



# THE MODERN CHRONICLE

Modern School, Barakhamba Road

Est. In 1920



VIEW OF THE FRONT LAWN

## TALK BY MS. ISHI KHOSLA



MS. ISHI KHOSLA DELIVERING THE TALK

On the occasion of the World Health Day on 7<sup>th</sup> of April, 2016, Modern School had the opportunity to host Ms. Ishi Khosla, a nutritionist and doctor of repute. Not only did she raise awareness regarding the ill effects of junk food but also made the students aware about Celiac, a disease caused by intolerance of wheat. She talked of unhealthy lifestyle and poor eating habits of the present generation. She suggested inclusion of nuts, salads and green leafy vegetables in daily diet to lead a healthy life.

## WELCOMING THE NEW BATCH OF S1

A special assembly was held on 4<sup>th</sup> of April, 2016 at Sir Shankar Lal Hall. The Principal, Dr. Vijay Datta, welcomed the students of S1 to the senior school. The Principal gave a certificate of appreciation to the students of middle block for full attendance in the academic year 2015-16.

Jaivanta Singh of class S2A, who went for Junior Nationals, Horse riding championship held in Pune (NDA Camp) from 20<sup>th</sup> to 26<sup>th</sup> of December 2015, was awarded with a gold medal in Jumping and a silver medal in Dressage.



THE PRINCIPAL AWARDED JAIVANTA FOR HIS EXCELLENCE IN HORSE RIDING

### WHAT'S NEW AT SCHOOL:

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Also on this occasion the esteemed guests for the day were the ex-modernites of the batch of 1966. They shared and relived the memories of their school days. Justice Duggal, one of the guests, recalled his childhood days and encouraged the students with his motivating words.



**PRINCIPAL, DR. VIJAY DATTA, WITH THE BATCH OF 1966**

## **ORIENTATION PROGRAMME FOR PARENTS OF CLASS S1**

A Special orientation programme was held for the parents of students of S1, on 2<sup>nd</sup> of April, 2016 at the H.L.L Auditorium. The aim of the orientation was to address various issues related to adolescence. The facilitators at the orientation programme were Dr. Sameer Malhotra, HOD, Department of Mental Health and Behavioural Sciences, Max Hospital, who spoke on "Understanding & Handling an Adolescent Mind" and Dr. Anjali Chaudhary, Director, Arogya Hospitals, who talked about "Adolescent Health". There was a presentation on "Precautions for Safety of Students" by Mrs. Harleen Chadha. The orientation was an enriching experience for the parents.

## **COUNSELLING SESSION FOR STUDENTS OF CLASS**

A two day counselling session for class S6 was held on 28<sup>th</sup> and 29<sup>th</sup> of March, 2016, at the H.L.L Auditorium. The workshop was conducted by 'One Step Up'. They worked individually with the students and imparted information on careers, courses and subjects in an engaging manner. The team conducted intensive programs where they introduced students to stream specific career options. The aim of the programme was to help students understand in depth what their stream choices will lead to in the future. The objective of the Class XI program was to help students think about stream specific career choices as well as options related to their interests so that they could be sure about the subjects that they should choose to pursue a specific career.

## **EXHIBITION GAME WITH SOUTH AFRICAN TEAM**

The under 19 cricket team of Modern School played an exhibition match with the team of Bishops Diocesan College, South Africa. Bishops is an independent boys' school in Cape Town. The match was played on 22<sup>nd</sup> of March, 2016, on the cricket ground of Modern School. Both the teams played enthusiastically and our school won by 5 wickets. The title of 'Man of the Match' was given to Ishant Dabla for an all-rounder performance for scoring 48 runs and taking 4 wickets.



## **WORKSHOP ON SUPER BRAIN YOGA**

A training session on ‘Super Brain Yoga’ was held during the Junior Assembly on 29<sup>th</sup> of March, 2016. The workshop was conducted by Mrs. Navina Punj an expert in Super Brain Yoga and by Ms. Gursimran. Super brain yoga helps in sharpening the brain and improving memory. It is a simple, fast and drug-free method to improve mental energy, concentration and academic output. It is also very beneficial for students with learning disabilities. The students of class S2 and S3 tried to learn this method and participated in the workshop enthusiastically.

## **BEST HYGIENIC SCHOOL OF THE YEAR**

National Institute of Cleanliness Education and Research awarded Modern School, the ‘Best Hygienic School of The Year’ award on 21<sup>st</sup> of March, 2016. The students of class S5 took up the issue ‘Sanitation in India’ through Project Citizen 2015. As a part of their action plan, they organized an Inter-house poster making competition for classes S4 and S5, which helped to spread awareness as well as encouraged the students to think of creative solutions. They also organized ‘Handwash Campaign’ for the students of middle school focused on promoting the habit of washing hands and emphasized the importance of personal hygiene in daily life. As a part of the same project, the students performed a ‘nukkad natak’ (street play) written by Team Project Citizen and directed by Ms. Sonia Kapoor at the weekly Raahgiri fest held at Connaught Place, New Delhi. They visited many areas to generate awareness among the people.

## **SELECTION IN CENTRE OF EXCELLENCE (GYMNASTICS)**

Aishani Katyal, of class S3, was selected in Centre of Excellence (Gymnastics), IGSC, New Delhi, for a year. The selection was based on her previous achievements in gymnastics. The Indira Gandhi Sports Complex provides many facilities like boarding, competition exposure and free expert coaching with scientific back up along with medical and insurance cover.

## **MODERN SCHOOL’S INITIATIVE**

On 19<sup>th</sup> of February 2016, Modern School was given a Silver Zone award at the IAB Blind Empowerment Champions 2016, in recognition of voluntary contribution for the empowerment of visual challenges. Nestled in a village of Madurai in Tamil Nadu, the Indian Association for the Blind (IAB) guarantees the visually challenged a life of confidence and opportunities. It provides free education to students from low socio-economic groups. The primary goal of IAB has been to make the visually challenged independent in every way. This award is recognition of voluntary contribution by the Modern School.



## MODERNITE ON MERIT LIST OF JSTSE

The Junior Science Talent Search Examination (JSTSE), is held for students of class XI, studying in Delhi. It is organized at state level by the Science Branch, Directorate of Education, Government of NCT, Delhi. The examination tests the knowledge and skills of students in general science, mathematics and general knowledge. The scholarship is given to the top 150 students who appear for the examination. This year more than 22,000 students appeared for the same and Abhinav Agarwal, secured the 24<sup>th</sup> rank in JSTSE, 2015-16.

### EDUCATIONAL TRIPS

- Kanatal and Mussoorie

An educational trip was organized for the students of S1 to Kanatal and Mussoorie. A group of ninety six students accompanied by seven teachers went for the trip from 10<sup>th</sup> of March to 13<sup>th</sup> of March, 2016. The students enjoyed fun activities like valley crossing, mountain climbing and rappelling and learnt the techniques of mountaineering. They also had fun shopping at the Mall Road. The incredible trip came to an end with a visit to the Kemty falls.

- Uttarkashi and Mussoorie

Students of S3 went for a trip to Mussoorie and Uttarkashi from 9<sup>th</sup> of March to 13<sup>th</sup> of March, 2016. It was a unique learning experience for the students to live in the arms of the beautiful mountains of Uttarkashi in Camp tents. Students enjoyed activities like Trekking and Flying fox. River crossing turned out to be the most loved activity by all the students and the teachers. They also visited The Nehru Institute of Mountaineering which is rated as one of the best mountaineering institutes in India and also considered as the most prestigious mountaineering institute in Asia.

- Jaipur and Chowki Dhani

A three day trip from 25<sup>th</sup> of March to 27<sup>th</sup> of March, 2016 was organized for students of class S5 to Jaipur and Chowki Dhani. They saw the light and sound show at the Amber fort which was informative and took them back to the yester years. They visited the City Palace, Hawa Mahal and the Jantar Mantar. Teachers and students enjoyed a short work shop on block printing and blue pottery. They also had fun at Chowki Dhani where they were exposed to cultural evening of folk dance and music.

- Goa

Students of class S4 went for a fun trip to Goa from 9<sup>th</sup> of March to 12<sup>th</sup> of March 2016. They visited Basilica of Born Jesus Church, Mangeshi Temple and the Fort Aguada. They explored the Miramar Beach, Bagha Beach, Calangute Beach and Dona-Paula. Students also enjoyed shopping at the Panjim Market.