



1<sup>st</sup> Edition

1<sup>st</sup> July, '23

# Manthan

e-newsletter



Today's world is a very superficial one where appearances and personality matters a lot. Every child has to learn to present themselves in front of others in a smart and confident manner. The best way is to have a good body language and the ability to speak with conviction which is made possible through participation in extra-curricular activities at school and college. Public speaking and good

body language is taught in school via dance, music ,drama, sports and other activities. All the above, contributes to make our children savvy and confident. Improvement in self-esteem is known to show results via improved academic performance. Participation in a variety of extra-curricular activities demonstrates the child's leadership skills and community involvement outside a classroom. You could always ask what are extra-curricular activities? By definition, extra-curricular activities are "pursued in addition to the normal course of study" . They help us hone essential life skills and is a definitive in networking skills. Extra-curricular activities not only build confidence but also allows the child to explore interests and create broader prospectives leading them towards life skills they might like to pursue as career options. Extra-curricular activities boost social skills and helps in self-development. Communication is a vital asset in student lives allowing them to express themselves freely and in the correct way. Personal growth and development also takes place. There is improvement in social comforts and relationships outside of family. There is definitely a boost in the sense of responsibility apart from improving physical and mental health. If we were to look at the disadvantages we would probably talk about expenses and being short on time but all in all the advantages far outweigh the disadvantages. So always encourage your child to participate in the extracurricular activities.

**Ms. Chitwan Singh**

**Headmistress**

Education plays an important role in the lives of all of us. It is an important tool for a bright future. It makes us independent so that we are not dependent on others. The chances of getting a good job increase for an educated person. It develops good and attractive qualities in a human being. It improves a person's knowledge and communication skills. It teaches us about health, nature, history, manners, science, etc. An educated person is seen with respect in society. Therefore, education not only boosts self-confidence but also enhances personality.

So, this is how students will prepare themselves for all the challenges that await them because education is the key to success.

**Sahajpreet Kaur Hans, Class VF**



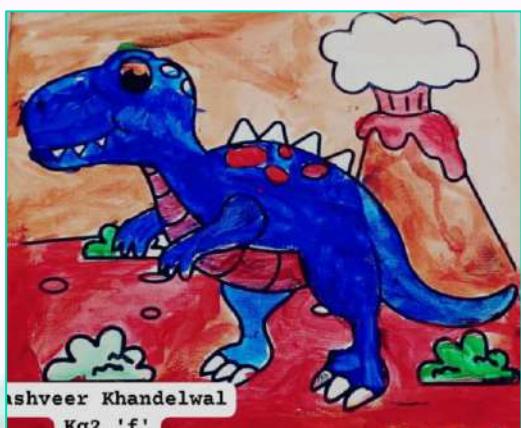
SAANVI RAICHA,  
NURSERY



IVANKA AGRAWAL,  
CHERRY



PRADISH AGRAWAL,  
KG II F



YASHVEER KHANDELWAL, KG II F



NAYSHA AGARWAL, KG II F

## God Loves Us

God is great and good. He loves us all. He has made everything in the world for our use. We are his children. He is our father. He has given us a body with the power to work. We must use our bodies to do good work. We must never miss using our bodies. Not only that, but we also share his knowledge. All knowledge comes from God. He has created us to love him. God has given us a heart. He loves all his children.

"God, you are a loving father. You love and care for all of us. All the knowledge and power come from you. Thank you for all your gifts to us."

**Tale Reuben Kumar, Class 1 B**



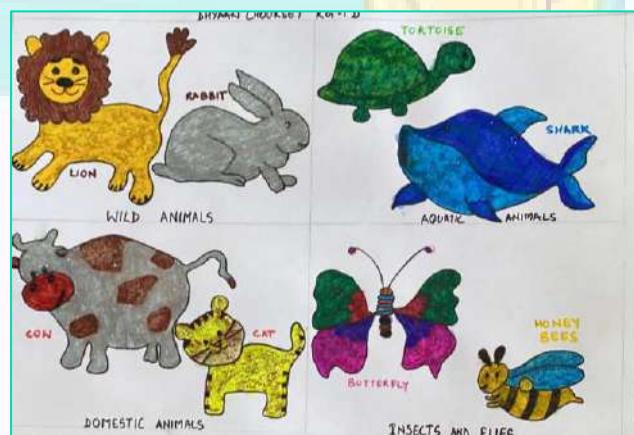
# Rajkumar College Junior School, Raipur (C.G.)



ATHARV TIWARI, NURSERY

AASHIKA SINGHAL, KG II B

DHARVIK NAIK, KG II C



MAHIB KHAN, BLUEBERRY

DHYAN CHOUKSEY, KG 1 D



TANISKHA TARWANI, KGII A

DHAIRYA CHOUKSEY, KG I D

## Our Environment

As a mother takes care of her child, the environment takes care of us. That's why we call the environment Mother Nature. Like Mother, it protects us from all the difficulties and External enemies. It gives us oxygen to breathe and maintains equilibrium between us. It provides us with food to eat, water to drink, and shelter to live just like a mother, so we also must take care of the environment as our own mother. Mother Nature always fulfills her duty towards us, but now it's our turn to protect its innocence; otherwise, life on Earth will be destroyed.

*Shaanvi Pandey, Class III C*



MOHD. ATHAR DHEBAR,  
KG I A



SUVARNA PURAM,  
CHERRY



TALE REUEL KUMAR  
KG I C

## Swimming

Swimming is the movement of the body through water using the arms and legs. Katie Ledecky and Michael Phelps are the best swimmers in the world. Swimming has four strokes: Butterfly, Backstroke, Breaststroke, and Freestyle. I swim two or three hours a day. I can swim up to 500 meters.

*Punya Pradhan, Class II F*



ANIKHA MISHRA, KG I C



AARVI TARWANI, KG II F



AAHAN VARLYANI, KG II G



KAIRA AGRAWAL, KG II D



DIVA TARWANI, KGII G



## My pet

My pet's name is Love, and Love is a parrot. We call him Puchu. He wakes up early in the morning. Love is a talking parrot. Love is 16 years old; we brought him back when he was a week old. Love is our family member. Love's favourite foods are Maggie noodles, guava, and paneer. In the morning, when he wakes up, he starts by saying "Seeta Ram, Seeta Ram.". He eats almonds and milk for breakfast. For lunch and dinner, it loves to eat rice, pulses, and potatoes. We all play with love, and I love my pet dog, Love.

*Shubham Agrawal, Class V A*



HARNOOR SINGH  
SAWHNEY, KG II B



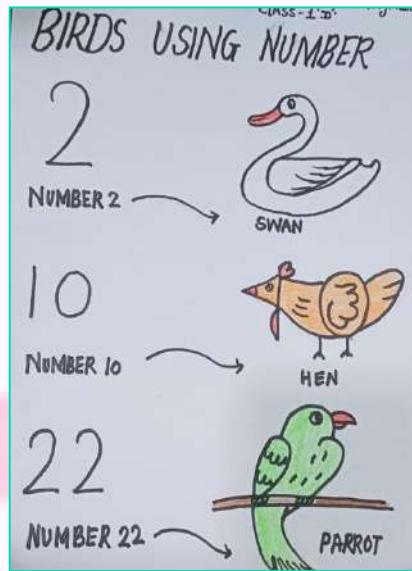
PRAVEER MAHESHWARI,  
KG II E



KARAMVEER SINGH  
HORA, KG II F



SANIDHYA SAHU,  
CLASS 1 C



KIYAN AGRAWAL,  
CLASS I D



NAYRA AGRAWAL,  
CLASS I D

## Fruits

Fruits are very healthy for us. There are varieties of fruits around us like apples, bananas, litchi, mango, etc. We should eat at least one fruit a day to stay fit. Fruit gives us energy. Fruits come in different colours and shapes. They also taste different. Some are tangy, and some are sweet. They are juicy and tasty. I love eating fruits. My favourite fruit is the banana. I also like to eat mangoes. Mango is known as the king of fruits. I eat them in different forms, like raw fruits, mango juice, mango shakes, etc.

*Driha Jain, Class II D*



# Rajkumar College Junior School, Raipur (C.G.)



PARV AGRAWAL, KG II D



JAISH CHOURASIYA, CLASS I B



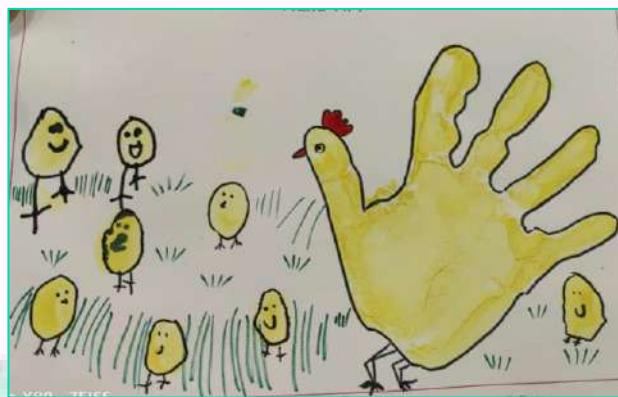
HEYANSH AGRAWAL, KG II G



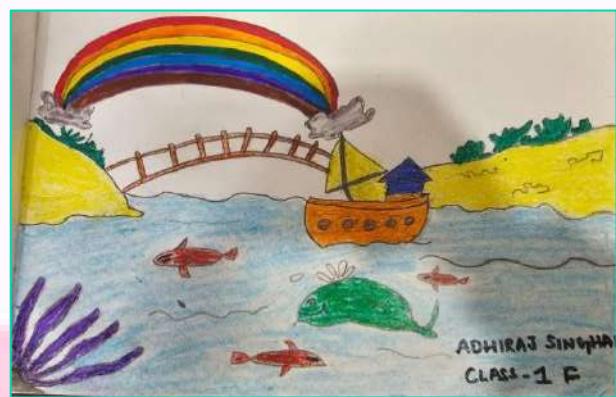
RITVI BARDIA, KG I B



LAL AARVENDRA SINGH, CLASS II C



SASHA AGRAWAL, KGII G



ADIRAJ SINGHAL, CLASS I F



ARCHI MITTAL, CLASS I B



ABIR AJWANI, CLASS I F



## Father

A father is a superhero for a child. He always takes care of everyone and spends equal time with everyone. However, a father is busy with his work, but he always ensures that everything is all right. But the father's responsibilities are not more than a mother, though they are the best and will always be like this. Sometimes we get scared to talk with our father, but he is the one who will understand our feelings as softly as our best friend. He works harder to make our careers bright. He always has faith in us that we can do it and will never quit. So, understanding this situation, I promise I will never lose my father's faith and will take it very seriously. He is the one who made us stand on our feet, and we should always appreciate him. He has a superpower through which he can make a person happier through any of his sacrifices. However, he is the best, and I will always share my words with you about my Superhero.

**Hitanshi Mudaliar, Class V E**



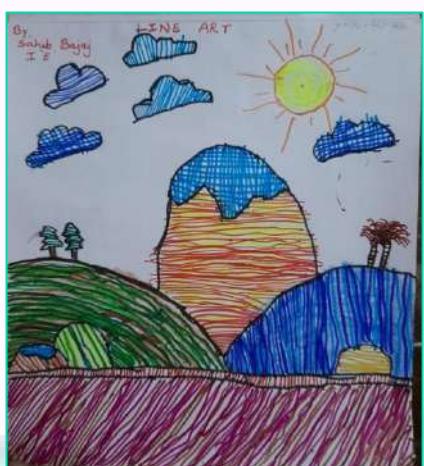
NITARA GOYAL, CLASS I A



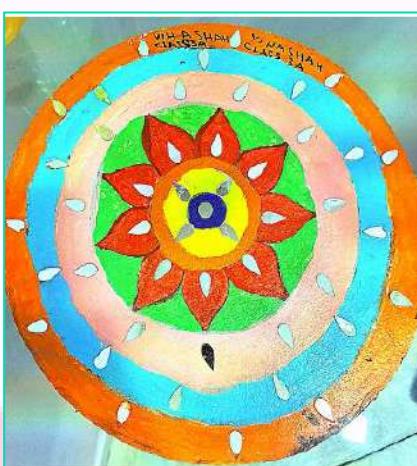
INAYA RANGLANI, CLASS I F



NIVAAN JAIN, CLASS I F



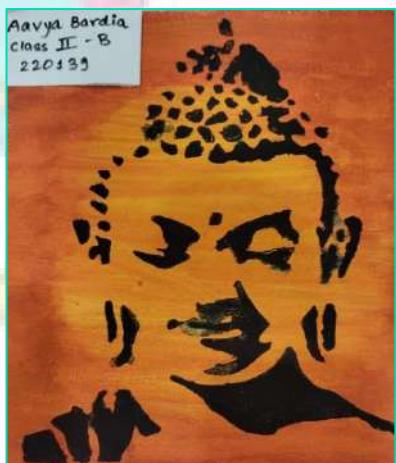
SAHIB BAJAJ, CLASS I E



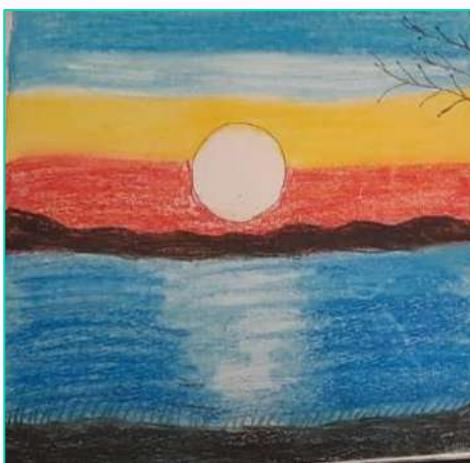
VIHA SHAH, CLASS III A



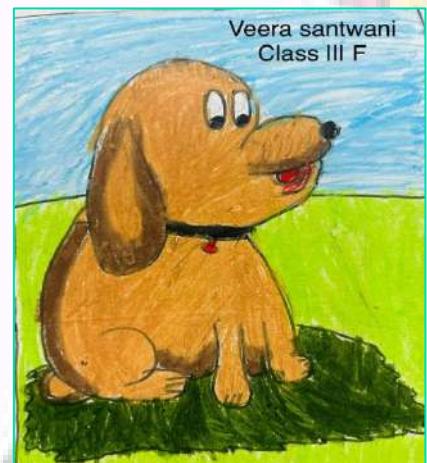
NIHIR AGRAWAL, CLASS III E



AAVYA BARDIA,  
CLASS II B



MOKSH GUPTA,  
CLASS III B



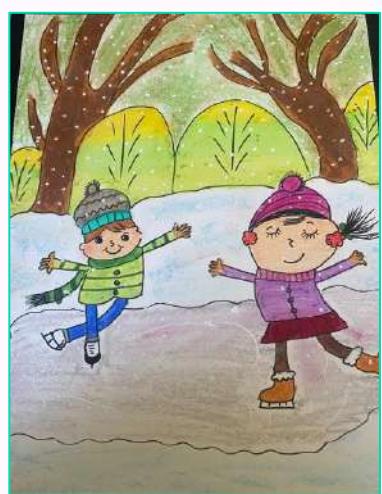
VEERA SANTWANI,  
CLASS III F



# Rajkumar College Junior School, Raipur (C.G.)



AARAV NAYAK, CLASS II B



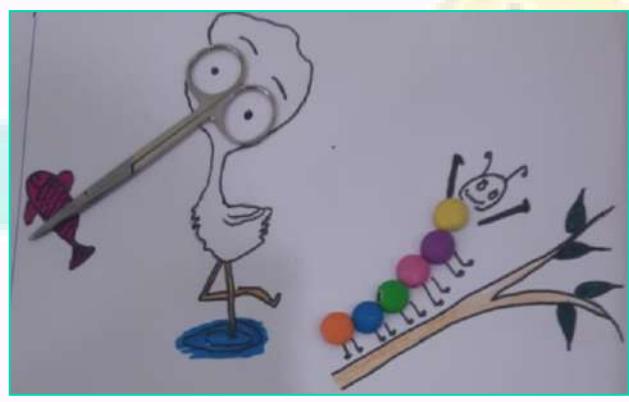
YATI JAIN, CLASS II D



AARNA MISHRA, CLASS II F



GURDIT SING JUNEJA, CLASS II C



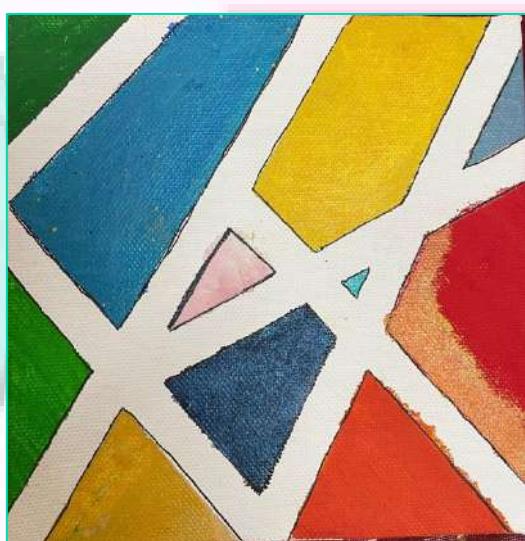
KESHAV AGRAWAL, CLASS II C



TEJASH AGRAWAL, CLASS II D



DHWANI AGRAWAL, CLASS III C



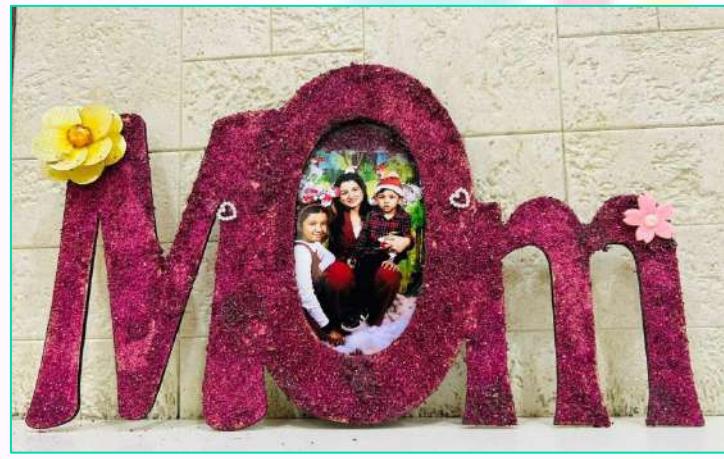
ANANT SHARMA, CLASS III E



HRIDIYA SINGHAL, CLASS III F



MAYRA AGRAWAL, CLASS III E



HRIDIYA SINGHAL, CLASS III F



VANEE VERMA, CLASS IV A



SIDDHI GANGWANI, CLASS IV A



VASISHT PRITHVIRAJ, CLASS IV D

AVIK FARMANIA, CLASS V G

ARHAM SIPANI, CLASS V G

## My Summer Holidays

I played with my friends.  
I went to Manali during the holidays.  
There, I saw snow, and I made a snowman.  
The water is very cold.  
I love Manali.  
My two aunts and my cousins came to my house.  
We played a lot together.  
I learned hula hoop and swimming.  
I read a lot of storybooks.  
I enjoyed my summer vacation.

Archi Mittal, Class 1B



ANANT AGRAWAL, CLASS V F



## My Country India

India is my country, and I love my country so much. People of different religions live here, but they are united and love each other. One of the wonders of the world, TAJ MAHAL, is in India. The capital of India is New Delhi. The currency of India is the rupee. The national anthem of India is *Jan Gan Man*, and the national song is *Vande Mataram*. The national animal of India is the tiger, and the national bird is the peacock. The national fruit of India is mango, and the national flower is the lotus. My country has a tricolour flag. The flag has orange, white, and green colours. It has a circle in the centre called the Ashoka Chakra. The colour of the Ashoka Chakra is blue, and it has 24 spokes. My country has many rivers, mountains, temples, forests, and seas. The longest river in India is the Ganga River. The tallest mountain in India is Kanchenjunga. The neighbouring countries of India are Nepal, Bhutan, Bangladesh, Pakistan, Afghanistan, China, and Sri Lanka. We celebrate different festivals like Diwali, Holi, Christmas, Eid, Pongal, Makar Sankranti, etc. We celebrate the Ganesh festival and Durga Pooja too. I am proud to be an Indian.

**Sanidhya Sahu, Class I C**



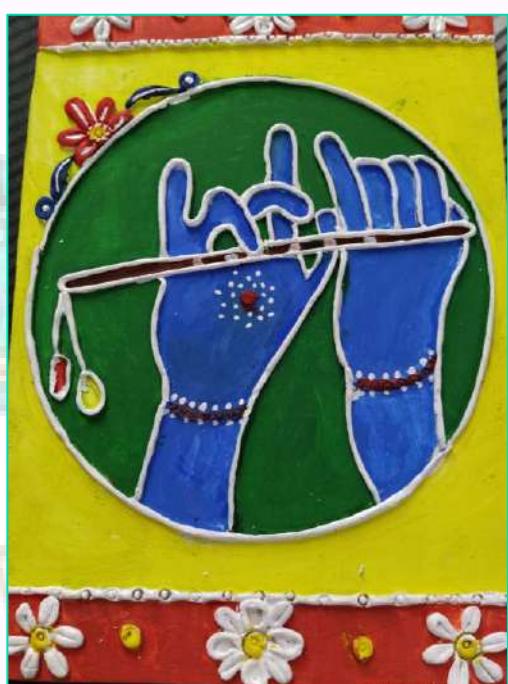
SHUBHAM AGRAWAL, CLASS V A



VIVAAN AGRAWAL, CLASS V D



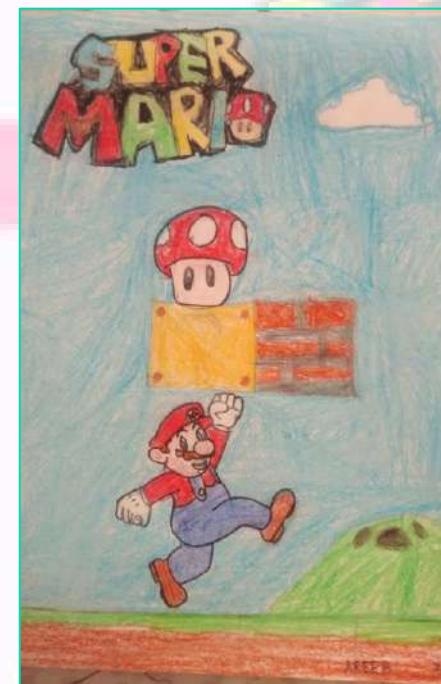
ARYAN BHATIA, CLASS V B



DHAIRYA AGRAWAL, CLASS V C



MAHREEN GHANI, KG I B



SYED AREEB ALI, CLASS III F



## Whiz Kids



**Shrey Agrawal** student of Class V D, participated in colouring competition organised by SIP abacus for school students of Raipur. Competition had 4 rounds. He won first prize bicycle.

**Sanskriti Shukla** of Class V F, bagged 1st position in U11 and 3rd Position in U13 Badminton Tournament held at iSportz Badminton Academy this Month.



**Arianna Agrawal**, Class V G, won First prize in Bharatnatyam Junior category in Kaushal Mahotsav , National Music and Dance Competition.



**Aryan Bhatia**, Class V B, Won 1st Position in Khelo Raipur Badminton Tournament Under-12 category held at Sports Mania, Raipur



**Evelyn Singh** of Class II D wrote an e-book TROT, CUPCAKE! TROT She is a young equestrian rider.



**Hetanshi Mudaliar**, Class V E, became winner of under 11 in Ashish Sharma Memorial Chess Tournament organised by Mitaan and Green Army.



**Kyara Jain**, Class II D is silver topper in the 9th International online Abacus competition.



**Charvi Jain**, Class II D, received the Champion Trophy for 2022-23 in State Level Abacus Competition.



**Shreyasi Kohat** of Class III A wrote a book 'The City of Destiny', is about the beautiful city of Vizag & throw some light on the importance of vacations & family time.



## RKC TIMES

Children of Nursery and KG I celebrated Rainbow day by dressing up in vibrant colors from head to toe. The classrooms were transformed into a kaleidoscope of hues as the little ones engaged in various activities like painting rainbows, singing colorful songs, and learning about the different colors of the rainbow. Classrooms were decorated with colorful streamers, balloons, and artwork created by the children themselves. Children also had a special rainbow-themed snack time, where the children enjoyed colorful fruits and snacks arranged in a beautiful rainbow pattern. The day ended with a joyful parade around the school, with each child proudly showing off their vibrant outfits and spreading happiness wherever they went.





# RKC TIMES

The Class Captains and Vice Captains of Tagore House & MP House were inducted at a special assembly by the Principal, Lt. Col. Avinash Singh and Headmistress, Ms. Chitwan Singh. During the assembly, Lt. Col. Avinash Singh emphasized the importance of leadership and responsibility in their new roles. Principal Sir encouraged the Class Captains and Vice Captains to serve as role models for their peers and to actively contribute to the school community.



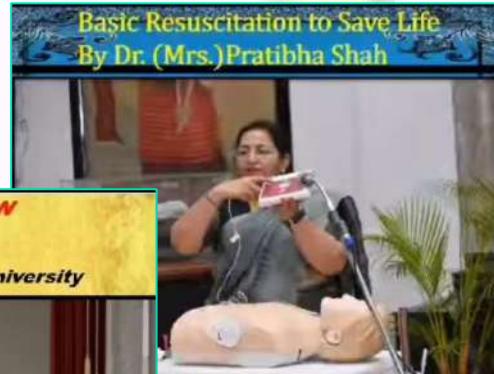
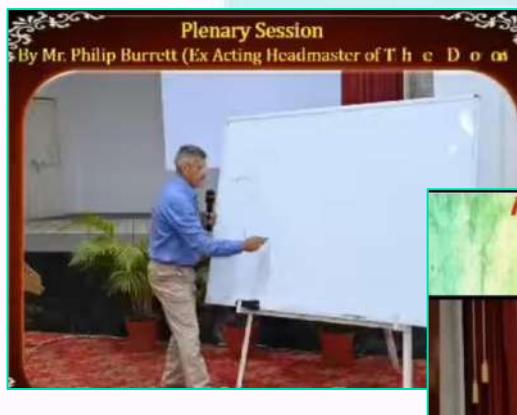
\* Congratulations! \*





# RKC TIMES

Faculty Development Programme was conducted by the school to enhance the skills and knowledge of the educators. The workshop focused on various teaching methodologies, classroom management techniques and innovative approaches to engage students in active learning. The educators were provided with hands-on training and practical exercises to apply the new teaching strategies in their classrooms. Additionally, guest speakers were invited to share their expertise and provide valuable insights on effective teaching practices. How to balance work and personal life was also discussed during the workshop, recognizing the importance of maintaining a healthy work-life balance for educators. Strategies and tips were shared on time management, setting boundaries, and prioritizing self-care. The educators were encouraged to find ways to recharge and take care of themselves outside of their professional responsibilities, in order to be more effective and fulfilled in both their personal and professional lives.



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