



# CHRONICLE-THE MODERN SCHOOL WEEKLY

MODERN SCHOOL BARAKHAMBHA ROAD  
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Greetings!

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between humans and nature and it is a holistic approach to health and well-being. Yoga can help students to keep themselves focussed, improve the quality of their memory and overall brain functions.

Wishing you a happy International Yoga Day, 2021.

-Principal



## INTERNATIONAL YOGA DAY

Over five thousand years ago it was written that *Yoga is the journey of the self, through the self to the self.* The art of practicing yoga helps an individual achieve harmony between the mind, body and soul as their bare feet root them to their soil and through it, the environment around them.

On the 21<sup>st</sup> July 2021, on International Yoga Day, students of Modern School, Barakhamba Road joined in this enriching journey of self-exploration. As Yoga continues its meteoric

## WHAT'S NEW AT SCHOOL

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rise as a field of study and exercise all around the world, our school and students' continued diligence, practice and demonstration of this ancient Indian tradition. They encourage the next generation of Yoga-doers to take up this holistic approach for physical and mental well-being. The students who showcased their yogic skills were Aarish Jain (S3 H), Naina Agarwal (S3 G), Kairavi Yaduvanshi (S3 H), Akshara Dhiman (S4 D), Varnika Gakhar (S6B) and Nandini Rastogi (S6 F). The students and the Modern School community is grateful to Principal, Dr Vijay Datta for his constant support and guidance in all endeavours.

### ROUND SQUARE CONFERENCE- GENESIS GLOBAL SCHOOL

Genesis Global School, Noida hosted the Round Square Virtual Conference on Saturday, 29<sup>th</sup> May 2021 for students aged thirteen to fifteen. The Modern School delegation comprised of Arshia Goel (S4 D) and Ayra Goel (S4 G) and Ms Shalini Dahiya, RS Representative, Modern School.

The theme chosen by the host school was 'Service Without Spending a Penny'. The initiative of the Conference in these unprecedented times was to help everyone, when

everything was uncertain and when everyone needed constant help and support from the other. The importance of helping and providing services to the





under privileged was explained. The Conference also touched upon the significance of these small gestures which can fill others lives with happiness and joy, without spending money.

The Modern School delegation presented their Pre - Conference task, showcasing the excellent community service done by the delegates during these trying times. These included providing necessary items to the needy, teaching children art and craft through online mediums, etc. The students attentively watched the presentations prepared by the other schools and discussed about the other ways they could provide help. The delegates actively participated and enjoyed interacting with other students. It was a great learning and highly enriching experience for all.

## SRCC DEBATE - CROSSFIRE

The All-India Crossfire Debate, organised by the highly reputed Debating Society of the Sri Ram College of Commerce, was held on 22<sup>nd</sup> June 2021. The event was organised with tremendous zeal and enthusiasm, with Democracy and Rights; being the central theme. The topics given were thought-provoking and exceptionally relevant to the plethora of global challenges faced today. Charged by the magnitude of the event with over 40 participating schools, all participants from Modern School, Barakhamba Road spoke with innumerable conviction. The debate followed a turncoat format, requiring





each speaker to vocalise his/her opinion for three minutes. The final results were exceedingly motivating. In the Junior Division, Ria Devika Bhasin (S4 A) was declared the **Winner**, while Nivaan Jain

(S4 I) received an **Honourable Mention**. Ashmit Singh (S6 C) bagged the **First Runner Up** in the Senior Category. This event was an impeccable opportunity for the students to gain experience and also served as a comprehensive platform to articulate their opinions and beliefs.



## A PICTURE SAYS A THOUSAND WORDS...

*By Gunraj Singh S6 D*

This picture depicts the peer pressure and burden that children in today's time experience. They're expected to be perfect in everything, ranging from academics to sports and extracurricular. "The Hand" in the picture depicts our community which see academics as the symbol of pride in our society, but it results in constant stress and lack of confidence which can further cause depression and anxiety. Each student is talented in his own way. They should follow their passion and stay positive.

