NEWSLETTER JUNE;2025



Mr. Manoj Gupta PGT (Accountancy)

Study & Success Tips

The Importance of Time Management for Students

As a student, managing your time effectively is crucial for achieving academic success. With multiple assignments, projects, and exams to manage, it's easy to feel overwhelmed. However, with a few simple strategies, you can master the art of time management and reach your full potential.

Why Time Management Matters?

- Helps you prioritize tasks and focus on what's important.
- Reduces stress and anxiety caused by procrastination.
- Improves productivity and efficiency.
- Senhances overall academic performance.

Tips for Effective Time Management

- 1. Create a schedule: Plan your day, week, and month in advance.
- 2. Set goals: Break large tasks into smaller, achievable goals.
- 3. Prioritize: Focus on the most important tasks first.
- 4. Avoid distractions: Minimize social media, email, and phone notifications.
- 5. Take breaks: Regular breaks can help you stay focused and refreshed.

Benefits of Good Time Management -

- Better grades and academic performance
- Reduced stress and anxiety
- More free time for extracurricular activities and hobbies
- Improved work-life balance

By implementing these time management strategies, you can reduce stress, boost academic success, and enjoy a more balanced life.

Start by creating a schedule and prioritizing your tasks. Take control of your time and watch your academic performance soar!

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🖳 A Progressive Gathering Led by the Principal

03-06-2025

In a recently held staff meeting, our respected Principal, Ms. Sarita Choudhary, convened all teaching and non-teaching staff to set the tone for the academic session with a vision of innovation, collaboration, and forward thinking.

🖬 Welcoming New Faculty Members

The session began with a warm welcome to the newly joined educators who have become part of our academic family. Each new faculty member was introduced, appreciated for their background and experience, and assured of the school's continued support in their journey to shape young minds.

🖶 Insight into the CBSE Curriculum & Educational Reforms

Ma'am shared key highlights of the latest CBSE curriculum changes, helping us align our teaching with the updated guidelines. She also elaborated on important amendments related to the academic structure, assessment patterns, and student well-being. Understanding NCF & NEP 2020

The discussion included an insightful overview of the National Curriculum Framework (NCF) and the National Education Policy (NEP) 2020. Teachers were encouraged to adopt student-centric and experiential learning strategies aligned with national goals. The focus areas included:

- Holistic Development
- Se Multilingual Teaching Tools
- Interdisciplinary Learning
- **Sompetency-Based Education**

Fostering Innovation & 21st Century Skills

Ma'am emphasized the importance of using creative teaching methods that promote innovation and critical thinking. The goal is to equip both students and the school with essential 21st century skills, such as:

- Collaboration
- 🗩 Critical Thinking
- **Digital Literacy**
- ****** Communication
- \mathbf{Y} Creativity

📌 Teachers were encouraged to integrate real-life examples, project-based learning, and technology into the classroom to make lessons more engaging and impactful.

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🔅 Summer Camp 2025: Fitness, Fun and Team Spirit!

06-2025

The summer heat couldn't dampen the energy and enthusiasm of our students as they actively participated in Summer Camp 2025—a perfect blend of fitness, discipline, and fun!

Organized with the aim of building physical strength and team spirit, the camp brought together students from various classes who share a passion for sports and wellness.

This year's summer camp featured a wide range of sports and physical training activities, helping students stay active, fit, and focused even during the holidays. The exciting lineup included:

- 🟵 Football Enhancing footwork, coordination, and strategy
- **#** Basketball Promoting agility, teamwork, and fast-paced play
- 🟃 Athletics Boosting endurance and speed through track and field drills
- 👗 Yoga Encouraging balance, flexibility, and mental calmness
- 🕻 Handball Building strength, quick thinking, and tactical skills

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Each session was thoughtfully designed to improve not just physical abilities, but also to instill essential values such as discipline, perseverance, sportsmanship, and self-confidence. Students pushed their limits and discovered the importance of regular exercise and healthy competition.

"It was an amazing experience! I improved my stamina and also made new friends," said one of the participants, enthusiastically.

W Passionate Participation

Participation was open to all interested students, and we were thrilled to see such a strong response and dedication. Our dedicated coaches and sports faculty provided personalized attention, ensuring that each student gained valuable experience and skills during the camp.

🏆 A Step Toward an Active Lifestyle

Our summer camp was more than just a series of activities—it was a celebration of active living, teamwork, and personal growth. It laid a strong foundation for a healthier lifestyle and further strengthened our school's commitment to sports and holistic development.



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Celebrating International Yoga Day: Wellness Through Movement

Even during the summer break, the spirit of health and mindfulness echoed across our campus as students and staff gathered to celebrate the International Yoga Day. With participation from all available students, teachers, and support staff, the event truly reflected our school's commitment to physical well-being, mental clarity, and holistic development.

🔀 A Meaningful Start to the Day

The celebration began early in the morning with a calm and focused yoga session conducted in the school's ground. Under the guidance of trained instructors, participants practiced a series of asanas (postures), pranayama (breathing techniques), and meditation exercises designed to enhance flexibility, concentration, and inner peace.

🕉 "Yoga is not just exercise; it is a way to discover the sense of oneness with yourself, the world, and nature." – Prime Minister Shri Narendra Modi

The event was aligned with the CBSE's vision of promoting health and physical education, as outlined in the School Quality Assessment and Accreditation Framework (SQAAF). The celebration supported the following core focus areas:

- Student Well-being: Emphasizing mental and emotional health through regular yoga practices.
- ¥ Holistic Development: Integrating physical, emotional, and spiritual development into co-curricular learning.
- Curriculum Enrichment: Promoting fitness and mindfulness as part of experiential education.
- • Community Participation: Encouraging participation from all sections of the school, including teachers and staff.
- 📈 Health & Safety: Reinforcing healthy lifestyle habits through structured and safe physical activity.



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Mrs. Soni Panwar PGT (English)

🖶 The Joy of Reading: A Gift for Life

Dear students and fellow book lovers

Every so often, a student asks me, "Ma'am, why do you love reading so much?" And each time I smile, because that's a question that has a hundred answers and yet one simple truth: reading brings joy.

In our busy school days, filled with classes, assignments, and exams, it's easy to think of reading as just another task on a checklist. But reading—

real reading, the kind that pulls you into a story or sparks your curiosity—is something far more special. It's a quiet joy, a personal journey—and sometimes, a little escape.

Stories That Stay with Us

Remember the first time you met Harry Potter at Platform 9¾? Or when you read about the humble beginnings of Dr. A.P.J. Abdul Kalam in Wings of Fire? These aren't just stories; they become memories. Through books, we live a thousand lives. We travel to places we may never visit, walk in the shoes of people from different cultures and times, and experience emotions that make us laugh, cry, or sit in thoughtful silence.

As a teacher, I've often found that the books students love most are the ones that understand them—that make them feel seen. That's the quiet magic of a good story: it reaches out from the page and whispers, "You're not alone."

Reading strengthens the mind—it builds vocabulary, sharpens imagination, and improves focus. But beyond all that, it teaches us how to think, how to empathize, and how to ask questions. Whether you're reading a poem, a comic book, a fantasy novel, or a biography like that of Dr. Kalam, every book leaves something behind.

Some students say they don't enjoy reading because they haven't yet found "the right book." And that's perfectly okay! Reading is like friendship—you might have to meet a few before you find the one that truly clicks. So keep exploring. Ask your friends what they're reading. Visit the school library and let your curiosity guide you.

A Reading Habit is a Gift to Yourself

Here's something I believe with all my heart: developing a reading habit is one of the greatest gifts you can give yourself. It doesn't require much—just a little time each day, a quiet corner, and a willing heart. Even ten minutes a day can open new doors in your mind.

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And don't worry about reading the "right" kind of book. Read what excites you, what makes you think, what makes you smile. That's how the pleasure begins.

So as we move through this academic year, I invite each one of you to read—not just for school, but for yourself. Read to learn, to imagine, to understand. Read when you're happy, and even when you're feeling low. Books have a way of being there for us, quietly, patiently, ready to lift our spirits or help us see the world a little differently.

Let's keep turning the pages together.

Happy reading!

🐔कला की अनोखी झलक (A Unique Glimpse of Art) 🗊 Mirror Verse: पाठशाला

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"Pathshala" a poem with a twist!

This creative piece was penned by one of our talented parent, using mirror writing. When placed before a mirror, the poem reveals itself in perfect Hindi script. A beautiful reminder that creativity has no limits—sometimes, all it takes is a new perspective.

a mirror, als itself i script. has no nes, all it MIRROR

Put this image in front of a mirror



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