

NEWS LETTER



"Excellence Unveiled: Bhavan's Vidyasharam, Munshi Marg, Jaipur, takes the Lead in Co-curricular Performance!"



Embracing the ethos of 'Beauty strikes the heart and merit wins the soul', Vidyashram shines as a beacon of excellence, ranking top among Bharatiya Vidya Bhavan Schools. The staff and students have been awarded for the dedication with which numerous extra curricular activities have consistently been organised which have set new standards of skill and passion. This is an inspiration that fosters a culture of brilliance.



Vidyashram Students Excel with 99 Percentile in JEE Mains 2024

In a remarkable display of academic expertise, seven students from Bharatiya Vidya Bhavan Vidyashram, KM Munshi Marg, Jaipur, have proved their mettle in the prestigious JEE Mains 2024 examination by scoring more than 99 percentile. These exceptional achievers have not only upheld the esteemed legacy of their school but have also set a new standard of excellence. The stellar performers and their impressive percentiles are as follows:



Yashneil Rawat
99.95%



Manit Bansal
99.87%



Japneet Singh Kohli
99.75%



Akshita Vineet Dixit
99.61%



Vidit Agarwal
99.55%



Laveena Jain
99.30%



Monisha Bangar
99.10%

Their dedication, hard work, and perseverance serve as an inspiration to other students as well highlighting the importance of determination and focus in achieving academic success. The entire Vidyashram community extends its heartfelt congratulations to these bright minds and wishes them continued success in their future endeavours.

Smart Heart : Your Raksha Kavach

Kanishk Verma and Nehal Grover's project '**Smart Heart : Your Raksha Kavach**' won them the 3rd prize in Rajasthan Vigyan Mahotsav , National Science Day 2024 Celebration organised by the Department of Science & Technology, Rajasthan , Vigyan Bharat Rajasthan , CSIR- CEERI, Pilani and University of Rajasthan from February 27 to 28 , 2024.



Triumphs in INSPIRE Manak Award 2023-24



Rachit Agarwal



Bharat Sharma

Rachit Agarwal, VIII and **Bharat Sharma** X-D of Bharatiya Vidya Bhavan Vidyashram, K.M Munshi Marg, Jaipur triumphed in the Innovation in Science Pursuit for Inspired Research (INSPIRE) **Manak Award 2023-24** instituted by Department of Science and Technology, under the aegis of Ministry of Science and Technology, Govt. of India. The students won certificates & a cash prize of Rs.10,000 each. They will be participating at the State Level.

Kathak Extravaganza at Khajuraho Dance Festival

In a breathtaking display of talent and unity, two esteemed Dance Faculty of Bharatiya Vidya Bhavan Vidyashram KM Munshi Marg Jaipur, Smt. Rekha Sain and Smt. Nidhi Bhatt, engraved their names in history at the 50th Khajuraho Dance Festival which was hosted by the Department of Culture, Government of Madhya Pradesh. This prestigious event witnessed a remarkable feat - a Guinness World Record for the longest Kathak dance performance involving a staggering 1484 participants.



The mesmerizing performance lasted a remarkable 16 minutes, showcasing the exquisite artistry and dedication of the dancers. Their achievement not only reflects their exceptional skill but also highlights the rich cultural tapestry of Jaipur.



As we celebrate this remarkable milestone, let us extend our heartfelt congratulations to Smt. Rekha Sain and Smt. Nidhi Bhatt for their outstanding accomplishment. Their passion, commitment, and talent serve as an inspiration to other dancers reminding them of the power of unity and the beauty of artistry.

Vidyashram Karate Team Emerged as Champions

Bharatiya Vidya Bhavan Vidyashram KM Munshi Marg Jaipur dominates 20th Jaipur Karate Championship with Impressive Medal Haul.

In a stunning display of skill and determination, the school's Karate team emerged triumphant at the 20th Jaipur Karate Championship, hosted by the Rajasthan Karate Association in collaboration with the Oriental Martial Art Academy, Jaipur. The team clinched a total of 10 medals.

Deshna Kabra from III-E showcased exceptional talent by securing two Gold medals.



Bhavik Goyal from VII-C mirrored her success with another pair of Gold medals. **Ritvi Sharma** from VI-B added to the glory with a Gold and a Silver medal.



Vidyashram Karate Team Emerged as Champions

The team's success wasn't limited to the top spots, as **Hitakshi Agarwal** from III-G and **Dishita Rawat** from VIII-F displayed their resilience by clinching two Bronze medals each. **Shreyansh Kanwaria** from VIII-D rounded off the impressive performance with a Bronze medal of his own.



Hitakshi Agarwal



Dishita Rawat



Shreyansh Kanwaria

This remarkable achievement not only highlights the individual talents of the students but also reflects the school's commitment to nurturing excellence in sports. The entire school community looks forward to continued success in future competitions.



Art Exhibition "Creativity is Magic: Think Like an Artist"

Bharatiya Vidya Bhavan Vidyashram KM Munshi Marg, Jaipur, hosted an enchanting art exhibition titled "**Creativity is Magic : Think Like an Artist**" on February 24, 2024. The event aimed to celebrate the boundless creativity and imagination of students from Classes I to V.

A captivating array of artworks, spanning paintings and drawings, adorned the exhibition halls, showcasing the artistic prowess of the young participants. Themes ranging from nature's splendor to the whimsical realms of imagination and everyday life found expression in each artwork, serving as a testament to the diverse perspectives nurtured within the budding artists.

By fostering a deeper appreciation for art and creativity in education, the event left an indelible mark on both participants and spectators alike, affirming the transformative power of artistic expression in shaping young minds.



Chess



Tejas Joshi of Std.IV A, participated as a team member for Apex hospital team at Doctor's Chess League 4th Edition, held at Santokba Durlabhji Memorial Hospital on 20th and 21st of January.

Team Apex hospital secured 1st Runner up Position. Tejas Joshi contributed 3.5 points for the team.

INTACH Club

To nurture cultural understanding, care and concern amongst school children INTACH Filmit organised a film making competition on Heritage under various categories. Three films made by our students got awarded as following:

1. Gatore ki Chatariya--Best Narration
2. Dangarthal--Best Unique Film
3. FRI- Forest Research Institute, Dehradun--Best Screen Play

Along with other movies, the movie Lassi Wala made by Vidyashram students was also screened at the Film Festival at the Palace School.



Ashirvachnam Ceremony

Ashirvachnam Ceremony , the farewell function of the outgoing students of Std. XII was organized by Bharatiya Vidya Bhavan Vidyashram, KM Munshi Marg, Jaipur on February 09, 2024. Dr. Narendra Sharma 'Kusum' of Jaipur added significance to the event by gracing the occasion as the Chief Guest.

Amidst the resonance of the School Band, the procession proceeded with all Class XII students and teachers, symbolizing unity and camaraderie. The event commenced with Ganesh Vandana and the School prayer, invoking the blessings for the journey ahead.



Shri V.C. Surana, Chairman, Bhavan's Jaipur Kendra welcomed the Chief Guest by presenting a green bowl, Shriphal and shawl followed by his benedictions to students for their fruitful journey ahead.



Ashirvachnam Ceremony

Principal Ms. Preeti Sangwan also extended a warm welcome to the Chief Guest and parents, setting a tone of inclusivity and respect. Citations highlighting the achievements, talents, and strengths of the students were eloquently presented by the Class Teachers, illuminating the dedication and efforts of each student.



In a solemn moment, the Principal and the Vice-Principal brought forth the holy light from Maa Saraswati's Temple, symbolizing wisdom and enlightenment. This light was then shared with the students, igniting lamps as a metaphor for guiding their paths ahead.

Administering an exhortation, the Principal emphasized the values of truth and non-violence, urging students to uphold their commitment towards the nation. The Chief Guest blessed the students, inspiring them to fulfill the aspirations of their parents and teachers.

The students received tilak on forehead and token of appreciation from the Chief Guest, symbolizing the recognition of their journey and potential. Seeking blessings from Maa Saraswati and their teachers, the students embarked on a new chapter with gratitude and humility.



The ceremony culminated in a delightful dinner, fostering bonds of friendship and nostalgia as students bid adieu to their alma mater, carrying cherished memories and aspirations for the future.



Saraswati Puja Celebration



On February 14, 2024, Bharatiya Vidya Bhavan Vidyashram, KM Munshi Marg, reverberated with the divine aura of knowledge and wisdom as the school celebrated Saraswati Puja with great fervour and devotion.

The day commenced with the auspicious Maa Saraswati puja performed at the Saraswati Temple within the school premises. Students, adorned in traditional attire, gathered to seek the blessings of the goddess of knowledge, music, arts, and learning. The atmosphere was filled with spiritual vibrations as prayers and hymns resonated during the puja ceremony.



As part of the ritual, a sacred Hawan was conducted, symbolizing purification and invoking the divine blessings of Goddess Saraswati. Students actively participated in the ceremony, offering prayers for academic success and enlightenment.



Jaipur Literature Festival (JLF)

The Jaipur Literature Festival (JLF) unfolded its annual literary spectacle in the enchanting city of Jaipur, known for its historical charm. This renowned event stands as the world's largest literary festival, magnetising authors, intellectuals, and book enthusiasts globally.

A contingent of 50 students, accompanied by teachers and representing various school clubs, embarked on a cultural journey to the Jaipur Literature Festival from February 1st to 5th. The teachers and students actively immersed themselves in the festival's dynamic atmosphere, engaging in interactive sessions featuring esteemed authors, poets, and intellectuals. These sessions became vibrant platforms for stimulating discussions, spanning literature, culture, history, and contemporary issues. The participants seized the unique opportunity to directly interact with the authors, posing questions and sharing insightful perspectives.



Jaipur Literature Festival (JLF)

In addition to attending the intellectually stimulating sessions, students explored the diverse literary exhibits presented by various publications and bookstores. These literary displays showcased a rich tapestry of written works, allowing students to delve into a myriad of genres and literary treasures.



Overall, the experience proved to be enriching for both students and teachers alike. The Jaipur Literature Festival succeeded in fostering a deeper appreciation for literature and provided a unique space for intellectual exploration and cultural exchange. The school delegation returned with a wealth of knowledge, inspired by the literary kaleidoscope presented at JLF.



Mathematics Model Making Competition

The best way to predict the future is to design.

The school organised Mathematics Model Making Competition for classes VI to VIII on February 23, 2024. The aim of the activity was to motivate, and create interest in the subject. Models on different topics were prepared by students.



The students took initiative and exhibited their skills in presenting their models like Trigonometric Park, Robotic compasses, Geo board etc. They also showed the use of Mathematics in daily life through models. Almost 60 students participated in the exhibition.



The objective behind organising Mathematics Model Making Competition was not only to judge the students for their creativity but also to trigger thought process among the students towards Mathematics.

Special Assembly - Class-I



Class I hosted a vibrant and engaging special assembly centred around the theme Rainbow - "colours of celebration" with a message - Alone we can be beautiful but together we are magical. The assembly featured a wide range of performances including English songs, poems, dances and a skit each representing the significance of different shades of our lives like the colours of the rainbow.



Special Assembly - Class-III

A Special Assembly was presented by the students of class III on the theme- 'Learning never ends'. It provided a platform to each student to participate in cultural programmes. The spotlight of the programme was the importance of sustainable living and reducing waste. The programme featured a series of engaging activities like songs, dances and informative Role play, inspiring talk by famous personalities like Ratan Tata, Tessy Thomas, to name a few.



Special Assembly - Class-III



The objective of the programme was well achieved by the enthusiastic participation of the students and applause by the audience.

Special Assembly : Grand Parents Day - Class-II



The Grade 2 students embarked on a heart- warming journey of gratitude and love as they celebrated grandparents day. The three day event was a testament to the cherished bond between grand children and their grandparents featuring a myriad of activities like show your talent, challenge your memory, just a minute games, craft activities and performances by the students.



Special Assembly : Grand Parents Day - Class-II

All the activities were dedicated to honour the invaluable role of grandparents in our life.



Rendezvous with freedom fighters



The Social Studies Department organised an enlightening activity titled 'Rendezvous with Freedom Fighters' for the students of class V. The students dressed up as freedom fighters and engaged in interviews conducted by their classmates as interviewees. It also gave them opportunity for showing self-expression, creating an immersive educational experience. This activity aimed at fostering a deep appreciation for the sacrifices made by the heroes of our nation and instilling a sense of patriotism among the students

Show and Tell

EVS activity was organised for the students of class 1 on the topic- Different means of transportation. The students came with their toys/ pictures related to land, water and air transport. It was organised to enhance their knowledge about the different means of transport and foster public speaking. It was an interactive activity and helped in building social and emotional bond with their classmates.



Computer Activity - Sprite Conversation (Block Coding)

Department of Information and Technology organized Sprite Conversation (Block Coding) activity for the students of class III. Through this activity, the students were able to explore and share ideas on the given topic by creating scenes that included changing background, sprites, animation, sound and voice narration. They created interesting scenes using scratch block coding.



Computer Activity - e-Story Narration (Block Coding)

Department of Information and Technology organized e-Story Narration (Block Coding) activity. Blending technology and language, the students of class IV created interesting stories using scratch block coding. They were able to explore and share ideas on the given topic by creating scenes that included changing background, sprites, animation, sound and voice narration.



Science Exhibition

With the motto, 'Young Minds, Small Hands, Big Ideas' Science Department, Primary wing, organised a Science Exhibition on the occasion of National Science Day.

It aimed to foster scientific curiosity, creativity, critical thinking and research mindset among young minds. Students of class V participated actively and showcased an array of fascinating models on topics related to Environment, atmosphere, space, light and sound, magnetism, illusion, simple machines and balanced diet. The goal was to make science fun and interesting for everyone. The students got the unique experience of demonstrating and explaining the concepts to a wide variety of visitors which further enhanced their confidence, communication and inter-personal skills, overall, a boost to their personality.



I can do it !!!

Education today has become a rat race. Every student from pre-primary to senior school faces a considerable amount of stress to excel or perform well in one field or other. There are some students who continue to give their best performance even under high stress situations; while others, shatter down easily. Stress may come from SELF, HOME OR SCHOOL. The students may carry it from HOME to SCHOOL or from SCHOOL to HOME and in both cases, the SELF is affected.

The eternal struggle.



The pressure to secure more marks can push students into an abyss of anxiety and confusion. Sometimes, with no apparent reason, a fully dedicated year leaves behind the poignant memories of failure to realize their full potential. The eternal struggle of memorising the syllabi and putting pen to paper can be a bit overwhelming.

Let's dive into some tips to tackle this exam stress and make studying more awesome!

I can do it !!!

Contd...

- Feeling stressed is totally NORMAL. It happens to the best of us. Take a deep breath, identify the source of stress to effectively address it.
- Plan out your study time, **BREAK IT INTO CHUNKS** and conquer one piece at a time. Create a realistic study schedule to promote a balanced approach to studying. Celebrate your accomplishments along the way to maintain motivation.
- Take **SHORT BREAKS**, during study sessions to prevent burnout and relax your mind.
- Eating **BRAIN FRIENDLY** foods can positively impact the ability to focus and retain information.
- Ever tried deep breathing or a quick meditation? It would be like a mini-vacation for your mind. Give it a shot when you need a break. They help build resilience against stress.



- Feeling overwhelmed ? Sometimes sharing the stress makes it lighter. Don't hesitate to talk to family, friends or teachers about your concerns. This can give you valuable support and perspective.



- There are no shortcuts to bring a child to do his best. It is a gradual process of support, encouragement and hard work, and all parents should strive for it. The **SUPPORT OF PARENTS** is very significant. We need to understand the mental level of children thereby developing confidence and Instilling courage to face challenges. spending considerable time with them and having a light and joyful environment in the house will ease the treading of exam time.

Exam Diet-Eating Your Way to Good Result

Exam preparations require lots of deliberate planning, adequate time management and the kind of food you eat is also important during exam preparation. Certain food increases alertness, enhance memory retention, and can increase energy levels and general wellbeing. Here are a number of foods that can help you during exam preparations.

a) Stay Hydrated- Water accelerate the chemical reactions in our bodies and can quicken the rate at which our brains process information. So, get a handy water bottle today beside your reading desk.

b) Go Easy on Sugar-There is often the temptation to snack on sugary food while studying but excessive sugar consumption leads to a temporary rush of energy which is quickly followed by crashing blood sugar level causing fatigue.

c) Healthy snacking- Instead of sugary foods, try to snack on nuts, cottage cheese, figs, oatmeal, eggs and yogurt. The protein-rich foods have been proven to improve memory retention, mental alertness, and increase energy levels.

d) Try Green Tea Instead of Caffeine- Coffee shops often have bumper sales during exam period for obvious reasons. To stay awake and alert students often resort to caffeine, but green tea is a good alternative to high caffeine options, as it provides antioxidants as well as boosts your concentration.

e) Leafy Greens- Vegetables like broccoli, spinach and kale are packed with vitamin K, which help build pathways in the brain, as well as naturally occurring nitrates and antioxidants. They also contain B6 and B12 which are associated with improvements in alertness and memory.

Remember- You are what you eat. Exam period is not the time to skip meals or eat junk food to freshen up you mood. Rest adequately and take care of your physical and mental health. You need to be the best version of yourself for the exams, so eat right, exercise and study well.

All the Best for your Upcoming Exams !