



# PRAYAS

*Towards Holistic Excellence....*



**SANMATI SCHOOL**  
**SESSION 2022-23**

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# Editors-in-chief

Prayas is a collective crusade of our dedicated students and teachers. It's an endeavour by our discerning tribe of youngster and the elders. It's a holistic approach towards sustainable development and holistic excellence. We promote this E-Magazine and dedicate to the students, parents and all others dignitaries. A Lion's share of literary work has been accomplished by our students editorial board .We believe this magazine encourages and entertains as it is reader friendly and enjoyable.

With regards Editorial Team.

## CHIEF DESIGNERS



## CHIEF EDITORS



Annual school magazine is the culmination of the entire gamut of students' endeavour and innovations of the year goneby. They have always been striving to keep pace with the evolving tips, trivia, and trends in tune with the time.

Annual school magazine plays and promotes a pivotal role in providing stamina for prudence and gravitas. Our gifted and motivated horde of moppets made an imposing influence in stuffing down a cordial host of information integrating students friendly treasure troves that hold the flock together. Our barons of perceptive clan offers a new perspective for intellectual growth, strive and drive through "PRAYAS" thereby spreading the light of education. Our tribes are celebrating excellence, innovation triggered by will power, making their ideas fly.



**Weaving Thoughts & Styling Ideas !!!**

# ***THE PRESIDENT'S ADDRESS***

## **YOUR DREAMS ARE NOT YOURS ALONE**

The President's prescription,

It gives me immense delight to highlight our School as premier English medium co-educational School located at the heart of our magnanimous maximum city, Indore. It is a well heeled citadel of education run by Digamber Jain Society, a renowned Philanthropic society of Indore.

Since its inception we have been the protagonist and propagandist of vibrant education that is inclusive, contextual, contemporary and relevant. We have an impeccable quality of excellence in education that one can aspire, access and achieve.

Being seated at the high table of Philanthropy our mission is to expand and extend the frontiers of knowledge and promote its dissemination and seamlessly accessible to all at an affordable price. Our values and strong relationships cultivate unbreakable bonds which ultimately leads to holistic student growth.

We have a unique combination of best minds, great mentoring, cutting edge and state of art and high end technologies and an unrivalled infra front that we are proud and boast of. A symphony of tastes, passion for distinction, immense potential of the teachers and the students, cumulative strength and unstinted support from Director Principal will strive to ensure to carve out a niche for Sanmatians.

It is our pride and honour to watch our children vine their way to the topnotch institutions in and around India and beyond. Empowering the youngsters with better opportunities in new light to scale the zenith of preeminence. It has been the hallmark of Sanmati to advocate exemplary service and we mandate ourselves to incubate a young generation of able, competent, confident, empowered and independent humane personae at par excellence.

Our mission is a philanthropically visionary initiative partnering to nurture a vast resource pool, the possibilities of what we achieve are, indeed, endless.

With great regards,

**Sunil Shah**





# THE SECRETARY'S EPISTLE

## SET YOUR GOALS AND DREAMS WILL FOLLOW

Our mission in education is to expand the frontiers of knowledge and promote dissemination and seamlessly it's accessible to all. A unique combination of best minds, great mentoring, cutting edge and state of the art technology , infrastructure and passion for excellence will bring out remarkable eclectic young leaders .

Sedulous progress has been the hall mark of Sanmati . Exemplary service and we have mandated ourselves way to produce young generation of able, competent and humane personate . It is our honor and pride to watch our children vine their top. Experimental learning is the new buzzword in the campus. Our paragon curriculum will incubate future imaginers to empower, imagine , realize and nurture academic excellence.

Our values and strong relationships cultivate unbreakable bonds which ultimately lead to holistic student growth and new streams of thought and ability.

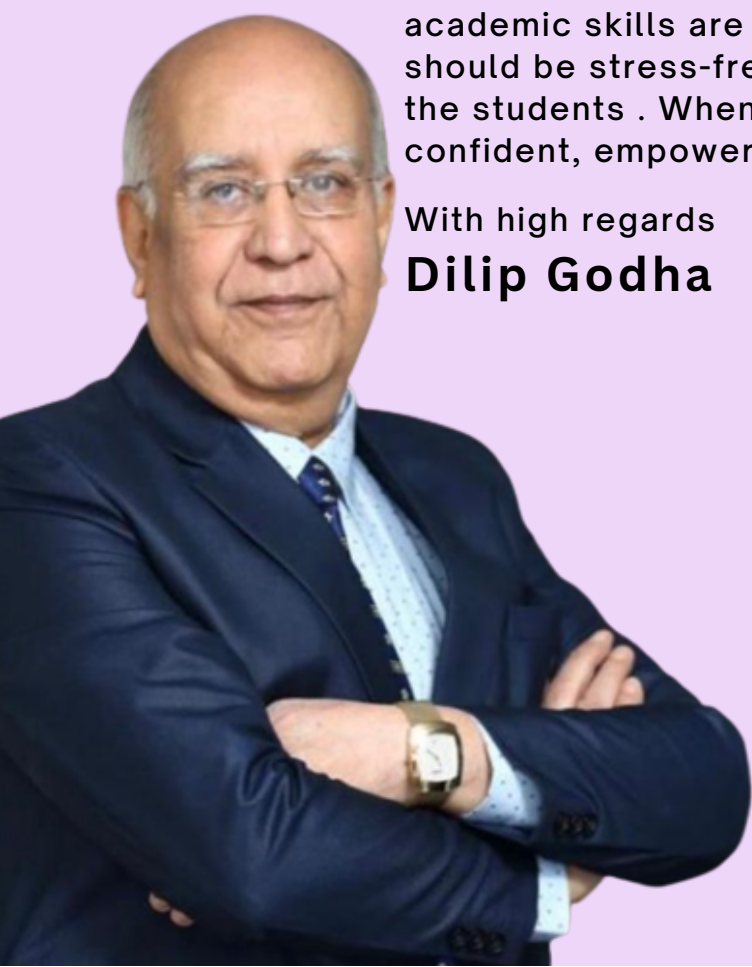
A surge of competitions shape dreams in to reality. Inspiring Guts, Glory and Gold, and thereby swiftly spreading the wings and names that stand tall. Music is the path to peace. It is a revelry in divinity. These are a few items to glue upon. Empowering the youngsters with better opportunities in a new light to scale the zenith of excellence.

The entire gamut of academics are centered upon the activities that impart comprehensive and innovative learning through serene environs and the stunning beauty of the nature that will elevate the kids to a different level.

We are a secular institution and faith has no barriers. Paramount academic skills are the bench mark of excellence. Education should be stress-free and joyful, meaningful and purposeful for the students . When they leave the threshold ,they will be confident, empowered and independent.

With high regards

**Dilip Godha**



# From the Director Principal's Pen



## Human Excellence is Holistic !

I strongly believe that education has to be holistic as all the aspects of human life are equally vital. The challenges faced by the new era students are highly complex and multidimensional, requiring an exceptionally comprehensive and hands-on- approach to problem-solving. The holistic approach towards education equips students with an array of skills, knowledge, attitudes and aptitudes needed to navigate through these bonhomie challenges effectively. They crave a stimulating atmosphere that nurtures courage, compassion, integrity and fresh thinking.

This dynamic resolve vibrantly prepares students for a brighter and better life in and around and beyond school, where success is not just a measured academic achievement, but also their incredible ability to learn and lead a highly fulfilling and meaningful life.

Such ray of excellence vehemently fosters the development of well-rounded individuals who are not only academically proficient but also emotionally intelligent, socially aware, and spiritually grounded.

Our youngsters face with high levels of stress and pressure, which can negatively impact their mental and physical health. Holistic excellence promotes mental and physical well being by providing them with the tools and resources they need to manage stress and cultivate resilience.

Designed to meet the challenges, holistic excellence promotes a love of learning and a commitment to lifelong learning. This is essential in today's rapidly changing world, where the ability to adapt and learn new skills is crucial and critical for success.

Overall, this comprehensive approach is needed for the new age students because it provides them with the tools, resources, and mindset that is needed to thrive in a complex and rapidly changing world. It is essential for their personal, academic, and professional growth and development.

Ensuring new prospects for students, requires a multi-faceted approach that addresses all aspects of their wellbeing. Keeping in mind the changing trends and tastes blended in modernity and expertise, we have designed new ways to promote integrated excellence for students. Innovative approach and participation in culture and academic rigour, dissemination and application of knowledge, sports and art integration shape their dreams into reality. Glory of music, dance and soul stirring cultural activities take care of their emotional well being. The advanced peer and mentor support helps students to explore their spirituality and develop a sense of purpose and meaning to their lives.

We want our students to be holistic leaders who can bring in their whole-selves to the widening academic horizons. It's not just about their skills, processes and approaches to their work but also their character values and mindset. We want our students to grow up as visionary, empathetic, inclusive, innovative, collaborative, ethical and resilient leaders.

My high gratitude for the editorial heads especially student editorial team, the academic and non academic staff for their exemplary dedication to all our endeavours.

With high gratitude

**Dr. Archna Sharma**



## FROM ACADEMIC HEADS

It is an approach that seeks to fully activate all the aspects of the learners, personality, intellect, emotion, imagination and body for more effective and comprehensive learning. Education with a holistic perspective is concerned with the development of every student's enlightenment, emotional, social, physical, artistic, creative and spiritual potential.

It promotes to engage students in the teaching or learning process and encourage personal and collective responsibility. It also includes empathy and compassion, creative thinking, teamwork, problem solving, self-expression, multi-literacy and independence.

**Ms. Manisha Saxena Shrivastava**

Academic Coordinator

Senior Wing



Dear All

Welcome to the new edition of our Annual E-Magazine 'PRAYAS'!!!

Education is to paint the lives of young kids with hope, knowledge, aspirations and to make them enriched global citizens.

Sanmati H.S. School is successfully redefining the educational boundaries and also excelling in Co-Curricular arena.

Nothing can encompass and convey our emotions better than art. This artistic collection illustrates our passion for exploring the talents and creativity of the young minds.

'Pen has the power to change the world.'

This magazine is to be viewed as a

launching pad for the children's

creative urge to blossom naturally.

The fervent write ups of the children are well deserving to

catch the attention and

appreciation of the readers.

So be the part of this

experience.

Happy Reading..Give WINGS

to your dreams...It's time to

FLY...!!!!

**Ms. Bharti Tripathi**

Academic Head



Holistic education focuses on fostering the whole person through a well-rounded education. It emphasizes the development of each person's cognitive, emotional, physical, social, and intellectual components.

We encourage our children to actively participate in extracurricular activities that stimulate their social and physical skills, including athletics, music, arts, and community service. We also believe it's essential to nurture creativity and critical thinking abilities. Our curriculum is designed to inspire our students to reason critically and work through issues while being creative.

Our goal is for all of our students to graduate with a solid foundation in their academic subjects as well as an understanding of how these subjects impact all aspects of life including their spiritual selves!

**Ms. Chandan Bala Jain**

Academic Coordinator

Middle Wing







# ACADEMIC DEPARTMENT REPORT

Session 2022-23





**PRANAV BERGALE**  
97.0%



**PRASI JAIN**  
94.4%



**AALIYA KHAN**  
94.2%



**PRIYANSHI JOSHI**  
94.2%



**KHUSHI SHARMA**  
94.2%



**ISHIKA CHOUBEY**  
93.0%



**LATAKSH SARIYA**  
92.8%



**DEVANSH MALVIYA**  
92.2%



**YASH AGRAWAL**  
91.2%



**TANISH TIWARI**  
90.6%



**NANDANI SISODIYA**  
90.0%





# Sanmati H. S. School

## Residency Area, Indore



SESSION  
2022-23

09

### CLASS XII TOPPERS SESSION 2021-22



**ATHARVA VERMA**  
97.4%  
SCIENCE



**HARSHIKA MEENA**  
94.4%  
SCIENCE



**YASHASVINI JOSHI**  
93.8%  
COMMERCE



**NISHIKA ROHIRA**  
93.8%  
HUMANITIES



**SHIVANSHI SHARMA**  
93.6%  
COMMERCE



**RITVIK GOYAL**  
91.8%  
SCIENCE



**AASHAY TAMRAKAR**  
91.6%  
SCIENCE



**SHRUTI TEMBHARE**  
91.4%  
SCIENCE



**CHERRY PATIDAR**  
91.2%  
COMMERCE



**YATHOCHIT YATHARTH JHA**  
90.0%  
SCIENCE



**SEJAL KASLIWAL**  
90.0%  
COMMERCE

## SCALING THE ZENITH OF EXCELLENCE !!!

# OUR EXCELLENT ACADEMIC AFICIONADOS



**ATHARVA VERMA**  
**IITians**



**RITVIK GOYAL**  
**IITians**



**AASHAY TAMRAKAR**  
**IITians**



**MAYANK MOURYA**  
**IITians**



**YASHASVINI JOSHI**  
**DU**



**NISHIKA ROHIRA**  
**DU**

# LAURELS IN SPORTS





# NEW ERA OF SPORTS

The COVID 19 pandemic has significantly impacted the world of sports. It was a tough road ahead. One of the most notable changes that have come is the stress on safety. Schools have put in place measures to ensure that students can participate in sports without putting themselves or others at risk.

Another shift emerged was online learning and virtual competition, different strokes for different folks. New shades of education and new portends are for better brighter days for sports. Sanmati has a sport hub which is simple and marvellous, and we are cosying up to it.

-- TOHEED AFRIDI XI 'A'



Sports promote vigorous, vitality and versatility in the young minds and elevates them to unmatched exposure. Our sports rappers have battled and burst on to state and national level and extra efforts have had a cascading effect and have had endless possibilities at hand. They have been holding fort since years. Sports and hobbies are apt essentials on the learning curve. Our youngsters are repository of capabilities and a sport pack of treasure house and have inherited big bang opportunities at national level and brought home colourful, exotic awards and fabulous gifts there by creating more dreamers, achievers and winners. Our punch is, 'Get, set and smash in style'.





LAURELS IN SPORTS:-

# SPORTS ACHIEVEMENTS (VOLLEYBALL)

DIVISION PLAYER



Rimisha Paliwal

STATE PLAYER



Mohika Katulkar



Aayush Jain



Prakrat Porwal

# SPORTS ACHIEVEMENTS (KHO-KHO)

DIVISION PLAYER



Sourabh Bathri



Gourav Bathri



Priyanshi Bharti



Himank Paliwal



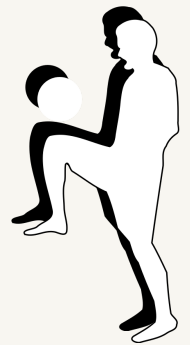
Vedika Talwar

LAURELS IN SPORTS -

# BASKING IN THE STATE LIME LIGHT''''



## SPORTS ACHIEVEMENTS (FOOTBALL)



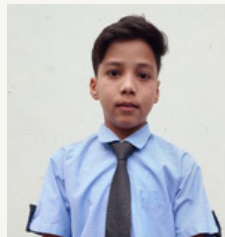
### DIVISION PLAYER



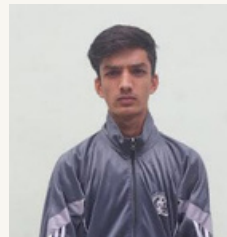
Mohd. Yusuf



Ipshita Choyal



Mohd. Umar



Divyansh Dangi

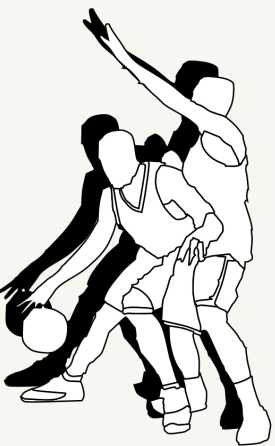


Dhananjay Verma

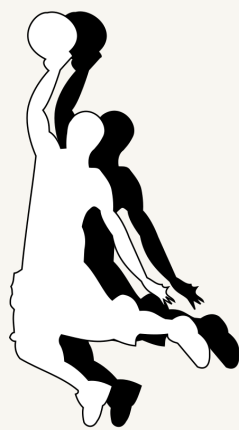


Darshani Gurjar

### STATE PLAYER



## SPORTS ACHIEVEMENTS (BASKETBALL)



### DIVISION PLAYER



Khushi Paliwal

### STATE PLAYER



Priyanshi Paliwal



# LAURELS IN SPORTS -





# LAURELS IN SPORTS -



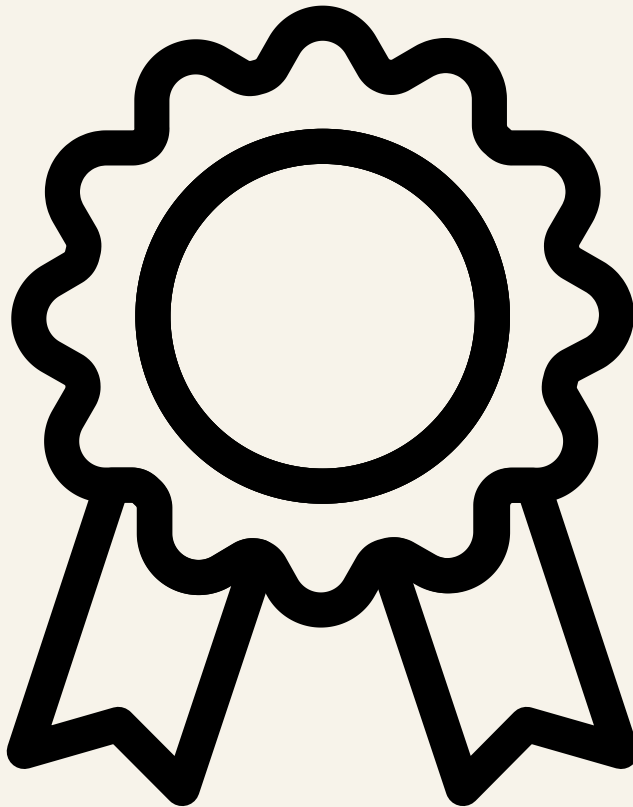
DIVISIONAL INTER SCHOOL TOURNAMENT ( RUNNER UP )



ATHLETIC BROUHAHA



# ACHIEVEMENTS

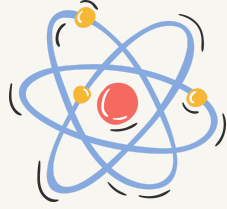




## SELECTED FOR NATIONAL' IN CBSE SCIENCE EXHIBITION







# NATIONAL SCIENCE EXHIBITION

REGIONAL  NATIONAL  
MARVELLOUS JOURNEY

I was so overwhelmed when I heard that I have been selected for the national science exhibition. It was that moment of my life when I felt wonderful. The hard work was getting paid off, during the journey I was so much worried about my project as it was being carried to a long distance of around 400 km. Once I reached the destination, it was a moment of relief for me. On the first day I arrived at the place of exhibition. I saw how around 150 schools preparing for their chance. On the second day the judges arrived and asked questions related to the projects. It was kind of easy questions but many of them couldn't give the brief information on their own projects. The last day when the results came out. I was so much nervous that whether the results would be in the favour of ourself. But it didn't happen, but we managed to leave a mark at the exhibition. I would like to express gratitude towards school for giving me an opportunity to represent school at such higher level.

Aarav Puri



# CBSE STORY TELLING



## A NEW BOY IN CLASS

It was a summer afternoon, and like most summer afternoons, a group of boys were playing together in a park. They knew each other well, as they had spent the last three years of school together and tomorrow was the start of a new term, about which they were very excited and nervous.

The first day of school came, and all the boys from the park the day before were put in the same class. They jumped for joy all morning long. After lunch, the teacher came into the classroom with a boy they had never seen before. He was from China, and none of them had ever met anyone from that country.

All the children were quiet, waiting for the teacher to speak. And this is what she said: "Hello everyone, this is our newest class member. His name is Meipei and he's six years old, just like all of you. Meipei comes from China, but he knows some English so I hope you will help him settle in and make him feel at home."

Then one of the children said to Meipei: "How come you speak differently?" so Meipei answered: "In my country, we all talk this way. But we're just the same as you."

The children in the class understood this, and that it also didn't matter what he looked like, or what colour his skin was, or that he didn't speak perfect English.

So the new addition to the class helped everyone learn how to respect new people. And the boys stayed in the same class for another two years, with Meipei as one of their best friends.

THE END

- BY AARAV PURI

# A TRAVELLER'S DELIGHT!!



## TRAVELOUGE TO INDORE ZOO

Indore is a city of thousand pleasures ,the joy of knowing it will never end. Our wild life park is one of those pleasures.The wild park of Indore seamlessly spreads across 51.975 acres of lush green land. It is located in the heart of a fantastic city. The park is magnanimously attended by the city administration.It is graciously thrown open for every visitor or traveller. We chose it as it is at an arm's length from our second home.The entry fees are very minuscule and caters every ones need.A plethora of inmates are eagerly and anxiously waiting for our arrival.

It is absolutely awesome that we have selected a time frame as it falls in the wild life celebratory week .It is a floral festival and tribute to our enduring , enriching, enhancing flora and fauna. We ,the trio are at the threshold of Indore wild park as travelers to have a bird's view of it. The park is a traveler's delight. We cordially invite all of you to walk with us to share these magical moments. Let us all go about to explore and experience the thrill of the Safari of Indore menagerie.

To begin with we have the vivid and vivacious view of our wonderful emu to welcome us from their coop. They are elegantly at their best and enticing and being enticed by every one. They are a visual treat to every eye. They are humane and incredible. Kudos to them.

Come on, now let us move and have a beautiful look at the famous Indian great Cobra, munificently giving wings to its dreams and mesmerizing the gullible onlookers . A grandiose monumental perching. The python on a merry round moves a ready untiring explorer seeking someone to devour .He is a tender-hearted benign guest. Now it is a wonderful time to say Hello to our old monastic monk, the meditating crocodiles. Awfully folksy charm with cautious snips and snaps and poses for a delightful thought.

The grandest Hippos are at a watery slope, clean and clear on a quirky pitch. In pursuit of being good they are at their effervescent behavioural best because they deserve the best The most resplendent Indian Tigers ,proud and ambitious.They will kill at will.They are enjoying their gorgeous exclusive privacy.their breathtaking presence astounds every traveler .

They are eco friendly and ego friendly ever been. The lions are the grace and glory of our nation, baked in love and affection,their grit, power and compassion is beyond words and boundaries. The most wonderful Pachyderm striking a pose, fabulously funky, a treat for all senses.A captivating elegance ,elan and show.He is overwhelmingly happy with his solitary confinement and relaxing in style.Living a life playfully. Here we are at the last lap of our wild park odyssey.

we trio take leave of you as we say Goodbye till we meet again.



**!! WINNING FLAIR AND SQUARE !!**



**BEST OUT OF WASTE  
(4TH POSITION)**

**COMPLAN QUIZ  
(WINNER)**



**INTER SCHOOL DANCE  
COMPETITION  
(WINNER)  
BY OUR DANCING APSARAS**

**INTER SCHOOL DEBATE  
COMPETITION  
(3rd POSITION FOR THE MOTION)**



**!! WINNING FLAIR AND SQUARE !!**

# **BEST PERFORMANCE IN INTER SCHOOL MUSIC COMPETITION**





# !! WINNING FLAIR AND SQUARE !!



**DECLAMATION COMPETITION**



**SHARK TANK**



**ANVESHAN 2022**



**BIOLOGY BAL VIGYAN**



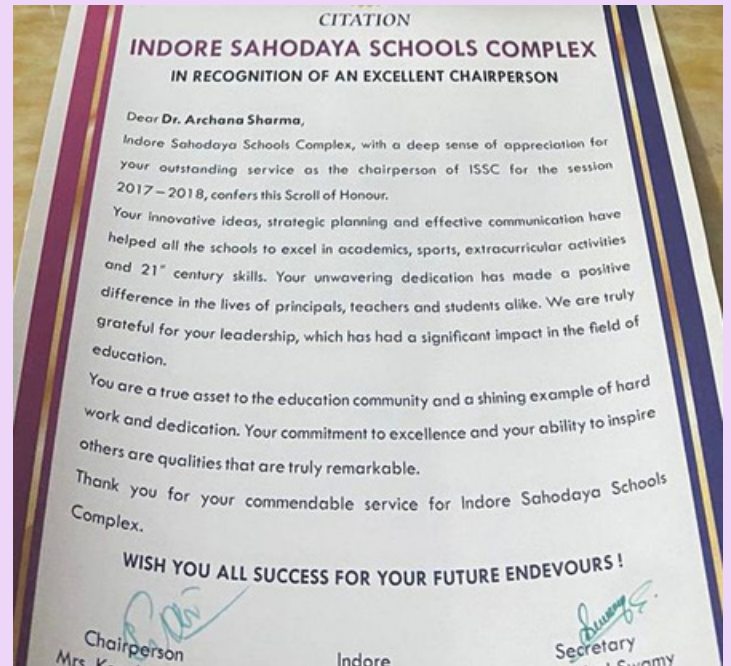
**COMMERCE BAL VIGYAN**



**SOF WINNERS PRIMARY WING**



# MARK OF SUCCESS



**AWARD OF HONOUR  
"AN EXCELLENT CHAIRPERSON"**

# RECLAIMING THE MEDAL MIRAGE



## Performing Arts Excellence Awards



## Felicitations on Teacher's Day

# CO-SCHOLASTIC EXCELLENCE





# CBSE HERITAGE QUIZ



It is one of the enrichment activities initiated by the Board with the objective of inculcating among the students interest and appreciation for the rich heritage and diversity of our country. Started in the year 2001, it has been generating tremendous enthusiasm among the student community. It is needless to say that it has been the unstinted support and cooperation from schools that had enabled this success. It is important for learners to know about the heritage which enables them to understand the beliefs, values, history and socio-cultural context of their country. This helps them to accept and respect the cultural differences given in the diversity and leads to developing critical skills. The tangible (monuments/ artifacts), intangible elements (folk traditions/language) and even natural heritage and its biodiversity need to be preserved and conserved.

The participation was open to the students of classes IX- XII classes. Three students Janvee Pal (XII D) ,Tanish Tiwari (XI E) and Sanchit Shukla (XI E) of our school after giving a written test were selected for the second round of Oral quiz Under the guidance of Tanvi Bafna, Sunitha Jain , Divya Gupta and the inspiration from our Director Principal Ma'am.

**Tanvi Bafna**  
PGT History

Student Analysis of the Quiz Participating in CBSE Heritage was a new experience for me. I learned a lot of new things especially I got to know Indian culture and heritage more deeply. It was the first time for me that I was able to participate in such a big national level quiz as well as represent my school on such a big platform along with my team . It was a privilege for me, for this I would like to express my gratitude towards the school, Director Principal ma'am, Tanvi ma'am and Divya ma'am.

**Janvee Pal**  
XII D



2022/2023

# G20 SUMMIT



I am delighted that I worked with my seniors in the G20 session. I am very thankful to Divya ma'am for allowing me to participate in it, also because of her I was able to overcome my fear of public speaking I learned many new things while working with my seniors, and it gave me a better idea to look into the social, political and current affairs and the credit goes to honourable Principal ma'am . This has given me an opportunity to learn and perform confidently and overcome my fear.

-Shreewali Gupta 8th 'C'



SANMATI  
H.S  
SCHOOL





2022/2023



Participating in MUN was a wonderful experience for me. It was a great opportunity to understand about the inner workings of United Nations where countries across the world discuss about the global issues. Delegates of different countries discussed and presented their views on a very critical topic that is 'Terrorism'. It was my privilege to take part in such a great conference and it enhanced my knowledge in the field of geopolitics. For this I would like to thank our Director Principal Ma'am and Divya ma'am.

Tanish Tiwari 11th E.



SANMATI  
H.S  
SCHOOL

**BRAIN STORMING SESSION AT MUN !!!**



## BUILDING TRUST AND THRUST IN THE CONTITUTION



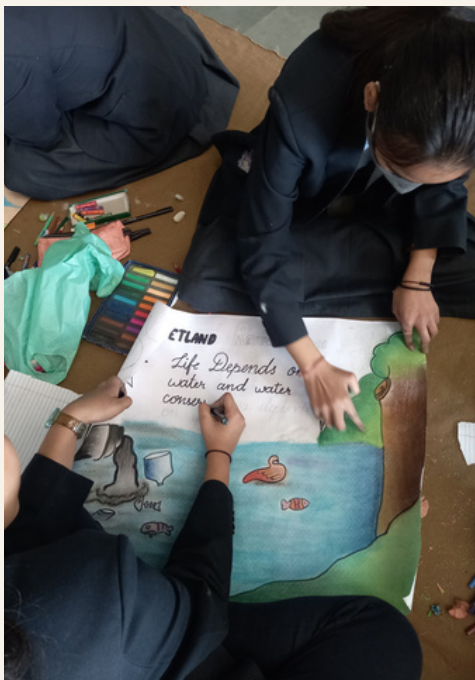
# PARLIAMENT SESSION

The parliamentary session held at A.V. Hall on 23rd November proved to be a thrilling experience for the 30 students who participated in it. Divided equally into Rajya Sabha and Lok Sabha, the students never had prior experience in the conduct of this session and hence it was very knowledgeable. It was an insightful event that explained the thorough procedure and the importance of this procedure. The participating students unanimously agreed that the experience was beneficial for their social and mental development levels. This event would not have been possible without the support and guidance of the school's Director Principal Ma'am and Miss. Divya Gupta ma'am. Overall, the session was a significant achievement for both the students and the school authorities who supported and encouraged us to make this event a success.



# WETLANDS DAY

BEAUTIFUL  
NATURE  
FOR BODY  
HEALTH



"Wetland Day" held at Sanmati H. S. School on February 2, 2023 was an informative morning. The brilliant performance of the students as they presented the rising concern for the Wetlands of the world following the theme of the day, "Wetlands Restoration", kept the audience spellbound for 45 minutes straight. The students with much glamour owned the podium and communicated their concerns and solution for the agenda across the hall.



WETLANDS





# VIKAS YATRA

Vikas Yatra is an initiative that aims to promote awareness and action towards sustainable development and social welfare in India. As a part of this movement, a group of 20 students recently performed a Nukkad Natak on the topic of water conservation. The performance was well received by the audience, and every student and teacher present received an honorary certificate from Mahendra Hardiya ji, MLA of Indore.

The Nukkad Natak was a powerful medium through which the students conveyed their message of the need for water conservation. The play began with a scene of villagers preparing for the upcoming festival, Holi, where water was scarce and villagers borrowed water from their neighbouring village. This scene was followed by a student who highlighted the importance of water conservation and the need for every individual to contribute towards it by taking the villagers into the future, where now it is water that is smuggled. Through their performance and the posters that they beautifully made, the students raised several important issues related to water conservation. They stressed the need to stop the waste of water. The Nukkad Natak also emphasised the role of the community in conserving water and how individuals could come together to solve the water crisis.

Overall, the Nukkad Natak on water conservation as a part of the Vikas Yatra was a success. It not only entertained the audience but also raised awareness about an important issue. The honorary certificates that every student and teacher received were a testament to their efforts and commitment towards creating a better future for themselves and their communities. It is initiatives like these that will help create a better world for future generations, and we must all work together towards this common goal.





# THEIR AURA REMAINS UNDIMINISHED .....



School life is more about experiences than academics, the people it gets you with, is surreal and exceptional it's all about observing things and learning from it, and I've enjoyed my this golden time to the fullest with all the ups and downs which are considerably foremost part of it.

-BY RISHI ANIYA AND SAMARTH KULKARNI  
XII A

Every competition outdoor team is a learning experience for me and with a wonderful opportunity to learn team spirit and collaboration. Success is best when it's shared.

BY-URVASH TIRLE XII A



“Childhood is all about having fun and enjoying life”. Celebrating the childhood in school and enjoying it with friends , the most memorable part of my life.

-BY KHUSHBOO KHAN XII A



# NOSTALGIC

# HEALTH AND WELLNESS

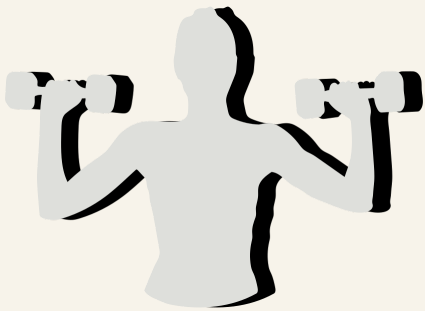


# HEALTH AND FITNESS



We have always heard the word 'health' and 'fitness'. We use it ourselves when we say phrases like 'health is wealth' and 'fitness is the key'. What does the word health really mean? It implies the idea of 'being well'. We call a person healthy and fit when he/she functions well physically as well as mentally.

## Factors Affecting our Health and Fitness



Good health and fitness is not something which one can achieve entirely on our own. It depends on their physical environment and the quality of food intake. We live in villages, towns, and cities. In such places, even our physical environment affects our health. Therefore, our social responsibility of pollution-free environment directly affects our health. Our day-to-day habits also determine our fitness level. The quality of food, air, water all helps in building our fitness level.

## Role of Nutritious Diet on our Health and Fitness

The first thing about where fitness starts is food. We should take nutritious food. Food rich in protein, vitamins, minerals, and carbohydrates are very essential. Protein is necessary for body growth. Carbohydrates provide the required energy in performing various tasks. Vitamin and minerals help in building bones and boosting our immune system. However, taking food in uneven quantity is not good for the body.

Taking essential nutrients in adequate amount is called a balanced diet. Taking a balanced diet keeps body and mind strong and healthy. Good food helps in better sleep, proper brain functioning and healthy body weight.

Include vegetables, fruits, and pulses in daily diet. One must have a three-course meal. Having roughage helps in cleaning inner body organs. Healthy food habit prevents various diseases. Reducing the amount of fat in the diet prevents cholesterol and heart diseases.





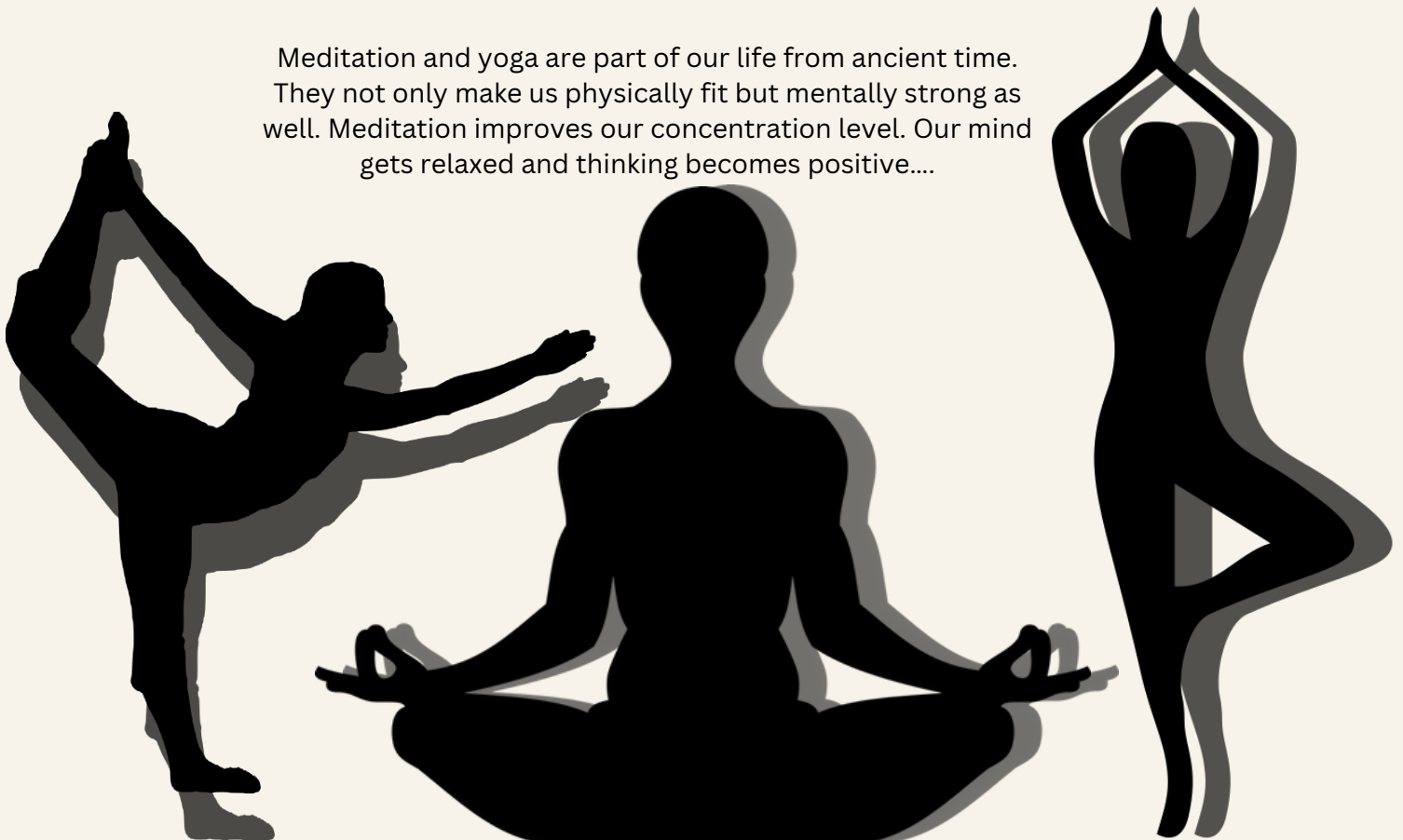
# Impact of Exercise on OUR HEALTH



Routine exercise helps improve our muscle power. Exercise helps in good oxygen supply and blood flow throughout the body. Heart and lungs work efficiently. Our bones get strong and joints have the pain free movement. We should daily spend at least twenty minutes in our exercise. Daily morning walk improves our fitness level. We should avoid strenuous Gym activities. Exercise burns our fat and controls the cholesterol level in the body. Various outdoor games like cricket, football, volleyball, etc keeps our body fit. Regular exercise maintains our body shape.

## Meditation, Yoga, and Health

Meditation and yoga are part of our life from ancient time. They not only make us physically fit but mentally strong as well. Meditation improves our concentration level. Our mind gets relaxed and thinking becomes positive....



# MOVE YOUR BODY





## ANNUAL SPORTS MEET PRE PRIMARY SECTION







# INTERNATIONAL YOGA DAY

**EFFERVESCENT ENTHUSIASM,  
TRULY ENCHANTING**



# NOURISH YOURSELF



# FOOD FUN

## MILLETS

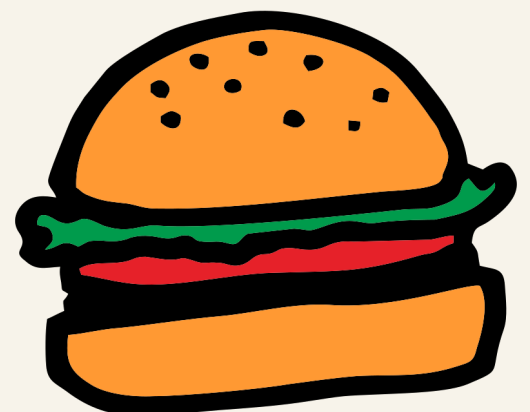
### SUPER FOOD MILLET

**Currently , India together with 10 states  
produce 98 % of millet**

**Milletts have high dietary fibre and are gulten –  
free , help in improving digestion system .**

**Milletts provide strength and calories to the body  
. Maintain heart health , good for skin and hair  
growth .**

**Improve respiratory condition and reduce the  
risk of developing TYPE- 2 diabetes .**





# GOOD FOOD GOOD LIFE

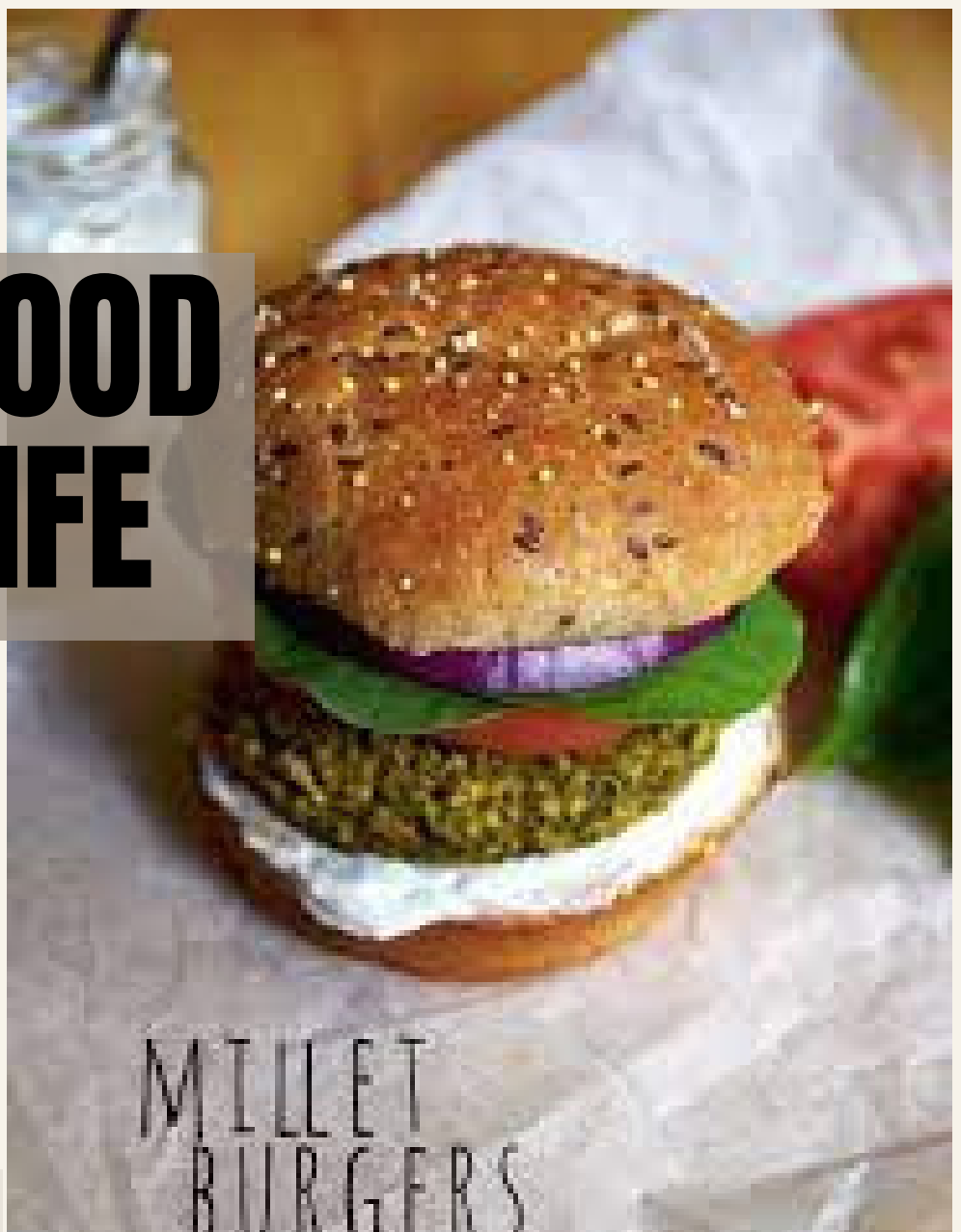
## KODO MILLET BURGER

### GET COOKING

Embrace your inner caveman and avoid delivery pizza, make true effort to engage in the process of preparing and eating meals. Leave your car in the garage and cook seasonally and simply at home. Buy locally and buy in bulk, if possible, do help in eliminating packing waste.

### COOKING A SNOOK

Making fun is blitz krieg of laughter and surge of happiness a criss- cross of jokes and wit we explore, engage and connect with. The audience at random to thrill. Fun is agog with excitement and fantasy at its chilling best. Creating different strokes and horizons of amusement. Itsy Bitsy Teeny Weeny.



### KODO MILLET BURGER RECIPE

- What if you could binge on a burger and not regret ?
- Here is a burger recipe that would help you do exactly that !
- stuffed with a patty packed with ground
- kodo millet , watermelon seeds , basil, parsley ,
- coriander , mustard and cumin .
- kodo millet burger has a tangy chickpea
- hummus spread on bun along with lettuce and served
- with a mouth – watering tomato salsa on the side

# GENDER EQUALITY



# HUMAN EMPOWERMENT WORKSHOP





# WOMEN EM PSYCHOLOGICAL

THERE IS NO  
AS WOMEN,

DIVERSE

POLI



# POWERMENT SOCIAL

LIMIT TO WHAT WE ,  
CAN ACCOMPLISH

TICAL

EMOTIONAL



# INSPIRATIONAL TALES





# AURORA BOREALIS

The aurora borealis or northern lights are glowing lights that occur at high northern latitudes. Most times, people will see greenish colour. However, other colours, such as red, white, pink, and blue, are also visible. Aurora is sometimes referred to as 'polar light'. It is predominantly seen in the regions of high altitudes like the Arctic and Antarctic. They generally occur in a band known as 'auroral zone'. The auroral zone is 3 to 6 degree wide in latitude. It lies between 10 and 20 degree from the geomagnetic poles.



## Best time to visit Aurora Borealis

The best time to visit aurora borealis is in winter because of the long dark hours throughout the day. The best time to see aurora borealis is at night. This is because sun is brighter than aurora lights. The best month to see aurora lights is between late August and March.

## Best location

Rural area Scandinavian countries are of the best place for aurora. One of the best place to see aurora lights is Lapland in Finland, which is the most popular choice of aurora visitors. Because this area is inside the 'aurora band zone' where most of the aurora activity is concentrated.

## What makes aurora happen ?

When the electrons reach Earth's thin upper atmosphere, they collide with nitrogen and oxygen molecules, sending them into an excited state. The excited electrons eventually calm down and release light, which is what we see as the aurora.

**BY - VAISHNAVI SINGH 8TH 'A'**



# INSPIRING TALKS

## A visit to Science lab

We had visited the science lab today .We saw a lot of scientific equipment like telescope and other such machines .Our teacher told us about their work .We were really curious about it .We got to know many things from them. It was a very educational experience for us We learnt a lot of new practical things .We learnt the reasons behind many naturally occurring phenomenon .

BY- MANAS JAIN V 'C'



## MY DREAM

My dream is to become a Neurologist. My childhood dream of becoming Neurologist shows my desire to help others and positively impact society. As a Neuro-doctor, I could provide medical care and treatment to patients with neurological conditions .However, reaching this dream would require time and effort and highly specialized nature including intensive education and training .So, Neurologist earn high salary .My career as a Neuro Doctor could provide social benefits. I can positively impact patients suffering from neurological conditions .I can contribute to neuroscience research by advancing the field with knowledge and expertise that is why, it is my most important dream.

BY- TANVI BIRCHHA  
V 'E'



## THE HAPPIEST DAY OF MY SCHOOL LIFE

School days are the most interesting days a person's life. The days of various functions at school make our life lovely , thrilling and full of fun and frolic . My joy knew no bounds as I was selected to be the queen of the erst while Holkar Dynasty. I was to portray the profile of Ahilya Bai Holkar the majestic queen. I would like to share with you my experience as I belonged to a minority community and I had no inkling of her portrait.

As the legacy and legend goes she was the majestic facade who transformed the city . She is the incredible soul of indore. The drama was a cherishment for me for years .

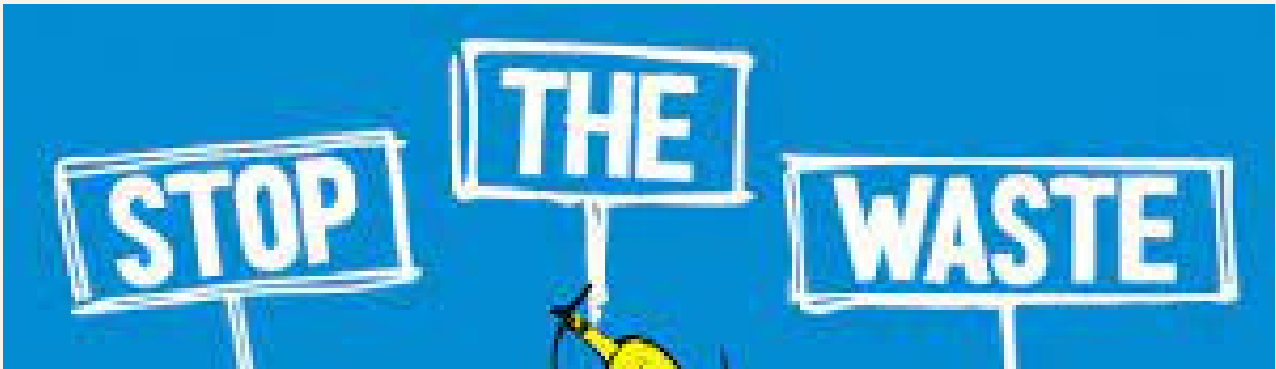
By sharleeze teshal ansari

## MY SCHOOL

My school is the best school ever. My school's name is Sanmati Higher Secondary School. My experience with this school is great. I have learned many things from here in 5 years. There are many different types of activities, games such as basketball, football, tennis, etc., and also many types of competitions like ad-made shows, photography challenges, etc.

There are many other labs as well, such as a computer lab, a biology lab, ATAL lab that is newly opened, etc. I really like my school. Also, it has a dance class , a music class as well as an art class that I really like.

BY- LAKSHITA GUPTA



### **WASTAGE OF FOOD**

Farmer works really hard in every season to produce food. Our parents also give efforts to cook food everyday for family. Millions of people are hungry every day. If we stop wasting food then they will not suffer from hunger. Hence we should not waste food. If we provide food to poor people they will be very happy. The best way to save wastage of food is by preparing our meal according to our need.

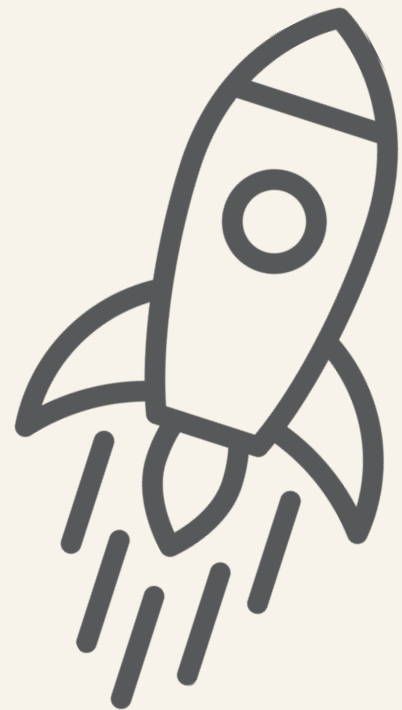


DHAVNI IV 'B'

### **THE HISTORY OF SPACE EXPLORATION**

The history of space exploration

We human being have been venturing into space since 1957 when the USSR launched Sputnik I, the first artificial satellite to orbit earth. This happened during the period of political hostility between Soviet union and United States known as the cold war. For several years they had developed the first ICBM (intercontinental ballistic Missiles) a rocket called R7. This competition came to a head with the launch of Sputnik. Carried a top R7 rocket the Sputnik satellite was able to send the beeps from a radio transmitter. Our country India also launched first satellite to space 'Aaryabhata' in 1975 under the leadership of great scientist and father of Indian space science Vikram sarabhai and through this our India inaugurated its new epoch of eminence.



**VALUES**  
**AND**  
**RESEARCH**  
BY LITTLE MASTERS



# EXPERIENCE WRITING



As my grade 5 journey is coming to end, I have collected many fun and joyful memories. One of them was the project of Thar desert. We had to make sure model of Thar desert. We were divided into two categories, one of girls and one of boys, of course I was in the girls category. First, we made a background covered in sand then we started making a base of the model. Then stuck the background and the base together. I and my group decided to make small elements like camels, cactus, hills etc. To make camel you need to draw a rough sketch of camel then cut it and colour. The process for hills, plants and the other elements. Now we arranged them and our project was ready. It was looking really amazing!! Thank you ma'am for making us feel this happy MOMENT!!

BY- AANYA JAIN V 'D'



My name is Ahana Bansal, I am a new student in Sanmat H.S School. I am from United States of America, and I had a very difficult time adapting to the Indian study syllabus. My excellent teachers and cooperative classmates really helped me to adapt to this new environment. The school extracurricular activities such as football and badminton add more fun in the school! very glad that I joined such a wonderful school and got such a helpful teachers and classmates! Best regards,  
AHANA BANSAL V 'C'



# POEMS



## Waiting for Santa

The night before Christmas  
When all through the house  
Not a creature was stirring  
Not even a mouse  
The stockings were hung  
By the chimney with care  
In homes, the Nicholas  
Soon would be there



BY- Amoli Khandelwal IV 'B'

Teacher I love you from my heart  
You taught me how  
To read  
To write  
To speak  
To sing.  
You hugged me when  
I cried  
You healed me when  
I got hurt  
Today I miss you ma'am  
And give you a big hug  
Tomorrow grow up with a smile.

BY -AARAV VERMA I 'A'



She is a girl /woman ,  
a human with a voice  
that makes the river  
flow at her command .

She is a person with strength  
to carry the stars  
and when she is doubted by others ,  
she laughs and lifts the universe  
with one hand

- SALONI SOLANKI VI 'C'



# IF I GET A CHANCE TO MEET WITH THE HONOURABLE PRESIDENT!!!

## AS AN AMBASSADOR!

First of all, It will be my honour to get this opportunity to be selected as an ambassador for 5th grade students all across the country and to meet the president! there are many things which I would like to share with the honourable president.

### I would like to discuss the following things:-

- I would like to discuss about the games and classes that usually get cancelled due to the incompleteness of syllabus.
- The compulsory activities in which we have to take part without any personal interest.
- I would like to tell the president about the wonderful and supportive teachers I have in school
- I will also discuss about the increasing weight of our school bags and how they have been so heavy for our little Shoulders.
- I would also like to discuss about co-curricular activities.

## SKY IS THE LIMIT



### I would choose to share the following experience of 5th graders:

- I would like to share about the various skill development activities that we have performed.
- I will also share about how we celebrated the "Azadi ka Amrit Mahotsav".
- I would also like to share how all fifth graders from my school and other schools are following our national leaders.
- I would also like to share about the parade we watched at Republic day this year.

BY- KINJAL PAL V 'C'



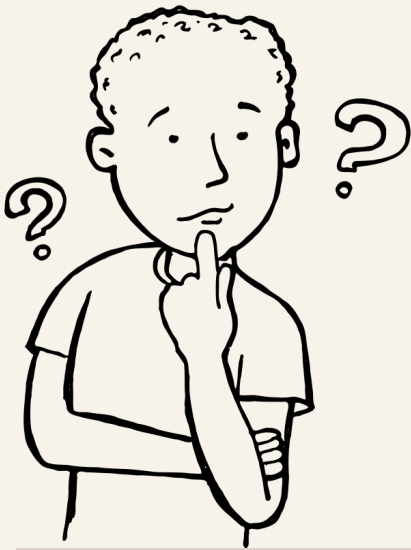
# INDIAN CULTURE AND HERITAGE



## ***Culture and heritage of India.***

The time spent in India has an extraordinary effect on one. It acts as a barrier that makes the rest of the world seem unreal. We Indians value our customs and traditions immensely since childhood. Our customs and traditions are very beautiful and they encourage us to stay humble and respect others. Our cultural heritage is most important to us. No matter how much we have progressed and how far we plan to reach, we can never forget our time tested culture and ethics, as they are embedded in us and are inseparable part of ours. We are blessed with our heritage and our heritage sites talk about the roots of our nation, and that makes us special in the world.





# A New Era Begins!

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## NEW THINKING

Do you know what is 'thinking'? If no, so don't worry, I am telling you what is it :- "Using your mind to think about something". Why we think? Yes after hearing this you thought why we think. According to science: - Neurons release brain chemicals, known as neurotransmitters, which generate these electrical signals propagate a wave to thousands of neurons, which leads to thought formation. One theory explains that thoughts are generated when neurons fire. Why we think one thought again and again? Alright, Let us discuss The process of continuous thinking about the same thoughts tends to be dark. A habit of rumination can be dangerous to our health (mental). Prolong or Intensify depression as well as impair your ability to think and process emotions. Now come to main point. What is New Thinking?. So, it is the doctrine put forth by Mikhail Gorbachev as part of his reforms of the Soviet Union.

## CALLIGRAPHY

Calligraphy is an art of the beautiful. It is an artistic process of forming elegant symbols by hand arranging them in an expressive and impressive way that inscribes words that possess integrity, harmony and rhythm. Harmony is a pleasing relationship between words and characters. Rhythm is deliberate repetition in calligraphy that creates feeling of pattern and emphasis with the eyes of the viewer.



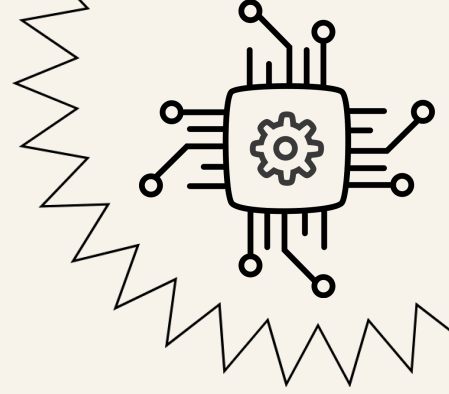


# MACHINE WITH AI





# TECH BLOG



As we all know, new ideas related to technology are emerging around the world. Not only in some of the countries, where the Resource Development have been established but also in countries where these resources lack in someway such as, INDIA, USA, JAPAN, GERMANY etc.

## 5G IN INDIA :

Prime Minister Narendra Modi today inaugurated 5G services in India, marking the beginning of the use of the next generation network in the country. However, 5G services will not be available in the whole country in a snap.

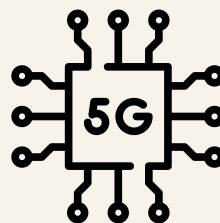
The 5G services will be rolled out in a phased manner. The 13 cities where 5G networks will be launched first include Ahmedabad, Bengaluru, Chandigarh, Chennai, Delhi, Gandhinagar, Gurugram, Hyderabad, Jamnagar, Kolkata, Lucknow, Mumbai and Pune.

- However, telecom providers like Airtel, Jio and Vodafone Idea may roll out 5G services in these 13 cities in a phased manner, which means if you are residing in one of these regions, it may still be a while before you can still use the service. Metropolitan cities like Mumbai, Delhi, Kolkata and Chennai are expected to be the very first regions to get 5G access, as also confirmed by Reliance Jio, which is set to launch its 5G plans in these cities by Diwali this year.
- 5G also has a number of other use-cases beyond faster download speeds. The service will also be used in various public services including the health sector, smart farming and disaster management which will help in making the world to overcome the past disasters or situations along with the Artificial technology Development just like 5-g neural networks!!

## WHAT 5G IS GOING TO OFFER:

Higher multi-GBPS speeds, lower latency, and higher reliability compared to preceding generation mobile networks are some of the advantages of fifth-generation networks. It is given that people with updated handsets and SIM cards will experience:

- Faster network
- Better signal strength
- Negligible latency
- Seamless connectivity
- Speedy data speed

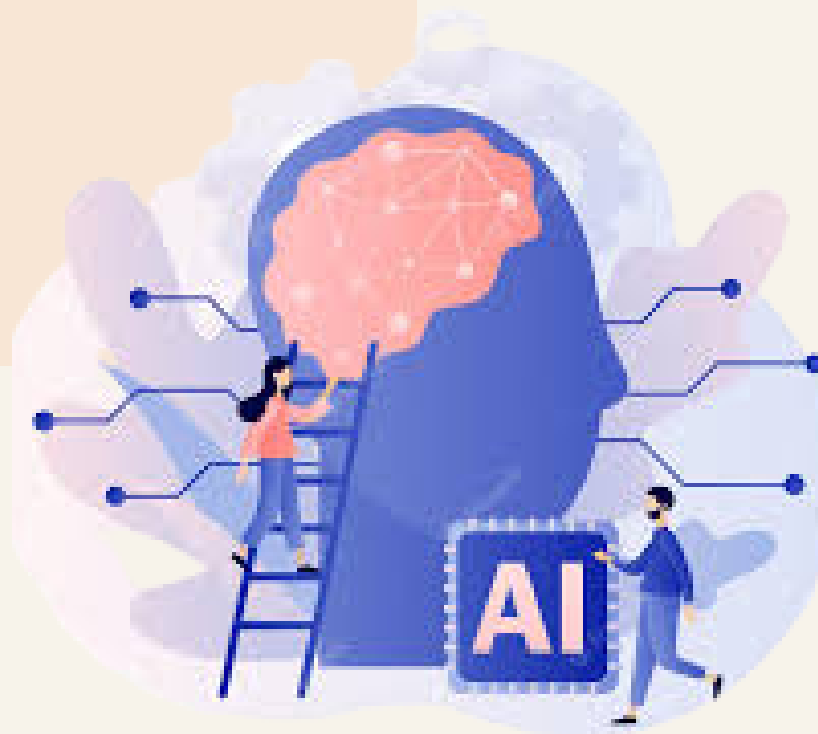


The new 5G network will also present use cases against AR/VR, AI, and high-speed broadband, among others, for users. Countries like the United States, South Korea, Europe, and China have taken the lead in 5G deployment.

# AI

## ARTIFICIAL INTELLIGENCE

India has a bright future ahead of it only if it's young minds are taught such essential subjects at a young age, the India Ministry of education has realized this and made it compulsory for school to have AI as a subject and has issued multiple books including knowledge of basics of AI and its sub-streams, namely robotics, machine learning and neural networks; moreover these books teach us the wonderful future predictions if development of AI is successful. A fascinating thing of this curriculum is that students are taught how to make future careers using this knowledge and how useful it was, is and can become if we all worked in its development together.

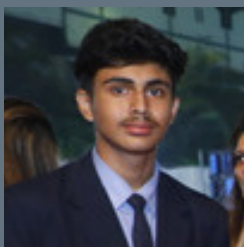


## AI(Artificial Intelligence) in India

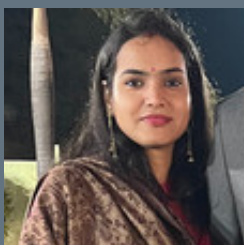
AI(Artificial intelligence) which was a few decades ago considered a good story in the realm of science fiction has come into the limelight, with its advancement in the recent years in various industries and sectors where it has been adopted to enhance efficiency, productivity and decision making. Some of the key areas where AI has significant importance in India include:

1. Healthcare: AI is being used to analyze medical records, diagnose disease and develop personalized treatment plans.
2. Education: AI powered educational tools are being used to enhance student learning and improve teaching methods.
3. Finance: AI is being used to analyze financial data and predict market trends, as well as to predict weather patterns.
4. Agriculture: AI is being used to enhance crop yields, optimize irrigation and fertilization and predict weather patterns.
5. Manufacturing: AI is being used to optimize traffic flows, reduce accidents and enhance quality control.
6. Transportation: AI is being used to optimize traffic flows, reduce accidents and enhance vehicle safety.

The Indian government has also recognized the importance of AI and has launched various initiatives and programs to promote its development and adoption in the country. For instance, the government aims to position India as a global leader in AI research and development, as well as to drive economic growth.



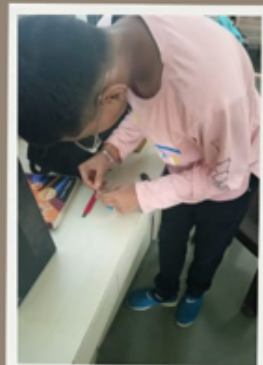
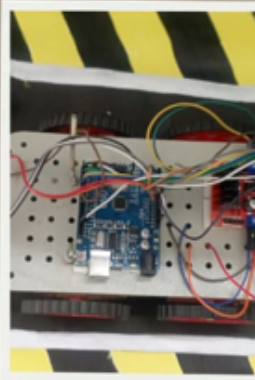
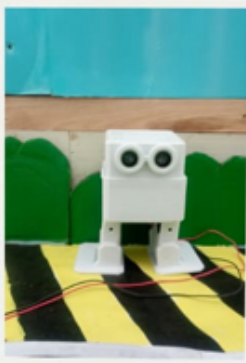
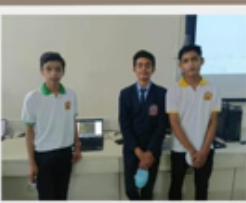
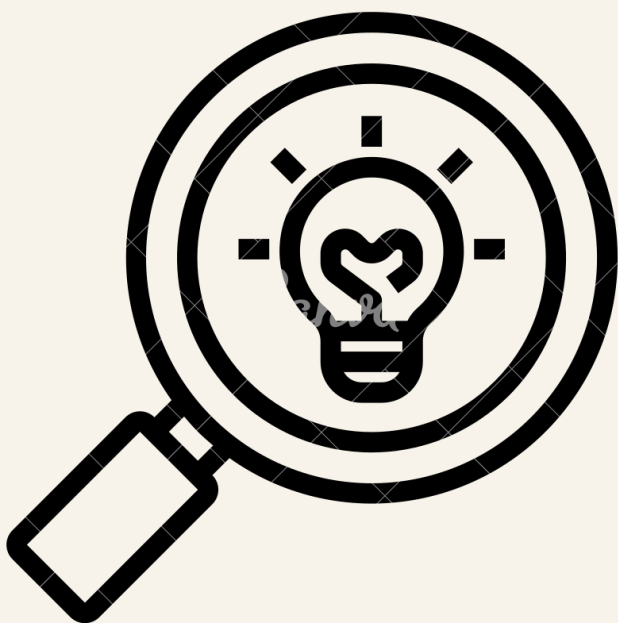
SHOURYA UDAWAT  
IX 'A'



RADHIKA MOURYA



# Research & Innovation





# SETTING THE CULTURE OF INNOVATION



# SCIENCE AND TECHNOLOGY

Science and technology are an important part of our life. It is hard to imagine that without this high end technology our life would have been nowhere every day new technologies are coming up which makes human life easier and more comfortable. The development contributes greatly to almost every aspect of our life. In short we must admit that science and technology have led humans to achieve perfection in living. However, we must utilize Everything in correct perspective and limited intent.

BY-Pari brambhatt  
IX 'A'



The students have been able to use the skills they learned in the lab to develop a prototype that has been successfully tested in the school. The project has been recognized by the government and the students have been invited to present their project at a national conference.

Apart from the project, the ATL lab has also been instrumental in providing students with the opportunity to participate in various competitions and events. The lab has been the breeding ground for many successful projects that have won awards at various national and international competitions. The lab has also been instrumental in providing students with exposure to the latest technology trends and developments.

The ATL lab has been preparing students for their future careers by providing them with the necessary skills and knowledge. The lab has been instrumental in developing students' problem-solving abilities, critical thinking, and creativity. The lab has been designed to provide students with an open and collaborative environment that fosters innovation and creativity.

The ATL lab has also been beneficial in improving the overall academic performance of the students. The lab has been instrumental in providing students with hands-on experience in various STEM subjects, which has helped them gain a better understanding of the concepts. The lab has been designed to make learning a fun and engaging experience for students. The vision of the ATL lab is to create a generation of innovators and problem-solvers who can make a positive impact on society. The lab has been designed to provide students with an open platform to explore their potential and creativity. The lab has been instrumental in instilling a sense of curiosity, innovation and creativity in students.



## ATAL TINKERING LAB

The program helped me to develop practical skills such as observation, analysis, problem-solving, and communication skills. Through the various activities and experiments, I have had an ATL set up in the campus, and the experience of students who have been a part of it has been nothing short of extraordinary. One of the projects that the students have been working on is developing a low-cost water filtration system. The project aims to provide clean drinking water to the rural population of the country.



INNOVATION

# BAL VIGYAN BIOLOGY

# F

## ARMERS ELECTRIC EYE - A SMART FARMING TECHNOLOGY -

Our aim of teaching is not only to prepare students for passing exams and achieve good score but also to prepare an individual student as a successful citizen in real life situations with the help of models and projects.

India suffers from acute water scarcity in many regions of Rajasthan, Gujarat, Haryana, Uttar Pradesh, Tamil Nadu, Andhra Pradesh, Punjab, Maharashtra, Madhya Pradesh etc. The BASE Project version is aim to provide an affordable Electronic system to farmers, which will help them to irrigate more crops with the use of less amount of water, especially in water scare regions with the help of "soil moisture sensors" i.e. Farmers Electric Eye. Also make it available to all other Indian regions, which will finally be resulting in to low-cost agricultural production by the use of less electric and oil power for water pumping and irrigation. This base Project version will help us to achieve the Indian Government aim of "Per Drop, More Crop".

This will also help Indian Government to remain an agriculture based economy and also to meet the present food crises of world. The advanced version of this project will help farmer to automate many other activities i.e., by automating the collection and transfer of data using a Farm Management Information System (FMIS). This will help them in analyzing the soil conditions especially for fertilizer and pesticides requirements. These data collections will also help in several functions, such as harvesting, seedling, weed detection, irrigation, spraying of agricultural pests, livestock applications, etc. Ultimately this will help them to monitor other farming data to work on stabilizing the output of and forecasting the likely crops productions. This project got prizes over various platform of CBSE "Bal Vigyan" and also got recognition on various other platform. Our team members are Rohini Soni (12th), Warda Chaudhary (12th), Param Meena (11th) and Rahul Jain (10th); guided by Mrs. Manisha Gupta and Mrs. Krishna Verma under supervision of Director Principal Dr. Archana Sharma Ma'am.

Manisha Gupta  
PGT BIOLOGY.



# SENIOR BAL VIGYAN



## SOCIAL SCIENCE

Competitions are the embodiment of hard work and dedication as they let individuals strive for success by putting their best foot forward. With an objective of giving a unique platform to young students, Senior Bal Vigyan is a benchmark Inter school competition under the aegis of Indore Sahodoya School Complex to ignite the innovative scientific ideas of the students through a research project presentation. Through this activity students connect different subjects with science as it is based on experiment research and technology based learning. Students also learn team work leadership qualities experimental learning rather than rote learning. To introduce innovative bridge for improvement in basic technology regarding transportation. Bridge, structure that spans horizontally between supports, whose function is to carry vertical loads. The prototypical bridge is quite simple-two supports holding up a beam- yet the engineering problems that must overcome even in this simple form are inherent in every bridge: the support must be strong enough to hold the structure up and to carry the loads.

Smart bridge system is needed because of the vulnerable conditions of bridges during the time of floods. Large items, such as trees, vehicles, appliances, or even whole structures, could be picked up by flood water and slammed into a support pier, road bed, or other part of a bridge, causing structural damage.

### STUDENT WRITEUP

Participating in the social science Bal Vigyan competition was a new thing for me. I have learned a lot of things that how technology plays a social role. How technological advancement took time for social change. During the preparation for bal vigyan it enhanced the team work quality of everyone that how to work along with a team that provides productive results. Bal Vigyan competition helps us to understand how every sector of our country is interconnected with each other hence it fulfills the goal of holistic education. I would like to express my gratitude towards the school, Director Principal mam, Tanvi mam and Sunitha Jain for providing an opportunity to take part in such a great competition.

BY- TANISH TIWARI XI 'E'

# SENIOR BAL VIGYAN

## COMPUTER SCIENCE

TEAM: ASIF RAZA, MARIYA S. KESURY, SHOURYA UDAWAT, NASIR KHAN



### BY LAVESH KAPOOR

Metaverse is a combination of multiple elements of technology, including virtual reality, augmented reality, and video where users "live" within a digital universe. Metaverse is the next version of the Internet focused on social connection. It aims to replace the physical world with the virtual world, to resolve an infinite number of problems which our contemporary world is facing. Metaverse is a gateway to the modern world, we as humans have always dreamed of. Mark Zuckerberg says, India is going to be a huge part of Metaverse considering that India's online gaming sector, one of the important components of Metaverse, has seen a lot of growth over the past few years.

### BY MARIYA S. KESURY AND ASIF RAZA

We arrived at the venue for the Balvigyan competition at Shri Shri Ravishankar Vidya Mandir on 6th of December. Our topic was on Metaverse. We learned a lot and had a good time while doing it. There were many new things that we learned and experienced, with us carrying bitter sweet memories after it all ended.

We learned about how we can create our own world in this virtual world, which is called

Metaverse. It has different levels, like the real world and the digital world, but they are

connected to one another through nodes or servers. You can also create an avatar in this virtual world and interact with other avatars who are also part of the same network.

We also learned about how you can play games in this virtual world where there are different types of games like card games or board games that can be played by multiple players at once: In some cases, the players may have to work together to win over their opponents!

The most interesting part about this competition was when students from other schools came

together to compete against each other in order to see who would come out on top, which was

a fun experience over all !!

# STRINGS MUSIC & MELODY







# MUSIC



The tantalizing aromas of music that lifts and defuses, casting a spell that no boundaries. Our musicians dipped in passion bonds and binds everyone our musical ensembles will elevate you into mesmerizing fusion and spell bounding. Life becomes an incredible journey of appreciation and admiration and a signature of success.

Our musical orchestra is reveting, engrossing and enchanting monumental spectacle. It is collective crusade and they are meticulously, assiduously groomed to enthrall a captivating audience and you will be zapped by Sanmati rappers.

# MUSICAL INSTRUMENTS



GUITAR IS A FAMOUS WESTERN MUSICAL INSTRUMENT

IT IS A FRETTED MUSICAL INSTRUMENT THAT COMMONLY HAS SIX STRINGS IT IS PLAYED BY STRUMMING AND PLUCKING WITH THE DOMINANT HAND AND PRESSING SELECTED STRINGS AGAINST FRETS WITH THE FINGERS OF OPPOSITE HAND. A PLECTRUM IS ALSO USED TO STRIKE THE STRINGS. THE SOUND OF GUITAR IS PROJECTED EITHER ACOUSTICALLY OR ELECTRICALLY THE GUITAR IS CLASSIFIED AS A CHORDOPHONE WHICH MEANS THE SOUND IS PRODUCED BY VIBRATION OF THE STRINGS STRETCHED BETWEEN TWO FIXED POINTS.

THE CLASSICAL GUITAR (SPANISH GUITAR) IS ALSO PLAYED AS A SOLO INSTRUMENT USING A FINGERSTYLE TECHNIQUE WHERE EACH STRING IS PLUCKED INDIVIDUALLY BY FINGERS. THE TERM "FINGER-PICKING" CAN ALSO REFER TO A SPECIFIC TRADITION OF FOLK OR COUNTRY GUITAR PLAYING IN THE UNITED STATES.

BY- ALOK VERMA [GUITARIST] XI 'C'

TABLA IS THE MOST FAMOUS PERCUSSION INSTRUMENT OF NORTH INDIA. IT IS MOST COMMONLY USED IN NORTH INDIAN CLASSICAL MUSIC, BUT ITS VERSATILITY IN ALL MUSICAL STYLES HAS ENABLED IT TO BECOME THE MOST POPULAR PERCUSSION INSTRUMENT IN ALL OF INDIA. TABLA, A SET OF TWO DRUMS, IS THE MODERN CARETAKER OF AN ANCIENT RHYTHM . MY EXPERIENCE IN MUSIC BECAME MUCH BETTER UNDER THE ABLE GUIDENCE OF OUR MUSIC TEACHERS . I'M A TABLA PLAYER AND HAVE HIGH ASPIRATION AND DREAMS . I KNOW MUSIC ITSELF IS A LAKE OF DREAM , WHERE WORDS FAIL MUSIC SPEAKS ...

-AKSHITA JAIN





# OUR VOCALIST

Step Up Your Style Game with Our Latest Fashion Collection!



Giving tribute to martyrs at regal square



Bharat vikas parishad group Hindi and Sanskrit patriotic song competition District level (won first prize)



Patriotic group song competition organized by sewa surbhi . (Won third prize)



Patriotic group song competition organized by seva surbhi . (Won third prize)



Bharat vikas parishad group Hindi and Sanskrit patriotic song com. District level (won first prize)



Folk song competition



State level Hindi and Sanskrit patriotic group song com state level ( won second prize) at Gwalior

"FOR ALL SEASONS , ALL REASONS CROWING GLORY"



# EVENTS AND ACTIVITIES



# WORKSHOP ON ECO-FRIENDLY GANESHA IDOL MAKING GANESHA STRIKING IN POSES



Sanmati H.S. school held a workshop on Aug 30 th 2022, for the auspicious occasion of ganesh Chaturthi. 1500 students from class VI to X participated in the workshop, they had brought the garden soil, metal / wooden flat plate, seeds or herbs, toothpick, coconut oil and newspaper. Mrs. Nidhi Kanungo demonstrated the idol making to the students and live through online to the parents as well, so that they could make more idols at home.



## COLORING CONTEST

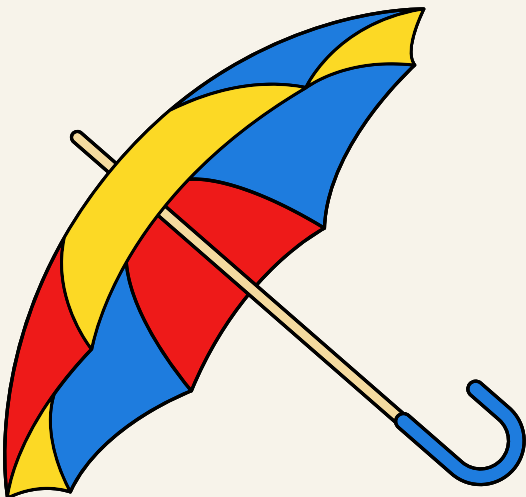
A Raft bunch of kids emplaned on a coloring contest to express themselves. Their elegant coloring strokes brought smiles all around. This bare dare brigade entered into the riot of colors unveiled their unexplored potential and unimaginable profile. The coloring contest was everyone's delight and redefining merriment the Sanmati way.It was prize and pride for our perspicacious little cohorts.



# RAINY DAY CELEBRATION



A Rainy Day is like a lovely gift. You can sleep late and not feel guilty. Life is not about waiting for the storm to pass, it is about learning to dance in The Rain. Our little marionettes striving to make a mark through rain and shine. Our rainy days are majestic and mystical. Rainy days are our premium partners without whom we are at a closing hurrah of the droplets.





# PARAKRAM DIVAS

It was a great privilege to present a lecture on my role model, Netaji Subhas Chandra Bose in front of all my friends and teachers. Our Indian History has never successfully narrated the true and complete story of Netaji and a great significant part of it was hidden in the said pages of time and history. It hence gives me immense pleasure to make my friends aware about the inspirational life and of the crucial role that our Netaji played in the freedom struggle of India on this auspicious day of Parakhram Diwas.

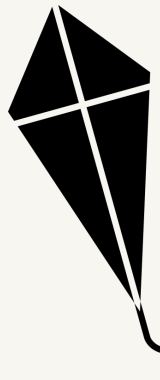
Parakram Diwas is a national event celebrated every year in India to mark the birthday of the prominent Indian freedom fighter Netaji Subhas Chandra Bose which is celebrated annually on 23 January.

Netaji played a pivotal role in Indian independence movement. He was the head of Indian National Army (Azad Hind Fauj). He was the founder-head of the Azad Hind Government. The government, hence pays tribute to his great survive to India on this day.

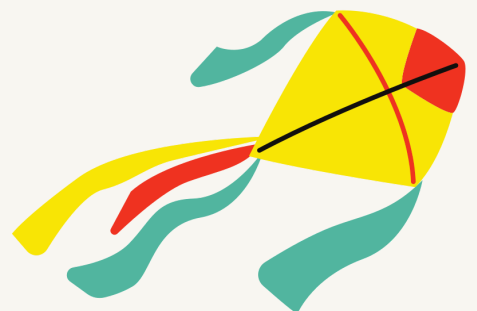
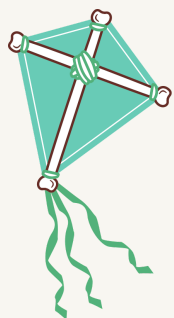
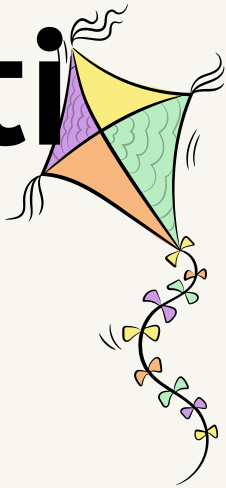
**-TANISH TIWARI 11 'E'**



# Kite Flying Activity



## Makarsankranti Celebration







# STAND UP COMEDY

LICENSE TO TRILL & REVEL







## PONDERING OVER SOCIAL ISSUES



BE THE CHANGE

# HINDI EXTEMPORE



## IMPROMPT TO BANTER

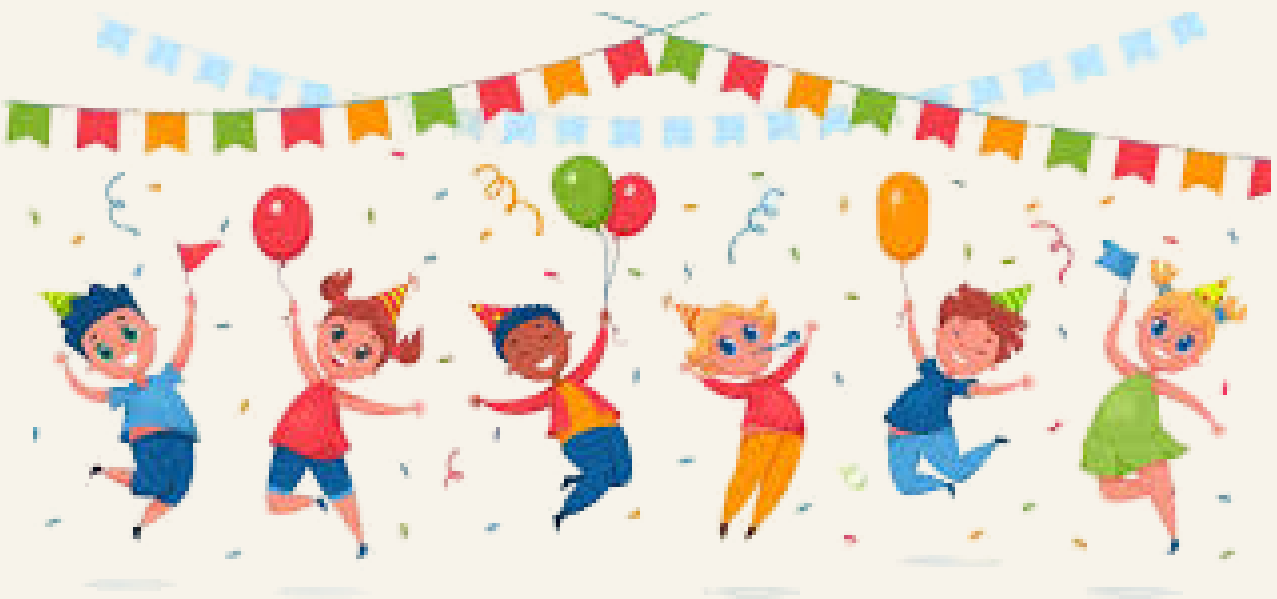


# DIFFERENT ART WORKS





# CELEBRATIONS





# INVESTITURE CEREMONY

Investiture ceremony is the most awaited moment for the students , when they find the newly elected council members. This year “ Sparsh Malviya” and “Mishika Gangwal” were elected as president and prime-minister respectively. The Director Principal Ma'am administrated the oath and blessed the cabinet members and 20 house representatives to act wisely in the interest of the students and help to maintain discipline.

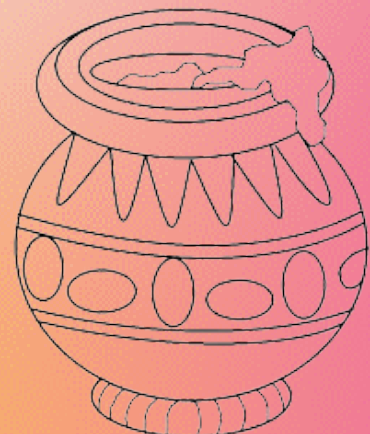


**EMPOWERING THE MAXIMUM LEADERS**

# EXHILARTED , EXUBERANT FESTIVITIES



# JANMASHTAMI CELEBRATION





# INDEPENDENCE DAY



We reclaim and reimagine the Republic. A day sans slavery and bondage, start of a new era, a day we commemorate the honour and dignity of the lives sacrificed. A stupendous display of national fervour and of light of National ambition in this big fat world. We the booming Indian zestly Celebrate the day with fun frolic and excitement and glamorously extend the frontiers of our imagination of our mother land. We cherish the grace and glory of our country in an arry of fields grabbing the World eye balls. Our embarkment for a saner and kinder better world would continue for the centuries to come. We solemnize our impeccable craftsmanship and breathtaking performance listing towards greatness and growing up to global centre.







## GLIMPSES OF FREEDOM CELEBRATION





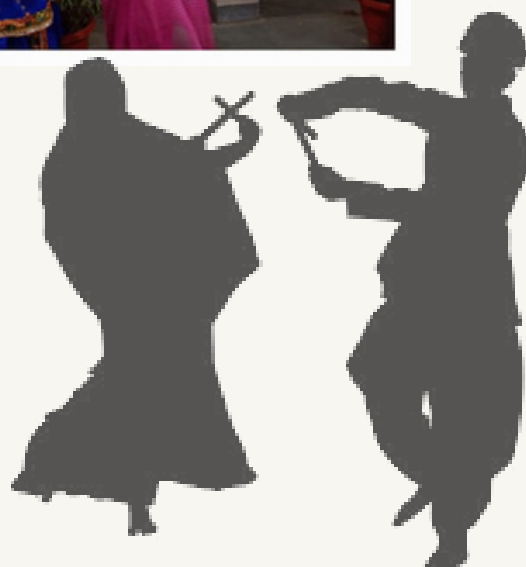
# TEACHER'S DAY CELEBRATION



DIFFERENT STYLES & STRIDES...



# GARBA CELEBRATION





# DIWALI

## ( LAMP CRAFTING ACTIVITY)



**KIDS AT THEIR SHRILLING BEST**



# CHILDREN'S DAY



Children are the buds in the garden and should be nurtured carefully . They are the nation builders , resourcers , innovators , dreamers and the future of the world .





# GRADUATION CEREMONY

Pre school graduation ceremonies aren't just for parents and teachers, they are extra special for the kids involved too. It's the beginning of a formal schooling for many childrens and it's a time filled with excitement and mastering developmental skills they'll use for the rest of their academic apple cart. Finishing preschool is a big deal. Celebrating the end of preschool with a wonderful way to help student's confidence, mark their archeivements and encourage them to keep learning for years to come. It will fill your students eith pride and confidence they will carry with them in future. it is a special moment to mark a milestone ,completing their first year if school. A preschool graduation is an inspiration for students for years to come.



# FAREWELL GALA



# WISDOM SHARING





# NEW EDUCATION POLICY

## EXCLUSIVE INTERVIEW WITH OUR DIRECTOR PRINCIPAL MA'AM

Q. What according to you is special in NEP 2020?

- It is the first Education policy of 21st century.
- Not only that it is a futuristic document which is the reflection or outcome of humongous exercise to establish the aspirational goals of 21st century which are aligned with sustainable goals of 2030 & at the same time it is also building upon India's traditions & value system.
- There couldn't have been better time for India to come up with their education policy as we know that the whole world is looking up to India for the largest pool of skilled human resources with the changing employment landscape & global ecosystem. It is imperative that not only students but adults also learn how to learn continuously.

Q. What are your views on NEP 2020?

I am personally highly impressed with NEP 2020 due to its humanistic version. We are fortunate to be a part of an era where so much importance is being given to the future of education. We are being instrumental in developing a holistic education system which will provide not only the comprehensive knowledge but life skills needed for students to thrive at global level..

Q. How is NEP 2020 better than present policy?

As told before, the beauty of NEP 2020 is in integrating the ancient Indian value based education with the present technology dominated teaching & learning process.

Q. How is it useful for the students as well as teachers?

If implemented in true letter and spirit, it is definitely going to be useful for our students as well as teachers to get or to be equipped with a sense of purpose & the competencies they need to shape their own lives as well as to contribute to the lives of others. Our teachers need to feel proud of the fact that along with building the subject based competencies of the students, they are also raising the human resources to have a great impact on the future global economy.

Q. How can we achieve the goal of holistic education through NEP?

NEP 2020 has a clear holistic approach to develop learners social & academic maturity to accept the life challenges. It is expected that the academic process will be designed in a manner that along with subject knowledge the students are trained to become independent thinkers who have problem solving approach by tinkering with ideas and information from different perspectives.



# New National Education Policy 2020 (NEP 2020)

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Special feature of NEP is that it focuses on teaching to implement the acquired knowledge and skills in their practical life. The incorporation of at least to 2 languages that are native to India. I believe that NEP is very beneficial for students, be it their health or their academic Carrera or their day to day life. The NEP emphasizes on actual learning over rote learning memorisation. It focuses on explaining concepts via fun and engaging activities. The mental and physical wellbeing of the students is also factored in while deciding the curriculum. The changed structure will reduce the stress of board and will channelize the students' focus towards practical skills and vocational learning. The flexibility to choose subjects will allow students to have broader options to learn now.

**BY- Sunita Sharma ma'am**

The National Education Policy (NEP) aims to transform India's education system by 2030. It is a comprehensive framework for elementary education to higher education as well as vocational training in both rural and urban India. The policy aims to reduce the curriculum load of the students and allow them to be more "inter-disciplinary" and "multi-lingual". One example given is "If a student wants to pursue fashion studies with physics, or if one wants to learn bakery with chemistry, they'll be allowed to do so". Report cards will be "holistic", offering information about the student's skills.

This will help the students experience the global quality of education in their own country. The policy of introducing multi-disciplinary institutes will lead to a renewed focus on every field such as arts, humanities and this form of education will help students to learn and grow holistically . **BY- Ekta Ranadive ma'am**



NEP 2020 aims at making the education system holistic, flexible, multidisciplinary and also to meet the needs and demands of 21st century.

NEP is a comprehensive framework to guide the development of education in the country. The need for the policy was first felt in 1964 and by the suggestion of Kothari Commission first education policy was passed in 1968. The second policy for education was revised in 1992. After 34 years, the third National Education Policy was released in 29/07/2020. The NEP 2020 is based on the foundation pillars such as access, affordability, equity, quality, and accountability.

NEP recommends reconstructing of the entire education domain of India. It talks about foundational and numeracy and skill education to transform India to face 21st century challenges. The success of any education policy rests upon the belief and efforts of its fraternity. **BY- Tanvi Bafna ma'am**



# MOTIVATIONAL TALKS BY BRIG. BHANOT



## WORDS OF WISDOM





# DIGITAL MICROSCOPY WORKSHOP

TRUELY,  
MADLY,  
DIGITALLY.





# ECO-BRICKS





# ALUMNI SPORTS MEET







# VISITS

SESSION 2022-23



## CREATURE COMFORT

VISIT TO INDORE ZOO  
PREPRIMARY





# VISITS

SESSION 2022-23



KIDS STRUTTING AROUND

VISIT TO SAFARI WORLD







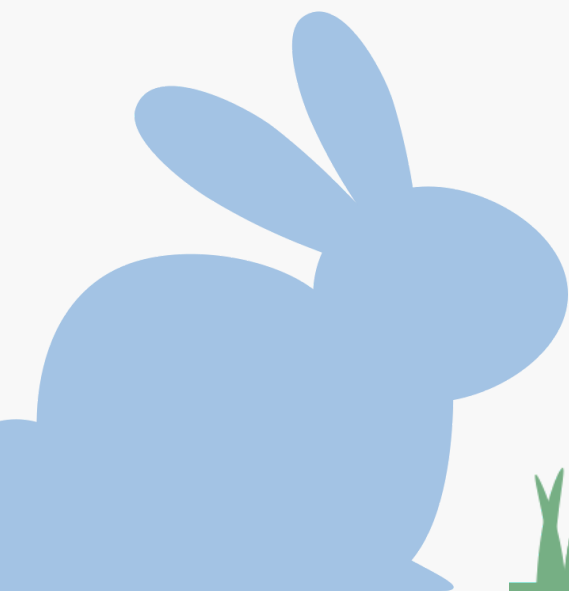
## VISIT TO PARLIAMENT







## CHILLING ZONE



## RIDDLES

**1. It is greater than God and more evil than the devil. The poor have it, the rich need it and if you eat it you will die. What is it?**

ANS:- Nothing. Nothing is greater than God, nothing is more evil than the Devil, the poor has nothing, the rich need nothing and if you eat nothing you will die.

**2. It walks on four legs in the morning, two legs at noon and three legs in the evening. What is it?**

ANS:- Man or woman. Crawls on all four as a baby, walks on two legs as an adult and uses two legs and a cane when they're old.

**3. I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. What am I?**

ANS:- The letter e.

**4. What always runs but never walks, often murmurs, but never talks, has a bed but never sleeps, has a mouth but never eats?**

ANS:- A river.

**5. I never was, am always to be. No one ever saw me, not ever will. And yet I am the confidence of all, to live and breath on this terrestrial ball. What am I?**

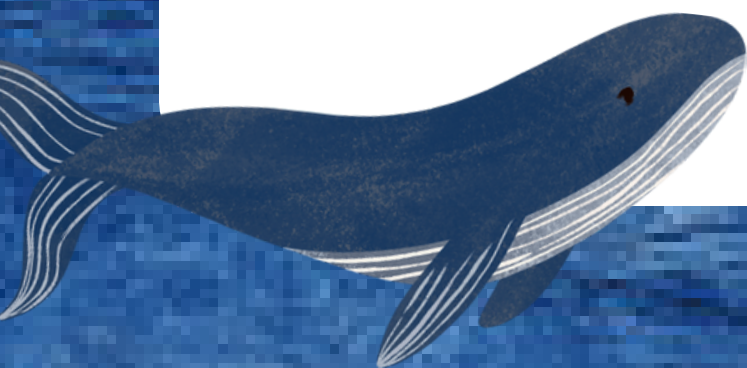
ANS:- Tomorrow or the future.

**6. There was a green house. Inside the green house there was a white House. Inside the white House there was a red house. Inside the red house there were lot of babies. What is it?**

ANS:- A watermelon

**7. What is in seasons, seconds, centuries, and minutes, but not in decades, years or days?**

ANS:- The letter 'n'.





8. The one who makes it, sells it. The one who buys it, never uses it. The one that uses it never knows that he's using it. What is it?

ANS:- A coffin.

9. The more you have it, the less you see. What is it?

ANS:- Darkness.

10. What English word has three consecutive double letters?

ANS:- Bookkeeper.

11. What's black when you get it, red when you use it, and white when you're all through with it?

ANS:- Charcoal.

12. I am always hungry,  
I must always be fed,  
The finger I touch,  
Will soon turn red.

ANS:- Fire.

13. Until I am measured  
I am not known,  
Yet how you miss me  
When I have flown.

ANS:- Time

14. Each morning I appear  
To lie at your feet,  
All day I will follow  
No matter how fast you run,  
Yet I nearly perish In the midday sun.

ANS:- Shadow.

15. My life can be measured in hours,  
I serve by being devoured.  
Thin, I am quick Fat,  
I am slow Wind is my foe.

ANS:- A candle.

16. I am seen in the water  
If seen in the sky,  
I am in the rainbow,  
A jay's feather,  
And lapis lazuli.

ANS:- Blue.

17. You heard me before,  
Yet you hear me again,  
Then I die,  
'Till you call me again.

ANS:- An echo.

18. Say my name and u disappear. What am I?

ANS:- Silence.

19. Why doesn't a mountain covered in snow catch a cold?

ANS:- Because it had a snow-cap

20. I am a box that holds keys without locks, yet they can unlock your soul. What am I?

ANS:- A piano.

21. What gets wetter as it dries?

ANS:- A towel.

22. I am full of holes, yet I am full of water. What am I?

ANS:- A sponge.

23. Feed me and I live, give me a drink and I die. What am I?

ANS:- Fire.

24. The more you take, the more you leave behind.

ANS:- Footsteps.

25. It cannot be seen,  
it cannot be felt,  
Cannot be heard,  
cannot be smelt,  
Lies behind stars and under hills,  
And empty holes it fills. Comes first follows after, Ends life, kills laughter.

ANS:- Darkness.

26. If you drop me I'm sure to crack but give me a smile and I'll always smile back.

ANS:- A mirror.

27. What goes up but never comes down?

ANS:- Your age.





# QUINTESSENTIAL INDORE

Annual Day Celebration









## QUINTESSENTIAL INDORE





















SESSION  
2022-23

**111**

# SANMATI - THE WISDOM COLLEGE



## OUR NEW VENTURE