



# SINGHANIA PUBLIC SCHOOL



## SPECTRUM

E-Newsletter  
JULY to SEPTEMBER 2023





# SPECTRUM

## EDITORIAL

### **FROM ME TO YOU . . .**

Education – the word keeps on carrying itself till we are alive. The word often is restricted to one's journey to academic sphere. Since one individual is put into a formal brick built set up consisting of classrooms, sporting fields and several others, the run at least continues for over a decade or so. During those years one is always at a rush to pile up more marks than his/ her fellow friends just to chase the alluring future filled with all those dazzling stuffs. Amidst these perhaps true purpose of education is not explained to them. It shouldn't be forgotten that academic degrees are not the ultimate goals for an individual. Education has something deeper to offer. It should help one to emerge as a better person who will see the world from a unique perspective; who will not be trapped in the rat race of amassing wealth for the self. S/He will be filled with all those qualities that make her/ him strong from within; that teach her/ him to always have the head held high. S/ He will not only be learned but wise, knowledgeable but not proud, full of humility but not indulge the self to humiliate others. Honestly, education essentially aims at igniting all the values at their best to realize the greater purpose of one's life.

Welcome to the 9<sup>th</sup> edition of E- newsletter of Singhania Public School, Fort Songadh. This edition marks the halfway of the academic session 2023 - 2024. A lot of activities have taken place over these three months which have been documented in this newsletter that hopefully will make our readers happy having learned them. It is always our pleasure to be back to you with updates on the relevant happenings where all the teachers along with the students are always trying to take our institution to a new height.

The editorial board extends its heartfelt gratitude to all those who have contributed to their maximum potential. We hope that going through this newsletter will be as pleasant an experience as it is for us to be able to present it to you.

- Aditya Narayan Chatterjee

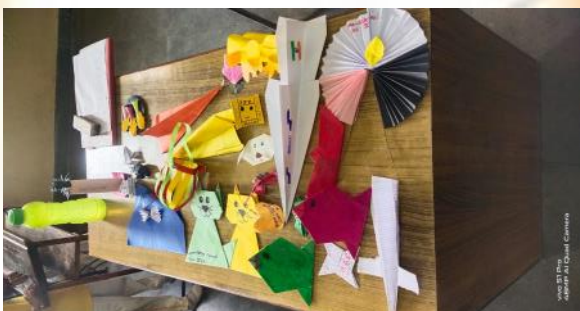


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## COMPETITIONS/ ACTIVITIES- MISCELLANEOUS

### ORIGAMI COMPETITION

"The possibility of creation from paper is Infinite" Not all artists sketch, paint or sculpt, some simply fold. If you love to practice ORIGAMI, don't be shy about sharing off your talents with the World. The academic session of 2023-2024 had an origami competition on July 15, 2023. Students from different classes showing their creative faculties.



### SOLO DANCE



### DECLAMATION





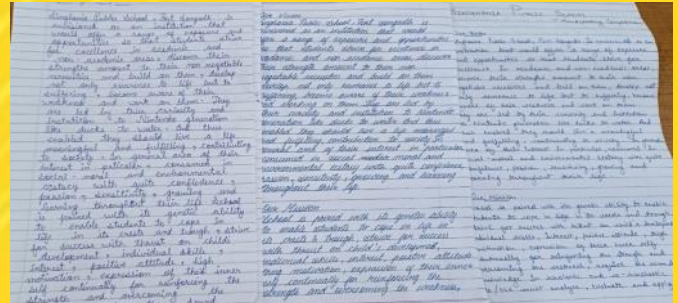
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## COLOURS DAY

To make the kids aware of various shades of colours and importance of colours in life COLOURS DAY was celebrated in SPS from July 24 to July 27, 2023 by the Pre-primary Section.



## HAND WRITING COMPETITION



## FUN WITH SHAPES ACTIVITY





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## INDEPENDENCE DAY CELEBRATION

The 77th Independence Day was celebrated with great enthusiasm and patriotism at Singhania Public School. The event brought together students, teachers and parents to commemorate the historic occasion of India's freedom from colonial rule. The school campus was adorned with tricolour decorations, creating a vibrant and festive atmosphere. The celebrations commenced with the hoisting of the national flag by the Chairman Shri Mukul Verma Ji, accompanied by the singing of the national anthem by the entire school assembly. The flag fluttered proudly against the backdrop of a clear blue sky, symbolizing the nation's unity and progress. The event featured a series of performances that showcased the patriotism among students. Students from various grade levels participated in patriotic songs, dances, and speech that depicted the sacrifices made by freedom fighters and the journey towards a free and democratic India.





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## WORLD LION DAY

'World Lion Day' is celebrated on August 10th every year to raise awareness about the majestic and endangered creatures – lions. Lions are not only icons of strength, courage, and power but also play a crucial role in maintaining the balance of their ecosystems. The Hardworking team from Wildlife Rescue Centre- Songadh and Forest Department- Vyara visited our school to deliver an enlightening presentation. The speaker discussed the current status of lion populations, the challenges they face, and the efforts being made to protect them.



## BADGE/LOGO/FLAG MAKING

On August 12, 2023 students of the Primary Section took part in competitions like Badge- making, Logo- making and Flag- making. As the Independence Day was approaching all the craftsmanship by the students reflected the same theme.



## ACTIVIES -OTHERS

DATE	ACTIVITIES	SCETION
18/07/2023	SHLOKA COMP.	PRE
		PRIMARY
28/07/2023	MONSOON CELEBRATION	PRE
		PRIMARY
05/08/2023	CAPSULE TIME ACTIVITY	PRIMARY
14/08/2023	WEAVING AND LACING	PRE
		PRIMARY



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## TEACHERS' DAY CELEBRATION

Prior to the Teachers' Day Celebration, students of Pre-primary Section were engaged in a Card Making activity on September 04, 2023 for the upcoming celebratory event the next day.

Like every year, Teachers' Day was celebrated in Singhania Public School on September 05, 2023 with all its glory and pomp. The day started with a Cricket match between the teachers and the students in which the teachers' XI won. Later, officials from the local DCB Bank felicitated the teachers. A cultural program took place where students of SPS did their best to pay respect to the teachers. Arrangement for lunch was there in the school.





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## RAKSHA BANDHAN

Raksha Bandhan is a popular and traditionally Hindu annual rite or ceremony that is central to a festival of the same name celebrated in South Asia. It is also celebrated in other parts of the world. On this day, sisters of all ages tie a talisman or amulet called the Rakhi around the wrists of their brothers. They symbolically protect them, receive a gift in return, and traditionally invest the brothers with a share of the responsibility of their potential care. Keeping its essence in mind students of SPS took part in the celebration on August 30, 2023.



## NATIONAL NUTRITION WEEK

National Nutrition Week is celebrated every year from September 1 to September 7 to aware the public of important signs of their well-being and prosperity. Students of SPS were encouraged to bring healthy foods for refreshment as well as fruits and vegetables as part of Fireless Cooking and Carving Fruits activities on September 02, 2023







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## JANMASTAMI CELEBRATION

The 'Krishna Crown Making' competition was held at SPS on September 06, 2023 aiming at the celebration of Krishna Janmastami. The event helped the students explore their artistic fervour. The event was also celebrated by both the Primary and Pre-primary sections on September 02 and September 06, 2023 respectively.



## HINDI WEEK AND HINDI DIWAS CELEBRATION

To celebrate Hindi Week and Hindi Diwas from September 09 to September 14, 2023, various programs were conducted by Pre-primary, Primary and Senior sections of the school. Debate, Story-telling and short play enactment were amongst them.





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## INVESTITURE CEREMONY

On September 12, 2023, the Elected Student Council (on the basis of votes given by the students and the teachers dated August 02, 2023) was handed over their duties for the academic session 2023-2024. The School Captain along with the Head Boy and the Head Girl and the School Prefects was introduced to the school. Mr. Piyush Mittal, Hon'ble member, SMC, made them taking oath to be devoted to their responsibilities in the presence of the Principal, the teachers, the non-teaching members and the students.



## BEST OUT OF WASTE

The Best Out of Waste Competition at SINGHANIA PUBLIC SCHOOL was held on 16th September as part of our ongoing efforts to promote creativity, environmental awareness, and sustainability among our students. The Best Out of Waste Competition was a tremendous success. It not only showcased the creative talents of our students but also reinforced our commitment to sustainability and environmental responsibility. We extend our appreciation to all participants and parents for great enthusiasm. We look forward to organize more such initiatives in the future to nurture creativity, awareness, and a sense of responsibility among our students.





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## ARTIFICIAL FLOWER MAKING

"Every flower is a soul blossoming in Nature". It is well said "Flowers always make people better, happier and more helpful; they are sunshine and medicine to the soul." To achieve harmony of form, colour and texture, thereby adding cheer to life and beauty to the surroundings. Artificial Flower Making competition in SPS for Grade I to V was conducted on Sept. 16, 2023.



## FANCY DRESS COMPETITION



## POSTER MAKING

To commemorate the birthday of both Mahatma Gandhi and Shri Lal Bahadur Shastri well in advance, students of the Primary Section of SPS participated in Poster Making Competition on September 30, 2023 .



## GANESH CHATURTHI

On September 30, 2023 students from Pre Primary Section of SPS took part in the celebration of Ganesh Chaturthi, a religious and cultural event well-known to all. Students adorned themselves as Lord Shiva, Lord Vishnu, Lord Brahma, Goddess Parvati and Lord Ganesh.

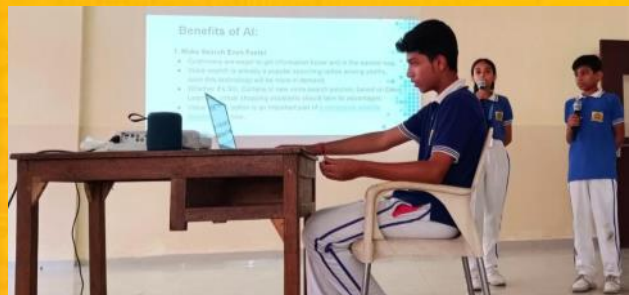




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## INTER HOUSE PPT CONTEST

An Inter—House PowerPoint (PPT) Competition is an excellent way to promote creativity, teamwork, and technology skills among students in a school. To encourage student participation and engagement in various subjects, to enhance students' digital literacy and presentation skills, to provide the opportunity to build the self confidence and teamwork the competition was held on 23th September, 2023 at SPS



## INTER HOUSE SONG COMP.

All the four houses Shivaji, Tagore, Ashoka, and Raman participated enthusiastically, with each house presenting a unique and spirited rendition of a folk song representing different regions and traditions. The diversity in themes and styles not only entertained the audience but also educated them about the rich heritage of our country. The event took place on September 30, 2023.





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## STUDENTS' ACHIEVEMENT

### VEER GATHA PROJECT 3.0

Project Veer Gatha was instituted under Gallantry Awards Portal (GAP) in 2021 with the aim to disseminate the details of acts of bravery of the Gallantry Awardees and the life stories of these brave hearts among the students so as to raise the spirit of patriotism and instil amongst them values of civic consciousness. As part of this, students from different grades of SPS took part in various competitions.



### INTER SCHOOL SCIENCE QUIZ

To celebrate World Engineers Day, students of SPS participated in an Inter- School Science Quiz organized by RNGPT, Bardoli on September 15, 2023 and the team of Ambar Singh, Manroz, Nidhi Patel, Asmita Tiwari and Maitri Gamit (representing grades XI & XII) ended up winning the prestigious Winner's Trophy there - by bringing glory to school.



### NATIONAL YOUNG AUTHORS' FAIR

Yashvi Gamit, Harshraj Jhala, Dhiraj Wagh, Swasti Birari, Rudra Gamit and Aashi Agrawal successfully have had their books published as a part of NATIONAL YOUNG AUTHORS' FAIR competition 2022-2023.





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## STUDENTS' CORNER

### Importance of mental health for teenagers

Every alternate day we read in the newspaper that a student of some school has committed suicide. They highlight it so that everyone can read it. People start commenting on how irresponsible and mad he/she was. They never think about the reason. Children these days attempt suicide due to poor mental health. Mental health includes a person's emotional, psychological and social well being. It affects how we feel, think and most importantly our capability of handling pressure or stress. We all live in a society where a person's physical health is given more importance. It feels like mental health does not even exist. But I strongly believe that mental health should be taken under consideration and given importance. If our mental health remains strong and sound then only we will be physically strong.

The mental health of a student becomes worst when he/she deals with issues like social isolation, abuse, stress, traumas, bullying, alcohol consumption, educational difficulties etc. We never think why teenagers only face such issues. A 7-8 years old kid never faces such problems. It is because teenagers go through the phase of adolescence where their thinking changes and they start becoming socially aware and emotionally attached to everything which is happening around him/her. A kid of 6-7 years is not matured enough to understand such things.

Some consequences of poor mental health are emotional disorders like depression and anxiety, eating disorders like Anorexia nervosa and bulimia nervosa, psychosis, suicidal tendencies. The fact that suicide is the fourth leading cause of death among teenagers is quite difficult to digest. But this is the harsh reality. A teenager deserves a playful and friendly environment where he/she can grow up peacefully. Instead they have to deal with issues like social and mental anxiety which make them depressed and gradually lead to attempting suicide.

Some signs of bad mental health in a person are persisting sadness, lack of motivation, extreme anger, sudden changes in behavior, suicidal tendencies, sleeplessness etc.

There are certain ways through which mental health can be improved. Parents' role is the most important. Teenagers should be guided in a way so that they can learn how to build connections with adults and friends. Both at school and at home they should be provided with an environment in which they can communicate freely without any pressure. They should be allowed to share their problems, encouraged to write diaries. If they can keep themselves busy in such activities thoughts of suicide will not come to their minds. They would remain stress-free always. Any harmful step taken by them might make their parents mourn forever. Life is the most beautiful gift. One must cherish it to the fullest.

Name: Yashvi Gamit

Class: 9th B



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## STUDENTS' CORNER

### Climate Change

Climate change is a global challenge today and world is getting more vulnerable to this challenge. It refers to the changes in the atmosphere which has an adverse effect on environment and ecosystem. Climatic changes are direct result of several natural phenomena like - Volcanic Eruption, Flood or Forest fire. Apart from those, human actions like- deforestation, burning of fuels, massive generation of greenhouse gases and farming livestock are the major factors behind the degradation of global climate. All those have tremendous effects on our globe resulting into global warming at a rapid pace. It has direct toll upon the way of living on earth. It brings change to the Monsoon season worldwide. It is responsible for the uprising of sea level alongside pollution in the atmosphere. This ought to be checked lest human existence should face challenges. The evil of climate change must be curbed in order to protect our beloved planet.

Name: Srushti Kshirsagar

Class: 6th B

### My Journey with Phone Addiction

It was during COVID- 19 that I got to Class VI. We used to have online classes. Initially I was serious and focused on what was taught. However, soon it became boring to me. I started keeping myself off from those classes and had my focus shifted to playing games. I slowly started getting addicted to it which was steadily going with me even I kept on promoted to higher grades. My friends suggested to me some trendy Survival Games which I would play on a regular basis. My parents used to remind me of the harm I was inflicting upon me. I didn't bother myself with those bitter words. Very soon their words came to surface. I could see the results – my behaviour, my academic performance, everything was changed, obviously not for good. I even sometimes started retaliate on my parents on being granted with phone – I started raising my voice against their tyranny. Today I regret to what I did. I realized the ill – effects of gaming. It's terrible!

Fortunately, within a few months I got back to my track as I understood the importance of education. Education, not these games would make my future better. Now, I do play mobile games but totally under a time restriction. I am fully focused on my studies. This is the only addiction that can bear ripe fruits in the days to come.

Name: Tanmay A. Gamit

Class: 7th B



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## TEACHERS' CORNER

### विश्व हृदय दिवस

चलो हंसे और सबको हंसाये,  
जग में हम मुस्कान फैलाये।  
लम्बी-लम्बी हम सांसें खींचे  
हवा में तेज ठहाके लगायें ॥

चिंता अपनी हवा में उड़ाओ,  
तनाव मुक्त जीवन बीताओ ।  
नियमित योग, कसरत करो,  
संतुलित भोजन अपनाओ ॥

हृदय में भरो, भाव का खजाना,  
द्वेष भाव तुम, मन से बिसराना ।  
खुश रहो और खुशियाँ बांटों,  
हृदयाघात को तुम दूर भगाना ॥

कितनी भी हो जिम्मेदारी का बोझ  
खुश रहने का, तुम करना खोज।  
पैदल चलो और रोज दौड़ लगाओ,  
अपने हृदय को पम्प करो तुम रोज ॥

चीनी- नमक को कम ही खाओ,  
धूम्रपान को अब भूल जाओ।  
दिनचर्या ही नियमित तुम्हारी,  
कुछ ऐसे 'विश्व हृदय दिवस' मनाओ॥

Snehalata Yadav

## TEACHERS' CORNER

### सोच

अपनी उलझनों को तू सोच से निकाल दे  
कर खतम तू ये घड़ी चाहे जान निकाल दे  
सोच ही प्रारंभ है सोच ये अंनत हैं  
सोच से जो तू डरा तो तेरा ये अंत हैं  
सब्र कर, थम कर, सोच कर तू कर्म कर  
सोच से बने बड़ा सोच से भयंकर  
सोच ही व्यक्तित्व का प्रतिबिंब हैं  
जीत ना सका कोई सोच जिसका निम्न हैं।

Khusboo Chauhan





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## ART GALLERY

Courtesy: Students, SPS





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## **SINGHANIA PUBLIC SCHOOL.**

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