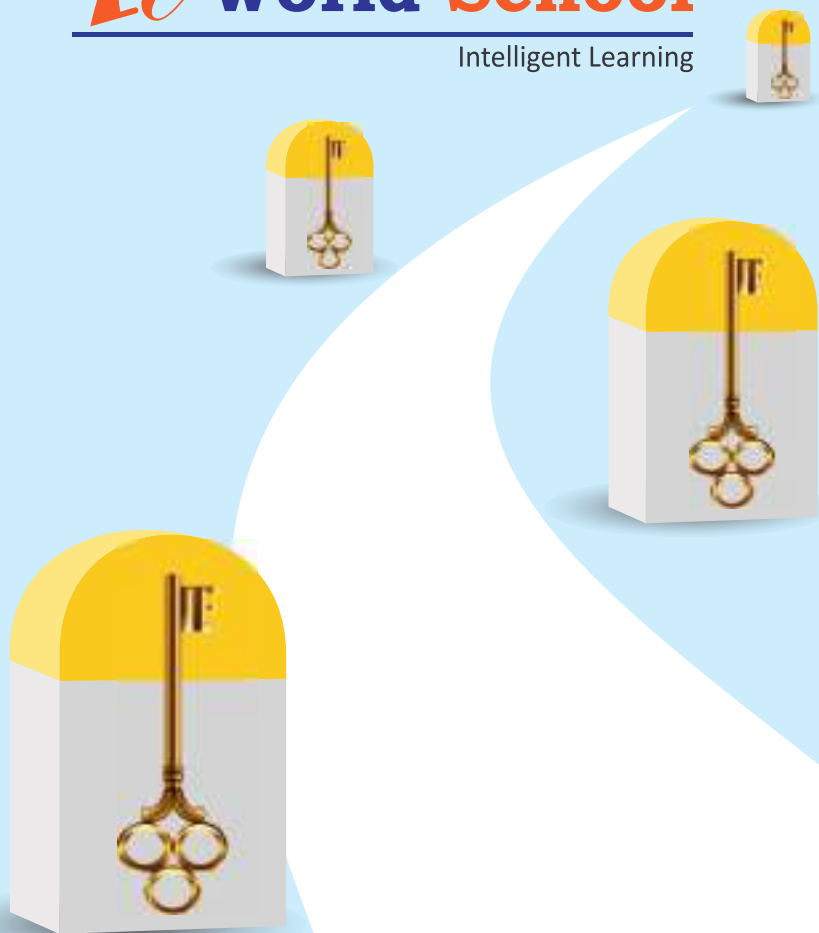


ZiWorld School

Intelligent Learning



Physics
Geography
Chemistry
Mathematics
Biology
Geometry
History



UNLOCK YOUR TRUE POTENTIAL



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From the Director's Desk

I am thrilled to write that 7i World School, Gwalior is publishing another edition of its annual Magazine "SPANDAN -2023". 7iWS has grown continuously in the recent past. People reading this magazine will realize the in depth happening in the 7iWS. The publication is presenting a glimpse of the growth of school on many occasions.

The purpose of education is not just to harvest academicians but also to develop compassionate and sensitive citizens. At 7iWS, we warrant that a congenial environment for learning is maintained while making sure that children have enough prospects to advance their personal and interpersonal skills.

Our teachers are well qualified & share a passion for teaching, thereby bringing out the best in both themselves and their students. We edify our students in classical as well as contemporary models of learning while giving them a solid foundation in cultural insights of the world.

We resolutely trust that parent's role in the Child's educational development is vital. It is the parents who are the first mentor of the child. Therefore, we fashion reciprocated respect and strive to establish unremitting communication between parents, teachers and the school administration.

We pride ourselves on creating a culture of learning where students are unrestricted to express their interest in varied arenas while evolving their character as well. Delayed gratification, veracity, civic mindfulness and the disposition not to give up, these are the values that we seek to instruct in our students. With extra-curricular activities, a strong stress on communication skills and activities mean to foster cultural understanding. Thus, turning our students to elucidated and responsible citizens.

7iWS is more than an ordinary school. We inspire students to board on difficult, stimulating voyages that stretch their potential. But, we do so with an unbending faith in capacities of our teachers and students. The management and staff of 7iWS is deeply devoted to work diligently in order to make our students' learning experience an exciting and explicating one.

Deepak Sharma
Director



Principal's Message

I am immensely delighted to inscribe this message for yet another academic excellence – the publishing of Spandan - 2023. Schools upgradation to senior secondary level has been the highlight in the milieu of COVID. Our students have started winning interschool competitions, getting rankings in Olympiads and performing well in sports thus announcing their influx.

We are building our school around the theme "Every teen is distinct". Adequate care is taken to the métiers of every child with an opportunity to grow in that specific direction. We lay great emphasis on environmental education which shall contribute to the holistic development of the child in the direction of making them true global citizens.

The COVID situation levied many limitations on collaboration with pupils however we were privileged to be among the first schools to comfy students back to the campus. Our school magazine is a testament of our activities, emphasis areas and students' literary inclination. I congratulate and applaud the editorial team in its efforts to bring out the school magazine.

I take this opportunity to earnestly thank the Management, parents and all stakeholders for their continued support in all of our endeavours. May our students march forward towards being awakened, worthy and responsible global citizens.

We at 7iWS are committed to offer a wide variety of challenging, enjoyable and successful curricular opportunities, athletic programmes, performing arts and musical programmes with various clubs and activities.

It is our credence that high school should be the experience of a life time. Our high school experience sets the stage for triumph later in life and provides a lifetime of positive memories to our students.

May our students succeed in all their endeavours in the aspired arenas.

Ms. Richa Verma

The Principal





Vice Principal's Message,

With the passes of time, imparting a value-based education to children is becoming increasingly challenging for every educator. The children of 7iWS too are vulnerable to the impacts of this changing scenario. The responsibility of education lies on both parents and the teachers as we face this this hour.

Now, Success is often defined by the wealth that one holds. Today students are influenced by parents, other adults, peers and mass media, film, T.V etc. Children spent more time with their peers and less time with adults. If time wants to have more value on our children's values, parents have to be willing to devote more time to them.

With advancement of technology, man himself is becoming a machine. The reason behind this is, that he is spending more time with machines rather than with human beings. Emotions, feelings, values and manners are disappearing day by day.

In this context, teaching values in schools is a real challenge for the educators. What we aim in our school is a noble value encouragement which formed the core of the ancient educational system that produced the great scientists, ruler and honest men and women, and more than all these a culture and civilization which we have lost touch for some time now.

The purpose of education is to strengthen character in the younger generation which is an answer to any of the problems that face people today. May the true education carry the message of serenity, humility and human compassion and wipe out the moral chaos prevailing in our society.

I sincerely thank all the Teaching and Non-teaching Staff whose dedicated service continues to be the strength of this School. As we strive to live out its vision and mission, may God bless all our efforts to lead our children to be good citizens of our country.

Ms. Veenu Badmera

Vice Principal





“Every Child is special”, adequate attention should be given to their strengths with an opportunity to grow. Co-curricular activities offer the children an opportunity of thinking unusually and getting the innovative ideas of their own.

Being brilliant, just in academics does not help a child become a responsible citizen. He must be equally talented in other fields as well and even if not, he must at least pay some interest in them. Being both academically and co-curricular talented, help him face the world. It basically helps him develop his personality.

Co-curricular activities are undertaken side-by-side with the curricular activities. It offers the children an opportunity of growing their skills and show their non-academic capacities as well.

A wealth of research demonstrates that successful education cannot happen in a piecemeal fashion. Taking an integrated approach can help children, with all their complexity and humanity, to develop to their full potential.

For the overall development of students, we at 7i WS organise various activities. Maximum participation is ensured throughout the academic session, where students play various games, take part in dance and song performances, compering, and also participate in various activities.

We, at 7iWS are committed to an overall development of each child and we can and we will.

Ms. Gargi Sharma
CCA In Charge



Dear Readers,

It is said that the Mirror shows you your real picture.

I admire this saying because there are probably very few who have fully realised the wealth of compassion, kindness and generosity buried in the soul of a child. The effort of every educator should be to unlock that treasure and 7iWS is an excellent illustration of this.

Our school intends and strives incessantly to nurture young minds of the town and we intently pursue to cater true citizenship to our teens because we believe – 'The hear of education is the education of the heart'.

I am happy to present to you yet another edition of 'Spandan' – the school magazine of 7iWS. Enjoy every moment because there aren't rewinds – only flashbacks. For you, we have worked hard to bring up an exhilarating flashback of academics, events and achievements which I am sure will enthrall you.

Also, we have a varied range of poems, riddles, brain teasers, cross-puzzles and smitherreens of creativity contributed by students.

Wish you a very happy reading!

Dr. Apoorv Pathak
Editor in Chief

Editorial Board

Educator - Editors



Ms. Nidhi Kaul



Ms. Jyoti Vyas



Ms. Disha Dwivedi



Ms. Ruby Verma



Dr. Rashmi Gupta

Student - Editors



Aditya Pateria



Hardik Gautam



Ved Sharma



Manya Singh



Pragya Chauhan

The Crooked Lines

By Samarth Shukla, XII A

The door creaked open and there he stood. Unable to sleep in his own room. Gave a blank stare to his mom as he stood on the door of the room, grumpy and asked his mother if he could sleep there with her. She sat up and covered him in her blanket and went back to sleep. All night he tossed and turned. His mother could feel his body in tension and getting warmer by the hour.

Intense cold wind hit her face as she walked down the street to a pharmacy which was a few blocks away to get the medicines for her son. He doctor was un available due to bad weather conditions. The street was covered in heavy snow as if it had a white blanket on it. Luckily the pharmacy was open. She bought some medicines and made her way to home as fast as possible. Her only son laid on the bed shivering like he was ice cold from inside. The big house had been deserted due to bad weather. Her husband had left for the war and never made it back home again. She slowly opened the door to the room and made her way to the son who was barely asleep. She sat there noticing him, seeing him which seemed like hours. She did not want to wake a poor soul as he was barely asleep. She nudged him very slowly to see pale blue eyes looking at her and giving a blank stare to her. She her son in such a condition she was broken from inside. She knew she had to be strong, even though she was tired of that. She raised him a little bit and made him drink the syrup.

By his facial expressions she got to know that the syrup was bitter in taste and he did not like it much. She let the medicines and do their work and allowed him to doze off again.

The fireplace was dimly lit. With no wood left in fireplace to burn and to give heat. She saw the rest of the wood getting destroyed by the fire. As she noticed the different shades of

the fire. She laid down a few new pieces of wood. She heard the small "Cracks" and "Pops" that took every time when the fire conquered a new piece of wood. She keenly observed everything very closely as the memories started leaping up from the flames.

Aditya, a five-year-old boy ran upstairs show his mother, Madhuri a painting that he had made. The painting was not a masterpiece but it could have been one of them. Aditya jumped with joy to see happiness on her face which did not come. Madhuri was a homemaker her hobbies where to play golf and she is good at singer too. To see her son draw was an immense pleasure bur she could not praise her at all because all the lines where crooked. She knew Aditya had a problem in holding the pencil properly and she could not ignore it because she wants Aditya to be perfect. Madhuri scolded him for his untidy work and all the crooked lines. He stood their quietly all his happiness was gone all he did was stood there biting his nails and said nothing.

Now she sat in the hospital, hearing the doctors say she never wanted to hear. Her son was all the same she had left. She knew that an infection was in town spreading rapidly. She hoped that Aditya was alright but he wasn't. She entered the room to see her little child breathe slowly. The machines attached to his lungs made slow beeping sound. she sat beside him talking to his small little had and cried. She promised to herself she won't but she did. She cried out aloud and heavily. It all came back to her. She knew nothing mattered

His small hand turned stiff. Her eyes darted up to the machine where his heartbeat showed and straight lines with beeping sounds came on the screen with a question mark at the end. She looked up at her dead son and thought to herself "Was a straight line so important?"



How to Become a Better Person in 12 Steps

It's normal to feel like you could be doing more when it comes to self-improvement. But being a better person doesn't involve being overly hard on yourself. In fact, it's quite the opposite.

The more self-kindness and self-compassion you can foster, the more equipped you'll be to treat those around you the same way. Plus, doing good for others can give your life a deeper sense of meaning. It may even help to improve your physical and mental health.

Here's a look at some ways to build self-improvement into your daily routine and let go of negative thoughts about yourself.

1. Cultivate gratitude:

You've probably heard it a million times, but keeping a gratitude journal of what you're thankful for can have a big effect on your mindset. Research has shown that incorporating gratitude into your daily life can help ward off stress, improve sleep, and cultivate more positive social relationships.

Anna Hennings, MA, a mental performance coach in sport psychology, recommends using the acronym GIFT to help you identify what you're grateful for.

GIFT TECHNIQUE

When thinking about things you're grateful for, look for instances of:

- Growth: personal growth, like learning a new skill
- Inspiration: moments or things that inspired you
- Friends/family: people who enrich your life
- Tranquillity: the small, in-between moments, such as enjoying a cup of coffee or a good book
- Surprise: the unexpected or a nice favour

2. Greet everyone you meet

Whether you nod or smile to strangers passing by or say "good morning" to everyone who enters the office, make an effort to acknowledge those around you when you see them, says psychologist Madeleine Mason Roantree.

In doing so, you'll notice might find yourself feeling more present and connected to those around you, even if you don't have a close relationship with them.

3. Try a digital detox

Unplugging for even a small amount of time can be beneficial to your well-being. The next time you find yourself with nothing to do, step away from your phone for a few hours. Instead, try going for a walk and connecting with your thoughts.

Step away from your phone either for a few hours or even take the entire day off of devices. Instead, try getting outside and connecting with nature, or meeting up with friends IRL. Remember: Even a short break from your phone can help you unwind and focus on what brings you joy.

4. Use positive self-talk

It's easy to get caught up in being overly harsh and critical of your perceived failings. This negative, unproductive self-talk can lower our overall motivation, explains Hennings.

If you're constantly telling yourself you aren't a good person, for example, it's hard to find motivation to take steps toward self-improvement.

Practice positive self-talk by stating a fact and following up with some optimism.

FACTS + OPTIMISM = POSITIVITY

The next time you find yourself feeling incompetent or overwhelmed, try telling yourself:

"I know this change is going to be challenging, but I've put a lot of meaningful thought into it and have considered all the options open to me [fact], so I feel confident I am doing the best I can in this moment [optimism]."

5. Practice random acts of kindness

Being kind to others can help give you a sense of purpose and make you feel less isolated.

Try doing something nice for someone at random:

- Pay a compliment to a stranger.
- Buy lunch for your colleague.
- Send a card to a friend.
- Make a donation to someone in need.

"You'll notice your mood lift a little when you do good for the sheer joy of it," says Roantree. Source show that simply



counting acts of kindness for one week can boost happiness and gratitude.

6. Eat at least one meal mindfully

When you're caught up in the middle of a hectic day, it's tempting to rush through your meal without listening to your body.

Mindful eating gives you a chance to check in with both your physical feelings and your emotions.

Pick a meal, even if it's just a sandwich, and take your time eating it. Notice the different tastes and textures. "It's a type of mini meditation that can act as a simple 'de-stressor,'" says Roantree.

7. Get enough sleep

Not feeling fully rested can make you feel grumpy and unproductive throughout the day. Try to get seven to eight hours of sleep each night.

Find ways to improve the quality of your sleep by reducing your caffeine consumption late in the day, taking a melatonin supplement, or relaxing in a warm bath or shower before bedtime.

8. Breathe consciously

Take a moment at the bus stop, in line at the grocery store, or before nodding off to sleep to focus on your breathing. Practicing even a few minutes a day of deep breathing has been shown to jumpstart our body's relaxation response and regulate stress.

DEEP BREATHING 101

Roantree suggests trying the following technique:

- Inhale as you normally would.
- Exhale, making sure you take longer than you did to inhale.
- Repeat this process until you start to feel relaxed. If you prefer to count, try breathing in for the count of 4, holding for the count of 7, and exhaling for the count of 8.

In doing so, you'll notice might find yourself feeling

9. Clean for 30 minutes

The way you feel about your home can influence whether your time there is restorative or stressful.

The next time you have a spare 30 minutes, set a timer and tackle some quick household chores that'll add a little brightness to your day, such as:

- Cleaning your bathroom mirror
- Hanging that picture you love but haven't gotten around to displaying
- Clearing off your desk

Reward yourself by taking some time to enjoy your refreshed space — do a face mask in your newly clean bathroom, for example.

10. Forgive yourself and others

Holding on to regret, pain, and resentment hurts others. But it also hurts you. When you feel any of these emotions, it affects your mood and how you treat everyone, including yourself.

"Harbouring unforgiveness breeds negative thoughts," says Catherine Jackson, a licensed clinical psychologist and neurotherapist. "Decide to let it go and make a plan to never go to bed angry."

11. Engage in self-care

We often think of self-care as manicures and spa treatments (which are all great ways to destress). But according to Jackson, daily self-care goes way beyond pampering. "It's also about eating well and getting enough nutrition to support your brain and body," she explains.

Similarly, make sure you're exercising or mindfully moving your body, taking time to connect with others, and having some relaxation or down time for yourself.

These don't need to be time-consuming endeavours. Look for quick 10- or 20-minute pockets of time in your day where you can head outside for a walk or prepare yourself a bowl of fresh fruit.

12. Be kind to yourself

Many of us have the habit of lingering on something that was said to us, replaying it often in our minds. Instead of taking things personally and being self-critical, Jackson recommends offering empathy and understanding to the other person, as well as ourselves.

Think of all the ways you make a positive impact to those around you and try writing them down each day. Again, these don't have to be grand gestures.

Maybe you held the door open for someone carrying some heavy bags. Or started brewing a fresh pot of coffee at work when you noticed it was getting low.

If you find you're still struggling to change your frame of mind, Jackson advises to think of it this way: "Tomorrow is a new day, so if you beat yourself up today about something, let yourself off the hook and start fresh tomorrow."

BE YOUR OWN BEST FRIEND

Try to treat yourself the same way you would a loved one. Would you constantly talk down to your best friend if they had an "off" day and dropped the ball on something?

Hopefully not. And you shouldn't talk to yourself that way, either.

The bottom line

It's normal to get caught up in trying to become the best version of yourself. But being a better person starts with treating yourself with the same loving kindness as you do others.

This means not judging yourself harshly when you fall short of your goals and showing yourself patience and compassion on your bad days.

Keep in mind that there are many ways to become a better person, and those offered here are just a few. Find what feels most joyous and nurturing and try to build them into your daily life.

The Bhagavad Gita in 3 Minutes

The Bhagavad Gita is the number one spiritual text in Hinduism, packed with wisdom about life and purpose as well as powerful advice on living virtuously but authentically without succumbing to life's temptations or other people's dreams.

Life is the most precious gift we receive as humans, so making the most out of it is imperative if we want to live it fully. The Bhagavad Gita by Krishna-Dwaipayana Vyasa is an ancient writing that provides all kinds of wisdom on how to do so and experience life for what it is: a journey of self-discovery and self-mastery.

Throughout this journey, our purpose as humans is to discover who we are and kill our demons while fulfilling our calling. Although challenging, this experience can lead to the highest form of self-actualization and thus bring us peace and joy.

To understand how we can do so, let's explore three of my favorite lessons from the book:

1. Living life doing what you were destined to do brings peace, while the opposite breeds pain and insecurity.
2. Find meaning in the journey and let go of constant anticipation.
3. Meditation can help you master thoughts and regain focus.

Now, we'll explore the wisdom behind each lesson and learn how to live a more meaningful life by letting go of assumptions and embracing our dharma fully. Let's see how we can do that!

Lesson 1:

We all have our dharma to fulfil if we want to know joy and peace.

man's purpose in life is the eternal question of humanity. Throughout time, religion, science, different beliefs, and faiths have tried to answer this burdening question. However, it seems that throughout this quest, all these forces seem to meet at a common point.

Humans are conscious creatures with judgment about what is good and bad, and we're all essentially striving for happiness. The way we do so is by chasing what gives us pleasure and running away from our pain points. Clearly, it's not as easy as it sounds, so the majority of us get lost on the way.

In theory, more money brings us more freedom, which allows us to strive for true happiness without worrying about day-to-day struggles. In practice, this infinite race must stop. **Dharma is the simple nature of reality, and for individuals, it's their call and purpose in life, or how their life should naturally occur.**

Everyone has a dharma to fulfil. This powerful concept lies at the foundation of our happiness as humans and points towards what we should be striving for. Therefore, doing more of what makes us happy and facing our demons, pain points, or however you want to call them is the key to a fulfilled life.

Lesson 2:

Work on your temperament and enjoy the journey.

Part of our lack of fulfilment and misery comes from not experiencing life fully. Naturally, not pursuing your dharma is going to hurt your soul. Even worse, following someone else's dharma can cause you pain and regret. However, even if you're on the correct path in life, there's another important aspect to consider.

What would that be? Well, the journey! **It can be difficult to keep yourself grounded and find meaning in daily tasks when your mind is always thinking about the grand prize.** However, this approach to life makes it that much more difficult to enjoy it and be happy.

Instead of always anticipating, it's crucial to find joy in the journey. Ups and downs are life lessons, daily activities give you meaning and substance, and achieving smaller objectives prepares you for the end victory. True wisdom lies in finding happiness right here right now, not just for a brief moment in the accomplished future.

Lesson 3:

To meditate is to learn how to control your mind.

Meditation is one of the keys to mastering your own mind, body, and spirit. To meditate is to fully immerse yourself in the present moment by letting go of how life should be and embracing it for what it is.

Controlling your mind to stop producing negative thoughts and training yourself to focus attention on what matters most is a powerful practice. Moreover, by studying the common points of all religions and beliefs, you'll notice how all of them advise mastering yourself and developing your character.

The person who can master themselves and control their thoughts can conquer anything. As long as you keep your happiness in your mind, you can learn how to expand, use, feel, and embrace it for as long as you want. Meditating can also help you target efforts more easily and keep your spirit focused on its dharma.

The Bhagavad Gita Review

The Bhagavad Gita teaches us the mastery of our own minds, the importance of pursuing our dharma truthfully and unapologetically, and how to embrace life for what it is. I believe that only after repeatedly reading this book we can fully comprehend the immense wisdom it encapsulates. Essentially, this is a guide to a meaningful life and so much more. Everyone should give this book a try!

Students Corner

वयं बालकाः गीतं

वयं बालकाः भारतभक्ताः,
वयं बालिकाः भारतभक्ताः।

वयं हि सर्वे भारतभक्ताः
पृथ्वी स्वर्गं जेतुं शक्ताः॥
वयं सुधीराः वयं सुवीराः
हस्तमानसाः पुष्टशरीराः।

भूरि पठामो भूरि लिखामो,
भवितास्मो जनहिते नियुक्ताः।

जाति - धर्म - मत - भेद त्यक्त्वा,
भारतवर्षं पूज्यं मत्वा ।

भगवाद्भावं हृदये धृत्वा,
भारतसेवायामनुरक्ताः॥

- दर्श पारख - कक्षा- 6 अ

My Heart my Mom!

My heart is with my mom,
She's always been there for me.
Just talking to her I feel happy,
She's an independent woman.
She is good mother, wife and sister,
She tells me of the hard work she faced.
You know? My mother is great.

Her arms are always open
When I need a hug. Her heart understands
When I need a friend.
How do you find the energy?
To do all the things.

If mom is not there
It's difficult to live.
Mom! I truly love you
And think about you every day.
All the rest these words tell you

Mom! You are the best.

Abha Singh Baish – VI A



Maths! Maths! Maths!

Maths! Maths! Maths!
Down with old Pythagoras
And down with the rotten Maths.
Down with Archimedes,
And down him at the baths. #

If anyone had to do it
I'd make sure it was me
First, I'd completely immerse him,
Then kick up a tree. #

When he had been disposed of
I'd turn on old Pythag,
I'd drag him through a holly bush,
And he'd come like a rag. #

Now my pipe dream's over
And I've nothing more to say
Except that Maths still lives on
To be taught another day. #

Soumya Nagar – VII A

Exam Days

Mom and dad say, please now grow
It's your exam, don't become slow.

The day has come now I will show
Oh! My place is first in the row.

All say 'bad luck!' I say 'No'
Ups and downs come only to glow.

Brain says no more stress
Mind still replied 'do your best'.

These are the day we all have to face
That's why they are called exam days.

- Rituraj Chhiroliya – VIII A



Creative Corner

Brain Teasers

1. Which word in English language does the following;
- The first two letters signify male
 - The first three letters signify a female
 - The first four letters signify a great
 - While the entire word signifies a great woman

Answer: Heroine

2. Mr. Smith had four daughters. Each of them had a brother. How many children does Mr. Smith Have?

Answer: 5

3. A man pushes his car to a hotel and tells the owner that he's bankrupt. why?

Answer: He was playing a Monopoly

4. There were 3 houses; Red, Blue and white. The red house was on the left and the blue on the right. Where is the White House?

Answer: Washington DC

5. What is the best and plus thing about Switzerland?

Answer: I don't know but the flag has a big plus

6. I don't trust stairs. Why?

Answer: They are always up to something.

7. Why do we tell actors to 'break a leg'?

Answer: Because every play has a cast

Aishani Trivedi - VII A

8. if an electric train is travelling south, which way is the smoke going?

Answer: There is no smoke as the train is electric

9. People buy me to eat but never eat me. What am I?

Answer: A Plate

10. I am full of holes but still I can hold water. What am I?

Answer: Sponge

11. I am tall when I am young, I am short when I am old. What am I?

Answer: Candle/ pencil

12. You can catch me but cannot throw me. What am I?

Answer: Cold, cough, fever

13. I walk with you almost every day, yet you never notice me. You step on me, but you never say sorry. What am I?

Answer: Because Your shoes

14. The more you have me the less you see. Shine a light on me and I flee. What am I?

Answer: Darkness

15. What has a head, a tail, is brown and has no leg?

Answer: A Penny

Aryan Tirkey - VA

16. What is white and black with four knights without any sword?

Answer: Chess

17. The term belongs to us but others use it more than we do? What is it?

Answer: Our names

18. A place where everything is written according to alphabetical order

Answer: Dictionary

19. This is the only organ in human body that never grows what is it.

Answer: Eye

Atharv Verma



Educators Corner

शीर्षक : बसंत ऋतु

बसंत ऋतु आई

हर घर में खुशी छाई हर फूल ऐसा महका जैसे हो बहका बहका
शीतल हवा सुखदाई

बसंत ऋतु आई

हर घर में खुशी छाई

कोयल की कूक सबको लगती है बड़ी प्यारी

खिलने लगी है कलियां और महक की सारी क्यारी

छाई बागों में अमराई

बसंत ऋतु आई

हर घर में खुशी छाई

बसंत पंचमी तो लेकर है खुशी आई बनते बसंती रंग के पकवान
और मिठाई रहना है सबको प्रेम से, मत करना तुम लड़ाई

बसंत ऋतु आई

हर घर में खुशी छाई

हिंदी शिक्षिका

- कल्पना त्रिपाठी

शीर्षक : बस ठान ले

मन मार कर न बैठ तू,

यूँ हार कर न बैठ तू।

न मान खुद को अनाथ तू,

है सबल और सनाथ तू।

है कर्म पथ कंटक-भरा,

जीवन तेरा संग्राम है।

न रूक कभी, न झुक कभी,

चलना तुझे अविराम है।

उद्दीप्त कर आशा-किरण,

मन में जगा आवेश तू।

तू है विलक्षण जान ले,

तू है अप्रतिम पहचान ले।

बस ठान ले और कर्म कर,

यूँ हार कर अब मत ठहर,

अब मत ठहर, अब मत ठहर।।

हिंदी शिक्षिका

- रुबी वर्मा



The Art of Making 'NO' or 'RARE'

Mistake is SCIENCE

Do you know that the cell copies 50 nucleotides (letters of DNA code) per second when it is dividing? And it only makes one mistake per 100 million nucleotides! That's like copying the full 32 volumes of Encyclopaedia Britannica twelve times and only making one typo!

Most times even these mistakes are caught and fixed. But sometimes a mutation (mistake in the code) gets passed on in eggs and sperm that means an unborn baby will get one bad copy of that gene.

In most cases, even this is okay. The baby is a carrier of a bad copy of the gene, but often the good copy from the other parent will work well enough. In rare cases, though, a baby may receive a bad copy from both the parents. This means they will have a genetic disease. There are several diseases that are caused by a single nucleotide mutation. Scientists have always wanted to use genetic editing to correct the bad part of the gene and they found a way to do it in real, live mice!

So, be scientific, be local and be accurate.

Richi Neekhra
PGT Chemistry



LIFE@HARISHANKARPURAM

To keep the body in good health is a duty; otherwise, we shall not be able to trim the lamp of wisdom and keep our mind strong and clear.

Handwash Activity

7th April 2022



Handwash Activity

Grade Nursery - II

07.04.2022



"Hand hygiene is arguably our most important life skill. So teach it well and teach it often."

Children are the most vulnerable to infections. Handwashing is an easy and an effective way to prevent the spread of germs and keep kids and adults healthy. On the occasion of World Health Day on 7th April '22, a Hand Washing Activity was organized for the students where they learnt the 5 steps of washing hands. The children were advised that they must wash hands after using the toilet or before eating food.

Red Day

11th April 2022

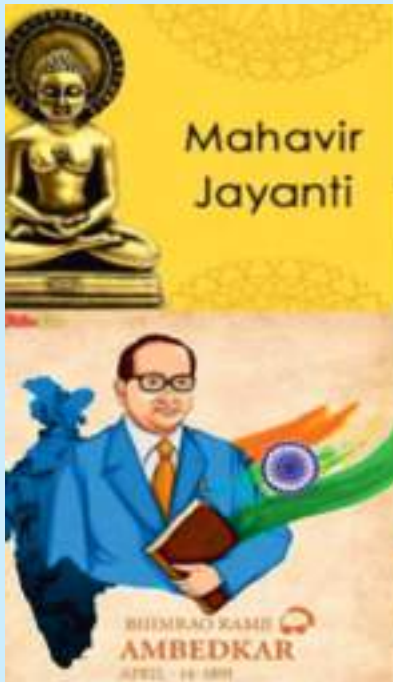


We cannot imagine our lives without colours. Colours are the smiles of nature. To celebrate the importance of the colour 'Red', the students conducted 'Red Day' activity on 11 April, 2022 to introduce children to the mesmerizing realm of colours.

Red was the colour of the day and students made beautiful things with red paper. To mark this day very special, students and the teachers were dressed in red .

Ambedkar Jayanti & Mahavir Jayanti Celebration

13th April 2022



Workshop on Mahavir Jayanti
& Dr. BheemRao Ramji Ambedkar Jayanti

Grade 1 & 2



To celebrate Ambedkar Jayanti and Mahavir Jayanti and to commemorate the teachings of Dr Bhim Rao Ambedkar and Lord Mahavira, the students were shown special videos and were informed about the inspirational lives of these two men. The students were taught the values of Non-Injury, Truthfulness and Non-stealing. They were also taught about the values of equality and how we should respect everyone.



Earth Day - Daana Pani Activity

22nd April 2022



It's Our Duty to Save Nation's Beauty! Save Birds!



Dana Pani activity was held on the occasion of Earth Day with the intention of teaching our children to be compassionate towards our winged friends.

Mr Raj Chaddha explained to students that water quenches our thirst in this scorching heat and in the same way it provides relief to birds . This little gesture of kindness takes two minutes but the benefits are many.

The smile on everyone's faces when they got to carry home an earthen pot and a packet of bird feed was delightful!



Fancy Dress Competition

25th April 2022

A fancy dress competition not only inculcates learning but also develops confidence in students by giving them an opportunity to speak on stage.

Students of Nursery displayed their talents on the theme 'Shapes' and the students of KG1 and KG2 had 'Fruits and Vegetables' as their theme. The efforts and hard work of the parents were highly commendable.

Fancy Dress Competition Results

Nursery

I Position

Trishal Jain
Vaidehi Goya
Prithviraj Singh Rana

II Position

Aaditya Ojha
Aadhya Chaturvedi
Aanya Chaturvedi
Saanvi Sharma

III Position

Aryan Singh Rana
Virat Jha
Katyayani Mittal
Suryansh Dandotiya
Shreyansh Mittal

K1

I Position

Agrima Singh Bhadauria
Ashwika Mishra
Jeevank Singh Rajput
Unnati Sacheti
Parvie Nagori

II Position

Dev Bhadkariya
Medansh Agarwal
Samarth Dwivedi
Anvi Singh

III Position

Avani Rana
Ayushman Pratap Singh Yadav
Janvi Singh Rana
Ridharv Mangal
Vedansh Jain
Shubh Pathak

K2

I Position

Manit Agrawal
Chaitanya Sharma

II Position

Advika Sharma
Arjun Bansal
Bhavyaraj Dhody
Shivansh Sharma
Tanmay Bansal

III Position

Adrija Mishra
Harshit Singh Kushwah
Sheen Khare
Urjit Parakh
Kartik Mishra



Class Party - Last day before summer break

30th April 2022

Last day of school before the summer break ended on a joyous note.
Happy children definitely learn better!



Workshop on Stress Management

17th June 2022

Today's parents are believed to be in constant pressure to get everything exactly "right"--a pursuit of perfection that probably makes parenting feel hard.

7i world School believes and understands that Parents and guardians play an important role in the learning, and effectively reaching them can be an ongoing challenge for even veteran elementary school teachers.

Thus, on Friday,17.06.2022*, a workshop was organised on *How to Deal with Parents & Stress Management* by *Pearson*.

The highly experienced resource person *Ms Ira Sehgal* was invited with the aim to foster excellence in education by empowering educators to manage work related and personal stress. From identifying the sources, to prevent, to distress and managing stressful situations.



Colouring Competition

23rd July 2022

Colouring helps in improving motor skills, coordination, focus and colour recognition. The students participated in the colouring competition where they coloured worksheets, with 'Monsoon' as the theme. They were judged on the basis of colour sense, neatness and overall presentation.

Colouring Competition Result

Grade-Nursery

I Position

Shreeja Dubey

II Position

Vaidehi Goyal

Viraj Kansana

Virat Jha

III Position

Trishal Jain

Siddh Jain

Saanvi Sharma

Grade K1

I Position

Avani Rana

Ayushman Pratap Singh

Saanvi Garg

II Position

Medhansh Agarwal

Unnati Sacheti

III Position

Alphiya Khan

Yuvaan Prajapati.

Grade K2 A

I Position

Reyansh Dwivedi

II Position

Arjun Bansal

Jasraj Singh Sekhon

III Position

Harshit Singh

Nityam Upadhyay

Urjit Parakh

Shrey Chaudhary

Grade 1 A

I Position

Satvik Yadav

II Position

Swasti Chauhan

Ronak Jain

III Position

Kanak Singhal



Grade 1 B

I Position

Avi Jain
Siddhiksha Verma

II Position

Atharv Jain
Samriddhi Chaudhary
Poorvi Tyagi

III Position

Rudraksh Vyas
Anay Gupta

Grade 2 A

I Position

Karishni Singh
Kratika Agrawal

II Position

Kaira Singhal
Yuvika Sharma

III Position

Omkar Joshi
Krishnavi Chaubey
Shrashti Bhargava

Grade 2 B

I Position

Saanvi Bhargava
Maanvika Nigam
Shambhavi Singh

II Position

Priyansh Ranjan
Samradhi Yadav
Advika Sharma

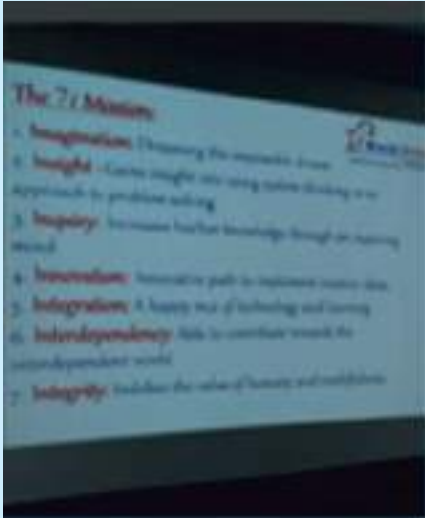
III Position

Rudraksh Singh
Annika Yadav
Simrat Kaur



Parents Orientation

A child's development is a combined effort of both parents and school. In a Parent Orientation program parents are informed about the policies and important aspects of the school like policies, rules, teaching learning process which will affect the education of a child. Keeping it on our priority a Parents Orientation was held at 7iWS on the 9th of July to brief parents about school .



Green Day

18th July 2022

Green, the colour of life, renewal, nature, and energy, was celebrated today.

Students came dressed in green and added a vibrant note to nature that has already been painted a thousand shades of green by the recent rains.



Plantation Activity

22nd July 2022

To spread awareness and educate our students about the importance of plants and the need for planting trees, a plantation drive was organized by 7iWS, where students planted saplings in the garden.



Workshop on Oral Hygiene

1st August 2022

1st August is observed as Oral Hygiene Day in India to commemorate the birth anniversary of Dr G B Shankwalkar, the founder of the Indian Society of Periodontology.

Dr Richa Mishra, mother of Adrija Mishra of K2 A, helped the students develop awareness and learn the importance of oral hygiene and taught the students correct way of brushing our teeth.



Independence Day Celebration

15th August 2022

Independence Day, a day no Indian can forget and a day which reminds us of the sacrifices and valour of our brave freedom fighters.

Today we celebrated our 76th Independence Day with great pride and honour. The program was anchored and executed by the students enthusiastically. They also danced and sang patriotic songs. The day filled our hearts with pride at being Indian.



Janmashtmi Celebration

18th August 2022

Krishna Janmashtami is an auspicious Hindu festival which is the celebration of Lord Krishna's birth and is also known as Gokulashtami.

The little Gopis and Radhas lent a festive air to the school.



Table Manners Week

22nd - 27th August 2022

Children are not born with manners. Manners have to be inculcated in them over time. Teaching children table manners and social etiquette can stand them in good stead for the rest of their lives. So to introduce proper table manners in our students, a Table Manners Week was observed. Through the week students brought different kinds of food and were taught basic etiquette and the correct use of cutlery.



Poetry Recitation Competition

2nd September 2022

Poetry is not only an essence of life but also boosts confidence and develops stage presence. The students of Nursery to Grade 2 enthusiastically participated and recited beautiful poems by poets like Christina Rossetti and R.L Stevenson.

Ms Kriti Singh had consented to be the judge for the students of Nursery to K2 and Ms Kanika Sacheti judged the students of Grade 1 and 2.

Results

Grade- Nursery

I Position

Vaidehi Goyal
Shreeja Dubey

II Position

Aadya Chaturvedi
Aanya Chaturvedi
Trishal Jain

III Position

Parnita Sharma
Aaditya Ojha

Grade K1 A

I Position

Agrima Singh Bhadouria
Unnati Sacheti
Virat Pratap Singh.

II Position

Anvi Singh
Hriday Jethwani
Saanvi Garg

III Position

Reyansh Singh Jadon
Medhansh Agarwal
Parvie Nagori
Ashwika Mishra

Grade K2 A

I Position

Dhruv Gokhale
Sheen Khare

II Position

Manit Agrawal
Reyansh Dwivedi

III Position

Arjun Bansal
Shrey Chaudhary

Grade K2 B

I Position

Akshaj Shrivastava

II Position

Devansh Baghel



Grade 1 A

I Position

Satvik Yadav
Aarav Gupta
Chitra Singh

II Position

Siya Pachori
Gauransh Girdhar
Kanak Singhal

III Position

Swasti Chauhan
Ramyak Jain

Grade 1 B

I Position

Darshil Bansal
Yuvaan Jain

II Position

Samridhi Choudhary
Divyaksh Dhakad

III Position

Poorvi Tyagi
Atharv Jain

Grade 2 A

I Position

Dhruv Gupta
Krishnavi Choubey
Subhi Shrivastava

II Position

Anushka Pathak
Anay Raj Singh
Angad Sejwani
Veer Pratap Singh

III Position

Kaira Singhal
Samrat Jha
Srashti Bhargava
Yuvika Sharma

Grade 2 B

I Position

Saanvi Bhargava

II Position

Shambhavi Singh
Dharmik Nayak

III Position

Arnav Rana





Karate Championship

3rd September 2022

Students had participated in the
Gwalior District Karate Championship 2022
on the 1st of September 2022 held at The Manvendra Public School , Gwalior.

Congratulations to the winners!

Harshit Kushwah

Silver medal (under 6 years) in Kumite Fight.

Kesto Kush Khandelwal

Bronze medal (under -6 years) in Kumite Fight.

Naksh Maheshwari

Bronze medal (under -7 years) in Kumite Fight.



Teachers Day

5th September 2022

Card Making Activity



Diya Decoration Competition

29th September 2022

The Diya Decoration Competition heralded the festive season.
The colourful diyas were a sight to behold !

Results

Grade- Nursery

I Position

Vaidehi Goyal
Saanvi Sharma
Aadya Chaturvedi

II Position

Virat Jha
Kunal Singh Gurjar
Ishant Verma

III Position

Aryan Singh Rana
Parnita Sharma

Grade K1

I Position

Agrima Singh
Avani Rana
Parvie Nagori
Reyansh Singh
Virat Pratap Singh

II Position

Hriday Jethwani
Jeevank Singh Rajput
Medhansh Agarwal
Ridharv Mangal
Saanvi Garg
Unnati Sacheti
Vedansh Jain

III Position

Ariz Ali
Anvesha
Ayushman Pratap Singh
Divyansh Pratap Singh
Diyaan Mangal
Natvik Jain
Samarth Dwivedi
Shubh Pathak

Grade K2 A

I Position

Aashvi Jaiswal
Bhavraj Dodhy
Adrija Mishra

II Position

Manit Agrawal
Dhanvi Sharma
Tanmay Bansal
Janavi Malik

III Position

Ritvi Shrivastava
Chaitanya Sharma
Nityam Upadhyay
Harshit Singh
Kushwah
Shivansh Sharma
Parth Singh Sikarwar

Grade K2 B

I Position

Devansh Baghel
Akshaj Shrivastava

II Position

Kunj Verma
Abeer Rajpal

III Position

Jasraj Sekhon



Grade 1 A

I Position

Aarabdh Gupta
Ronak Jain

II Position

Satvik Yadav
Swasti Chauhan
Aryadhvaj Singh Bais

III Position

Ramyak Jain
Kanak Singhal
Naksh Maheshwari
Gauransh Girdhar
Chitra Singh
Abhya Katare

Grade 1 B

I Position

Kautilya Shrivastava
Aarna Chaturvedi
Aarohi Parihar

II Position

Ansh Rajput
Atharv Jain
Poorvi Tyagi

III Position

Darshil Bansal
Nainika Kariya
Rudhraksh Vyas
Anay Gupta

Grade 2 A

I Position

Veer Pratap Singh
Yuvika Sharma
Srashti Bhargava
Prabhav Dandotia

II Position

Aaryansh Dandotia
Omkar Joshi
Aaradhya Shivhare
Ved Bansal

III Position

Krishnavi Chaubey
Kian Khandelwal
Kuldeep Jagwani

Grade 2 B

I Position

Maanvika Nigan

II Position

Samradhi Yadav
Alankrit Shrivastava
Rudraksh Singh

III Position

Hridyansh Tomar
Ekam Singh
Simarat Kaur
Saanvi Bhargava
Advika Sharma
Darsh Khandelwal



Gandhi Jayanti & Dussehra Celebration

30th September 2022

“A man is but a product of his thoughts; what he thinks he becomes.”

On the 153rd Birth Anniversary of the father of our nation, Mahatma Gandhi, a special assembly was conducted by the students.

Dussehra was also celebrated with the burning of Ravana's effigy.





Diwali Haat

15th October 2022



Blue Day

21st October 2022

The students celebrated Blue Day on 17th October, 2022.

The significance of blue colour was reiterated through a series of activities.

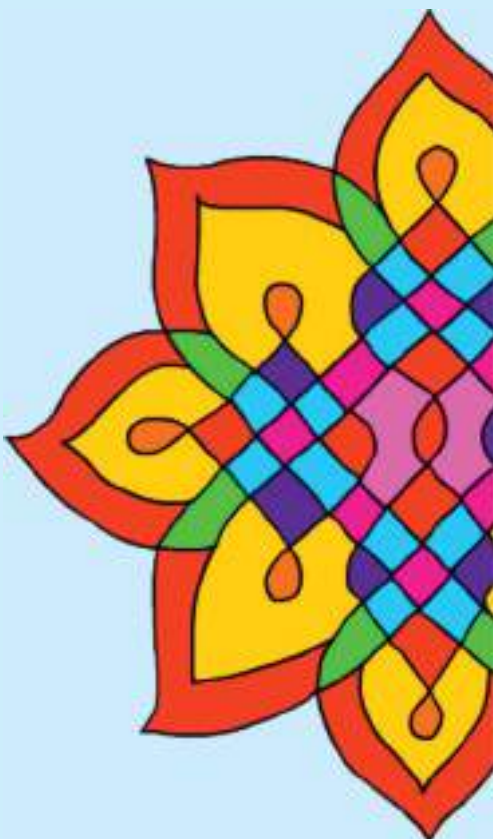


Diwali Celebration

21st October 2022

Festivals are not meant only for celebration but they also provide an opportunity to educate the children about our culture, traditions and teach them about the Joy of Giving. With the same perspective students celebrated Diwali by presenting gifts to our support staff.

Wish you all a very Happy Diwali and a prosperous and healthy new year!



Excursion - Bal Bhavan

4th November 2022

School excursions are a fun way of learning and experiencing new places with your friends. Today's picnic of Grade 1 and 2 to Bal Bhavan was met with a lot of excitement and joy.



Children's Day Celebration

14th November 2022

Children's Day was celebrated with great joy and enthusiasm. The teachers' speeches and performances set the tone for a fun filled day at school.



Art Competition at Roshini

14th November 2022

Children's Day was celebrated with An Inclusive Art Competition, at Roshini Ramakrishna Mission Ashram, as part of the Anjali International Children and Youth Festival, in which our students participated. Srashti Bhargava was awarded first prize and Rudraksh Singh of our school stood second, with the theme of the competition being 'Friendship'.

It is a significant annual event that is hosted by Swabhiman Disability Information and Resource Centre.

Swami Supradiptanandaji Maharaj, Secretary Ramakrishna Mission and Mrs Swati Singh, President AFWWA Gwalior, had consented to be the chief guests.



School Picnic at Sacheti Farms

21st November 2022

School trips bring new experiences for our tiny tots. Today's trip to Sacheti Farm, was met with a lot of excitement where students not only saw farm animals, but also witnessed farm life .



Nursery Culmination

25th November 2022

Culmination of Nursery's Block 14- My Garden .

The tiny tots represented insects, birds , flowers and trees that are found in a garden. Speaking on the mic , in front of their adoring parents, surely was a first for them.



Class Decoration Competition

28th November 2022

A Class Decoration Competition was held today where students participated with great enthusiasm to decorate the class. The theme for Grade 1 was 'Plants and Animals' and Grade 2 was 'Our Planet'.

The competition was judged by Vice Principal, Ms Veenu Badmera.

Judgement criteria was Theme, Presentation and Student Participation.

Classes 1A and 2B were awarded the first prize.

Congratulations to the students and their teachers.



Youth Festival at IITTM

1st December 2022

21st Anjali Children and Youth Festival with An Inclusive Music and Dance Event was organized by Roshni Ramakrishna Ashram, partnering Swabhiman Bhubneshwar, at IITTM, Gwalior, where students from many prestigious schools of Gwalior gave spectacular music and dance performances. The students of 7i World School performed a melodious medley of songs.

The students were highly appreciated by the audience as they were the youngest and most enthusiastic performers.



Visit to Sculpture Park

9th December 2022

Students of Grade 1 & 2 went on an educational visit to the Prabhat Rai Sculpture Park today.





White Day

13th December 2022

White is the colour of peace, purity and innocence. White is also symbolic of snow and winter. White Day saw students and staff dressed in white bringing in the winter season.



Puppet Making Activity

20th December 2022

Puppets can help children in many ways. Fine motor skills can be improved as a puppet helps with dexterity and manipulation of fingers.

The Puppet Making Activity was thoroughly enjoyed by all students.



Card Making & Christmas Celebration

23rd December 2022

Christmas was celebrated with great festive joy with a card making competition, carol singing ,dances and Santa Claus!

The results of the Card Making Competition are

Grade: PG

I Position

Adhrit Gupta
Garvik Jain
Nakshit Malik

II Position

Inaya Khandelwal

Grade: Nursery

I Position

Vaidehi Goyal
Katyayani Mittal

II Position

Aadya Chaturvedi
Aanya Chaturvedi
Parinita Sharma
Trishal Jain

III Position

Chirag Kumar
Shravya Rawat
Shreyansh Mittal

Grade K1A

I Position

Agrima Singh Bhadouria
Reyansh Singh Jadon
Samarth Dwivedi
Saanvi Garg
Unnati Sacheti

II Position

Anvesha
Ashwika Mishra
Ayushman Pratap Singh
Medhansh Agarwal
Ridharv Mangal
Parvie Nagori
Yuvaan Prajapati

III Position

Abhraneel Parihar
Diyan Mangal
Jeevank Singh Rajput
Vedansh Jain
Vaishnavi Parihar
Virat Pratap Singh

K2 A

I Position

Aashvi Jaiswal
Bhavyaraj Dodhy
Dhruv Gokhale
Janavi Malik
Shrey Chaudhary

II Position

Arjun Bansal
Nityam Upadhyay
Parth Singh Sikarwar
Shivansh Sharma

III Position

Adrija Mishra
Tanishk Gupta
Urjit Parakh

K2 B

I Position

Akshaj Shrivastava

II Position

Abeer Rajpal

III Position

Suleman Khan
Hridhyansh S. Gurjar



Grade 1 A

I Position

Aarabdh Gupta
Swasti Chauhan
Naksh Maheshwari
Gauransh Girdhar

II Position

Satvik Yadav
Kanak Singhal
Kрати Sharma
Vihaan Jain

III Position

Aryadhvaj Singh Bais
Viraaj Verma
Samarth Bhadoria
Siya Pachori
Keshto Kush Khandelwal

Grade 1 B

I Position

Samriddhi Chaudhary
Darshil Bansal

II Position

Kautilya Shrivastava
Atharv Jain
Poorvi Tyagi
Aarohi Parihar

III Position

Avi Jain
Yuvaan Jain
Divyaksh Dhakad

Grade 2 A

I Position

Omkar Joshi
Kaira Singhal
Yuvika Sharma
Aadhya Bhatt

II Position

Hardik Shakya
Dhruv Gupta
Aaradhya Jain
Anushka Pathak

III Position

Kuldeep Jagwani
Pulkit Sharma
Subhi Shrivastava

Grade 2 B

I Position

Karishni Singh
Darsh Khandelwal
Maanvika Nigam
Priyansh Ranjan

II Position

Shashwat Rajawat
Saanvi Bhargava
Sehaj Dubey

III Position

Abhimanyu Singh Yadav





Procom Olympiad Winners



Procom Olympiad Pre Primary Winners



Procom Olympiad Winners



National Youth Day

12th January 2023

National Youth Day, Yuva Diwas or Swami Vivekananda Birthday is celebrated with the great joy and enthusiasm in India every year on 12th of January. In the year 1984 it was declared by the Government of India to celebrate the birthday of Swami Vivekananda as the National Youth Day. The students did yoga to commemorate the day.



Makar Sankranti and Lohri Celebration

13th January 2023

To make the kids aware about our rich Indian culture and tradition, students celebrated the festivals of Lohri and Makar Sankranti . The students enjoyed dancing around the bonfire. Students were served festival delicacies of popcorns, peanuts and rewari. The teachers explained the importance of these festivals to the students .



SOF- IGKO WINNERS

13th January 2023

Congratulations to the winners of the SOF Olympiad 2022-23

SOF- International General Knowledge Olympiad

Grade - 1 B Samriddhi Chaudhary

School Rank- 1

Zonal Rank- 8

Regional Rank- 22

International Rank- 29

Gold Medal of Distinction + Certificate of Distinction +

Gift worth Rs 500/-

Grade- 1 A Swasti Chauhan

School Rank- 2

Zonal Rank- 15

Regional Rank- 35

GoInternational Rank- 50

Id Medal of Distinction + Certificate of Distinction

Grade- 1 A Ramyak Jain

School Rank- 3

Zonal Rank- 48

Regional Rank- 103

International Rank- 144

Gold Medal of Excellence

Grade- 2 Anay Raj Singh

School Rank- 1

Zonal Rank- 54

Regional Rank- 216

International Rank- 281

Gold Medal of Excellence



Republic Day & Vasant Panchami Celebration

26th January 2023

Republic Day and Vasant Panchami was celebrated today with a lot of patriotic fervour and zest. The students gave energetic dance performances and sang melodious songs after the unfurling of the national flag.



Karate Championship

30th January 2023

Naksh Maheshwari of Grade 1 A won a Silver Medal at the Madhya Pradesh State Karate Championship on the 29th of January 2023, held at Manas Bhavan Gwalior.



Flower Decoration Activity

30th January 2023

Flowers are the jewels of nature.

The students of K2 to Grade 2 put their creativity to use by arranging flowers for the Class Flower Arrangement Activity conducted today. Class Teachers and students brought beautiful flowers to deck the school with a plethora of colourful flowers.



SOF English Olympiad Winners

Grade- 1 A

Swasti Chauhan

School Rank- 1
Zonal Rank- 37
Regional Rank- 37
International Rank- 73
Gold Medal of Excellence

Grade- 2 A

Omkar Joshi

School Rank- 1
Zonal Rank- 15
Regional Rank- 15
International Rank- 19
**Gold Medal of Distinction +
Certificate of Distinction +
Certificate of Zonal
Excellence**

Grade - 2 A

Anay Raj Singh

School Rank- 2
Zonal Rank- 18
Regional Rank- 18
International Rank- 22
**Gold Medal of Distinction +
Certificate of Distinction
+Certificate of Zonal
Excellence**

Grade- 2 A

Subhi Shrivastava

School Rank- 3
Zonal Rank- 486
Regional Rank- 486
International Rank- 1491
Gold Medal of Excellence



Visit to Bal Bhawan

10th February 2023

A picnic not only brings joy to kids but also contributes highly towards learning new things. The students of PG, Nursery and K1 went on a picnic to Bal Bhawan .



Story Telling Competition

15th February 2023

Story telling builds confidence in children and also sharpens their presentation skills. Students of Nursery to Grade 2 presented stories where they were judged by 7i Parent Partners, Ms. Seema Chauhan and Ms Shivani Pathak

The criteria for the judgement was presentation, memorization and expression.

Results of The Story Telling Competition

Nursery

I Position

Shreeja Dubey
Chirag Bajahiya
Aanya Chaturvedi

II Position

Shreyansh Mittal
Aadya Chaturvedi
Trishal Jain

III Position

Viaansh Singh Dogra
Shravaya Rawat
Katyayani Mittal

K1

I Position

Agrima Singh
Hriday Jethwani

II Position

Diyaan Mangal
Reyansh Singh Jadon

III Position

Samarth Dwivedi
Yuvaan Prajapati
Vaishnavi Parihar
Anvesha

K2 A

I Position

Manit Agrawal
Sheen Khare

II Position

Aashvi Jaiswal
Adrija Mishra
Reyansh Dwivedi

III Position

Tanmay Bansal
Chaitanya Sharma

Grade K2 B

I Position

Akshaj Shrivastava

II Position

Devansh Baghel

Grade 1 A

I Position

Swasti Chauhan

II Position

Satvik Yadav

III Position

Kanak Singhal
Chitra Singh

Grade 1 B

I Position

Poorvi Tyagi

II Position

Aarohi Parihar
Samridhi Chaudhary
Trishika Mavai

III Position

Atharv Jain
Aarna Chaturvedi
Divyaksh Dhakad

Grade 2 A

I Position

Angad Sejwani

II Position

Anushka Pathak
Kaira Singhal

III Position

Aadhya Bhatt
Anay Raj Singh
Krishnavi Choubey

Grade 2 B

I Position

Shambhavi Singh
Saanvi Bhargava
Priyansh Ranjan

II Position

Arnav Rana
Maanvika Nigam

III Position

Advika Sharma
Samrat Singh Solanki





Nursery Sports Day

20th February 2023

The students of Nursery took part in the Pencil Box Race.

Result

Viraj Kansana - I

Chirag Bajahiya - II

Siddh Jain - III

Congratulations to our little champions.



K-1 Sports Day

21st February 2023

Students of K1 participated in the Bag Race where students had to collect books , pack their bags and return to the start point.

Results of the Bag Race

Abhraneel Parihar - I

Vaishnavi Parihar - II

Parvie Nagori - III



K-2 Sports Day

22nd February 2023

Students took part in a Ball Race, where they had to collect balls in a basket and come back to the starting point.

Results of the Ball Race

Devansh Baghel - I

Sheen Khare - II

Jasraj Singh Sekhon - II

Tanmay Bansal - III



Grade 1 Sports Day

23rd February 2023

"Dressing oneself is an important part of growing up."

Students of Grade 1 participated in a Jacket Race. The students had to quickly wear their jackets and return to the starting point.

Results

Grade 1 A

Aarabdh Gupta - I
Darsh Mishra - II
Krati Sharma - III

Grade 1 B

Poorvi Tyagi - I
Darshil Bansal - II
Nainika Kariya - III



Grade 2 Sports Day

24th February 2023

The Sports Week concluded with the students of Grade 2 competing in the Lemon Race. The students had to balance the lemon in a spoon and run back to the start line.

Results

Grade 2 A

Kartik Parande - I
Shivansh Gurjar - I
Omkar Joshi - II
Rudra Mishra - III

Grade 2 B

Simrat Kaur - I
Saanvi Bhargava - II
Sehaj Dubey - III



Fireless Cooking Activity

24th February 2023

The students of Nursery to K2 had a Fireless Cooking Activity on 24th Feb '23. The students of Nursery made Bread Smileys, where as K1 prepared Biscuit Canapès and K2 prepared delicious Nachos Chaat.



Dental Check-up

28th February 2023

A Dental Check-up in school involves a professional examining of children's mouth and making parents aware of their wards oral hygiene especially stressing on tooth decay and gum diseases. Students of PG to Grade 2 had their annual dental checkup at school today.



SOF - Science Olympiad Winners

Congratulations to the winners of the SOF - Science Olympiad 2022-23

Grade- 1 A

Aarabdh Gupta

School Rank- 1

Zonal Rank- 45

Regional Rank- 79

International Rank- 86

Gold Medal of Excellence

Grade- 2 B

Saanvi Bhargava

School Rank- 1

Zonal Rank- 24

Regional Rank- 37

International Rank- 41

Gold Medal of Distinction

Grade- 2 B

Shambhavi Singh

School Rank- 2

Zonal Rank- 42

Regional Rank- 64

International Rank- 72

Gold Medal of Excellence



SOF (ISO) Olympiad Winners



Holi Celebration

7th March 2023



K-2 GRADUATION DAY

25th March 2023



Winners of Procom Olympiad

Final Round 2022-23

Grade- 1 A

Swasti Chauhan

Subject - GK

All India rank -1st

Grade- K 2 A

Harshit Kushwah

Subject - GK

All India rank - 1st



Life@Shivpuri Link Road

World Health Day

A good student is the one who can work in a group, motivate others and yield productive output. Being positive, helpful, cooperative and friendly are all the traits of a good student. Such students become great team leaders.

With a view to make future leaders, Students' Council was elected at 7i World School for the session 2023-24.



Student Council Elections 2022-23



Earth Day

"It's our responsibility to spark a passion in our kids that will drive them to do their part to take care of the earth they inherit."

Believing so, 7i World School this session as well has planned to conduct various activities. Earth day was celebrated on 22nd April 2022, with the theme "Environmental Friendly Practices".





Parents Orientation

“A parent is a teacher at home and a teacher is a parent in school and the child is the centre of our universe.”



Classroom Management Strategies

Workshop and Seminars are an inherent part of 7i World School culture. Repeatedly these workshops are organised for the upliftment of Educators.

Macmillan Education, India, organized a workshop on the Macmillan Product organized at the school conference hall. Product training workshop was attended by English and Social Studies Educators.



Blended learning is the term given to the educational practice of combining digital learning tools with more traditional classroom face to face teaching.

When e-learning is combined with conventional learning in the classroom, students can take advantage of much of the flexibility and convenience.

The said workshop explored various roles of Blended Learning in today's teaching, this workshop introduced a new idea and inspired all the participants to further explore it on their own. It was an enthralling experience for all the educators.



Session on Quality Circle Concept

An enlightening session on *Quality Circle Concept* with the *Principal, Mrs. Richa Verma, 7i World School* was arranged for the Educators. It was a great insight for the Educators to apprehend about the concept, structure, brainstorming, problem solving and many more things about *Quality Circle*.



Shivam Singh of Grade 3 has won the 1st position for 50mts Freestyle (boys under 9 years) in the District Swimming Championship -2022 held at Bhartiya Vidya Niketan, Gwalior on the 9th of June 2022.



Today's parents are believed to be in constant pressure to get everything exactly "right"--a pursuit of perfection that probably makes parenting feel hard.

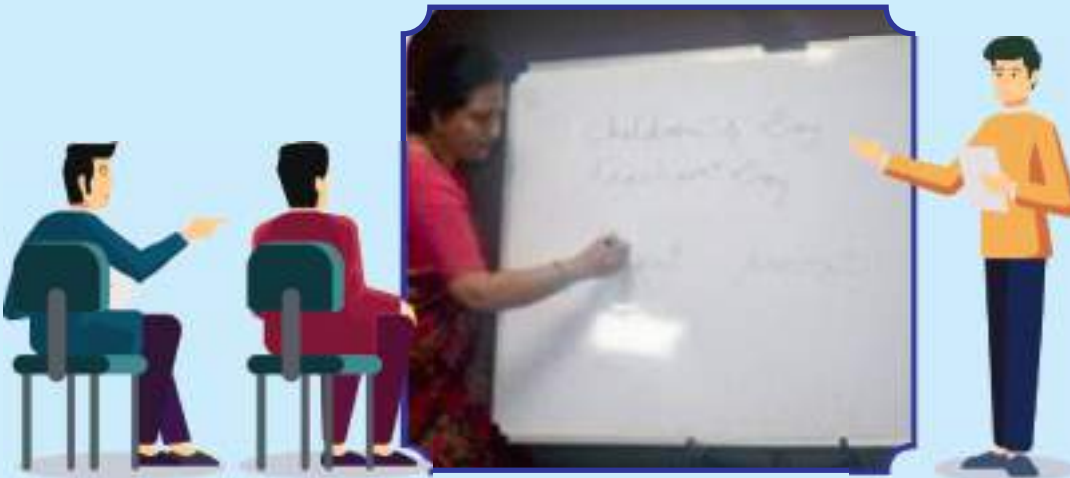
7i world School believes and understands that Parents and guardians play an important role in the learning, and effectively reaching them can be an ongoing challenge for even veteran elementary school teachers.

The highly experienced resource person *Ms Ira Sehgal* was invited with the aim to foster excellence in education by empowering educators to manage work related and personal stress.



Workshop On Personality Development

The inherent personality traits and the different soft skills interact with each other and make a person what he or she is. It helps bring out several intrinsic qualities of a person, which are a must in any responsible position.

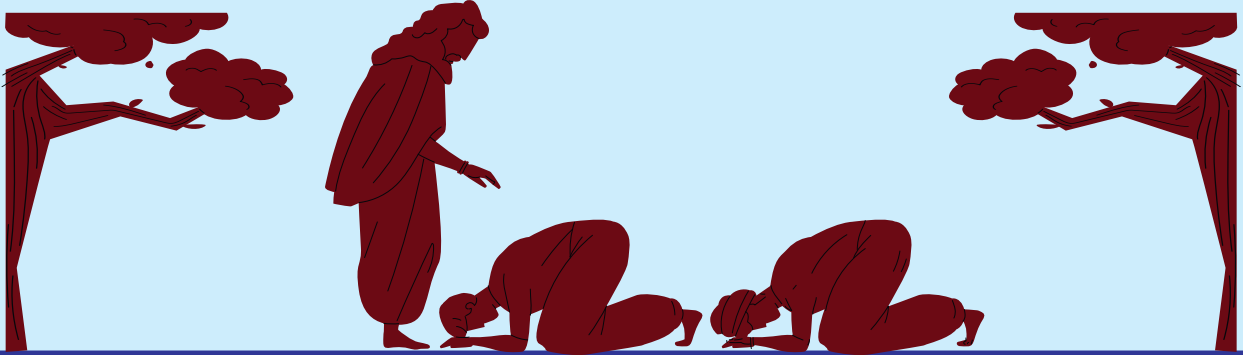


Career Guidance program helps students to identify the career goals, set education milestones and derive the clear pathways to achieve it.



Guru Purnima

Special assembly was organized On Guru Purnima to mark the occasion. Students expressed their respect towards educators by presenting dance and speeches.



Career Counselling Session

A day was specially dedicated to safeguard and protect our toddlers and give them the warmth of wellbeing through a workshop.

The children learnt to identify the “No touch” areas and understood who are safe adults and whom to report when there is an alarming situation. They also learnt to handle strangers and say 'NO' to unwanted touches by running away and shouting out loud.



Educational visit to Vivekananda Needam

An educational visit to Vivekananda Needam was organized for students. The aim of the visit was to connect the students with the nature and to know more about the life history of Swami Vivekanandaji and his teachings. The students experienced the beauty of nature and understood that green and clean environment is very important for the survival of Mother Earth.



Tree Plantation Drive

“Just living is not enough, one must have sunshine, freedom, and green environment”



Life Lessons ...

Sutra of the successful life of Swami Vivekananda

Mr. Ankit Sharma, a well-known motivational speaker and life Coach invited as a Speaker in the morning assembly of 7i World School, SLR addressed the students and gave them four Sutra of the successful life of Vivekananda to be imbibed by students in their lives



In this techno-savvy world, career counselling has expanded its length and breadth so that it can reach to a mass audience so that they can also improve the country's future as well.

Career counsellor can also interact via various means of communications so that student can easily learn and interact with them.



Inter House Beat to Beat

Group Dance Competition

"I do not try to dance better than anyone else. I only try to dance better than myself."





Group Song Competition

"I don't sing because I'm happy;
I'm happy because I sing."

- William James



Educational Tour to the Factory



Educational Trip To The Zoo

An educational trip to the zoo was organized to promote awareness and to expose the children to the world of amazing animals and birds.

They were delighted to see wide varieties of flora and fauna. The excursion proved out to be an outdoor classroom for the students as they were able to accommodate and assimilate knowledge.



Rakhi Making Activity



Turn A Coat to Articulate Your Voice

Effective research, extensive analysis and great communication skills are few desirable qualities of a good debater. Other than preparing individuals to think logically and reason with all their senses, debating competitions prepare students to face situations life may throw at them.



Festivity of Janamashtami

Janmashtami is also called “Sri Krishna Janmotsava” which is celebrated as the birthday of Lord Krishna. The Hindu god Lord Krishna was born on this day, and people celebrate this day by treating the day as if the Lord has taken birth in their houses. People celebrate this day with a lot of devotion.



An Educational Visit To The Mineral Water Plant

It was a learning experience for students as they got an opportunity to witness the entire method of processing water, filling of water in bottles, packaging etc.

The Achalnath food and beverages is the only mineral water plant in M.P. which provides 3 water brands, Thanner, Clear and Oxymore. Overall, it was a good learning experience for students.



An Educational Visit To Sanchi Dugdh Sangh

Gwalior Sahakari Dugdh Sangh Maryadit, affiliated to MP State Cooperative Dairy Federation, Bhopal is in existence since 1980. It covers 06 districts and deals with 09 Milk chilling centres in its area of operation. The students learnt about pasteurizing, chilling, collection of milk etc.

The visit served its purpose of making the students aware of the essential role played by the milk industries.



Fireless Cooking Activity

'Cooking is a lot more than just food, it's bonding time and lots of fun'.

The aim was to provide students a platform to foster their creativity and decision making skills and also help to explore their hidden talents and discover new areas of interest. Students infused lots of creativity and served delicious eatables to enhance the taste buds.



National Sports Day

While sports are known for producing the most remarkable athletes, colorful characters, influential leaders, and memorable heroes; its fans have only seen a small throng of individuals leave as significant a legacy with their words as they have with their ability.



District Swimming Championship

Organized by Nagar Nigam Gwalior



Interschool Elocution Competition

(Poem Recitation)

“Admiration comes easy to a person, who is endowed with the fine art of public speaking, who adorns common thoughts with the grace of elocution, and the elegance of style”

Ten most prominent schools from the city Gwalior participated in the competition.

The participants, exhibited perfect nuances and finer points that go into making a poem recitation interesting and captivating. The poise, self-confidence and praiseworthy articulation delivered by the speakers with uncommon sense of conviction, elevated the event to a next level and providing utmost satisfaction and pride to the teachers.



cont...



cont.



Kaleidoscope 2022-23

An Interschool Literary And Cultural Event@GGHS



Karate Tournament

An Interschool Literary And Cultural Event@GGHS

7i Students Bring Laurels to make us proud.

Right since the advent of the new session, the students of 7i World School have started proving themselves once again. In the chronology, following students have won the medallions in their respective events in the 15th Gwalior District Karate Tournaments conducted in Manvendra Global School.

Name of Student	Event Name	Category	Position Medal
Anmol Dixit	Kumit Fight	Under 7	Silver
Astha Vyas	Kumit Fight	11-12 Years Girls	Bronze
Aaraveer	Kumit Fight	12-13 Years Boys	Bronze
Aaraveer	Kata Fight Boys	12-13 Years Bronze	



Teacher's Day

Celebration of Teacher's Day in school holds a special place in hearts of both Teachers and Students.

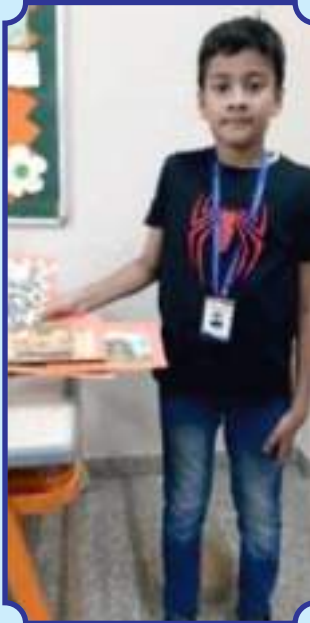
Teacher's Day is thus celebrated to honour teachers' hardships as well as to acknowledge their special role in the lives of students.



Intra Class Newsroom Competition

“The printed newspaper is a powerful showcase for news, opinion, and advertising”

The participants presented the news about Gwalior city, famous monuments of Gwalior and creative advertisements.



Inter House Quizzania



Diwali - The Joy of Giving

True joy lies in the act of giving without an expectation of receiving something in return. The act of giving kindles, self-esteem and brings happiness.





Children's Day



Sahodaya Inter School Skating

Competition Organised By ITM Global School



War of Words - A Turncoat Debate Competition



Project Veergatha 2.0



Inter House Ad-Mad Show

Creativity without strategy is called art, creativity with strategy is called Advertising



Monologue

Is a theatrics art of speech narrated by a single person.

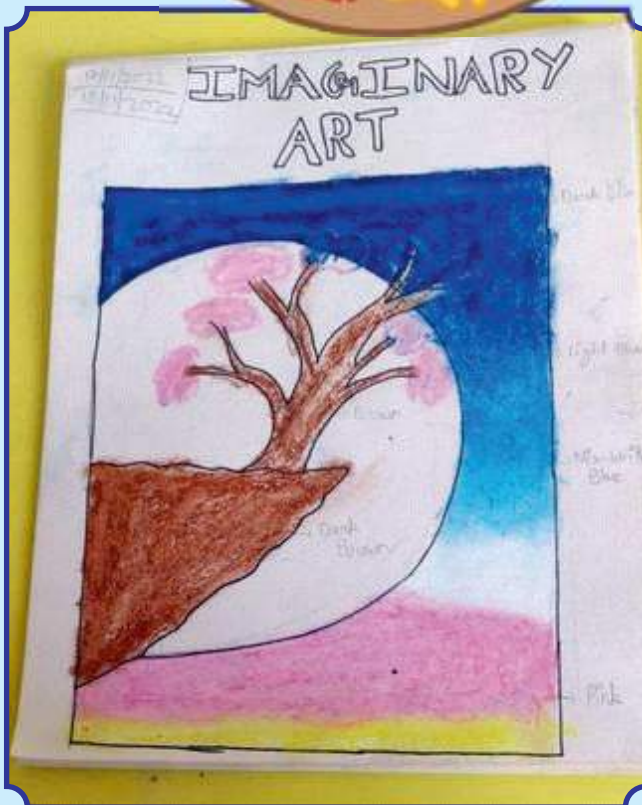


In the mind of every Artist
There is a masterpiece - Shape Poem



Beautiful pieces of Art created by students

Hobby class using their skills of imagination and creativity



Constitution Day



Visit To Asha School, Morar Cantt Gwalior

(School Of Differently Abled Children)



Sustainable Development Goals (SDGs)

“The greatest threat to our planet is the belief that someone else will save it”



House Meeting



Quiz on Swami Vivekananda

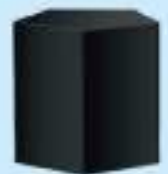
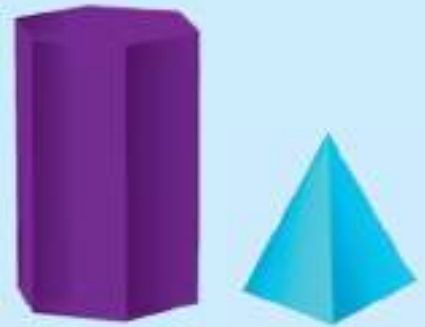


“The Five S's Of Sports Training”

“Stamina, Speed, Strength, Skill, and Spirit; but the greatest of these is Spirit.”



Math Activity - Building with Solid Shapes



Students of Class VI

Visited Prabhat Rai Murti Kala Kendra (Sculpture Park)



Belt Grading Exam 2022



Students of ZiWS visited Tropilite Foods Pvt. Ltd



Cooking with love provides food for the soul!

To bring together the important theme of 'Food', a fun-filled Food Fiesta was organised. The main objective behind the event was to make the children aware of various food items and the cultures they come from, by beautifully showcasing the signature dishes from six major Indian states i.e. Maharashtra, Uttar Pradesh, Rajasthan, Punjab, Gujarat and Kerala.





Dance is the art of soul and body



Christmas is a day of meaning and traditions

A special day spent in the warm circle of family and friends.



Sports

Sports like Football & Volleyball improves cardiovascular health, boosts mood and increases metabolic rate. To enhance the above mentioned skills, students of 7iWS regularly practice the above mentioned sports rigorously.



Despedida 2022 - 23

The Farewell Party for Class XII



Despedida 2022 - 23

The Farewell Party for Class XII



Learning to play an instrument

Stimulates the brain cells



Before the reward, there must be labour.

We plant before we harvest. We sow in tears before we reap joy.

A banner for Happy Makar Sankranti. The background is a light blue sky with white clouds. A string of colorful kites in shades of purple, blue, green, yellow, orange, and red is flying across the sky. The text "Touch The Horizon Of Education" is written in a simple font, followed by "Happy Makar Sankranti" in a larger, bold font. In the top right corner, there are logos for "World School" and "The World School".

Touch The Horizon Of Education
**Happy
Makar Sankranti**

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Mass Drill is all about synchronization and team work.

It enhances alertness and an unspoken co-ordination.



Wearing a costume representing the favourite character...

Going on stage to make a mark and reciting an inspirational quote that would bring on the applause...



Republic Day of India and Basant Panchami Celebration



Inter-School Fusion Band competition



Art and Craft during Hobby classes



Dr. Achal Gupta addressing the Students on Drug Abuse



Inauguration Ceremony of Cricket Net Practice

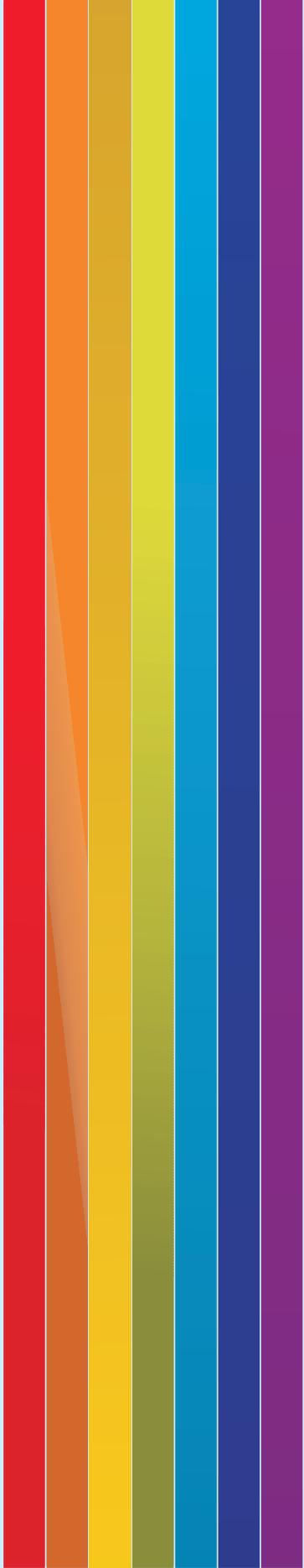
Pitch at 7i World School



Inauguration Ceremony of Cricket Net Practice

Pitch at 7i World School





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