



# EXPOSURE

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

Vol. XXXV Issue : 2

July-September 2025

## Diary of Events

### JULY:

- Tue. 01 : School reopened after the summer vacation.
- Wed. 02 : School organised a Tree Plantation Drive under "Ek Ped Maa ke Naam 2.0" campaign.
- Sat. 05 : Second House Get-together for the session was held.
- Thu. 10 : A Special Assembly on Guru-Purnima was conducted.
- Wed. 16 : Scouts and Guides Investiture ceremony was held.
- Thu. 17 : Investiture Ceremony of the Students' Parliament was held.
- Fri. 18 : Students left for Seth M. R. Jaipuria School, Lucknow to take part in CBSE Cluster IV Athletic Meet.
- Sat. 19 : Period Test -1 commenced.
- Fri. 25 : School hosted the CBSE CBP on 'Active Learning'.
- Sat. 26 : School organized 'Kargil Vijay Divas' with Mr. Chitranshu Gautam, ACP, Kanpur Commissionerate, as the Guest of Honour.
- Sun. 27 : PCVN won Boys & Girls Basketball crowns in the Youth Olympics-2025.
- Mon. 29 : 14th Inter School Invitational Junior Soccer Tournament commenced.
- Thu. 31 : The School team left for Lakhimpur to take part in CBSE Cluster IV Football Tournament.
- Tue. 12 : PCVN-MUN session commenced with the agenda "National Security vs Civil Liberties".
- Fri. 15 : 79th Independence Day was celebrated with hoisting of the National Flag by Lt. Col. C P Singh (8th Battalion, Rajputana Rifles) and Mr. Rakesh Upadhyay.
- Mon. 18 : Composite Science Laboratory was inaugurated by Mr. Upadhyay. 18 cadets left for NCC Camp under the supervision of 59 UP Bn NCC.
- Sat. 23 : Poornansh Awasthi 8C won First Prize in KSS art competition held at St Joseph Sr Sec School. Misheeta Tiwari 8D won First Prize in KSS English Debate organized at Gulmohar Public School.
- Mon. 25 : Aryan Bajpai (12B) and Suyash Dixit (11A) emerged First Runners-Up in Astro Fest organized by Jaipurias. PCVN Interact Club Installation ceremony was held. 31st Inter School Football Tournament commenced.
- Fri. 29 : Mr. Upadhyay flagged off "Sundays on Cycle", a part of National Sports Day celebrations.

### AUGUST:

- Sat. 02 : Megh Malhar Utsav was celebrated with plantation of a sapling by Dr. Kanhaiya Patel, Director, Allen Forest and Mrs. Ritu Gupta, Vice Chairperson, JEF after the sacred Havan by the Principal Mr. Rakesh Upadhyay and the Prefects. PCVN emerged Runners-Up in Prof. N. K. Batra Metals and Materials Quiz hosted by IIT Kanpur
- Mon. 04 : PCVN teams left for Lakhimpur to take part in CBSE Cluster IV Basketball Tournament.
- Mon. 11 : Bal Panchayat Investiture ceremony was held with Aarohi Tripathi as Sarpanch and Pulkit Mishra as Vice-Sarpanch.

### SEPTEMBER:

- Wed. 03 : Sparsh Bharadwaj and Vinayak Shukla emerged 1st in INTACH Heritage Quiz.
- Thu. 04 : 'Tarang', Inter-House Group Music Competition was organized.
- Sat. 06 : Teachers' Day was celebrated in the spirit of the occasion.
- Tue. 09 : Athletes left for Varanasi to take part in CBSE Athletics Nationals.
- Fri. 12 : Jhanvi Mishra and Kanishq Sachan reached Semifinals of 33rd All India Prof. Brahm Prakash Memorial Quiz organized at IGCAR Kalpakkam.
- Thu. 18 : Term I exams commenced.
- Tue. 23 : The School organized INSPIRE- a 3-day experiential workshop for teachers.

Puranchandra Vidyaniketan

## SPORTS ROUND UP



The most hectic schedule of the session brought the maximum laurels for the school. Athletes delivered the finest performance to date at the CBSE Cluster IV Athletic Meet, hosted by Seth M R Jaipuria School, Lucknow. The contingent secured six medals: 2 Gold, 2 Silver, and 2 Bronze. Bhumanyu Srivastava (U19) won the 100M sprint in a record-breaking 11.51 seconds, clinching the Gold. Arohi Singh (U14), struck Gold in Shotput with a throw of 7.38 meters and Silver in Discus Throw at 14.86 meters. On the final day, Shashwat Tiwari (U19) earned Silver in the 200M dash, clocking 25.52 seconds. In High Jump, Aadya Mishra (U17) and Shrim Pal (U14) leapt to Bronze paving the way for Bhumanyu, Arohi and Shashwat to the Nationals.



PCVN teams participated in Cricket and Football cluster tournaments also but failed to leave the mark. Both the boys' and girls' basketball teams brought home gold in the Inter-School Youth Olympics - with the boys defeating KV IIT 26-14 and the girls crushing Nurture International 11-01. The glorious run of BB teams continued in The CBSE Cluster IV Basketball Tournament as the Boys outpaced Seth A R Jaipuria, Lucknow (59-41), APS Fatehgarh (42-30), and G. D. Goenka (48-40). In the final they went down fighting to APS Kanpur (35-40). The Girls annihilated APS Lucknow (28-1) losing 29-33 to SR Global to secure the

2nd Runner-Up position. Shashwat Tiwari was adjudged: Best Player, Most Valuable Player and Man of the Series. Bravo!



Both the teams bounced back in the 20th ISBB competition as the Girls outclassed Sriram Education Centre, Panki 20-4 to eliminate DPS Kalyanpur 26-7 in the final. The Boys breezed past Doon International and CHS Education Centre to eventually outclass Dr. VSEC Shyam Nagar 63-30. Shashwat Tiwari and Aarohi Singh were crowned 'Best Player of the Tournament'.



The school soccer team left its mark in 31st Inter-School Football Tournament, routing Seth A. R. Jaipuria 3-0, for a repeat of the 2024 grand finale as they went down 0-1 to DPS Azad Nagar. Devansh Tripathi claimed the Top Scorer title.



The musclemen clinched the 19th Inter-School Bench Press Tournament title for the fourth consecutive year. Yuvraj Porwal (48 Kg), Kartikay Sharma (53 Kg) and Rishabh Awasthi (83 Kg) won the Gold besides 1 Silver and 2 Bronze medals. Fag end of the session witnessed the Athletes off to Varanasi to take part in CBSE Athletics Nationals, where the young brave hearts could not win medals but won many hearts with their spirited performance.

**Mranalini Bajpai 10A**

## NURSERY SCHOOL REPORT



After the long summer break, the Nursery children returned with sparkling enthusiasm, beginning the new session with a cheerful Popsicle Party. They enjoyed their treats neatly and spent a vibrant week exploring Primary Colours and Shapes through dress-ups, painting, and collage-making. A Table Manners activity taught dining etiquette, while a Puppet Show and Friendship Band-Making filled the days with laughter and creativity.



To welcome the monsoon, the little ones celebrated Raining & Sailing Day with splashes and smiles. Independence Day brought pride as children dressed as freedom fighters, while Janmashtami and Ganesh Chaturthi added devotional charm through storytelling, and clay-idol making. A fun Nutrition Workshop with vegetable printing taught healthy eating habits, and an English Elocution activity boosted confidence and stage presence.

The term bloomed with learning, creativity, and cultural celebration—each day nurturing curiosity, joy, and self-expression. From colours to festivals, manners to performances, the tiny tots turned every moment into a memory-making their first term a truly heart-warming journey of smiles and discovery.

**Mrs. Jaipreet Kapoor**

## PRIMARY SCHOOL REPORT



Since the beginning of the session Primary Section has been brimming with enthusiasm, creativity, and growth as students actively participated in a host of academic, cultural, and co-curricular pursuits. Post vacation session commenced with focused classroom learning emphasizing conceptual clarity and activity-based teaching. Periodic Assessments and Remedial Support ensured steady academic progress. The innovative Bagless Day brought joyful learning experiences, replacing routine lessons with hands-on exploration through art, painting, and an engaging puppet show.



Inter-house competitions, Spell Bee, Hindi and English Elocution boosted confidence, articulation, and teamwork. The lively Megh Malhar tree plantation, and Class I procession dance added colour and rhythm to the term. The formation of PCVN Bal Panchayat 2025 introduced students to participatory leadership, with the Investiture Ceremony witnessed by the proud parents.

Celebration of the 79th Independence Day and meaningful Life Skill sessions further nurtured patriotism, empathy, and decision-making. The term culminated with the Term I Examination, marking commendable progress in discipline, teamwork, and academic confidence.

**Mrs. Shikha Malhotra**

## MIDDLE SCHOOL REPORT



The Middle Section had an eventful and enriching session marked by innovation, leadership, vibrant participation, and proud achievements. The Scouts and Guides Investiture Ceremony for Classes VI and VII instilled a sense of discipline and responsibility among students. Two Bagless Days during the session offered a refreshing learning experience, as students engaged in creative, hands-on activities that encouraged curiosity and teamwork besides learning some indoor physical exercises.

A series of Inter-House Competitions including Elocution, Extempore, Spell Bee, and Debate in both Hindi and English, gave young speakers a platform to express their ideas with clarity and confidence. As part of the Bharat Raksha Parv celebration, students handcrafted beautiful Rakhis and presented them personally to soldiers, expressing heartfelt gratitude. Navika of Class VI-B read a moving scroll, "Faujion ke Naam Paati," on behalf of all PCVN students.

The Student Parliament Investiture Ceremony fostered democratic values as students' canvassing, voting and elections culminated into a Students' Parliament. A Workshop on Neuro-Linguistic Programming (NLP) enhanced communication and self-awareness. The Mega Tinkering Day inspired scientific thinking through a DIY vacuum cleaner project, and the Composite Lab was inaugurated to promote STEM learning.

Misheeta Tiwari of Class VIII-D brought cheers to the peer group and teachers by securing First Position in the KSS English Debate. As Teachers' day celebrations concluded, the atmosphere turned solemn as the Term-I Examinations commenced.

**Mrs. Archana K. Chhabra**

## SENIOR SCHOOL REPORT



The school witnessed the first term brimming with leadership, learning, and patriotic pride. The Student Parliament journey, which began in May with orientation sessions, enthusiastic campaigning, and fair voting, culminated in a dignified Investiture Ceremony, where young leaders took oath to uphold responsibility and integrity. Adding to this spirit of service, the Installation Ceremony of the Interact Club opened new avenues for students to contribute to community welfare and social upliftment.

Kargil Vijay Diwas was observed with solemn reverence, as students paid homage to the heroes of Operation Vijay. Principal Mr. Rakesh Upadhyay's inspiring address rekindled patriotic fervour, while Dr. Patel's reflections on dedication and perseverance left a lasting impression. Megh Malhar, a vibrant celebration of tradition, creativity, and sustainability, featured cultural performances, musical renditions, and a symbolic tree plantation drive.

The seniors also celebrated intellectual brilliance as Jhanvi Mishra, Yashasvin Tiwari, Shambhavi Mishra, and Kanishq Singh Sachan qualified for the national round after winning Dr. N.K. Batra Quiz held at IIT-Kanpur. The PCVN Model United Nations saw 120 delegates engaging in dynamic discussions on national security and civil liberties.

The inauguration of the Composite Science Laboratory, outstanding NCC achievements, remarkable performances in sports, extempore, Tarang, Teachers' Day and Hindi Divas added to a term marked by growth, discipline, and excellence, culminating with the Term-I Examinations!

**Mr. Sanjeev David**

## BHARAT SCOUTS & GUIDES



The Investiture Ceremony of the Scouts & Guides was conducted as 309 students from Classes 6 and 7 solemnly took the Scouts & Guides oath. The ceremony was graced by Mrs. Mithilesh Pandey, Scouts-Guides Headquarter Commissioner, Dr. Smriti Tiwari, District Commissioner Guides and Mr. Sarvesh Tiwari, Secretary, Bharat Scouts & Guides. Commanders Atharv Awasthi and Arohi Singh admirably conducted the proceedings.

## MEGH MALHAR



Megh Malhar, the signature event of the school commenced with a Havan led by Mr. Rakesh Upadhyay and the school prefects, invoking blessings of the rain gods. A vibrant cultural programme followed with Dharti Vandana and a melodious rain song by the Senior Choir.

The event was graced by Dr. Kanhaiya Patel, Director of Kanpur Zoological Park, as Guest of Honour, along with Mrs. Ritu Gupta, Vice Chairperson, JEF and Dr. Asmita Dubey. The dignitaries were welcomed to the rhythmic beats of the School Band led by Cadets Dhatri Pandey and Shivani Singh.

Mr. Upadhyay highlighted the harmony between Vedic chants and music, while Dr. Patel urged for environmental consciousness and holistic education. The highlight was a colourful procession dance by Class 1 students and a sapling plantation, symbolising green hopes for a sustainable tomorrow.

## 79<sup>th</sup> INDEPENDENCE DAY



The 79th Independence Day of India was celebrated at the school with profound reverence and patriotic fervor. The ceremony commenced with the solemn hoisting of the tricolour by the Principal, Mr. Rakesh Upadhyay, and the Chief Guest Lt. Col. C.P. Singh. In his address, Mr. Upadhyay underscored the day's significance, urging students to pursue excellence. Lt. Col. Singh delivered a powerful oration, paying homage to the sacrifices of freedom fighters and emphatically stating that hard work is irreplaceable, advising students to eschew shortcuts in life.

While senior students captivated the audience with a soulful patriotic song, the middle school presented a creative musical mashup bringing the deeply moving ceremony to a close with the National Song. The event served as a powerful reminder of our national pride and the enduring legacy of the freedom fighters.

## BHARAT RAKSHA PARV



The students had the proud privilege of meeting the brave hearts of 4th Battalion of the Assam Regiment and as the little girls tied handcrafted Rakhis on the soldiers' wrists, the moment became a symbol of unbreakable bonds and pure patriotism. To mark the occasion, Navika Singh read her beautifully composed scroll to the soldiers— "फौजियों के नाम पाती"

## TEACHERS' DAY



On the Teachers' Day the students expressed their heartfelt regard for the teachers through cards, flowers and sought their blessings.

The event was inaugurated by Principal Mr. Rakesh Upadhyay with lighting of the sacred lamp and garlanding the Portrait of Dr. S. Radhakrishnan followed by a rainbow of colors as Sanvi of Class 2 performed a solo dance, followed by equally exuberant songs, poems and dances by students from different classes. The students' enthusiasm and creativity shone through their performances besides the games they conducted for the teachers. Celebrations concluded with presentation of medallions to the teachers by Mrs. Ritu Gupta, Vice Chairperson, Jagran Education Foundation.

## ON A WINNING SPREE



Off late, PCVN students have been leaving their mark wherever they represent the school. Poornansh Awasthi 8C won the First Prize in Group B of KSS Art Competition, organized by St. Joseph Sr. Sec. School. At the KSS English Debate (Classes VI-VIII) hosted by Gulmohar Public School, Misheeta Tiwari (8D) clinched the First Prize speaking For the Motion - "Is Technology making us smarter?" Competing against eloquent speakers from 25 leading schools of the city, Misheeta's arguments stood out for their clarity, conviction, and confidence. Aniket Yadav (7A),

speaking Against the Motion, also impressed the jury with his thoughtful reasoning and poise.



In the KSS English Elocution Competition organized at Dayanand Deenanath Education Centre, Mayra Sachan 4C was adjudged the Second Runner-up for her expressive rendition of the poem 'Frog and the Nightingale'.



Adding to the ever-growing constellation of laurels, the science prodigies of PCVN carved a celestial milestone at The AstroFest hosted by Seth Anandram Jaipuria School, Kanpur. Aryan Bajpai (12B) and Suyash Dixit (11A) affirmed their stellar knowledge and quick wit, securing the coveted position of First Runners-Up, missing the crown by a single point.



In the Tata Building India School Essay Competition on "Five Ways How I Can Make India a Self-Reliant Country." the Gold, Silver, and Bronze medals were awarded to Bhoomika Sahu, Vansh Upadhyay, and Shatakshi in the Senior Category, and Lavanya Sharma, Shantanu Mishra, and Mannat Sachan in the Junior Category. Let the stars shimmer!

## AN INTERVIEW WITH Dr. Kanhaiya Patel, IFS Director, Kanpur Zoological Park



**\* Good Morning Sir, What inspired you to take up Life Sciences?**

Inspiration was and is, to take care of living organisms. Being a Doctor further helps!

**\* Sir, the students opt for IAS etc. What is unique about IFS?**

It is individual choice and perspective. I like to work for sustenance of bounties of nature.

**\* Sir, What is the importance of celebrations like Megh Malhar?**

Megh Malhar teaches importance of plantation. Likewise, every festival creates social bonding and awareness.

**\* Sir, you ensure health care of wild animals; is it right to keep them in Zoo?**

Besides healthcare Zoos educate and generate awareness. Moreover we breed endangered species like Dodo and Giraffe.

**\* Sir, What are your views about the issue of Hybrid vs. Organic crops?**

Native species of crops are vital for human sustenance but gradually these are becoming extinct because of human need and greed as Hybrid yield is higher and it repels pests. But organic crops only survive in famines.

**\* Sir, people talk a lot about Afforestation, Paryavaran Vahini etc. Are these effective and really successful?**

Government has recently launched 'Ek Ped Maa Ke Naam'. Eventually it requires mass awareness to bring the big change that only Individuals can do.

**\* Sir, is there any solution to depleting ground water levels?**

Lakes! Every village needs Lakes not only to provide water but also to add to the ground water.

**\* Finally, Sir, What is your message to the student who has not found path, yet?**

IQ is secondary. What one requires are: motivation, determination and positivity.

Thank You Sir!

Ritika Pandey 10C, Saumya Singh 10C

## AN INTERVIEW WITH Lt. Col. C. P. Singh 8, Rajputana Rifles - Kanpur



**\* Good Morning Sir, What motivated you to excel in extreme weather conditions?**

Grandpa! An army personnel had taught- this too shall pass; just remember, you are the last hope of the nation.

**\* Sir, How did you prepare yourself for high altitude life?**

Due to lesser oxygen, blood flow is affected. One needs more water.

**\* Sir, How did your posting to Sudan change your perspective as a soldier?**

Empathy! Locals there have no food, no access to their resources. Naturally, there is unrest and need of UNPKF. Forces should never be in power in any country. Barrel of gun can spill blood but a good man can do wonders.

**\* Sir, How to ensure peace in Kashmir?**

Many people in South Kashmir are sent by foreign militants. Many others want peace, so army has to maintain detailed profiles.

**\* Sir, Could you tell us of an incident when you felt truly proud of Uniform?**

Without details, when I recount sacrifices of Havaldar Alam Sher and Man Singh during a cloud burst in Siachen, who saved the whole unit at the cost of their lives; I bow to uniform. Remember. Siachen is that point of India where just a rock can destroy everything.

**\* Finally, Sir, How does a soldier's approach differ at borders of Pakistan and China?**

Pakistan border is more complex as their own problems are not fixed and they know how to exploit those in problems on our side. Pak border has deserts also which pose different problems. China border is mountaineous and both China and India have built new posts yet China has some advantage of well-developed infrastructure.

Thank You Sir!

Unnati Nigam 12C, Ananya Gupta 11D

# MAKING SCHOOL FEEL PROUD - WELL DESERVED DESTINATIONS



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