



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

Lanthan

e-news letter

2nd Edition

1st August, 2025



The use of mobile phones by children as young as three years old is an alarming trend. What once began as a way to soothe or distract a toddler during meals or travel has now become a routine practice in many households. At such a young age, children are still developing their attention span, language skills and emotional understanding. Prolonged exposure to screens can hinder these developmental milestones, replacing interactive play and human connection with passive consumption of digital content.

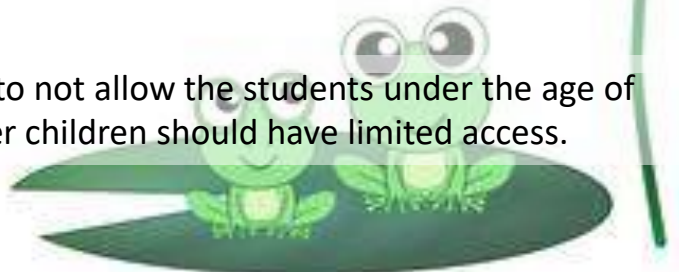
Many parents, often unintentionally, use mobile phones as digital babysitters—offering phones to their children to manage their own workload, get some rest or maintain peace at home. While occasional use may seem harmless, consistent exposure creates dependency and reduces the child's ability to self-soothe or engage meaningfully with the environment.

This early introduction leads to a cascading effect: children get accustomed to phones early and by the time they reach school, they begin demanding personal devices—especially when they see their peers with them. Peer pressure, combined with a lack of boundaries at home, pushes children into early and excessive mobile use.

Parents play a pivotal role in shaping a child's relationship with technology. It is essential to delay the introduction of mobile phones, set clear boundaries and offer alternatives like reading, creative play, or outdoor activities. Most importantly, parents must lead by example—limiting their own screen time and prioritizing face-to-face interaction. A child's need for attention, guidance and emotional connection cannot be replaced by a screen.

So I would like to personally request parents to not allow the students under the age of 12 the usage of mobile phones and even older children should have limited access.

Ms. Chitwan Singh
Headmistress





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Vihana Varlyani
Class II E



Vidha Agrawal
Class IV F



Amrendra Parmar
Class II E



Aashika Singhal
Class II B



Trisha Goyal
Class II E

THINK BIG

The sky is high,
You should fly,
To achieve your goals,
Before you die.
Shape your wings,
Sharpen your mind,
To reach the mountain,
Mountaineers climb extremely high.

Akshita Sharma
Class IV B

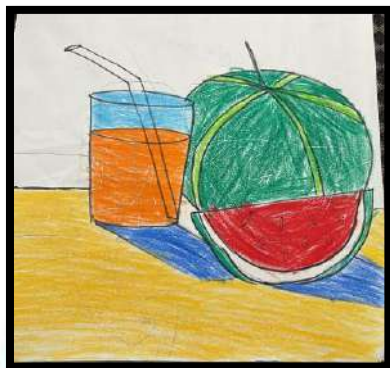




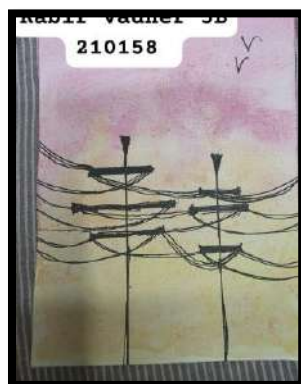
Aadish Jain
Class IV A



TVisha Goyal
Class II E



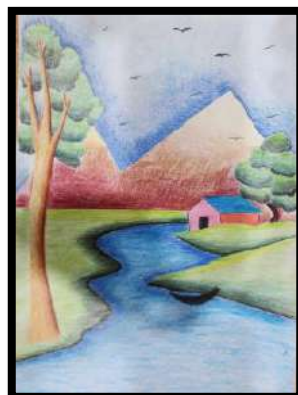
Krishiv Agrawal
Class II C



Kabir Vadher
Class V B



Sanay Raicha
Class IV C



Dharvik Naik
Class II C

BRAIN FACTS

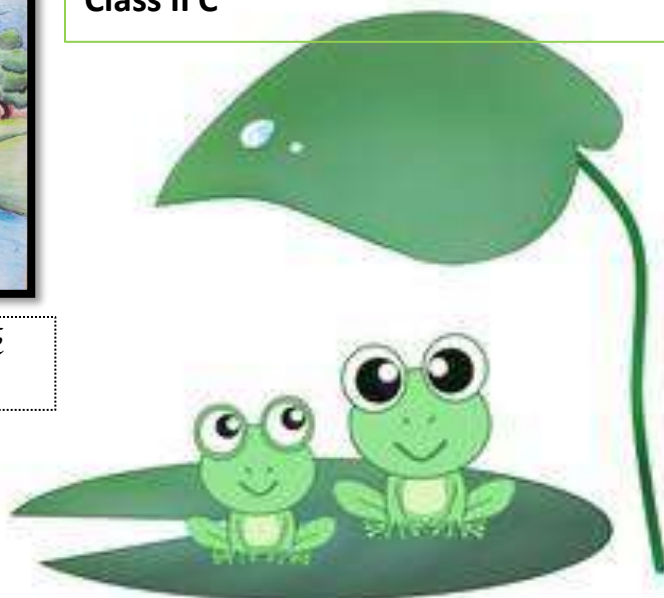
Our brain is as big as both of our fists put together.

The brain is the control centre of our body. It helps us think, feel, remember and do much more.

It also controls our internal organs and helps our body function properly.

Different parts of our brain do different jobs. One part helps us to see, another part helps us to think. A part of our brain known as the cerebrum helps us remember things. It is the largest part of our brain.

Pratyush Ahuja
Class II C



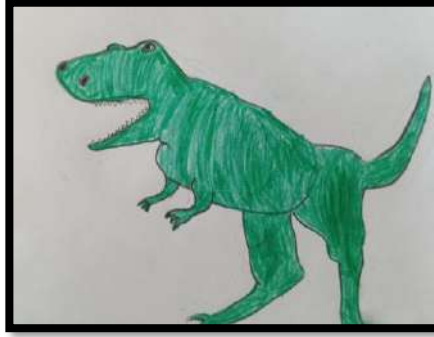


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Avyaan Agrawal
KG I A



Adi Singh Wadhawa
KG II F



Arhaan Pansari
KG II F

THE LIBRARY

The library is a temple of knowledge. The library helps children to know more about the world. It is a place where unlimited knowledge is just waiting to be discovered. We can go there to read books and study. There are many books on the shelves, which we can borrow to read at home.

The person in charge of a library is called a “*Librarian*”. Librarians help us find books. In the library, we need to be quiet so others can concentrate. The library helps kids develop a love for books.

The library walls are decorated with charts, and a notice board displays 'KEEP SILENCE' as a reminder. Libraries are wonderful places for learning and reading.

Atharva Rao
Class II A



Ryan Singh
KG II F





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Advik Agrawal
Class III B



Ayansh Khandelwal
KG II G



Raahil Jain
Class II F



Granth Kavadya
KG II G



Kshama Mukim
KG II G

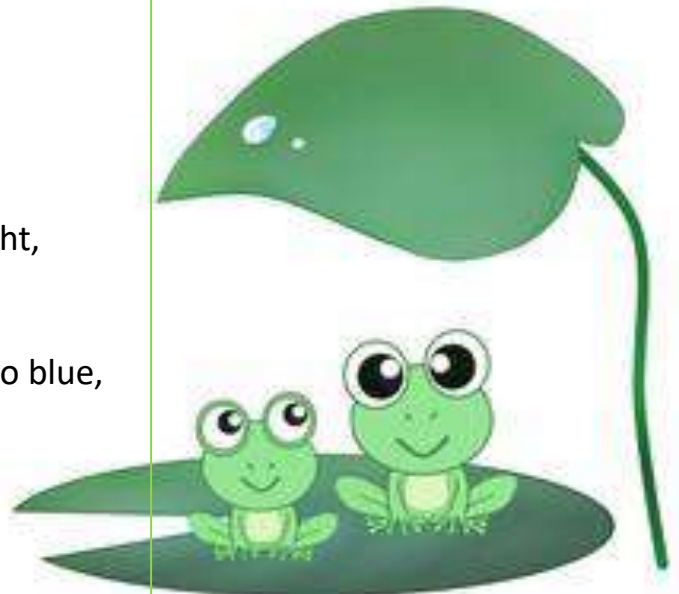


Seerat Kaur Sohanpal
KG II G

THE EARTH IS SO BIG

The Earth is so big, and we are so small,
The Earth nurtures us and gives us its all.
Let's make the Earth happy, proud and bright,
Keep the forests lush, the air light.
We should keep the world so green, a sky so blue,
A Superhero- yes, that's you!

Kaashvi Jain
Class V G





Advik Agrawal
KG II E



Avni Shukla
KG II F



Dhruv Agrawal
KG II F

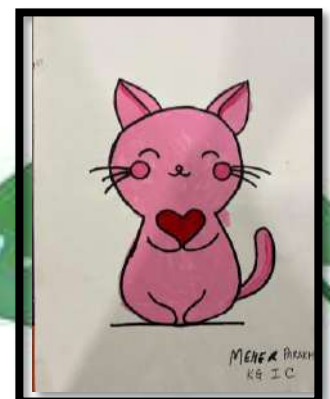
MY FAMILY

1. Family is a social group of people who stay together under the same roof in a society.
2. Family is the single most influence in a child's life.
3. Family is a support system.
4. Family makes a better society.
5. Family makes children feel secure.
6. Family celebrates your happiness and achievements.
7. Family makes decisions easy.
8. Family provides guidance in all situations.
9. Family protects us from outside influence.
10. Family stays with us in all situations.
11. Ours is a nuclear family.
12. There are four members in my family.
13. I have an elder sister. She is a student.
14. My parents are very kind and lovely.

Siyaa Jain
Class IV E

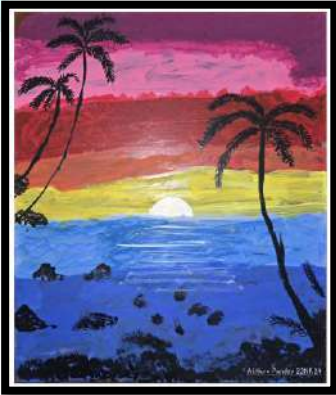


Maheera Navaz
KG I B



Meher Parakh
KG I C





Atharv Pandey
KG II C



Jiyanshi Naik
KG II B



Amay Bajaj
KG II B

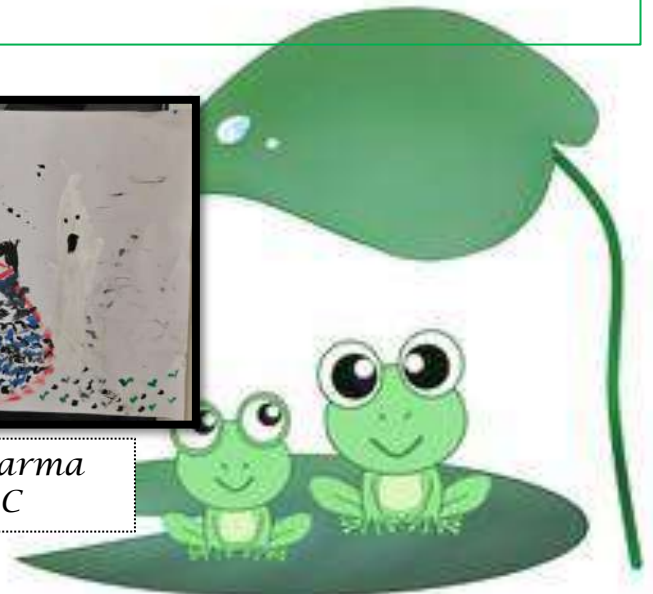
MY MOM

My mom is very smart and very cute. She makes me a little more independent every day. My mom teaches me to be kind and helpful to everyone. She takes me to skating classes, which is my favourite sport and makes healthy food for me. She is my first-ever best friend. Sometimes she scolds me, but she also loves me and teaches me good manners. She helps me to learn new things. I want to be a good person like my mom and dad. I love my mom so much.

Heyansh Sangtani
Class I A



Ivaan-Sharma
KG I C





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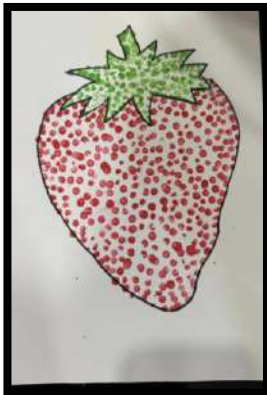
Anika Agrawal
KG I D



Ayaan Luthra
KG I D



Dhanika Bafna
KG I D



Vanshil Agrawal
Nursery



Dhwani Agrawal
Class V C



Gourish Tulshyan
Class V G

HEALTHY FOOD

Healthy food like fruits, vegetables, milk and eggs is good for our health. We should avoid unhealthy food such as chocolates, chips and uncovered food. Fruits like banana, orange, etc. And vegetables like carrots, potatoes, etc., make us healthy. Drinking milk helps us grow tall. We should eat healthy food every day. It makes us strong and gives us energy to play and study.

ANSHIKA CHOWDHARY
CLASS I G





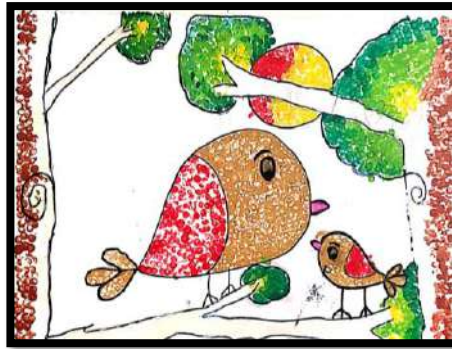
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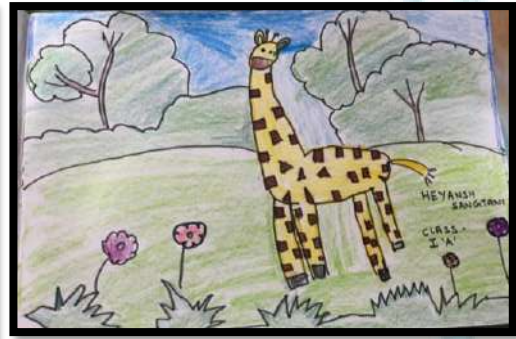
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Manan Sachdev
KG II E



Heyansh Sangtani
Class IA



Iris Jaiswal
Class I B



Anahita Mishra
Class I C



Luvya Agrawal
KG II B



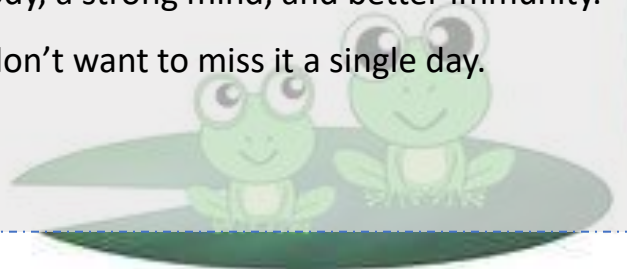
Jinisha Katharine
Class I G

Healthy FOOD makes Healthy KIDS!!

My Mumma plans the menu for the day. I start my day with a dry fruit shake, which gives me energy for the day. Monday to Saturday I take fruits and vegetables in my meals, so on Sunday I treat myself with a happy meal. I eat a lot of protein and avocado to keep my bones strong and nutritious food to have fun without feeling tired for long. Now I can run faster, think clearer and perform better because I am a healthy eater. My daily AFFIRMATIONS are: I have a healthy body, a strong mind, and better immunity. After all, my school is my happy place and I don't want to miss it a single day.

Fateh Singh Batra

Class I G





Dhyaan Chouksey
Class I D

WATER

Water is essential for life. All living beings need water to live.

No one can survive without water on Earth.

Uses of Water

We need water to drink

We need water to cook food

We need water to bathe

We need water to wash clothes

We need water to put out a fire

Sources of Water

Rainwater fills in puddles, ponds, lakes, rivers and streams.

Aarav Malik

Class – I E



Lavanya Jumnani
Class I D



Dhairya Chouksey
Class I D



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Tvisha Goyal of Class II E has undergone training by Japanese masters at the world headquarters of the Japan Karate Association in Tokyo, Japan.

Anaisha Agrawal of Class IV F has secured 2nd position in Kathak dance.



Viaana Khetan of Class III A has secured 2nd position in Kathak dance under the solo sub-junior category.



Anuska Sultania of Class II D has secured 2nd position in Kathak dance.



Palak Nebhani of Class V F has secured 1st position in dance.



Mishka of KG II B has topped in her Olympiad exams.





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Shrihaan Ladha of Class I G has secured 1st position in the karate competition.

Prisha Saini of Class I C has secured two first prizes in Semi-Classical Dance and Folk Dance.



Saanvi Agrawal of Class I D has secured 1st position in Kathak under the sub-junior category.

Anwika Agrawal of Class V G has won the Raipur District Under-11 Girls' Badminton Tournament.





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CULTURAL PROGRAMME

THE CULTURAL PROGRAMME

The cultural program is a platform for students to build the concept of teamwork, coordination and unity. It presents a welcome chance to break the monotony of academics and classes. Overcoming stage fright, socialising with classmates, and making new friends are just a few of the many perks that the cultural program brings. For the flawless execution of the program, the collaboration of parents and teachers is essential. The parents also get to witness the fruits of their child's hard work, which will leave positive memories etched in their brains.

Arjun Verma
Class V G





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CULTURAL PROGRAMME



Cultural functions foster a sense of community, identity, and shared values. These are not just ceremonies but heartfelt gestures that bring us all together. These artistic expressions have filled our hearts with joy and pride.

Meher Kaur Khalsa
Class V D



We had a great time dancing together and sharing food. We also enjoyed watching others dance.

Gourish Tulshyan
Class V G



My school's cultural program was super fun! I danced with my friends, and we all wore colourful costumes. The audience cheered and clapped for us. It was an amazing experience and I felt so happy and proud!

Palak Nebhani
Class V F



I am enjoying our dance practice and like the song and steps of our dance. I am also excited about going on stage and dancing for the whole crowd that will be sitting in the seats of our Jashpur hall.

Suhavi
Class IV E



I love cultural dance programs. It gives us an opportunity to shine on the stage and also be with friends. The feeling of being on the stage makes me nervous yet happy.

Shankh Mukim
Class V G



This day was an unforgettable experience for me. We had a glorious experience throughout the week. Every day, all of us friends used to dance together to groovy music, and we also wore our matching flawless dresses in which we all looked very gorgeous. I would like to thank our teachers for supporting and teaching us the best dance ever.

Aanya Agrawal
Class V G



THE IMPORTANCE OF CAPTAINS

The moment we were given the badges, a feeling of importance rose among us. After a few days, we realised that we had to be that picture-perfect student, a role model for our juniors. Who inspires them to rise above their limits and never stop to learn. We shouldn't think that we know everything because no one does. We had just two jobs to maintain the high standards we had set and help our fellow learners to do it too.

Anwika Agrawal

Class V G



INVESTITURE CEREMONY OF TAGORE HOUSE





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RKC TIMES

Being a prefect is a lot of hard work. It requires skill, dedication and the correct mindset. For a 10-year-old, taking on this responsibility is a small step toward achieving success.

Shivanjali Singh

Class V D



INVESTITURE CEREMONY OF MP HOUSE



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