



March...

# NEWSLETTER



“Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.”

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### EMBRACE THE POWER OF POSSIBLE: OLYMPIAD ACCOLADES

Again, proving their mettle, SRCians students excelled in the International English Olympiad. 53 students received Zonal Gold Awards of Distinction in the school assembly. They were felicitated by the Principal Dr. Arvindanabha Shukla and encouraged to bring many more such laurels for school.



### PLAY LIKE A RAVEN: SRCS VS ECOLE GLOBALE



Futsal is a football - based game played on a hard court smaller than a football pitch, and mainly indoors. It is contested by two teams of five players each, one of which serves as the goalkeeper. A friendly game versus École Globale was played by the SRCS under-14 football team. SRCS made no omissions in their pursuit of victory because the final score was 0-0.

### I'M OG- ORATORICALLY GIFTED

*"The finest childhood is the one where the child has a voice and a platform to express themselves."*

At JUST A MINUTE, an Inter House Competition organised by the Personality Development Club, SRCS, students had the chance to share and express their views and feelings. Mrs. Jyoti Singh Bisht and Lavanya Rana, (Batch 2019) one of our very own alumni, served as the event's judges. It was a successful event that was well-organized. Students gave highly persuasive performances.



### WHENEVER YOU SEE A GOOD MOVE THINK OF A BETTER ONE- CHESS ACTIVITY

Students show great enthusiasm for chess during their Activity time as they sharpen their critical thinking and problem-solving skills. It's amazing to see how this game has captured their attention and challenged their minds. We are proud of their dedication and perseverance in learning this complex game. Keep it up, students!





**FROLIC WITH COLOURS**  
The festival started with "Holika Dahan", the night of the full moon when rituals and offerings were done near to a bonfire to purge the world's internal and external sins with the exchange of food, sweets, colours, hugs, and smiles. The boarding house held a joyful and exuberant celebration. Holi was celebrated with a variety of delectable foods, the most well-known of which being "gujiya". For the entire boarding teachers and students, it was an eventful day.



**EXPLORING THE CAREER PATHS**

"Healthcare and technology are evolving - are you ready to evolve with them?"

Workshop on The Ordinary and Extraordinary Career Paths for Health Sciences and Technology Professionals

Speaker - Dr. Smriti Arora, Professor in UPES



**HOW TO READ A FILM**

Empowering Students through Engaging Workshop on "How to Read a Film". Speaker - Ms. Vallavi Shukla, An alumna of The Doon School, L.S.R. College, Delhi University and A.J.K. MCRC, Jamia Millia Islamia University.



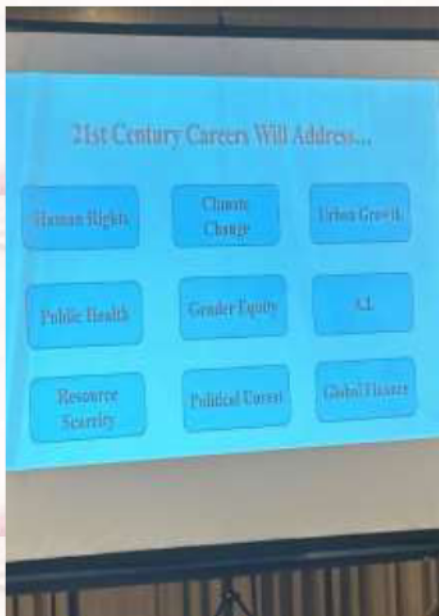
**PROTECTION OF CHILDREN FROM SEXUAL OFFENCES ACT 2012- POCSO**

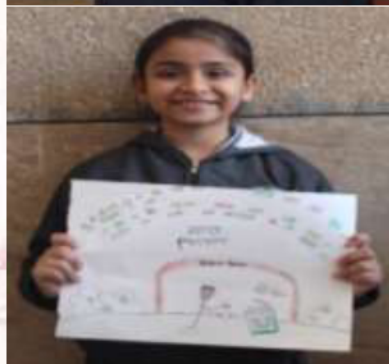
"Protecting Our Children: Empowering Educators through POCSO Workshop. A programme to give the SRCS staff the information and abilities necessary to guarantee a secure learning environment for our children."



**LAUNCH EVENT OF BA LIBERAL STUDIES (HONS.)**

The two school counsellors representing Shri Ram Centennial School attended the launch event of Liberal Studies (Hons.) programme organized by BML Munjal University on Saturday, 25<sup>th</sup> March, 2023 at Red Fox Hotel in Dehradun. The main focus of the programme was to understand about the Liberal Studies and Holistic School Education and the changing Landscape of Legal Education. A strong need was felt to impart awareness among students who can benefit the most from Liberal Arts Programme and sensitize parents about the scope of various upcoming career specializations.





### स्वच्छ भारत स्वच्छ विद्यालय

जीवन में स्वच्छता से आशय स्वस्थ होने की अवस्था से है। स्वच्छता एक अच्छी आदत है जो हमारे जीवन की गुणवत्ता को बढ़ाती है और कहा भी जाता है कि स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का विकास होता है। इसी संदर्भ में स्वच्छता के महत्व को ध्यान में रखते हुए मेरे विद्यालय के छात्रों द्वारा विद्यालय के वातावरण को स्वच्छ बनाए रखने के लिए विद्यालय में स्वच्छ विद्यालय अभियान चलाया। जिसमें छात्रों ने नुककड़ नाटक, भाषण, चित्रकला तथा स्वच्छ विद्यालय हस्ताक्षर अभियान के माध्यम से विद्यालय के समस्त छात्रों को स्वच्छता के प्रति जागरूक किया। इस दौरान छात्रों ने विद्यालय में सफाई अभियान में बढ़-चढ़कर हिस्सा लिया। वास्तव में मनुष्य जीवन में स्वच्छता एक आवश्यक गुण है। हर इंसान को अपने आस-पास स्वच्छता रखनी ही चाहिए क्योंकि स्वच्छता मनुष्य को बीमारियों से दूर रखती है और जब एक मनुष्य बीमारियों से दूर रहता है, तो उसका शारीरिक और मानसिक विकास बहुत अच्छा होता है। स्वच्छ वातावरण में रहने वाले लोगो का मन शांत होता है और ऐसे लोगो का शारीरिक और मानसिक विकास उचित रूप से होता है। स्वस्थ लोग समाज और देश को एक बेहतर सोच प्रदान करते है इसलिए हमेशा अपने आस-पास स्वच्छता रखने की पूरी कोशिश करें। अतः मेरा मानना है कि सभी छात्रों को देश के भावी नागरिक होने के कारण स्वच्छता के महत्व को ध्यान में रखते हुए अपने समाज में हमेशा स्वच्छता बनाए रखनी चाहिए और प्रत्येक नागरिक को स्वच्छता के लिए जागरूक करना चाहिए।



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### **WONDER IS THE BEGINNING OF IMAGINATION**

"Great things are accomplished through a series of small things brought together." - Vincent van Gogh. We are grateful to be a part of some incredible activities that foster our creative side. The SRCS art department celebrated World Imagination Day on March 14th. Class 10's theme was Jackson Pollock artworks, while class 12's theme was Claude Monet artworks. We took out our paints and brushes and let our imaginations run wild on the canvases. The activity helped the artists in exploring different art forms and techniques. Many of them also decided to paint their canvases with their fingers instead of paint brushes. Each canvas had a unique story to tell. We all had a great time recreating famous artists' works. The artworks were created to pay tribute to those who made history with their creations. The event was full of creativity, colouring, as well as the hard work of the artists and all of the art department teachers.

SRCians had the opportunity to try their hand at pottery too on the occasion of World Imagination Day. Pottery is frequently regarded as peaceful and calming. Everyone took a piece of clay and used their hands to make amazing sculptures. Every piece of clay created a one-of-a-kind item. Most students in classes 10 and 12 are often anxious because of their academics, and pottery is a pastime recognised for decreasing tension and enhancing self-esteem; discomfort induced by stress may be relieved while participating in pottery. The activity was aimed at enhancing the student's creative thinking that really forced us to think outside the box. These activities provided a pleasant and creative outlet for the SRCians. We are immensely thankful for these growth opportunities which help us to display our skills.

**By: Yamini Semwal (12 Humanities)**



### **HEALTHY SLEEP FOR A HEALTHY SOUL**

Every year, 17 March, is observed as the World Sleep Day. It aims to promote healthy sleep habits and encourage people to prioritise their sleep health. The theme for 2023 is "Sleep is essential for good health". On this occasion a Survey on Sleep was conducted in Shri Ram Centennial School, Dehradun. The questionnaire was designed keeping in mind the importance of Social, Physical, Emotional and Mental well-being. The students of grade 10 and 12 and the staff participated in the survey. The findings of the study will be shared very soon.

Life Circle Department





### A RESPITE

LAST DAY OF EXAMS - Post Holi, March was spent in learning, writing, revision along with exam fever, anxiety, and lot of stress... Today as the students of classes M2 to 8 of SRCS had their last exam, they changed their mode of giving exams and feeling carefree almost in the same time span. These pictures truly represent their emotions and feelings!!!! Wishing our students, All The Best for the next session... Goodbye 2022-23 Welcome 2023-24



### CONGREGATION FOR HEALTHY MEAL

Mess Committee members come together and brainstorm some fantastic ideas for healthy and delicious meals that we can all enjoy on campus.



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\* SRCS Trail is an online publication to save paper.

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