

Career in defence services

Children have different dreams when it comes to taking up a career or profession but they don't know how to get there. And that is why D.A.V Public School Thane, leaves no stone unturned when it comes to career guidance of its students. A career guidance workshop was conducted on 13 December for students of class X to make them aware about career options available in Defence Services by Wing Commander Suhas Bhole and Vaishali Mehetre.

Students were given in-



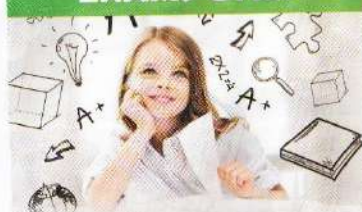
formation on career options available in Army, Navy and the Air Force. Students learnt how to develop plans to

achieve their career aspirations. Joining the Armed Forces has always seen as an attractive career opportunity by the youth.

The fact that a large portion of the youth that enrolls itself in the Armed Forces every year proves that it continues to be a promising profession for the youngsters of today. Defence Services are not only lucrative but also offer an individual life of honour and dignity along with an opportunity to serve one's own country.

The speakers talked about the role played by Sainik Schools and National Defence Academy (NDA) to train students for Defence Services.

EXAMS ON...



Boring time started for us,
Getting up early and
boarding on the bus.
Exams are on the way,
Study time started for the day.
S.S. Science, Hindi and Maths,
Children are playing op's and bat's.
Studying, studying, in the hall
Ban on shopping in the mall.
Getting A1 is my goal,
Good marks will bring peace
to my mom's soul.

Smriti Kasar
Std. IX, DAV Public School, Thane

YOUNG EXPLORER ■ JANUARY 2019

DAV's girl power

Kudos to Manjiri Rane of DAV Public School, Thane for winning 3 gold medals in the CBSE National Rhythmic Gymnastics and a trophy for securing the first position at CBSE Gymnastics Nationals 2018, held at Khelgaon Public School, Allahabad from 22-25 November. She has also been selected for Khelo India School Games, New Delhi. She has made the school and her parents proud by her excellent achievement. Likewise, Tanirika Sanjay Pote of Std. V won an award in the group dance (Kathak) competition in the U/12 girls category at the 8th Cultural Olympiad 2018 organized by Global Council of Art & Culture in Madinat Theatre at Dubai. The award includes certificates and a gold medal.



Tanirika Pote



Manjiri Rane

Cultural treat



ANNUAL DAY Dancers take centre stage D.A.V. Public School, Thane celebrated Annual Day on January 7, 2019. The students of primary section showcased their talent at the event held at Kashinath Ghanekar, Thane. Students of Std IV performed to the theme of "Incredible India". The function was graced by Mr V. K Sahay (Retired Forest officer, Government of India), Mr K. N Sinha (Retired Manager from Forge and Foundry Dept of India) and Mrs Vinlesh Sindhu (Principal, Rainbow International School, Thane).

The students of Std V performed to the theme of "Freedom Fighters". The function was graced by Mr. Sahay and Mr. Sinha.

The students of Std VI performed to the theme of "Achievers of India". The function was graced by Dr Seema Nair (Principal, All Saints High School, Bhivandi).

The students of the Secondary section presented a cultural extravaganza, which was graced by Mrs. Chitra Iyer, Principal, Sri Ma Vidyalaya, Patlipada, Mr. Santosh Dusane and Mrs. Sangeeta Ramteke, District Commissioner for Scout and Guide, and Mrs Sushma Misar, Ex Principal, Kendriya Vidyalaya, Kolshet. Parents were briefed about the milestones achieved during the year. The Principal, Mrs. Simmi

Juneja stressed on the need for commitment among DAVians.

The programme concluded with the Prize Distribution ceremony. Winners of sports and cultural events, including district, state, national and international achievers received medals.

BEATING EXAM STRESS – COUNSELLING SESSION

A motivational talk for students of Std X and their parents was organised at Kashinath Ghanekar on January 15, 2019. The aim was to help students on the threshold of the Class X Board Exam to beat stress. Mrs Poornima Iyer, Counsellor and Motivational Speaker, was the core speaker.

Mrs Iyer's inspirational talk on stress management, inputs on time management left an impact on everyone's mind. The Q&A session she conducted gave parents an opportunity to share their concerns. The event was taken

ahead by Mrs Sunita Bisht, School Nurse, who threw light on the dietary needs of the students at this crucial stage. Dr Ambika Walgaonkar, Ay-

urvedic practitioner, highlighted the benefits of Ayurveda in beating stress.

Mrs Sathya Iyer, School Counsellor spoke about the importance of being prepared for all exams of life.

What's Up At School?

Every Friday
The Hindu in School has an exclusive space that features reports, pictures and information on schools across the state. If you want your school to find a space in the section, send in a 150-word report in a Word document, along with one photograph (with school name and address) to: thehinduin@rediffmail.com with "What's Up At School" in the subject. Please make sure your reports reach us by Wednesday of the week. Also do mention the complete details of your school (name, address and telephone number).



MOTIVATING STUDENTS

Counselling session begins

THE WORLD OF MINE



I saw a world,
With beautiful lights
Making everyone's heart arise,
Children playing in the ground
Making pleasant sound.
The birds chirping,
And the insects buzzing was
something I saw
Beautiful plateaus were in the sight
Along with a rainbow in the sky.
People roaming around happily
And no one was every angry
I then heard some familiar voice
And then realized it was just a dream.

Vanshika Arora
DAV Public School, Thane

IF I WOULD BE A TREE...



If I would be a tree
I would swing with the ari
I would sing a song
I would love to share my thoughts
I would create my own world
With new flowers and fruits
hanging on it
I would share my shade everywhere
And would not let anyone
go anywhere
I would give you oxygen
And take carbon dioxide
I would sing with the birds
I would talk with the insects
Just one thing to say
Please help me survive
Keep me alive
I promise I would provide
you everything.

Shreeya Rajput
DAV Public School, Thane

In pursuit of excellence



Geetanjali Jain



Anushree Karve



Komal Sambhus



Sejal Datir

D.A.V. Public School, Thane, has proved once again that 'winning is not a one-time thing, but is an all time-thing' by achieving a 100% pass percentage in the All India Secondary School Education conducted by CBSE board, consecutively for the 21st year.

The CBSE class X results continued to defy gravity for yet another year, with the number of high scorers rising significantly. Out of the total 480 students that appeared, 241 scored above 90% in all the subjects.

The school topper, Geetanjali Jain scored 98.8 %, while Anushree Karve secured 98.6 % and achieved the second position. The third place was bagged by

Sejal Datir and Komal Sambhus, both securing 98.4 percent.

Another proud moment for the school was when Devansh Shethia who is a specially-abled child secured 79.2 %.

The school is also at high spirits with seven students achieving 100% marks in mathematics, four in science and 10 in social science.

The highest scores in languages was 99% in English, 62 students scored 100 in Sanskrit, 99% in Hindi and 99% in Marathi, which made the students, parents and the staff further more elated. Also, 54 students scored 100% in vocational IT.

Sharing her joy, Jain said, "I wish to express my gratitude to

the principal, teachers and my parents for their continuous support and encouragement." Even Karve stated that the entire staff including the principal was constantly providing the students with motivation and guidance.

The principal, Simmi Juncja, said, "I firmly believe that, the teachers and parents play an indispensable role in the success of the students. Our periodical testing, consistent guidance and above all the care and concern of the students instilled a confidence among them and this enabled us to reach a further milestone in the history of the school".

It was a moment of achievement and jubilation for DAV'ians at Thane.

YOGA DAY

Thane school students, staff learn about yoga



■ The yoga demonstrations were put up by the students and teachers at Kashinath Ghanekar Hall.

MUMBAI: The teachers and the students of DAV Public School, Thane, celebrated International Yoga Day recently by performing various yogasanas and breathing exercises.

"Under the guidance of our principal, Simmi Juneja, and the efficient tutelage of our yogguru, Ajay Kumbhar, the yoga practice under the common yoga protocol (CYP) was performed. We were guided through Chalan Kriyas, Asanas, Pranayam, Dhyana and Prayer," said a school teacher.

The yoga demonstrations were put up by the students at the Kashinath Ghanekar Hall. The audience was very appreciative of the efforts of the students and encouraged them, a school official said. Students practised surya namaskar variations, mudras and chantings with great enthusiasm. They were made aware of how the asanas help in improving mental abilities, memory, and concentration, an official aid.

A yoga quiz was also organised to enhance students' yogic knowledge. The quiz ended in a tie.

To mark an end to the day, students presented a group song on the benefits of yoga, teachers said.

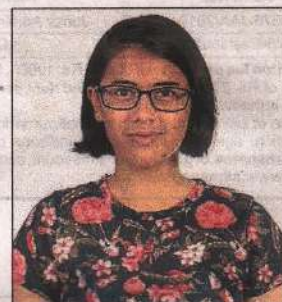
The evil face of social media

Social media is the quintessential aspect of the lives of modern, stylish and English-educated individuals. It serves as a platform for pure ostentation these days. Some may argue that it is a necessary evil, but evil it is for sure.

Social media has lost its root purpose – rekindling past relationships. The majority users are teenagers who fall prey to the negative aspects of social media. Such sites pose another major issue concerning teens. They are swarmed with unachievable goals, steroid-engulfed bodies and over-the-top body standards. All these lead to extreme forms of body shaming.

Teenagers end up being overly conscious about themselves and how they appear to the society. Stress, peer pressure and race for popularity, all are the consequences of the same.

These trends usually carry half-hearted motives and are the currency to buy "the cool factor". Trolling is another humongous problem that restricts several of us to express ourselves boldly in



■ Anushka P

HT

today's society. Addiction of any kind, ranging from alcohol and mobiles to social media are worthless and hazardous on a long run.

Communication, meaningful communication, is what sets us humans apart.

But, if the social media is devouring the traditional ways of establishing social connections, then, it must be integrated with goodness.

ANUSHKA P, a Class 10 student at DAV Public School, Thane

THE HINDU IN SCHOOL
FRIDAY, JUNE 28, 2019

The teachers and students of D.A.V Public School, Thane celebrated the 5th International Yoga Day, on June 21, 2019 by getting together and performing various asanas and breathing exercises.

Guided by the Principal Mrs. Simmi Juneja and yoga guru, Ajay Kumbhar, practice under the (CYP)

Common Yoga Protocol was



YOGA AT A YOUNG AGE
Asanas and Group Song

Yoga all the way

done. The teachers were guided through chalan kriyas, asanas, pranayama,



dhyana and prayer. Students practised surya namaskar variations, mudras and chants with gusto. A demonstration of surya namaskar with mantra and yoga pyramids was done by the students at the Kashinath Ghanekar hall before an appreciative audience.

A Yoga Quiz was held and students were divided into 4 teams — Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga. After three rounds, the quiz ended in a tie. An asana was performed as a tie-breaker and the Raja Yoga team was the winner!

At end the day, students presented a group song on the benefits of Yoga.

Toppers felicitated

The academic year 2018-2019 was a success story for D.A.V Public School, Thane. Students scoring 90% and above in the AISSE Examination conducted by the CBSE and 95 % and above in the Std VIII Board Examination were felicitated. Out of 480 who appeared for Std X, 241 scored above 90 %. The gala event was celebrated on June 21 at Kashinath Ghanekar Hall, Thane.

The chief guest Mr. Vineet Prakash Gupta, a retired IAS officer, lecturer and writer was escorted on to the stage by the Principal Ms. Simmi Juneja. Along with him Mrs. Shashi Kiran Gupta, guest of honour, Dr. Paramanand Andankar, chief, Paediatric and Neonatal Care unit, Jupiter Hospital, Parel, Mumbai, and Mr. Sanjeev Kumar, pecial invitee, also graced the event. The chief guest lit the lamp and it was followed by 'Gayatri Mantra' and 'DAV Gaan'. As the day coincided with 'International Yoga Day' a e yoga display depicting "Suryanamaskar" was performed. A dance performance to invoke the blessings of Lord Ganesha was staged followed by the choir comprising students of Std VII singing "God Is



RECOGNISING MERIT
At D.A.V. Public School, Thane



One". The statistical analysis of results by Examination-in-charge was followed by felicitation of Std VIII Board DAVCAE (Dayanand Anglo Cedic Centre For Academic Excellence) merit winners. Then Std X board examination achievers were announced classwise and the students given mementoes and certificates for excellent results.

Apart from these, special achievement awards were given for excellent score in the Sanskrit Examination conducted by Arya Vidya Sabha, 100% scores in individual subjects and special achievement awards to deserving students.

Ms. Geetanjali Jain, school topper with 98.8%, Ms. Anushree Karve, next with 98.6% and Ms. Sejal Datir with 98.4% were felicitated by the chief guest.

THE HINDU PRESENTS
INSCHOOL
A Newspaper exclusively curated for School Students

SCHOOL
BUZZ

FELICITATION PROGRAMME



D.A.V Public School, Thane, conducted the Felicitation Programme on 21st June. The school witnessed an outstanding success story this year. The chief guest, Shri. Vineet Prakash Gupta, a retired IAS Officer, lecturer and writer, was escorted on the stage by the Principal of the institute Ms. Simmi Juneja. Along with him Mrs. Shashi Kiran Gupta, special guest of honour, Dr. Paramanand Andankar, Chief of Paediatric and Neonatal Care Unit, Jupiter Hospital, Parel, Mumbai, and Shri Sanjeev Kumar, a special invitee also graced the event. As the day coincided with International Yoga Day, an impeccable yoga display depicting 'Suryanamaskar' was performed.

honour Shashi Kiran Gupta; chief of Paediatric and Neonatal Care Unit at Jupiter Hospital, Parel, Dr. Paramanand Andankar; and special invitee Sanjeev Kumar also graced the event. All guests were honoured with a 'green welcome', symbolising the institute's belief in preserving nature.

The chief guest lit the lamp to seek the blessings of God, which

felicitated with mementoes and certificates for their excellent results. Parents, teachers and fellow students cheered the achievers.

Apart from these, special achievement awards were also given for excellent score in the Sanskrit examination conducted by Arya Vidya Sabha. Students securing 100% scores in individual subjects were also felicitated.

Recalling the efforts of teachers and the help offered by parents for the stupendous academic score, she reiterated her wish to see students emerging with flying colours in their Class 12 board exam too.

Dr. Paramanand Andankar advised the students to give their 100% in whatever they undertake and face the challenges in life without quitting.

Should zoos be banned? Zoos do more harm than good



• Satyabrata Moharana, Class 10 E, D A V Public School, Thane.

Imagine a tiger in a jungle. How can its surroundings compare to an enclosure in a zoo? In a zoo, a tiger loses its basic right of freedom. Tiger is considered an endangered animal and said to be safe in a zoo.

However, that does not mean that the animal would have fewer rights. And why only tigers, there many other animals who are bound to concrete jails in a zoo. Even though a zoo might take care of animals, it could never provide them with the freedom of a jungle. Have you ever seen a tiger permitted to hunt a deer in the zoo? No. This creates an imbalance in the bio-network, affects the mindset of the animal, and its connection with nature.

From an animal rights standpoint, we do not have the right to breed, capture and confine other animals. Intergenerational bonds are broken when animals get sold or traded to other zoos.

A vast majority of captive

FOR

➤ Even though a zoo might take care of animals, it could never provide them with the freedom of a jungle.

SATYABRATA MOHARANA, Class 10 E, D A V Public School, Thane

breeding programs do not release animals back into the wild, and the offsprings forever remain part of the chain of zoos, circuses, petting zoos, and exotic pet trade.

A study has shown that elephants kept in zoos do not live as long as elephants in the wild.

Moreover, when animals sometimes escape their enclosures, they endanger themselves, other animals as well as people.



• Satvika Vyavahare, Class 10 E, D.A.V. Public School, Thane.

Zoos are important as many of them have breeding programs for endangered animals and often save them from the brink of extinction.

For example, the Arabian Oryx, a striking breed of antelope from the Arabian Peninsula, was hunted to near extinction in the wild nearly four decades ago, but the Phoenix Zoo saved the species through its breeding and reintroduction programs.

Moreover, some zoos employ specialists to design their conservation and education programs, and educate people about problems faced by animals.

Dr Dave Hone had said, "Many children and adults, especially those in cities, will never see a wild animal beyond a fox or pigeon."

Zoos provide an easy option to see animals in their natural habitat and help us appreciate wildlife better.

AGAINST

➤ Zoos provide an easy option to see animals in their natural habitat and help us appreciate wildlife better.

SATVIKA VYAVAHARE, Class 10 E, D.A.V. Public School, Thane

Foundation for Biomedical Research said that by having some animals in captivity, we can study and research different characteristics, and find newer ways to help them survive in the wild more efficiently.

Dr Robin Ganzert, Chief Executive Officer (CEO), American Humane Association, had stated that today's zoos and aquariums are uniquely positioned to combat evolving threats.