



EXPOSURE

NEWSLETTER AND CONTRIBUTION FROM THE STAFF AND STUDENTS OF :
PURANCHANDRA VIDYANIKETAN, BARRA - II, KANPUR-27

Vol. XXIX Issue : 3

16 August-15 October 2019

Diary of Events

AUGUST

Fri. 16 : Tejaswi Singh (XI-A) emerged as the Board-winner in KSS Chess Tournament played at Dr. Soney Lal Patel Sr. Sec. School.

Sat. 17 : Mrs. Shikha Mehrotra and Mrs. Rashmi Singh attended the 'Capacity Building Workshop' at Scholar Mission School.

Sun. 18 : Two teams from the school took part in Prof. N K Batra Metals and Materials Quiz at IIT Kanpur with the team of Isha Tripathi and Paritosh Awasthi qualifying for the National round to be held at Kalpakkam.

Mon. 19 : Students and teachers were administered Pledge to shun tobacco under National Tobacco Control Mission. 15th Inter School Kho-Kho Tournament commenced.

Fri. 23 : Fourth session of PCVN Youth Parliament was conducted in the school on "Abrogation of Article 370 with special emphasis on Human Right violations in Kashmir".

Scouts and Guides of classes 7 and 8 learnt to make seed balls, a new technique to conserve environment.

Mon. 26 : 28th Inter-School Football Tournament commenced.

18 teachers of the school attended a session on women's rights by Ms. Anuja Kapoor, organized by Ficci-Flo at Merchant Chamber Hall.

Wed. 28 : 30 students of Class XI attended a workshop on 'Personality Development and Leadership Skills' with Mr. Navneet Ranjan, Director, OES, New Delhi as the resource person.

Thu. 29 : Launch of 'Fit India' campaign by PM Mr. Narendra Modi was telecast live for the students.

Fri. 30 : PCVN team left for CMS Lucknow to take part in Reflections-2019.

Sat. 31 : The students presented a number of events in the quad as a part of 'Environment Awareness Campaign' followed by administration of pledge to students and the parents. Parents-Teachers Meeting was held.

SEPTEMBER

Mon. 02 : Boys team left for Lucknow to take part in JPS Football tournament.

Thu. 05 : Teachers' Day was celebrated in the spirit of the occasion.

Fri. 06 : First Round of PT competition was held.

Sat. 07 : Inter-House Group Music and Dance competition was held.

Whiz kids of the school performed commendably in Technofair-19 held at SSDEC-Kanpur.

Thu. 12 : School teams left for DPS Etawah to take part in CBSE Boys and Girls Cluster IV Basketball tournament.

Thu. 19 : PERT-1 for Classes IX-X and Term-1 exams for Classes I to VIII and XI-XII commenced.

Paritosh Awasthi and Isha Tripathi left for Kalpakkam to take part in Prof. Brahma Prakash Memorial National Metals and Materials Quiz.

OCTOBER

Wed. 02 : Students and teachers performed Fit India Plogging Run-2019.

Thu. 03 : Athletics team left for Suditi Global Academy-Etawah to take part in CBSE Cluster IV athletics.

Fri. 04 : Stuti Misra (XII-C) was awarded 2nd Prize for All India 7th Korea-India Friendship Essay Competition in award ceremony held at Korean Cultural Centre, New Delhi. Aryan Sachan (XII-A) got the Special Prize.

Fri. 11 : Cultural troupe from the schools left for JPS Lucknow to take part in 1st Literary and Cultural Festival, OASIS.

Boys' and Girls' teams took part in Late Vijayan Shukla Basketball Tournament played at SPSEC.



Puranchandra Vidyaniketan

SPORTS ROUND UP



School ground is abuzz with activity throughout the year, and so it remained despite retreating monsoons leaving the sports ground inundated for the better part of the session. The session began with Tejaswi Singh (XI-A) emerging as the Board-winner in KSS Chess Tournament played at Dr. SoneyLal Patel Senior Secondary School, though the team could not hold on to the 3rd position of the day one.



The 15th Inter School Invitational Kho-Kho Tournament became a victim of the intermittent rains. The hosts sailed into both the Boys and Girls finals after eliminating Allenhuse Public School in both the semifinals, but the finals against Sri Ram Education Center, Panki had to be deferred.



In the 28th Inter School Invitational Football Tournament, the team displayed a consistent performance to edge out Guru Nanak Modern School (7-0), Welfare Mission School (5-0) and Delhi Public School - Barra (5-1) to race to the finals against Pt. Deen Dayal Upadhyay School. The players played with precision to retain the trophy by a 3-0 win. Shasya

Bhatnagar was adjudged the "Best Player" and Vishal Malviya, the "Top Scorer" of the Tournament. They got a wake-up call soon as the 9th JPS Football Tournament at Lucknow witnessed their campaign nipped in the quarterfinals by Montfort Inter College.



In the CBSE Cluster IV Basketball Tournament played at DPS Etawah, the boys failed to live up to the expectations to go down 14-17 and 21-34 to Army Public School, Agra and St Andrews Agra; the girls put up a gritty display to edge past Army Public School Agra (9-8) and S. R. Global School Lucknow (15-0) to lose to St. Andrews Agra (5-20) in the quarter finals.



In the KSS Basketball (Girls) played at SPSEC, despite a promising start the girls could not maintain the tempo and the fate was similar in Late Vijayan Memorial Basketball Tournament where the boys and girls, both disappointed.



The revival of cheer came from CBSE Cluster IV Athletics Meet held at Suditi Global Academy Etawah as Vishal Malviya won a Bronze in the 100 M Sprint, with rest of the contingent also putting up a spirited performance.

NURSERY SCHOOL REPORT



Festivals are the best medium to make the young children understand God and to imbibe the values of giving and sharing. After the fun of Megh Malhar and Independence Day, Nursery kids had a taste of evaluation tests. For Janmashtami they painted small earthen pots and enjoyed watching Krishna-Leela.



As Monsoons stretched longer, they enjoyed the drizzles and learnt use of different objects required during rains. On 'Grandparents Day', they made lovely cards for them. They looked very confident while reciting their favourite poem in 'Hindi Elocution'.



They learned about the aquatic animals through cutouts and description. On the Occasion of Gandhi Jayanti, they were told about need of keeping surroundings clean. As they made puppet of Ravana at Dussehra, Playgroup kids had fun wearing the mask of Ravana. They were taught about virtue of good over the evil.

Ms. Farhat Sageer

PRIMARY SCHOOL REPORT



Education is much beyond learning facts and figures; it helps one to become a complete human being. Off late, health has become a major concern, so the school organised an Eye Check up to make the parents and students aware about their eyesight and adopt preventive measures. Inter-house music competition provided a boost to many budding artists to showcase their innate talents.



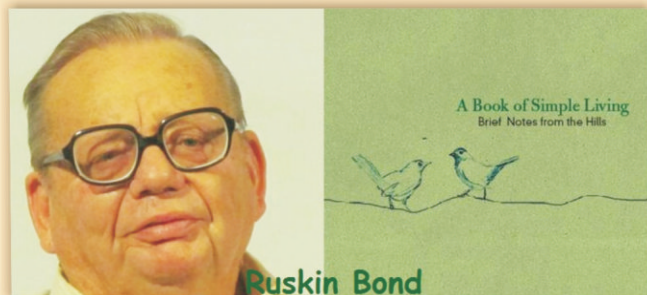
The next activity was G.K Quiz to test the knowledge and awareness of the students about basic current tastes and trends. Soon the students got busy with their Term I examinations. Students of classes 3 and 4 participated in a Poster Making Competition organised by BNSD Shiksha Niketan. An Art competition was held for primary students to bring out their creativity.



Athletic season brought a rush of Blue, Green, Golden and Red on the sports ground while the Annual Sports Day preparations brought a spring in the feet of Class I to IV as the practices commenced.

Mrs. Divya Bahrani

BOOK REVIEW



'Happiness is a mysterious thing, to be found somewhere between too little and too much.'

Ruskin Bond makes the readers watch a wild plum blossom and moon come up between two deodar trees; hear a redstart whistle and the rain drum on a tin roof; recognize the ache of losing love and the consolation of old companions - all by drawing upon a lifetime's experience in the Mussorie hills and small towns of north India with the small moments that constitute a life of harmony-with the self, the natural world, friends, family and passersby. Ruskin Bond gives away the secret to leading a content life. Happiness is ephemeral but contentment is what matters and here's this lovely man telling us it all

'And when all the wars are over, a butterfly will still be beautiful.'

The beauty of language in outpour of a pure heart makes this book a gift of beauty and wisdom from India's most loved, and most understated, writer. As one reads, one learns to stick to the truth of observation, irrespective of a grand audience; to keep it simple and trust the first emotions in the face of nature; to slow down, observe the life; to take long walks and greet others with a smile; to hear sounds of birds; to pay attention to bugs on flower tips; to enjoy quietly the quilt of moonless nights; to hear the sound of rain falling; to pour secrets from soul into wells for others to draw and share upon; to be a garden, gardener; to bloom in spring with exuberance; to be vulnerable to love to receive it with both hands, give it with both hands because one sure way to lose the world and everything in it, is to try holding it.

'For all its hardships and complications, life is simple.'

Anushka Navetia XI-C

WORKSHOPS



One needs to stay abreast with the times. 30 students of Class XI and XII attended a two day workshop on 'Personality Development and Leadership Skills' with Mr. Navneet Ranjan, Director, Ojassvi Education Services, New Delhi as the resource person. He had excellent communicative sessions emphasizing on empathetic listening ability and Standard Operating Procedures of communications during any emergency.



A Virtual lab workshop was attended by class XII students on the utilization of web-based experiments, virtualization & simulations towards enhanced learning.



Mrs. Shikha Mehrotra and Mrs. Rashmi Singh attended a "Capacity Building Workshop on Value Education" organized by Centre of Excellence (COE), Allahabad at Scholar Mission School. The training and activities were interspersed with role plays, anecdotes and approaching ethics and integrity. The resource persons were Dr. Javed Alam Khan and Dr. Perna Mitra.

Prabhat Durgani XI-B

CELEBRATION OF MUSIC



The Annual Inter-House Group Music Dance Competition presented an array of colours. In the instrumental music, Blue Birds, Green Leaves, Golden Wings and Red Roses performed on Raag-Bhairavi, Raag- Kaafi and Raag-Bhupali,.



In vocal music the four houses sang patriotic songs 'Jai Dev'; 'Bhar De Jholi'; 'Deewana Tera' and 'Deva Sri Ganesha'. The dances exhibited contemporary themes as the four houses presented dances to 'AamKeAam', 'NaaKaatoMujhe', 'Mera Desh Badal Raha' and 'Jal De'.

Riya Pal and Tanmay Sachan X-B

TEACHERS' DAY



On the Teachers' Day the students expressed their heartfelt regard for the teachers. They greeted the teachers with cards and sought their blessings. Entertainment through rock-band and songs was

followed by excellent dances. Celebrations concluded with presentation of medallions to the teachers by Smt. Vijaya Gupta and Shri Yogendra Mohan Gupta.

BEYOND CAMPUS



Students participated in a number of events beyond campus with confidence and earned name for the school. They have shown consistence performance in all City, State and National Level competitions, and this year they went a notch higher. School did commendably in Reflections-19.



In Technofair-19 organised at SSDEC, Ashish Patel came 1st in 'Turing's Challenge', Adhya Pandey was 2nd in 'Flight of Words' while Rishi Mishra got 3rd prize in 'Geekopedia'..



Two teams from school participated in Prof N. K. Batra Metals and Materials Quiz at IIT-Kanpur and the team of ParitoshAwasthi and Isha Tripathi came second to qualify for the Nationals, i.e. Prof Brahma Prakash Memorial Materials Quiz at Indira Gandhi Centre for Atomic Research, Kalpakkam. It was a mega event with

presentation of papers and Quiz on Material Science and Nuclear Energy. Paritosh and Isha did well to reach the semifinal round to encounter a competition too tough to beat.



Jagran Public School hosted the First Inter JPS CULFEST, OASIS and the cultural contingent from the school did very well to win a prize in every event. Ananya Mishra (1st-Debate) Adhyatma Trivedi and Tanmay Singh (1st-Quiz), Vatsala Mishra (2nd-Debate and JAM) Aditya Raj Singh (2nd - Painting), Md. Ezaj (3rd-Photography) Parth P. Shukla and Aditya R. Singh (3rd-Collage) won the individual laurels while the school's Choir and Choreography teams won the second Prize in their events.



In the All India 7th Korea-India Friendship Essay Competition Stuti Misra of XII-C brought laurels to the school by winning 2nd Prize of a Trip to Korea which was awarded to her in Korean Cultural Center - New Delhi by His Excellency, Mr Shin Bong-Kil, Ambassador, Republic of Korea and Mr Kim Kum-pyoung, Director, Korean Cultural Center, India.



In the same event Aryan Sachan got Special Prize. A period of celebrations indeed!

ENLIGHTENED TO ENLIGHTEN



Ministry of Health and Family Welfare initiated National Tobacco Control Programme to spread awareness of harms of tobacco consumption. As a part of the mission, Alisha Singh delivered an enlightening speech followed by administration of oath by the Headboy



Students witnessed the live telecast of launch of Fit India campaign by PM Mr. Narendra Modi and in keeping with the spirit took an active part in Fit India Plogging Run on Gandhi Jayanti.



Students were all ears as Mr. Vaibhav Rathore from Dainik Jagran Sanskarshala Event made them realize the value of water conservation through a simple narrative of Swati's story, during a special assembly.



Scouts and Guides of Classes 7 and 8 became part of a new revolution 'Seed-ball' or 'Seed-bomb' as they made these handy balls wrapped in a mixture of clay and compost that germinate into a plant wherever dropped.



BEST club of the school held a socio-cultural event to generate awareness among the students and parents about environment conservation. Besides speech, song, and a street-play the parents were administered oath to conserve environment and gifted seed-bombs.

Sharanya Shukla IX-E

PCVN MUN



Ever since Puranchandra Vidyaniketan MUN started functioning, it has taken up burning issues for deliberations. First three sessions were on 'Four Years of Modi Govt.', 'Uniform Civil Code', and 'General Elections' with participation increasing with every session. The fourth session this year on 'Abrogation of Article 370' witnessed enthusiastic participation for 'Youth Parliament' echoing views of different political parties. Kudos! Way to go!

Salvi Bhatt XII-D

VICTORY TRIP

Enclosed in a special place of my heart is the best experience of my life, trip to South Korea on winning the 2nd prize in 7th All India Korea-India Friendship Essay Competition.



Alighting at Incheon International Airport triggered gathering of memories of Trickeye Museum and Gyeongbok Palace. The Lotte world amusement park was undoubtedly out-of-the-world.



Cruise on Han River with a cool breeze brushing softly against face and seagulls chirping wildly were so beautiful! Gangnam district's Coex Aquarium, market and K-Pop shows provided plenty of entertainment and shopping experience, wishing for once that time could stop here!

Stuti Misra XII-C



महिला सशक्तिकरण



महिलाओं को कानूनी, सामाजिक, सुरक्षा और शिक्षा जैसे अनेक अधिकार हासिल हैं। उनके लिए कानून बने हुए हैं। फिर भी बहुत कम संख्या में महिलाएं इनके बारे में जानती हैं इसलिए वे इनका प्रयोग भी नहीं कर पाती हैं। मार्च/अप्रैल में फिक्की फ्लो की ओर से आयोजित सत्र 'राइट फुली योर्स' में यह विचार मुख्य वक्ता प्रसिद्ध अपराध मनोवैज्ञानिक व अधिवक्ता अनुजा कपूर ने रखे। पूर्णचन्द्र विद्यानिकेतन की अध्यापिकाओं ने इस संगोष्ठी में सक्रिय भाग लिया।

उन्होंने महिलाओं के प्रति अपराध के मनोवैज्ञानिक पक्ष को सामने रखा और कहा कि महिलाएं संकोच के कारण इन अधिकारों का प्रयोग नहीं करती हैं। ऐसे में उनका शोषण और मारपीट की घटनाएं भी होती हैं। उनके अधिकारों का संरक्षण करने वाली संस्थाएं भी कोई शिकायत न मिलने पर कुछ नहीं कर सकतीं। इसलिए हमारे जैसे लोगों को आगे आकर समाज के इस बड़े वर्ग को जागरूक करना होगा। उन्होंने महिलाओं से कहा कि आप खुद में हिम्मत पैदा कर लीजिए, आपकी बेटियों में खुद ब खुद हिम्मत आ जाएगी।

इस दौरान महिलाओं व युवतियों ने उनके सामने अपनी जिज्ञासाएं भी रखीं। "निर्भया एक शक्ति" नाम का संगठन चलाने वाली अनुजा कपूर ने उनके तर्क पूर्ण जवाब दिए। इससे पहले फिक्की फ्लो की अध्यक्ष श्रीमती अनुराधा वाष्णेय, कार्यक्रम की अध्यक्ष श्रीमती रितु गुप्ता और श्रीमती आशा सिंहानिया ने श्रीमती अनुजा कपूर

को ग्रीन सर्टिफिकेट देकर सम्मानित किया। इस दौरान जागरण इंस्टीट्यूट ऑफ मास कम्प्यूनिकेशन और जागरण कॉलेज ऑफ आर्ट्स, साइंस एंड कामर्स की ओर से महिलाओं के उत्पीड़न, दहेज उत्पीड़न आदि पर एक भावपूर्ण प्रस्तुति दी। सुप्रीम कोर्ट की अधिवक्ता अनुजा कपूर का स्वागत फैलो चेयरमैन श्रीमती अनुराधा वाष्णेय और श्रीमती रितु गुप्ता ने किया।

**WRONGS REMAIN
WRONG
UNTIL WE MAKE IT
RIGHT.**



बच्चों को खुद लेने दें हर फैसला

जागरण संवाददाता, कानपुर: बच्चे कोमल मिट्टी के घड़े के समान होते हैं। उनमें आत्मविश्वास विकसित किया जाए तो वह जीवन के हर कदम पर सफलता हासिल करते चलते हैं। आत्मविश्वास से भरपूर बच्चे कठिन स्थिति का सामना कर लेते हैं। यह कोई वस्तु नहीं जिसे किसी परीक्षा में पास करके हासिल कर लिया जाए।

अपने छोटे-छोटे फैसले उन्हें खुद लेने दें। हा, उन पर नजर जरूर रखें, अगर वह भटक रहे हैं तो उन्हें सही मार्ग दिखाएं। इससे उनकी क्षमता का विकास होगा साथ ही आत्मविश्वास जागेगा। छोटे-छोटे प्रयासों से ही आत्मनिर्भरता व आत्मविश्वास जगाया जा सकता है। आत्मविश्वास से



परिपूर्ण बच्चों का बौद्धिक और शारीरिक विकास तुलनात्मक ढंग से बेहतर

होता है। उन्हें खुलकर जीने दें। जब व्यक्ति हलताओं का सामना करके जीता है तो आत्मविश्वास खुद ब खुद जन्म ले लेता है। आवश्यकता पड़े तो उन्हें उनकी गलती का फहसास कराएं क्योंकि स्वतंत्रता कब स्वच्छंदता में बदल जाती है, इस बात की बच्चों को भनक नहीं लगती। उन्हें हर फैसला लेने दें।

शोभना मुखर्जी, प्रधानाचार्य, पूर्णचंद्र विद्या निकेतन।

कशमकश

अजीब ही कशमकश महसूस होती है.. जब अच्छे-बुरे, सच-झूठ की पहचान नहीं होती है ख्वाब उठता है और छलावा निकलता है दिलकश मुखौटे के गिरेबाँ में कुछ छिपा होता है इक मुस्कराहट के पीछे संताप छिपा होता है कशमकश चलती रहती है ज्ञानी में नादान ; मूर्ख में विद्वान् ; मित्रों में अंजान ; दुश्मन में इंसान कशमकश , बस , कशमकश।

कुशाग्र सिंह XII-B

Editorial Board :

Student Editors : Isha Tripathi XII-A, Yanshi Vaish XI-A, Ishita Tiwari X-A, Sharanya Shukla IX-E

Staff Editors : Mr. Tribhuvan Mendiratta, Mrs. Archana Awasthi

Published By : Mrs. Sobhana Mukherjee, Principal, Puranchandra Vidyaniketan, Kanpur