

UPW Newsletter

April 2022 -March 2023



Rakhi Kapoor
Incharge
Upper Primary Wing

"Education helps us get exposure to new ideas and concepts that we can use to appreciate and improve the world around us and the world within us".

We, at ASN, believe that every child is unique; education and training should be so designed as to enable students with diverse abilities, interests and aptitudes to unleash their full potential, thereby becoming well-equipped, not just to meet the challenges of the 21st century, but are also empowered to foster positive changes that make the world a better place to live in. We nurture our students to be creative thinkers and lifelong learners. Therefore, we seek to inculcate the right ethical and social values, adopt an all-encompassing curriculum aimed at overall personality development, provide state-of-the-art resources and facilities, and are supported by a team of dedicated and competent staff. We attempt to imbibe in our students, values beyond textbooks and playfields and build in them a larger consciousness and a sense of responsibility towards the world we live in. Our entire school program is a manifestation of efforts to sensitize our children and arouse in them, awareness about the gift of humankind. We inspire them, not merely to voice concerns passively from the fringe of issues that yearn for attention but to be proactively involved in promoting initiatives to make a difference in the world. It is earnestly hoped that our school continues to empower its students such that society is enriched by their contribution. We are grateful to all parents for their unflinching support in assisting us in all our ventures.

Visit the school
website

www.asnschool.org

Orientation Session for Grade III

"The start of something new brings the hope of something great."

Orientation for Grade III of the new academic session was held on 29th March 2022. It was a pleasant sight to witness the cheerful faces of students and parents in-person after two long years. Ms. Madhvi Kedia, In-charge Upper Primary Wing accorded a warm welcome to everyone followed by the ceremonial lighting of the lamp. Principal Ms. Swarnima Luthra presented the school report through which she apprised the audience of the school curriculum, core values, teaching pedagogies, projects and activities undertaken by the students along with the International collaborations which make young learners acquire the attitudes, skills and knowledge needed to be global citizens.

Thereafter, Ms. Madhvi Kedia threw light on the curriculum, scholastic and co-scholastic domains, assessment pattern and constructive and meaningful activities held in the wing for the holistic development of students.



Special Assemblies

Heritage That Bespeaks Its Glorious Past

A special assembly on the theme, 'Preserving Our Past' was held by the upper primary wing to commemorate International Day of Monuments & Sites, which is celebrated on 18th April every year. The aim was to make them feel proud of our rich heritage. The students of Grade V C through an interesting enactment showed respect, concern and willingness to preserve our monumental heritage. A mesmerizing dance performance brought the curtains down of a splendid presentation.

Principal Ms. Swarnima Luthra provided food for thought by encouraging young minds to research about the architecture of our monuments and think of ways for their restoration.





'SOCIAL RESPONSIBILITY'

"All of us share the responsibility and opportunity to co-create a better world."

A special assembly was organized by the students of Grade V E on the theme, 'Social Responsibility'. The programme commenced with inspiring thoughts and an impressive poem which reiterated the theme. A short skit showcased the students' obligation towards the school and the environment. Thereafter, a mesmerizing dance performance entertained the audience.

Principal Ms. Swarnima Luthra, reminded the students of the four core values of the school and the students promised to contribute towards the society in whatever way they can as responsible citizens.



"Respect the Road - Follow the Traffic Rules."

A special assembly was conducted by the students of Class IV D on the theme, 'Think Road Safety'. The aim was to inculcate discipline and road sense at an early stage so that our students become responsible and safe road users in future.

Shri Rambir Sharma, SI Delhi Traffic Police & Shri Ajay Singh Tomar, ASI Delhi Traffic Police were the guests for the day. The students through an interesting skit apprised everyone of the importance of traffic rules which ensures everyone's safety on road. A melodious song and an scintillating dance performance culminated the assembly.

The esteemed guests appreciated and applauded the students' performance and shared with them some valuable information and useful suggestions which will ensure their safety on road. **Principal Ms. Swarnima Luthra** presented mementos to the esteemed guests as a token of gratitude.



Remembering the Kargil Heroes



It is said 'Fortune favours the brave.' And who can be braver than the soldiers who guard our borders. We sleep peacefully at night because these brave hearts stand steady to protect us from enemies. These brave men and women of military protect our freedom at the cost of their own lives. It is a selfless act of valour that is done without asking for anything in return.

To celebrate 75 years of independence and to pay a tribute to these brave soldiers, the students of Grade 4 B presented a special assembly on the theme Salute to Martyrs. The skit presented by the students depicted the story of our heroic warriors who sacrificed their lives for the sake of our nation during the Kargil War. A heart-warming poem and a musical melody showcased the valour of our courageous soldiers. The show culminated with a superlative dance performance reminiscing about the indomitable spirit and courage of our gallant warriors.

In-charge Ms. Rakhi Kapoor appreciated the efforts of the students and exhorted them to be spirited and passionate just like a soldier.



Quit India Movement

Never Let the Spirit Die.

ASN observed the Quit India Movement Day on 8th August 2022. This was the day when Mahatma Gandhi launched the Quit India Movement which precipitated the exit of the British.

A special assembly was held by the students of Grade III C to pay a tribute to the legends who sacrificed their lives for our freedom. The students sang a euphoric song in praise of our motherland and danced their hearts out spreading the patriotic fervour everywhere. The students enacted prime scenes from the Quit India Movement to apprise their peers of its significance and its success. The programme was successful in igniting the feelings of patriotism in each and everyone present.

Principal Ms. Swarnima Luthra congratulated the entire team and motivated them to always make India proud with their deeds. Ms. Rakhi Kapoor, In-charge Upper Primary Wing thanked the parents for their kind presence and appreciated the efforts of the students and teachers.



संस्कृत हमारी पहचान



"Our modern languages in India are children of Sanskrit, and to it owe most of their vocabulary and their forms of expression." - Jawaharlal Nehru

The very essence and relevance of Sanskrit language was very beautifully depicted by the students of Grade IV E through a special assembly. The theme of the assembly was, 'Sanskrit Hamaari Pehchan'. The programme commenced with inspiring thoughts and amazing facts about Sanskrit language. Thereafter, the students presented a street play highlighting its origin and the need to learn it for today's generation, considering the fact that learning Sanskrit sharpens the learners' memory and cognitive skills. A soul-stirring song and delightful dance performance concluded the programme.

Principal Ms. Swarnima Luthra was all praise for the efforts put in by the students. She motivated them to take up Sanskrit as their language option in future.



Vision Creates Champions

DREAM IT, BELIEVE IT, ACHIEVE IT!! - ASN CELEBRATED NATIONAL SPORTS DAY

The students of Grade III D conducted a special assembly on the occasion of National Sports Day on the theme, 'Vision Creates Champions'. The assembly commenced with thoughts, news and amazing facts followed by a mellifluous song. The 'Talk Show' was a heartfelt tribute to the Indian sportspersons who represented India at the Commonwealth Games in 2022 for their determination, dedication and indomitable spirit. The students learnt the importance of sports and how it inculcates the essential skills of teamwork, co-operation, patience and discipline. The programme culminated with a scintillating dance performance emphasizing, 'khelega India to badega India'.



'New Horizons of Womanhood'

GENDER EQUALITY MUST BECOME A LIVED REALITY

Gender equality, besides being a fundamental human right, is essential to achieve peaceful societies, with full human potential and sustainable development. To spread the message loud and clear, the students of Grade V B presented a special assembly on 10th October 2022 on the theme 'New Horizons of Womanhood'. The students put on display the best of their talent through enlightening thoughts, amazing facts, news update, melodious song and pulsating dance performance. The highlight of the program was the television show titled 'Daughters- Our Pride' showcasing the success stories of women who have broken gender barriers and achieved fame for themselves and their country. The students were applauded and well appreciated for their efforts by the Principal, Ms. Swarnima Luthra and in-charge of the upper primary wing, Ms Rakhi Kapoor.



SANITATION AND WATER FOR ALL



To emphasize the value of clean water and good sanitation practices, a special assembly was conducted by the students of Grade III A on the theme 'Clean Water and Sanitation - A Human Right'

It commenced with enlightening thoughts followed by good sanitation practices and news. Thereafter, the students performed a skit highlighting the importance of water and what the world will be like if we don't conserve water. An inspirational song was sung by the class choir titled 'Jal Hee Jeevan.' The assembly concluded with an energetic dance appealing everyone to love and respect the most precious resource on earth 'Water'.

Incharge Ms. Rakhi Kapoor appreciated the performance of all the students and exhorted them to be water wise.





'Good Health & Wellness'

Make yourself a priority!

The students of Grade III B conducted a special assembly on the theme, 'Good Health & Wellness'. The aim was to reiterate the importance of keeping healthy and fit. They presented thoughts and suggested some tips for healthy living. The play urged everyone to make a healthy switch for a healthy and happy life. The assembly came to an end with an inspiring song and dance performance.



'Sharing is Caring'

"The true spirit of Christmas is giving and forgiving."

The students of Grade IV A conducted a special assembly on the theme, 'Sharing is Caring' as we all get ready to celebrate Christmas. The students presented scenes from real life which emphasized that we all should do small things with great love. Captivating music and dance performances enthralled the audience spreading love, joy and positivity all around.



Celebrating People of Determination

Accept me the way I am.

The students of Grade V A presented a special assembly on the theme 'Celebrating People of Determination' on the occasion of International Day of Persons with Disabilities which is observed on 3rd December every year. It was an initiative to promote an understanding of disability issues and mobilise support for the dignity, rights and well being of persons with disabilities. The students presented their views in the form of beautiful thoughts poems and facts. The young ambassadors of ASN showcased a skit wherein they recognized and appreciated the indomitable spirit and courage of some of the differently abled who have made remarkable contributions to the world. This was followed by mesmerising musical and dance performances.



'Innovation in Education'

"Learning and innovation go hand in hand."

It was an absolute delight to watch the students of Grade V D present a special assembly on the theme, 'Innovation in Education' wherein they showcased ASN Senior Secondary School as the hub for innovation which helps students imbibe the skills of creativity, critical thinking and decision making.

The role play provided glimpses of the multifarious activities conducted in the school to cater to the needs of diverse learners.

The assembly culminated with a melodious song and foot-tapping dance performance on importance of education.

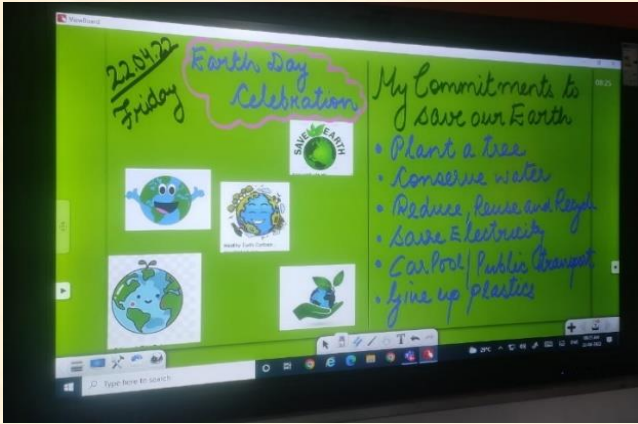


Celebrations at a Glance

Earth Day Celebration

Hand in Hand for Our Green Land

Every year Earth Day is celebrated to show our support and gratitude for our Mother Earth for the bountiful things we get from it. This day and everyday our small acts of compassion will surely help our Mother Earth to be greener and healthier for all of us. So, we all need to come together and do our bit to make our planet more sustainable and livable. The same was reflected in the activities conducted for the students of the upper primary wing. Grade 3 students went for Nature Walk wherein through their senses they tried to establish a connect with the nature. Grade 4 students penned down their commitments towards Mother Earth and Grade 5 designed posters that highlighted the numerous ways by which we can help revive our Mother Earth.



Hindi Diwas Celebration



ए एस एन स्कूल मयूर विहार में प्राथमिक स्तर द्वारा 14 वसंतंबर 2022 को व्हंदी वदिस का आयोजन कया गया। कक्षा प्रथम ने दोहा िाचन वद्वतीय ने श्लोक, कक्षा तृतीय ि चतुथ ने व्हंदी भाषा पर अपने षिचार, कविता तथा मुहारिे प्रस्तुत कए कक्षा पंचम ने व्हन्दीभाषा के महत्व को उजागर करते हुए नुककड़ नाटकपेश कया, इसके साथ-साथ नृत्य तथा गीत की प्रस्तुतभी मन मोहक थी ।

Link to watch more videos

<https://drive.google.com/drive/folders/1tKQftfvfQtJprB6f8x89eFA2XIZhgwb?usp=sharing>

Janmashtami Celebration



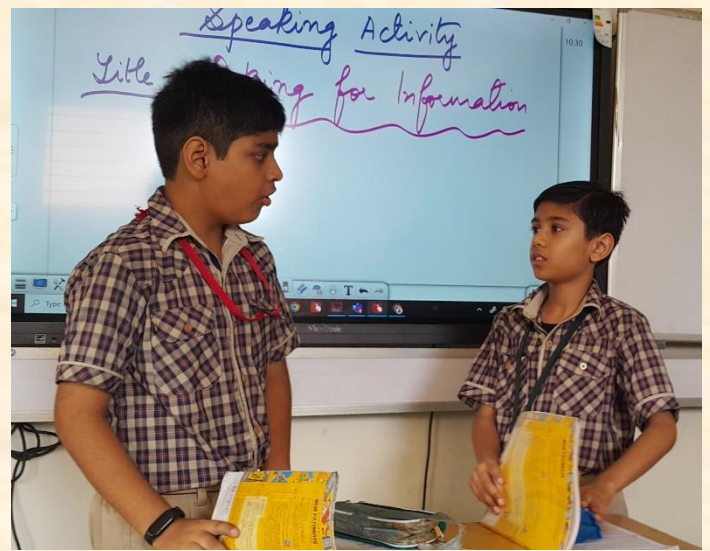
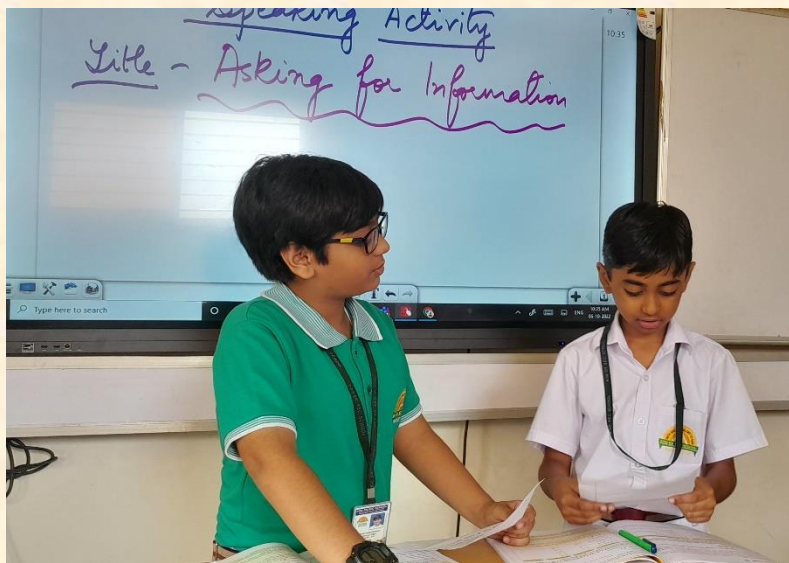
May Lord Krishna show us the way to righteousness!

The students of upper primary wing showcased their artistic skills on the occasion of Krishna Janmashtami by making vibrant and attractive paper flutes, cards and bookmarks. The aim was to make them feel a connect with Lord Krishna and his teachings.

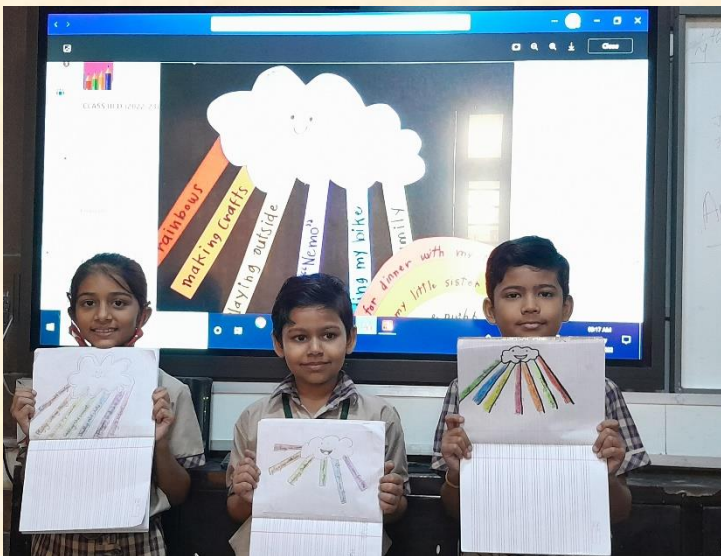


Experiential Learning in Class rooms

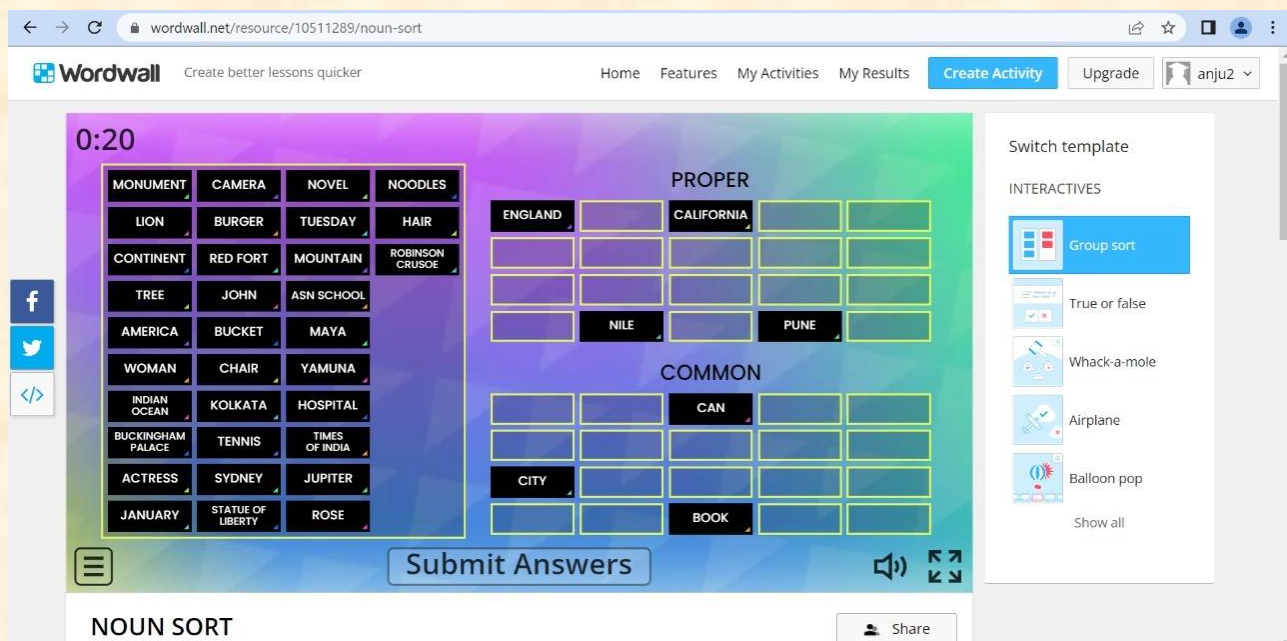
Honing Speaking Skills



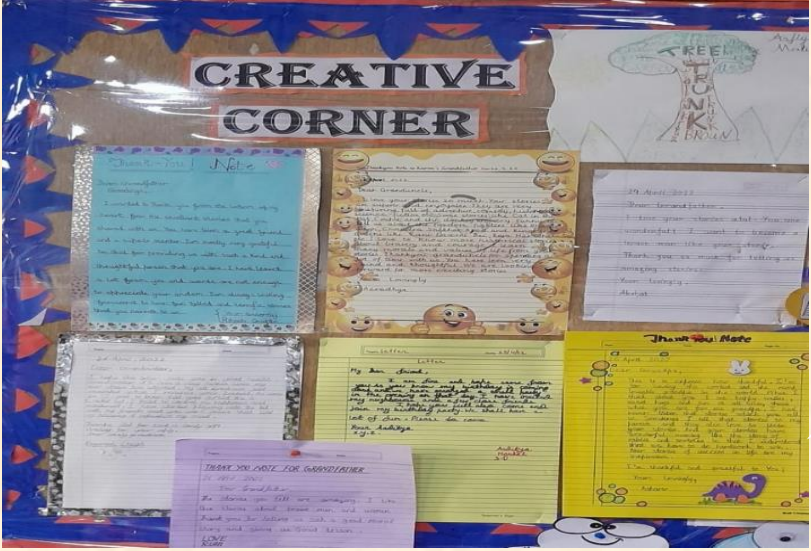
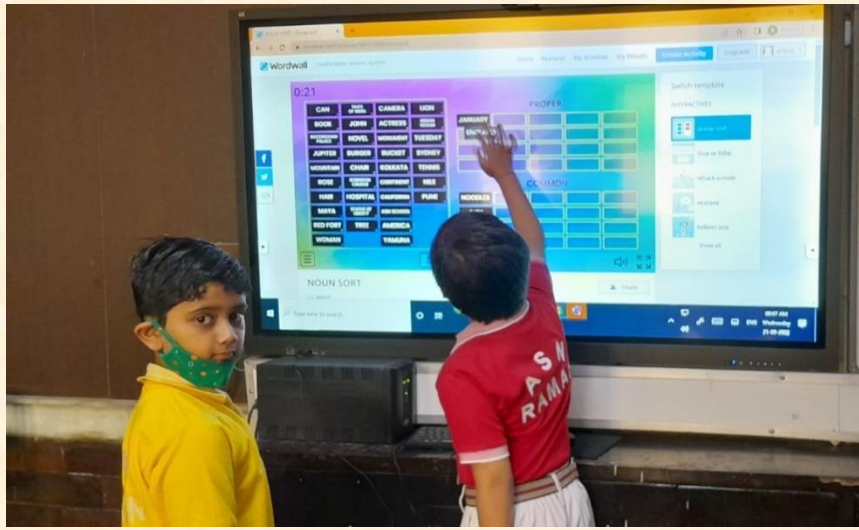
Life Skills Activity – Happiness Rainbow



Learning is so much fun through games!!



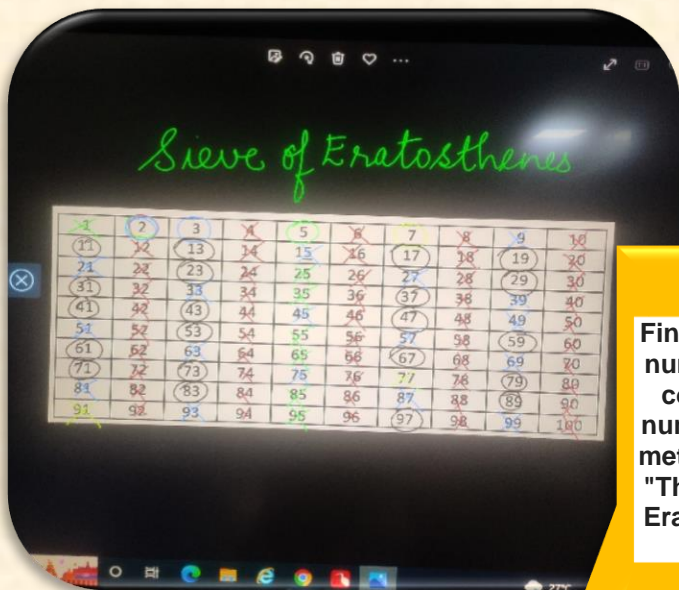
NOUN SORT GAME



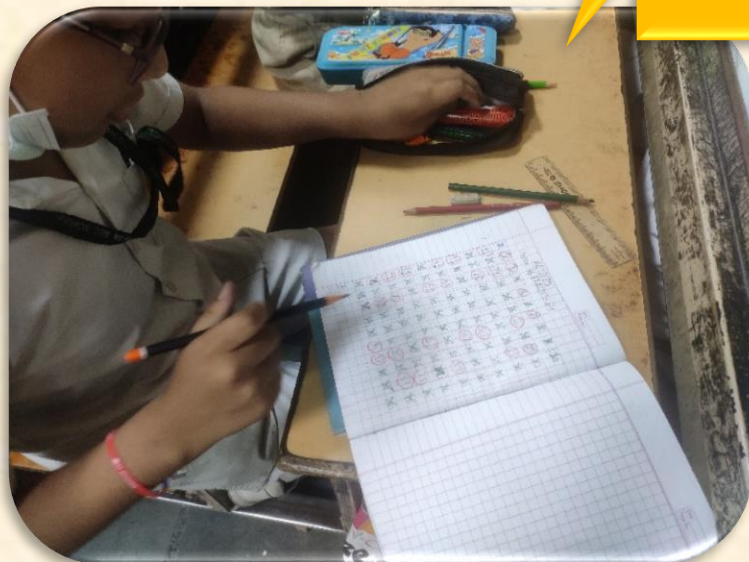
The students wrote a 'Letter of Gratitude' to their grandparents thanking them for always being there for them.

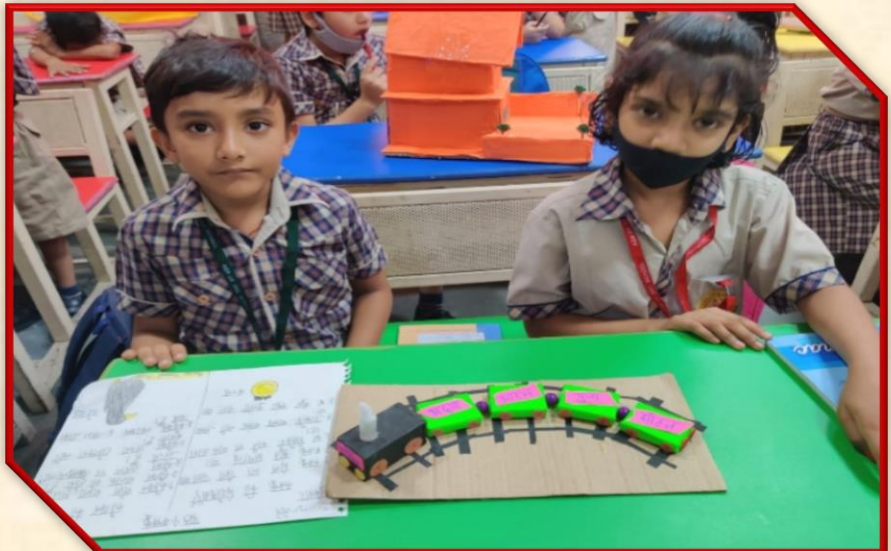
Sharing of Knowledge

Group Discussion on Rotation and Revolution



Finding prime numbers and composite numbers by a method called "The Sieve of Eratosthenes"



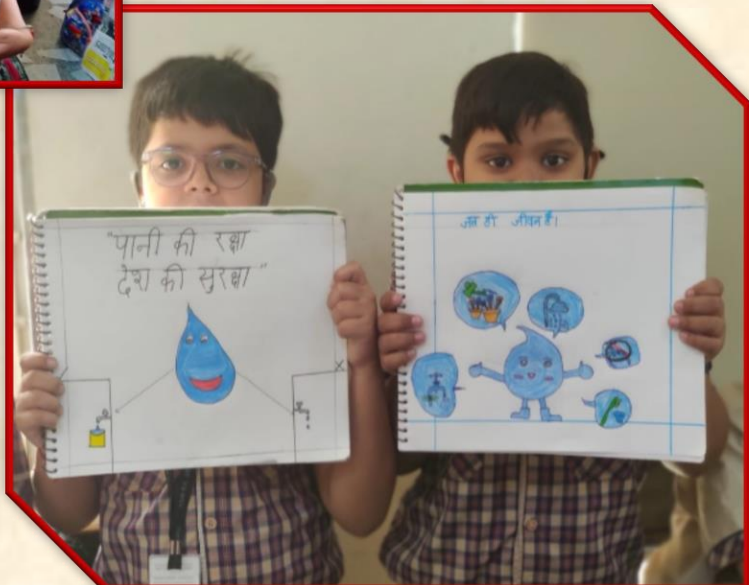
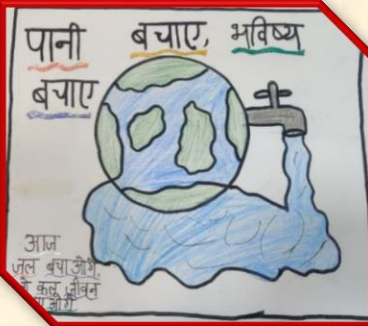


छात्रों ने वर्णमाला के क्रम से परिवार के सदस्यों के नाम रेलगाड़ी पर लिखें।

जल की बचत पर नारे लिखकर पोस्टर बनाए।



Poster making



Save Water, Let Life Smile!!



Let's Get Acquainted with Our Body

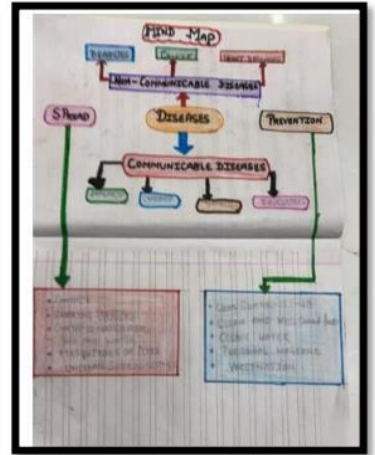
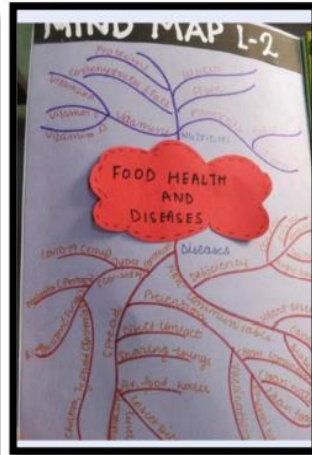
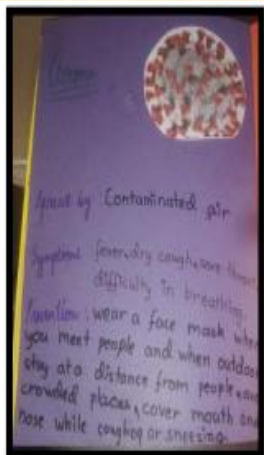


CLAY MODELLING- VERTEBRATES AND INVERTEBRATES



Food and Health

Eat Healthy, Live Healthy



Experimenting to Discover



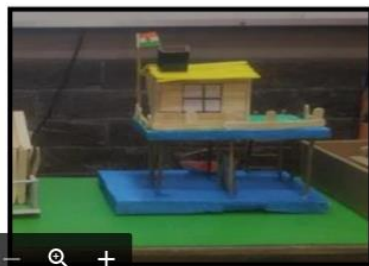
Build a molecule



Physical and chemical change



Home Sweet Home



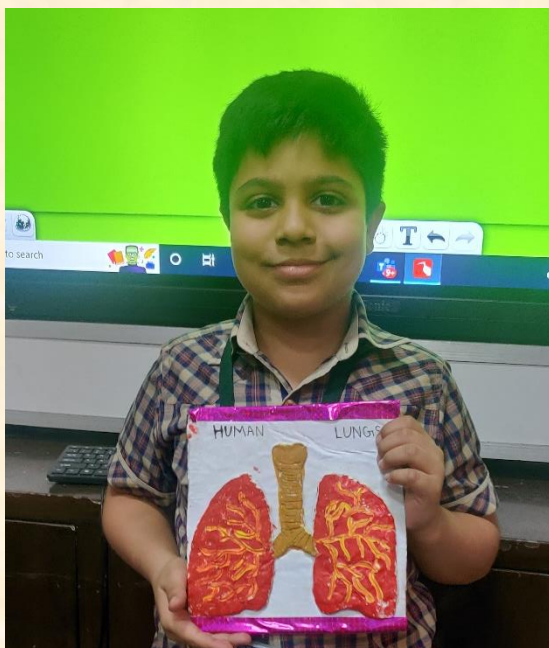
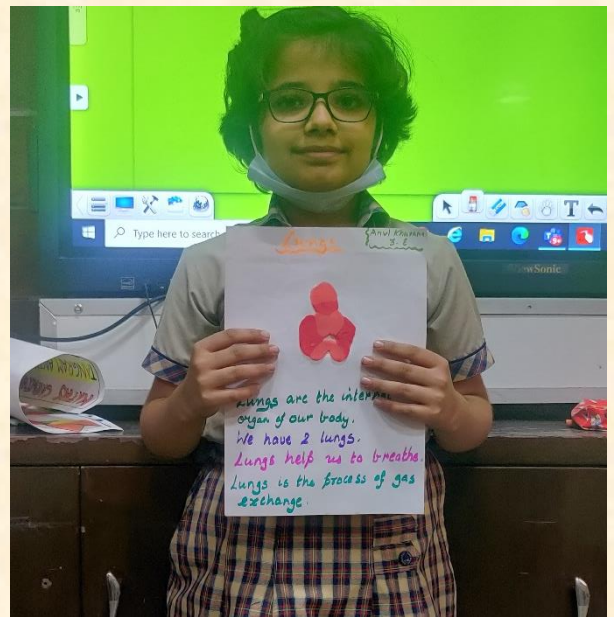
STILT HOUSE

- ★ Stilt houses are houses raised on stilts on piles over the surface of the soil or a body of water.
- ★ Stilt houses are also called pile dwellings or lake dwellings.
- ★ Stilt houses are built primarily as a protection against flooding, but they also keep out vermin.
- ★ These houses are made up of bamboo, wood, mud, cement and so on.
- ★ The shady space under the house can be used for work or storage.
- ★ Stilt houses in India are built in those places that get high rainfall and are often in flood-prone areas.
- ★ In India, stilt houses are called "Song Ghar" in Assam.

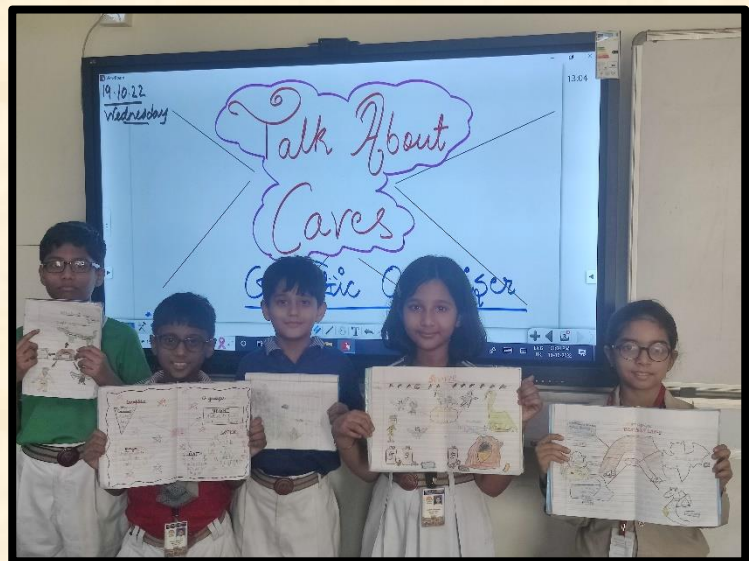
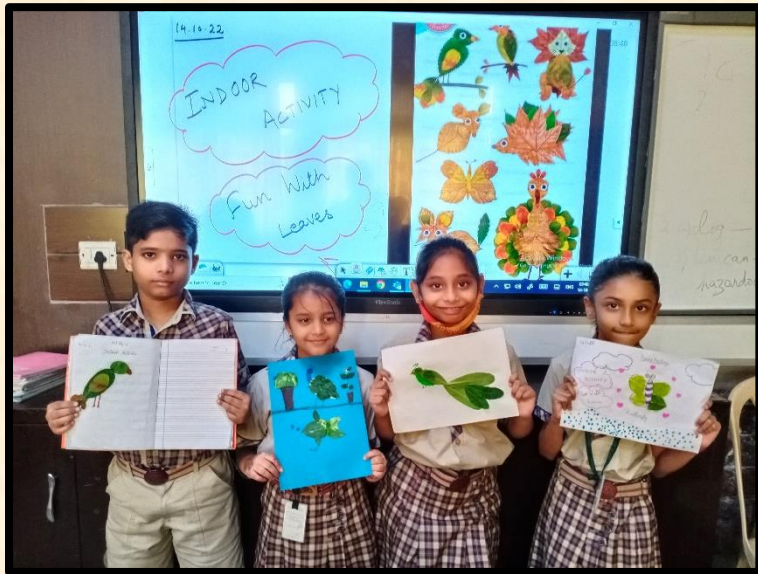


Clay modelling-Let's Replicate parts of our body

Art plays an important role in developing creativity, problem solving skills and enhancing critical thinking. To engage the creative bots and enhance their speaking abilities, the students of class 3 actively participated in clay modelling activity. The children prepared models of internal body parts using clay modelling as a technique and presented its uses and functions in the class. The subject enrichment activity helped integrate arts and experiential learning with EVS.



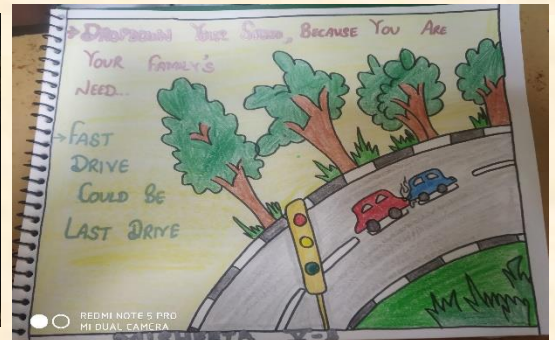
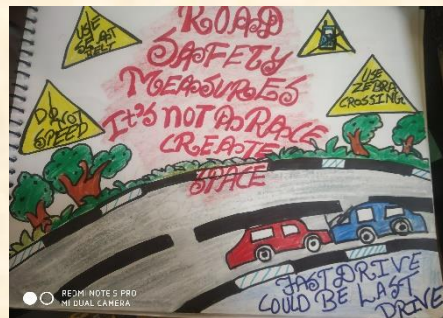
Activity



National Unity Day



Art Galleria



NURTURING CREATIVE MINDS

The students of Grade V learnt mandala art which is an effective form of art therapy and believed to calm body and mind. The students first attempt at mandala artwork was phenomenal and was appreciated by one and all.



SEEKING THE BLESSINGS OF LORD GANESHA

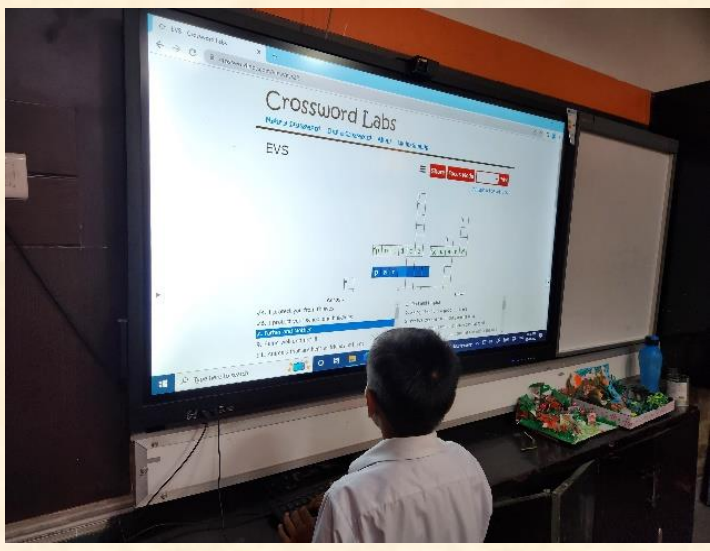
The students of the upper primary wing welcomed Lord Ganesha on the occasion of Ganesh Chaturthi through their aesthetic and appealing images of Bappa.



Golden Hour Activities

It is rightly said that creative expression and knowledge is the key to awakening joy and inspirational qualities.

To engage our young minds and groom their rich thoughts, golden hour activities are conducted everyday. The students actively participate in free play, mass drill, life skills and indoor games/activities. These enriching pursuits help the learners to instil the values of patience, respect and at the same time help enhance ingenious ideas.



Hunar Fest

“Entrepreneur is someone who has a vision for something and a want to create.”

To move forward and achieve new horizons, we must meet the needs of young entrepreneurs through an entirely new ecosystem. We at ASN endorse this fact and aim to prepare the students to acquire skills that will help them survive and thrive in this competitive world. Thus, our entrepreneurship curriculum focuses on four major components: creativity, curiosity, imagination and collaboration as these four components bring the heart of education and entrepreneurship together.

ASN Entrepreneurship Cell organized ASN E-ship Hunar Fest 2022-2023 which was inaugurated by the chief guest for the day, Mr B. Ramanjaneyulu, Director, Department for Promotion of Industry and Internal Trade, Vanijya Bhawan, New Delhi and the special guest of the day, Mr. Harshit Mishra, Deputy Advisor (Education) Niti Aayog, along with the members of the management , Mr Rajiv Nayan Luthra, Managing Director, ASN Schools, Ms Swarnima Luthra. Principal, ASN Schools.

The students displayed their entrepreneurial skills with huge pomp and show showcasing a variety of hand-made products such as t-shirts, dupattas, decorative items, soaps, chocolates, sanitizers, room fresheners, organizers, pickles, etc. The students of classes III, IV & V of Upper Primary Wing also made their contribution in the fiesta by showcasing beautiful hand-crafted items like festive envelopes, coasters, key holders, swastiks, etc. They also

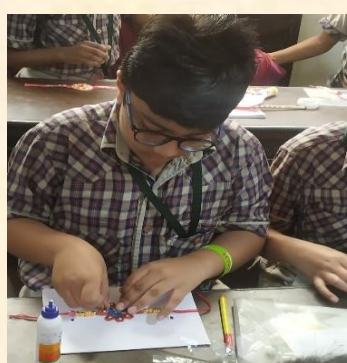
organized fun games such as Loop the Hoop and Treat the Clown under the guidance of their teachers which were the highlights of the day. The visitors appreciated the hard work behind the thoughtfully designed and crafted items. The fest witnessed a roaring success.



Intra School Competitions

GEARING UP FOR RAKHI FESTIVITIES

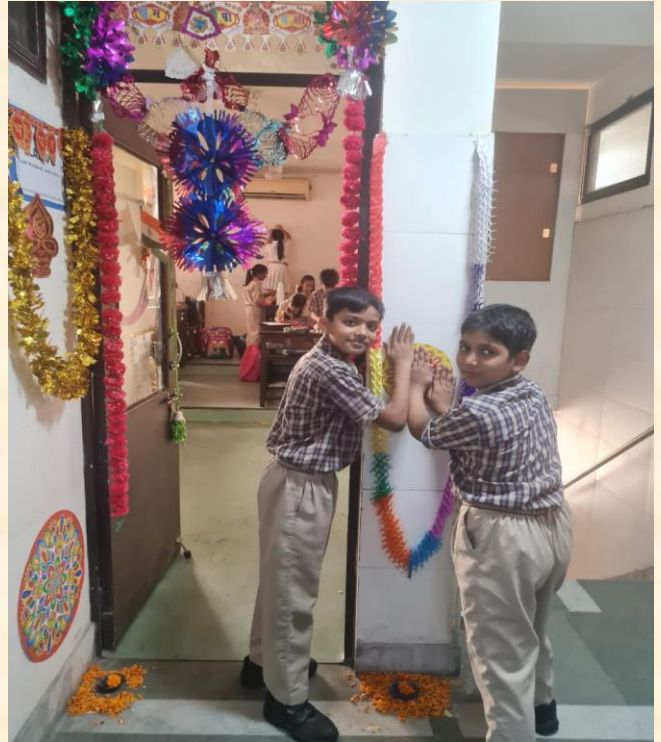
The students of upper primary wing used their creativity and imagination to create splendid rakhis on the occasion of Raksha Bandhan. The aim was to make them feel that special bond of love that binds a brother and sister forever and brings into life countless joy, prosperity and success.



Diwali Decoration

FESTIVE FERVOUR IS IN THE AIR!!

Diwali brings a lot of joy, merriment and prosperity in our lives. The students of the upper primary wing indulged in the festivities by decorating their classes to seek the divine blessings and thereafter, relished sweets and snacks with their friends as part of the celebrations.



Recitation Competition



" Poetry is the rhythmical creation of beauty in words."

As a part of Azaadi ka Amrit Mahotsav, ASN Literary Club conducted the final round of in-house English Recitation for the students of the upper primary wing. The themes were 'Love for My Country' for Grade III, ' India - Home of the Brave' for Grade IV and 'Rekindling Patriotism' for Grade V. The participants recited heart warming poems depicting their pride, love, respect and gratitude for India. The judges were all praise for their stupendous presentation. The winners received a certificate of achievement for their efforts and hard work.



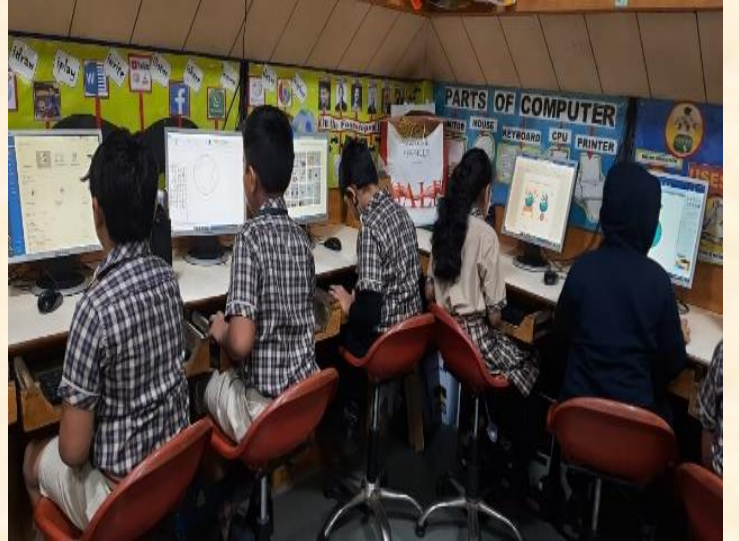
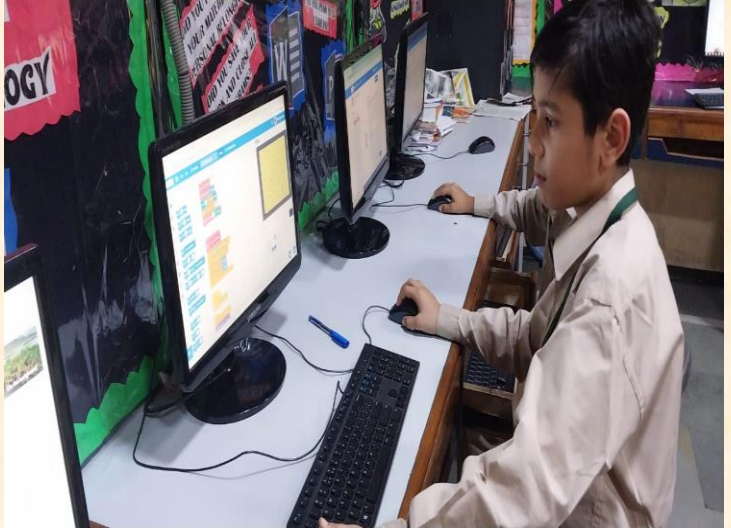
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Link to watch more videos

Tech Wizards

Technowiz

A Poster-making Competition in computer on the theme 'No Pollution is the only Solution' was organized for the students of class III. Students created beautiful images in paint 3 D software and beautifully preset their posters with catchy slogans in Microsoft Word. It was an amalgamation of creativity and technology.



HT Painting Competition

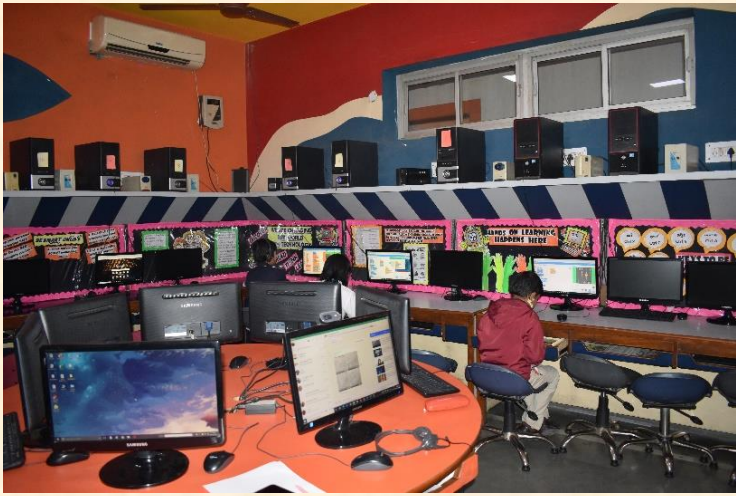


Every Child is an Artist

ASN Senior Secondary School, Mayur Vihar-I, Delhi hosted the **creART- The Art Fest** organized by Hindustan Times. More than 1200 students from classes III to VIII participated enthusiastically in this Art Fest. The theme of the program was G20 (2023) Targets & Agenda. **Hindustan Times** Media Limited very generously felicitated three winners from each class in the presence of the School **Principal, Ms. Swarnima Luthra.**



10th ASN Yamuna Wealth



Tech-e-Thon



Creative Mithila



Entwining Tales

Haute Couture



Swar Sangam

Tribal Vibes

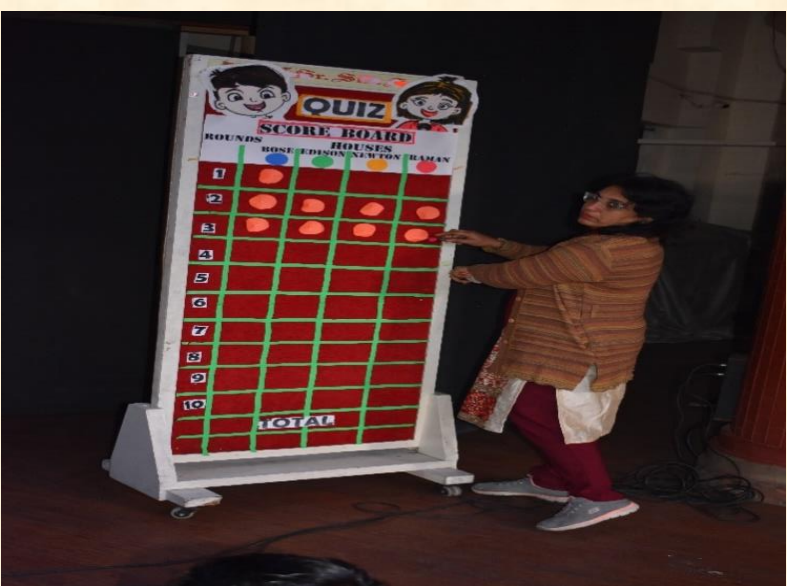
Quizzards of Oz

“Competitiveness brings out the best in everyone.”

A great way to engage ourselves in an interesting way is to play a quiz.

Keeping this in mind, ASN organised quiz for students of class III, IV and V to test their knowledge and skills. The quiz covered various areas of interests ranging from knowledge of plant and animal life, general awareness, current affairs etc.

The Students participated in the quiz with great enthusiasm and competed with one another in good spirit.



Declamation Competition

"Dream, Plan & Achieve"

The final round of " MERA NISHCHAYA - The Career Choice" was held on 23rd January, 2022 for the students of Grade 5, wherein 20 selected students (Round 1) expressed their aims in life with clarity and conviction.

Shri Rajiv Nayan Luthra, Managing Director was overwhelmed to hear the participants speak. He encouraged the students to work with determination and dedication towards their predefined goals in life. He also declared the cash prize of Rs 5100/-,

Rs 3100/-, Rs 2100/- for the first three positions respectively followed by two consolation prizes of Rs 1100/- each for the winners of the competition.



Brilliant Display at the Exhibition

The creative & ingenious minds were engaged in a plethora of activities as part of Summer Vacation projects under the themes Intellectual development, Physical development, Social – Emotional Development and Spritual development.



Gyanotsav



Gyanotsav 2079

'Education is the manifestation of the perfection already in man'. Swami Vivekananda

The students of ASN Senior Secondary School, Mayur Vihar-I participated in the prestigious 'Gyanotsav-2079' at the Indian Institute of Agriculture (Pusa). The theme of the three-day Gyanotsav was **'Self-reliant India with Education.'**

Students gave a heartwarming performance through a dance ballet at the opening ceremony on the song 'Jag mein Sarvottam, Swarg Se Sunder, Aisa Mera Bharat Ho' depicting the glory of our magnificent country, India. Through their performance they showcased the rich heritage and culture of our nation. They also showed how the whole face of India is altering with the change in time, but the cultural traditions continue to flourish and strengthen our diversity.



Book Fair



“Whenever you read a good book, somewhere in the world a door opens to allow in more light”

ASNites from Class 1 to 5 visited the Book Fair 2023 at Pragati Maidan.

The children had an unforgettable time at the Book Fair. The students were fortunate enough to interact with the author Kshama Shama and also rejoiced participating in an interactive storytelling session followed by an Interschool Quiz.

Children bagged a variety of books as prizes during their enthusiastic participation .

Their excitement was at its peak when they got a chance to show their drawing skills .

The day was full of fun and learning .





ASNites, the showstoppers at the inauguration ceremony

The students of primary wing gave a stellar performance at the inauguration ceremony of All India SAI Inter Regional Taekwondo Championship 2023 organized by Sports Authority of India in collaboration with Korean Culture Center in India and Korean National Sports University, Seoul to celebrate 50th Anniversary of Diplomatic relations between India and Korea.

Hon'ble Union Cabinet Minister of Youth Affairs & Sports, Shri Anurag Singh Thakur was the Chief Guest and President, Korean

National Sports University was the Guest of Honour. Secretary Sports, Government of India, Director General, SAI and dignitaries also attended the Inaugural programme Korean National Taekwondo demonstration team, K-Pop and cultural event were performed showcasing culture and sports of the two countries.

The aim was to encourage School going children to join sports and remain fit.

Republic Day Celebration

ASNites celebrated our **74th Republic Day** with zeal in their hearts and pride in their souls. Our majestic tricolour was unfurled followed by a cultural programme. The students paid tribute to our valiant army showcasing their strenuous journey. The students expressed their love and appreciation for India through their poems and speeches. A heart warming song reflecting the notions of swaraj through intricate phad paintings created by ASNites captured everyone's attention.

Shri Rajnikant Shukla, a prolific poet and writer was the special guest for the day. He praised the students for their brilliant display and encouraged them to be the best versions of themselves. **Chairman Shri K.L. Luthra and Principal Ms. Swarnima Luthra** extended their wishes and blessings for Republic Day.



Run for Climate

ASNites Carry the Baton for Climate Action

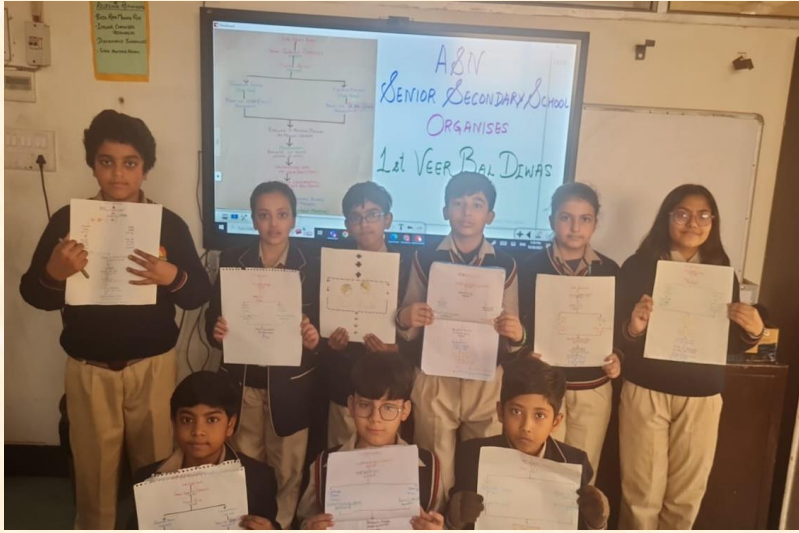
The students of Grade Nursery to V observed **Global Schools Action Day** on 3rd November 2022 by organizing a **Climate Relay Race** on school grounds. All students and teachers ran a distance of 227.9 km to enthusiastically support the international campaign, 'Running out of Time' – Climate Relay Race which is being run across 18 countries in association with **Foundation for Environment Education (FEE)**.

The students were engaged in designing and creating the Baton and the Message to carry with in to show their support and collaborative demand for better climate education and an inclusive world.

Students, teachers and parents also supported the Baton Message online, which is a reflection of their spirit and determination to make a positive change. The echos of the Baton Message filled the surroundings with loud cheer and applause. Principal Ms. Swarnima Luthra congratulated the young Earth warriors and exhorted them to continue with their sustainable actions for our Mother Earth.



Veer Bal Diwas



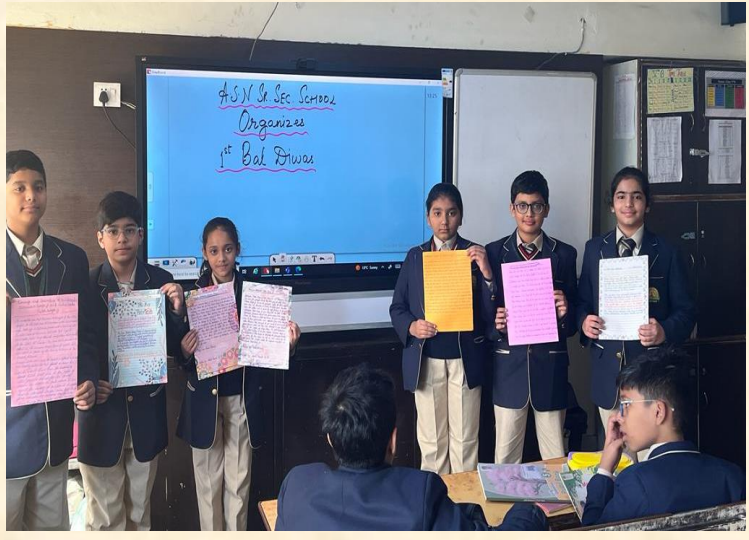
The students of classes III, IV and V of Upper Primary Ewing observed 'Veer Bal Diwas' on 26th December 2022. A plethora of activities were conducted to give an insight to students about the life of Sahibzada Zorawar Singh ji and Sahibzada Fateh Singh ji who exhibited valour and courage in the face of tyranny.



Many awareness generation activities were undertaken in this regard. To begin with the students were shown an animated movie on Sahibzadas, 'Chaar Sahibzaade' to make them aware about their heroic deeds. There after students wrote essays and inspiring short stories about imaginary characters who stood courageously against all challenges and adversities. They took keen interest in creating maps showcasing the major events of their lives.



They students also made 'Thank You' cards to express their gratitude towards the sacrifice done by these brave hearts. They also enthusiastically created 'Promise Cards' wherein they made promises as to how they can incorporate the values learnt through the inspiring stories of Sahibzadas and how they can imbibe the qualities exhibited by these brave sons of India into their own lives.



Workshop for Teachers



FINANCIAL LITERACY WORKSHOP

Financial Literacy Training session was organized for the faculty members and the teachers of schools who are a members of ASN Learning Hub as a part of CBSE trainings. The session was informative and useful as it apprised the audience of the benefits of systematic investment for a secure future.

Yoga Session for the Staff by CS Sudhir Jain (Yoga trainer)



Community Outreach Programme



Nutritional

Apple:
 Water: 86%
 Carbohydrates: 13.8 grams
 Calories: 52

Pear:
 Calories: 101
 Carbohydrates: 27g
 Fibre: 5.5g
 Fat: 0.3g

Biscuits
 Fat: 8.5g
 Carbohydrate: 19.3g
 Protein: 3.2g
 Calcium: 35mg

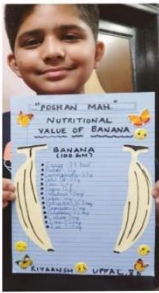
Poshan Mah



"POSHAN MAH"
NUTRITIONAL VALUE OF BANANA

BANANA (100g)

- Water: 75g
- Calories: 89
- Carbohydrates: 22.8g
- Fibre: 3.1g
- Sugars: 14.7g
- Fat: 0.3g
- Protein: 1.1g
- Iron: 0.3mg
- Calcium: 5mg
- Potassium: 422mg
- Sodium: 1mg
- Vitamin C: 8.7mg
- Vitamin B6: 0.4mg
- Vitamin E: 0.1mg
- Vitamin K: 0.2mg



Shivansh Joshi 3rd A



Nutrition Value

Namkeen
 31% 6g Carbs
 53% 4.5g Fat
 16% 3g Protein

Krackjack Biscuit
 32% total fat 21g
 50% Saturated
 23% total Carbohydrates 69g
 Sugar 19g
 Protein 6.6g



Nutritional Value of...
Nutrition facts :-
 The nutritional composition of milk is complex. It contains almost every single thing that our body needs.
 One cup of whole cow's milk with 2.2% fat provides:

- Calories: 152
- Water: 88%
- Protein: 8.14 Grams
- Carbs: 12 Grams
- Sugar: 12 Grams
- Fat: 0 Grams
- Fat: 8 Grams

Sourish Prajapati
4 B

Riyaansh Uppal, V B



Poshan Mah



NUTRITIONAL VALUE

RICE (Per 100g)

- Calories: 110
- Carbohydrates: 28g
- Fibre: 0.4g
- Protein: 2.6g
- Fat: 0.3g
- Sugars: 0.1g
- Iron: 0.4mg
- Calcium: 1mg
- Potassium: 35mg
- Sodium: 1mg
- Vitamin C: 0.1mg
- Vitamin B1: 0.1mg
- Vitamin B3: 0.1mg
- Vitamin B6: 0.1mg
- Vitamin E: 0.1mg
- Vitamin K: 0.1mg

WHEAT (Per 100g)

- Calories: 113
- Carbohydrates: 28g
- Fibre: 1.2g
- Protein: 12.6g
- Fat: 1.1g
- Sugars: 0.1g
- Iron: 0.4mg
- Calcium: 1mg
- Potassium: 35mg
- Sodium: 1mg
- Vitamin C: 0.1mg
- Vitamin B1: 0.1mg
- Vitamin B3: 0.1mg
- Vitamin B6: 0.1mg
- Vitamin E: 0.1mg
- Vitamin K: 0.1mg

TOURNALETT (100g)

- Calories: 38
- Carbohydrates: 6.3g
- Fibre: 0.1g
- Protein: 0.1g
- Fat: 0.1g
- Sugars: 0.1g
- Iron: 0.1mg
- Calcium: 0.1mg
- Potassium: 0.1mg
- Sodium: 0.1mg
- Vitamin C: 0.1mg
- Vitamin B1: 0.1mg
- Vitamin B3: 0.1mg
- Vitamin B6: 0.1mg
- Vitamin E: 0.1mg
- Vitamin K: 0.1mg

Aarav Khanna
IV-B

POSHAN MAH ACTIVITY



Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber. Fruits also provide a wide range of health-boosting antioxidants, including flavonoids. Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes.



NUTRITIONAL VALUE OF COOKIES
 ENERGY - 465KCAL
 CARBOHYDRATE - 76G
 FAT - 15 GRAM

Sanshi Jain
Class - 3rd A



Aaradhya Pandey
IV B

KHUSHIKA AGGARWAL IVB



Nutritional Value of Food Item donated

Apple - Apples are good source of fibre and Vitamin C. They also contain antioxidants like Vitamin E and Polyphenols that contribute to the fruit's numerous health benefits. We should have apples in our daily life to be fit and healthy.

Guava - Guava is high in Vitamin C, providing more 20% of your daily need. They also contain small amounts of Iron, Calcium, Vitamin B6, Vitamin A, Potassium and more.

Dahi Phalle - Dahi is good source of high-quality protein, offers various amount of fat and contains small amount of lactose. Bhale gives it an extra nutritional value. Dahi is good source of proteins, lactose, Iron, carbohydrates and Calcium.

Biscuits (Cookie) - Cookies are rich in fat and carbohydrates.

All the given food items have good nutritional value.

Benefits of Pomegranate

1. Pomegranate are an excellent sources of fibre and vitamins and K.
2. Pomegranate provide a broad range of essential minerals.
3. Pomegranate are High in Fibre.
4. Pomegranate may be beneficial for Arthritis.
5. Pomegranate juice may lower blood pressure.
6. Pomegranate may lower inflammation and improve oxidative stress.

One Pomegranate (282g) provides 234 Calories, 42g of Protein, 52.7g of Carb Carbohydrates, and 3.3g of Fat. Pomegranate seeds, by itself, are a very good source of fibre and rich in potassium, phosphorus, magnesium and Calcium.



Rice is very nutritious food. It is rich in carbohydrate which gives us energy. Apple is a very healthy fruit which is rich in iron. I am very happy to donate all these items to my maid daughter who is like my sister.
 Aaradhya Pandey

Parents' Feedback

I would like to congratulate the School, Teachers and the Students for putting up a great efforts to showcase the modern methods of teaching in the ASN Senior Secondary School. Mathematics is not tough when taught/explained in a fun way. It was really amazing to see the students explaining the mathematical concepts like "Kangali Table pattern", "fractions" and "vedic mathematics". Similarly, the summer holiday homework presented by the students were also very innovative and interesting. This is a new India where studies is not just copying the concepts instead following the practical approach. Heartful gratitude to Teachers, students and talents who always work as a team with full zeal, sincerity and enthusiasm. After a long duration of pandemic, we got a chance to visit the school for the parents-Teachers meeting and Exhibitions - "Holiday Home work & Mathematics Carnival" and both the time we got to see new, innovative and interesting concepts/ideas of presenting the concepts students' activities.

"Great leaders inspire others." A great thanks to Principal Ma'am and Teachers for providing the platform to our own children to learn new things everyday for their holistic development.

Proud Parents of Aaradhya Kejriwal Class III E
Anshika Kejriwal and Shobhit Kejriwal

Respected Ma'am

Thank you and all the teachers for the efforts you put in for the exhibition. On entering the premises of school that day the feeling was of jovial mood that is present on festivals. Of Course the exhibition was no less than a festival for children. It was fascinating to see children's homework displayed in such a manner. I and Aprameya had a great time going around and seeing the variety and thought provoking works. It showed the diligence of teachers in choosing the activities for holiday homework.

Many activities were in the game form and we enjoyed playing them. Also the idea of having students explain the activities was very good. Deveshee and Aaradhya did a great job explaining different homework.

In all an excellent presentation and a rewarding experience for me.

Regards,

Dr. Mona Choudhary,
Consultant Psychiatrist,

It was wonderful to watch such creative work of students through the exhibition. It was interesting to view the same topic being exhibited in so many different ways. The Gratitude bookmarks all dangling through the corridor added vibrance to the celebration. Much appreciated teamwork of students, parents and teachers.

Parent of Nandika-V B

I watched both math carnival and exhibition organised by our school. This is the way students get opportunity to show their creativity through their work. Work done by students were creative and presentable. Math carnival was very interesting as it showcased many math activities such as fractions, magic - square, multiplication tricks etc by students. Thanks for organizing this kind of exhibition. I hope in future also students will get opportunity to show their talent become part of these exhibition and carnivals.

Pinki Joshi
Mother (Deveshee)

ASNites organized a wonderful Maths carnival which was mesmerizing as usual. All the presentations and activities made by the kids were very interactive and the students hosting the event in each class were just amazing, they made us play many Maths games in a fun way. Enjoyed a lot. Thank you so much ASN to give us an opportunity to become a part of this awesome Maths Carinival.

Parent of Akshaj Sohal-V B

Dear mam

I want to convey my regards for giving us an opportunity to visualise such an excellent presentation of the kids through your esteemed exhibition.

It is really a good attempt by your school to take out the best from the students. Yours effort to take care of the students is praiseworthy.

We thoroughly enjoyed the showcasing creativity exhibition held on 30th July 2022 and Maths carnival for a day full of fun and amusing activities really overwhelmed by the presentation of various innovation.

I appreciate your effort and hope you will continue to do so.

Thanking You once again,

Anjana Gupta

Parents of Samrudh Pathania Class 3rd -A

Parents' Feedback

A great initiative by the school, I love to see lot's of hard work done by the kids even I learn many things from the students it's a pleasure moment for every parents to attend this beautiful scenario teacher's also done so well I happy to see my kids are going in right direction

The exhibition during the PTM and presentation made by the students was done very well and satisfactorily.

Thanks & regards,
Amit Chatterjee.
F/o Shanaya Chatterjee

Respected Maa'm,

I would like to give my feedback on the Exhibition held in July 2022 and the Maths Carnival in August 2022.

Exhibition: The exhibition displayed the activities done by the III class kids during their summer vacations. The plethora of ideas and the kids' creativity was at full display during the PTM and some kids were assigned to apprise the learnings of the activities to the parents.

Maths Carnival: The carnival invited attention from the young Maths Wizards who displayed their capabilities in solving maths with fun. Wonderful patterns indicating the tables, magic squares, divisions, were displayed in the form of fun examples and ease of understanding.

The efforts of the teachers in grooming the kids to exhibit the capabilities is highly appreciable. I would thank all the teachers whose efforts can be seen in the way they groom our budding kids.

With warm Regards,
Vishakha Jain -Mother of Priyanshi Jain Class III-E

Maths carnival was really a commendable effort by school and teachers. It made Maths a fun and practical way of learning. Students and parents came to know about various interesting facts about Maths. Hands on approach helps in better clarity of concept to students and breaks the monotony of the subject. Would love to have more of such efforts through students to make studies more engrossing.

Thanks & Regards
(M/o Aaradhya Saraswat) Shikha Saraswat

Dear Ma'am,

It was our pleasure to have visited the school during the last Parent-Teachers Meeting, and thank you for the valuable interaction and feedback regarding Ahaan's progress. It was wonderful to peruse through the exhibition of the art and craft made with so much hard work by all the spritely little ones of the class.

The students had come up with a lot of creative ideas and brought them to life with beautiful models and creations. The Maths Carnival was also an exhilarating ideation, and was fun to visit. That mathematics could be expressed in such exciting and novel representations and through fun games, was a sight to see. We were very much enthused by the tangram art, and spent some time building or rather re-creating the tangram model of a rocket on display. One other exhibit of learning addition of fractions, by making up a circular dish by fitting in slices of different sizes equating different fractions, was a specially thrilling activity. It was a happy occasion to be complemented by the student volunteer for managing to complete the whole circle by fitting in the correct fraction slices! We cheerfully enjoyed the exhibition activities as we could see several of our fellow parents too were enjoying themselves.

A special shout-out and applause for all the students for all the meticulously put together activities.

A big word of thanks to the class teacher and the subject teachers for the scintillating exhibition show put up with all their guidance.

It was a cherished experience to remember.

With regards,

Sushma Sharma & Rahul Sharma, Parents of Ahaan Sharma, Class IV-C,

Fun with Maths

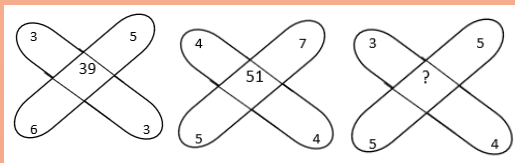
Factometer

- From 0 to 1000, the only number that has the letter 'a' in it is 'one thousand.'
- A year isn't exactly 365 days – it's 365.2564 days!!

That's why we have a Leap year every four years.

Brain Train!

Find the Missing Number.



37
Answer

Riddles

- Born in the ocean and white as snow. When I fall back in water without a trace. What am I?
- If you put your eye to this, it can help you to see far, it helps you to see planets, the moon or even a star. What is it?
- I can reach a depth of about 80 meters in an ocean. I am not human being or manmade thing. Who am I?
- I am an animal. I can make the loudest sound. This sound can travel hundreds of kilometers in under water. Who am I?
- I was once an old massive star and soon I will be brightly colored gas cloud, but for now I am a massive explosion? What am I called?
- What can be measured but has no width, length or height?
- I am hard as a rock but when put in hot water, I immediately melt. What am I?!

Salt, Telescope, Sunlight, Hydrogen, Blue whale, Supernova, Temperature, Ice

ANSWER KEY

Test your I.Q.

Q1. Give the full form of the following technical terms.

- USB
- SIM
- CCTV
- HD
- PDF

Q2. Give the full form of the following email abbreviations.

- FIP
- ASAP
- PFA
- WFH
- TBF

ASNites brings Laurels

INTER SCHOOL CO-SCHOLASTIC ACHIEVEMENTS				
(Session- 2022-23)				
Name of the Event / Competition	Full Name of the Student	Class & Section	Position	Organizer
GROUP DANCE - RHYTHMIC BLISS	DRISHTI CHAUHAN	V A	I	AHLCON PUBLIC SCHOOL
	NANDIKA	V B	I	
	KIMAYA AGRAWAL	V B	I	
	NAVIKA JAIN	V D	I	
	AGASTYA KWATRA	V E	I	
	DEV GAHLOT	V E	I	
	GAURI MUDGAL	IV E	I	
	MISHIKA RAI	IV D	I	
LITTLE CHEF-SALAD DECORATION	SHASHANK SHANDILA	III E	II	AHLCON PUBLIC SCHOOL
	AVNI KHURANA	III E	II	
ECONOVATOR	Hridhaan Dua	V A	II	BAL BHARATI PUBLIC SCHOOL NOIDA
	AVIK GARG	V D	II	
GANGA - RIVER IN PAIN	KIMAYA AGRAWAL	V B	I	BAL BHARATI PUBLIC SCHOOL
Role Play - Five Elements of Nature	Shanaya Chatterjee	III D	I	Universal Public School ,Preet Vihar
Dot Painting	Diya Bhardwaj	IV C	II	Chatrapati Shivaji
Dot Painting	Anika Rawat	V B	III	Chatrapati Shivaji
Paper Sway (Retouch the paper weight)	Bhairvi Sharma	V B	III	Arwachin Bhawan Sr. Sec. School
Creative Mithila	Nikunj	V E	I	10th ASN Yamuna Wealth
Tech-e-Thon	Avik Garg	V D	I	10th ASN Yamuna Wealth
Haute Couture – Model Talk	Aaradhya Kejriwal	III E	I	10th ASN Yamuna Wealth
Tribal Vibes – Walk the Ramp	Shivam Asthana	V E	II	

Symbola Tambola	Aarav Khanna	IV B	I	10th ASN Yamuna Wealth
	Saharsh Snehil	IV B	I	
Entwining Tales – Story Telling	Diva Bhardwaj	IV C	III	10th ASN Yamuna Wealth
	Arjan Panesar	IV C	III	
Swar Sangam – Group Song	Anika Rawat	V B	II	10th ASN Yamuna Wealth
	Kimaya Agrawal	V B	II	
	Riyaansh Uppal	V B	II	
	Nandika	V B	II	
	Viraj Kandpal	IV C	II	
	Maira Agarwal	III D	II	
	Mishika Rai	IV D	II	
	Pavika Shukla	IV D	II	
	Dhruvika Shah	IV A	II	
	Mantavya Singh	IV D	II	
Ansuni Kahani–Vakta Ki Zubani – Vaachan Pratiyogita (ONLINE EVENT)	Kaashvi Narang	IV B	II	10th ASN Yamuna Wealth
E Poster Making	Navjyot Singh	V E	III	DAV Centenary Public School
Poster Making	Avani Gotam	IV C	I	Hindustan Times
	Aviral Chaurasia	IV C	II	
	Aranya kumar	IV D	III	
	Aryan Rai	IV B	COSOLATION	
	Mantavya Singh	IV D	CONSOLATION	
	Vaanya Rohilla	V D	I	
	Nitya	V C	II	
	Parth Kharbanda	V B	III	
	Navika Jain	V D	CONSOLATION	
	Nikunj	V D	CONSOLATION	
Flora ART	Diva Bhardwaj	IV C	I	AHLCON PUBLIC SCHOOL ART FEST
	Srishti Thakur	IV D	II	