never be certain. Take it in stride and move forward.

Creating a day worth living

1. Get up early
2. Express gratitude for what you have
3. Do something productive
4. Do something fun
5. Do something for someone else
6. Get some sunlight
7. Exercise - it doesn't matter what - just do some exercise
8. Put a smile on someone's face
9. Express gratitude or compliment someone
10. Learn or do something new.

That's it -
Now, wasn't that better!!

31 DAYS OF PRODUCTIVITY

1 Keep track of your activities and see how long each of them take	2 Write down your goals and priorities	3 Drink water as soon as you wake up	4 Identify your single most important task and do it
5 Organize your workspace	6 Set your morning alarm 15 minutes earlier	7 Identify your top five tasks last week that produced 80% of your results	8 Check your emails only two times today
9 Schedule a "no-distractions" rest period in the middle of the day	10 Make a productivity playlist	11 Talk to someone you look up to and ask them their #1 productivity tip	12 Get an accountability partner or join a support group
13 Meditate for 10 minutes	14 Think of a small win from last week and celebrate it	15 Make your bed in the morning	16 Browse the internet with only one tab (or phone app) open at once
17 Choose one task and automate it	18 Choose one task and delegate it	19 Choose one habit you'd like to develop and commit to doing it	20 Choose one habit you'd like to eliminate and commit to change it
21 Review the past week and cut down your biggest time-waster	22 Make a "stop doing" list	23 Eat the healthiest meal you've had in a week	24 Plan your day the night before
25 Walk or jog outside for 20 minutes	26 Make a "go over later" list	27 Sleep for eight hours tonight	28 Change your desktop or phone wallpaper to a motivational quote
29 Learn something new via books, podcasts, or TED Talks	30 Hug someone who supports you (could be your pet)	31 Reward yourself for your biggest accomplishment this month	

HOW TO SET & ACCOMPLISH GOALS



01. MAKE IT SMARTER

Your goals need to be:

S - specific

M - measurable

A - attainable

R - relevant

T - time-bound

E - evaluative

R - revisable



02. WRITE IT DOWN

Write down your goals to clarify and strengthen your intentions.



03. BREAK IT DOWN

Break down your goals into small and manageable steps to overcome overwhelm.



04. HOLD YOURSELF ACCOUNTABLE

Hold yourself accountable by maintaining focus and discipline throughout your process.



05. REWARD YOURSELF

Rewarding yourself will help reinforce the positive actions you've taken so you can continue doing it.



06. DEVELOP SYSTEMS AND HABITS

Effective systems and habits make it easier for you to accomplish your goals on a regular basis.



STUDENT CORNER

OTHER WAYS TO SAY...

nice enjoyable pleasurable thoughtful courteous lovely likeable pleasing gracious congenial cordial admirable considerate	good excellent amazing wonderful pleasant marvelous exceptional fantastic super outstanding terrific splendid stupendous	bad awful rotten naughty mean dreadful nasty wicked lousy terrible unpleasant disagreeable wretched	sad depressed gloomy miserable cheerless unhappy gloomy forlorn sorrowful upset downcast tearful somber	happy cheerful delighted pleased glad joyful ecstatic content jovial amused merry thrilled elated
laughed giggled chuckled roared howled whooped snickered guffawed shrieked grinned cackled bellowed chortled	like admire approve adore treasure fancy marvel appreciate respect cherish favor desire enjoy	said commented replied remarked declared stated exclaimed shouted whispered announced responded boasted explained	big huge giant gigantic enormous large massive colossal immense bulky hefty tremendous jumbo	little small tiny petite miniature teeny itsy-bitsy miniscule mini minute microscopic skinny wee
ran bolted sped hurried sprinted jogged rushed galloped hustled skipped raced dashed fled	walked strolled sauntered tiptoed trotted marched glided strutted shuffled crept trudged hiked paraded	pretty beautiful gorgeous appealing cute lovely exquisite attractive elegant handsome stunning fair dazzling	looked gazed examined glanced viewed observed peeked stared watched inspected spied studied noticed	scared afraid frightened spooked horrified startled fearful petrified anxious aghast alarmed terrified shaken

BREAST CANCER AWARENESS

DPSG always takes breast self-examination, initiative on creating preventive measures and awareness about health and hygiene not only for students but also amongst the staff members. The CSR team under the guidance of our principal sir Mr. Atanu Rath invited a well-known Consultant Breast Surgeon Dr. Anagha Zope who works with Apollo CBCC Cancer Care Unit. Dr Zope conducted a very informative session on Breast Cancer Awareness on 27th April. She focussed on various myths, symptoms and stages of breast cancer. She also showed how to perform breast self-examination, preventive measures and diagnostic tests available. She highlighted about how healthy eating and regular physical activity play a substantial role in preventing cancer. She even advised the female staff to go for regular health check-up after the age of 40. The colour code of the event was pink, which is the international colour for Breast Cancer Awareness. After the illuminating session teachers took part in an interaction and cleared their misconceptions regarding Breast Cancer.

CSR Event



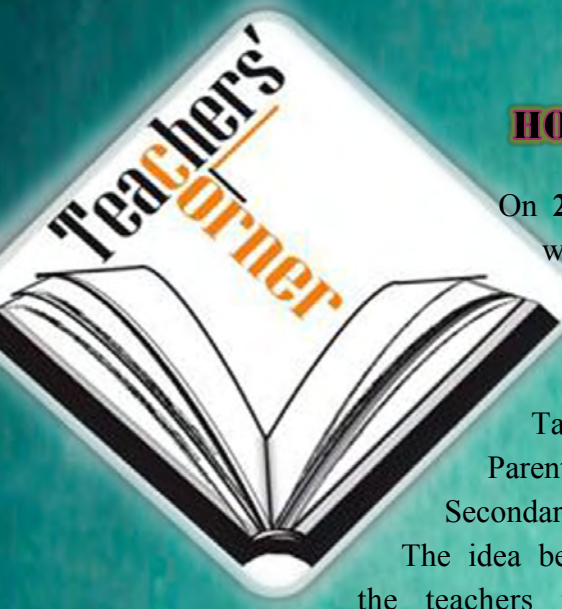
VISIT TO AANGANWADI

To create awareness about the life skills including moral values among the student the CSR Team of DPS Gandhinagar visited Anganwadi at Ambapur village on 22nd June. The main aim of the team was to involve the kids in different activities. There were 36 children between the age group 3-6 years. The session started with a prayer to thank God for everything. During the circle time, the teachers taught them etiquettes and moral values which included life skills activities. They

also recited Gujarati rhymes with action. The students did printing activity on the birthday caps and coloured the pictures given on the

worksheet during the Art and Craft Activity which was followed by a story on health and hygiene using puppets. The fun time was the most excited part for the children as some games were arranged for them and they danced to the music enthusiastically. Lastly, drawing books, crayons, biscuits and many small takeaways, made by the teachers, were distributed as a token of love among the children.

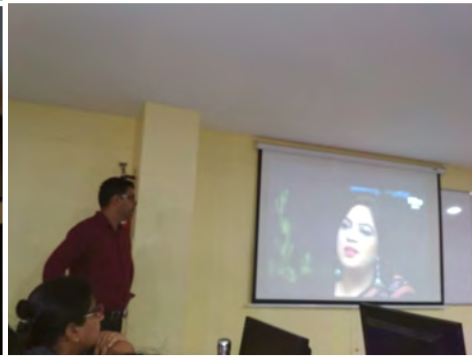
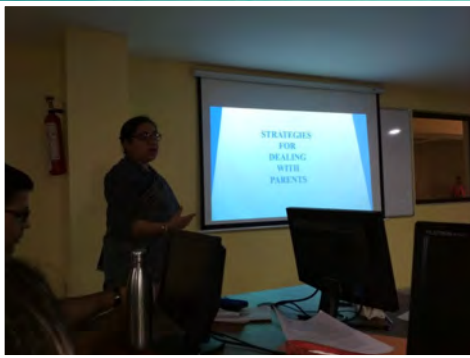




HOW TO TACKLE AND CONVINCING PARENTS

On 22nd June a workshop was conducted by Ms. Vini Singh and Mr Mohan Baksani on the topic “How to Tackle and Convince Parents” for the teachers of Secondary and Sr. Secondary. The idea behind was to motivate the teachers to maintain friendly

relationship with parents which benefits the child and promotes positive attitude to the functioning of the school. Sometimes parents can present challenges for teachers that require tactful measures to resolve. Child’s education and well being for the teachers of DPS Gandhinagar is always at the forefront of their concern and collaborating with parents is in a child’s interest.

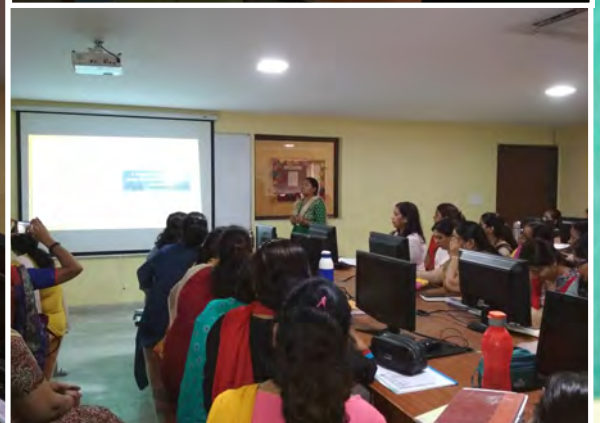
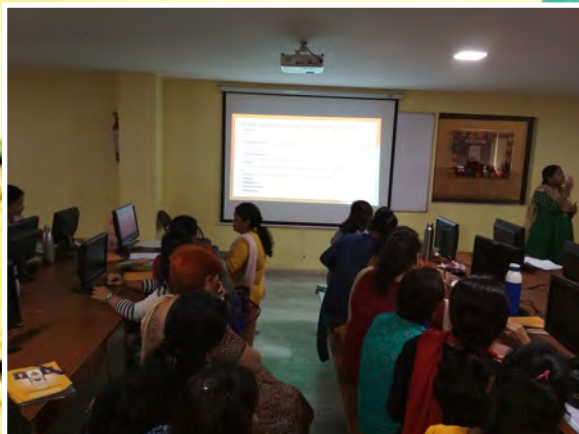
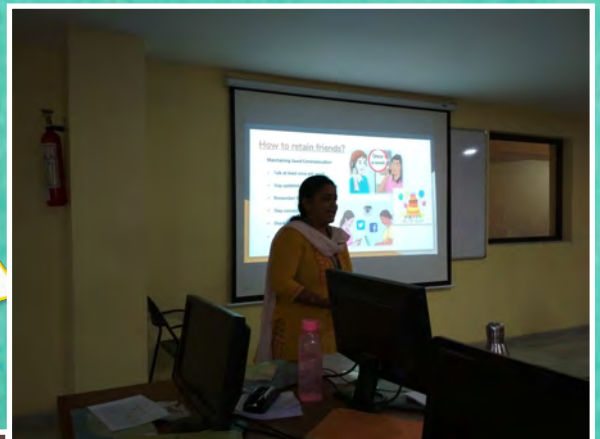


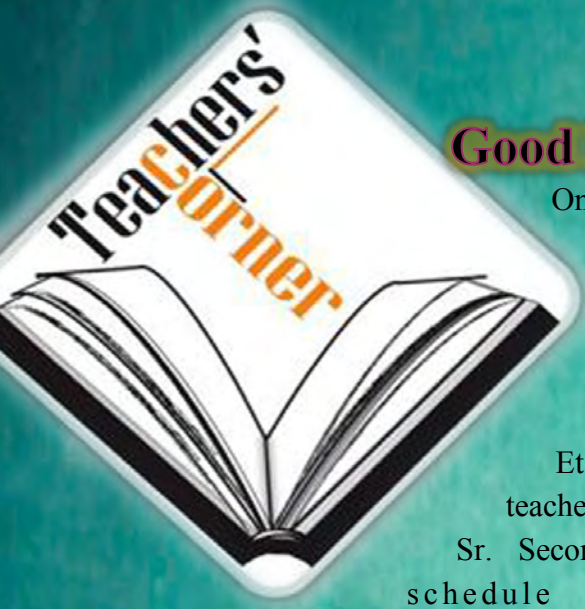
HOW TO MAKE AND RETAIN FRIEND? ARE YOU A TRUE FRIEND?

On 22nd June a workshop was held on the above topic for the teachers of secondary section conducted by Ms. Shashi Lata

Kumari and Ms Chaitali Patel. The aim was to motivate the teachers to have friendly relationship

among them along with professionalism.





Good Manners and Etiquette

On 22nd June a workshop was conducted on the topic “Good Manners and Etiquette” for the teachers of Secondary and Sr. Secondary. As per the schedule of Teachers’ Workshop, the workshop was conducted by Mr Amit Hingorani

and Mr Samir Parmar. The idea behind holding the workshop on the given topic was to showcase the importance of good manners and etiquette in our profession and daily life and how one can achieve success following good manners. All the teachers enthusiastically took part and showed their interest by making the session interactive.





शिक्षक कौन है

मत पूछिए कि शिक्षक कौन है ?

आपके प्रश्न का सटीक उत्तर आपका मौन है।

शिक्षक न पद है, न पेशा है, न व्यवसाय है।

ना ही गृहस्थी चलाने वाली कोई आय हैं।

शिक्षक सभी धर्मों से ऊंचा धर्म है।

गीता में उपदेशित "मा फलेषु कदाचन"वाला कर्म है ॥

शिक्षक एक प्रवाह है, मंजिल नहीं राह है।

शिक्षक पवित्र है, महक फैलाने वाला इत्र है ॥

शिक्षक स्वयं जिज्ञासा है, खुद कुआं है पर प्यासा है ॥

वह डालता है चांद सितारों तक को तुम्हारी झोली में।

वह बोलता है, बिल्कुल तुम्हारी बोली में ॥

वह कभी मित्र, कभी मां तो, कभी पिता का हाथ है।

साथ ना रहते हुए भी, उम्रभर का साथ है ॥

वह नायक, खलनायक, तो कभी विदूषक बन जाता है।

तुम्हारे लिए न जाने, कितने मुखौटे लगाता है ॥

इतने मुखौटों के बाद भी, वह समभाव है।

क्योंकि यही तो उसका, सहज स्वभाव है ॥

शिक्षक कबीर के गोविंद से, बहुत ऊंचा है।

कहो भला कौन, उस तक पहुंचा है ॥

वह न वृक्ष है, न पत्तियां है, न फल है।

वह केवल खाद है।

वह खाद बनकर, हजारों को पनपाता है।

और खुद मिट कर, उन सब में लहराता है ॥

शिक्षक एक विचार है, दर्पण है, संस्कार है।

शिक्षक न दीपक है, न बाती है, न रोशनी है ॥

वह स्निग्ध तेल है, क्योंकि उसी पर, दीपक का सारा खेल है ॥

शिक्षक तुम हो, तुम्हारे भीतर की प्रत्येक अभिव्यक्ति है।

कैसे कह सकते हो, कि वह केवल एक व्यक्ति है ॥

शिक्षक चाणक्य, सान्दिपनी, तो कभी विश्वामित्र है।

गुरु और शिष्य की प्रवाही परंपरा का चित्र है ॥

वह रोज़ छोटे - छोटे सपनों से मिलता है।

मानो उनके बहाने स्वयं खिलता है ॥

वह राष्ट्रपति होकर भी, पहले शिक्षक होने का गौरव है।

वह पुष्प का बाह्य सौंदर्य नहीं, कभी न मिटने वाली सौरभ है ॥

वह भोजन पकाता है, झाड़ू निकालता है, दूध और फल लाता है।

इसके बावजूद अपनी मुख्य भूमिका को बखूबी निभाता है ॥

हां अगर बूंदोंगे, तो उसमें सैकड़ों कमियां नजर आएंगी।

तुम्हारे आसपास जैसी ही, कोई सूरत नजर आएगी ॥

लेकिन यकीन मानो जब वह, अपनी भूमिका में होता है।

तब जमीन का होकर भी, वह आसमान को छुता है ॥

अगर चाहते हो उसे जानना, ठीक से पहचानना ॥

तो सारे पूर्वाग्रहों को, मिट्टी में गाड़ दो।

अपनी आस्तीन पे लगी, अहम् की रेत झाड़ दो ॥

फाड़ दो वे पन्ने जिन में, बेतुकी शिकायतें हैं।

उखाड़ दो वे जड़े, जिनमें छुपे निजी फायदे हैं ॥

फिर वह धीरे-धीरे स्वतः समझ आने लगेगा।

अपने सत्य स्वरूप के साथ, तुम में समाने

लगेगा ॥

Mr.Chirag Shulkla
Educator
Sanskrit





विरोधाभास

चेतना के आगोश में,
कसमसाता हुआ,
ये विरोधाभास कैसा है?
सत्य का सुलगता सैलाब,
दीपक की बुझती हुई ज्योति,
कुछ न कर सकने की असमर्थता
कुछ कर गुजरने की इच्छा
तुच्छता का ये आभास कैसा है ?
शांति प्राप्त करने की चाह,
अशांत रहने की आदत,
मोक्ष की कल्पना से रोमांचित होना,
मोह की जाल में फसना लिपटना,
बोझिल मन ,तंद्रिल सुप्त हो कर भी,
प्रस्थान करने का ये साहस कैसा है?

-श्वेता मिश्रा

YOU

**Isn't it a shock?
That this search,
This lifelong campaign,
was for you to find you.
You are your own answer,
Your own advocate,
Your own teacher, protector and
lover.
You could not have found a
Better match.
You just need to see,
You are your own catch.**

-Shweta Mishra
DPS Gandhinagar



Seminar on “Demystifying Autism Spectrum Disorder” (02-04-2019)

2nd April is observed as World Autism Awareness Day (WADA). Seminar titled “Demystifying Autism Spectrum Disorder” was conducted by Ms Manobina Chakraborty (in - house Autism Consultant) to create awareness. All the members of team Saaransh, along with the teachers of DPS Gandhinagar attended the seminar. Director Mrs Rani Chaudhry graced the occasion and addressed the gathering on the day. Headmistress Ms Manju Dabi and Headmaster Mr Rakesh Bhagat also attended the seminar.



Demystifying Autism Spectrum Disorder



Father's Day

(17-06-2019)

"Your arms were always open when I needed a hug; your heart understood when I needed a friend; your gentle eyes were stern when I needed a lesson; your strength gave me wings so that I could learn to fly".

A father's selfless love is pivotal in nurturing the child. So to celebrate this precious bond children in Saaransh Foundation made cards for their beloved father.



Mango Shake (21-06-2019)

We, at Saaransh Foundation believe in experiential learning and embedding learning into activities. In the season of mangoes, the teachers briefed the students about “the king of fruit- Mango”, not only for its taste and fleshy yellow colour but also, for the nutrients it offers. They were also told about the various forms of its consumption. The little chefs enjoyed the kitchenette activity and prepared the mango shake which they relished after preparing it.



International Yoga Day (21-06-2019)

"Yoga is the journey of the self, through the self, to the self"
-Bhagavad Gita



International yoga day was celebrated on 21st June, 2019 in Saaransh Foundation. Students and teachers participated enthusiastically and performed various yoga asanas and breathing exercises.





SAARANSH

FOUNDATION





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DELHI PUBLIC SCHOOL GANDHINAGAR

Disclaimer: Every effort has been made to ensure the accuracy of information printed in this edition of the Newsletter.

In case of any error, please accept our apologies.

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