



DARSHAN ACADEMY

NEWSLETTER

DARSHAN ACADEMY, PARTAP GATE, KAITHAL

JULY EDITION 2024



Let Children Develop with High Self-Esteem!

Dear Parents and Guardians



In today's fast-paced world, fostering high self-esteem in our children is more important than ever. Self-esteem is the foundation upon which our kids build their future, shaping their confidence, resilience, and overall well-being. We must avoid such sentences: You are good for nothing, can't you understand such a simple concept or leave it ! You cannot do it. How many times we use such statements for our children without knowing the impact of these judgmental remarks on their delicate minds. If a child grows with negative affirmations he/she will never be able to develop high self-esteem which is extremely important for a person to succeed and achieve personal or professional goals in life. Parents and teachers must understand the importance of letting children grow with high Self -Esteem. As we nurture their growth, here are some key strategies to help our children develop a healthy sense of self-worth:

- Provide Unconditional Love and Support: Children thrive when they feel loved and accepted for who they are. Let them know that your love is unwavering, regardless of their successes or failures.*
- Encourage Their Interests and Talents: Support your children in exploring their passions and talents. Celebrate their achievements and efforts, no matter how small, and encourage them to pursue what they love.*
- Teach Problem-Solving Skills: Empower your children by helping them develop problem-solving skills. Encourage them to face challenges head-on and view mistakes as learning opportunities.*
- Set Realistic Goals: Help your children set realistic and achievable goals. Guide them in breaking down larger tasks into manageable steps and celebrate their progress along the way.*
- Foster a Positive Environment: Create a home environment that is positive, encouraging, and free from criticism. Model positive self-talk and show them how to handle setbacks with grace and determination.*
- Promote Independence: Allow your children to make choices and take on responsibilities appropriate for their age. Trusting them with tasks helps build their confidence and sense of capability.*
- Provide Constructive Feedback: Offer feedback that is specific and constructive, focusing on the effort rather than the outcome. Encourage them to reflect on their experiences and learn from them.*
- Encourage Healthy Social Interactions: Support your children in building healthy relationships with peers and adults. Teach them the value of kindness, empathy, and respect in all their interactions.*

By fostering an environment of love, support, and encouragement, we can help our children develop high self-esteem. With a strong sense of self-worth, they will be better equipped to face life's challenges and pursue their dreams with confidence.

Let's work together to empower our children to become the best versions of themselves!

With Warm Regards

**[M.K. Pandey]
Principal**

FIRST DAY OF THE SCHOOL

"Small cheer and great welcome make a merry feast." A cheerful welcome helps children get a positive start to their school journey. To make this journey exciting and happy, Darshan Academy, Partap Gate, Kaithal welcomed the students at the very onset of the new academic session. On this occasion, the whole campus was decked up with colorful balloons. The teachers welcomed the students with flowers, chocolates and tilak ceremony. The students felt ecstatic after the warm welcome. It was an amazing experience to see lovely, happy and smiling faces.



RAM NAVAMI

Ram Navami, the birthday of Lord Rama, is one of the most significant festivals in the Hindu calendar. It is celebrated with fervor and enthusiasm by millions of devotees across India and around the world. This auspicious day holds immense spiritual and cultural significance. Darshan Academy, Partap Gate, Kaithal also celebrated this day virtually with excitement and exhilaration. The students went to temples, worshipped Lord Rama and sent their pictures. They also sent their videos of worshipping at various places. The aim behind the celebration was to acknowledge the students about their cultural heritage.



EARTH DAY AND GREEN DAY

Green colour signifies nature, fertility and prosperity. As a part of Earth Day Celebration, 'Green Day' was celebrated with great zeal and enthusiasm by the students of Darshan Academy, Partap Gate, Kaithal on 22 April 2024. Students as well as teachers came dressed in pretty green attires and looked eco-friendly. Different activities and games including Poster Making, Role Play, and Speech were organized for the students on this occasion. Children brought green snacks and eatables in their lunch boxes. The classrooms and corridors were beautifully decorated with flash cards, balloons and green objects. The shades of green filled the air with freshness, thrill ecstasy and bliss. It also prompted them to think how greenery energizes and revitalizes our lives.



BOOK READING ACTIVITY

Reading books can help develop empathy, understand different perspectives, and build emotional intelligence. By this, we can expose to diverse characters and storylines and develop a greater understanding of human nature and emotions. Knowing the importance of book reading, Darshan Academy, Partap Gate, Kaithal conducted Book Reading Activity for the students of Grades I-IV in the school campus. All the participants participated enthusiastically and showed their reading skills. The aim behind this activity was to aware the students about importance of reading books. It was a fruitful event as students realised the importance of reading books in life.



PARENT'S ORIENTATION PROGRAMME

"A parent is a teacher at home, and a teacher is a parent in school, and the child is the centre of our universe."

An Orientation programme for the new parents of Nursery to Grade VIII was organized at Darshan Academy, Partap Gate, Kaithal on 27 April 2024 to get them acquainted with the curriculum, rules and regulations of the school. The programme commenced with the ceremonial lighting of lamp followed by the welcome of the parents. Many fun-filled activities were organized for the parents to make them familiar with each other and to promote parental involvement. The learning outcomes of these activities were also discussed.

The Principal also gave the parents an opportunity to have their queries answered. Parents visited the classrooms where the respective class teachers gave them an overview of the various subjects, teaching methodologies and the co-scholastic activities.



LABOUR DAY

To mark the celebration of Worker's Day or Labour Day on 1st May 2024, the students of Darshan Academy, Partap Gate, Kaithal took the opportunity to honour and appreciate the hardworking support staff. The students presented flower sticks and cards to show gratitude and thankfulness to all the members of the support staff. The School Principal and the Manager of the Academy sensitized the students about the tireless, continuous, and consistent help provided by our support staff in making our lives safe and secure. The school acknowledged their invaluable contributions and expressed its commitment to continue providing them with the necessary support and recognition. The celebration ended after distributing gifts and refreshment to the support staff.



WELCOME PARTY



Every student eagerly awaits the most remarkable event 'Welcome Party', right from the time when they enter the school for the first time. It is the day when seniors and juniors bond and unite to celebrate their togetherness, and pleasure of being the part of the school. Darshan Academy, Partap Gate, Kaithal organized a Welcome Party for the newcomers in the campus on 1st May 2024. The event started with the singing and dancing and concluded with the distribution of gifts and certificates. The students enjoyed a lot in the party. It was an event full of excitement, joy, laughter and happiness.

MOTHER'S DAY CELEBRATION

Mother's Day is a wonderful day for both children and moms because it honours their enduring love and affection for one another. Mothers are the emotional Centre of the family and possess the enchanted power to mend all wounds and beautify all things. The students of Darshan Academy, Partap Gate, Kaithal invited their mothers on this special occasion. The event was held on 9th May 2024, as mothers were specially invited to spend a memorable day full of activities and fun. Several performances were planned to honour and appreciate all the mothers. The venue was decorated keeping in line with the theme of the day. Mother's Day cards, messages and photographs - all decorated the venue. Numerous performances by juniors and seniors brought smiles to the faces of the parents. The truth that a mother's love for her child is unlike anything else in the world was highlighted in every performance, which exalted the mother as God, a teacher, a friend, and a philosopher. The day ended with all the moms and kids enjoying and taking back memories of a day well spent.



TRICYCLE RACE

Riding a tricycle is a significant experience. It aids children in honouring their gross motor skills. It is an all-time fun activity that the kids enjoy. It is an effective way to improve balance and coordination. To develop the hand-eye coordination and boost confidence of the children, Darshan Academy, Pratap Gate, Kaithal organized 'Tricycle Race' for the tiny-tots of Grades Nursery to UKG on 17 May 2024. All the children participated in the competition with great zeal and enthusiasm. Principal Sir motivated the children by giving prizes to the winners.



TRIP TO KINGLAND WATER PARK

Trips and excursions help immensely in improving a student's life skills such as problem-solving abilities because he/she gets better at decision-making skills. Darshan Academy, Partap Gate, Kaithal organized a trip to Kingland Water Park on May 22, 2024 for the students of Grades V to VIII. 130 students accompanied by 12 staff members enjoyed the trip. They enjoyed slides, jumped in the pool and danced on the songs. After that, they were served sumptuous food in the park. Everyone had a lovely time playing in the water. The snacks were also provided to the students by the school. After getting the return gifts, the students reached the school campus at 5:30 p.m. All had a big smile on their faces which indicated that they had a marvelous day.



DISTRICT LEVEL CHESS COMPETITION

In the fast-paced world of education, where students are constantly pushed to perform their best, it is equally important to nurture their emotional, physical, and mental growth. One way to achieve this balance is by incorporating indoor games into their school curriculum. These games offer a plethora of benefits that extend beyond the confines of a classroom, contributing not only to physical fitness but also enhance mental ability, social skills and foster emotional resilience. Moving ahead in this direction, Anubhav of Grade V of Darshan Academy, Partap Gate, Kaithal participated in the Chess Competition at District Level and brought laurels to the Academy by bagging the 2nd position. He got selected for the State Level. The Principal along with the whole staff congratulated him for his success and encouraged him to do well in the future.



SUMMER CAMP

"Summer Camp is a great opportunity to explore new things and dive deep into areas you love"

Summer Camp is filled with breaking rules and standing apart, ignoring your head and following your heart. The virtual Summer Camp at Darshan Academy, Partap Gate, Kaithal started from 27th May 2024 and culminated on 31st May 2024. The camp included various activities like: Yoga, Art and Craft, Best Out of Waste, Flameless Cooking, etc. Fun filled activities for the anxious children during the holidays gave them an opportunity to learn new skills and excel in various fields. The camp aimed at keeping the students engaged and provided them an even platform to explore and express their creativity in any form as per their interests. They not only made memories but while having fun, they were able to overcome their fears and push aside their boundaries.



VIDEO SATSANG OF SANT RAJINDER SINGH JI MAHARAJ: JOURNEY TO INNER SPACE



Darshan Academy, Partap Gate, Kaithal organised a Video Satsang of Sant Rajinder Singh Ji Maharaj on the topic "Journey to Inner Space", focusing on the significance of children in our lives and the importance of fostering a harmonious and friendly atmosphere at home. In the video, he emphasized that children are a divine blessing. He highlighted the joy and fulfillment they bring into our lives and the responsibility we have towards their upbringing. He mentioned that the atmosphere at home significantly impacts the well-being and development of children. He linked the concept of inner peace with spiritual growth, suggesting that a peaceful home environment can facilitate spiritual practices such as meditation, prayer, etc. It was an enlightening session that underscored the importance of children as blessings and the need for a friendly home atmosphere.

INTERNAL WORKSHOP ON DEMO LESSONS



Teachers' training courses can help in developing the teacher's skills like critical thinking, interpersonal skills, problem-solving and communication that are vital in effective teaching. Through a holistic teacher training programme, teachers learn new methods and techniques which they can implement in their classrooms to better educate their students. Keeping this in mind, Darshan Academy, Pratap Gate Kaithal organized a two days internal workshop on demo lessons in Spiritual Curriculum on 3rd and 4th June 2024. The workshop started with the lamp-lighting by the distinguished guests Mr. Rajinder Arora and Ms. Sunita Arora.

The topics of the demo lessons were Meditation, Non- violence, Truthfulness, Humility, Compassionate Diet and Selfless Service. The teachers performed so many activities like story telling, clouds of thoughts, gossip checklist, miming, ball activity, mystery box, helping hands, role play, peg activity etc. and involved each and every one. The workshop ended with the valuable feedback by the guests.

YOGA CAMP



Yoga as a practice offers numerous benefits for physical and mental health, development and healing. It helps in reducing blood pressure levels, improves - brain function, heart functioning, flexibility and much more. Educators who practise yoga benefit from improved mood, classroom management, physical health & teaching efficacy, burnout prevention & overall wellbeing. Keeping this in mind, Darshan Academy, Partap Gate, Kaithal organised Yoga Camp for the whole staff from 27th May 2024 to 7th June 2024. Everyone participated in the camp enthusiastically and practiced various asanas. The camp provided them a chance to make better choices, feel relaxed, calm and peaceful. The camp culminated with the participation of LMC Members on the last day. Honourable LMC members felicitated mementos to Mr. Mohan, Mr. Pawan and Mrs. Shifali, the Yoga Instructors.



COMMUNITY SERVICE

Sawan Kirpal Ruhani Mission, Kaithal organised the chabeel on the occasion of Sant Darshan Singh Ji Maharaj's Death Anniversary. On this occasion, the school staff extended their volunteer services and offered Sharbat (flavoured water) to the people who had moved out in the scorching heat to discharge their day labour and respective duties in such a intolerable heat wave. Following the mission of Darshan Education Foundation, the entire staff headed by the Principal Mr. Manoj Kumar Pandey offered their services and served cold Sharbat to every passers-by on the road. By doing this selfless service, they came to know about how our good deeds can make someone happy.



INTERNATIONAL YOGA DAY CELEBRATION

Darshan Academy, Partap Gate, Kaithal celebrated International Yoga Day on 21 June 2024 with great enthusiasm and fervor. The event aimed to promote physical, mental, and spiritual well-being through the practice of yoga. The celebration saw active participation from students, parents and the staff members. The yoga instructors demonstrated various asanas (postures), pranayama (breathing techniques) in the session. The celebration was a resounding success. It not only educated participants about the significance of yoga but also encouraged them to incorporate it into their daily routine.



INVESTITURE CEREMONY

Investiture Ceremony was held in Darshan Academy, Partap Gate Kaithal on 06 July 2024 to appoint the new Students Council for the session 2024-2025. The ceremony was a significant event, marked by enthusiasm and a sense of responsibility among the students and the staff.



This was followed by the Oath-Taking Ceremony by the Council members, including the Sports Captain, Discipline InCharge, House Captains, and Prefects. The newly appointed Head Boy - Arpit and Head Girl - Ridhi along with Council Members assured to uphold the values and smooth functioning of the Academy.

They showed preparedness to shoulder the responsibilities entrusted to them and embark on their journey of leadership and service. The Principal congratulated the newly formed Council members and emphasized the importance of leadership, integrity, and dedication.



VAN MAHOTSAV

Van Mahotsav, a significant tree-planting festival is celebrated across India in first week of July, and it aims to create awareness about the importance of forests and the need for afforestation. This year, Darshan Academy, Partap Gate, Kaithal actively participated in the event to foster environmental consciousness among students and the community 1st to 6th July 2024. The school organized various activities to enhance awareness among the students such as Speech, Presentation, Role Play, etc. The event concluded with a tree planting ceremony. Students, teachers, and staff members participated enthusiastically by planting saplings around the school. The event not only educated all about the importance of trees but also instilled a sense of responsibility towards nature.



BAG CLEANLINESS COMPETITION

"Cleanliness is related to Spirituality and Spirituality is next to Godliness". To teach the habit of cleanliness from the very childhood, Darshan Academy, Pratap Gate, Kaithal organized a Bag Cleanliness Competition for its young students of Grades Nursery to II. The event took place on 16 July 2024 and saw enthusiastic participation. The competition was a great success with students displaying remarkable effort and creativity in maintaining their school bags. The event not only highlighted the importance of cleanliness, but also fostered a sense of pride and responsibility among the children.



CLASSROOM DECORATION COMPETITION

Classroom Decor can enhance the learning environment by providing inspiration, motivation, and positive reinforcement for students. They serve as visual reminders of important concepts and values, creating a positive and engaging atmosphere that promotes learning, creativity, and critical thinking. In a vibrant display of creativity and school spirit, the Class Decoration Competition was organised at Darshan Academy, Partap Gate, Kaithal. The event brought together students of Grades III to VIII. Each class was tasked with transforming their space with a unique theme, showcasing a range of ideas. The judges were impressed by the innovative use of materials and the meticulous attention to the required detail. The event not only highlighted the artistic talents of the students but also fostered teamwork and camaraderie among them.



INDO - NEPAL INTERNATIONAL LEVEL DANCE COMPETITION

Dance is a fantastic way for children to express themselves, boost their confidence and develop important life skills. It helps in enhancing their self-confidence and self-esteem. Moving ahead in this direction, the students of Darshan Academy, Partap Gate, Kaithal participated in "Nach Le Haryana" Dance Competition and brought laurel to the Academy. Naira of 1st Grade got selected at the International level and won the 1st prize in the competition whereas three students (Naira Sukhija, Naira from Grade I and Ishika from Grade VI) got Participation Certificates for participating at National level. The event aimed to celebrate the rich cultural heritage of Haryana and provide students with a platform to showcase their dancing talents. The event not only highlighted the rich dance traditions of Haryana but also fostered a spirit of camaraderie and artistic expression among the students. The Principal congratulated the students for their achievement and motivated them to keep up the good work.



SOLO DANCE COMPETITION (NURSERY TO II)

"Dance is the hidden talent of the soul. Great dancers are not great because of their technique, they are great because of their passion."

The Solo Dance Competition was conducted at Darshan Academy, Partap Gate, Kaithal on 26 July 2024. It was a remarkable display of talent and creativity. The event aimed to provide a platform to students to showcase their dancing abilities and foster a spirit of healthy competition. The competition featured various dance styles including classical, contemporary, hip-hop, and folk dances. Participants from Nursery to Grade II took part in the event. The judges and audience were highly impressed with the talent and dedication shown by the participants. The competition was a resounding success, bringing together the school community to celebrate the art of dance. It not only provided a platform for students to showcase their talents but also encouraged them to pursue their passion for dance.



Solo Dance Competition



GREENER 2024

The Greener 2024 Celebration at Darshan Academy, Partap Gate, Kaithal aimed to promote environmental awareness and sustainability practices among students and staff. The event featured a series of activities and initiatives designed to educate and engage the school community in eco-friendly habits. Students and teachers participated in planting saplings around the school premises and nearby parks. The activity aimed at increasing green cover and promoting the importance of trees in combating climate change.

A session was conducted to teach students how to recycle everyday items. Emphasis was placed on reducing plastic waste and promoting the use of reusable things. The students took pledge that included promises to reduce waste, conserve water, and use energy more efficiently. The Greener 2024 Celebration was a resounding success, fostering a sense of responsibility and commitment towards the environment among students and staff. The event not only educated participants on the importance of sustainability but also provided practical ways to incorporate eco-friendly practices into their everyday lives.



KNOWLEDGE SHARING SESSION



PARENTS' VIEW

Dear Teachers

We want to extend our heartfelt gratitude for the dedication and passion you show every day. Your commitment to fostering a positive and enriching environment to our children is truly appreciated. Thank you for your hard work and for making the school a wonderful place to learn and grow.

Warm regards

Aarav's Mother- Mrs. Yogita

Dear Teachers

We are immensely grateful for your tireless dedication and hard work. Your passion for teaching and unwavering support make a significant difference in our children's lives. Thank you for all that you do to inspire, educate, and nurture them every day.

With heartfelt appreciation

Chakshu's Mother - Mrs. Ashu