



# JMPS

Learn to live | Live to learn



## RUNDSCHREIBEN

### *Exploring Individuality Through Artistic Expressions*

It is common for us to strive to be perfect—a mythical word, as some would say—but we strive towards our individual understanding of being perfect, and instead of touching upon our craft stepwise, we tend to jump to what we think could be the best. JMPS believes that each child carries the potential to create the best, and we teach them to do so in an accretive manner, going good, better, and then best. It follows steps that students might not realise, but we support them at each stage of their creation, and help them establish their individuality through their Artistic Expressions.

#### *“Art is the sight of an Artist”*

A sculptor sculpting all their Sculptures, touches upon every little detail of it according to their fascination. They

shape the sculpture like they desire it to be, because it is in their power to carve their imagination into reality, and if that does not enchant us enough, then what could?

#### *“Art is the voice of an Artist”*

The painting you have hung on your

wall could be the painter's deepest desires—or their most feared dread. The *Starry Night* by Van Gogh may display his admiration of the silence that the nights bestow, or maybe his yearning to dedicate himself to one of such nights, under the starry skies. The point is that all you see is a painting, but it screams louder than music—we just need to listen closely enough.

#### *“Art is the touch of an Artist”*

Why is your favourite singer your favourite at all? Why does your favourite author enthrall you? How does your favourite dancers manage to leave you static

through their moves? Well, we believe, it is because they carry in them the extraordinarily captivating skills to expedite their Art. *They touch your soul.* They sow the seeds of the notion of beauty in your mind and reap real beauty out of them. *They touch your heart.*

#### *“Art represents the Individuality of the Artist—the abstract part of their being.”*

When somebody reads a poem written by you, they read inches of your mind, your heart, and your soul, combined. This is what makes Art so vulnerable and we have always taught our students to embrace their vulnerability in order to establish their strength. You, willingly, put your heart out in the hands of your audience, and they can further shape it in whichever way they want to. Interpretation becomes a drastic weapon for an Artist. Your audience can interpret your work in ways you wouldn't have meant to put it out there in the first place—the beauty of individual differences comes handy!

#### *“Your Art represents You”*

JMPS tells its students that there's both beauty and devastation in Art, but if they manage to build enough faith in themselves, they must not hesitate to stand out. We teach them to keep making Art till they feel it couldn't get better. We teach them to give their passion every ounce of their hard work and creativity, and the end result is better than they could possibly imagine. We tell our students, *“Create, don't halt.”*



# *The Fragments of the* **Principal's Thoughts**



***Ms. Madhu Sinha***  
***(Principal)***

*" Knowledge Is Power. Information Is Librating.  
Education Is The Premise Of Progress,  
In Every Society, In Every Family."*  
*Kofi Annan.*

**O**ur school has achieved many remarkable and outstanding achievements in the fields of Education, Sports and various School activities. Every step climbed on the ladder of success has signified the hard work and initiatives put in by each faculty member. This triumph is unequivocally a great accomplishment and gives a sense of pride to the school, considering how everyone, including the students, put in their best efforts to make it happen. As the Principal of the school, I feel very honoured and privileged to be an integral part of an educational institution where every person is keen to learn, discover and progress in the field of education—thereby maintaining and upholding very high standards with utmost commitment, with the motive to constantly improve the academic performance.

I firmly believe that education is a very resourceful gift, and the harder one works, the more they prosper. In this field, undeniably, both students and teachers have to put in their best efforts and strategies to progress while scaling to the pinnacle. Our institution is motivated by well-built and fortified strategies, based on fondness and discipline, to foster a

positive learning method. Fondness enables students to nurture trusting relationships in which they develop a positive attitude, which, in return, is appreciated by the teachers. Discipline helps students to attain a sense of responsibility, self-control and smart decision making skills, accompanied with confidence and self-discipline.

Joseph and Mary Public School is highly concerned with refining the moral values of the students, while also inculcating in them the ethics of being patient, courageous, kind and supportive. Great emphasis has been put on making students free from stress, and attaining a peaceful state of mind, which will benefit them in the longer run—even outside the school.

I advocate centralisation of the mutual relationship between the teachers and parents, for proper Educational, Mental and Physical development of the students. The stronger this relationship, the more the child will thrive and progress. Some of the vital issues which are imperative to attain high academic and moral standards of any child have repeatedly been discussed in depth within the institution. Moreover, we hold that there is a vast perspective that is yet to be explored for a more detailed interaction between the parents and the teaching staff, for which we welcome you to collaborate and discuss any aspect of your child's development process with the faculty members. With your propensity to trust that the teachers here are the right Guides, Developers, Moulders and Well-wishers of your child, shaping them into precious citizens of the nation, you are certainly contributing to your child's overall development.

*If we want to reach real Peace in this world, we  
should start educating Children.*

*Mahatma Gandhi*

However, a constructive process is left on a cliffhanger without self awareness stemming from self assessment and self introspection. Our JMPS family is no different: we need our students to be as reflective in their thoughts, ideas and actions as our teachers are. By doing so, they would not only move an inch closer towards better academic performance, but also cater to multiple aspects of their personality, including their mental, social, and emotional development, resulting in holistic well-being. We have always put an emphasis on success, and I personally believe that it stands for Sincerity, Understanding, Cooperation, Community, Eagerness, Strategy, and Serenity—which are all keywords to an unreservedly healthy and victorious life.

I am extremely thankful and appreciative for all your valued support and initiative in this noble cause, and also very hopeful that our efforts will bear rewarding and sweet fruits in the near future.



# ANNUAL SPORTS MEET

*“Physical toughness and mental health both are improved by participating in sports.”*



**J**oseph and Mary Public School organized its 'Annual Sports Meet' on 4th February 2023 in the school premises on a grand scale with great fervour. Respected chief guest Mr. Ajeet Kumar (International Referee of Kabaddi), Mr. Praveen Badhana (Executive of Chandrawal Kabaddi Association), Mr. Surender Dedha (Organising Secretary of Chandrawal Kabaddi Association), Mr. Anuj Dedha (Former Ranji Player & Captain of U-17 Cricket Team). Eminent Dignitaries, Managing Committee members, Respected Principal Ma'am & Vice Principal Ma'am of Joseph & Mary Public School, and parents were also present.

The meet commenced with the lighting of the baton torch by the honored chief guest and other dignitaries and the hoisting of the flag by all the Houses with their respective House Masters evoked a feeling of unity in the fraternity. The splendid and brilliant performances with a perfect blend of coordination and uniformity exhibited by the students in the Marching Squad were a sight to behold. The school band's perfect tunes mesmerized the audience.

Students enthusiastically participated in Mallakhamba, Karate, Boxing, and Gymnastic. The brilliant Yoga Skills showcased by students added to the meet. A couple of sports activities were conducted for teachers as well. A brief felicitation ceremony was organized to celebrate the

student's stupendous performances on the sports field. The highest-ranking students of the institution were congratulated and were also rewarded with trophies. Certificates and medals were awarded to those who earned accolades and laurels in sports activities. The winner (Cambridge House) was announced based on rigorous competition in multiple sports categories throughout the year.

The Respected chief guest enlightened the audience with his words of encouragement and motivated the students to regularly participate in sports, which act as a healthy channel for the diversion of energies. Respected Principal Mrs. Madhu Sinha also appreciated the youngsters for their active participation and urged them to work with persistence, determination, and hard work to achieve their goals in every sphere of their lives. The Marching of all the Houses brought the Annual Sports Meet to a conclusion.

*“Sports teaches you character; it teaches you to play by the rules; it teaches you what it feels like to win and lose; it teaches you about life.”*

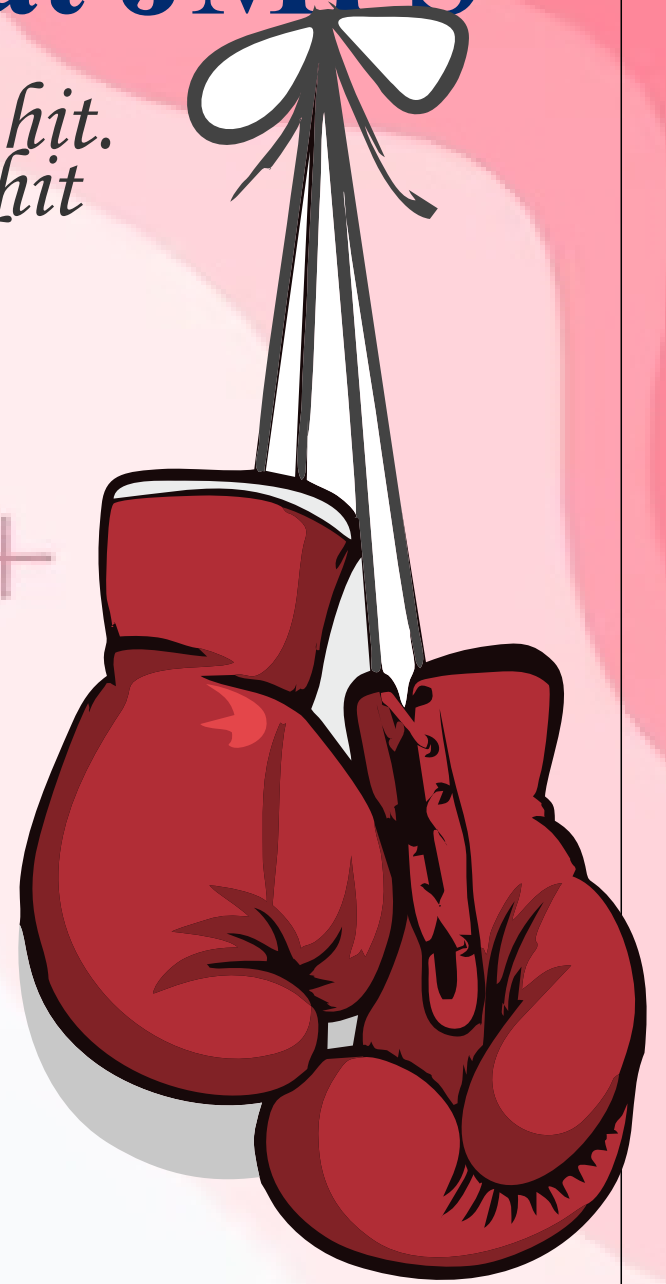


# Stepping a New Stone **Boxing at JMPS**

*“It isn't about how hard you can hit.  
It's about how hard you can get hit  
and still keep moving forward  
towards victory.”*

**W**ith the intense desire to move forward, Joseph and Mary Public School never looked back. The vision to provide all round development to the child is not far away as the school has achieved another milestone by inaugurating its boxing ring. Boxing for kids can teach the valuable lessons. No doubt, boxing is the recipe for physical and mental fitness. Hence, with a motive of instilling self-control and sportsmanship in the students, JMPS is pacing itself forward to show its cards in this field too. As Muhammad Ali has rightly put, *“I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion'.”*

JMPIANS also believe in the same and to always out stand as ‘Champions’.



# *No Stone Unturned !*

*“Winning isn't everything, it's the only thing.”*

It would not be wrong to say that the above mentioned quote is the slogan of the athletes of Joseph and Mary Public School; with this thought and desire JMPIANS had participated in the Zonals and had got 'the only thing' which is victory. One can just name the sport and JMPIANS will pick up the trophy. Joseph and Mary Public School has once again proved that they are the only 'Champions' at Zonal level by putting 42 Gold, 33 Silver and 32 Bronze Medals in their bags in the individual games. Not only this, they have also bagged ten Gold, nine Silver and eight Bronze in the team games. Be it Kabbadi, Handball, Table Tennis, Yoga, Kho-kho, Badminton, Football or even Volleyball; students of JMPS have filled the school with enthusiasm and joy by holding the trophies. Being an educational institution, we at JPMS not only lay an emphasis on academics but equal importance is given to sports also. Great importance and emphasis is given to the overall development of the child, to equip the child with the best of academics and excellence in various sports. Our soul aim is to provide each and every student the best of opportunities and platform to excel and achieve development in all the fields. The school also hosted Kabaddi Zonals for senior category boys, Primary Table Tennis, Primary Athletic Meet and Handball-Zonals.

As Byron White said,

*“Sports constantly make demands on the participant for the top performance, and they develop integrity, self-reliance and initiative. They teach you a lot about working in groups, without being unduly submerged in the group.”*



*Legacy Continues....*

# Overall Champion Zone-7



## Zonal Level Individual Games



## Zonal Level Team Games



## Overall Championship

*Athletics Boys*

**3rd**

*Athletics Girls*

**2nd**

*Cultural Boys*

**2nd**

*Cultural Girls*

**1st**

*Championship Games*

**1st**

# Champions : Taking on the world.



Champions stay humble, but hungry.



Champions: Unrivaled Excellence

A Champion's work ethic is unmatched.

# NSS



## National Service Scheme

*"Compassion becomes real when we recognise our shared humanity" - Pema Chodron*

**J**oseph and Mary Public School always aims at overall development of students. It not only caters to their academic needs but also nurtures the values of kindness and sense of responsibility, which are vital in becoming good and responsible citizens. The National Social Service Wing of the school is socially active to involve the students of classes XI & XII in voluntary services of the society, thereby teaching students the value of serving humankind and helping them to develop self-discipline as well as critical thinking skills.

There are several activities in school that include School Cleaning, Awareness Campaigns, Debates, speeches, Drama, Poster Making competitions, etc, which help to inculcate a responsible attitude towards the school, and a general awareness about their surroundings.

It is vital for students to remain connected with their communities and to become role models that others look up to. In order to achieve this, it is essential that students volunteer in local communities on a regular basis. To abide by this, the NSS wing of JMPS organises activities in nearby school areas. Some of the activities are; Awareness March, Community Service, Raising banners, convincing people about Social Causes and making them aware for the same.

The NSS wing of JMPS regularly carries out many pursuits in its adopted village 'Kushak No.1'. One of the most important activities conducted was a week-long camp in that village, which included 'Cleanliness Drive' and 'Awareness March'. The main motive of this camp was to create awareness among people about the importance of Sanitary Hygiene. It also helped in shaping the personality and moral character of the students, by making them responsible and disciplined. The NSS wing of the school continuously tries hard to nurture good habits in the teenage years of students, which will remain lifelong with them. It tries to mould their

character as well as understanding of the real world so that they can move in the society with the aim of serving the Nation. While volunteering in community service activities, students develop real-world skills which will enable them to succeed in school and beyond.

*"If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude." - Colin Powell*





# 6th Edition of MUN

*“Tell me and I forget, teach me and I may remember, involve me and I learn.”*

**W**ith the belief in the concept of “Learning by Doing”, Joseph & Mary Public School (JMPS) organised its 6th edition of Model United Nations (MUN) on 15th October 2022, with the theme AD MELIORA i.e., ‘Towards Better Things’. The program commenced with an astonishing Cultural Dance performance given by the students. Our Respected Principal Ma’am also gave a warm welcome and also give a brief introduction about the MUN to the delegates. The Honoured Chief Guest Dr Lakshaya Chhabria, President of Affordable Private Schools Union, graced the event with his presence, and motivated the students by interacting with them- for the things we have to learn before we can do them: we learn by doing them.

The MUN was conducted by the Social Science Department. The MUN was divided into two parts: The General Assembly and The Security Council. The General Assembly consisted of six committees, each focussing on a different topic and agenda. Those agendas included the themes of Environment, Human Rights, Global Health, and International Security. Each committee was chaired by a faculty member, who guided the discussions and ensured that all the delegates had the opportunity to voice their opinions. The Security Council focussed on the resolution of conflicts. The delegates had to discuss challenging issues and come up with solutions. All the solutions which were proposed

were further voted upon by the members of the Security Council. After voting, the solutions were presented to the General Assembly for their approval.

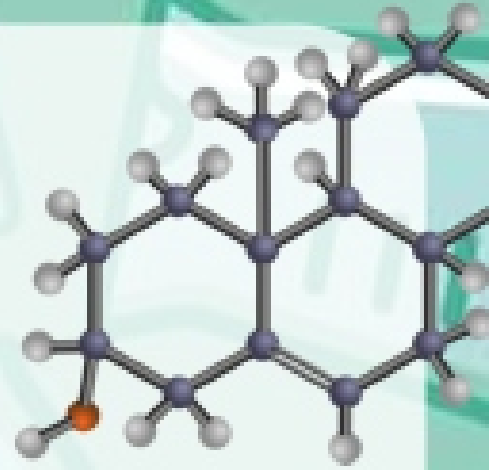


Students with the thought of “Young Diplomats Beyond Diplomacy” participated in the MUN not to defeat the opponents but to work together to get better results for the problems and hence justifying the theme of this year “Ad Meliora”.

During the Award Ceremony, the best two delegates from each committee were awarded by the respected Principal Ma'am. The participants and teachers shared their experiences about how such extra-curricular activities which are organised by the school at regular intervals benefit their holistic development.



# Annual SCIENCE Exhibition



*"Science and everyday life cannot and should not be separated."*

*- Rosalind Franklin*

**2** 4th December, 2022 was an innovative and experimental day for all the students as JMPS organized its Annual Science Exhibition. It is held every year, as an initiative to promote participatory and hands-on learning in the field of Science. The event was organized at the front ground of our school. The ground was filled with budding scientists and their figments of imaginations, hard work and knowledge which they have culminated into their prototypes, machines, static models and working models.

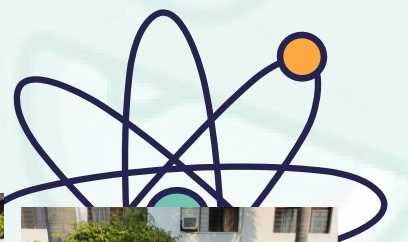
Respected Chief Guest, A.C.P. Rajendra Prasad, and our Respected School Manager, Mr. Manin Thakur, visited all the sections and they keenly observed the models and praised the students thereof. Our Respected School Manager lauded the efforts of the students and expressed his feeling of pride towards them. The exhibits were evaluated by the parents which made the event a great success and marvel.

The event gave a diverse hands on experience to children, wherein they could translate the theoretical scientific principles into mode of application in the form of observable phenomena. This event led the children from the realm of theory into the arena of practicum.

The exhibition not only provided opportunity to the young innovators to execute their scientific ideas but also gave them the platform to demonstrate their projects to a large group of audience, including parents, teachers and fellow students.

All in all, the Science Exhibition was a great learning experience for both the students and teachers wherein it seemed that the world of science practically came alive through the blooming projects of our young innovators.

**"Science is the process that takes us from confusion to understanding."**

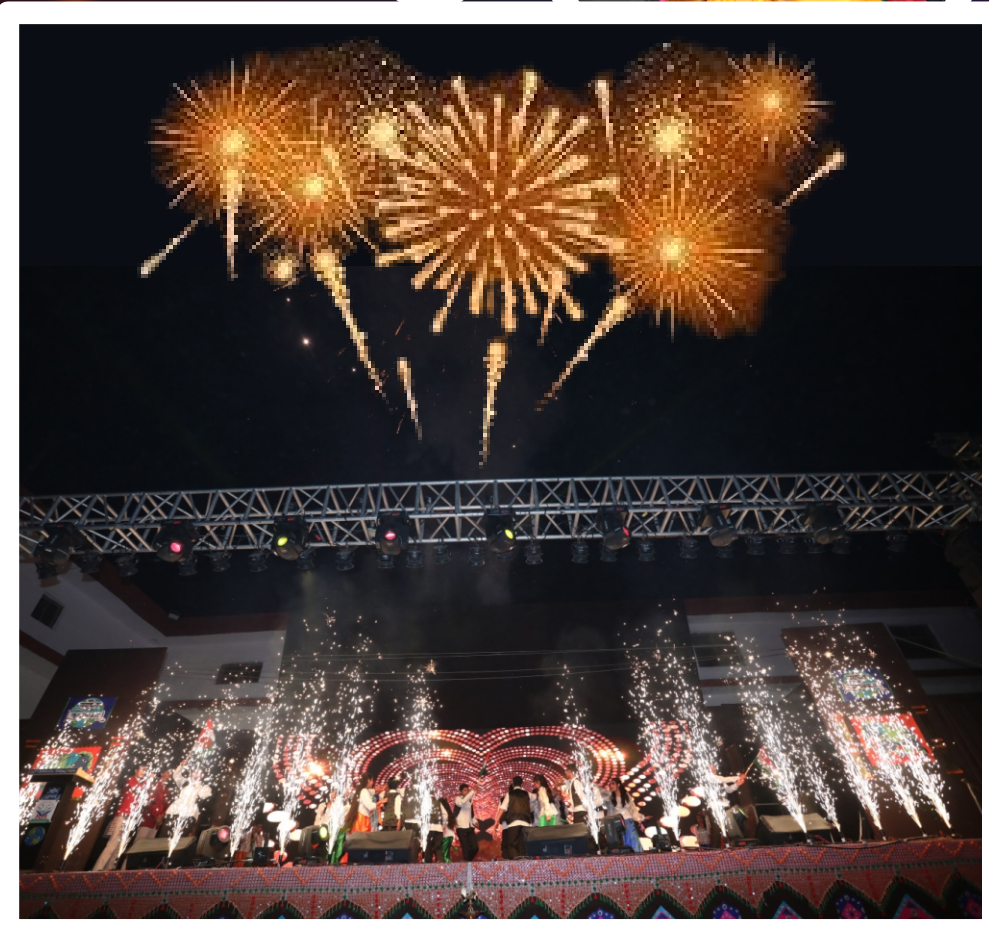


# Treasure Trove

*"What makes a child gifted and talented may not always be good grades in school, but a different way of looking at the world and learning"*

**O**n 17 December 2022, JMPS had organised ANNUAL FIESTA with the theme of "VASUDHAIVA KUTUMBAKAM" which means 'The World is One Family'. The ardent students reflected the theme through their various dances, skit and music performances. It was the platform for students who wished to showcase their hidden talents other than academics. A variety of performances showed how well the students and teachers bonded outside the classroom which results to display their well sorted and synchronised qualities. The Chief Guests and Dignitaries admired all the performances with grate admiration, thunder power and volt cheering. The full length programme showed the mental, physical, and intellectual levels of the students. It was a great sight to behold, not only the jubilant children but also their parents and guests who were equally vibrant and enthusiastic. The *School's Annual Report* was presented by the Respected School Principal which acted as a great braggart for the audiences about the whole year's JMPS achievements in all the categories. The fiesta was concluded with a Vote Of Thanks by our Honorary Chairman Mr. Manin Thakur. It was over to say but was not over as everyone would be riding in the contented memories.

*It Was A Great Bonanza For All !*



# Cultural Fiesta

## 'Vibrant and Indigenous India'

To celebrate the rich cultural diversity of India, Joseph & Mary Public School organized a cultural fiesta for students and parents on 10<sup>th</sup> December 2022.

*"Learning takes place outside the four walls of a school building - children remember the experiences most vividly when they are part of the learning journey."*

The day was celebrated as 'STATES DAY' by Primary graders with great zest and fervour. The cultural fiesta was organised with an intention of spreading awareness and exposing students to the rich cultural heritage of India. Being one of the oldest civilizations in the world where people still follow their old culture of humanity and fraternity, the Indian culture reflects in everything Indians do, such as inherited ideas, way of living, beliefs, rituals, values, habits, care, gentleness, knowledge, etc. This thought was beautifully depicted by the students in their various artworks, transforming each classroom into the respective themes 'States and Culture', depicting all the aspects of the Indian states and people who belong to them. Students and teachers were dressed up in traditional attires and presented different dance forms, music performances, cuisines and handicrafts. The celebration continued with various folk dances from across the country like Karagattam, Garba, Bhangda, Sufi and Bihu, all showcased by the Primary kids of our school. Students were laced with such creative zing that parents were left gasping and demanding for "once more". Directed by teachers and styled by students the mega event 'Vibrant and Indigenous India' was a melange of music, color, dance, and food.

*"In India we celebrate the commonality of major differences."*

The students also exhibited different energy fused festivals that are celebrated such as Holi, Diwali, Christmas, Eid and Baisakhi, that left the audience spell-bound. The day was a social and cultural combination of talent and creativity. The energy, enthusiasm and ambiance of the event were in the true spirit of oneness. This insightful program was organized to instill awareness and nourish the students about Indian Culture and values. Students also performed role plays of famous personalities. To promote Indian Languages 'My Language, My Signature' corner was provided, where all the students and teachers wrote their names in their native languages.

Parents were also encouraged to visit the school to witness their children performing, and visit not only their child's classroom but also to visit other state classrooms to help expand their child's knowledge about the Indian States. The aim of the program was to help students gain knowledge about the Indian Culture, through a fun application-based learning model. By the end of the day students were acquainted with the inherent unity in the diversity of India. Overall, it was an enriching and learning experience for all.



# BOOK FAIR

"Books are the plane, and the train, and the road. They are the destination, and the journey."

Books are unique and a portable magic for all minds as they help to realise what's already within a person. To foster such a mind and to inculcate the habit of *READING* once again in young kids, JMPS had organised a *BOOK FAIR* for *CLASSES KINDERGARTEN TO V* from 19<sup>th</sup> December 2022 to 24<sup>th</sup> December 2022, in the school premises, under the theme of *DEAR-DROP EVERYTHING AND READ*.

Today's generation has forgotten to read real books as they are more accustomed to using the Electronic Media, and hence spend most of the time reading on their mobile phones.

To give them a break from their this habit and to offer varieties; a wide range of literary genres were displayed under one roof. A great treat to eyes was to see the flock of innocent birds along with their parents crack the books open and show an actual interest in them.

The Book Fair repeated a loud and clear historical message that books are our best friend and a great companion, that enlarge our vision and make our lives more purposeful and peaceful.

All in all, the event turned out to be a fruitful and successful initiative and very eventful.



# CHRISTMAS CELEBRATION

*"Gifts of time and love are surely the basic ingredients of a truly Merry Christmas."*

**T**he festival of Christmas spreads the message of love, tolerance, and brotherhood. Following the merry making of Christmas, a special magic in the air was spread at Joseph and Mary Public School to commemorate the birth of Lord Jesus Christ. With the perspective of inculcating the real meaning of Christmas in the lives of the students, a plethora of activities and assembly were organized spreading joy and enlightenment for the students of JMPS.

On this auspicious day a special assembly was conducted by the tiny tots of Kindergarten and Grade V to VIII on Friday 23rd December, 2022. The students showcased outstanding performances in various skits emphasizing on the joy of sharing & caring, folk dance of Germany, presentation of Carols, Speech, and Singing of Christmas Hymns. Respected Principal Ma'am, Mrs. Madhu Sinha, appreciated the efforts of the students, applauded them for their stupendous level of confidence and discussed the importance of celebrating Christmas. She emphasized on displaying the virtue of gratitude in ones life. She also elaborated the importance of humility to lead a righteous life. We should be grateful to God for all the blessings He

has blessed us with.

*"When we remember a special Christmas, it is not the presents that make it special, but the sacrifice of the Lord Jesus Christ for all mankind, the feeling of love, and the togetherness of friends & family that make that Christmas special."*

Highlighting the vibrant activities, the students of Primary-Wing were dressed up as adorable Santas with maximum zeal and enthusiasm. The objective of the activity was to improve and strengthen their creative skills. The jingling of bells and the impeccably winsome decoration at every corner indicated the onset of Christmas Eve. So, to celebrate the most awaited time of the year, a prolific 'Twirly Christmas Craft' activity was conducted for the students, wherein the students made their own creative Santa Caps which enhanced their focus, concentration, inventive and fine motor skills. The outstanding entry of Santa on a sleigh, and then distribution of candies & chocolates, boosted the energy in the students who were magnetized to get the candies and chocolates.



# SAPTAK

*"When the Music and Dance is created with accord, their magic captivates both the heart and the mind".*



A colourful and memorable Inter-School Music and Dance Competition titled, "Saptak" was organised by Joseph and Mary Public School on 3<sup>rd</sup> February 2023, in which around 5 different schools of zone-7 participated, under various categories. This event continued for the complete day and was held in the school's auditorium. It was a great music and dance extravaganza which showcased a wide variety of Indian Classical Music, Folklore, Western Music and Dance Forms. The great show commenced with hailing the Goddess of knowledge and wisdom, Saraswati. On this day, many competitions and programmes were organised and those were graced by illustrious musicians and reputed dancers. Everyone set glued to the show. Our Respected School Principal, Mrs. Madhu Sinha inspired the students by saying, "Music and Dance are indispensable for the soul." The Respected judges Mitali Banerjee Ma'am and Neha Vashisht Ma'am addressed the students by expressing their views that all forms of dances and music are important for one's well-being.

*"Learn the craft of knowing how to open your heart and to turn on your creativity. There's a light inside of you"*

It was followed by the announcement of the winning teams. In the much awaited prize distribution ceremony, our school, Joseph and Mary Public School bagged the first position in different categories of Solo Dance, Duet Dance and Western Music. Other schools were presented with medals and certificates under various categories. This was indeed a treat and delight for all music and dance lovers. It was concluded by a formal vote of thanks to the participants and the judges.

Seeing the huge success of this fiesta our Respected School Principal assured us that attempts would be made to organise such events it on a regular basis giving the students a chance to exhibit their talents.

*"Dance and Music find their way into the secret places of the soul"*



# STORYTELLING COMPETITION

*"Storytelling is among the oldest forms of communication. It is the commonality of all human beings, in all places, in all times also it's the most powerful way to put ideas into the world today."*



**S**tories always give wings to our imagination and take us to the places beyond the boundaries of the world seen. In our quest to promote academic excellence and boost the confidence in children, Joseph and Mary Public School conducted a storytelling competition for primary students on 29th November, 2022.

The students participated with their tremendous efforts to make this event a successful one. The stories that they narrated were based on moral lessons. Some of these enthusiasts were dressed up as characters and presented their stories with the use of facial expressions and voice modulation. To captivate the audience's attention, these young storytellers used a variety of props to make their stories interesting and expressive. Each story concluded with morals, highlighting different values of life. The oratory and presentation skills of tiny tots were outstanding—they won everyone's heart.

*"We are all storytellers. We all live in a network of stories. There isn't a stronger connection between people than storytelling." – Jimmy Neil Smith*





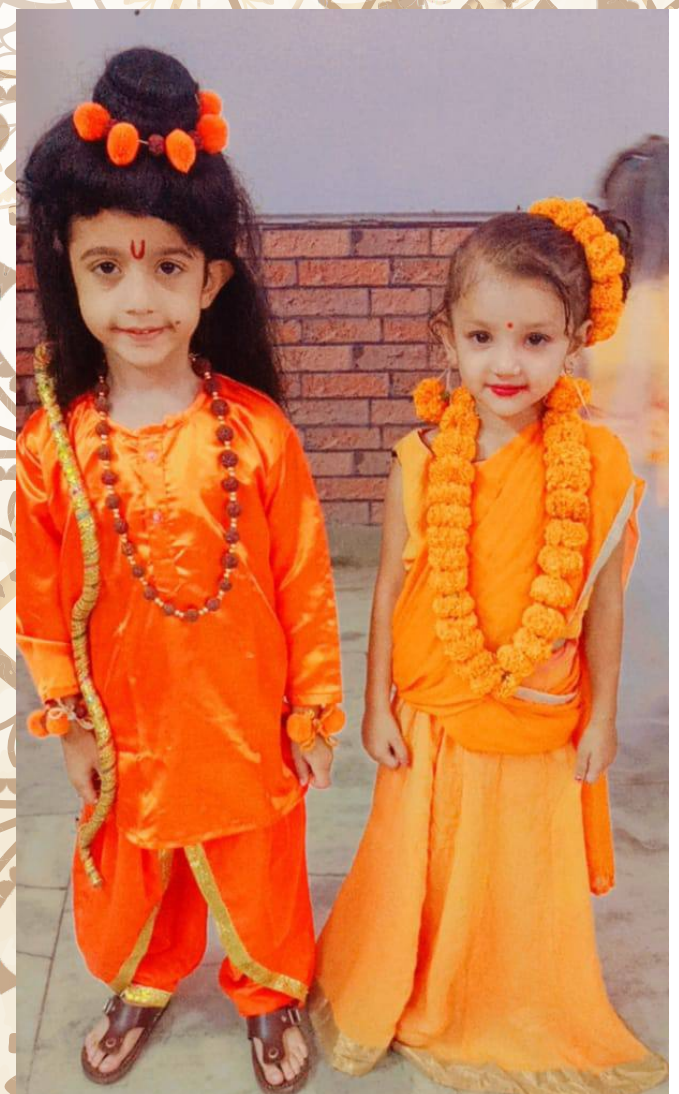
# Dussehera



*“Light can devour darkness but,  
darkness cannot consume the light.”*

**D**ussehra, the festival which reminds us of the importance of goodness, fighting injustice and following the path of righteousness, was celebrated by the tiny tots of JMPS with zeal and fervour. This festival strengthens the cultural unity of India and inspires us to live in harmony and to follow the path of virtue.

Keeping the festive spirit alive, our little performers captivated everyone with their theatrical skills, as they depicted the story behind the celebration of this festival through a musical dance-drama programme, conveying the message of, “Dussehra-Victory of Good over Evil”. Moreover, a story telling session was conducted by the teachers followed by a Quiz-Session. Further, all the children enthusiastically participated in various craft activities such as Puppet and Mask making. Thus, the celebration not only enriched student’s learning but also made it memorable for each and all.





# Republic Day

*"Faith is the bird that feels the light when the dawn is still dark."*

Rabindranath Tagore

**E**voking the national spirit, JMPS celebrated India's 74<sup>th</sup> Republic Day in a special Assembly-Session. It was a sacred occasion marked by an enthusiastic display of patriotism by the school students. Celebrations began with the march-past by the young and strong JMPIANS. Our Respected Principal, Ms. Madhu Sinha along with the dignitaries hoisted the National Flag and motivated the children to follow the constitution in letter and spirit and be the harbingers of a social change to build a strong, new, better and dynamic India. The students presented mesmerising dance performances and paid tribute to the unsung heroes with their mono-acts. The School's Choir presented patriotic songs followed by the National Anthem. The day ended with a heartfelt thanks to the esteemed dignitaries.



# The Jmps Louvre

Art by :

Rahul XII - Science A





Art by :  
Riya XII - Com A



Art by :  
Riya XII - Com A





# Self - Care Bingo



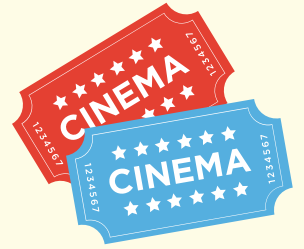
**EXERCISED**



**MEDITATED FOR THE PEACE OF MIND**



**WENT FOR A MORNING WALK**



**WATCHED A MOVIE**



**ATE HEALTHY FOOD**



**LISTENED TO MUSIC**



**SPENT TIME ON A HOBBY**



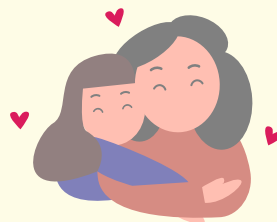
**I HAD FUN WITH FRIENDS OR SIBLINGS**



**COOKED A MEAL**



**WENT FOR A SWIM**



**HELPED MOTHER IN KITCHEN**



**SPENT TIME IN NATURE**



**SPENT TIME WITH FAMILY**



**HELPED SOMEONE**

**NICE TRY**

**TRIED SOMETHING NEW**



**DRANK ENOUGH WATER**



**HAD A SOCIAL MEDIA FREE DAY**



**DANCED**



**SHOWED SOMEONE KINDNESS**



**TRIED DROPPING A BAD HABIT**



**READ SOMETHING INSPIRATIONAL**



**SHOWED GRATITUDE TO GOD**



**GOT A GOOD NIGHT SLEEP**

Lucky Happy Empowered Dependable  
Successful Magnificent Talented Respected Intuitive  
Connected Unique Free Powerful Capable Harmonious  
Phenomenal Love Eternal Beautiful  
Fearless Strong Gentle  
Brave Abundance Smart  
Caring Calm  
Open Healthy Enough Holy  
Wise Patient  
Able Creative Blessed Secure  
Complete Peace Grounded Courageous Divine Life  
Encouraging Unstoppable Inspiring Authentic Infinite  
Limitless Appreciated Generous Worthy Friendly Grateful Kind  
Motivated Whole Confident Safe Present Genuine

# I AM