

D.A.V. Public school, New Panvel

E-magazine
May-June
2017

7th May

School was centre for the All India Pre-Medical / Pre-Dental Entrance Test 2017.

The Central Board of Secondary Education declared the results of Std. XII on 28th May.

TOP FIVE RANK HOLDERS SCIENCE STREAM

1 st	2 nd	3 rd	4 th	5 th		
ADARSH SINGH PARIHAR	PRANIT VARTAK	VARUN GADRE	PRERNA SALUNKHE	AISHWARYA SAHOO	SARVESH JOSHI	SAMRIDHI SINGH
						
96.2%	95.6%	95.2%	95%	94.6%		

COMMERCE STREAM

1 st	2 nd	3 rd	4 th	5 th
PRARTHANA R CHANGLANI	KAUSHIKI RAJHA	SHIVANGI KUMARI	PREETHA RAJESH	T V JYOTHSNA
				
95.8%	94%	93.2%	92.8%	91.4%

ARTS STREAM

1 st	2 nd	3 rd	4 th	5 th
BELA KULKARNI	ANNESHA NEOGY	AISHWARYA NAIR	H BALAMBAL	ANNA MERIA SHAJI
				
93.6%	91.4%	89.8%	87%	82.6%

The Class X students brought laurels to the school by registering 100% results with 63 students securing 10/10 CGPA.

SCHOOL TOPPERS AISSE (STD. X) 2016-17

	1st		2nd		3rd
SRUSHTI JAGTAP	LAKSHMI SANDHYA KARUTURI	AARYA DESAI	BHUMIKA KOTHWAL	HARDIK JAIN	RESHMIKA NAMBIAR
					
98.2%			97.8%		97.6%
	4th		5th		
	MUSKAN VISHWAKARMA	SANKET VENKAT BIRADAR	PRIYANKA SHARADA KULKARNI		
					
	97.2%		96.6%		

5th to 9th June Environment Week Celebration Std. VIII – XII

VIII- Elocution, IX and X-Talk Show, XI and XII-Forum on Environment

Students participated in various environment related activities like Elocution competition, Talk show and presentations to mark the occasion and show concern towards safeguarding the environment, All the activities proved to be quite convincing & genuine as students were actually concerned and spoke about general awareness and how the young generation could contribute towards making the world a better place to live for the future generation.



6th and 7th June

Std. I to V teachers attended a workshop on capacity building at D.A.V. Public School, Nerul.

17th June
Parent – Teacher meeting for
Std. IX



17th June

Orientation Program and Parent – Teacher meeting for Std. X to XII

An orientation program for parents of classes X to XII was held to facilitate the parents in knowing the academic programs, evaluation pattern, and admission policy for Std XI and students' responsibilities towards their studies and school.



21st and 30th June

Orientation for students of classes IX and X was conducted by the Principal Mrs. Jayashree Khandekar to update the students about the new system of periodic evaluation and made them aware of the marking schemes for these evaluations.



21th June

International Yoga Day Celebration

For a holistic approach towards health and well-being, 'International Yoga Day' was observed in the school with students performing various asanas to mark the celebration.



24th June
Parent – Teacher Meeting for Std. VI to VIII



23rd June
Monthly Activity
Std. III and IV – Elocution
Std. V – Poster Making



Jay Jashnan
IX-H

MOTHER

As beautiful as above she is
 As caring as god she is
 For her I am wonderful
 Or sometimes just a fool.

Her lovely, sweet, tasty food,
 Which in taste is very good
 She is grand
 And has many good friends.

But I love her
 As she does err
 She loves me as a gardener loves his plants
 She takes care of me as God cares for all.

Her gentle hands
 Efficient and hard-working bands
 And her lovely smile
 All shows her pious beauty.

She seems sometimes a bit crazy
 But its because she is not lazy
 Her scolding makes me better
 And she makes me happier.

She took pain to give me birth
 Just to bring me on this beautiful earth
 When I am sad
 She makes me glad.



Sreelekha Venugopalan
Secondary Section
Science Dept.

The Three Thumb Rules For Health

One of the most neglected aspects of our life these days is health. Yes, there are more and more products these days that are promoted in the name of being “healthy” or “nutritious” or “fat-free”. The truth is that some of the major factors that affect our health don’t have to be outsourced to food companies or wellness firms. These factors can be controlled by just a little bit of effort from our own side.

The first and most important is getting enough exercise. For working women who have to juggle

professional duties and family responsibilities, it can be hard to take the time out specifically for exercise. And yet, this should be on top of the priority list for any working person. In earlier days, there weren't as many gadgets and appliances as there are these days. This meant that people had to expend physical effort in doing work. These days, it's mental effort that's required for white-collar jobs. So we need to make sure we take the **stairs** instead of the lift and **walk home** instead of drive home. There are many small steps that can be taken to add up to 30 minutes of exercise every day. Of course, the best of all is to go walking. Not many people know that getting that basic 30 minutes of exercise has a huge impact on mood and hormones as well.

The other important thing is getting enough sleep, as well getting good quality of sleep. About 6-8 hours everyday are a must for everyone. Nowadays, phones and tablets are affecting our sleep cycles without us even realizing it. The **blue light** emanating from screens – be it phones, laptops or TVs, interrupt our body's natural sleep cycle. That's why it's recommended that all screen use should be stopped half an hour before sleeping. This puts the body in "sleep mode". Apps like Twilight (for mobile) and Flux (for laptops) reduce the amount of blue light in phones after evening. This is beneficial for sleep as well as the eyes. If technology causes problems, it is now offering solutions as well. So make use of it.

The third and equally important point to note is nutrition. A good thumb rule is that if it's **in season**, it should be eaten. And if it's coming out of a package – no matter what brand and what claims are there – read the ingredient list and nutrition label carefully. Once you understand how nutrition labels are designed, it's easy to read them. The ingredients are always listed in the order of quantity. So if the ingredients in a bottle of juice start "water, sugar, orange pulp..." – that means there is more water than sugar, and more sugar than orange pulp. Many people opt for labels like "cholesterol-free" and "fat-free" on labels. But sugar is a bigger cause for heart disease – mainly because people don't keep a check on **sugar and maida** from packaged foods, and this sugar ultimately gets converted into fat in our body.

These points are crucial for not just physical health, but also mental energy as well. So make sure you prioritize yourself and your family's health.