



THE RAINBOW TIMES

Newsletter from New Rainbow Public School

Month: OCT—DEC 2023

Pratap Vihar, Ghaziabad (INDIA)

HIGHLIGHTS

- ♦ ART INTEGRATED CLASS PRESENTATION
- ♦ ATUL MEMORIAL CRICKET TOURNAMENT
- ♦ CPR TRAINING
- ♦ ANNUAL SPORTS DAY
- ♦ TRIP TO KIDZANIA
- ♦ HALLOWEEN CELEBRATION
- ♦ EDUCATIONAL EXCURSION
- ♦ CHRISTMAS CARNIVAL
- ♦ BUDDING AUTHORS OF NRPS



"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."



Mrs. Ruchi Gupta
(B.E / M.B.A)

Dear Students,

As the upcoming board exams draw near, I want to extend my warmest wishes to each one of you. The journey you have undertaken in preparing for these examinations is commendable, and I am confident that your hard work and dedication will yield excellent results.

Board exams are not just a test of your academic knowledge but also an opportunity to showcase the skills and insights you have gained throughout the academic year. I encourage you to approach these exams with confidence, remembering that you have the knowledge and capabilities to excel. I want to assure you that the entire school community is here to support you. Our dedicated teachers have been working tirelessly to provide guidance and assistance, and your classmates are also on this journey with you. Lean on each other for support and encouragement. It's important to maintain a balance during this period. While focused study is essential, taking breaks, getting adequate rest, and practicing mindfulness will contribute to a healthy mindset. Remember, your well-being is paramount. Believe in yourself and your abilities. You have prepared diligently, and now is the time to trust in your efforts. Stay positive, stay focused, and approach each exam with a calm and composed mind.

On behalf of the entire school, I want to express our pride in your accomplishments thus far and belief in your potential. May you perform to the best of your abilities, and may success be yours in abundance. Best of luck to each one of you in the upcoming board exams.

Words from PRINCIPAL'S DESK



Ex-Director
Late Mr. Atul Agarwal

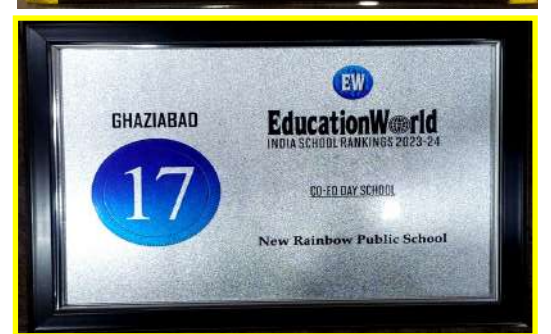


Celebrating a Remarkable Achievement

New Rainbow Public School is delighted to announce our prestigious **Education World India School Rankings Award for the year 2023-24**. We have achieved an outstanding ranking, securing a place within the top 20 in the Co-Ed Day School category in Ghaziabad. The ceremony took place at JW Marriott Hotel, New Delhi, on 14 October 2023. This recognition highlights our unwavering commitment to educational excellence and the dedicated efforts of our students and staff in creating an exceptional learning environment.

In addition to this remarkable achievement, we are thrilled to announce that our Principal, **Mrs. Ruchi Gupta**, has been bestowed with the prestigious **Excellence Award** for her outstanding contribution to promoting Creative Skills for Inclusive Growth at the **Eldrok India K 12 Summit**. Her commitment to fostering creativity and inclusivity sets a benchmark for educational leadership.

Notably, our esteemed Principal, Mrs. Ruchi Gupta, was honored with this award, adding to our pride and reaffirming our commitment to excellence. We are overjoyed and resolute in our mission to nurture and mold the future leaders of our society through the transformative power of education. The recognition underscores the dedicated efforts of the students and staff at NRPS in providing a superb learning environment. The institution takes immense pride in this achievement and remains resolute in its mission to nurture and shape the future leaders of our society through the transformative power of education. Let us all applaud her tireless efforts and commitment to shaping a future where every student's potential is valued and celebrated.



ART INTEGRATED CLASS PRESENTATIONS

PRIMARY WING



New Rainbow Public School's primary wing recently witnessed a series of spellbinding class presentations featuring students from Classes I to V. Each performance, held on different dates, showcased the incredible talents of the young learners.

Under the theme "Save Trees, Save Environment," the students passionately conveyed the importance of environmental conservation through diverse artistic expressions.

In another engaging presentation centered around "National Games & Players," the primary students celebrated India's sports culture, showcasing their knowledge and admiration for iconic games and players.

The philosophical theme of "Five Elements of Life" took center stage in yet another performance, where the students explored the interconnectedness of earth, water, fire, air, and ether through various art forms.

"Diversity in Dance: Five Different States" brought the rich cultural tapestry of India to life through vibrant dance performances, each representing a different state.

Turning to the world of ancient epics, the students presented captivating acts on "Ramayana" and "Mahabharat-Abhimanyu Vadh," demonstrating not only their understanding of these timeless stories but also their artistic finesse.

Closing the cultural extravaganza on a devotional note, the theme "Maharaas Radha-Krishna" showcased the students' portrayal of the divine love between Radha and Krishna.



4th ATUL MEMORIAL CRICKET TOURNAMENT



The New Rainbow Public School played host to the 4th Atul Memorial Inter School Cricket Tournament, a commemoration of the 42nd birth anniversary of the beloved Ex-Director, Sh. Atul Agrawal Ji. The tournament, held from December 8 to December 11, 2023, showcased an array of exciting matches and vibrant cultural performances. The opening ceremony was a dazzling display of talents with various colorful stage performances. This cricket extravaganza was graced by the enthusiastic participation of nine schools from Ghaziabad, each showcasing their skills and sportsmanship with utmost flair. The roster of participating schools comprised Heritage Academy, Modinagar; St. Thomas School, IPS Indrapuram; Eklavya Public School, Muradnagar; New Rainbow Public School; JKG International; Gaur International School; DPS Sidharth Vihar; and Vishal International School, Tigri.

The principal of the School delivered a heartfelt appreciation note, commending the stellar performances and imparting words of wisdom. The students were urged to cherish their sportsmanship and uphold the true spirit of the game. The closing ceremony concluded with a collective promise echoing through the air – a commitment to win with style, lose with dignity, and perpetuate the ethos that makes sports a beacon of camaraderie and fair play.

CPR TRAINING



On December 12, 2023, New Rainbow Public School hosted a crucial CPR training session for grade IX and XII students, led by Dr. Anil Kumar, Senior Consultant & Head Critical Care Medicine at Santosh University, Ghaziabad. The collaboration with Navbharat Times added a media dimension to this life-saving initiative. Dr. Anil Kumar, with his extensive expertise, conducted an engaging session, covering essential CPR techniques and emphasizing the importance of timely intervention during emergencies.

The students actively participated in hands-on exercises, fostering a practical understanding of these life-saving skills. Real-life scenarios and case studies shared by Dr. Kumar enhanced the relevance of the training. Overall, the session marked a successful stride toward equipping students with invaluable skills and fostering a community prepared to respond effectively in emergency situations. The school expresses gratitude to Dr. Anil Kumar and Navbharat Times for their impactful contributions to this initiative.

ANNUAL SPORTS DAY



New Rainbow Public School set ablaze the spirit of athleticism and joy during its much-anticipated 'Annual Sports Day' extravaganza on the dynamic day of December 28, 2023. The festivities kicked off with a burst of color as Principal Ma'am and Director Ma'am inaugurated the event by releasing a vibrant array of balloons into the azure sky, symbolizing the soaring aspirations of the students.

A palpable wave of excitement enveloped the entire campus as students from nursery to V enthusiastically embraced the ethos of healthy competition. The event unfolded with a dazzling array of races, featuring enthralling competitions such as the Run the World Race, Back to School Race, Balloon Race, and the synchronized spectacle of Mass PT Drills. Each race reached a crescendo with heart-stopping finishes, leaving both participants and spectators on the edge of their seats, immersed in the thrill of the moment.

The young athletes, brimming with determination and finesse, skillfully navigated through the challenges, imprinting their indelible mark on the day's festivities. The winners, bedecked with certificates and medals, basked in the glory of their well-earned achievements, elevating the event to a pinnacle of celebration.

TRIP TO KIDZANIA



"Learning by doing is the only way I know how to learn." - Albert Einstein

NRPS organized an exciting excursion to Kidzania on December 18, 2023, for students from Nursery to Grade II. The immersive experience allowed them to explore various roles like nursing, policing, baking, and more. Miniature setups mimicked real-world scenarios, fostering creativity and self-discovery. Students earned Kidzos, Kidzania's official currency, through tasks and enjoyed a unique banking experience. The day included diverse activities, delicious treats, and a lavish lunch. This hands-on approach enhanced independence, confidence, and imparted real-life values. The excursion left a lasting impact on our students, creating cherished memories and fostering a spirit of exploration and learning.

HALLOWEEN AT NRPS



New Rainbow Public School ignited the spirit of Halloween on October 31, 2023, with exuberance and delight. Halloween traces its roots to the Celtic festival of Halloween, a time when the Wheel of the Year embarks on a new cycle. Legend has it that during Halloween night, the veil separating the realms of the living and the departed grows thin, allowing the spirits of the dead, fairies, witches, and goblins to roam freely.

The celebration was brimming with a plethora of thrilling activities, and our enthusiastic young ones donned an array of costumes, transforming into demons, devils, ghosts, ghouls, grim reapers, monsters, mummies, skeletons, vampires, warlocks, werewolves, cat women, and witches. To add to the mystique, they dabbled in the creation of eerie and spine-chilling delicacies.

The heart of our Halloween celebration lies in the removal of fear from the minds of our children. Through this event, we aimed to impart an understanding of the traditions and significance of Halloween. It was a day where learning was infused with joy, making it an unforgettable experience for our students.

EDUCATIONAL EXCURSION TO MUSEUM OF ILLUSION & NSC



New Rainbow Public School, on October 11, 2023, organized an educational excursion for students from grades III to VIII, taking them on an enlightening journey to the Museum of Illusion and the National Science Centre in Delhi. This trip provided a remarkable opportunity for students to explore the captivating world of optical illusions and science. The Museum of Illusion challenged their perceptions and allowed them to experience firsthand how the mind can be deceived. Subsequently, at the National Science Centre, students engaged with interactive exhibits and hands-on activities that enlightened them about various scientific concepts, from physics to biology and astronomy. The trip wasn't just educational; it was a delightful experience that encouraged bonding among students, teachers, and the joy of exploration.

This educational experiences like these that contribute to the holistic development of our students, nurturing their sense of wonder and igniting a passion for lifelong learning. The impact of this journey will undoubtedly leave a lasting impression on our students, inspiring them to continue their exploration of the world around them and the boundless opportunities for knowledge and discovery.

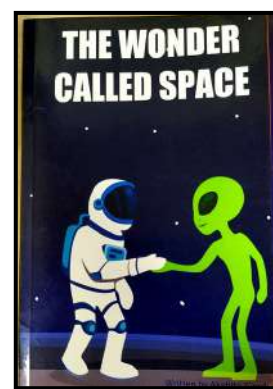
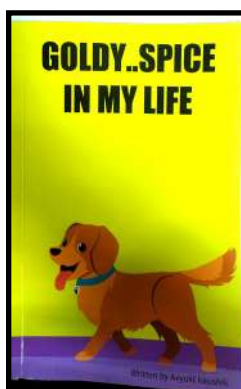
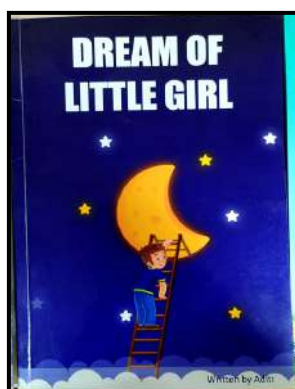
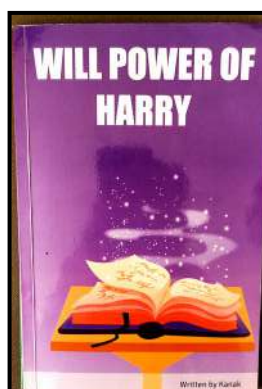
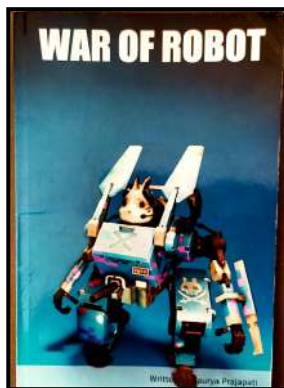
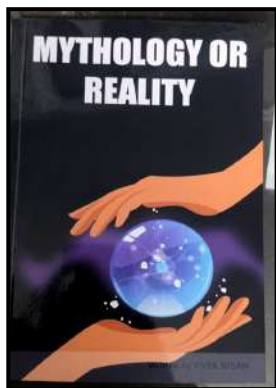
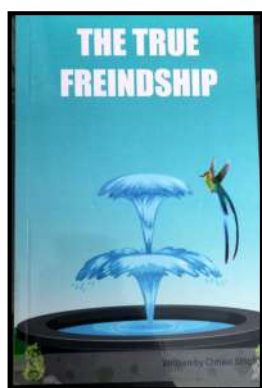
CHRISTMAS CARNIVAL



New Rainbow Public School ushered in the festive spirit with a spectacular 'Christmas Carnival' on December 22, 2023. The campus buzzed with joy, laughter, and merriment as NRPIans came together to celebrate the season of giving. Dedicated to reinforcing the belief in a universal power, the entire day was a testament to the values of hope, peace, joy, and love that we have been blessed with. The Christmas Carnival exuded an amplified festive spirit, creating an atmosphere that exhilarated, inspired, and touched the hearts of everyone involved.

The youngest members of the school, the pre-primary students, stole the show with their colorful costumes and props. Dancing to vibrant tunes, they added an extra layer of joy to the celebrations. In the true spirit of Christmas, the event served as a reminder that the precious gifts of hope, peace, joy, and love should be shared generously with those less fortunate.

BUDDING AUTHORS OF NRPS



NRPS stands at the forefront of nurturing not just academic excellence but also fostering creativity and expression among its students. A testament to this commitment is the active participation of NRPS students on the Bribooks platform, where they have ventured into the realm of book writing with enthusiasm and passion.

These budding authors at NRPS are not just learners; they are storytellers, poets, and prose enthusiasts who have embraced the Bribooks platform to showcase their literary flair. From enchanting storybooks that transport readers to magical realms, to heartfelt poems that evoke emotions, and insightful prose that reflects a depth of understanding beyond their years, the students have contributed a diverse array of literary works.

The Bribooks platform serves as a dynamic canvas for these young minds, providing them with a space to unleash their creativity and share their unique perspectives with a wider audience. NRPS takes immense pride in the accomplishments of its students, recognizing that each authored book is a testament to individual creativity and the school's dedication to holistic education.

This vibrant literary culture within NRPS not only enriches the school's academic environment but also reinforces its commitment to nurturing well-rounded and imaginative individuals.

A Picture speaks a thousand words.....



**WORLD AIR FORCE DAY
CELEBRATION**



GLOBAL HANDWASHING DAY



BUTTERFLY GARDEN



**DIWALI
CELEBRATION AT NRPS**



GANDHI JAYANTI CELEBRATION



DUSSHERA CELEBRATION



VISIT TO ORPHANAGE



**WINNER OF
'I CAN MAKE A CHANGE' - BY
NEHRU WORLD**



**WINNERS OF TALENT HUNT
BY MAHARSHI DAYANAND**



**WINNERS OF STORY TELLING BY
UTTAM SCHOOL FOR GIRLS**



**WINNERS OF CAPTION FREE COMPETITION
BY - THE GURUKUL**



**WINNERS OF WALL PAINTING BY
SHAPPHIRE WORLD SCHOOL**



**WINNERS OF STORY TELLING COMPETITION BY
CH.CHABIL DAS SCHOOL**



**CAREER COUNSELLING BY
SANSKAR SHALA**



**AWARENESS SESSION ON ROAD SAFETY BY
GHAZIABAD POLICE**



**SESSION ON EMERGING IT TRENDS BY
JIMS COLLEGE GREATER NOIDA**



CAREER COUNSELLING BY HCL

NRPS in NEWS



NEW RAINBOW PUBLIC SCHOOL
(Affiliated to C.B.S.E., Delhi 10+2)

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NUR to IX & XI

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रामायण व महाभारत के किरदार निभाए



एनबीटी न्यूज, गाजियाबाद: न्यू रेनबो पब्लिक स्कूल, प्रताप विहार के कक्षा 4 और 5 के बच्चों ने रामायण व महाभारत की गौरवमयी गाथा के किरदारों को अपने अभिनय से जीवंत कर दिया। उन्होंने बुराई, अधर्म व अन्याय के आगे कभी न झुकने का संदेश भी दिया। समारोह का उद्घाटन स्कूल की प्रधानाचार्य रुचि गुप्ता व निदेशक मुनीष अग्रवाल ने किया। रुचि ने बताया कि समारोह का आयोजन सीबीएसई की कला एकीकृत परियोजना के अन्तर्गत हुआ।

वार्षिक उत्सव में बच्चों ने दौड़ में दिखाया दमखम



न्यू रेनबो पब्लिक स्कूल में वार्षिक खेल दिवस के दौरान खेल में हिस्सा लेते विद्यार्थी दिख रहे हैं। सभी प्रतिभागियों को प्रशस्ति पत्र एवं मेडल देकर सम्मानित किया। प्रधानाचार्य रुचि गुप्ता ने कहा कि खेल का व्यवस्थित निर्माण में बड़ा योगदान होता है। एक ओर ये शारीरिक एवं मानसिक विकास में महत्वपूर्ण भूमिका निभाता है, दूसरी तरफ भविष्य निर्माण एवं जीविकोपार्जन के लिए अवसर देता है।



कहानी से मिली मां की तरह ही अनमोल धरोहर पृथ्वी का ध्यान रखने की सीख : रुचि गुप्ता



सामाजिक धार्मिक गतिविधियों में भी दैनिक जागरण ने अपनी भूमिका का बखूबी निर्वाह किया है यही बजह है कि यह सभी वर्ग का खास खबर है दैनिक जागरण दिल्ली एनबीटी के 33 स्थापना दिवस की हार्दिक शुभकामनाएं।

Editors



Ms Priyanshi



Ms Alka

Using

Mindfulness and Meditation Practices

TO PROMOTE FOCUSED ATTENTION AND EMOTIONAL REGULATION IN STUDENTS

Ruchi Gupta
Principal
New Rainbow Public School
Ghaziabad, UP

"In the midst of movement and chaos, keep stillness inside of you."

- Deepak Chopra
A renowned physician and author

In today's rapidly evolving world, students often face numerous distractions that impede their ability to maintain focused attention and regulate their emotions effectively. However, amidst the chaos, mindfulness, meditation, and yoga have emerged as transformative practices that can help students reclaim their inner calm, nurture emotional well-being, and enhance their academic journey. Scientific research consistently highlights the profound benefits of these practices on mental and emotional well-being, making them powerful tools for students to navigate the complexities of their educational and personal lives.

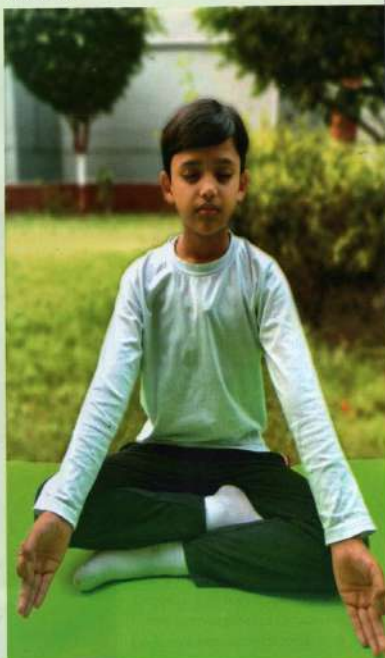
Mindfulness and meditation empower students to develop self-awareness and present-moment focus. By engaging in mindfulness, individuals learn to anchor their attention to the here and now, rather than being carried away by thoughts and distractions. This intentional presence fosters focused attention, enabling students to fully immerse themselves in their studies and absorb information effectively. Regular practice helps individuals become attuned to their thoughts, emotions, and bodily sensations, empowering them to respond to challenges with resilience and equanimity.

Complementing mindfulness and meditation, yoga provides a holistic approach to cultivating focused attention and emotional regulation. Through intentional postures, breath control, and meditation techniques, yoga harmonizes the mind, body, and spirit. This unity enhances concentration, enabling students to engage with their studies from a place of centered focus.

Furthermore, mindfulness, meditation, and yoga equip students with invaluable tools for emotional regulation, stress reduction, and overall well-being. Through breath control and relaxation techniques, meditation and yoga provide effective tools to manage stress and anxiety, promoting inner calm and balance.

To introduce these practices into educational settings, schools can incorporate dedicated mindfulness programs, integrate mindfulness exercises into the curriculum, or allocate specific periods for meditation and yoga practice. Educators can guide students through brief meditation sessions, encouraging them to focus on their breath, body sensations, or loving-kindness.

In conclusion, integrating mindfulness, meditation, and yoga practices holds tremendous potential in empowering students to enhance focus and emotional regulation. Through these practices, students can access their inner reservoir of tranquility, enabling them to navigate the demands of academic life with grace, clarity, and emotional balance. By incorporating mindfulness, meditation, and yoga into educational settings, we establish the foundation for a future generation of mindful, resilient, and flourishing individuals.



हेरिटेज पब्लिक स्कूल ने जीता क्रिकेट टूर्नामेंट



एनबीटी न्यूज, गाजियाबाद: हेरिटेज पब्लिक स्कूल ने चतुर्थ अंश मेमोरियल इंटर स्कूल क्रिकेट टूर्नामेंट जीत लिया। न्यू रेनबो पब्लिक स्कूल प्रताप विहार में आयोजित टूर्नामेंट के फाइनल में जेकेजी इंटरनेशनल स्कूल को 137 रन से हरा दिया। हेरिटेज ने पहले बल्लेबाजी करते हुए 30 ओवर में मेन ऑफ द मैच केशु के 95 रन की मदद से 199 रन बनाए। जवाब में जेकेजी की टीम 17 ओवर में 62 रन ही बना सकी। बेस्ट बैट्समैन एकलव्य पब्लिक स्कूल के केशु रहे। हेरिटेज पब्लिक स्कूल के अश को बेस्ट बॉलर का पुरस्कार मिला, वह केशु को मेन ऑफ द सीरीज का पुरस्कार दिया गया।

हार्ट अटैक के दौरान कैसे बचाएं जान, NBT संग CPR पाठशाला में दी जानकारी



एनबीटी संग सीपीआर कैंपेन के तहत हमारी टीम मंगलवार को प्रताप विहार के न्यू रेनबो पब्लिक स्कूल पहुंची। इसमें छात्रों को हार्ट अटैक के समय सीपीआर देने का महत्व, तकनीक का प्रयोग कर मरीज को किस प्रकार जान बचाई जा सकती है, इसकी ट्रेनिंग दी गई। देखें पेज 2

बच्चों में उत्साह, कहा- हमने सीखा, दूसरों को भी सिखाएंगे

एनबीटी की यह पाठशाला बहुत उपयोगी है। सीपीआर क्या है और इसका कब और किस पर कैसे प्रयोग करना है, इसकी जानकारी मिली। अब मैं यह बात निश्चित रूप से कह सकती हूँ कि अब मैं इसे ठीक प्रकार से कर सकती हूँ और किसी की जान भी बचा सकती हूँ।

-नौरी शर्मा

फिल्मों में सीपीआर देते हुए देखा था और इसके बारे में सुना भी था। मगर, इसे किस प्रकार करना है और किस पर करना है, इसकी जानकारी नहीं थी। सीपीआर की पूरी जानकारी मंगलवार को डॉ. अनिल से ही मिली। उन्होंने बहुत ही सरलता से पूरी प्रक्रिया के बारे में समझाया।

-निहाल कुमार

डॉ. अनिल ने सीपीआर की हर जानकारी दी। उन्होंने पहले खुद इसे करके दिखाया। इसके बाद डमी पर बच्चों से प्रैक्टिकल करवाया, जिससे आत्मविश्वास बढ़ा है। अब संकट के समय मैं भी किसी की जान बचा सकता हूँ। दूसरों के भी इसके बारे में बताऊंगा।

-हर्ष सक्सेना

पहले सीपीआर के बारे में अधिक जानकारी नहीं थी, अब पता है कि सीपीआर कैसे और कैसे देनी है। घर पर भी सभी को जानकारी दूंगी। साथ ही आस-पड़ोस में रहने वालों को भी बताऊंगी ताकि सीपीआर से अधिक अधिक लोगों की जान बचाई जा सके।

-साची कुमारी

एनबीटी की लाइफ सेवर पाठशाला से सीपीआर की छोटी से छोटी जानकारी भी मिली। अब मैं इसके बारे में सब कुछ जानती हूँ इसलिए, यह बात पूरे भरोसे से कह सकती हूँ कि किसी को अचानक हार्ट अटैक आने पर सीपीआर देकर मैं जान बचाने का काम कर सकती हूँ।

-गुजन चौहान



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