



ISSUE NO. 3

Hi buddies! This new year edition of Impression brings in lots of information, knowledge and loads of innovative ideas.

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From the desk of the Principal

How to get motivated to study

Some tips for students who procrastinate

Procrastination is a complex problem that can have different causes 'Topic is boring', 'Waiting for perfect time', 'Putting off your homework', 'Overwhelming task'.

1. Discover why you procrastinate

Spend some time reflecting on what makes you procrastinate. It will enable you to find which of the following tips will help you the most.

2. Break the study material down into chunks

Assign yourself each of those chunks each day.

3. Reward yourself

Relax after completion of two or more chunks. Give five minutes on your smart phone game, play guitar, short talk, etc.

4. Create a study routine

5. Be clear about why you want to get good grades.

6. Make boring subject interesting.

7. Understand the topic, don't just memorize it.

8. Look for gaps in your understanding.

9. Study in short burst.

10. Don't expect to feel motivated all the time.

11. Exercise your brain

The brain needs fatty acids to function optimally from eating nuts, avocados, berries, beans, pomegranate juice, dark chocolate.

12. Organise your time

Make a daily plan / study schedule template

13. Make learning active, not passive

14. Study in a group

Study group should not have more than four students.

15. Exercise regularly

16. Visualize yourself doing the task successfully.

17. Schedule Relaxation

18. Remind yourself that this won't go on forever

19. Focus on the process, not on the result

20. Get rid of distractions

ALL THE BEST FOR EXAMINATIONS

With Regards
SuruchiKataria
Principal

From the desk of the Student Editor

Honesty is the best policy

There is an old saying that we should always tell the truth because that way we don't have to remember what we said. Honesty is a virtue.

At one time or another, you might find yourself in a situation that requires you to tell one or two lies to avoid trouble. For some people, being honest is not that easy and such people might find themselves lying almost every day. Honesty is the best policy because no matter how good you are at telling lies, the truth will always come out. It's important to always tell the truth because this way we will lead a good and upright life. Some of the dishonest acts are cheating, corruption, smuggling among many others. If all of us can stay away from these acts the world, be a better place where we all live in harmony and trust in each other.

Bhavik Jain
Std V-A

From the desk of the Teacher Editor

Parents expect a lot from their children and therefore pressurise them to perform well in exams. However, keeping high expectations and pressurising children during exams can cause exam stress in them.

Stress is the body's natural response to a threatening situation, and stress causes the release of hormones such as adrenaline, that prepare the body for its instinctual response to a threat: flight, fight or freeze. In order to determine whether the exam stress is beneficial or not or whether stress has reached dangerous proportions in your child, it is advisable to ponder on the causes of stress in children. This will help you take careful and timely decisions.

Inadequate Preparation

If the student is underprepared, he or she will obviously be unsure about his or her performance. It is important to make sure that the student begins his or her preparations well before exams and do not wait till the last moment. A hurried last minute study does not register well in the memory and the self-confidence drops, thereby raising the anxiety levels.

Pressure from Within

This refers to the pressure that gets built up in the minds of the students due to their own thoughts and beliefs. There is a belief that grows in the minds of the children that they are required to perform well consistently in order to be judged as a good student.

Nishi Gupta
PRT (English)

From the desk of the counsellor

The 6 - minute diary: art of journaling.

Since we start reading letters and understand the underlying message, we try to pen down few things of our life somewhere, maybe an album cover, or some folded notes along with bunch of recorded tapes or some important or rather say memorable events of our lives.

Written memories, often have part of you living in that very memory for a lifetime. And since memories are fuel of life and living one at least needs to give it a try to preserve these memories in form of words and expressions.

Journaling is rather wider concept than maintaining dairy. When we start journal we start to note down few important events in our lives, we learn to manage and look at the emotions experienced in positive ways. Journaling is suggested as the one of the most- effective method used in positive psychology. Where an individual learns to be grateful about the life and also being more acceptable and welcoming different life experiences.

In current tides there is severe gap that is experienced in relations, people are being more attracted towards the virtual realities and tend to compare themselves with how happy others are. This constant assessment that often leads to feeling inferior and in times leads us to do thing that are not actually what you are.

Journaling often becomes a resort where you start loving yourself, and rather just accepting yourself as you are. Because as one starts to be grateful and happy about themselves, more positivity is attracted. The question often comes how to start journaling. The very simple step is committing yourself for a 6 minute action.

This 6- minute diary starts with noting down what you're grateful about.

- ♥ Showing gratitude towards simple things in life.
- ♥ Finishing a day journaling about the great things you did in your day.
- ♥ Getting inspired by simple things in life.
- ♥ Challenging yourself in facing your emotions.
- ♥ Being more reflective and going deeper into understanding self.

This 6- minute time makes your day start on better note and being focused in ME time. So enjoy the joy of journaling and learn many exciting things about self and others too.

Priyanka Shinde
Counsellor

Book Review

By: Khushi Parmar. XI B1

SHIVER

It's a fiction book which relates human with werewolves. This story tells us about the two love birds where one is a woman and other is werewolves. The immutable pair when turned into the couple forever is the flowery part with the immense of obstacles how they end is all about.

Characters: Grace- Tom Culpler

Sam- Beck

Isoble- Jack Culpler

Cole- Nahotika group.

Here the story is about Grace and Sam. A girl who fell in love with Sam and adjust him in the regular human world who keep him warm so that she can stay in his arms and don't let them turn into paws.

This is again continued with certain series (SHIVER, LINGER, FOREVER, SINNER) It's one of the best book I have come across. The words have played well, and the impact of story is large.

It's from: 'MAGGIE STIEVATER'

Hope you guys will love it too because I thoroughly enjoyed reading it.

Health Tips

- Path to improved health
- Eating better (for children and families)
- Start the day with a healthy breakfast. It refuels the body and provides energy for the day.
- Let kids help plan and prepare 1 meal each week.
- Eat together as a family as often as possible.
- Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.
- Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day.
- Eat more whole grains. Examples include oats, brown rice, rye, and whole-wheat pasta. Try to eat at least 3 ounces of whole grains each day.

- Drink plenty of fluids. Choose water, low-fat or nonfat milk, and low-calorie beverages.
- Serve a variety of foods.
- Serve food in small portions.

Academic Achievements

- Jovita Bhasin of Std VII bagged runner up position and has been awarded as one of the Best Scorers in Top Ten in Scrabble for School Championship'2018 organised by Collins at JamnabaiNarsee School, Vile Parle.



- RutikThorat of Std XII bagged a grand award at Initiative for Research and Innovation in STEM(IRIS) National Fair in Individual Category, held from 2nd Dec to 4th Dec'18 at Manekshaw Center, New Delhi.

Subject -Cellular and Molecular Biology

Project Title- A Novel Peptide Drug as Therapeutic for Sickle Cell Anemia



- Jovita Bhasin, Manini Vats and Sneha Prasad of Std VII got Second position in Interschool Science Exhibition Enigma 2018 held at St. Mary Multipurpose High School and Junior College, Vashi on 1/12/18.
- Ram Krishna Math Elocution Competition:
 - English – Junior Group –
 - Khyati of V got 3rd position
 - Dhruv Galiya of X got 1st position
 - Senior Group –
 - Khushagra of IX got special prize
 - Vaishnavi of X got 3rd prize
 - Anika Kumar of IX got special prize
 - Hindi – Junior Group-
 - Nandini Singh of VI got 1st prize
 - Richa Sidwadkar of VII got 2nd prize

- Shlok Singh of V got 2nd prize
- Senior Group-
 - Ayush Pandey of VIII got 1st prize
 - Rohit Sharma of VIII got 2nd prize
 - Harshita Pradhan of VIII got 2nd prize
- Sanskrit Shloka Chanting Competition
 - SuchirGovindrajan of VII got 3rd prize (Junior Group)
 - Nisarg Jain of IX got 3rd prize
- Marathi Elocution Competition-
 - Arya Dhakne of IX got special prize
 - ShreeyaSatav of VII got 2nd prize
 - Sayali More of VII got 3rd prize



- Riddhi Shukla of Std VIII got a scholarship of Rs. 50,000/-, a trophy and a certificate for participating in Hindustan Times Scholarship Programme 2018 on 1/12/18.
- Kairavi Patra of IX got scholarship of 20,000/- by HT scholarship Programme 2018.
- Ruchet Pawar of IX got 1st position in Drama Competition organized by Thane Municipal Corporation on 5/12/18.
- RutikThorat of Std XII got selected in top 20 students to represent Team India at The Intel Science and Engineering Fair at Phoenix, Arizona for IRIS National Science Fair in the cellular and molecular biology category.
- 0.1% of the successful candidates of Std X have been awarded with certificate of merit by CBSE.
 - Anushka Dashputra
 - Adhiraj Joshi
 - Anurag Hegde
 - Pranav Todkar
 - Kriti Khatri
 - Teresa Philip
 - Shubham Panigrahi
 - Sakshi Makwana
 - Kamakshi Mahajan
 - Rashi Jain
 - Mohit Sharma
 - Priyanka Kittur
- Aditya Singh of Std XII bagged 1st prize in RamaKrishna Mission Essay Writing Competition (English).
- Riddhi Shukla of Std VIII and Tanvi Yawale of Std VI has been selected for the 2nd round in Discovery Quiz organized by Times of India 'School Super League'2018-19.
- Sayali More of Std bagged gold medal in State Level Drawing Competition organized by Maharashtra Lalit Kala Academy.
- Prajjwal Mhatre of Std VII bagged 3rd position in Ghansoli Mahotsav 2019 Dance Competition.

- 0.1% of the successful candidates of Std XII have been awarded with certificate of merit by CBSE
 - Divya KrishnaKumar
 - Nikhil Londhe
 - Pooja Pradeep
 - Tanmaya Patil

Major Academic Achievements



- D.A.V. Public School Airoli has been ranked 4th by Times School Survey 2018 in National Curriculum Zone F.
- Hindustan Times and C-4 Survey has declared DAV Public School, Airoli as one of the top ten best schools in Navi Mumbai for the 9th consecutive year (2010,2011,2012,2013,2014,2015,2016, 2017, 2018)

Academic Activities

- Unit Test for Std V to Std VIII and XI / Periodic Assessment III for Std IX / Pre-Board Exam for Std X and Std XII.
- Arya Vidya Sabha Sanskrit Exam 2018 was conducted on 4/12/18.
- I R E O Reasoning and Aptitude Olympiad was conducted on 5/12/18.
- International Mathematics Olympiad by SOF was conducted on 13/12/18.
- Pre Board was conducted from 16th Jan'19 to 25th Jan'19 for the students of Std X and Std XII and for the Students of Std IX from 30th Jan'19 to 7th Feb'19.

Co-Curricular Activities

- Parent-Teacher Interaction for Std V to Std XII was organized on 3rd Nov'18.
- Measeles -Rubella Vaccination Drive was organized by NMMC on 27th Nov'18.
- Various Activities for Diwali was organized for the students of Nursery to Std IV on 3rd Nov'18
 - Std I and Std II- Diya Making
 - Std III and Std IV- Lantern Making



- State Level Scout and Guide Camp at Ahmednagar, Maharashtra from 1/12/18 to 8/12/18. D.A.V. Public School, Airoli got first position in colour party activity related to March Past.
- House Activities were conducted for the students of Std V to Std XI on 1/12/18:
 - Std V – Display Corner
 - Std VI – Advertisements
 - Std VII- Debate (Books/Movies)
 - Std VIII – Devotional Song Competition
 - Std IX – Musical Dance Drama
 - Std XI – Western Song Singing Competition.
- Std XI Biology students visited D.Y.Patil, Nerul
- Std XI Commerce students visited N. D. Studio, Karjat
- Picnic to Padagha: Adventure Camp was organized for the students of Std X on 22/12/18.
- Picnic to Padagha: Adventure Camp was organized for the students of Std IX on 24/12/18.
- Picnic to Padagha: Adventure Camp was organized for the students of Std VIII on 26/12/18.





Nursery



Nursery

- Conversational skill competition was held on 05/12/2018 for the students of Nursery (green and orange) to develop their speaking skills, increase their vocabulary and to build up their self confidence



Nursery

- Cake Colouring Competition for the students of Nursery, Cake Decoration Competition for Jr.Kg and Sr.Kg was conducted on 21st Dec'18.
- Christmas Celebration and Activities were conducted on 22nd Dec'18 for the students of Std I to Std IV.
- Cultural Dance Activity was conducted for the students of Nursery on 11th Jan'19.
- Speaking Tree Activity was conducted for the students of Nursery and Jr.Kg on 25th Jan'19.
- Tri Colour Food Activity for the students of Sr.Kg was conducted on 23rd Jan'19
- Kite Activity was conducted for the students of Nursery to Sr.Kg on 14th Jan'19.
- Sports Day was conducted for the students of Std V and Std VI on 9th January and 10th Jan'19.
- Cultural Extravaganza was organized for the students of Std III, Std IV and Sr.Kg on 12th Jan'19 and for the students of Std VII on 25th Jan'19 and for the students of Std VIII on 26th Jan'19.
- Prize Distribution for Sports Day was conducted on 18th Jan'19.



- Food Plaza was organized for the students of Std V to Std VII on 8th Jan'19.