



Upnishadians Pathways

Quarterly Newsletter : May-Jul 2021

Our Vision

Our Vision is to create world citizens with human values by facilitating learning in a progressive and inclusive ambience and to enhance the inherent potential of all the stakeholders. We empower every child and discover his own self and pursue his interests. Our vision is best substantiated by our core value **“My Interest My Way”**.

Our teachers tell our students where to look but do not tell them what to see. We want every child to become what he actually wants to become and for that we provide extensive facilities and services.

Our Mission

- Provide opportunities for every individual to excel in his/her chosen field; Academics, Sports or performing arts.
- Build a robust and vibrant community of Students, Faculty & Staff across ethnicity, religion, region or language.
- Foster Acknowledge and Reward Truth, Justice, Equity, Wisdom, Benevolence, Discipline, Compassion, Spirituality, Morality and Connect with the wider community.
- Promote scientific temper, inquisition, experimentation and innovation.
- Promote Art, Music and Theatre.
- Connect Students with the best in Higher learning across disciplines and geographies.

Profile Of Upnishadians Shall be

- Inquirer & Lifelong Learner
- Knowledgeable & Skilled
- Thought Leader
- Effective Communicator
- Principled, Courageous & Risk-Taker
- Caring, Compassionate
- Reflective



Principal's Message

We have taken this initiative to launch quarterly newsletter “Upnishadian's Pathways” to summarise the work, initiatives and achievements of our beloved upnishadians covering both the important aspects academic and co-curricular activities. This newsletter will give you a brief idea about the teaching learning process specially in this pandemic situation. We as a school has tried our level best to fulfil the needs and requirements of all our stakeholders focusing not only in academics but also on values which is going to play an important role in long run in the life of the students. This newsletter will give you a brief idea about the execution of the entire process of teaching, learning and assessment of the students during the session 2021-22 and road map for the new session 2021-22.

I feel proud in stating that the Delhi Public Elementary School, Indore has served as a pioneer in the belt in smooth execution of the entire academic session through online mode and continuing the same and this newsletter is a clear reflection of the same. The credit for the same goes to the entire Upnishad Family that includes the students, parents, management and all the staff members. Welcome to the Volume 1 of “Upnishadians Pathways”.

Warm Regards
Yogesh Popat



DID YOU KNOW?

Children learn more when they initiate an activity and are actively engaged in it

Curiosity is the birthplace of learning. If you follow a two-year-old around for even a couple of hours, you will watch as he explores the world organically, following his innate curiosity about how things work, taste, feel, look, and sound. When a parent or teacher can harness the power of that curiosity, it is like riding a wave that already has momentum.



SCHOOL'S PRIME FOCUS AREA

5 Point Focus HOLISTIC DEVELOPMENT

Integrating CBSE Curriculum with inquiry based, discovery based learning, discussion based & analysis based thematic learning.

COGNITIVE DEVELOPMENT

Emphasis on balanced linguistic development with respect to all the three important languages English, Hindi, Sanskrit.

LINGUISTIC DEVELOPMENT

PHYSICAL DEVELOPMENT

- Lush Green Sports field with the provision of all outdoor sports. (Cricket, Football, Kho-Kho, Volley Ball, Basket Ball, lawn Tennis) & Indoor (Table Tennis, Chess, Carom).
- Regular Yoga, Meditation session & expert's talk on healthy life style.
- Special Stamina enhancing sessions for Nursery to Class-II

SPIRITUAL DEVELOPMENT

- Integrating value education with regular Arts & Craft, Music & Dance Class.
- Regular Youth Development program based on the messages of Upnishad.

SKILL DEVELOPMENT

- Computer Education
- Vocational Education
- Personality Development
- Special Gurukul Integration Program.

School Celebrations and Events

April to July 2021 – First Quarter



Session on Artificial Intelligence for Class III to VIII and Only School in this belt offering AI in Grade VIII

To provide the technical edge to our students we have organized an online webinar on Artificial Intelligence (AI) by an AI Expert Mr. Madhav Mishra (Data Scientists at Telstra, Ex-Product Manager at Reliance Jio) on 1 st March 2021.

AI is an introductory course in Artificial Intelligence. The goal is to acquire knowledge on intelligent systems and agents, formalization of knowledge, reasoning with and without uncertainty, machine learning and applications at a basic level. In this session 2021-22 we have started to offer AI in Class VIII.



Parent Orientation and commencement of the session

Parent orientation has been organised on 5 th April 2021 for Junior wing and 6 th April 2021 on Senior wing to train the parents on online platform and also to solve any doubts or queries related to the academics of the students. The meeting was led by Mr. Yogesh Popat and the academic Coordinators. Following the same the online classes for classes Nursery to XII has started from 8 th April 2021 which was planned as per the academic calendar.



EARTH DAY Celebration

Earth Day is celebrated on April 22 every year. The day aims to raise awareness among masses about climate change and global warming. The day inspires to act towards the protection of the environment and focus on the need for conservation. Earth Day is recognised as the largest civic event in the world.

In our school also earth has been celebrated by our Upnishidian to create an awareness about the various environmental aspects like Global warming, pollution etc which is affecting the mother earth in a negative way. These activities also develop the sense of responsibility towards the environment.

NATURE NEEDS YOU & YOU NEED NATURE



Environment Day Celebration

World Environment Day (WED) is celebrated annually on 5 June and is the United Nations' principal vehicle for encouraging awareness and action for the protection of the environment. First held in 1974, it has been a platform for raising awareness on environmental issue such as marine pollution, human overpopulation, global warming, sustainable consumption and wildlife crime. World Environment Day is a global platform for public outreach, with participants from over 143 countries annually.

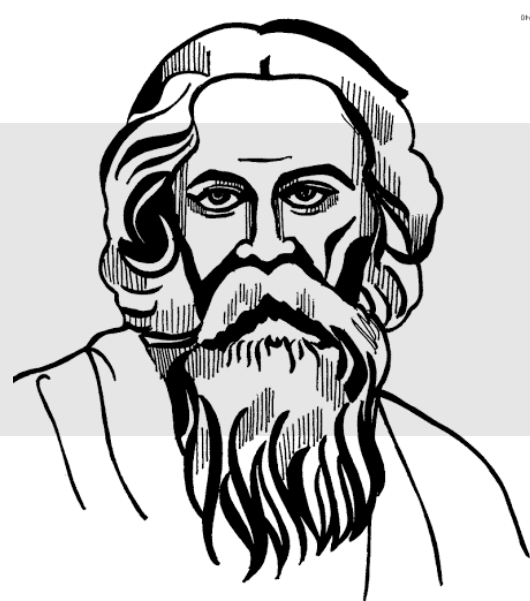
An online session- Green Initiative has been conducted by Mr. Yogesh Popat (Principal) on 4th June 2021 with a request to the parents, students and staff to plant a sapling on 5th June 2021 and take care of the same for the entire year. As a result around 250 sapling plantations took place on the same by our upnishad family.



Father's Day Celebration

Father's Day is celebrated on the third Sunday of June, and this year it will be celebrated in India on 20 June amid the Covid-19 pandemic. This special day is observed to celebrate the importance of fathers and honour the essence of fatherhood.

Our students celebrated Father's day by doing greeting card activity in which the students prepared handmade greeting card by using the waste material for their beloved father and presented the same. This activity will definitely strengthen the bond between child and father.



“

The Highest education is that which does not merely give us information but makes our life in harmony with all existence.

”

~Rabindranath Tagore

The Day will be marked at a time when COVID-19 pandemic continues to upend lives and livelihoods of people globally.

Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions continue in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects.

The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.

We at daily Delhi Public Elementary School, celebrated Yoga Day with the International Players of India on 21st June 2021, the program was live on FB and you tube and almost 500 participants connected to us on that day.

INTERNATIONAL YOGA DAY CELEBRATION

2021 Theme: Yoga for well-being

Ms. Mansi Bagora
Gold Medalist of First South Asian Yog Sports Championship, 2017, Kathmandu, Nepal
International Player of World Championship of Yog Sports, 2018, Beijing China

Mr. Rohit Bajpai
Silver Medalist of World Championship of Yog Sports, 2018, Beijing China
Silver Medalist of World of 4th Asian Championship of Yog Sports 2019, Phuket, Thailand

Ms. Tanya Chouhan
International Player, Bronze Medalist of 1st South Asian Yog Sports Cham
Gold Medalist of 1st South Asian Yog Sports Championship 2017, Kathmandu, Nepal

Mr. Rohit Bajpai
Bronze Medalist of 1st South Asian Yog Sports Championship 2017, Kathmandu, Nepal



POSITIVE NEWS BULLETIN

(Under Youth Leadership Program)

In this time of pandemic and the news spreading negativity on various social media platforms, our students have initiated the concept of positive news bulletin to spread the positive news all around and to make the environment conducive for learning. The objective of this activity is to develop the leadership skills, concern towards the society and positive attitude to face the challenges of life.

Positive News Anchors

(Youth Leadership Program)
For The Month Of June

KHUSHI SABRE
Class X

JUBER PATEL
Class IX

NIKITA SIKARWAR
Class X

Giving Thanks for Spreading Positivity

Positive News Anchors

(Youth Leadership Program)
For The Month Of July

RHYTHEM PANCHAL
CLASS IX

HIMANSHI AMBAR
CLASS XII

AANYA JAIN
CLASS VIII

VANSHIKA VYAS
CLASS VIII

NAITIK SONI
CLASS VII

NISHTHA SINGH
CLASS VII

PIYUSH SINGH
CLASS VI

AVNI SHARMA
CLASS VI

Thanks for Spreading Positivity

Regular Physical Activity Sessions

In this scenario of pandemic we want our upnishadinas to be fit, with the same objective we are having regular Physical activity classes for the students to keep them mentally and Physically fit.



Colouring Competition

We at DPES believe that every child or person has an ocean of inner strengths. The proportion of these strengths varies from person to person. But the only need is to develop these strengths and to develop this power it is necessary that proper environment, guidance, and encouragement should be provided as required. If a child gets all these in correct proportion then his hidden talents develop.

Colouring competition was conducted for Pre-primary Children (Nursery - UKG)

On 9th July 2021, Little ones have always fantasized about colours. Thus the first competition for this session 2018-19 for the pre-primary department is Colouring Competition, where in students brought in their colourful imaginations.



Online Session on Time-Management

An Online Session on Time Management have been organized for Class VII and VIII hosted by Mr. Yogesh Popat to explain the importance of effective Time Management and its proportionate reflection in leading a successful life. The session was held on 10th July 2021.



Subject Enrichment Activities – Junior Wing (April to July 2021)

Red Day Celebration

Red was celebrated by our junior wing students on 3rd July 2021. The 'Red Day' celebration was a wonderful learning activity which helped children to sort and classify objects based on colours there by reinforcing cognitive skills. It was a scintillating day with innocent faces gleaming and reflecting brightness, joy, love and happiness.



Thought Of The Day (Weekly Activity)

The objective of this activity is to provide the students the platform to share the positive thoughts and to open up to their classmates through online mode.



Mishika Nayak



Takshvi Popat



Arohi Swarwade



Divita Khare

STUDENTS OF NURSERY

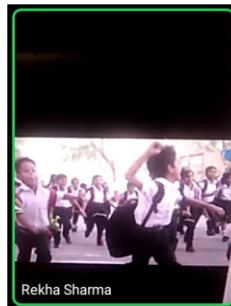
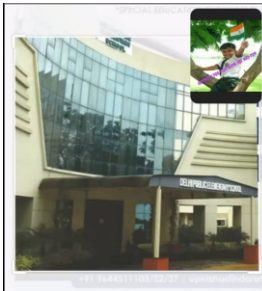
Primary Wing celebrated Family Day on 10th July 2021. Art & Craft activities were organized for the tiny tots to realize and perceive the value of family in their life. It enabled the students to recognize that the family provides a sense of belonging and a unique identity to them. It also created a special emotional feeling in the students about their family.

Family Day Celebration



All About My School Activity

The objective of this to make the students aware about the school team that includes the principal and teachers and little about the school infrastructure. In this activity the students also interacted with their friends through online mode.



Rekha Sharma



Satyam Sahu



Rekha Sharma



Rekha Sharma



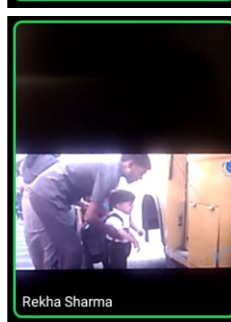
Rekha Sharma



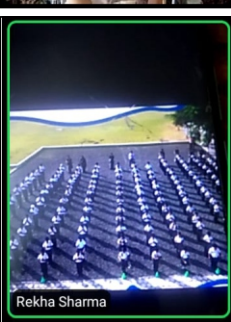
Rekha Sharma



Rekha Sharma



Rekha Sharma



Rekha Sharma



Rekha Sharma



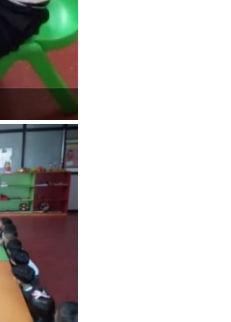
Rekha Sharma



Rekha Sharma



Rekha Sharma



Rekha Sharma

Caterpillar Activity:



This activity helps students engage with the story, learn the days of the week, practice their counting skills, and learn about healthy eating!



Playdough Activity

Playdough is a wonderful sensory and learning experience for children. As your child shapes the playdough into a ball or a snake, they're thinking creatively. The squeezing, pinching and pulling movements also strengthen your child's hand muscles and develop fine motor skills.



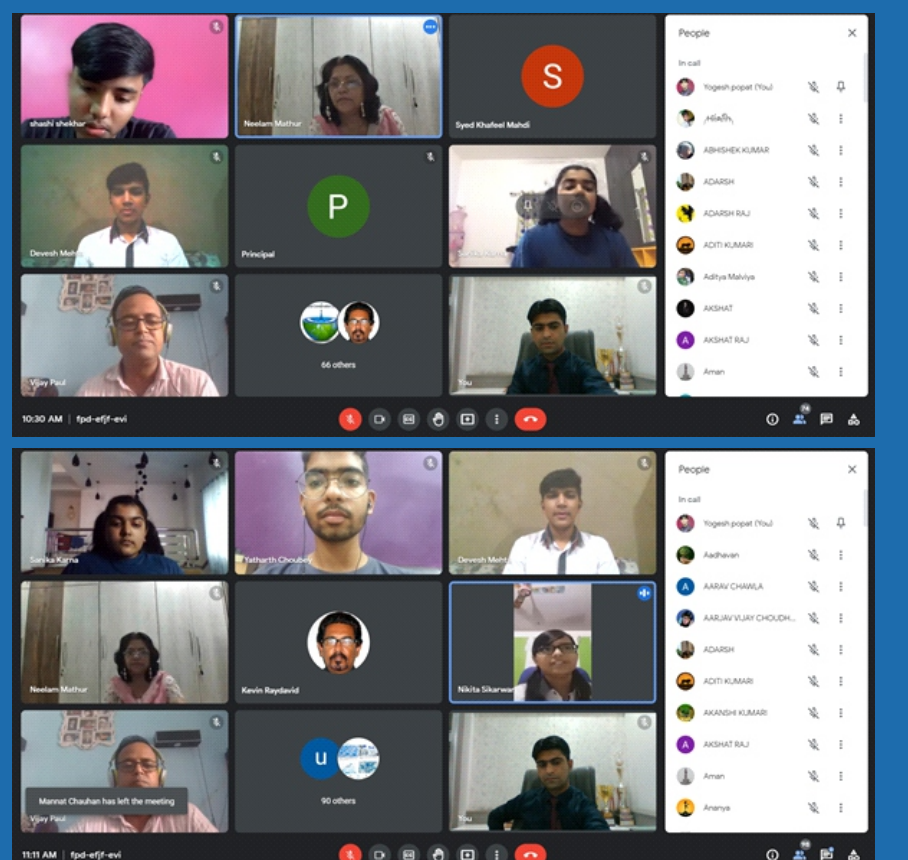
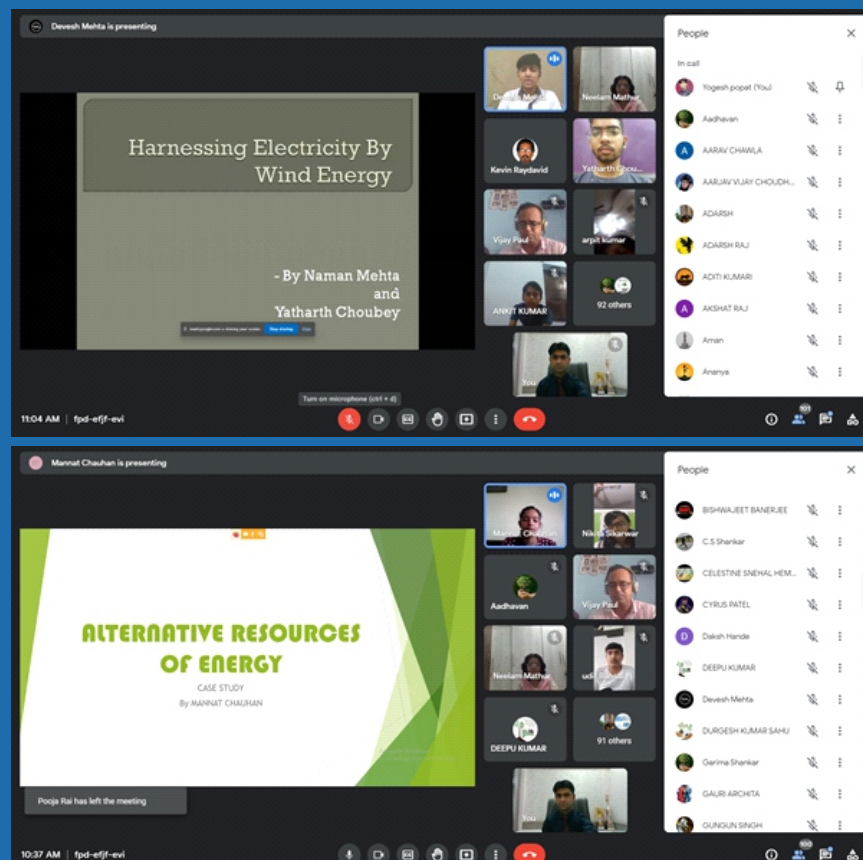
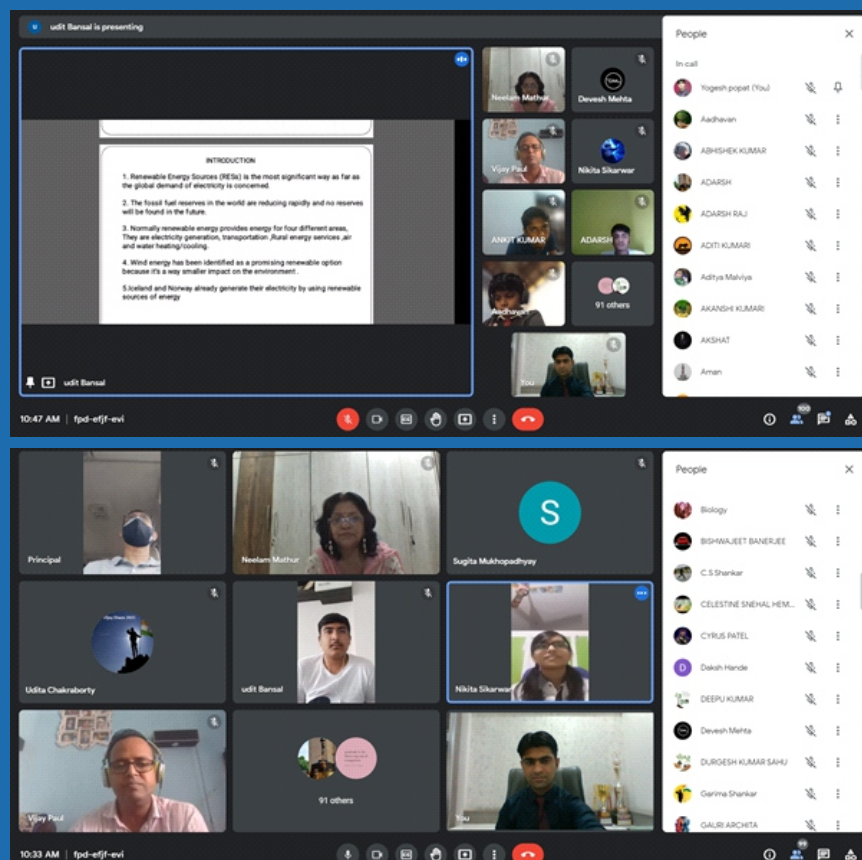
ONLINE KNOWLEDGE EXCHANGE PROGRAM

World Nature Conservation Day – 28th July 2021

Protecting and conserving the environment is everyone's responsibility. World Nature Conservation Day is celebrated to acknowledge the importance of a healthy environment for human society. July 28 is celebrated as World Nature Conservation Day every year to spread awareness to conserve resources that play a pivotal role in protecting Earth. The objective behind this day is to introspect as a species how humans are exploiting nature. There has been an imbalance between nature and the human race which is causing global destruction. World Nature Conservation Day recognises that a healthy environment is important for a stable and productive society.

For the same purpose Students of Delhi Public Elementary School, Indore collaborated with the Students of Taurian World School, Ranchi to share their thoughts on the theme "Green Energy". The moderator and host of the event was Nikita Sikarwar, Class X, Delhi Public Elementary School. Dr. Shbhash kumar, Principal, Taurian World School, Ranchi and Mr. Yogesh Popat, Principal, Delhi Public Elementary School, Indore addressed the gathering with the common thought "Be the change you want to see in the world. Mentors of the team DPES were Mrs. Neelam Mathur (Academic Coordinator) and for team TWS were Mr. Vijay Paul (Academic Coordinator) and Mrs. Pooja Rai (Faculty, Science Dept.), Mr. Syed Mehadi (Technical In-charge, TWS, Ranchi)

The session concluded by vote of thanks proposed by Ananya Singh, Class VIII, Taurian World School, Ranchi.













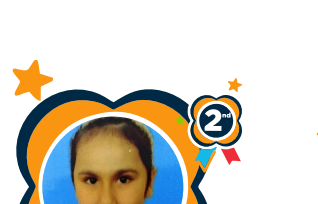






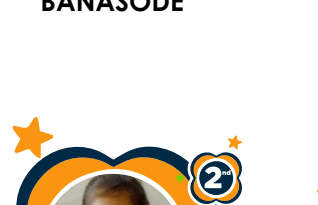







*Information is not Knowledge, The only source of knowledge is experience.
You need experience to gain wisdom.*

























~Albert Einstein

Hindi Handwriting Competition Results



English Handwriting Competition Results

 AAHANA TRIVEDI	 DWIJ SINGH PANWAR	 SHYAM SINGH SIKARWAR	CLASS III A
 AYUSHI GANGELE	 RUTVI BORNARE	 REET KAUR CHAWDA	CLASS III B
 AGASTYA SAXENA	 RIDDHIMA RAI	 SAMIKSHA PAL	CLASS IV
 CHARU MASTKAR	 HARSHITA UPADHYAY	 KAVYA JAIN	CLASS V
 AVNI SHARMA	 NISHCHAL CHOUDHARY	 PRATHAM SHARMA	CLASS VI
 ELINA RAMJE	 NITISHA SHRIVASTAV	 NAVYA PATEL	CLASS VII
 ADITI GAWANDHE	 KANISHKA BANASODE	 PALLAVI CHOUDHARY	CLASS VIII
 SAKSHI CHAUBEY	 TANU VERMA	 VAIDIK SONI	CLASS IX
 PALLAVI DEVDA	 KHUSHI SABRE	 NIKITA SIKARWAR	CLASS X
 SNEHA KAHAR	 AARYAN CHOUHAN	 MANAS KUMAWAT	CLASS XI
 HIMANSHI AMBEKAR	 PRATIBHA RAVAL		CLASS XII

 GARVANK SRIVASTAVA	 ADVITA SHARMA	 YUNIK THAPA
 ANAY NAKASWAL	 RIDDHIMA RAI	 MANSA CHANDEL
 KAVYA JAIN	 OCEAN AMBEKAR	 V.M. RASHINI
 SWARIT MAHAJAN	 AVNI SHARMA	 SPARSH KALE
 NAVYA PATEL	 ELINA RAMJE	 SHUBHI DASHORA
 JUBER PATEL	 TANU VERMA	 ADITYA MALVIYA
 KHUSHI SABRE	 VIDHI SHARMA	 NIKITA SIKARWAR
 PRATIBHA RAWAL	 HIMANSHI AMBEKAR	 ANUKUL PATEL

**Congratulations
Everyone**

Winners Of Colouring Competition

NURSERY



MISHIKA
Nayak



AROHI
Surwade



DIVITA
Khare



KIARA
Pareek



AYAAN
Shukla



GARGEE
Surwade



ARNAV
Gupta



JAIVARDHAN
Chandel



DAKSHIT
Saini



PRIYANK
Jain

KG 1



RIVAAN
SINGH



VAIDHIKA
MATHUR



ADYA
Diwedi



AVANTIKA
Tomar



MAYRA
Kamalpuria



HITANSH
Agrawal



RECENT ACHIEVEMENTS

Nitya Dubey of Class V won the title of 'Best Performance' in Interschool Drawing Competition held on 31/7/2021 under the banner of Indore Sahodaya School Complex.



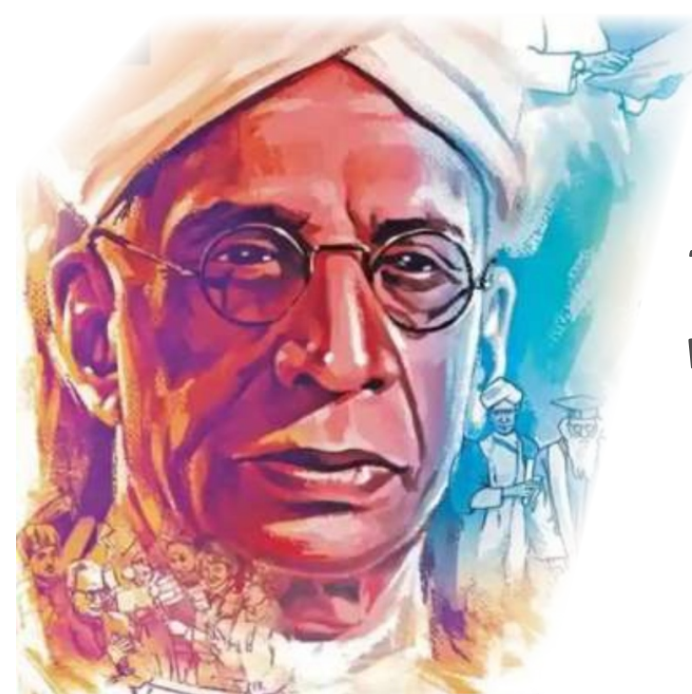
Study paper with title "Wind Energy - Scope in India" by Mast. Udit Bansal of Class X has been Published in *The American Journal of Humanities and Social Sciences Research (THE AJHSSR) 2021- E-ISSN: 2581-8868 Volume-04, Issue-03, pp-263-271* www.theajhssr.com



Research Paper with title "Ohm's law: misconceptions of the Students at secondary and senior Secondary level" by Mr. Yogesh Popat has been Published in *International Journal of Engineering Applied Sciences and Technology, 2020 Vol. 5, Issue 11, ISSN No. 2455-2143, Pages - 1-4.*



100 % Result of class X with 75% students in First Division Category.



The end product of education should be a free creative man, who can battle against historical circumstances and adversities of nature.

~Dr. Sarvepalli Radhakrishnan

From the Desk of the Management



The Newsletter is one such initiatives that mirrors the life of the school phase by phase and we are going to launch 4 volumes of the same in this session 2021-22. On this maiden launch of our first school News Letter - Upnishadian’s Pathways I would like to congratulate the entire Upnishad Family that includes Parents, Students and Staff for their contribution for the same. In this pandemic situation also we have successfully defended the future of our beloved students as far the academics and co-curricular activities are concerned. We want our students to think big, dream big and accomplish big at DPES. We wish to endure our services perpetually and I conclude in the words of Mahatma Gandhi ji **“Live as if you were to die tomorrow. Learn as if you were to live forever.”** With this, I place the maiden edition of Upnishadian’s Pathways in your hands. Jai Hind.

Hemant Goyal

Do we Offer Education for Life?

One of the misfortune that have befallen mankind, the greatest are those which have been regarding as blessings . due to regarding them benedictions ,as blessings ,it has not been possible to avoid those misfortunes ,or to change them and nothing has been done to be freed from them rather contrary ,we have been watering them at their roots. As a results born out of this is often the person who is before us. And created out of it’s the society which is all around us.

What has been happening in the name of education, I consider the best of all those fortunes. Certainly we should always be surprised to understand this because education is assumed to be a blessing. But if we summarize than we might conclude that education has not given man balance and health. On the contrary it’s removed all the balance from the human life.

And it had been sure to be so, because there are some basic mistakes in my opinion, in what we are so far thinking education to be.

The first mistake could also be that we have taken man to be only intellect, but there are often nothing more false and wrong than this. Man isn’t intellect alone but the Education is given only of the intellect. The remainder of the person remains untouched and incomplete, the rest of the person remains undeveloped, only the intellect develops.

Education has not made man healthy, altogether it’s crippled him. Through the present education his intellect has become bigger and larger and his reference to all the source of the life are stop.

What can we give, what can we teach them within the name of education, do we give them education for all times may be a big question. can we give any education in living? We teach some words but words aren’t life. Words have some utility in living life but education of words isn’t education for all times. Under the present situation an informed man finishes up having no other wealth than that of words.

He remains just ignorant about all other dimensions and aspects of life. He has no understanding whatsoever about the art of living. He has no ides of the paths along which to measure life. He has no acquaintance with life in the least. What do libraries and Books need to do with the life, they only prepare us for small part of life. we should always not commit the error of thinking that one who is familiar with a classroom is familiar with the life also.

So lets, provides a thought to know that the education of only intellect isn’t intelligent and wise. There are other aspects of life too and that they are more significant, because man doesn’t live by intellect.

The source of Man’s living are much dipper than the intellect, Neither can we love through intellect nor can we get angry through intellect, nor can we hate through intellect. Neither can we recognize beauty through intellect, nor can we read songs and poetry through intellect nor any dipper experience of life attained through intellect. So what are we imparting through present education may be a interest review. This system of education has produced a very unbalanced man. This unbalanced man keep on doing just anything, just any thing is occurring through him-any trouble. And this sure to happen because when a person is unbalanced from his inner his outside behaviour also becomes unbalanced. Then there is no positive movement, no clear goal, no music, no rhythm, in his life. This is often first of our misfortunes that we have understood education because the education of mere intellect-not of a complete life. The education of total life should produce other meanings and other dimensions.

We should welcome institutions where, other dimensions of life also are included within the curriculum.

At Delhi Public Elementary School, we put our concentrations on other aspects of the life and inculcate education for all times not for intellect only. At Delhi Public Elementary School we have taken in to consideration all the five Dimensions of Education which prepare the scholars a lifelong Learner and an entire Man to measure and live life happily.

Dhruv Kumar Tiwari



DELHI PUBLIC
ELEMENTARY
SCHOOL

An Initiative of Upnishad Shiksha Prakalp

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