

# RESPLENDENCE



*Summer Fields School*

**KAILASH COLONY NEW DELHI - 110048**

**SFS NEWSLETTER  
JUNE - 2024**



June - 2024

# NEWSLETTER

*"The highest education is that which does not merely give us information but makes our life in harmony with all existence." - Rabindranath Tagore*

## From the Principal's Desk



Warm Greeting!

Welcome back to school! We are exhilarated to resume our academic session 2024 after the summer break. It is a pleasure to reunite with all of you. Let us embark on this new academic year with enthusiasm and a commitment to learning and growth.

With this promising note, we shall continue and set higher benchmarks in attaining quality education which is undoubtedly the cornerstone of a bright future for every student. It goes beyond textbooks and exams; it is about fostering critical thinking, creativity, and empathy. A holistic approach of education, with an integration of arts, sports, character development, and community engagement as a part of the curriculum, empowers students to question, innovate, and collaborate skills that are indispensable in an ever-changing world. It's about creating an environment where curiosity thrives, where mistakes are seen as opportunities for growth, and where every student feels valued and supported in their unique journey of learning.

Further, we shall also emphasize on enhancing the life skills in students, as a part and parcel of our curriculum. Life skills are the essential tools we need to navigate the complexities of everyday life and achieve success in our personal and professional endeavours. From communication and problem-solving to resilience and time management, these skills are the building blocks of a fulfilling and productive life.

As we journey through life, honing these skills equip us to handle diverse situations with confidence and grace. They enable us to build strong connections, collaborate effectively, and make informed choices that align with our values and aspirations.

So, let's embrace the journey of learning and mastering life skills. Let's cultivate curiosity, embrace challenges as opportunities for growth, and support one another in developing the resilience and competence needed to thrive in an ever-changing world. Together, let us nurture a community where students can flourish personally and contribute meaningfully to the world around them.

Shalini Agarwal  
Principal

## INTERNATIONAL YOGA DAY

Summer Fields School geared up to celebrate International Yoga Day on Friday, 21 June 2024 at 7:00 a.m. to 8 a.m. with much pomp and grandeur. It was overwhelming to witness the students along with their parents and teachers eagerly gathering at MPH-1 to be a part of this celebration. The event was also streamed online via Facebook and a huge number of students joined through the link and diligently performed various Asanas as administered by Ms. Pooja, Yoga teacher.



The Students of Summer Fields School demonstrated various Asanas under the able guidance of the yoga teachers. The boundless peace of doing the Asanas was amply visible right from the faces of the audience.

The Principal, Ms Shalini Agarwal, in her speech encouraged the audience to practice regular Yoga for a healthy lifestyle.



## The 33<sup>rd</sup> North Zone Taekwon-do ITF Championship 2024

The 33rd North Zone Taekwon-do ITF Championship 2024 was held at the Thyagraj Indoor Stadium, New Delhi from 31 May 2024 to 01 June 2024. 500 students from 14 States participated in the tournament. We take immense pride to mention the winners, who have brought laurels to the school.

1. Prithvish Bhardwaj of class IV-B won 2 gold medals
2. Shirsho Dutta of class VII-B won 1 Silver medal
3. Md. Ziyen of class IX-F won 1 Silver medal
4. Kanak Gurg class VI-A won 1 Bronze medal
5. Kavya Gupta of class VI-A won 1 Bronze medal
6. Khushi of class VI-A won 1 Bronze medal
7. Tejveer Singh of class VII-E won 1 Bronze medal



Arsh Yadav of class V-B and Aaradhya Dikshit of class V-D also participated and performed well.

We are proud of our winners and wish them more success.

## Summer Fields School- The Proud Alma Mater of Prof David Krishna Menon (CBE)

*"Cherish your visions. Cherish your ideals.*

*Cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts.*

*For out of them will grow all delightful conditions, all heavenly environment, of these, if you but remain true to them, your world will at last be built."*

- James Allen

Summer Fields School housed in the picturesque precincts of Kailash Colony is a tabernacle of learning where children are adorned with epoch making qualities. They are chiselled by exceptional architects who know what the demands of the future are going to be. Our prodigiously gifted students don't only delve into the ocean of knowledge but also understand the depth of the sea of humanity.



The corridors of life demand infinitely greater set of skills than the hallowed halls of academia and our endeavor has always been to provide a nurturing environment for our students to reach their highest potential in every arena of life. It has rightly been said that, 'True icons are larger than life, unforgettable with an elegance that's mesmerizingly timeless.'

This supreme citadel of learning is immensely proud and elated to announce that the illustrious Prof David Krishna Menon our very dear and cherished alumnus has been conferred with Commander of the Order of the British Empire Award (CBE) by Britain's King Charles III.

The prodigiously gifted Prof David Krishna Menon received this highly coveted award for his herculean efforts, colossal contribution and meritorious service in the expansive field of neuroscience. A beacon of excellence from Summer Fields School who has risen to Global acclaim.

Professor David Krishna Menon, a luminary in the field of anesthesia and critical care, has traced a journey of unparalleled success, from his formative years at Summer Fields School, to international recognition. His proud alma mater laid the foundation for Professor Menon's future accomplishments. His time at the school instilled in him the values of discipline, perseverance, and a love for learning, which were instrumental in his extraordinary journey. His remarkable career serves as a testament to dedication, hard work, and the pursuit of excellence.

Professor Menon's academic prowess was evident from an early age. He was raised in Delhi before training in Medicine, Anesthesia and Intensive Care at the Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER) in Pondicherry, where his research interests focused on neurocritical care, secondary brain injury, neuroinflammation, and metabolic imaging of acute brain injury, followed by specialized training in anesthesia and intensive care in the UK. His outstanding performance earned him a professorship at the University of Cambridge, a position he holds to this day.

Professor Menon's illustrious career is marked by numerous milestones, some of which are-

- Head of Division of Anesthesia at the University of Cambridge
- Founder of the Neurosciences Critical Care Unit (NCCU) at Addenbrooke's NHS teaching hospital

- Renowned expert in traumatic brain injury and neurocritical care
- Published over 650 peer-reviewed papers and awarded grants totaling over GBP 50 million
- Commander of the Order of the British Empire (CBE) for services to neurocritical care

Professor Menon's work has had a profound impact on the medical community worldwide. He has developed innovative treatments for traumatic brain injury, mentored generations of medical professionals and collaborated with international organizations to advance healthcare standards.

Professor David Krishna Menon's journey from Summer Fields School to global recognition serves as an inspiration for everyone. His unwavering dedication, passion for excellence, and contributions to humanity make him a true role model. As a luminary from Summer Fields School, he embodies the institution's values and motivates future generations to strive for excellence and carry forward the legacy of learning.

Professor Menon's remarkable career is a testament to the power of hard work, determination, and the pursuit of excellence. His achievements continue to inspire and motivate, leaving an indelible mark on the world of medicine and beyond.

His alma mater, Summer Fields School, takes immense pride in nurturing such an iconic personality and is delighted to have been a part of sir's transcendental journey where success itself has played a melodious symphony.

**WISHING SIR GREAT SUCCESS AND MANY MORE  
MILESTONE ACHIEVEMENTS  
THE PROUD SUMMER FIELDS FAMILY**

## WORLD ENVIRONMENT DAY - ECO CLUB ACTIVITY

As Directed by the DOE, Summer Fields School conducted various activities observe World Environment Day on June 05. Under the event "Mass mobilization for Mission Life". A plethora of activities such as Slogan Writing, Poem Writing, Poster Making, Essay Writing etc were organized and the students participated with full enthusiasm. AWARENESS CAMPAIGN was carried out where students went to different classes spreading awareness on the said topic and putting the posters and articles on the notice board. As a part of this drive teachers and students were also involved in the 'PLANTATION DRIVE, NATURE WALK (EXPLAINING THE IMPORTANCE AND CONSERVATION), Students were taken to Jim Corbett National Park and edified them about the importance of wildlife in our eco-system and the need to conserve them. Students also made paper bags and planted saplings in plastic bottles.

These activities undoubtedly created awareness among students and helped them understand the the need to preserve our nature and make our environment eco friendly.





should lay more stress on **rootedness, social and moral values, empathy, courage and resilience**. Further elaborating how scientific temper and creative imagination with sound ethical values can go a long way.

To sum up, teachers were briefed about NCF 2023, It also stressed on fine and gross motor skills which are of utmost importance for the children.

Unbiased



### WORKSHOP CONDUCTED BY RATNA SAGAR TOPIC : "NATIONAL CREDIT FRAMEWORK"

Summer Fields School arranged a workshop for the faculty on the topic "National Credit Framework" with an endeavour to equip, update and empower the teachers. The workshop was conducted by Ratna Sagar P. Ltd. At 9:15 a.m on Thursday, 27th June 2024 in the premises of Summer Fields School. The resource person was Ms Arpita Mukherjee, Trainer and Marketing Editor, Ratna Sagar P. Ltd.

The session began with brainstorming the audience thereby spurring in them the curiosity to know more on the said topic. The workshop focused on comprehending the criteria of the National Credit Framework which emphasizes on holistic and competency based developed of students. The importance of activity-based learning, vocational courses, experiential learning, projects etc were explained and how the number of hours of learning would add to the student's credits. Overall, the workshop was very informative and useful.



### WORKSHOP ON NEP, NCF AND FOUNDATIONAL STAGE CURRICULUM

On 27th June 2024, the staff members of Summer Fields School (Classes Nursery – V) attended an in house workshop based on NEP, NCF and Foundational Stage Curriculum.

The resource person Ms. Saryu Dahiya, experienced in mentoring students as well as teachers took a workshop. Ms. Dahiya was welcomed by our honourable Principal, Ms Shalini Agarwal who motivated the teachers to hone their skills to be able to give a better output. Ms. Saryu emphasised that foundational stage curriculum

## WORKSHOP ON EXPERIENTIAL LEARNING AND INTER-DISCIPLINARY LEARNING

Hindustan Times Education Department - PACE conducted an educational workshop on Experiential Learning and Inter-disciplinary Learning for the teachers of Summer Fields School on 29th June 2024. It was a thought-provoking and enriching experience. The session expertly facilitated by Mr. Bhaavesh Suryakant emphasized the significance of integrating multiple subjects and hands-on experiences to foster deeper understanding and engagement. Collaborative approaches to teaching and learning support the development of essential skills - critical thinking, creativity and problem solving.



The workshop provided valuable insights and practical strategies to integrate interdisciplinary and experiential learning approaches into our teaching practices.



## WORKSHOP ON 'COMPETENCY BASED QUESTION PAPERS'

A Competency Based Question Paper Workshop was organised for the teachers of classes VI to XII on 29th July 2024 from 9:15 a.m. to 10:15 a.m. by Summer Fields School, Kailash Colony. The workshop was a comprehensive session aimed at transforming traditional assessment methods into more effective, competency-focused ones.



The workshop was conducted by Mr. Bhaavesh Suryakant, Director, Shravani Knowledge Ventures, an eminent educator with an impressive record of having conducted 13,000 sessions for teachers, parents, and students. The primary goal was to introduce and develop the teachers' skills in creating assessments that go beyond rote memorization, emphasizing the application of knowledge and critical thinking. Teachers were edified with a comprehensive understanding of competency-based assessments and enhanced skills in utilizing technology for creating effective question papers.



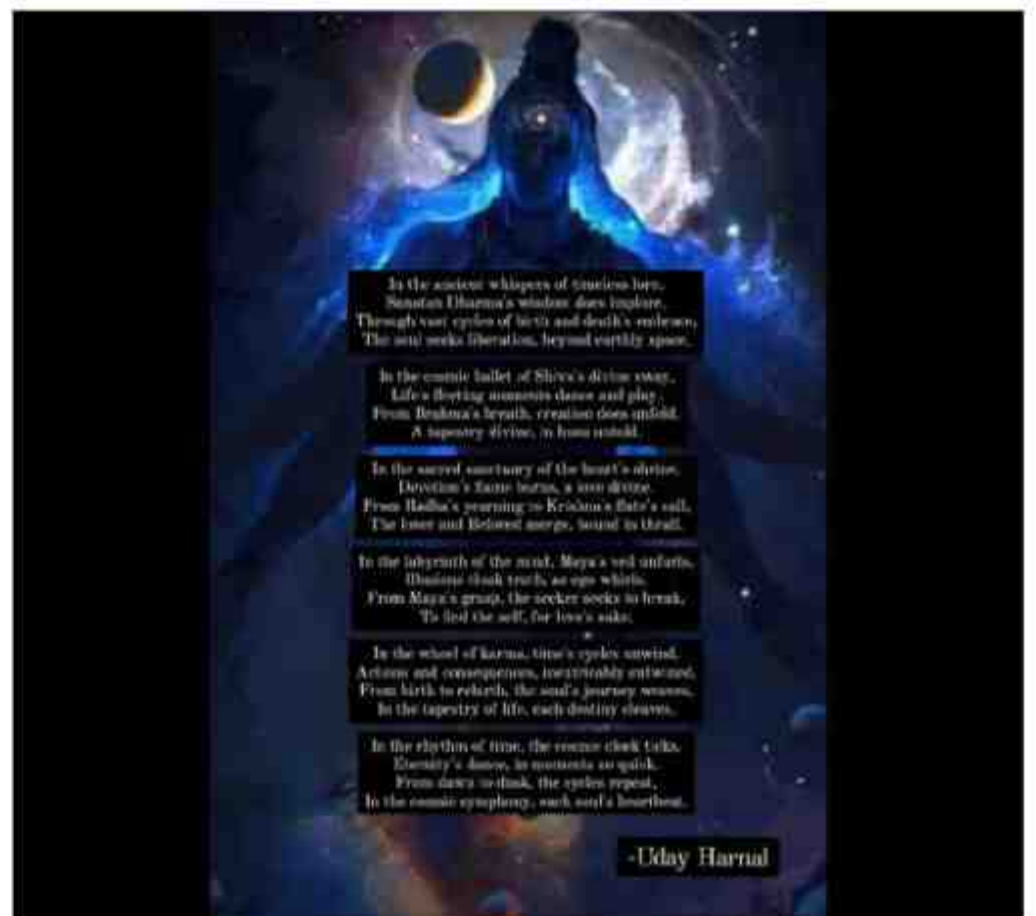
## CREATIVE CORNER

### Friendship, Love and Care

*A fixture of Friendship, Love and Care  
 Finding all three in one is rather rare.  
 Choices become rather dilemma  
 A person who comes to you and fixes your hair  
 and telling you about right or wrong or  
 about the one who treats you a spare.  
 Becoming a priority over choice  
 Always calls out for a jolly noise.  
 One who shares love, toys and joys  
 Hence, you know is never a mis choice.  
 Having someone to understand you  
 Be it old or someone new  
 Be it many or only a few  
 It is never a rue.  
 With them you create memories for a lifetime  
 Relationship so sweet as sugar and sour as lime.  
 Someone for whom you can dare  
 One who knows to set you on gear  
 That soul becomes your breathing air  
 An individual you can never share  
 making yourselves a perfect pair,  
 And that person is all -  
 A fixture of Friendship, Love and Care.*



Sharanya Ahuja  
X-A



**VOICE OF EARTH**

Mother Earth so lush and green,  
The wonder of God anyone has ever seen.  
Filled with air, water and life,  
Will make you forget all your strife.

But little do humans pay heed,  
To what does Mother Earth need.  
That we should forego our greed,  
So that a better tomorrow comes out of a seed.

The spinning Earth says, "Don't fill me with litter,  
I plead to all to restore my lost glitter".  
Your recklessness over the years,  
Has left my eyes filled with tears.

Soon wildlife, trees and green cover,  
All will disappear forever.  
Now is the time to wake up and see my pain,  
Else your future will go in drain.



KAASHVI SUNEJA  
IX-A



Moksha Mehta  
VIII A



Judith Changkija  
XI E

**Something what I call peace!**

What is peace?

Someone eating his favourite food after a long long time is his peace,  
A tied dog getting out of his leash is his peace,  
Taking a break, no stress in the way  
Is a working woman's peace.

But what is peace to me?

To me, when my mind is not rushing,  
When my soul is relaxing, is my peace.

In my garden planting daisies,  
Sitting in a quiet place, meditating  
and all the stress about to release

by just simply breathing, is my peace.

When I feel the cold air slowly brushing past me,

When I admire the tiny little details of the nature around me

When my body feels at ease, is my peace.

When my inner child feels free  
carelessly running out in the field,

Living in my fantasies which will come true, I believe

Is something what I call my peace.

Shruti Yadav, X-F

**जल ही हमारा जीवन है**

जल ही हमारा जीवन है,  
नहीं करना इसको व्यर्थ .  
जीवन अधूरा जल के बिना,  
इसके बिना होगा अनर्थ।

यह संसार अगर चल रहा है,  
तो बस चल रहा है जल से ,  
धरती की यह अनोखी देन,  
सम्मान करो इसका दिल से ।

जल ही हमारा जीवन है,  
इसका होना आवश्यक है,  
जल से मुमकिन जीवन है,  
यही धरती का सच है।

नानकी कौर नंदरा  
कक्षा दसवीं ब





Shubhreet Arya  
XC



Jithin Krishna  
M.G. - XC



### योग से बने निरोग

बच्चे-बूढ़े करे सब योग,  
आओ, दूर करे सब रोग।  
योगासन से होता शरीर पुष्ट  
बनते सब स्वस्थ और चुस्त।

आओ शरीर की क्षमता बढ़ाए,  
योग को नियमित अपनाएं।  
योग को कर लें स्वीकार,  
आओ करे अपना जीवन साकार।

रोज जो करे योग  
बनता है वो स्वस्थ- निरोग।  
दुनिया ने योग को है अपनाया,  
भारत हमारा विश्व गुरु कहलाया।

-----अवनि राज  
आठवीं- 'स'

### Editorial Board



Thank You