



E-GENESIS

THE SCHOOL NEWSLETTER
NOVEMBER 2021



E-GENESIS

The School Newsletter
MPS INTERNATIONAL

The Editorial Team

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From the Desk Of...

Honorary Secretary



Be Happy !!..by doing Mental Rehearsal !!

Imagination is a wonderful gift to mankind and it can be certainly used to improve your performance at anything you do.

Year's ago Reader's Digest published the results of an experiment conducted on high school students. The students were basketball players and they were divided into three sub-groups.

One group was made to do a daily practice of one hour for throwing the ball through the hoop , the second group was told not to do anything whereas the third group was told to mentally practice throwing the ball for one hour everyday.

The results were astonishing , the group which practiced improved their average by 2 percent , the group which did not, deteriorated by 2 percent , and the group which was told to do mental practice improved by 3.5 percent !

This does prove one thing .. practicing in our Imagination gets outstanding Results !!

The fastest way to improve at anything is to combine regular physical with regular mental practice.

When you Imagine yourself performing a task , you alter your mental programmers , as you do when you actually perform it. Your brain undergoes electro-chemical changes within it's cells which produces a new behavior.

Thus this is not to say that real practice is not important ; but visualizing the perfect end results helps us to realize our potential much sooner and with less effort.

The great value of mental Rehearsal is that you can create patterns for your own brain cells for perfect performance. In your imagination you need to make no mistakes.

From this we can learn that most of the people constantly imagine the results which they don't want ending up getting it ...!!

From now on make a habit of refining your Abilities , do mental rehearsals for improvements .

Nirmal Dargar
Secretary (MPS International)



From the Desk Of...

Respected Principal



FACTORS OF TAKING CONTROL OF YOUR LIFE

Understand that no experience comes labeled. You are the labeler.

The power to choose is yours! As William Shakespeare said, "Nothing is good or bad but thinking makes it so". You and only you are the labeler of your experiences.

Do you complain that roses have thorns or do you rejoice that thorns have roses?

You have the ability to choose your reactions. All too often, these decisions to label are not done consciously and your internal dialog will slap on a negative label. You must be aware of this and change it immediately.

Realizing your ability to label is an awesome power and a great step towards success. Upon taking control, you can select empowering labels in place of the negative ones. You are in control of the experience.

Avoid blaming yourself for making mistakes.

The road to success is always under construction. Every morning we awake to a day we have never seen or experienced.

Mistakes will be made and obstacles will appear. You have no control over these events but you can control your reaction to them. It is important that we forgive ourselves for making mistakes.

We need to learn from our errors and move on. It is when we get hurt that we learn. The power to choose how much we learn is ours. Do you see a stumbling block or a stepping-stone? You decide.

Understand that like energies attract.

Like attracts like. Positive thoughts produce positive results. If you surround yourself in positive emotions, energies, thoughts, and people then positive events will be the end result. Unfortunately, the same is true if you surround yourself in negative energies. Do you know someone that is always negative and melancholy? Notice that bad luck seems to continuously follow them. They may say that a rain cloud is right above his or her head. Well, they're right. And as soon as they realize that it is they who create that rain cloud they can chose to make it disappear.

What you plant, so shall you harvest. If you plant rose seeds you get roses right?

Dear Students, plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of the nature so be happy and keep happy. Good wishes for you future.

Archana Singh
Principal (MPS International)



From the Desk Of...

Respected Vice Principal



Life's Loving Gifts

"Life has a wonderful way of guiding us along the highest path; one which serves our greatest good!"

I understand that some may have difficulty with such a claim, and yet, it has always proven true throughout my life's experiences.

Yes, sometimes we may feel that all is in a state of disorder and that everything is stacked up against our efforts.

Along my personal journey, I can divide my life into those events that have gone my way and those that seemed counter to my goals. So, where were the "loving gifts" in all of those challenges?

There may be times when we feel anxious, all alone and lacking any true wisdom. Yet, when we choose to really look for these "gifts" we will then begin to realize what our higher selves are lovingly calling to our attention. It is helpful to raise our awareness above what may seem to be the constant "mental noise" generated by our daily challenges.

Yes, this may prove difficult, as many of us have been conditioned since birth to use only a small number of the many potential tools at our command.

Yet, when we calmly enter into our place of inner wisdom to search out these gifts they will always be given, even during our darkest hours ... just the faith in that alone will help to bring them into our awareness ... in what seems like an instant!

Life's Gifts often come in many different disguises ... sometimes they appear as barriers, blocking our goals or even bringing us pain; but yet, they are actually doorways opening into our greatest dreams ... a place to realize true peace and happiness.

So, try this experiment the next time you feel burdened by what seems like a great weight upon your shoulders ... first, bring acceptance upon the situation ... as it is in your present reality, and then, search out its hidden gems! Soon, you will begin to discover its hidden treasures, which will then prove helpful along your life's journey!

Know that we are all connected to a loving source that always wants to help us, as life was never meant to be a painful struggle. These precious gifts will then help us to get back onto the "right path" towards peace, health and happiness!

We need have only a small measure of trust that they exist and are being freely given ... and so, they will soon be brought into our current reality.

This realization will then form an integral part towards our awakening, serving on the journey to reunite in that place where we all originated!

Manju Sharma

Vice Principal (MPS International)



The School News

GOPA ASHTAMI CELEBRATION

Students were made aware about the scientific importance of cattle. This day is celebrated in remembrance of lord Krishna when he held the Govardhan Mountain on his little finger to save the people of village Braj. From there on, everyone started to respect cows, treat them as gods and pray to them.



CONSTITUTION DAY CELEBRATION

On the occasion of Constitution Day in the school, the oath of the constitutional preamble was administered to all. The teachers told the students that our Constitution is a sacred document of fundamental rights and fundamental duties, which is the result of the tireless efforts of the makers of our constitution. It symbolizes the soul of democracy. School Principal Ms. Archana Singh encouraged the students to follow the rules of the Constitution and move ahead on the path of life.



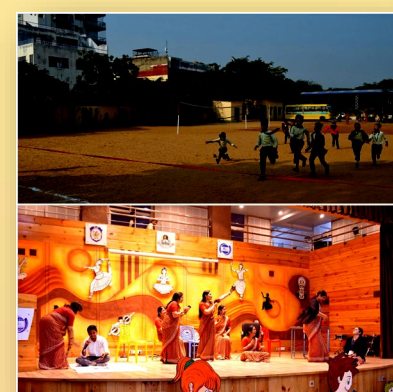
SPECIAL SESSION ORGANISED TO INCUR HEALTHY RELATIONSHIP BETWEEN STUDENT AND TEACHER

A special session was organized by the school counselor Ms. Bhavna Uba on the need for a healthy relationship between teachers and students in the school environment. In this session, the teachers were told to tell the children about moral values apart from scholastic and co-scholastic activities. Also, students must be taught to say no to their peers when they misbehave. In the present circumstances, most of the students consider Google as their only source of information. The students have to be assured that not only Google but also mutual debate, social and family environment is the right and fundamental area of information acquisition, which provides the education for the proper discharge of all relationships.



CHILDREN'S DAY CELEBRATION

The birthday of Pandit Jawaharlal Nehru was celebrated with pomp in the school. On this occasion, penguin race, frog run and hundred meter race were organized for the children of primary classes in which children participated enthusiastically. Simultaneously, the teachers and students enthralled everyone with various attractive and enticing poems and through their speeches and songs. The life of Chacha Nehru was highlighted by the teachers. Students who excelled in co-curricular activities were also awarded with certificates.



The School News

STUDENTS WISHED ON SEVERAL SPECIAL DAYS



SPECIAL ACHIEVEMENTS

- Rishi Raj Singh, a student of class 6, won the gold medal in the district level wrestling competition and made his place in the state level competition. It is worth mentioning that Rishiraj Singh showed his excellent performance in the 40 kg category and made the school proud by winning the gold medal. For this success, the School Secretary, Mr. Nirmal Dargar, the Principal Ms. Archana Singh and the school faculty sent their best wishes to Rishi Raj Singh and wished him a bright future
- Geetika Sharma, a student of class 7 bagged the gold medal in the state level Table Tennis Competition. Geetika, while performing her best in the Table Tennis under 14 categories, made the school proud by winning the gold medal. For this success, the School Secretary, Mr. Nirmal Dargar, the Principal Ms. Archana Singh and the school faculty sent their best wishes to Rishiraj Singh and wished her a bright future.

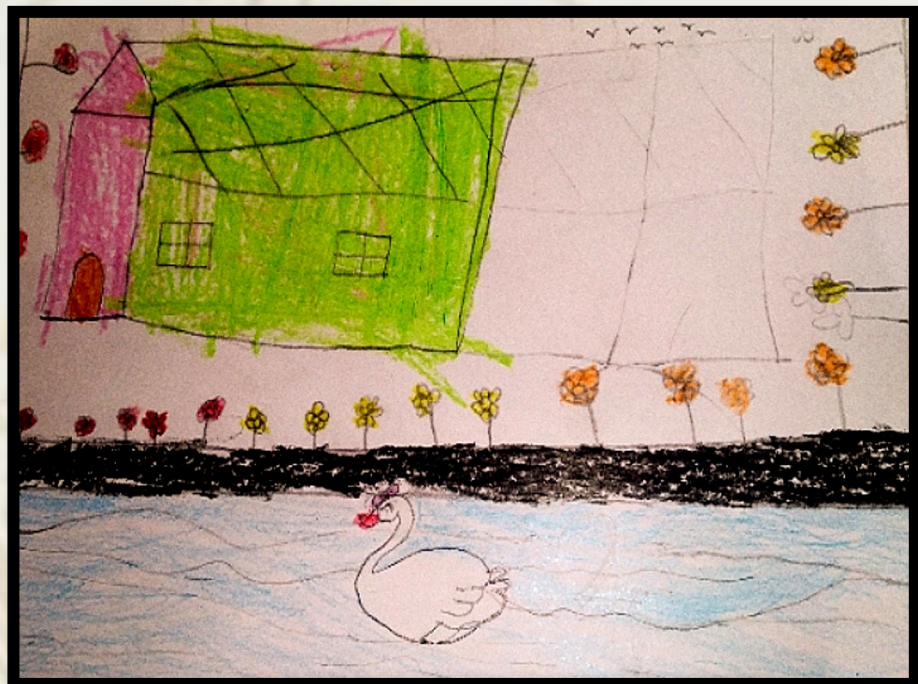


OUR STUDENTS CRACK THE TOUGHEST EXAMINATIONS!

- In this year's NEET (National Eligibility cum Entrance Test), our school's student Pranay Sharma, pass out of session 2020-21, displayed an excellent result, and ranked AIR 235 with a score of 696/720
- In this year's JEE (Joint Entrance Examination) our school's student Rishabh Barola showed his excellence and sedulousness by securing AIR 494 and getting admission in the honorary and the finest Institute, IIT DELHI.



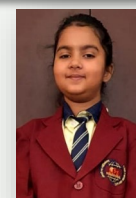
Sweet Seedlings



JAY DHADHICH
II-E



RUHI SHARMA
II- A



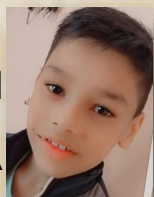
HAPPY NEW YEAR

New Year is a joyous festival which is celebrated all over the world. It signifies the beginning of a year according to the Gregorian calendar (which contains 12 months and January 1 is counted as the first day of a new year). People across the globe start planning about new year resolutions and preparations ahead of one month.

Like any other festival, it brings happiness in the lives of many people across the globe irrespective of the caste and culture. New Year is widely enjoyed and explored by the people of every age group. Nearly all schools and educational institutions announce the winter vacation from the day of Christmas Eve till New Year (January 1). As New Year means the first day of the year, it tends to bring happiness in the lives of the people as it reflects the fresh beginning while leaving all the negative energies behind

New Year is the time for people to leave all the bad experiences behind and take a step into the future with positive energy. Everyone prays for their own and their beloved one's happiness, healthiness and fortune in the coming New Year.

DAKSH BAHETI
IV-A



**RISHABH
HASNANI**
IV-A



Enthusiastic Youth

WORLD ENVIRONMENT DAY

Environment day is an important day for all of us. This day reminds us to take care of our environment. But do we really need this reminder? Do we really need a simple day to celebrate to plant a number of trees so that to make people aware of the harm that we all are causing to the environment unintentionally or rather I would say it intentionally.

An interesting fact: Earth is 4.5 billion years old and we humans are about 140,000 years old but look what we have done to it. We name ourselves homo-sapiens, meaning wise men, but do we really act wisely, we have doomed ourselves only. Water bodies covered with plastic throwaways instead of aquatic species, aggressive cutting down of trees for rapid urbanization, tonnes of species going extinct & it's not long that our future generation will only see them on books.

Earth is the only planet with life and a perfect composition of heat, air water & soil. Nature doesn't need people, we people need nature to thrive. Harmony with nature is what should be our sustainable goal or be prepared for a tsunami of thrown plastics, be prepared to step outside with an oxygen cylinder at your back & to feed on man-made supplements. Biodiversity is equal to stability and is what we require - Our planet's aborn is going off, and it is now time to wake up and take actions. So, let's join our hands together and make our planet a better place to live on.

DRISHTI BHATIA
V-E

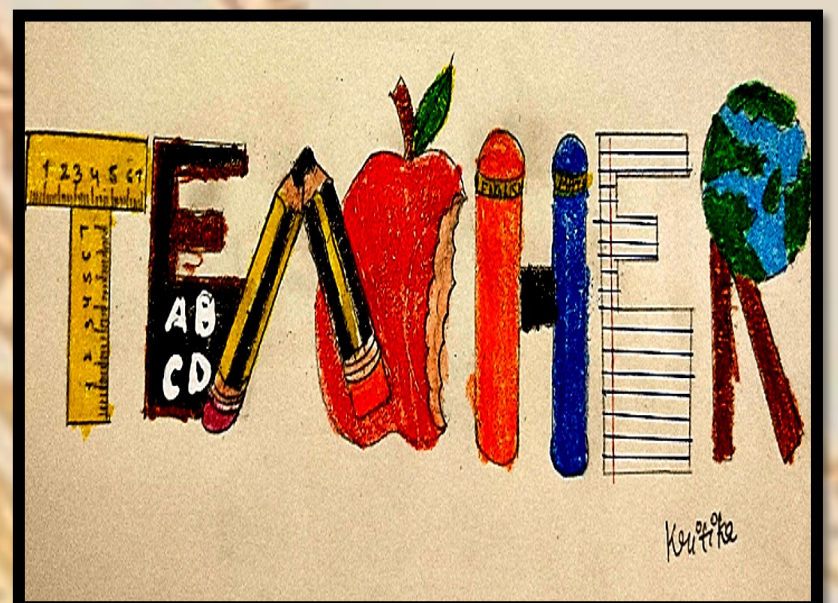


AKBAR

Today I am going to tell some fun facts about emperor Akbar

1. Abu-l-Jala ud-din Muhammad is popularly know as Akbar.
2. He was born on 14 October 1542.
3. Akbar was also known as 'Akbar the Great'.
4. He was the Mughal emperor from 1556.

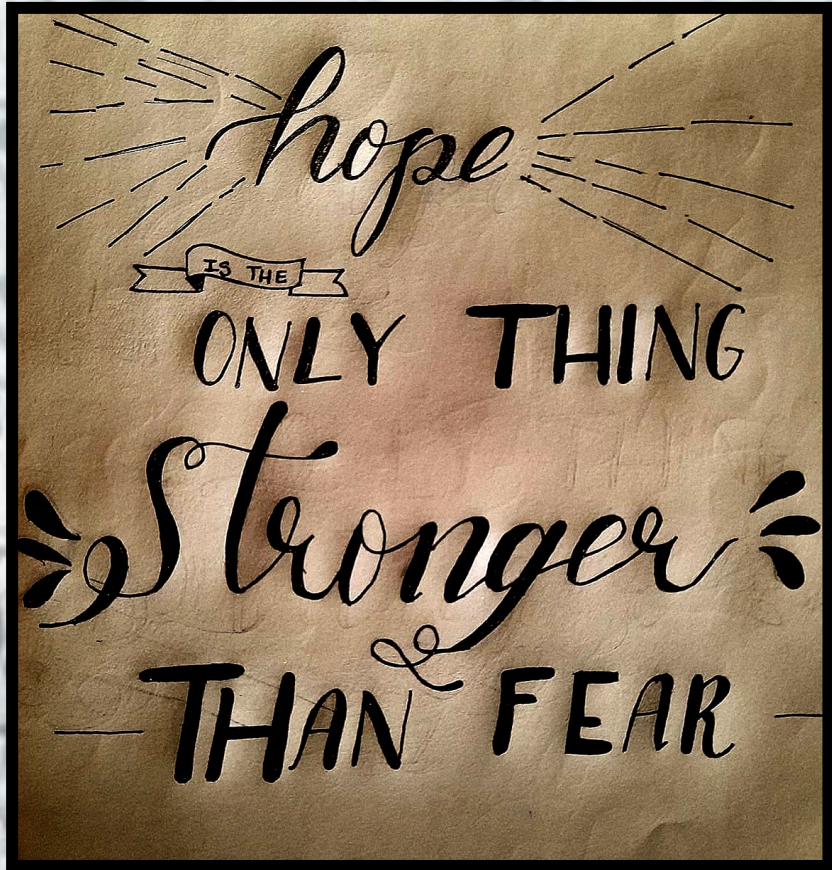
DEVANSH YADAV
VIII-F



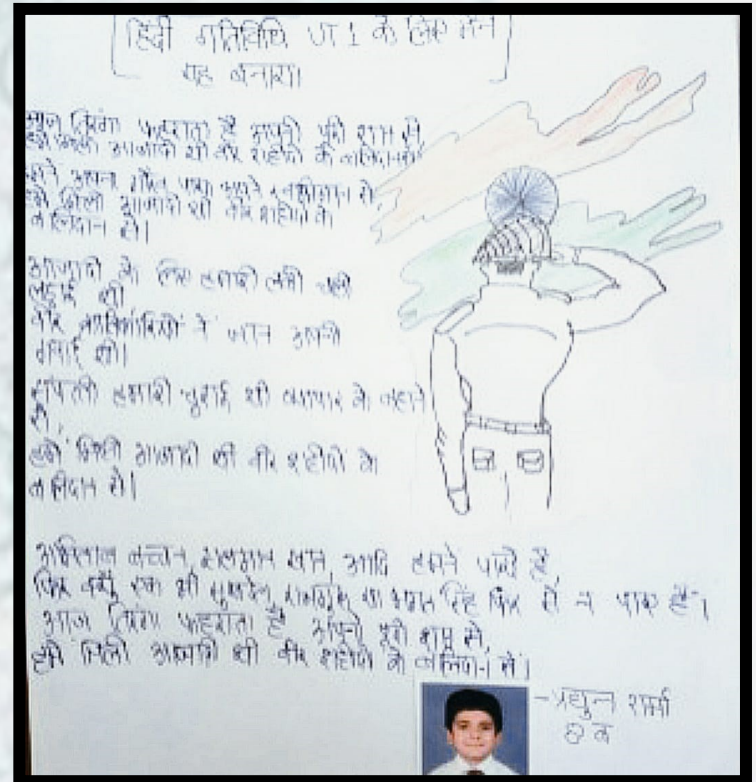
KRITTIKA
BAHETI
VII-D



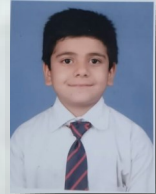
Enthusiastic Youth



AVNI KHANDEWAL
VII-A



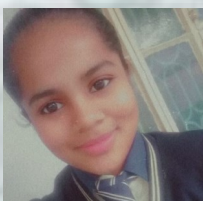
PRADYUM
SHARMA
VIII-B



YOUR BEST

If you always try your best
Then you'll never have to wonder
About what you could have
If you'd summon all you thunder
And if your best is not that good
As you hoped it would be
You still can say "I gave today
All I had in me"

CHARVI GUPTA
VIII-E



TRUST

We all will agree that we all trust someone and that someone could be your parents, friends, best friend or anyone. But have you ever thought if that person broke your trust. For example, leak out your secret with someone. How will you feel? Of-course bad, but my suggestion is not to be sad. You are lucky that you came to know about what a person actually is. And you are not priority to that person. Just think it, feel it and be happy that you know the truth and keep a safe distance with that person. So, in short if a person is trusting you or you are trusting someone you have to think before trusting. And don't let down anyone's trust from you. In the whole world trust only two person in your life, first your parents. Second your teachers. Hope now, no one's trust would be broken.

INJILA SHARIQ
IX - G



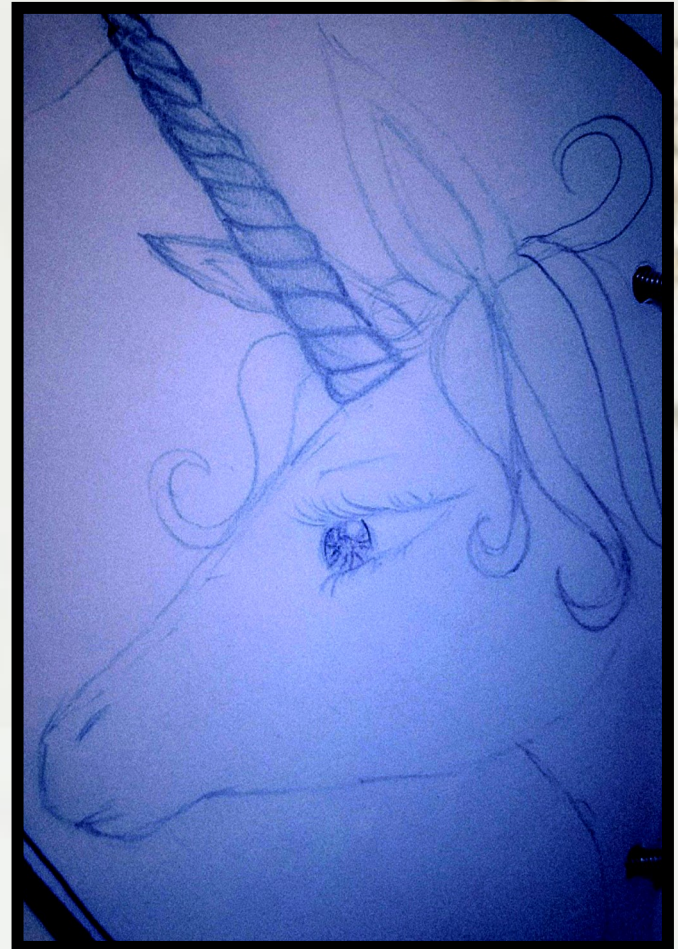
Enthusiastic Youth

FIND YOURSELF

Know yourself first before
Knowing someone else.
Love yourself first before
Loving someone else.
Tell yourself
As it gets cold and gray
You will be yourself
No matter where and
In which situation you find yourself.
Inside the dome of darkness
Or under the crackling white
Of the moons gaze in a valley of snow
Tell yourself
You will never change for others.
Under the ocean of stars or
In a world full of chaos
Tell yourself that you will be
The person you always wanted to be.

TANISHA SHARMA

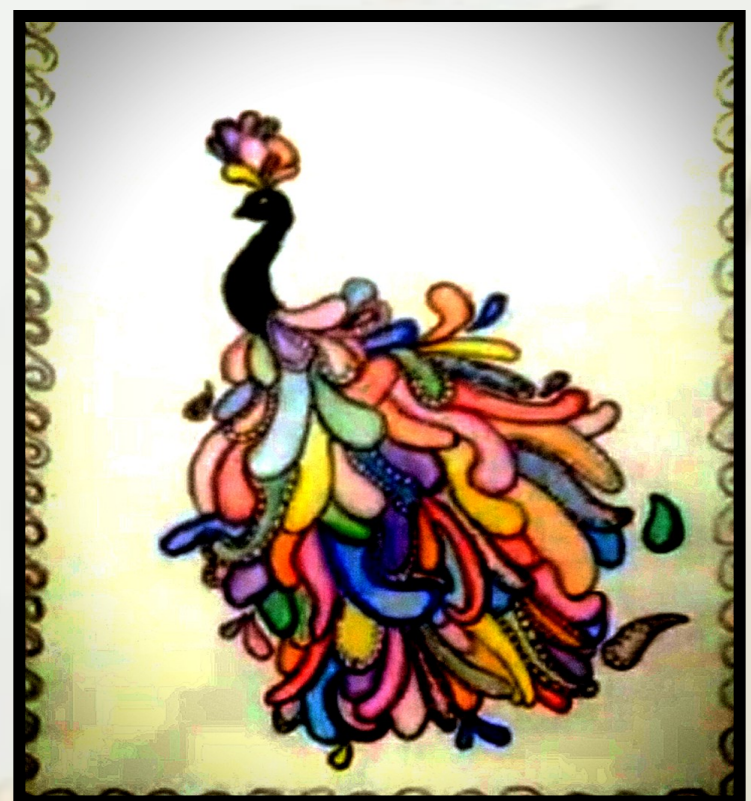
IX- G



**INJILA
SHARIQ
IX-G**



**DEVANSH
YADAV
VIII-F**



**ANUSHKA
AGARWAL
VII-A**



Enthusiastic Youth

TIME FREEZE

What if the time freezes?
And nothing moves and stays still
And I am the boss of time
Have a sand clock to control time.
I would seize the special moments
In my life, full of care and happiness
I would escape the world and hide
And will enjoy my company.
After a lot of time when
I realized that I was
Exhausted with the silence
and loneliness.

KUNSH SHARMA

VI-D



SUHANI MAHESWARI

IX-G



YOU WERE THE ONE

I started talking and walking
But you were the one
Who gave words to speak and path to walk
You were the one
Who gave me the ability to make correct
choices of words
You were the one
Who made my path
But I was the one who made that path
painful and stressful
But you were the one who stands by me all
the hard time
There were times when I had zero efforts
You were the one with hundred percent
efforts
Thank you is a very small word to say for
your support because
You were the one who told me about thank
you
But I know one day when I would gaining
pride
You will be the one reason behind it because
You were the one told what pride is
You were the one

KRITYASUDHA VYAS

IX - G



DOREAMON

DOREAMON IS THE NAME OF A ROBOT CAT
THAT CAME FROM FUTURE TO HELP A BOY NAMED
NOBITA NOBI... IN A TYPICAL STORY DOREAMON
USES A GADGET TO SOLVE A PROBLEM FOR NOBITA,
BUT NOBITA GOES TO FAR AND ENDS UP BEING
PUNISHED AND LEARNING A LESSON. HE IS A
FICTIONAL CHARACTER IN THE JAPANESE MANGA



**SAMRIDDHI SINGH
THAKUR**

VI-A



Teacher's Corner

The Moon's top layer alone has enough oxygen to sustain 8 billion people for 100,000 years

Recently it is seen that much time and money invested into technologies that could allow effective space resource utilization. Moreover a laser-sharp focus on finding the best way to produce oxygen on the Moon.

In October, the Australian Space Agency and NASA signed a deal to send an Australian-made rover to the Moon under the Artemis program, with a goal to collect lunar rocks that could ultimately provide breathable oxygen on the Moon.

Although the Moon does have an atmosphere, it's very thin and composed mostly of hydrogen, neon and argon. There is actually plenty of oxygen on the Moon. It just isn't in a gaseous form. Instead it's trapped inside regolith — the layer of rock and fine dust that covers the Moon's surface. Minerals such as silica, aluminum, and iron and magnesium oxides dominate the Moon's landscape in a few different forms including hard rock, dust, gravel and stones. This material has resulted from the impacts of meteorites crashing into the lunar surface over countless millennia.

All of these minerals contain oxygen, but not in a form our lungs can access.

The Moon's regolith is made up of approximately 45% oxygen. But that oxygen is tightly bound into the minerals. In order to break apart those strong bonds, we need to put in energy.

An electrical current is passed through a liquid form of aluminum oxide via electrodes, to separate the aluminum from the oxygen.

But there is a catch: it's very energy hungry. To be sustainable, it would need to be supported by solar energy or other energy sources available on the Moon.

Extracting oxygen from regolith would also require substantial industrial equipment, but moving this apparatus to the Moon – and generating enough energy to run it – will be a mighty challenge.

Each cubic meter of lunar regolith contains 1.4 tones of minerals on average, including about 630 kilograms of oxygen. NASA says humans need to breathe about 800 grams of oxygen a day to survive. So 630kg oxygen would keep a person alive for about two years (or just over).

If the average depth of regolith on the Moon is about ten meters, and that we can extract all of the oxygen from this. That means the top ten meters of the Moon's surface would provide enough oxygen to support all eight billion people on Earth for somewhere around 100,000 years.

This would also depend on how effectively we managed to extract and use the oxygen.

Regardless, this figure is pretty amazing!

MEENAKSHI MATHUR
TEACHER



Teacher's Corner

कहते हैं हर इंसान में एक बच्चा हमेशा जीवित रहता है। लेकिन हम उस बच्चे को बच्चा समझकर हमेशा चुप कर देते हैं। मगर सच तो ये है कि हम दिखावे की दुनिया को जीते जीते जिदगी की सच्चाई को भूल जाते हैं। कैसे एक बच्चा किसी भी बात को बिना समझे अपने मन की करना चाहता है। कैसे एक बच्चा बिना अपने ईगो का ध्यान रखे उस इंसान से फिर से प्यार से बात करने लगता है जिससे एक पल पहले नाराज़ थे। कैसे बच्चे अपनी जिज्ञासाओं को बेझिंकक सबके सामने रख देते हैं ये उनकी सहजता होती है बिना ये सोचे कि लोग उन्हें मूर्ख समझ रहे हैं। कैसे बच्चे अपनी पसंद की चीज भी सबसे साझा कर लेते हैं बिना ये सोचे कि कोई भी इसका फायदा उठा सकता है। कैसे बच्चे बिना किसी लाग लपेट और आडम्बर के अपनी मन की बात किसी से भी कह सकते हैं बिना ये सोचे कि लोग उन्हें बहुत ही सरल व सिपल समझ लेंगे। उनमें आत्मीयता होती है जबकि वो इस शब्द का मतलब भी नहीं समझते। अगर हम जीवन के सभी भाव सच्चाई से समझने हैं तो बच्चों को देखना चाहिए। वास्तव में बच्चे ही जीवन को सही अर्थ में जीते हैं। कैसे जिस पर विश्वास करते हैं तो इतना कि अगर वो गोद में लेकर उछाल भी दे तो भी खिलखिलाकर हँसते हैं बिना ये सोचे कि अगर गिर गए तो चोट लगेगी। बच्चे सच में मन के सच्चे होते हैं तभी तो भगवान का रूप होते हैं। हम बड़े उन्हें सिर्फ बच्चा ही समझकर महत्व नहीं देते। जबकि ईश्वर हमें एक बच्चे जैसा ही देखना चाहते हैं। काश! की हर कोई विधाता की इस इच्छा को समझकर सरल, सहज व आत्मीय हो पाए। तभी बाल दिवस सच में बाल दिवस होगा। ये दुनिया बच्चों से ही खूबसूरत है। कभी कभी अपने दिखावे के खोल से बाहर निकाल कर अपने भीतर के बच्चे को जी लेने दीजिए। इससे पहले की आपके भीतर का वो बच्चा हमेशा के लिए मर जाये। आइये खुल कर मुस्कुराइए, दिखावे को भूलकर अपने ईगो को छोड़ कर अपनी फीलिंग्स को शेयर कीजिये। हैप्पी चिल्ड्रेनस डे टू आल।

VIJAYLAXMI JANGID
TEACHER



Teacher of the Month



Mr Dharamveer Sharma



Ms Barkha Bathia

Student's Corner



Pandit Nehru, often known as Chacha Nehru, had a unique affection with children. He not only fought for children's rights to a happy upbringing, but he also got the government to declare November 14th as Children's Day in 1964. To honor this significant day, all of the country's schools organize numerous events and functions.

Idioms

A STORM IN A TEACUP

unnecessary anger/worry about a trivial matter

eg. If you ask me, these protests are nothing but a storm in a teacup

Vocards

Idioms

PLACE IN THE SUN

Finding a place in the sun refers to a position which provides you all the success and happiness you want in your life

eg. Getting married into the renowned business family in the town, she found a place in the sun

Vocards

Idioms

ALL GREEK TO ME

used to convey that you cannot understand what is being said or written

eg. I tried reading that science journal, but it was all Greek to me.

Vocards

Teacher : can you tell me two pronouns?

Me : Who? Me?

Teacher : correct! Very good.



Me : I forgot my assignment at home.
My online teacher :



Best School Memory



Counting **students** in each row to see which paragraph I'll have to read

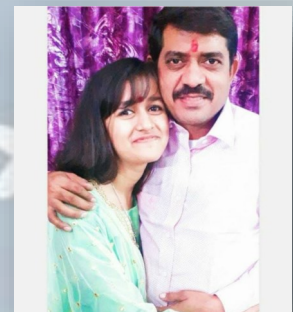
Happy Parents

It's been a while since my daughter joined this school. Due to covid, she started with online classes but the teachers are so cooperative & obliging that she quickly found herself comfortable. The school conducts new activities for students which help them to raise their confidence and creativity. The faculty is also brilliant. Everyday my daughter is looking forward to coming to school.

Thank you!

B.K. Meena

Father of Anjali Mina XII-G



MPS International is one of the most resourceful schools in all of Rajasthan. The teachers are extremely supportive and motivating specially in such times. My daughter who is studying in 6th grade loves co curricular activities and all her creative and academic needs are fulfilled to the maximum. The environment provided to kids is perfect and nurturing. I am glad and satisfied with my daughter studying in MPS International and I would recommend the same to you.

Payal Jethani

Mother of Twisha Jethani VI-G & Jiyana Jethani XII-F

