



# VANDANA INTERNATIONAL SR. SEC. SCHOOL

Greetings to each one of you and my prayers for your good health and well-being!

Proudly presenting the inaugural edition of our E-Newsletter. It is an endeavour to pioneer new innovations and build new partnerships. We wish to keep all the members of the 'VIS Family' connected and well-informed with the latest news, events and happenings at VIS through the medium of this E-Newsletter.

Enjoy reading and appreciate the efforts of our students!

Vandana International School stands committed for providing quality education to all. We are committed to character building, academic excellence, and inculcation of social, ethical & moral values in our students. Every challenge is taken as yet another opportunity to empower the team of teachers and to train our beloved students in order to emerge winners in the testing times.

At this juncture, when the whole world is blighted by COVID-19 Pandemic, we must strengthen our faith and continue to move on. Hence, during this challenging period, we undertook the initiative to flip classroom teaching into online teaching and learning sessions. With the inception of online streaming of classes, all members of the VIS family shifted their focus towards the academics and enrichment of the young minds. I am proud of all the staff members who have left no stone unturned as facilitators during these trying times. The teachers have redefined their roles and have been providing online classes, managing classrooms, delivering instructions for remaining safe and healthy at home and assessing student's performance; it is in fact commendable as the same has ensured that there are no impediments in learning.

I, sincerely appreciate the efforts of the students' for following their mentors and continuing with the academics by self-monitoring and becoming more confident and mature to face life independently.

In these times, technology is our pen and paper through this lens we experience the world today. Our team of teachers have been thoroughly trained to surf the tides of change and master the virtual world. The students' too are super excited to study – the 21st century way. I am sure that we will keep up the enthusiasm until normalcy returns. I appeal to all of you to stay indoors and healthy.



**Shri. V. P. Tandon**  
Chairman

## Futuristic School

Dear students,

Education is the process of drawing out or bringing out the best of what a person is capable of. We at VIS, value and take pride in drawing out the best from students. To accomplish this objective, the school ensures personalized and effective Teaching-Learning Strategies, a safe, supportive and stimulating learning environment, a wide variety of subject choices and co-curricular activities, effective student well being and discipline procedures.

The Learning Outcomes designed by our team of teachers across scholastic and non-scholastic areas of performance are outlined in such a way, so as to ensure not only personal but universal development, which is achieved through Life-Skills, attitudes and values. The School offers an outstanding educational program that provides students with ample opportunities to achieve comprehensive progress in every expanse that life has to offer and also, not to miss out on the fun that schools are supposed to render. The school provides enriching learning opportunities to you all through cutting edge and futuristic school projects such as MATHS AND ENGLISH LAB, 3D LAB, in addition to Model United Nations, Literary Week activities etc. Technology is embedded in the learning process to enhance creativity, inclusion and innovation. The collaborative effort of students, parents, teachers and School Management is at the heart of the learning pathway we follow, in order to achieve the Mission and Vision of the school.

I firmly believe that each one of you can experience success and go on to graduate as a responsible, resilient and confident young adult, well prepared to see the world from a global perspective and not only willing but qualified to take charge of the future and become a dynamic member of the world community. The school's journey that is laced beautifully with triumphs would not have been possible without you. Each day is a new learning experience with you all.

Best wishes for  
an enriching and fruitful academic year!



**Shri. Harsh Tandon**  
Vice Chairman

"Success comes to those who work hard and stays with those, who don't rest on the laurels of the past."

We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is changing at such an accelerated rate and we as educators need to pause and reflect on this entire system of Education. The current scenario of nationwide lockdown has thrown before us unprecedented challenges. As we sail through these ruffled times, the challenge is surreal and true for mentors and facilitators like us who have embraced the field of education.

We at VIS work at implementing a well-balanced curriculum to ensure that the children who walk into the portals of our school will not just love their school years but truly be prepared to face life's challenges. "TO MOTIVATE THE WEAK, TO ADDRESS THE AVERAGE AND CHALLENGE THE GIFTED" is the teaching vision of our school. The virtual class room programme started has been a huge success and our technology savvy children have taken to it like a magnet! The presentations and live demonstrations prepared by the teachers have made the virtual teaching impactful. Along with the academics, the co-scholastic activities are equally taken care of. We wish that our students remain healthy and agile. Classes for activities like yoga, clay, dance, music, art/craft Taekwondo and physical fitness are taken regularly.

The school philosophy of personalized attention, regular assignments, motivation, proper guidance & counseling along with remedial measures has indeed brought us desired results in the Board examinations and other National Level Scholarship Exams like Olympiads. It is indeed heart-warming to note our outstanding performance in both CBSE Class X & Class XII Board examinations. An exceptionally high number of distinctions and number of students scoring above 90% in the aggregate, has definitely given us a place of pride in the field of school - education. Students have not only shown their brilliance in the academic fields but also displayed their excellence in the field of games and sports. Aristotle once said that, "Educating the mind without educating the heart is no education at all." Even as we impart education to match the advancement in technology and globalization, we march our children ahead with VIS' ethos of moral values and principles. We endeavor constantly to instill these qualities in our children. We pride ourselves to help them grow and develop into sensitive and responsible citizens of the next generation. Whatever you have learned from this institution will enable you to stand in good stead in every situation. It will guide and make your life successful and happy. I wish and pray that you imbibe the qualities of human values and become socially conscious, intellectually competent, culturally relevant, morally upright, religiously vibrant and emotionally balanced. I can foresee that you all will certainly reach the heights of glory.

May God bless you abundantly. Wish you all the very best in life.



**Smt. Akansha Tandon**  
Academic Director

"Develop a passion for learning. If you do, you will never cease to grow" - Anthony J.D'Angelo

Each new day teaches us new things. The world is grappling with an invisible deadly enemy posed by a virus. Schools are closed, we are confined to our homes, but in every darkness there is light, in every struggle there is a way and in every faith there is hope.

At VIS, we have kept this thought alive through our continuous endeavour ensuring unobstructed circulation of knowledge. Learning has not stopped. We have designed lessons and assignments online by providing virtual instructions. The enriching lessons aim to keep the students on track as they are provided with rich learning opportunities, be it scholastics or co-scholastics.

We have also started with competitions in various domains, in which our students' overwhelming victory makes us feel elated and proud.

The outstanding CBSE Board result (2019-20) of X and XII shows the hard work and dedication of our students and teachers. I heartily congratulate to my dear students and teachers for their great achievement and wish them a good luck in future. Congratulations to parents also for their wards' outstanding performances in their board results.

I would like to extend my heartfelt gratitude to our chairman, Shri V. P. Tandon and the management of the school for their guidance, support and motivation for achieving our goals.

Enjoy reading and cherish the talent and efforts of our students.

May the Almighty bestow you with good health, happiness and peace .



**Smt. Purnima Thakur**  
Vice Principal

Jai Hind.

Purnima Thakur  
Vice principal

# PROUD MOMENT



Principal of Vandana group of educational institutions,

Shri V P Tandon received another feather in the cap when awarded with "Asia's Greatest Principal award" for 2020-21. His exemplary services in the field of education earned him this special recognition. This event was organised by 'Humming bird '. This is a remarkable landmark as this award is recognised prestigious not only in India but also at International level.



Vandana International School is the proud recipient of the 'Times Education Icons' award 2019-20 for getting fourth ranking among Dwarka Schools. Our Vice Chairman ,Mr Harsh Tandon and Academic Director, Ms Akansha Tandon received it on behalf of all Vandanites. The School is proud enough to have qualified in all the parameters, standing true to its mission of holistic education and all round development of students.



**SCHOOL  
ACHIEVEMENT  
2020**

**CBSE BOARD RESULT (2019-2020)  
CLASS -XII**

**CBSE  
BOARD  
RESULT**

**2019-2020**



**HUMANITIES STREAM**



**JAYITA PAL**  
98%



**AYUSHI SINGH**  
96.5%



**MINTY**  
95.75%

**COMMERCE STREAM**



**GAVIKA TANEJA**  
96.75%



**KAMYA**  
94.5%



**MAYANK YADAV**  
91.75%

**SCIENCE STREAM**



**SIDDHARATH CHOUDHARY**  
96.50%



**SRIшти SHRIVASTAV**  
96%



**SIDDHARTH AGGARWAL**  
95.75%



**LOKESH YADAV**  
95.5%

Students scoring 90% and above in aggregate.

**HUMANITIES STREAM**



**Jayita Pal**  
97.80%



**Ayushi Singh**  
96.80%



**Minty Prasad**  
95.60%



**Reet Bhardwaj**  
95.40%



**Sushant Raj**  
93.80%



**Prachi**  
93.60%



**Tripti Jha**  
93.20%



**Utkarsh Chaubey**  
92.60%



**Barkha Silswal**  
92.20%



**Dhruv Bhardwaj**  
92.20%



**Hemant Gahlot**  
92.20%



**Harshita Solanki**  
91.60%



**Sourabh Solanki**  
91.20%



**Yatin Mehta**  
90.80%



**Dipasha Gautam**  
90.40%

**COMMERCE STREAM**



**Gavika Taneja**  
96.60%



**Kamya**  
92.60%



**Mayank Yadav**  
91.60%



**Akansha Mishra**  
90%


### SCIENCE STREAM

 Siddharth Chaudhary 96.40%	 Srishti Shrivastav 95.60%	 Siddharth Aggarwal 95.60%	 Lokesh Yadav 95.40%	 Mehak 95.20%
 Sanyam Jain 95.00%	 Rohit Kumar 94.80%	 Niladri Sarkar 94.20%	 Harsh Bisla 94.00%	 Ashish Kumar 93.60%
 Harroop Kaur 93.40%	 Sukrit Singh 93.20%	 Varshit Kumar 92.80%	 Abhiraj Pandey 92.40%	 Joy Amit Sanghvi 92.00%
 Nancy Jaiswal 91.80%	 Aditya Rao 91.80%	 Khushi Amit Sanghvi 91.40%	 Kamna Sharma 91.40%	 Ayush Dwivedi 91.40%

# CBSE BOARD RESULT 2019-2020



### RESULT HIGHLIGHTS - CLASS XII




**VANDANA**  
INTERNATIONAL SR. SEC. SCHOOL  
SECTOR - 10, DWARKA  
NEW DELHI - 110075

## Result Highlights

### Class XII (2019-20)

Highest Percentage : 98%

School Average: 80% (Best of 5)



**Total students appeared in Class XII : 217**

No. of Students above 90% aggregate : 40  
No. of Students above 80% aggregate : 114  
No. of Students above 75% aggregate : 150  
No. of Students above 60% aggregate : 217

\* aggregate of 5 subjects

**Total no. of distinctions : 800**

**Total no. of 90s : 275**

**Highest Marks in various Subjects**

Maths	99
Accountancy	99
Phy. Edu.	99
Pol. Sci.	99
Business Stud.	98
Geography	98
Hindi Elec.	98
IP	98
English	97
Chemistry	97
Comp. Sci.	97
Economics	97
EG	96
History	95
Biology	95
Physics	95
Hindi Core	92

**Subjects-wise no. of students scored more than 90%**

English	63
Phy. Edu.	71
Chemistry	22
Maths	17
Hindi Elec.	16
Pol. Sci.	14
Geography	14
Economics	12
Physics	12
History	6
IP	6
Comp.Sci.	6
B.St.	5
Home Sci.	4
EG	3
Accounts	2
Biology	1
Hindi Core	1

### CLASS XII - STUDENTS SCORED 90 AND ABOVE IN 5 SUBJECTS

Lokesh Yadav, Siddharth Aggarwal, Sukrit Singh, Mehak, Rohit Kumar, Prachi, Sushant Raj, Utkarsh Chaubey, Dhruv Bhardwaj, Barkha Silswal, Harshita Solanki

# CLASS -X CBSE BOARD RESULT (2019-2020)

## TOPPERS



**ANSHUL ROHILLA**  
93.80%



**NAINA CHUGH**  
93.80%



**VIPIN CHAUHAN**  
93.60



**JASMIN LOCHAV**  
92.80%

## SHINING STARS OF CLASS X



**DIVVYANSH SHARMA**  
91.60%



**HARSHITA RAUTELA**  
91.20%



**RIYA SHARMA**  
91.20%



**AVANIKA KHARE**  
91%



**PRIYANSHU SHARMA**  
90.80%



**KOMAL VERMA**  
90.60%



**ABHINAV GUSAIN**  
90%



**ARYAN KUMAR**  
90%

**CBSE  
BOARD  
RESULT  
2019-2020**



- Abhinav Global School, Dwarka organised an Annual Inter School Competition, "Enthusia" in the month of May 2020. Our school students also participated and Shreya of class XII bagged V th position in PMS : PPT, MCM, Competition.



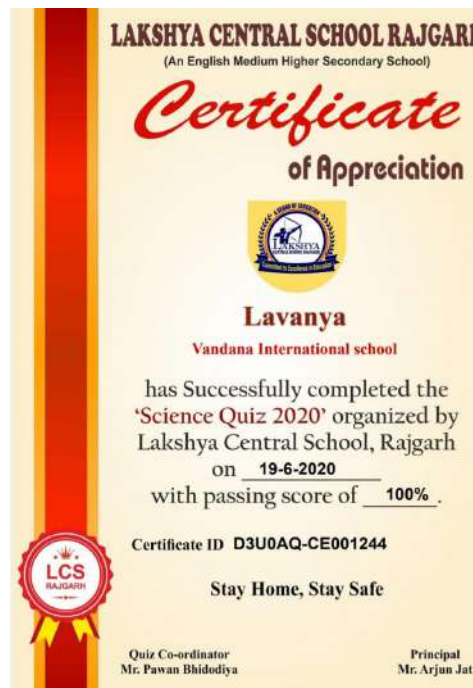
- Pooja Jha of class XII bagged 5th position in SSS speech n SDG'17'.



- Jiya of class VIII bagged 2nd Consolation position in the competition 'Innovation'.

\*The harder the battle, the sweeter the victory.\*

- An another proud moment for the school. Lavanya of class VII scored 100 % in the Science Quiz 2020, held in Lakshya Central School, Rajgarh.



STUDENTS' ACHIEVEMENT 2020





## VIRTUAL LEARNERS OF 2020

In the current pandemic alert of COVID 19, when the entire globe has come to a standstill, we all considered the safety and survival of our students at its optimum priority along with their formal education .

We have had to prepone the summer vacation due to lockdown and this is not exactly how we had hoped to start the new school session

This lockdown has given us the time to think and plan the new academic year by using the power of virtual space to continue with the journey of learning and teaching during the academic session 2020-21 .VIS team has explored and identified alternate ways of engaging with the curriculum to ensure appropriate learning environment for the students .In doing all of the above, the VIS team of teachers applied attributes of Learner Profile to explore various strategies and practices to impart knowledge. As a result of a long arduous process of research, collaboration and planning , we put our heads together and started online classes as the means of home connect in the form of engaging task designed for our energetic students while assuring two way communication. We have conducted activities over a video format in which teachers have upheld exemplary standards of courage and creativity as well as displayed their diligence and dedication towards adapting the new forms of carrying out courses to suit the need of the hour; such activities have been designed to ensure out of the box thinking and included a variety of formats such as introductory videos, links, worksheets as well as weekend tasks. All of this has helped foster continuity in the learning journey of students.

Class XI Students displayed their activity of advertisement (kitchen gardening plants and their accessories/Handmade jewellery promotion). They also prepared a questionnaire to know about the experience of different people (grand parents/mother/younger siblings/friends) during the period of Lockdown and took their interview, then presented the same conversation in their online class.

All students of class XII, participated in an activity on the theme of the literature lessons and presented their views on the impact (Positive or Negative) of Lockdown.

- 1.The Last Lesson-Political impact lockdown
- 2.Lost Spring-Economic Impact of lockdown on poor people.
- 3.The Enemy-Social/Economic impact of lockdown World Wide
- 4.Journey to the End of the Earth-Impact on Environment as well.

They succeeded in correlating them, demonstrating their thinking, improving their listening as well as speaking skills in the best possible way. They met the challenges of the present day with responsibility and learnt to be tech savvy and text smart ,they were groomed and trained by their own experiences along with the guidance of their facilitator who empowered them with online tutorial positive flow of energy and vibrancy of ideas.

In this lockdown period , We have had the benefit to lead a simple life at slower pace and have learnt what truly matters in this life!!!



To revive the knowledge and skills of the students, activities were conducted for XI and XII grades students.

An activity, based on strengthening immunity in old people, was conducted for XII class students considering all the important dietary recommendations like diet should be rich in protein, calcium & vitamin C, should be blend, easy to chew and digest for an aged person. On the other hand, class XI students had to treat their mothers with a healthy meal after assessing their nutritional status using BMI ( Body Mass Index). They calculated the BMI of their mothers and accordingly incorporated the desired nutrients in their recipes, like for overweight and obese mother the fat should be restricted and lots of fibre should be added to the meal.

The students participated in the given activity with great zeal and enthusiasm and presented their recipes in a very attractive manner. Following are the recipes prepared by class XI & XII students.

#### Class XII Students' Recipes:

Vegetable oats, vegetable dalia, vegetable soup, sago khichdi, moong dal, khichdi with vegetable raita, idli, dosa and sambhar, fruit custard etc. alongwith salads, smoothies and fruit juices.

#### Class XI Students' Recipes:

Dhokla, vegetable cheese sandwich, vegetable dalia, vegetable bambino, besan chila, vegetable oats etc. alongwith shakes, smoothies or mojitos.



**HEALTHY  
TREAT  
CLASS XI  
& XII**

## Media Talk Show Activity

The students of Class-8 performed an informative "Media Talk Show Activity" on the topic 'Sustainable Development'. Students illustrated and understood very well that the 'development should always meet the needs of present without compromising the ability of future generations to meet their own needs. Supplements like- posters, models with reused materials, and PPT were used to enhance the presentation of this activity. Students enjoyed this activity and enhanced their knowledge.



## EARTH DAY

"NO EARTH NO BIRTH!"

Keeping this in mind, the School celebrated 50th anniversary of "Earth Day" with various motivational activities such as mask making, poster making, plantation, poem recitation, etc. and gave us a motivating message that-every day is the earth day.

## ACTIVITES



April  
**22**  
EARTH DAY

## LABOUR DAY

The School celebrated 1st May as "Labour Day" to acknowledge the efforts of grade IV employees. Special efforts were made by the students of Class VIII ,who presented skit, recited poems and also reflected the importance of this day with slogans and posters. The activity was designed to develop a better understanding of the labour community among our students who must learn to appreciate their efforts.

मजदूर के बिना जिंदगी नही



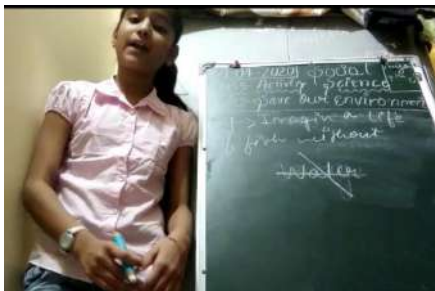
## ACTIVITES



## PEER TUTORING

Students of grade VI & VII did 'teaching activity' in Geography on the topics : "Globe" and "our environment" respectively. Many students came up with their creative and innovative ideas to perform this activity.

Building 'Team Spirit' and enhancing the 'Speaking skill' were the learning outcomes of these activity.



## RECREATIONAL MATHEMATICS

Maths teachers did Recreational Mathematics activities - (Riddles, Puzzles, Games) during online classes ,this was the best way to get over with Maths anxiety and learning was fun. Students of class VIII participated in this activity and challenged the opposite team by asking different riddles made by them.



## A Date with a Book

"Open the book and explore a new world" Today books have taken new avatars in the form of e-books ,audio books and graphic novels to catch our attention amid the cacophony of devices. In this scenario developing a reading habit among children is of utmost importance, so as part of subject enrichment activity, students of class VI were asked to read an E-book "My Hero is YOU" UNESCO has brought this e book on understanding coronavirus for kids. The activity aimed at improving the speaking skill of the students. They presented the summary of the story with relevant posters showing COVID-19 images, summary chart, displaying the 5-finger retelling concept. Commendable efforts were put in by the students. These kinds of activities show that "where there is a will there is a way".



## PUPPET WONDERS

'Puppet Wonders' the activity not only brought forward the good story tellers but filled each child with great enthusiasm. Every child prepared a puppet out of his/her creative mind like stick puppet, finger puppet or hand puppet. Children picked up stories from their childhood days and even recent incidents. Students narrated their stories with proper expression and tone, which grabbed everybody's interest till end.

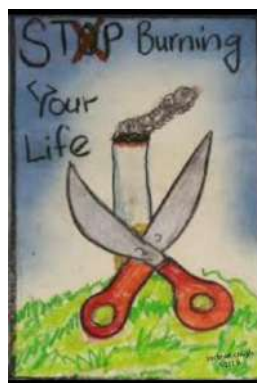
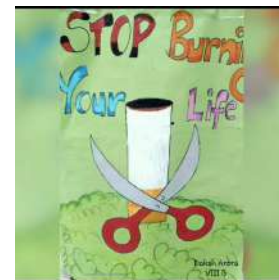
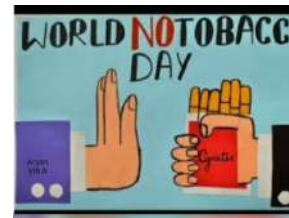
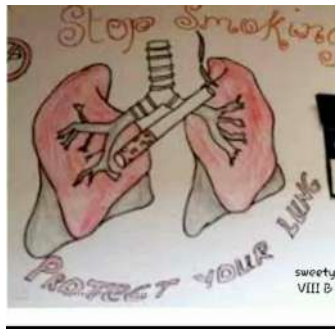


## ACTIVITES



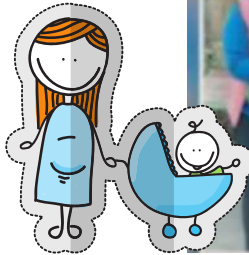
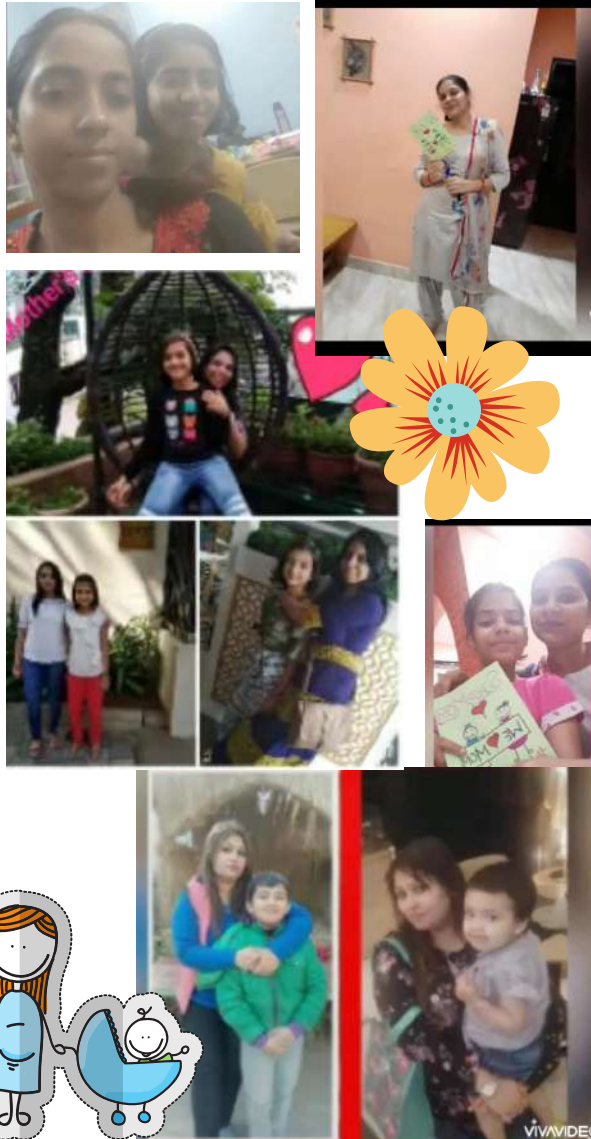
## WORLD NO TOBACCO DAY

"World No Tobacco Day" was celebrated on 30th May 2020 to bring awareness amongst students of the ill effects of tobacco.



## MOTHER'S DAY

This pandemic has proved that " sky has no limits as long as you want to touch the stars.". All you need is the force to keep moving. These days when we all are getting accustomed to the virtual classrooms, conducting an online assembly was truly a divergent thinking. Our students once again showed their dedication and creativity in presenting the digital assembly on the theme of Mother's Day. Students of class VII began the assembly with a sanskrit shlokas. Mandeep recited a shloka and explained its meaning. Considering that songs are the best dedication for the lovely mothers, Samiksha sang a heart touching song in her melodious voice. Mothers are the epitome of love, compassion and perfection. To make their mothers feel loved, children designed collages, photo frames, greeting cards which will be remain in the heart of all mothers throughout their lives. The assembly was concluded with a Hindi poem " Maa ki mamta" recited by Diksha. The assembly concluded with powerful lines on mothers. A special thanks to Shreya who conducted the entire assembly creditably.

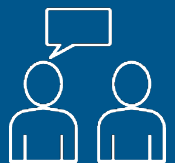


## ACTIVITES



## ONLINE -P.T.M.

School is the second home for children. Teachers and parents together mould each child with values and for a bright future ahead. By understanding the role of parent-teacher, online PTM was conducted for classes Nur-XII in the month of June. It was an overwhelming support shown by parents as every parent joined the meeting and discussed about his/her child's performance. Parents also appreciated the dedication of the teachers and staff for providing the quality education. They also adhered to the given time slot. Teachers very politely cleared everybody's query and guided students for their improvement. It is gratifying to see the shower of indubitable faith that each parent has poured on us. The PTM was a huge success even in these unprecedented times.



## MILK DAY

The Students of VIS celebrated "World Milk Day" on 1st June 2020. Teachers showed them a presentation to make students aware about the importance of drinking milk. They listened to the various benefits of Milk and made beautiful and informative posters on the same. They spoke about the importance of celebrating this day Educating people on the importance of consumption of milk, the students also enjoyed 'The Milk Song' while drinking a glass of milk.



## ACTIVITES



## CHRONICLERS AND FOREIGN TRAVELLERS

The students of Class VII did a role play (Subject Enrichment Activity) on the topic "An act on famous Chroniclers and Foreign travellers" during medieval period. In this activity Diksha and Mandeep of class VII enacted a role play on famous chronicler and foreign traveller . Diksha acted as AMIR KHAUSHRO ( a chronicler ) while Mandeep acted as IBN - Batuta ( a foreign traveller ) .Both the students imparted the information about two personalities of the medieval period .To conclude, in this activity the students integrated their subject knowledge of HISTORY with THEATRE and presented their knowledge in the most effective manner.



## HISTORTIC AGES

Students of class VI participated in life skill activity based on the theme "Historic ages". This activity was Integrated with art and craft and learning fun for children.



# INTERNATIONAL YOGA DAY

International Yoga Day was celebrated with the spirit "Nothing is impossible". A very famous quote and is still More relevant during this difficult phase of our life. Students participated in the online yoga session in the morning and performed surya namaskar, pranayam and asanas healing their mind and body towards positivity.

It's rightly said that "Everybody can breathe therefore everybody can practice Yoga", "Yoga is the journey of the self, through the self, to the self" (The Bhagavad Gita)

## ACTIVITES



# MOCK CONSTITUENT ASSEMBLY OF INDIA

The students of Class VIII performed an informative "MOCK CONSTITUENT ASSEMBLY OF INDIA." Students impersonated the members of Constituent Assembly with confidence. The activity gave a brief description of the discussion and debates that were being held in the assembly. Supplements like posters, virtual images, costumes, etc were used to complement the presentation of the activity. Students enjoyed this activity and upgraded their knowledge.



# MIGRATION

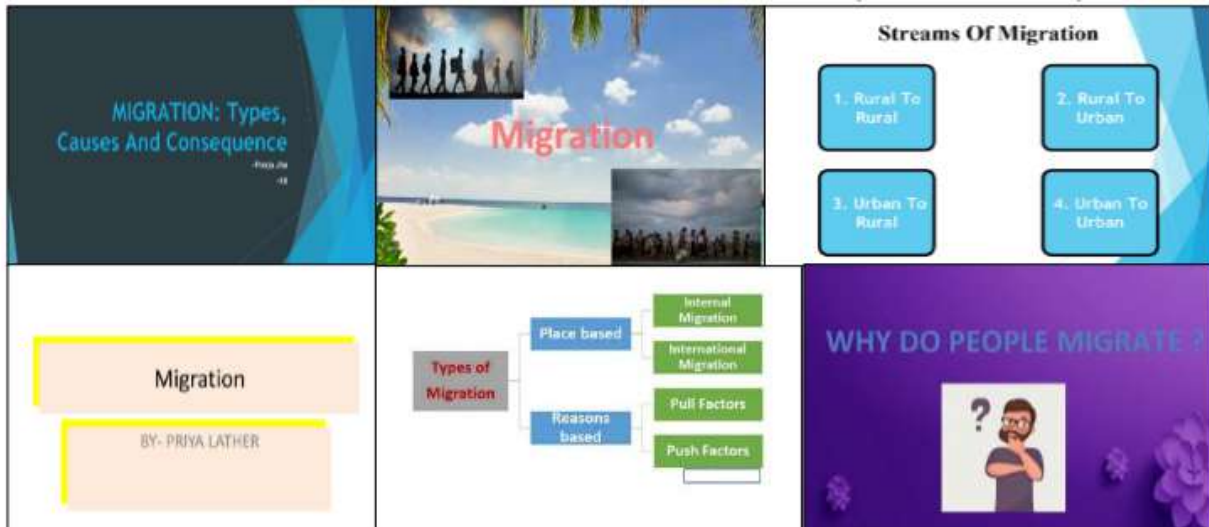
# ACTIVITES

“Intelligence plus character, that is the true goal of education.” ---- Martin Luther King

The continuous online classes took students into anxiety and boredom. It is really tough to sit in front of the phones and laptops like dummies. Our school conducted different kinds of activities to entertain students with studies. Every problem comes with some innovations and opportunities. This lockdown also came up with new initiatives and new lifestyle. We got to know about a new living without going out, without meeting people, and without any social interactions. The life is on an adverse way and we have to survive this by doing all the necessary activities. The school, therefore, created some new ways to learn with a new technique. Skill development and competency in students must not be hindered in any condition, even if it is a pandemic . The school has taken initiatives to take minds of the students to the next level and saving the future of the nation.

School is not just a place of books, rather it also provides the students with many opportunities to build up their personality. In this pandemic, when everyone is locked at home, the school took every possible step to provide students with best education and opportunities which helped them in skill development. Activities based on Powerpoint Presentation were conducted on 11. June. 2020.

Students of class 12th (humanities), came up with amazing ppts on the topic 'MIGRATION- CAUSES, EFFECTS AND CONSEQUENCES' in online classes on ZOOM Application. The students presented their ppts by slide sharing. They shared their perspectives regarding the topic to the best accuracy possible. They elucidated about Indian history of migration, streams of migration in India, as well as its causes and consequences. They were allowed to take references from Google and class 12th NCERT book. The online meeting became an interesting scenario with the cross questioning. Both the speakers and the listeners played their role very well. The meeting of 40 minutes was in two-three sessions. This topic/ chapter of the NCERT book was introduced by the teachers in a new way to make it clear to the students. It also encouraged students for self -study and self- development. They presented what they had researched. The activity helped in making the lockdown time worth something. This made students think more than the textbooks and notes. This activity instilled enthusiasm in students to attend the scheduled online classes with more sincerity.



## National Parks In India....



National parks protect the best of our natural heritage: stunning landscapes, extraordinary wildlife and majestic forests. Together with other protected areas they form the basis of our economic and social wellbeing, attract millions of visitors annually, and help to protect unique wildlife by acting as a refuge for threatened species. Their primary purpose is the protection of biodiversity. There are 104 existing National Parks in India. National parks also deliver other invaluable economic, social, cultural and health benefits . Future generation deserves the right to see these natural values intact and protected as we do today. Animals have the same right as humans to live free from pain. We all have the power to improve animal welfare. Millions of people depend on animals. A sustainable and worthwhile future for the planet can only be achieved if both people and animals are part of it. we can also study how animals survive in different conditions and climate and learn from them. We owe it to future generations (we want our children and grandchildren respectively to be able to see and enjoy what we have seen). Because with the protection of animals we actually protect ourselves and our environment..





# E - Press Conference

## COMMERCE STREAM

In the wake of covid-19 pandemic, children are the most vulnerable section of society right now as schools across the country are closed. They are free spirited and like to go out play and interact with their mates. To keep the spirit alive and to make this lockdown period more joyful learning experience, the commerce stream students of VIS - Dwarka organised an E - Press Conference on the relief package offered to various sections of the society by the Government of India. Here is a brief about the activity: Many economic activities in the country had come to a standstill after a nation wide lockdown by the Government, to check the spread of the pandemic covid-19. The package announced by the Government of India focussed to cater to the needs of various sections, including Cottage Industry, MSME's, labourers, Middle Class and industries. The Shining Stars of VIS, based on the above scenario had organised an E - Press Conference in which the Commerce Section of 11th and 12th students (enacted as the Government Officials namely - honorable Finance Minister, Deputy Finance Minister, Finance Secretary and a Press reporter of a reputed news channel. Five groups were formed and each had four group members (2 from 11th commerce and 2 from 12th) . Students organised successfully the E - Press Conference on the relief package given to various sections of the society on 11th June 2020. The success of the E - Press Conference was acknowledged by our Academic Director Ms. Akasha Tandon, Vice Principal Ms. Purnima Thakur and Coordinator (Senior wing) Ms. Sandesh Tyagi.

Students had put in their best efforts to make the E - Press Conference a great success especially during this new era of learning. They integrated the multi-disciplinary approach. the activity focused on their presentation skills and helped them gain a new experience.

Students participated in the activity where:

**Group 1 ( Topic-Small Scale Industries and Medium Scale Industries)**

1. Grisham and Somya of 12th class .
2. Tanvi and Mohd. Aaqib of 11th class .

**Group 2 (Topic Housing Board)**

1. Hansika and Akshita of 12th class
2. Ritesh and Shubham of 11th class

**Group 3 (Topic Migrant Workers)**

1. Deepanshu and Anjali Falaswal of 12th class
2. Tanvi Bhati and Dhruv Jain of 11th class

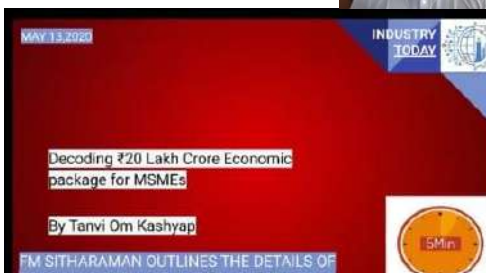
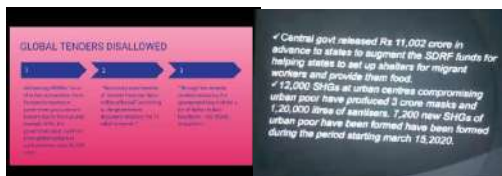
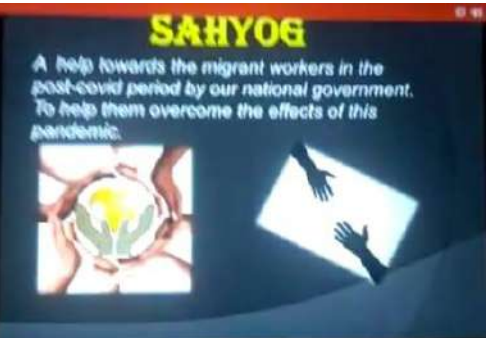
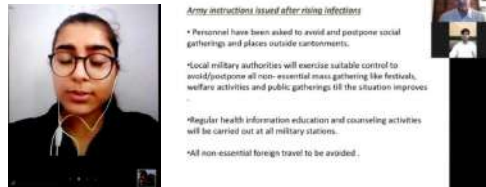
**Group 4 (Topic E - Ration Card )**

1. Jasmine Lochav and Jaanvi of class 11th
2. Saanvi Gupta and Jatin Kaushik of class 12th

**Group 5 (Topic - Covid Warriors)**

1. Divyajot and Yash Kumar Poddar and Rishi of class 11.

Each E - Press Conference duration was approximately of 20 minutes on Zoom Cloud Meeting app.



# ACTIVITES



Stay Positive!

COVID-19: Five steps to look after yourself and others



"BUDDING JOURNALISTS OF OUR SCHOOL".

"News room" activity by class 9th students where they played the role of media persons which is also known as the fourth pillar of our democracy.



ACTIVITES



'Virtual Classrooms V/S Real classrooms.'



The corona virus pandemic and lockdown have forced schools across India to temporarily shut down, which has created a big gap in the education system. Despite this, Vandana International school is doing its best to provide support for e - learning and online education, to help the students continue with their education from the comfort of their homes. A speaking engagement activity is conducted wherein students poured their hearts out on pros and cons of virtual classes. Angel Dutt of class IX contributed her point of view through an activity : 'Virtual Classrooms V/S Real classrooms.'



## MATHEMAGICS!

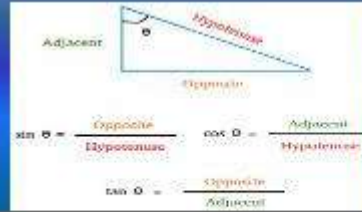
The lockdown has ensured that children who are usually brimming with enthusiasm and joy stay shut in the four walls of their homes. However, this doesn't necessitate that students can't make the most of this period. We engaged our students in mathematical activities that tapped both, their creative side and their mathematical side. Students of class X made clinometers: a device used to measure the height of buildings, monuments and flying height of airplanes by finding the angle of elevation. Students made these using the materials available at home without venturing out. As mathematics pervades the most essential and inconspicuous things, students delved into their curriculum to find the practical applications in day to day life and presented them in the form of eye catching, awe striking and attractive presentations.

As we embrace the new normal, the changes in lifestyle are in motion, it gives us great pleasure to see our students embracing the changes productively, with smiles on their faces and dynamic minds ready to engage in fruitful activities.



## What is trigonometry?

Trigonometry is a branch of mathematics that studies relationships between side lengths and angles of triangles. The field emerged in the Hellenistic world during the 3rd century BC from applications of geometry to astronomical studies.

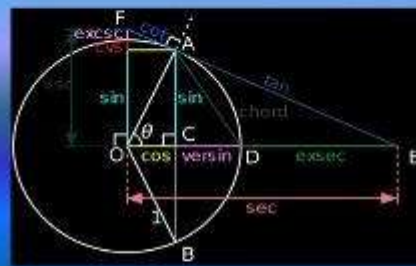


## Uses of trigonometry:

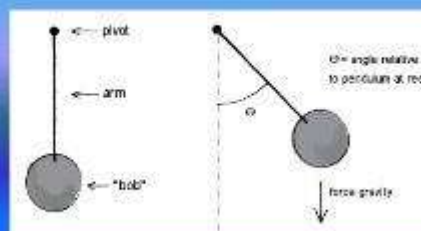
1. It is used in oceanography in calculating the height of tides in oceans.



2. The sine and cosine functions are fundamental to the theory of periodic functions, those that describe the sound and light waves.



5. Trigonometry is used in many different ways in computer programs.



## ACTIVITES



## DEAR FATHER

You have loved me and held my hand since my birth ,  
There is no better father all on the earth ,  
I will watch you as you guide me through life ,  
With you , I will be able to handle my strife ,  
You are my hero , that's my truth ,  
I will look to you throughout my youth ,  
You are always in my heart .



Your voice makes me strong  
Teaching me what's right and wrong  
Your smile says it all Your hand is my comfort Lifting  
me up when I fall short Father ,  
I love you more than all.....

**ANUHA RAJPUT**  
VIII-D

## TEACHER'S

Teachers = Paint our mind  
And guide our thoughts  
Share our achievements  
And correct our faults  
Inspire for love Of knowledge and truth  
As you light the path  
Which lead to our youth  
For our future brightens  
With each lesson you teach  
Each smile you lengthen  
Each goal you reach

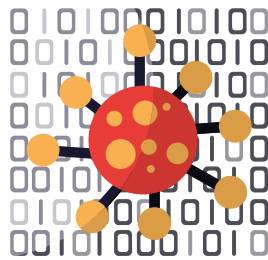


**SOMYA AGGARWAL**  
VIII E

## ARTICLES & POEM



## Effects of COVID 19 on Students' life



During this covid-19 pandemic , things are much different than they used to be. I appreciate everything that people are doing to stop the spread. I can confidently say that my life has completely changed due to this.

As a student, my routine has become extremely repetitive. Everyday I wake up and go to online school and then I do my homework . Staying at home for more than three months has affected my physical health a lot . In school I could focus on my studies well but at home there are a lot of distractions which include television , internet etc. I can't go to watch movies, to restaurants or stores or meet my friends. Nowadays, I don't even like to watch television because there are just two words pandemic and crisis which I could find dancing across the television screen . While school time can be fun and enjoying and there ,at our homes, we are all stuck to our mobile phones and televisions.

I hope that I will get the opportunity to do the various kind of new things. I understand that we may have to do this for a long time. I hope we can fight this together and come out stronger. I am certain this virus will not survive long, if we listen to the medical professionals and authorities, stay indoors, keep good hygiene, follow social distancing and be supportive towards the people who are infected by helping them to withstand the emotional trauma that they are facing.

**Manya Bhatia**  
Class - 9th B

## The Period after Lockdown



Covid-19 pandemic has altered our routines and lifestyles. All of us want to go back to our pre-covid days and are looking forward at living a normal life once the lockdown is lifted. But things are not expected to be the same anytime sooner.

With vaccine still months away, preventive measures like masks and social distancing will continue to remain in fact in every aspect of life. Everyone will take precautions while flying, travelling by metro, going to cinemas malls, supermarkets and even meeting their friends at school or at work place. In crowded places like an airport, there would be staff with thermometers at all entry points and gates, sanitizing tunnels for passengers and employees, a vacant seat between every 2 passengers (in buses, metros and airplanes).

Also, no meals would be provided to passengers. Masks and gloves would be mandatory in each and every place. Entries in hospitals, malls and other such places would be appointment based only.

The use of Aarogya Setu app by the government of India will help in identification of covid-positive persons, And post-lockdown, mindful of the fact that the virus is still among us, we should work on crafting a simpler, yet fulfilling way of life that promises a fair and equitable future for all.

**Ishika Sharma**  
Class: IXA

## PANDEMIC - What is a PANDEMIC ?



A pandemic is a disease that spreads over the whole Country or World.

For the cause of a pandemic the most responsible element is the Human being and for the cure also human being is responsible. Various Pandemics like Spanish Flu, Ebola, Influenza, Smallpox etc. showed their Demos and went away. But if we go in the Flashback we will come to know that two more disease MERScov, and SARScov. gave a huge wound to the humanity and now one more member of this family (Covid 19) is following the old custom of its ancestors. A pandemic almost takes one year to wash out its effects from the world or the country. A Pandemic can be Airborne, Hand to Hand, through inhalation etc.

To flush out a disease the main thing is to boost our Immunity by drinking hot water, eating fruits and vegetables, exercising etc. The Pandemics always affect the economy of a country. WHO (World Health Organisation) instructs that we shouldn't take these pandemics carelessly because "Carelessness can kill us twice, once in our own eyes and second when we have to be buried". Now lets have a look at the positive sides of a pandemic. 1. Many disabled workers could have been working from home but organisation never wanted them to. 2. Internet is not a luxury, it is a utility. 3. Last but not the least hygiene is not only important during a pandemic but it is also necessary at all stages of life. So, my opinion is that it is the responsibility of every individual to cure this big wound.

Angel Dutt  
Class - IX A



## हिन्दी स्वरचित कविता

"जैसा की आप सभी जानते हैं कि इस वैश्विक महामारी के कारण अस्थाई रूप से सभी स्कूल बंद कर दिए गए हैं परंतु इस बीच अध्यापिकाओं तथा बच्चों का हौसला नहीं रुका। ऑनलाइन कक्षाओं को सजीवता देते हुए बच्चों ने हर एक गतिविधि में बढ़ चढ़कर भाग लिया। कक्षा दसवीं में हिंदी में "स्वरचित कविता" वाचन"की गतिविधि संचालित करवाई गई। जिसमें विद्यार्थियों ने अपने मन के जज्बातों को कविता के माध्यम से प्रस्तुत किया।"

आज जिंदगी ने फिर अपना एक नया रंग दिखाया है,  
घर की कीमत सचमुच में क्या होती है, यह बताया है  
आज जिंदगी ने फिर अपना एक नया रंग दिखाया है।

जो कभी कैद थे उनको बाहर और हमको घर पर कैद कर बैठाया है, कि वो दौलत से कितनी महंगी है  
यह साबित कर बताया है आज जिंदगी ने फिर अपना एक नया रंग दिखाया है।

डिब्बों में बंद बड़ी तस्वीरों को आज फिर ज़मीन पर बिखराया है,  
अपनों की कीमत क्या होती है  
यह सच बतलाया है आज जिंदगी ने फिर अपना एक नया रंग दिखाया है।

एक बार फिर इसने हमें डर- डर के जीना सिखाया है,  
अब तो घर से बाहर हर कदम पर खतरा है  
यह कड़वा सच बताया है,  
आज जिंदगी ने फिर अपना एक नया रंग दिखाया है।

गलियों को सूना और घरों को गुलजार कर बताया है,  
तुम जैसा सोच भी नहीं सकते वैसा वक्त दिखलाया है,  
कीमत पूछते थे ना तुम इसकी इसने यह जवाब बताया है,  
आज जिंदगी ने फिर अपना एक नया रंग दिखाया है।

आयुषी श्रीवास्तव  
कक्षा- दसवीं 'स'

सोचा चल रहे हालात का कागज पर कुछ बयान लिखूं सामाजिक दूरी या परिवार की नजदीकी लिखूं,

सूने रास्तें या धरती को मिला सुकून लिखूं,  
पिंजरे में कैद इंसान या आज़ाद उड़ता पंछी लिखूं

वीरान मंज़र या चलते मजदूरों की कतार लिखूं रद्द हुई परीक्षा या जिंदगी में आया नया इम्तिहान लिखूं

कोरोना के साथ जंग या भूखेपेट की तलब लिखूं  
ठहरी जिंदगी या जिंदगी और मौत में छिड़ी जंग लिखूं

हिंदुस्तान पर ताला या खींची हुई लक्ष्मण रेखा लिखूं  
पशुओं पर अत्याचार या इंसान का इंसान पर वार लिखूं

कुदरत के साथ खिलवाड़ या रक्षकों का बखान लिखूं  
सोचा चल रहे हालात का कागज पर कुछ बयान लिखूं"

रिया शर्मा  
कक्षा दसवीं 'स'

## ARTICLES & POEM

हिन्दी हमारा ज्ञान है,  
देश का अभिमान है.

संस्थापक



# WEBINAR



## HEALTHY KIDS

Healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development; while preventing immediate health problems.

Kamal, Vandana and Trinity Group of Educational Institutes recently hosted a webinar "Diet For Kids" with Mrs. Shallu Gupta , Director and HOD of Ojas Nature Care and Yoga Centre. She is a prominent name in Naturopathy and is an award winning Yoga Guru.

The Webinar was attended by parents ,teachers and students. The strategies that Mrs. Shallu Gupta talked about were relevant to the pandemic faced by the world today. With kids at home, it has become inevitable to provide nutrition suitable enough to boost immunity and healthy eating behaviour in the long run. The presentation largely talked about being close to nature and understanding our organ clock with a scientific approach. The importance of mindful eating, including 80% of alkaline food where as 20% of acidic food, sleeping patterns and early dinner were emphasised upon.

The presentation was followed by queries from listeners, to which the speaker satisfactorily answered. The management, teachers and parents were ever so thankful to Mrs. Shallu Gupta for such insightful information.

Vandana, Kamal and Trinity Group of Educational Institutes  
take pleasure in hosting a webinar on  
**Diet for Kids during Lockdown**  
In association with INO (International Naturopathy Organisation)  
RESOURCE PERSON: DR. SHALLU GUPTA  
DIRECTOR OF OJAS AND SAMSHUDHINATURE CURE CENTER  
On June 10, 2020 at 5 PM  
facebook / VANDANAINTERNATIONALSCHOOL

## IMMUNITY ENHANCEMENT THROUGH NATUROPATHY

A great initiative taken by Vandana, Kamal and Trinity group of educational I institutions, A webinar on 'Immunity enhancement through naturopathy' was hosted which, was need of the hour. The program commenced with a welcome address by Mr Harsh Tandon, vice chairman of Vandana International School.

The webinar was conducted by Dr. D N sharma, a well-known Naturopaths of the world and Medical superintendent of Premier Hospital Aditya Yog Naturopathy Hospital and Research Institute. He is National Vice President, INO.

He apprised everyone with the present situation to build up a strong immune system, using all the resources available in the kitchen and by adding on some simple tips. It was an interactive session. He also focused upon to be optimistic during these days. All the parents and teachers learnt, how to keep themselves healthy during these days of Covid 19 pandemic. It was really an enlightening session. Webinar observed a massive participation through Facebook live and Zoom App.

The vote of thanks to the eminent speaker for the day was extended by Mrs Akanksha Tandon, academic director of vandana international National School.

Vandana, Kamal and Trinity group of Educational Institutes  
take pleasure in hosting a webinar on  
**MEMORY DEVELOPMENT AND EYESIGHT IMPROVEMENT IN STUDENTS**  
In association with International Naturopathy Organisation  
Resource person :  
Yogacharya Yudhishter Paul  
(President-INO Delhi NCR)  
ON JUNE 11, 2020, AT 5 PM  
facebook / VANDANAINTERNATIONALSCHOOL

## YOGA IS A LIGHT, WHICH ONCE LIT WILL NEVER DIM. THE BETTER YOUR PRACTICE, THE BRIGHTER YOUR FLAME.”

— B.K.S IYENGAR

Vandana International Sr. Sec School, Dwarka, New Delhi in association with INO, International Naturopathy Organization, NCR, conducted an invigorating online interactive session to introduce the unique aspects of the Yoga to improve Eyesight and Memory Development to acquaint the students with the Naturopathy and Yoga and get rid of the stress caused to their eyes by flashy lights of Screen after attending Online classes in today's crucial time of COVID Lockdown and maintain their mental peace. School's Academic Director Ms Akansha Tandon welcomed the resource person of the event Yogacharya Yudhishter Pal, President INO; NCR who had been the project officer appointed by the government of India , Ministry of Health (Ayush) for the research programme on memory development through yoga

The students, parents and teachers participated enthusiastically by asking the queries from Yogacharya ji after the enlightening session of over an hour and the webinar was concluded with the vote of thanks delivered by Ms Vandana Tandon, Vice Chairperson ,Kamal , Vandana, Gurugram global and Trinity Institutions of Education . This live session was a great success!!

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VANDANA, KAMAL AND TRINITY GROUP OF EDUCATIONAL INSTITUTES  
TAKE PLEASURE IN HOSTING A WEBINAR ON  
**IMMUNITY ENHANCEMENT THROUGH NATUROPATHY**  
In association with INO (International Naturopathy Organisation)  
On June 9, 2020 at 5 PM  
Resource Person: Dr. D.N Sharma  
National Vice President, INO

## “DECODING PARENTING AND SCHOOLING IN THE TIME OF COVID -19”

Bringing school and parents together improves academic and social development for children, which is why Vandana and Kamal Group of Educational Institute conducted a webinar on “Decoding Parenting and Schooling in times of Covid -19” on 20th June ,2020. Ms. Jyotsna Bharwaj a well known Consultant Psychologist and Career Counsellor was the prominent speaker in this session. She apprised teachers and parents the present situation of emotions and relationship in the time of Covid -19. She discussed the skills and strategies on how to grow confidence and resilience in the children. Parents learnt how to support children in academic, artistic and sporting endeavors without placing undue pressure on the children. Teachers also learnt some tips on how to stimulate learning through online classes for the children. The webinar saw a massive participation of over 2600 participants. The vote of thanks to the revered speaker for the day was extended by Ms. Preeti Sinha, the school counsellor of Vandana International School. It was indeed a very enlightening webinar.

VANDANA AND KAMAL GROUP OF EDUCATIONAL INSTITUTES  
take pleasure in hosting a webinar on  
**“DECODING : PARENTING AND SCHOOLING IN TIMES OF COVID-19”**  
RESOURCE PERSON:  
JVOTSNA BHARDWAJ  
Founder Director  
Envision India Eduservices  
Step 1: Go to Vandana International School FB page at 11 a.m. on 20 June, 2020 (Saturday)  
Step 2: You will find the LIVE video streaming at the top of the timeline. You can post your questions/ thoughts in the comments section.  
FB page: vandanainternationalschool.in