



**SARVOTTAM**  
INTERNATIONAL SCHOOL

# CHALKBOARD CHRONICLES



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**NEWSLETTER**

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**Grades III to XII**



**SARVOTTAM**  
INTERNATIONAL SCHOOL



## VISION

In re-imagining modern education, our vision is to create a safe inspiring space, cultivate happy lifelong learners, build character and nurture humble leaders with the values of service while delivering academic excellence and fostering a global perspective.

## MISSION

**To create a safe learning space where we develop not just exceptional students, but happy children.**

To provide students with a challenging educational environment within an international community, focusing on a global curriculum, integrated with technology, and a plethora of extracurricular activities to meet students' individual needs.

With an objective to ensure a conducive environment, we have dedicated a sprawling campus spread over an area of 10 acres comprising state of art infrastructure and world class facilities.

**To adopt and promote the UN Sustainable Development Goal 4- Quality Education**

To pursue quality as an attitude and strive to develop students with rational thinking based on a strong foundation of ethics and moral values, build on the proven success of Indian education, while assimilating developments of the modern scientific world in our curriculum.



**Dr. Priyanka Mehta**

In today's challenging times, we are looking for leaders who can manage the present crisis & offer some silver bullets to the world. Sarvottam strives to imbibe our students to be the well informed decision makers and more focused & effective contributors to our Motherland. With things changing fast in this volatile and uncertain world, the call of the hour demands flexibility and willingness to change and adapt as per the ever changing situations. The Mahabharata was won with effective strategies under the leadership of Shri Krishna, the most important of them all is -

**"Not to worry or desire for the result but perform one's karma"**

We are learning to strive towards perseverance with grit and determination while listening to our inner voice, the instinct. Each and every one of us is unique and beautiful in our own ways, and we have a hidden hunger, a latent passion, a covert desire to

run/win/become things all we need to do is take a breath, look inside us and unleash the beast!

In today's crisis situation, where life's all about winning and humanity is depleted to its core, there's no ready made playbook available for leaders, showing what to do.

Our Aim at SARVOTTAM is to instill such virtues like anchoring on resilience, discipline and will to achieve our aim. In this dreadful pandemic, many of our brothers and sisters are in a huge turmoil, some lost their jobs, so some lives and some lost their very dear loved ones. We at Sarvottam believe in the value of togetherness and treating each one of us as our own.

**"So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets."**

-Matthew

We walk together, not physically but our souls are one and together, for all is one and one is all. You as the leader of our world may master all the above traits and behaviours so you, the children of the world's own cycle, will be able to cope up and devise strategies to successfully come out of this present day crisis soon.



# **THEME**

# **EARTH DAY**

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## **News & Features**

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- **BAISAKHI - SPECIAL ASSEMBLY**
- **AMBEDKAR JAYANTI**
- **WORLD ART DAY**
- **WORLD HERITAGE DAY**
- **RAM NAVAMI CELEBRATIONS**
- **INTERNATIONAL EARTH DAY**
- **MANTHAN**

# BAISAKHI



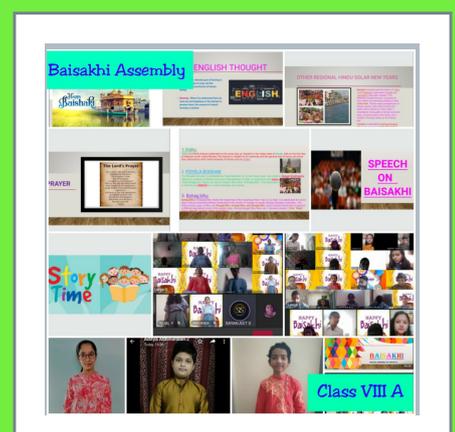
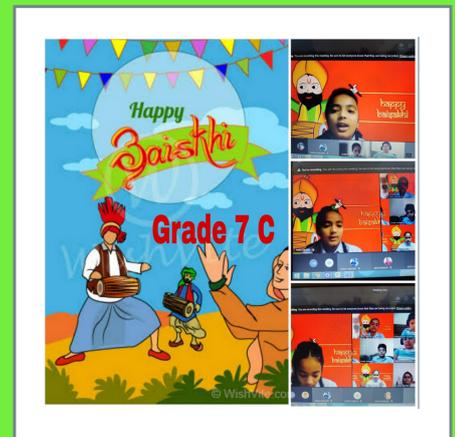
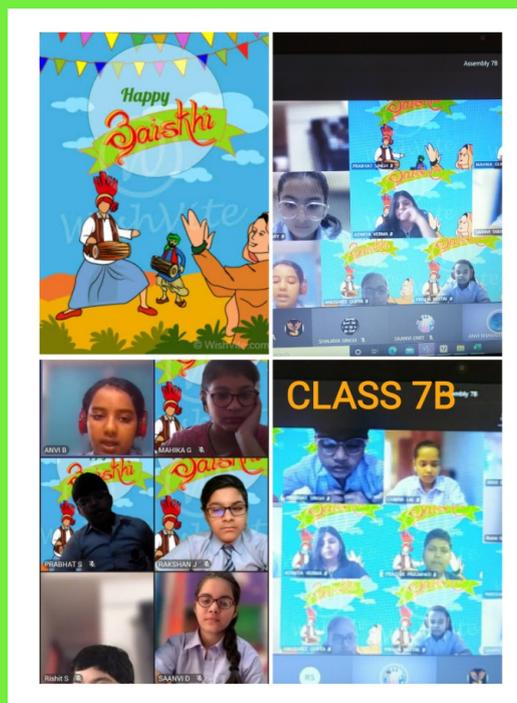
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Baisakhi is the most significant harvest festival of North India particularly Punjab and Haryana. It also marks the beginning of Hindu Solar New Year. The spirit of Baisakhi fills the lives of the people with happiness, joy, wealth and prosperity.

Sarvottam International celebrated the day with great enthusiasm. On Tuesday, 13th April the students of classes 3 to 8 celebrated "The Harvest Festival- Baisakhi" with great zest and fervour.

A special assembly was organised. Students were shown small videos & PPT on the festival. The motive behind the celebrations was to apprise the children of their culture and heritage.

Children participated earnestly in various activities. Their efforts and initiative were appreciated by one and all.



# Ambedkar Jayanti



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"Freedom of mind is real freedom. A person whose mind is not free though he may not be in chains, is a slave, not a free man. One whose mind is not free, though he may not be in prison, is a prisoner and not a free man. One whose mind is not free though alive is no better than dead. Freedom of mind is the proof of one's existence"

- B. R. Ambedkar



Sarvottam International school, Noida extension, proudly celebrated Ambedkar Jayanti on 14th April 2021.

Also known as the Father of the Indian Constitution, he was a strong advocate of equality and womens' rights. The name of this great Indian patriot will always remain alive in the pages of history and in the heart of every Indian.

Team Ursa House conducted Special Assembly online to commemorate the memory and birth of this great personality.

The entire event was cherished and appreciated by one and all.

# World Art Day - Doodle Art



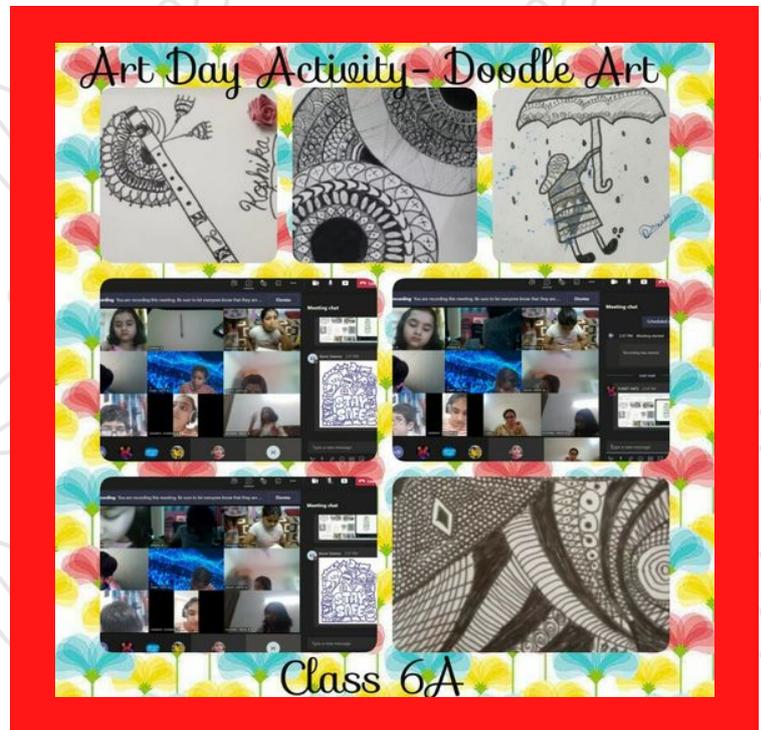
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‘You can see stuff that you see every day, use your brain to sort of bend the world around you and make it something else’.

Doodles are simple drawings that can have concrete representational meaning or may just be composed of random and abstract lines, generally without ever lifting the drawing device from the paper.

Information and opportunities abound. However, this abundance can lead to stress and a lack of focus. Research suggests doodling can calm us, help us process information, and act as a tool for creative problem solving.

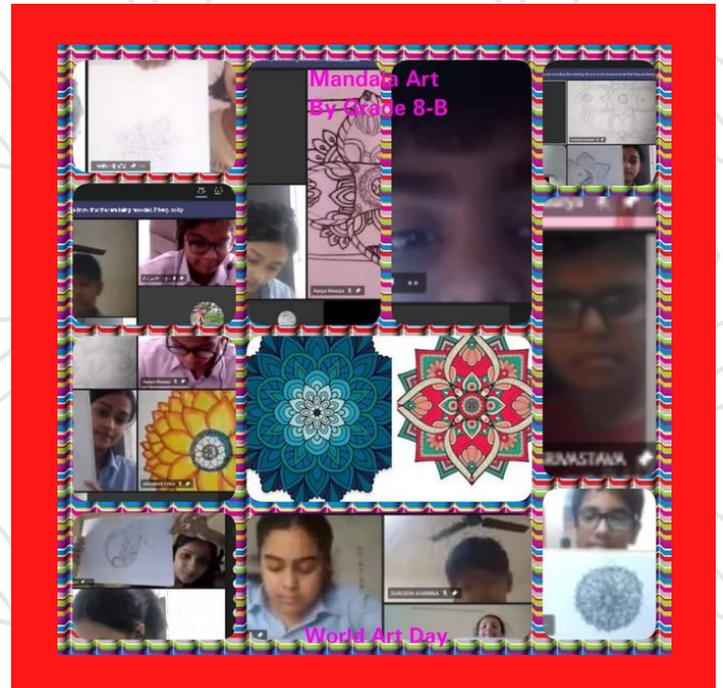
To mark the celebration of World Arts Day, on April 15, Students of Grade VI enthusiastically participated in the Doodle art presentation. They made different patterns with beautiful shades reflecting their creative insights. They conveyed different messages via their presentation.



# World Art Day - Mandala Art



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"The flower's perfume has no form, but it pervades space. Likewise, through a spiral of mandalas formless reality is known."

Mandala art is a Sanskrit word for "magic circle". Mandala art is a geometric design that holds a great deal of symbolism in Asian culture. In these cultures, a mandala is a spiritual and ritual symbol. We can understand this kind of art externally as a visual representation of the universe and internally as a guide for various practices that take place in many Asian traditions, including meditation.

To mark the celebration of World Art Day on April 15, students of class VII & VIII of Sarvottam International participated in an online event and made beautiful and amazing patterns. They enjoyed drawing and tried to make their presentation more attractive with their creative and innovative ideas representing beautiful themes of Mandala Art.

# World Heritage Day

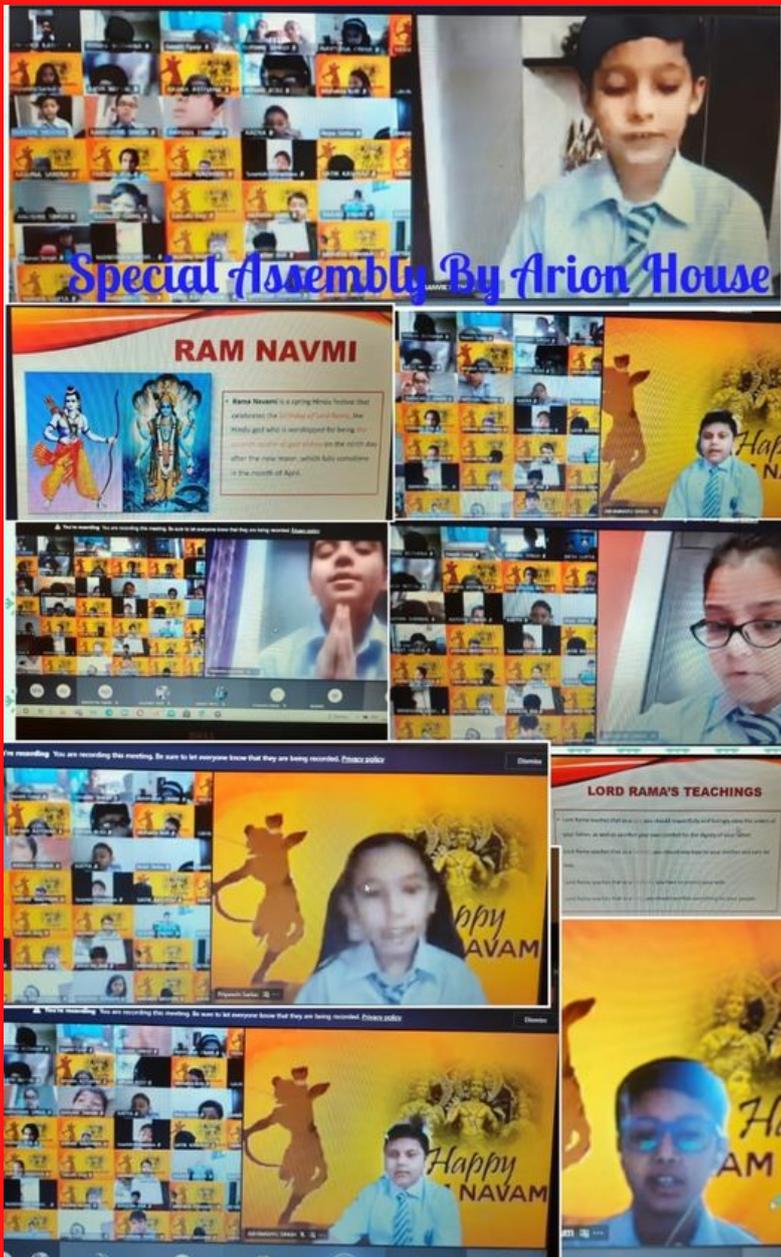
A Nation's culture resides in the hearts and in the soul of its people.

-Mahatma Gandhi

World Heritage Day is observed every year on April 18 to preserve the human Heritage, monuments and ancient buildings which are an asset to the world. To commemorate this day, the students of class 3 took part in the morning assembly led by the group of children of each section in their respective classes. The celebration was followed by class teachers' talk on the importance, purpose and preservation of the World Heritage. Students were helped to understand that the cultural and natural Heritages, both are irreplaceable. They are our touchstones, our points of reference and our identity.



# Ram Navami Celebrations



The greatness of a culture can be found in its festivals'

Ram Navami is considered to be one of the biggest and most auspicious Hindu festivals in India and is celebrated on the last day of Chaitra Navaratri. According to Hindu scriptures, Lord Ram was born on on this day during the Madhyahna or afternoon hours in Ayodhya. It is believed that Lord Ram is the incarnation of Lord Vishnu. On this day, devotees pray for peace, prosperity and success and seek divine blessings from Lord Rama.

On this occasion , a special assembly was conducted by students of Arion house from classes 3 to 5 . The significance of the festival was shared with the students through a speech along with thoughts in English and Hindi. The purpose of celebrating the festival was to familiarize the students with our culture and traditions. The students participated enthusiastically and the assembly was enjoyed by all.

# International Earth Day

When creativity meets purpose a masterpiece is produced. Reinforcing the value of mother Earth and need to protect nature has become the need of the hour. Students of Grades 3 and 4 took it as a responsibility to spread awareness for the same on the occasion of Earth Day recently celebrated on April 20th by the Sarvottamites, through beautiful, attractive and eye catching posters. The 5th graders did not lag behind and took it all a notch higher by upcycling and reusing old stuff and literally extracted the best out of waste. The young environmentalists proved that even pen, pencil or colours are ammunition in hands of an artist.



**WHAT is EARTH DAY?**  
More than 1 billion people participating in activities around the world to draw attention to the urgency of the climate crisis and environmental degradation.

**WHEN it is celebrated?**  
This Day is observed on April 22 every year. Earth Day is being celebrated annually since 1970.

**WHY it is celebrated?**  
This day is celebrated annually to acknowledge the global climate crisis which is at an alarming state and needs our immediate attention.

**EARTH DAY**  
22 April 2021

Theme of the year-  
**'Restore our earth'**

**BIKE MORE  
DRIVE LESS**

**Long-lasting light bulbs  
- ARE A -  
BRIGHT IDEA**

**PLANT A TREE**

**EDUCATE**

**reduce  
REUSE  
recycle**

**EARTH DAY ASSEMBLY- Class 4**

# World Malaria Day

World Malaria Day was established to educate people and make them understand this disease. Earlier, this day was widely known as African Malaria Day, however, in 2007, WHO recognized this disease as a global disease. This day also gives opportunity to international companies, partners and foundations to work together in eradicating this disease.

The world Malaria day was commemorated at Sarvottam International School, Greater Noida on Monday 26th of April. The special assemblies were conducted by Grades 3 to 5 where students suggested the remedies to end Malaria, a dangerous disease.





## Should we study during the day or night?

It depends on your personal tendencies. First of all, we should understand what your personal tendencies are like. If you are studying during the night and feeling very sleepy during the day and then you are unable to attend your classes properly then that defeats the purpose of education and learning. It is very important to understand which time frame helps you utilize your maximum potential. Your natural tendencies play a major role in this. Understand yourself as a human being and your body as a mechanism first and then take a call.



## How do I keep myself motivated?

Understanding the power of reward and reinforcements is a very important part of keeping yourself motivated. At times we neglect the power of self rewards. But it's a very important part when it comes to motivation. Your mind works in a fashion that it tends to be more attentive and energetic when it anticipates a reward or is anticipating a positive output. If we understand our own motivational drive well and reward ourselves well then we can easily keep ourselves motivated. We must also understand that intrinsic motivation works in a more superior way. Also, there are different ways of creating desired motivational drive too.



## I am so scared of being misunderstood and ridiculed, how do I deal with it?

We need to understand that there is no one who has never been ridiculed or misunderstood. But we always have the power and choice to respond positively to situations. What if we train our mind in such a way that situations with such outcomes don't bother us. We need to understand that situations are neither negative nor positive. Those are just lessons and we need to take the lessons out of the incident and leave the rest of the part. We also need to keep reminding ourselves that the more difficult the challenges, the greater are the learnings out of it.



## How do I get rid of constant body image issues?

The perceptions about the body, its beauty, and how we perceive beauty of the body are very very very volatile. If we start getting upset due to our body which ought to change then we will end up being bothered by everything which we don't like. This will attract a lot of unpleasant emotions. People we love the most do not always have the picture-perfect body. That itself indicates that our understanding is already much deeper than the body reflections. Love and compassion are something we need to focus on. Similarly, We should be more focused on what values, beliefs, and principles we stand for and what defines us ultimately.



## How do we prepare for our boards and competitive exams together?

Preparing for boards and competitions can be tough but not impossible. Few points to be kept in mind are:

- Manage your time well – prepare a time line for the entire year and set targets for different months eg what chapters are to be prepared in 2 months; then break this in to short term goals and ensure the fulfillment of these goals
- Study skills- understand your style of study and follow that
- Early start- once you are aware that your aim is to get a good score in a competitive exam, ensure that you don't wait for the eleventh hour to prepare. Early start give you enough buffer time to redo or lag behind in your targets if at all.



## I want to do well in sports but studies take up a lot of time. I want to know a way to balance my time between sports and studies.

Co-curricular activities are very important for the development of your of body and character. If you are a sports person or a person who is passionate about any other activity, the most important thing to realise is that education will always support your passion, not be a reason for it's neglect.

Keep your passion alive and analyse how much time is required to invest in that at this point of time. Then, use the rest of the day in an extremely planned and diligent manner. Make sure your study hard and make the best of time, utilising every minute you spend with studies. Be physically, mentally and emotionally invested in academics while you are with your books.

Last but not the least, show results.

## How can I improve my communication skills?

Communication skills are a mix of listening skills, verbal language and non-verbal language.

- Be an attentive listener.
- Check your body language while talking to someone. Slouching, looking here and there, shaking your leg restlessly etc can give a signal of disinterest in the conversation to the other person
- Verbal communication can be further categorised into written and speaking skills.
- Read, read and read – the more you read the better your vocabulary and sentence structure will be
- Practise writing and ask for an expert opinion.
- Stand in front of the mirror and practise speaking skills

**“Take risks in your life. If you win, you can lead, if you lose, you can guide.”**

The above sayings of Swami Vivekananda tell us the importance of success in one's life. And when it comes to today's existence being successful and having good wealth is important. It's not so easy to live, survive and earn in this 20th century, and it's tough for those who don't have passion for their ambitions. Everyone wants to earn more, settle at a less age, and live a dreamy life. But the struggle to reach that place is rigorous. Dreams are those which don't let you sleep and if you sleep well then you are dreamless. Restraining your self-motivation the time is difficult and lack of motivation is one of the main causes that forces a person to leave his dream behind. So, staying motivated is also part of the objective. And if you can't abide encouragement then you won't be able to accomplish your dream. There are many people out there that quit the journey of their dreams in mid-way because they lack courage and motivation. Labouring towards your objective doesn't not suggest that you labour day and night without quitting. Apart from that, due to endless efforts but still failing, people soon start to become demotivated. So, taking a break will help your body and psyche. For doing so, take a break in between and add some time in your calendar to entertain yourself in other training. Working hard, keeping your self-motivated, and reminding yourself every day about your dream is the most crucial thing.

If you want something that you never had, you will have to do something you had never accomplished.

## That Pain

I could only obstruct the feeling of oblivion if  
I had a helping hand,  
Which could bring me back from the  
shallow waters to a heavenly land,

There was a time back then when I was  
depressed,  
But I guess it was probably for the better or  
the best,

It has been a year since everything changed,  
But it never took away that pain,

No amount of happiness could reduce it,  
And make my heart clench in its tiniest bits.

**Anmesha Singh, 10 B**

## THAT SNOWY EVENING



As I was about to sleep'  
From my bedroom window, I took a peep,  
The hills and houses were covered in snow,  
Beautifully twisted snowflakes floated down in a neat row.

The chilly winds let out a deep gasp,  
Felt so refreshing under that ghastly mask!  
I ached to see snowflakes, such many shapes and size!  
But as much as I itch for it, going out wouldn't be wise.

I never wanted this night to end,  
Alas! Everything has a dead end.  
The urge was so much that I wanted to stop time,  
If only this refreshment could last till prime!

A Teacher, a guru, a guide, a catalyst, one that paves the path on which others walk and flourish in their life.

The question is, what do we teach and why do we teach this? Do we teach Subjects? No. Do we teach Art and expression? No. We teach knowledge, knowledge is not mathematical formulas, knowledge is not vocab, knowledge is not the periodic table, knowledge is based on what you perceive. A child's mind is like a room filled with doors and windows and inside lies his own unique creativity, if a door or a window is not opened, shouting and pressuring from outside will only result in the breaking of the door and the creativity to die. A teacher's job is to let the child's soul feel safe and open to her/him, not by force but by sheer will and want.

Today, there are approx 12.5 lakh doctors in India and 3.71 lakh Health Specialists. Moreover, every year India produces 8.80 lakh engineers, most of them join foreign companies and leave India to go to a foreign land. Dear students, India is our nation, our motherland, and it's our duty to grow its economy and its skill.

**“If we stop recruiting people from India, India would have it's own Microsoft”**

**-Bill Gates**

Parents are the first teacher to a child. It is their responsibility to let the child create his/her own learning mindset. With 767.35 crore people on this planet and everyone of them is unique, having different thought process and different traits and skills as being an individual is not about age, it is about the soul, similarly every child is different, you can't aim for a Duck to climb a tree or a Monkey to 'quack' , though yes, you can force them to but they will never be successful in it. And on the other hand, it's the student's responsibility to work for the goal and the Aim that he/she sets for himself/herself, every will should be baked by dedication and perseverance as there is no success without pain and struggle. Struggle is only what makes and breaks someone, it is the root cause of each and every individual who has a global identity today in the world. Chanakya/ Kautilya/ Vishnugupta is one of the world's most Ancient Political Philosopher, Economist and Royal Advisor, on one of his highly esteemed literary work states that if students wish to seek true knowledge and education then they must shun these eight activities: all pleasures that tempt sense; tastes that gratify the tongue; anger and greed, personal beautification, too much entertainment, excessive sleeping and extreme indulgence in anything.

**“Kaamam Krodham Tathaa Lobham Swaad Shringaarkautukama  
Atindraatisevaa Cha Viddyaarthee Hayaashta Varjayet”**

**Manjusha Nayak**



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**Life is happening in  
Sarvottam!**



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