



*Oyez... Dream Plan Achieve*

SESSION 2023-24  
Edition I



*.. Because the most important things in life are the  
connections you make.....*



1. *From the Principal*
2. *Toppers speak*
3. *School toppers*
4. *New Beginnings*
5. *Activity Buzzzz*
6. *Activity Buzzzz..... Sports*
7. *Leading by example*
8. *Team Buzz*
9. *Laurels Galore*
10. *New Initiatives*
11. *Be Inspired*
12. *Promises Fulfilled*

## The Guiding Quill



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

Each day brings with it new possibilities and new opportunities and we are all recharged for yet another eventful and momentous year. Our focus always remains to let the children grow beyond the set boundaries and realize their true potential.

We are all set to begin the new academic session with renewed vigour and hope. We must remember that there are lessons to be taken from the past session and aspirations to be set for the new one. I believe that the most important techniques to draw inferences and reflect on the future are reflection and visualization. I believe both techniques empower an individual and I strongly advocate imbibing reflection and visualization in a learner's skill set to be successful.

When we reflect, we give careful and serious thought to the subject in focus. Reflective practices after a work unit promote good health and reduce stress. Take some time to ponder over past mistakes, this will enable you to avoid making the same mistakes in future.



Rhonda Byres, in 'The Secret', calls visualization as the process of creating pictures of ourselves enjoying the things we want in our mind, when you visualize what you want you create powerful thoughts of having it now. As the new session begins I believe that all children have new hopes and new aspirations. Manifest what you want to achieve this year by crafting images of your success in your mind. Don't forget to visualize the steps you'll take to reach your destination.

Children employ the tools of visualization and reflection in your routine. Make them a culture for yourself and you will soon reap the benefits of pondering and mind-mapping.

Best wishes to all of you for the new session.

Study well and play hard. May you all be successful in all your endeavours.

# OUR TOPPERS-Their Moment of Glory

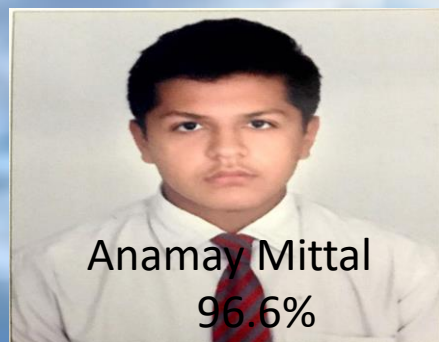
*"Don't let what you cannot do interfere with what you can do." - John Wooden*

## Humanities Toppers

City & Southern  
Command Topper

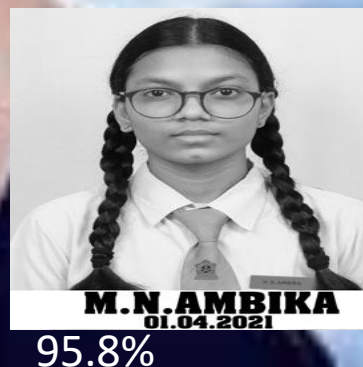


## Science Toppers



## Commerce Toppers

Southern command  
Topper, Cleared NDA  
Written exam



# OUR TOPPERS-**Their Moment of Glory**

*"Don't let what you cannot do interfere with **what you can do.**" – John Wooden*

## FIRST POSITION



Nishtha Gupta  
97% (485/500)

## SECOND POSITION



NIYATHI H SHENOY  
96.8% (484/500)

## THIRD POSITION



SIDDHI  
96.4% (482/500)

# TOPPERS' SPEAK.....- *Their Success Mantra*

You can go as far as you dream, think and imagine. This is exactly what our toppers of the Class of 2023 believe in and live by.

**Lakshita Yadav-** When it comes to preparing for exams, we each have our own ways of dealing with the challenge. For me it was- Reading, making notes, stressing, discussing, going through sample papers and learning. I paid attention in class and noted down the pointers the teachers shared. I spent most of my preparation time in solving sample papers and asking doubts, I cannot stress on this enough.....Always get your doubts cleared in class. It is important to have a social support system and I am blessed to have the most amazing friends, wonderful teachers and my strongest and biggest support system-my parents.

**Parinita Bisht-** As someone who has spent her formative school years in Army Public School, it has been an eye-opening experience, to say the least. This is the school where I found my kind of people, a group with mutual trust, in which we push each other to be better. Of course, the wonderful teachers I was lucky enough to get in my senior years are the real heroes. Their persistent efforts and encouragement towards my education and personal development were a priceless gift. I am forever indebted to this school for all its experiences and challenges. The ride was not perfect, but it has made me the person I am today and I am all the richer for it.

**Anamay Mittal-Mittal-** Throughout my journey the one thing I realized that was most important, was to remain consistent throughout my preparation. I stayed with the class and did not create a lot of backlogs which helped me immensely. Before my exams, I spent my preparatory holidays studying as much as I could because it's the final chance you get to drastically impact your result. Along with this, I also incorporated frequent breaks during my preparation which helped me have a clear mind and release stress. Another thing to focus on is to be mindful of the quality of your studies and not your quantity. It is much better to have 3 hours of concentrated study than to sit in front of a book for 6 hours.

**Shaman--** Early in the year I had made a rough plan about how I was going to tackle each subject. I used the initial unit tests to properly assess areas where I needed to improve. For the board exam, I made it a point to read the chapters and notes thoroughly. Whilst the lessons were being taught to us, teachers used to tell us certain key words that were required in our answers that would fetch us easy marks. I used to immediately jot down those points. Just like everyone else I solved sample papers, but I primarily focused on how to efficiently complete the paper in the given time. Finally, the last and probably the most important thing I did, what most people don't do is make an extensively elaborate time plan for the exam wherein I preplanned how many exact minutes I would spend on each kind of a question.

**Ambika-** I believe in keeping things simple and I knew my best friends during this period were Discipline and Time management. I put in two hours of self-study right from day 1 of Class XII. My aim was to build on my strengths and improve on the weak points. One thing that I am sure will work for everyone is paying attention in class and being regular with studies.

# TOPPER'S SPEAK- *Their Success Mantra*

**Nehal Gulia-** I firmly believe that 'Practice makes a man perfect' and that is the adage that helped immensely. I was regular with my studies and after I finished a topic, I made sure that I jotted down the main points. I set up daily goals and did my best to achieve the set goals. This helped me keep the pile-up of incomplete work at bay. I never took any of the school tests/exams lightly for I understand that teachers were trying their level best to give us the jump start in cracking the board exam. I did not allow myself to get lost in the sea of preparation and I made time to stay connected with my friends and relax with them.

**Nishtha( Class X)-**As the saying goes there is no short cut to success, study and study hard is the only way I could achieve it. The constant motivation from my parents and the guidance from my wonderful teachers helped me sail through this entire journey of one year. Early start of the studies helps so that there is enough time for you to do revisions and solve previous years questions. From my short comings I can say revise the paper and avoid silly mistakes. Exams come with anxiety and worries so it was with me too, but I remembered that the most important thing is to stay calm and confident.

**Siddhi-** "Hard work is the only shortcut to success'. This is what I believe in and live by. I focussed on concentrated studies, taking one concept at a time. Instead of looking for the right place or the time to study, I made my time count. I planned and devoted equal time to all subjects and I mean all subjects. The biggest mistake that we make is focussing on a few subjects(labelling them as important), we need to remember our result is not only the sum total of our efforts but also all subjects.

**Gunjan-** I knew that I was in the defining phase of my school life and I had to come up with a strategy that would work for me. I decided to build a 'strong base' by getting concept clarity. Active note-making really helped me through concept maps and bullet pointers (a habit I really credit to Rosmi Ma'am ). I made my class time count by asking questions, interacting with teachers, revising topics on the same day. I also did not let a doubt sit with me for too long and did not shy away from approaching my teachers even after school time.

**Akshit ( Class X)-** I would like to dedicate this achievement to my teachers and my parents, who have given me constant support throughout the previous academic year. I made small efforts every day to achieve this goal. The constant revision and review questions helped me immensely in achieving these scores. My father provided me practice questions, which I used to solve every day. Leisure time spent with my family helped me gather and organise my thoughts and kept me going throughout the journey. It was hard but not impossible. The confidence of my teachers and my parents made me believe in myself. The only pro - tip that I can give is to never lose faith in yourself.

**Niyath H Shenoy (Class X)-** I am truly grateful to my family and teachers, who supported me through everything. My entire family and all my teachers have all played an integral part in this journey. Together they have helped me achieve this. So, I would like to thank each one of them for this small success of mine. I made time for both studies and fun. It was not like I was always with my books and studying. I kept time for other things that I enjoy. Playing guitar and badminton regularly kept me sane. I used to spend some time with my friends. I gave equal importance to everything in my life. I concentrated mainly on the NCERT textbook and revised regularly. I focused equally on all subjects, including languages. As I stayed focussed in the classroom and asked questions in class I did not join any tuitions or online learning classes. After thorough textbook revision, I referred to multiple mock tests, previous year question papers and PDFs (notes) sent by my teachers. All this helped me immensely. I knew I could depend on my teachers to clarify even the smallest doubt. I used to call my teachers and they whole heartedly clarified by doubts. I would also like to tell that family, friends, and teachers are the main reason for your success. So be grateful to them!

# TOPPERS SPEAK- *Their Success Mantra*

## *Our Suggestions For You*

*A few things that helped us might give you the much needed shot in the arm:*

- ☐ *Trust yourself. You know how you learn best and it needn't be the same as everyone else. Maybe you make notes, maybe you prefer reading from your course book, maybe you prefer guides. So you do what suits you best.*
- ☐ *Always put your best foot forward. But if despite this things don't go your way, don't give up on yourself. Know that there will always be a chance for you to do better.*
- ☐ *Trust your teachers. They have your best interests at heart. Discuss your mistakes and get clarifications on them.*
- ☐ *Go through sample papers. As many as possible.*
- ☐ *Try teaching someone. When you teach what you've learned, you get more confident with the topic.*
- ☐ *Try to keep realistic targets to be achieved within a reasonable time frame.*
- ☐ *Take breaks. Studying is exhausting. You need breaks to rejuvenate you.*
- ☐ *Practising time is more crucial than reading time during board exams which helps us get better at a particular topic.*
- ☐ *Focus on the textbooks recommended by the teachers.*
- ☐ *Have a social support system. This could be your family or friend or teachers. Somebody you trust and can talk to.*
- ☐ *Having a good peer group helps in maintaining a healthy competitive spirit and helps you get through the tough times in your preparation.*
- ☐ *Daily yoga and meditation will go a long way in helping you stay focussed.*
- ☐ *Lastly, no matter how small the test/ exam. Take it seriously and give your best. Stay curious, updated and motivated.*

# *School Toppers- Champions on the Home Turf*



*The class toppers proudly display their certificates and badges*

# *To New Beginnings*



# *Activity Buzzzzzz-World Dance Day*



*The three most important ways to lead people are:... by example... by example... by example.*



## **Shaping the future: Vision India 2047**



**A glorious moment-** The only Principal nominated to be a part of the initiative by Visvesvaraya Industrial & Technological Museum, to develop Scientific temperament among students .

# Laurels Galore



*Vanshika and Ustat---Shooting for the stars @ CBSE NATIONAL SHOOTING CHAMPIONSHIP*



*Silver for Sejal Gulia( U-17 & U-20) in the Khelo India Fencing Championship*



*Kartikya Joins the ranks of published*



*Abhipsha Dhallcrowned the Best*



*Runners-up Cluster Level Ethics Bowl*

*"When a team outgrows individual performance and learns team confidence, excellence becomes a reality." – Joe Paterno*



*A Year from now you will wish you had started today:  
Getting ready for the future*



*Chairman, Brig MRK Rajesh Panicker, VSM, addressing the students in the morning assembly exhorting the importance of reading*



*Principal Mrs Kavitha K addressing the morning assembly.*



*NDA Coaching--Alert, Curious and Focussed*



# *New Initiatives because taking initiative is a form of self-empowerment*



*A Year from now you will wish you had started today: Be Inspired*



*Meeting the greats – Ms Sanya Richards- Ross, American Olympic Medallist*



*We don't make promises we commit ourselves to the cause*



THE LONG AWAITED FACELIFT--A WELCOMING FACADE



*Every now and then one paints a picture that seems to have opened a door and serves as a stepping stone to other things.*



DISCUSSION OVER A SNACK AND STATIONERY REQUIREMENTS UNDER ONE ROOF

*We don't make promises we commit ourselves to the cause*



DANCE AWAY THE BLUES IN A STATE-OF  
THE ART DANCE ROOM



*A Red letter day as Chairperson Mrs Preeti Murugan,  
inaugurates the new Dance room*

