

JIVA

Sandesh

April to September
2020



BEYOND
Classroom

LOCKDOWN
TALENT

A Holistic
Pedagogy
In unison with NEP

President's Message



Jiva Public School
a role model for the new
education policy

Dear Parent,

As you know that the Government of India has initiated the process of formulating a New Education Policy based on the ancient Indian knowledge and science, which lays particular emphasis on the all-round development of each child. For Jiva Public School, it is a matter of pride that we have already been working in this direction for the past 26 years. Our school has been at the forefront of providing a happy, caring and stimulating environment to children, where they recognize their true strengths and nature, and therefore achieve their full potential. Our teaching pedagogy helps in character building and creates holistic and well-rounded individuals equipped with the key 21st-century skills.

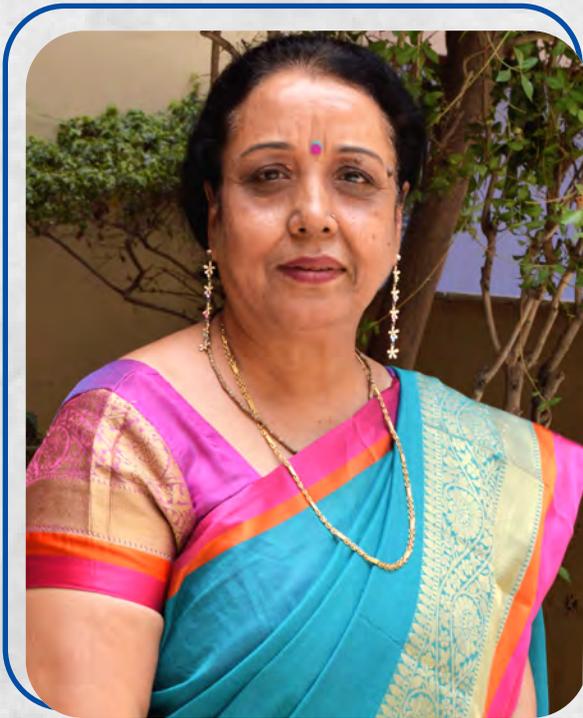
The aim of education in ancient India was not just to impart academic knowledge but also to develop a good human being capable of rational thought and thinking, possessing courage and resilience, scientific temper and creative imagination, with sound ethical values and principles. At Jiva, we are already following this interdisciplinary approach to learning. We integrate different programs and learning methods right from the earliest years of a child's life that help develop the character, behaviour and moral outlook of the students. The moral pillars of Dincharya Ke Niyam (DKM), Self, Others and Environment (SOE), and Swadhyay have positioned Jiva Public School at the pinnacle of education. The school has always aimed at guiding each student, channelizing their energy by identifying and nurturing their true nature, skill, potential and capabilities. This approach towards holistic development has made our students responsible and successful citizens of the society.

Since the inception of the school, we have always been committed to creating an environment, which helps the young mind to blossom and provides a platform for individual thinking and holistic development of a child's personality. With the new education policy in place and with your support, I am sure we will keep on providing excellent education to our students.

Wishing you health, happiness, and peace.

- Rishi Pal Chauhan

Director's Message



**Every challenge opens
up a new opportunity**

Dear Parent,

Despite all the COVID-19 maladies, the pandemic disruption has brought awareness to new possibilities of delivering learning in the schools and in ushering young minds into the future on a more holistic level. The pandemic became a catalyst for us to search for innovative solutions in a relatively short period. The pandemic is also an opportunity to remind ourselves of the skills students need in this unpredictable world such as informed decision-making, creative problem solving, and perhaps above all, adaptability. The educators of Jiva turned this challenging situation into a new opportunity by focusing on building resilience in children and ensuring that they are prepared to face the difficult times.

Lessons learned from the sudden disappearance of the traditional classroom stage and the isolation of each learner in his or her own space made us realize that online learning technology could play a significant role in imparting knowledge to our students. To achieve that our teachers acquired new skills in online learning engagement. Our teachers quickly gave away the fear of technology and explored ways to integrate it into their pedagogy. Traditional in-person classroom learning was replaced by new learning modalities - digital apps, software, and online tools. To make the best out of the e-learning platforms, our teachers not only focused on academics but also taught life-skills to the students. Right from teaching different kinds of culinary skills to connecting the students with nature by planting trees and invoking their bodily senses and musical intelligence by activities like singing, dancing and Sanskrit shlokas, all the activities were well-thought and well-executed by our teachers through the digital platforms. We are so proud of our students who embraced virtual learning with full zeal.

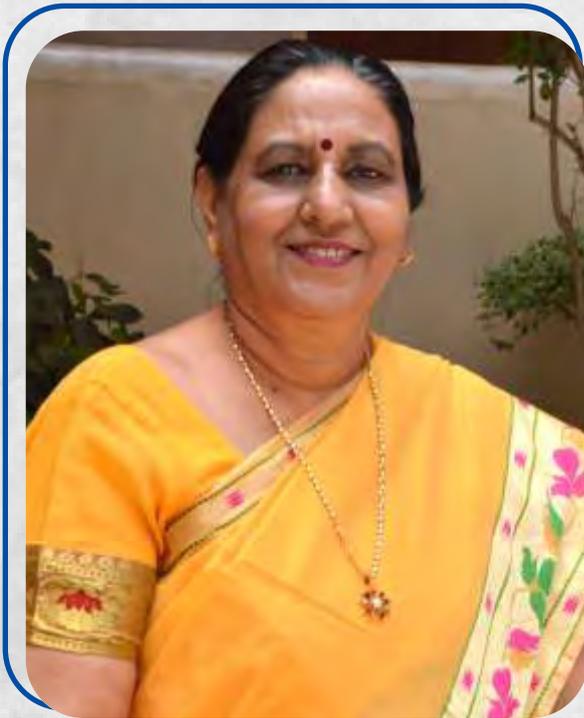
What has been made clear through this pandemic is that every challenge opens up a new opportunity and we should embrace it. If online learning technology can play a role here, it is incumbent upon all of us to explore its full potential. I would also like to extend my sincere thanks to all the parents who have equally made this new learning experience a success for our students and teachers by adapting themselves to help the students.

With warm regards,

- Chandar Lata Chauhan



Administrator's Message



**We believe in providing
'education for life' to
each child**

We at, Jiva, are a vibrant learning community with a warm and friendly atmosphere. Our mission is to provide our children with the best learning opportunities and programs. In my opinion, every child has his own possibilities to flourish. All he needs is an opportunity to identify his unique qualities and environment where his talent blooms. At Jiva, our aim is to identify this uniqueness and nurture each child according to his nature by imparting academic as well as skill-based education.

We believe in providing 'Education for Life' to each child, which encompasses not only knowledge but also, enhance the talents and life skills necessary for the holistic development of the child. We work hard and provide our students the right environment, which help in honing their skills thereby bringing out the best performance in them. I feel extremely happy to announce that the result for ISC and ICSE batch 2019-20 was 100% with many students scoring above 90s across the subjects. Besides achieving academic excellence, we also utilized the online platform in the best possible way amid the pandemic situation and exposed our students to a host of Inter-school and In-house Competitions with the submission of videos, voice clips, images, and live video performances. Our students proved their mettle by contesting at the global level too. Aayushman Choudhary was declared the Grand Prize Winner by contesting for International Google Code-in by J Boss Community, California. Krishitika and Akanksha participated in Wings of Peace - Model United Nations and received Special Appreciation Award. These are just a few, not to mention the list of Inter-school and In-house results.

With supportive management, dedicated teachers, caring and cooperative parents, we blend to create a child-centric school, where ethical values and social responsibilities are the hallmarks and we will continue to do so. Thanks for keeping the faith and confidence in us. Your faith in us is our driving force.

Warm Regards

- Mukta Sachdeva

॥ धर्म ॥

- *the right way of living*

Dharma is anything that upholds or sustains a positive order. Dharma, in layman terms, can be understood as the right way of living harmoniously with other entities of the universe with gratitude. Dharma is a concept of righteousness taught under every religion, every school and especially our school 'Jiva'.

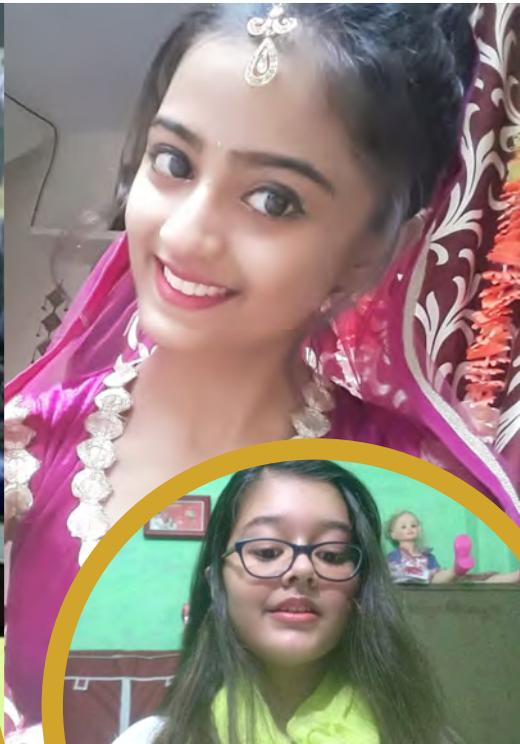
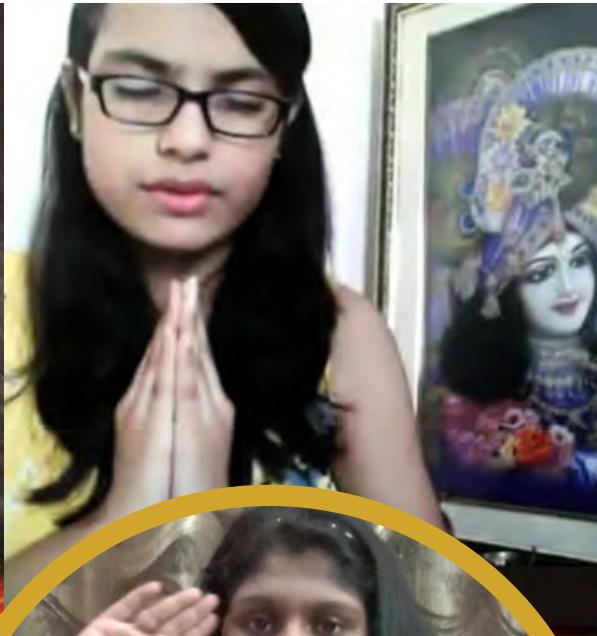
In Hinduism, the word 'Jiva' (Sanskrit: जीव) means a living being or an entity imbued with a life force. The word itself originates from the Sanskrit verb-root *jiv*, which translates to "to breathe or to live". The Jiva, as a metaphysical entity, has been described in various scriptures such as the Bhagavad Gita and Upanishads. The *Jivas* are vulnerable to the influence of both good and evil. Hence, our school facilitates the journey of life from the state of bondage and ignorance to the right knowledge and liberation through successive stages of self-purification, enlightenment and spiritual transformation with special duties and responsibilities. Jivites uphold the philosophy of D.K.N to remain stable and free from delusions.

Ancestral Dharmas are difficult to maintain in the kaliyuga (modern world) as duties and responsibilities followed by our ancestors were different as per their lifestyles and habits. But a lot of common principles which can be taken into considerations are Truth, Control of the mind, Discipline, Austerity, Purity, Contentment, Forgiveness, Honesty, Knowledge, Generosity, Self-study, Non-violence, Realization of Atmann (Swadhyay), Work, and Charity.

The nature of ocean waves is to rise and fall but when the natural harmony of an individual entity is disturbed, the 'Dharma' breaks and 'Adharma' sustains and the harmonious waves result in floods and destructions. Human mishandles the nature and therefore disturbs the natural harmony of nature, the only possible way out to restore 'Adharma' back to 'Dharma' is through a disciplined life that comes from religious following of D.K.N and by Swadhyay.

- Aman Sharma, XII A





MORNING VIRTUAL ASSEMBLY

Online revelry on Janamashtami at Jiva

Jivites assembled virtually to celebrate Independence Day

The students celebrated Janamashtami with full fervour and enthusiasm. A special morning assembly was conducted on the occasion. The programme started with musical Gayatri Mantra, followed by Shlokas, Quiz, Dance and Krishna Leela. A valedictory message was conveyed to all the students that no matter in what circumstances we might be in, we should always possess a positive approach.

The Jivites patriotic fervour, undeterred by lockdown, brought them together virtually to celebrate the 74th Independence Day. The online felicitation commenced with the Gayatri Mantra and patriotic songs, followed by a rhythmic dance performance, recitation of self-composed poems, speeches, a quiz, and a short skit based on the life of soldiers.

List of Best Students

List of Best Students 2019 - 20 (Classes VI - XII)

On the basis of:- Academic, Behaviour (Observation file / Portfolio / SOE), Discipline, Extra Curricular

S.No.	Class	Student's Name	House
1	VI A	Ankit Kodan	Ashoka
2	VI B	Enakshi Das	Laxmibai
3	VI C	Himangi Narula	Laxmibai
4	VI D	Nilesh Kumar	Meerabai
5	VI E	Radhika Sharma	Tagore
6	VII A	Himanshi Bhatia	Ashoka
7	VII B	Muskan Yadav	Tagore
8	VII C	Simran Kaur	Ashoka
9	VII D	Yeleena	Laxmibai
10	VIII A	Yahvi Mukherjee	Meerabai
11	VIII B	Samiksha Kalra	Ashoka
12	VIII C	Tanushree Dubey	Meerabai
13	IX A	Aakansha Chaudhary	Tagore
14	IX B	Isha Chaudhary	Ashoka
15	X A	Prateek Raj	Ashoka
16	X B	Vijay Arora	Ashoka
17	XI A	Nikita Singh Rawat	Ashoka
18	XI B	Dhanishtha Verma	Ashoka
19	XII A	Dushyant Singh	Laxmibai
20	XII B	Tarushi Sharma	Meerabai

7th NATIONAL CONFERENCE 2020

ON TEACHING, LEARNING AND LEADERSHIP



AWARDS & ACCOLADES

School Excellence Award by Brainfeed

The felicitation by the National Conference by Brainfeed on 6th Feb 2020 at New Delhi was a proud moment for Jiva Public School on being awarded School Excellence Award for its committed efforts and fructifying vision with innovative practices to groom young learners with skills for life. The proud recipients for the coveted honours were

Director Mrs. Chander Lata Chauhan and Administrator Mrs. Mukta Sachdeva. This prestigious School Excellence Award is given in categories of Innovative Practices, STEM Education Schools, Co-curricular Activities, Community and Collaboration Schools, for enriching the standards in imparting excellence in education to the GenNext learners.

Excellence in STEAM Education Award

Jiva Public School has been awarded for extraordinary contributions to the education sector at the 5th Global Education and Skill Summit held on Monday,

5th October 2020 (World Teachers Day). Jiva has been selected as an award winner in the category of "Excellence in STEAM Education".

Artha

- the pursuit of ethical earning,
money & wealth

Artha is one of the four goals of human life in Indian philosophy. As a concept, it has varied meanings, all of which imply 'means of life' - activities and resources that enable an individual to remain in the desired state. For an individual, Artha includes wealth, a career to make a living for prosperity and a peaceful happy life. Earning to support the basic needs and facilities of family and self is not only a fundamental right but also a key responsibility of the primary earners of the family. However, providing ethical and meaningful livelihood is the core meaning of Artha as a part of four pursuits of life. Artha is a foundation for well-being, progress and security in society at an individual level.

The ancient literature observes that the relative precedence of Artha is different for different people at different stages of life. For a child, education is the goal for better living and takes precedence. The second phase of life (*Grihastha*) rests on the assumption that materialistic well-being is a necessity for man and is closely related to statecraft, general social order, effective administration and rational policies that are key to creating a dharmic peaceful society.

The students at Jiva have a well-defined vision to be motivated with different life skill philosophies, academics and creative activities. Such activities help keep students engaged and give us a chance to extrapolate and nurture our qualities and qualifications through proper learning and education, under the guidance of highly experienced and accomplished teachers and experts. At Jiva, students acquire knowledge and ability to think and exercise skills to make the right decisions in practical life. In true sense, our school is an alchemist to Artha's pursuit with empathy and compassion in every heart.

-Diksha Phagna, XII B



EURIDITION

A Multi-skill Development Programme for Teachers

Teachers have an influence on the learning outcomes of students and have a deep impact on their future contribution to society. An inspired and well-informed teacher helps the future generations acquire knowledge, guide them on the right path and help them acquire the skills necessary to lead a productive life and

contribute to society. A teacher, therefore, plays an important role in the creation of a society that is healthy, productive and peaceful. Keeping the same in mind, Jiva Public School organized a multi-skill development Programme for teachers to upgrade them with new skills and teaching pedagogy.



LOCKDOWN TALENT

From the moment the central government announced a nation-wide lockdown, Jivites engaged themselves in discovering their hidden talents. The lockdown helped many students unleash their creative sides and to channelize their creative expressions in the right direction, we organized the 'Lockdown Talent Hunt.' From rediscovering hobbies and learning new skills

to trying hands-on painting, sketching, dancing, storytelling and cooking, Jivites zealously performed different activities and sent their entries online in the form of pictures and videos. They mesmerized the listeners with their melodious songs and some stirred the hearts with their amazing self-composed poems.



**Presentation on COVID-
Himanshu VIII B**

Ishita Vishnoi VIII A



**Presentation on COVID-
Vaishnavi Gaur VI A**

**Presentation on COVID-
Harshita Raj VI B**

**Best Speaker in
Elocution- Vasvi VIII C**

VIRTUAL EVENTS

Keep Students' Creativity Intact

While others believed that unplanned and rapid move to online learning with no training, insufficient bandwidth and little preparation would result in poor user-experience that is uncondusive to sustained growth, Jiva believed that the integration of digital technology in education

would further acceleratethe learning process and would eventually become an integral component of the school education. Be it academics or extracurricular activities, Jivites enthusiastically participated in all In-House Competitions using various online platforms.

JIVAGRAM CENTRE FOR WELLBEING

Haryana's First NABH Accredited AYUSH Hospital

Jivagram Centre for Wellbeing, located in the countryside of Faridabad, is a unique health centre that embodies the traditional principles of 'gram' and the time-honoured science of Ayurveda in a 'Vedically' designed modern hospital. It is the first AYUSH hospital in Haryana accredited by National Accreditation Board for Hospitals & Healthcare providers (NABH), a constituent board of the Quality Council of India. The accreditation is a reflection of the highest standards of safety and hygiene that we maintain at the centre while offering the best quality ayurvedic treatment to our patients.



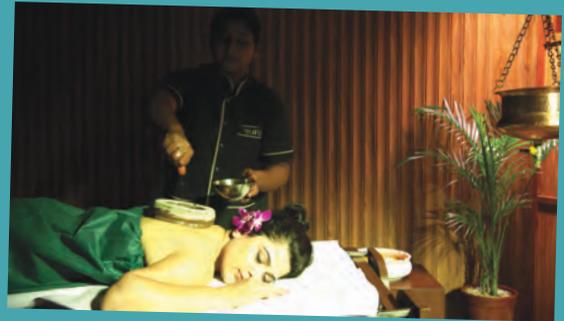
At Jivagram, we commit ourselves to provide our visitors a haven for their complete holistic wellness while taking care of hygiene and safety standards. We strictly adhere to the most advanced safety protocols amid the current crisis.

JIVAGRAM CENTRE FOR WELLBEING



Built on core Ayurvedic values of targeting the root cause of illnesses, Jivagram believes in the complete wellbeing of an individual - one that incorporates the mind, body and soul. Its Ayurvedic treatment approach, derived from ancient and traditional Ayurvedic practices, is suited to address the individual needs of every patient. And to that end, Jivagram provides customized Ayurvedic medicines and treatment, along with guidance on diet and lifestyle.

The highlight of Jivagram's well-groomed Ayurvedic practices is thorough detoxification and rejuvenation of the body through personalized Panchakarma therapy sessions. This renowned five-step cleansing process eliminates diseases, balances the doshas, and helps patients attain a healthy and purified body, full of positive energy. Apart from Panchakarma therapies, Jivagram also offers personalized Yoga Sessions, Raga Chikitsa, Art Therapies, and Ayurvedic Cooking Classes as support to the mainline treatments.



Designed ecologically for optimal health, Jivagram is therapeutically crafted using natural, and ecologically sustainable building materials - mud brick, bamboo, wood, and stone combined with gentle lighting, soothing sounds and healing scents to enhance the element of sattva (purity) in our patients.

In view of recent times, Jivagram also adheres to precautionary measures and COVID safeguards, maintaining thorough and stringent hygiene procedures throughout a patient's journey. The hospital-grade cleaning and screening protocols make Jivagram a secure, welcoming and trusted environment.



With all the safety measures and protocols, we welcome you again to experience the healing benefits of Ayurveda treatment and therapies in the midst of nature. Discover more about the amazing and unique holistic healing features of Jivagram at: <https://jivagram.jiva.com/>

AYURVEDIC PREVENTIVE TIPS FOR COVID-19



By: **Dr. Partap Chauhan**
(Director, Jiva Ayurveda)

The Coronavirus (COVID-19) is the worst pandemic that the world is facing at present. As of today, there is no treatment for this virus in any of the medical systems - modern or traditional. Ayurveda, the ancient medical system of India, has been used by millions of people, in India and abroad, both for prevention as well as treatment of patients, those who were COVID-19 positive but were either asymptomatic or had mild to moderate symptoms. As the pandemic is not yet over, we should take the utmost care to prevent ourselves from this virus. Below are some simple Ayurvedic tips that may help in prevention.

Do not panic: Fear and negativity reduce immunity, which is our disease-fighting strength. Excessive mental stress also affects our digestion and thus causes the formation of "ama", a toxic material that is responsible for causing many diseases.

Hygiene: Maintaining hygiene is the best way to prevent the virus from entering your body. Wash hands often with soap and water, use sanitizers, cover your nose while sneezing, wear a mask while going out, and avoid visiting busy and crowded places.

Boost your immunity: We all know that strong immunity is necessary to fight any kind of foreign body or disease. Coronavirus primarily affects the lungs and the respiratory system. Eating a tablespoonful of Chyawanprash daily enhances the immunity, specifically that of lungs and respiratory system. Amalaki or Amla (*Emblicae officinalis*), Guduchi/Glioy (*Tinasporacordifolia*), Neem (*Azadirachtaindica*), Kutki (*Picrorhizakurroa*), Tulsi (holy basil), Ashwagandha (*Withania Somnifera*) and Shatavari (*Asparagus Racemosus*) are some of the Ayurvedic herbs that act as immune-modulators.

Robust digestion: In Ayurveda, good digestion or strong digestive fire plays a very important role in fighting diseases. Eat a piece of fresh ginger or drink ginger tea. Mint tea, cinnamon tea and fennel tea are also good.

Detox water: Take one-liter water and add to it one teaspoonful of each - fennel, cumin, coriander powder and fresh grated ginger. Boil everything together for a few minutes, filter and fill in a thermos. Keep sipping this water throughout the day.

Steaming/Gargle/Nasya: Putting 2-3 drops of Anu oil or sesame oil in each nostril and sniffing it in will not only lubricate the nasal passage and throat but also strengthen the inner mucus membrane to keep away foreign bodies. Gargling with lukewarm salty water 2-3 times a day and taking steam once or twice a day helps clear the nasal passage, sinuses and throat.

Abhyanga: Apply oil all over the body and rub gently 2-3 times in a week. A layer of oil on the body acts as a barrier to the entrance of microbes.

Oil pulling: In the morning before brushing your teeth, take one tablespoonful of sesame oil or coconut oil in your mouth and swish it around for a few minutes and then throw out the oil in the toilet or sink. Make sure you do not swallow the oil.

Sound sleep: Sleep is the diet of our mind. It is necessary to have a deep and sound sleep for 6-8 hours. Try to go to bed by 10 PM and wake around 6 AM.

Exercise, Yoga, Pranayama: You must exercise for 30 to 40 minutes daily. Walking, Stretching, Yoga and Pranayama are good exercises both for body and mind.

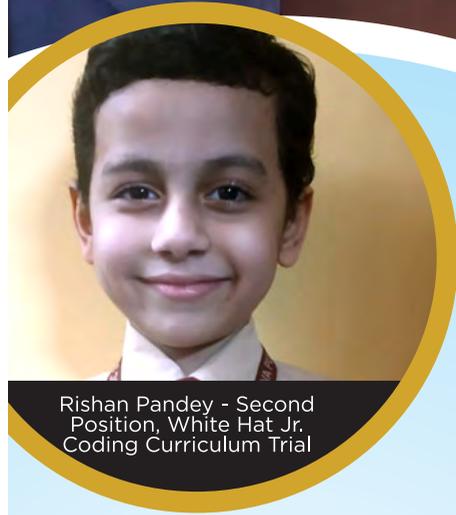
Once again, please stay calm and stay positive. I wish you all health and happiness.
For any other queries, please feel free to contact Jiva (info@jiva.com) or visit our website (www.jiva.com) Jiva Helpline number: 0129 4040404



Jivansh VII- White Hat Jr. (Game Developer Awarded for Generating his own Web Link)



Aayushman Choudhary XII (Batch 2019-20) Grand Prize Winner of Google Code-in by JBoss Community



Rishan Pandey - Second Position, White Hat Jr. Coding Curriculum Trial



Nischay XI - Second Position in Ad making competition at Grand Colombus



Himanshu XII A- Best Dressed Male

JIVITES EXCELLED AT International and National Level

Jiva has always set the benchmark for providing students the opportunities to participate in various inter-school competitions, which aimed at encouraging the students to lead a purpose-driven life,

nurturing the spirit of creativity and innovation among participants. While staying safe at home, Jivites welcomed the opportunities and expressed their varied talents and skills in various events.

JIVITIES PERFORMED AT SURAJKUND CRAFTS MELA



ACTIVITIES PERFORMED AT SURAJKUND CRAFTS MELA



कामा

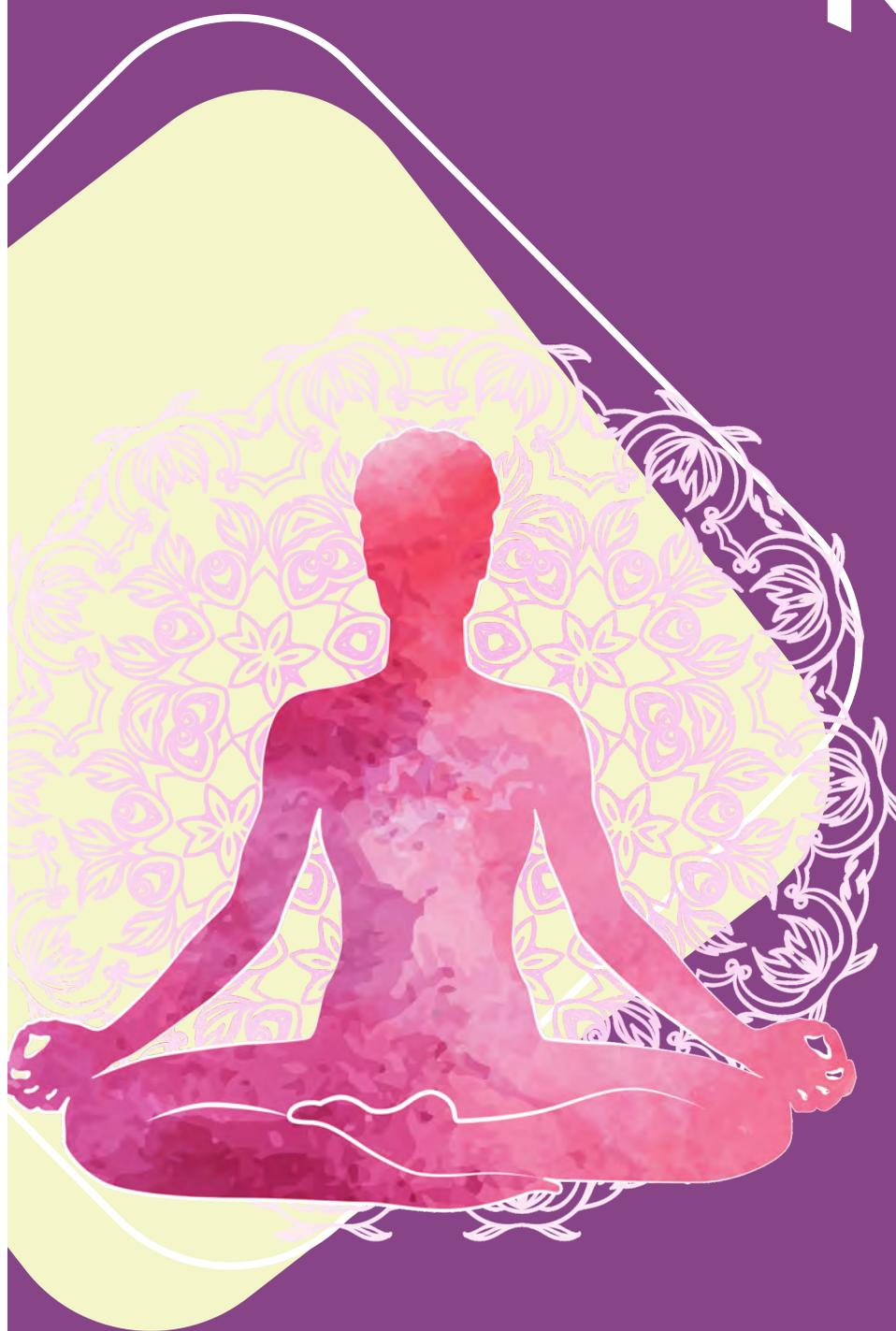
**- actions performed to
live a positive life**

Kama means action, work, or deed. It also refers to the sum total of a person's actions as well as the actions themselves. According to the theory of Kama, what happens to a person happens because of their actions. In other words, Kama is action whether physical, mental, individual or performed by a group. If you believe in Kama, you should know that whatever goes around comes around.

A student's journey is an ongoing process of exploration, discovering and re-evaluation. A student's Kama needs to be upright, positive and contributing to self and the world at large. Educational Institutes play a vital role in a student's life for developing the right mindset, actions and habits. Fortunately, our school is the best as they focus on the holistic development of students and inculcate the right habits and actions through unique practices like SOE. The school ensures that every student frames concrete goals and assists in enhancing our imagination and turning our dreams into reality. In my opinion, setting concrete goals help one to organize time and resources better, visualize and work towards achieving them through the right set of actions. When you have specific goals that are realistic and achievable, you're far more likely to achieve the said goals. There's nothing like the sense of accomplishment that comes from setting a specific goal, working hard and then finally attaining it. It makes you feel confident and secure in your own abilities and adds a unique set of values, beliefs and morals that help to contribute to the community on a larger scale.

Kama further help students in measuring their portfolio and equip themselves with a sense of purpose and the competences that they need to shape their lives and teaches them to respect the ideas, perspectives and values of others.

Agushi, XII B



JIVITES OUTSHINE IN ICSE AND ISC 2019-20!

Once again, our students have proved their mettle with 100% result for ICSE and ISC board examination. JPS facilitates ICSE students with Science and Commerce Stream and ISC students with Science, Commerce and Arts Stream. A total of 59 students appeared for the ISC board examination and 85 for ICSE.



Himanshu Mittal
NON-MEDICAL 93%

Cleared JEE
Advanced Exam

ISC TOPPERS 2020



Akansha Jaiswal
MEDICAL 90.4%



Gaurav Bhatia
COMMERCE 88%



Gautam Papreja
COMMERCE 85%



Sarika Tanwar
HUMANITIES 83%



Geeta Chandila
HUMANITIES 82%

ICSE TOPPERS 2020



Prateek Raj
MEDICAL 94%



Muskan
MEDICAL 93%



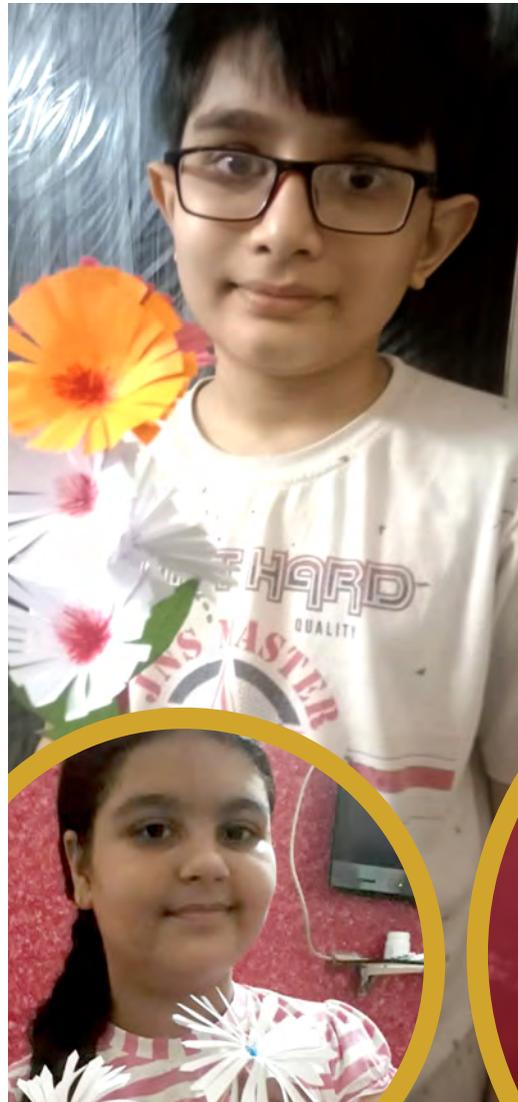
Vijay Arora
COMMERCE 96%



Simarjeet Kaur
COMMERCE 95.5%

The Chairman Shri Rishi Pal Chauhan, Director Mrs. Chander Lata Chauhan, and Administrator Mrs. Mukta Sachdeva appreciated the hard work of all the students and wished them a very bright future. The Director Mrs. Chander Lata Chauhan said

that the academic staff was very joyous and elated on the success of their students, who had followed the philosophies of the school stringently as the basis of their achievement which is very significant in itself. She also congratulated all parents for their support.



BEYOND CLASSROOM

Jivakul Club Activities,
an innovative approach to learning

The school understands that each child is a positive asset and a precious resource that needs to be cherished, nurtured and developed with utmost care and tenderness. Therefore, the school provides endless opportunities for students to learn new skills and ignite new passions in them. A strong and varied co-curricular

Programme is an integral part of the school. The experiential methodology of the Jivakul Club gives students prospects to be active in their societies and to take their education beyond the classroom. This, in turn, helps students in their overall development and prepares them for their future.

KID'S SECTION

Corona - A name that has upturned our life

Corona - A name that has upturned our life

A killer, with edges sharper than a knife

All the streets are empty,

and so are the shopping malls

And no trace of life outside,

none at all.

Nobody dares to venture out,

everyone is gripped with fear

We are locked down at home

with our near and dear

Those who even dared to go out,

got smacked by the Policemen.

After all, when will we learn

When we are gripped, then?

People who didn't believe in God

Now pray day and night.

We all are one voice in this

We hope to stay alright

Nobody's going to school anymore

or to their best friend's house,

or to play outdoors.

No malls or parties during this phase.

Just stay home and stay safe.

Wear a mask when you go outside,

or meet your in the doctors sight.

Wash your hands with sanitizer and soap,

and never ever lose your hope.

Social distancing is the only way,

To fight coronavirus, I say.

We all are together fighting like a team,

and soon we will defeat Covid 19.

- Jivansh Singh, VII A

KID'S SECTION

The Mischievous Disciple & The Hidden Treasure

Once upon a time at Aruna Marg, a crowd gathered with so much excitement. What does it mean..? A few of them said, See! There is something inscribed on it, seems a stick, a donkey and a man is engraved on the rock. The crowd looked for someone from the nearby monastery. One of the disciples looked at the rock carefully and exclaimed, "This is very simple to learn, it is a magical stick which belongs to a superhero, who spent his entire life protecting the village. He must have died long back. Every person using this road will take birth as a donkey in the next birth."



Though the disciple did not know anything about the inscriptions, he tried fooling the people around. And that story became so popular that everybody started praying and worshipping that piece of rock. When an old wise sage returned from austerity, he saw a crowd near the monastery at the Aruna marg. He looked at the mocking disciple and asked the crowd not to believe this story of his mischievous disciple.

The wise sage calmly told the people "what is probably engraved on the rock means you all should move this rock from here with all of your strength, along with the iron rod and need to find out the hidden treasure from underneath. If you don't turn this thing off then you all are equivalent to a donkey mentioned here." Soon people dig under the rock and found astonishing treasure full of sparkling gold and silver jewellery, coins and precious stones. They all scolded the mischievous disciple of the monastery and thanked the old wise sage. They all decided to use that treasure for the welfare work and good deeds of the nearby village and for the monastery too.



Moral – Wisdom & true conscience can lead to welfare of individual as well as of society.

- Mahika Shukla, V D

KID'S SECTION

कोरोना वीरों को नमन

नहीं है अपने प्राणों की उन्हें फिकर, केवल करते हैं अपने देश की कदर।

ऐसे समय में भी किए जा रहे हैं अपना कर्म,
इन महानायकों को मेरा शत-शत नमन।
है अनदेखा, अनसुना मुकाबला,
किंतु इन योद्धाओं को कभी कोई रोक पाया है भला?

डॉक्टर और नर्स, पुलिस और सिपाही,
सबको दिखाई इन्होंने है उम्मीद दिखाइ।
डटे हैं ये क्योंकि है इनका यह धर्म,

ऐसे महानायकों को मेरा शत-शत नमन।

अपने देशवासियों के प्राणों के लिए
अपना ये बलिदान देते चल दिए?
न अपनों से मिल सकते हैं, न दोस्तों से
देशवासियों को ही मान परिवार, कर रहे
अपना कर्म

इन महानायकों को आओ सब मिलकर करें नमन।

याहवी मुखर्जी-नौवीं अ

कोविड-19 के 'महानायक'

विश्व स्वास्थ्य संगठन ने कोरोना वायरस को घोषित कर दिया है। कोरोना वायरस मानव के बाल की तुलना में 900 गुना छोटा है लेकिन कोरोना का संक्रमण दुनियाभर में तेजी से फैल रहा है। कोरोना वायरस का संबंध वायरस की एक ऐसी प्रजाति से है जिसके संक्रमण में जुकाम से लेकर सांस लेने में तकलीफ जैसी समस्या हो सकती है।

कोरोना वायरस के डर से जब लोग घरों से निकलने की हिम्मत नहीं जुटा पाते: तब ऐसे भी जांबाज़ हैं जो बिना भय के हमारी सुरक्षा के लिए हर जगह मौजूद रहते हैं। उन महानायकों के नाम हैं :- पुलिस, डॉक्टर, नर्स, सिपाही, सफाई कर्मचारी आदि। वे अपनी परवाह न करते हुए देश के हित और हम सब के लिए अपना कार्य करते हैं। अस्पताल में डॉक्टर और नर्स कोरोना

पीड़ित लोगों का इलाज करते हैं।

डॉक्टरों को भी इस महामारी से डर लगता होगा लेकिन वे अपने फर्ज से बंधे हुए हैं। सिपाही सदैव हमारी रक्षा के लिए सरहद पर खड़े रहते हैं उनकी वजह से ही हम रात को बिना चिन्ता के सो पाते हैं। सफाई कर्मचारी जिन्हें लोग बात करने लायक नहीं समझते थे, वही आज पूरा भारत उनकी बहादुरी और जज़्बे को सलाम करता है।

मैं आशा करता हूँ कि सब पहले जैसा हो जाए जिस कारण सब चैन की सास ले पाएँ। इन योद्धाओं को मेरा शत-शत नमन।

परमजीत सिंह-नौवीं अ

मोक्ष

- the ultimate spiritual liberation

Moksha, also known as Vimoksha, Vimukti or Mukti, is explained in various forms of emancipation, enlightenment and liberation in Hinduism, Buddhism, Jainism and Sikhism. In its soteriological and eschatological senses, Moksha refers to freedom from *sanskaar*, the cycle of death and rebirth.

There is a misconception that Moksha is found after death. The truth is that Moksha can be achieved while being alive. It is a state where the mind loses its identity and only awareness exists. We put in our efforts to get liberation because of two reasons. Either it is going to give us something in return or it is our duty. All actions driven by these two reasons are motivated by some sort of personal interest. The former gives happiness immediately and the latter leads to happiness at a higher dimension. The extent of happiness varies from person to person. Some derive happiness from materialistic games whereas to others it is a mental state of happiness and peace, where worldly pleasures have no significance.

In our school, we learn about liberation or Moksha through the religious practice of Swadhyay. For us, Moksha means the state of mind where we are driven by our hearts and not by the mind. The mind does not control the person but the person controls the mind and forces to reflect on one's actions and deeds to improve self. This state of awareness is also called bliss. Nature is, in fact, the summit of happiness and pleasure.

Many schools of philosophy define Moksha in different ways. Some say that realization of the self is not being differed from God and Moksha is the bliss arising out of experiencing oneself as a soul. Some say wandering in the vast and infinite sky is Moksha. As and how people consider the nature of Moksha, so also their ways of attaining it differ. For every Jivite, Moksha is liberation from misdeed and mistakes and self-retrospection with Swadhyay, which will certainly lead to the righteous path of success.

- Ojasvi Bharmi, XI-A

UNDERSTANDING HAPPINESS

By **Dr. Satyanarayana Dasa**



In order to attain happiness, we need to understand the definition of happiness. Therefore, to understand the term better and its true meaning in our life, we interviewed Dr Satyanarayana Dasa on the topic. Below are some excerpts from the interview -

What is the definition of happiness?

In Vedic literature, there are many words for Happiness. One of them is “*Sukham*”. It is made up of two words *Su* meaning good (like *Su vichar*) and *Kham* has two meanings - one is senses. So when senses feel good that is called *Sukham* (happiness). For example, if you eat a mango, the tongue feels good and you feel happy. Another meaning of *Kham* is space. So *Sukham* also means good space which refers to outer space or environment. If our outer environment is good (not too hot, cold), family and work environment is good, we are happy. *Kham* also refers to inner space. Our heart is full of space and whenever the space in the heart is good (emotions like love, joy), we are happy.

Are there different types of happiness?

Mainly, there are two types of happiness - Material and Spiritual.

Material Happiness is experienced through the mind and therefore it is of three types - *Sattvic*, *Rajasic* and *Tamasic*. Spiritual Happiness is experienced by the soul and is also called '*Ananda*' or bliss.

Material Happiness is limited. It can only be felt in the present moment (while you are experiencing it). This is the happiness we attain by connecting to the outer world. We cannot store this happiness. And the more

we get it, the less we enjoy it. For example, the first bite of mango is very tasty, second is less tasty, the third bite is even less tasty than the first one. If you eat two big mangoes, the third one may not give you any happiness.

Spiritual Happiness is unlimited and keeps on increasing. Spiritual Happiness is an inner experience. When we connect with God, the ultimate source of happiness, we get unlimited happiness because God is unlimited. That is why spiritual happiness is called “*Akshay*” (that which is not perishable). It is not lost.

What is the difference between happiness and peace?

Happiness can also create a disturbance. Some people die out of happiness, for example, someone got a lottery of 10 crores, may die because happiness created a disturbance in this case. Peace, on the other hand, means 'no disturbance'. In the material world, to attain happiness, we create disturbance in the mind (desire). When the desire is not fulfilled we suffer. When the desire is fulfilled, then also we suffer because now we have another desire or higher goal or target. So this process goes on.

We all work hard to attain happiness but hardly get it. Not only we do not get happiness, but we also end up getting unhappiness. This means there must be something wrong with my approach or process to attain happiness. Either I do not know what is happiness or my process to attain it is wrong. Our goal should be attaining sustainable happiness and not temporary happiness.

SOE EXPERIENCE BY TEACHER

Be the change that you wish to see in the world. This was the sentence that changed my life and perception. Our honourable President Mr. Rishipal Chauhan Sir addressed us many times but this sentence by him enlightened my gloomy outlook. We always expect from others to change but never be the one who initiates first. I realized at Jiva by following SOE, an integral part of every Jivite's life that I cannot do all the good that the world needs, but the world needs all the good that I can do. By bringing a little change in ourselves, we can create an environment that is conducive to learning. On walking the path of SOE, I am able to see the ways; I can make a difference in my own life and in others (students). This has created a greater sense of awareness in my everyday life. Now, my way of looking at the challenges of life has completely changed. I look at the problems as opportunities to become a better self of mine. I train my students' minds in the same way, as they are the future of our world.

SOE is the philosophy of Jiva that nurtures and supports the environment, which encourages the children to feel accepted, valued and capable



according to their multiple nature and intelligence. SOE has molded me as a human being who is never frightened to accept challenge, failure and rejection. Even it helps to become a better version of yourself. I keep moving forward to grow as an individual, help others and harbor everything in our environment.

— **Bhavneet Parashar, PRT English**

Of all the philosophies of Jiva, the SOE philosophy has fascinated me the most. Earlier, it seemed a little vague idea to me. But as I practiced it regularly, I was convinced that all it matters is a small thought, a small action and the result is a positive influence on the self, the others and the environment.

Many small incidents have confirmed my belief in SOE. My family and friends consciously engage in actions that are beneficial for the beings as well as the environment. Whether it be the interaction with the domestic help or taking small decisions like saying no to the plastic usage or even simple segregation of waste before disposal, everything is directed towards

contributing to the need of the hour. Believe me, if you respect yourself, you would surely act in the way that will be respectable for the others and your environment and following SOE philosophy will be a beginning to this change that is much awaited.



- **Sheetal Narain, PGT**

SOE EXPERIENCE BY STUDENT

This world can turn out to be a miserable place for an individual during adverse situations. We never know about time, how life is going to treat us and what's gonna happen next. It's just that we need to be prepared for anything and everything. We encounter different situations and phases in our life and it is a great help when we are already ready for them to face. SOE has given me great help in knowing such situations and be ready for them. We face different circumstances even in our everyday life, it's just the thing that we don't realize it and overlook those circumstances and miss the opportunities of learning something new. SOE has helped me realize it. Learning something new has always been a great adventure for me. When we used to get such situations in our SOE, I have always learned something new either about this world or other people or the environment or my own self.

Whenever I used to feel completely isolated from this world, away from people and no social interaction and that feeling of being alone crept into my mind, then, SOE has given me that confidence to enjoy my own company. SOE has made me explore a lot about myself, how to tackle my flaws and enjoy every good and bad

phase of life. This kind of self-exploration through SOE has made me understand how to be me and how to nurture



the bond with my family and friends. It has given me the ground to observe this world and nature with utmost keenness. Not just in school time but even during this lockdown, it has helped me a lot. Be it the moral of Resilience or Empathy, I have always learned some greatest mantras of life through SOE. I have learned to feel gratitude towards everything in life.

Above all, I have learned to fight every low phase of my life and to embrace every beautiful phase of my life. And now I feel to be ready for the next moment to come and tackle every problem. After all, life is no less than a roller coaster, be it SOE or any other thing, all these are just to make that ride even more enjoyable and memorable.

- Nikita, XII A

PARENTS' FEEDBACK



“ Thank you for all your hard work during this lockdown and inspiring my child to come out of his shell. The school is doing a great job.

Mr. Mukesh Choudhary
F/O Anshuman Choudhary V ”



“ Online classes are going very well and I am happy that my child is able to study in this difficult time and hope that this will continue smoothly in the future too.

Ms. Monika & Mr. Amit
Parents of Niyati VII ”



“ Online classes are really helpful for children these days. Earlier, they had nothing to do and used to waste their time, but now online classes are helping to plan their time and make them busy in studies.

Ms. Prabha Sharma
M/O Radhika Sharma, X ”



“ Online classes are a new concept for all of us, especially during such tough times of COVID-19. I thank teachers for their continuous efforts that they had put in to set up smooth communication with the students in a disciplined and punctual manner while interacting through the digital platforms.

Mr. Manoj Kumar
F/O Aman Sharma, XII ”



“ Online classes are an innovative way to keep the learning going on even during the lockdown. I am thankful to the teachers as they ensure that children don't miss the classes and they cover all the portions so that children don't get burdened when school reopens. Sufficient time is given for clearing the doubts. The breaks in between give time for completing assignments and revisions too.

Ms. Sujo Jacob
M/O Jonah Mathew Jacob IX ”

Mark of Jiva Public School



“We aim to provide a happy, caring and stimulating environment where children recognize their true strengths and nature, and therefore achieve their potential in order to make their best contribution to the society”.

Mark of Jiva Public School

- Fosters Indian tradition and global skills
- Imparts constructive learning
- Helps students discover their true selves
- Assists in choosing careers that match natures
- Empower students with decisive power

Mark of Jiva Students

- Empower themselves by learning to learn
- Identify their nature and life paths
- Make learning a lifelong habit
- Are excellent problem-solvers
- Become well-adjusted members of the society

Mark of Jiva Teachers

- Focus on learning and teaching
- Consider each learner as unique
- Engender a love of learning among their students
- Create an environment that is conducive to learning
- Build a sense of discipline in their students



JIVA PUBLIC SCHOOL IS NEP READY!

HOLISTIC framework to bring the principles of
National Education Policy into practice



HEALTHY HABITS & CULTURAL ENRICHMENT



AYURSCHOOL PROGRAM

enables students to identify their individual body type to build awareness towards Ayurveda and keep them connected to their culture

DINCHARYA KE NIYAM

self-management program to encourage children to follow a disciplined routine for a healthy body



INNOVATIVE MINDS



MULTIPLE INTELLIGENCE & MULTIPLE NATURES

identifying true nature of each child and nurturing them according to their strengths to make them future global leaders

JIVAKUL CLUBS

the experiential methodology that help students develop accountability and social responsibility



SOCIAL ADAPTABILITY



SWADHYAY

a powerful tool to help students connect with themselves and seek continuous improvement of self to inculcate values

SOE

a unique program that helps children explore their relationship with self, others and the environment to foster holistic learning

**EMPOWERING THE SELF TO CREATE A HEALTHY,
WEALTHY AND PEACEFUL SOCIETY**

ACHIEVEMENTS



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