





"Focus on the journey, not destination.

Joy is found not in finishing an activity, but by doing it."

Kamal Model Sr. Sec. School was established with the intention of offering value based and quality education. Schools are microcosms of society, and the human relations of the school life often teach students implicity as to 'how society works'. The only aspiration of our school is to help our students grow into fine human beings who are capable to face challenges of the present world.

Dear students, you all are the future of our country and school is a place where students begin to learn lessons of life. KMS leaves no stones unturned to provide you with the opportunities to play a role in personal and national progress.

KMS works at implementing a well balanced curriculum to ensure that the children who walk into the portals of our school will not only love their school but also be ready to face life's challenges.

We not only believe but also follow in- "Children must be taught how to think, not what to think."

My laborious and committed team who are experts of their subjects always provide a safe and secure environment for the development to the fullest potential of each and every child.

Mr Ved Prakash Tandon

Chairman



Dear students and parents

It gives me an immense pleasure to write and interact with you through this channel. Today the role of a school is not only to pursue academic excellence but also empower its students to be lifelong learners. At KMS, we always strive hard to offer our students salubrious learning ambience so that they can be given plentiful opportunities to groom their overall personality.

Learning at our school is based on the fundamental principles of life; teaching the children to be courageous, confident, disciplined, responsible and loyal. We lay special emphasis on both curricular and co-curricular activities. There is no longer a single pathway to attaining knowledge, but whatever paths our students choose must be stepped with efforts, dedication, relevance and relationships. Teaching is a two way process where the teachers first try and understand each individual child so as to provide them with the most effective techniques and a conducive ambience for them to learn what is delivered. Teamwork is the hallmark of Kamal Model School. I would like to appreciate our committed, supportive and dedicated teachers. I also take this opportunity to have caring and cooperative parents blend harmoniously, to create a child centric school and for having bestowed their faith and confidence in us. Your faith is our driving force.

Best and warm wishes for the future endeavors.

Ms Vandana Tandon Principal



SYNCHRONIZER

Greetings to all our Readers,

KMS is bringing out this newsletter catapulting its outstanding achievements and recording its brilliant progress amidst challenging pandemic.

In the rapidly changing scenario, the need of the hour is not only to maintain quality in terms of academics but in all other fields as well so that our children are armed with 21st century skills which requires the mastering of more than one discipline, or at least developing multiple perspectives. It is an occasion for all of us who are associated with this prestigious institution to reflect upon our role as educators, teachers, planners, administrators and contemplate how we can contribute and commit ourselves further to its service.

I am confident that this newsletter would be a stimulus for all those who are associated with this institution and will motivate them not only to make tireless endeavours to scale greater heights and achieve more challenging milestones but also become agents of positive change. I wish all students and teachers success in every new pursuit towards perfection.

PRAMILA MISHRA

Academic Director

Kamal, Vandana, Gurugram and Trinity
Group of Educational Institutions, Delhi NCR



Dear students

Schooling is the first contact with the world, a period of joy, healthy competition, adjustment, sharing and love. It is not just the wide open spaces, classrooms, the library, laboratories or the large fields that make the school, but it is the heart of the students and staff where the true institution exists.

Learning is not a process limited to schools only, nor does it end with the conclusion of one's school career. It is indeed a lifelong process. KMS is oriented to the total development of a child and to adaptation of various methods suiting the dynamics of the changing world in order to achieve common goals and objectives.

"Truth of your character is expressed through the choice of your actions."

Character creates self-respect, which in turn leads to high self esteem. Maturity is reflected in all aspects of character- the decisions we make, the friends we chose and the responsibilities we accept. Always remember to uphold the dignity of people. What you are is God's gift to you. What you become is your gift to God. Have something to live for. Bring out the best in you.

With warm wishes and God's blessings.

Ms Pushpa Jindal (Academic Coordinator) Kamal Model Sr. Sec. School

PASSIONATE EDITING TEAM



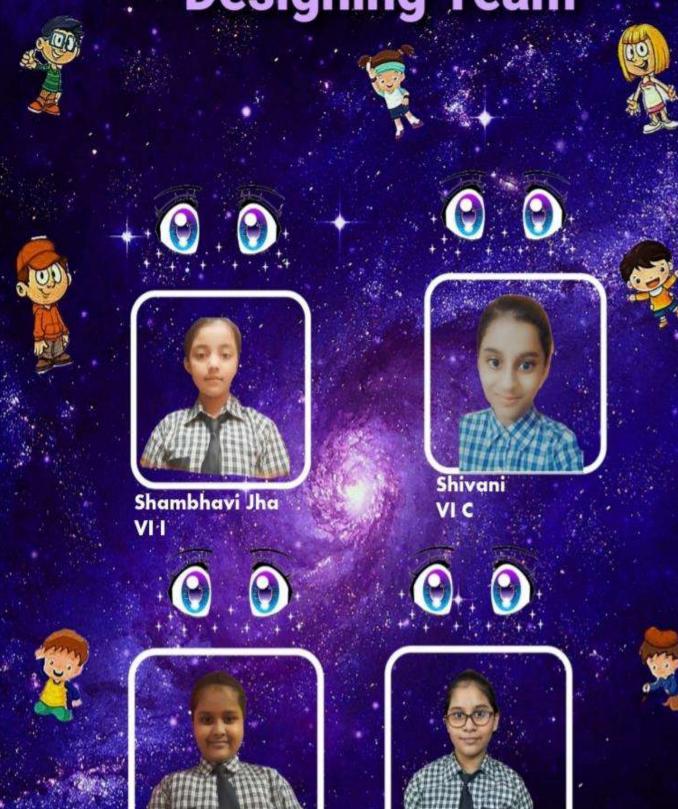


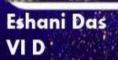
YOGITA 6J



AKANSHA 6B

Designing Team







November has 30 days and is the 11th month of the year. According to the Roman calendar, originally it was the 9th month. The November name originated from the Latin novem meaning "nine" which marked it the ninth month of the year in the Roman calendar. In Southern Hemisphere, it is the month of late spring and late autumn in the Northern Hemisphere.

NOVEMBER

Zodiac Sign: Scorpio (October 24 – November 22) and

Sagittarius (November 23 – December 21)

	Month	Flower	Stone	Meaning	Colors	Symbol
一年 一	November	Chrysanthem um	Citrine, Yellow Topaz, Pearl, Topaz, Diamond.	Fidelity, Faithfulness	Dark Blue, Red and yellow	X

TOP TIPS: REMOTE TEACHING

- •Establish a clear routine: A planned daily or weekly schedule will assure students that learning will continue in such uncertain times and will also help to reduce their anxiety levels.
- •Take advantage of online training courses offered by various organisations: Teaching and learning might never be the same again, but professional development is still really important.
- •Variation is the Key: Make the lessons engaging and enjoyable. Teachers need to be creative and look at different strategies so that their learners look forward.
- •Share e tutorials on how to use online tools with parents: Since very few students are actually reading the e- tutorials on the learning platforms, it helps to include parents in any guidance you give on how to use online tools effectively, so that they can support their child.
- •Hold Virtual gathering: Isolated living can take a toll on some students' mental health. Create virtual opportunities to socialise, like exercise, lunch with their teachers or a trivia game.
- •Pick a buddy teacher: Find someone to help coordinate classes and share ideas with. This will help to ensure that the challenges of remote teaching never feel too overwhelming.
- •Listen to feedback: It is very important to listen to students and parents to evaluate the impact of remote teaching.
- •Be Kind to yourself and your learners: Collaborate with colleagues and always remember that we're all in this together. Sharing is Caring!



My Hobby Store





Badminton

I play badminton with my brother at home during this pandemic time. It might seem like an easy game. It is played between two or four players. Badminton came from a child's game called battledore and shuttlecock. Some of the sport was played long ago in ancient Greece and Egypt. It is played in more than 70 countries and is especially popular in Malaysia, Thailand and Indonesia. It is the national game of Indonesia.

In men's games, the first player to score either 15 or 21 points to win. Women play to 11 points.

There are some interesting facts about Badminton

:

It is a LOT more intense than tennis.

The Asian domination of the sport.

It was called POONA in India during 19th century.

A badminton match once lasted just in 6 minutes.

A shuttle is made from the left wing of a goose.

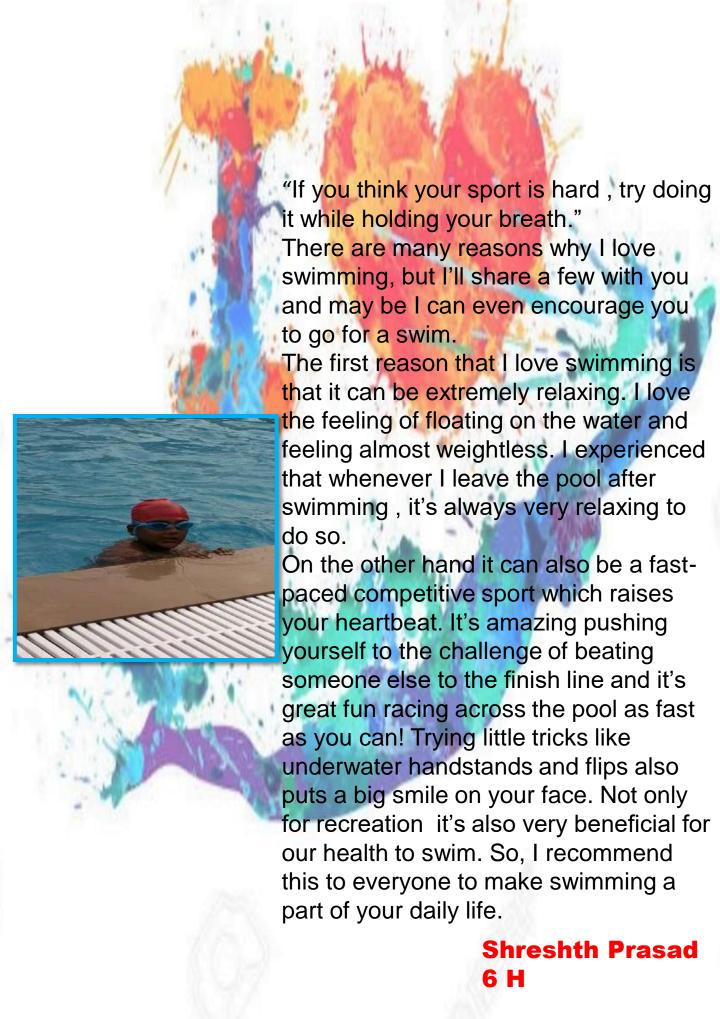
The strings of Badminton racquets are made from the stomach linings of cats.

It was initially played with the players' feet.





Anushka Gautam 6 A





Why I like Rope Skipping?

I like Rope skipping because the jumping motion improves balance, coordination, and reflexes. Children really enjoy jumping rope because it keeps their energy up and there are so many neat tricks to learn including alternating jumps, onefoot jumps, side straddles, running in place, do able under, and the arms cross. It burns calories and reduces risk of injuries and heart diseases.



Ragini Bhatt 6th A

Badminton

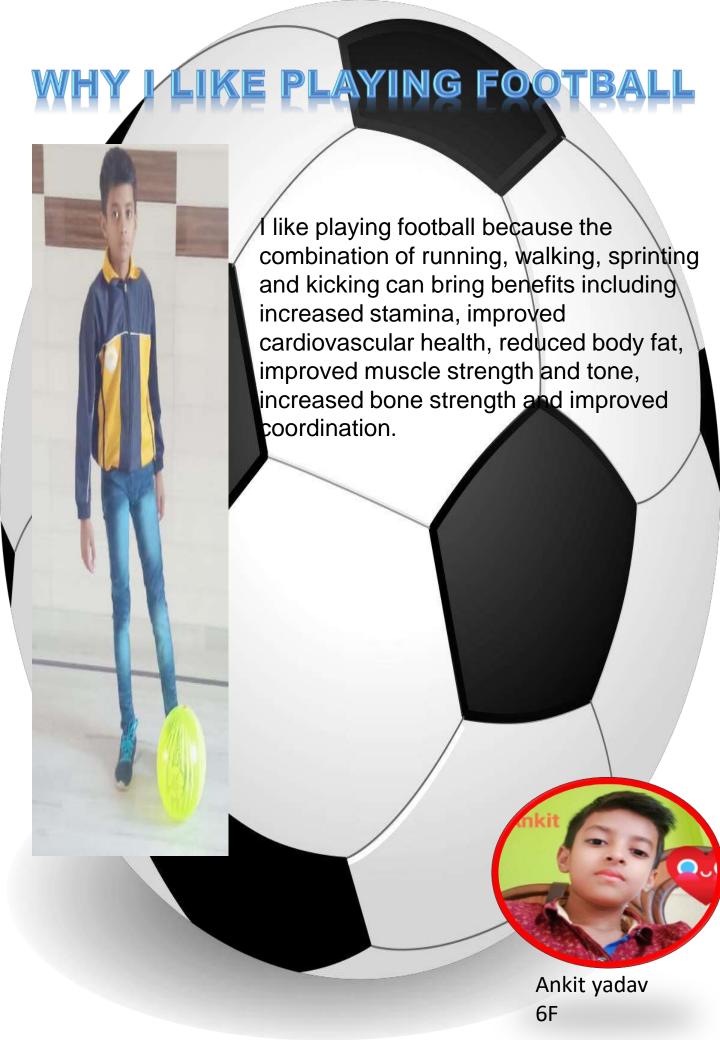
Introduction: My favorite sport is Badminton. I am really impressed with the great badminton players like P.V.Sindhu, Saina Nehwal, Srikant Kidambi, Lian Dan, Lee Chong Wei, Corolina Marin, Chenlong and many more. This game was firstly launched in England in 1873. Now this game has become very famous all around the world.

<u>Description:</u>Badminton is a racquet sport played by either two opposing pairs singles)or two opting pairs (doubles), who takes positions on opposite halves of a rectangular court that is divided by a net. Badminton is also played outdoor. I like this game because it takes less resources and space. I usually play it on rooftop, in street and in school always.

Conclusion: It keeps my body always fit and functional. The continuous movements from here to there build up my muscle mass, as well as tone them up into perfect structure. It boosts up my core muscles, calves, quads and hamstrings. Playing badminton keeps me away from doctors.

BADMINTON IS MY FAVOURITE SPORT







MADHUBANI

Why I like drawing?

I like Indian Drawings because we can communicate our feelings in a more finer way.

Through **drawing** we can express various emotions, train of thoughts, and collective

feelings. **Drawing** expands the option of an assorted communication field.

Through drawing we can express what we feel, what we want, our perception, etc. Drawing is also fun because it is a form of self-expression. We can make it whatever we want it to be, and create what our wish. Study Shows That Drawing Is Good for Your Brain.

Madhubani Painting- Madhubani art is a style of Indian painting, practiced in the Mithila region of the Indian subcontinent.

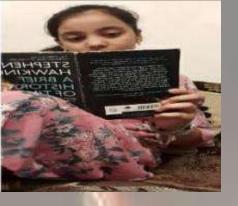




Kalamkari is a type of hand-painted or block-printed cotton textile, produced in Isfahan, Iran and the Indian states of Andhra Pradesh and Telangana. Only natural dyes are used in kalamkari which involves twenty-three steps. The Srikalahasti style of *Kalamkari*, where the "kalam" or pen is used for freehand drawing of the subject and filling in the colors, is entirely hand worked. This style flowered around temples and their patronage and so had an almost religious identity – scrolls, temple hangings, chariot banners and the like, depicted deities and scenes taken from the Hindu epics

The first step in creating kalamkari is steeping it in astringents and buffalo milk and then drying it under the sun. Afterwards, the red, black, brown, and violet portions of the designs are outlined with a mordant and cloth are then placed in a bath of alizarin. The next step is to cover the cloth, except for the parts to be dyed blue, in wax, and immerse the cloth in indigo dye. The wax is then scraped off and the remaining areas are painted by hand, similar to Indonesian batik.

Ganesh chauhan VI D



I LOVE READING

Reading is a very good habit that one needs to develop in life. Good books can inform you, enlighten you and lead you in the right direction. There is no better companion than a good book Reading is important because it is good for your overall well-being. Once you start reading, you experience a whole new world. When you start loving the habit of reading you eventually get addicted to it. Books really are your best friends as you can rely on them when you are bored, upset, depressed, lonely or annoyed. They will accompany you anytime you want them and enhance your mood. They share with you information and knowledge any time you need. Good books always guide you to the correct path in life. Reading improves your vocabulary and develops your communication skills. It helps you learn how to use your language creatively. Not only does it improve your communication but it also makes you a better writer. Good communication is important in every aspect of life. Books enable you to have a glimpse into cultures, traditions, arts, history, geography, health, psychology and several other subjects and aspects of life. You get an amazing amount of knowledge and information from books. Reading stimulates your brain muscles and keeps your brain healthy and strong



Shambhavi Jha 61



Acting



It's hard to articulate but I act because I have always known that I'm an actor. It's really that simple. But here are some things I love about it:

1)Every role, story and performances are different.
2)It's about connecting and collaborating with other people — with the cast, crew and audience.

- 3) Many qualities that make a good actor also make a good person eye contact, listening, empathy, patience.
- 4) With every new role, I learn and grow as a new person.
- 5)There is a lot of happiness in whatever I do.
- 6)I've never felt anything better than the experience of the 'flow' that happens every once in a while during a performance.



Yogita Sharma (6-J) Buddhipriya (6-J)



Acting involves a broad range of skills, including a welldeveloped imagination, emotional facility, physical expressivity, vocal projection, clarity of speech, and the ability to interpret drama. Acting also demands an ability to employ dialects, accents, improvis ation, observation and emulation, mime, and stage combat. Many actors train at length in specialist programmes or colleges to develop these skills. The vast majority of professional actors have undergone extensive training. Actors and actresses will often have many instructors and teachers for a full range of training involving singing, scene-work, audition techniques, and acting for camera



Ayushman 6 I



Crafting is very enjoyable for me because I make things that I can be proud of. Its fun to think about and make beautiful things. I get ideas from the places I go and what I look at. ... That is why I like to do crafting.



Himanshi Bisht

6G

My Art My Hobby

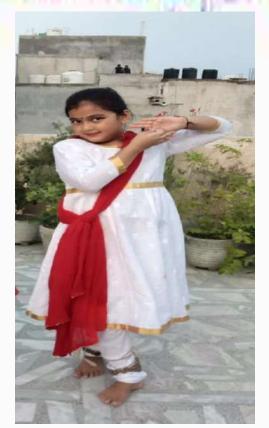


Art is your emotions flowing into a river of imagination". If you stand for a moment in front any artwork, which has many shapes and lines cannot be described easily. You start to imagine things by walking on those lines and shapes trying to connect to get a specific shape. What if the picture is a sunrise? You will begin thinking in every sadness or happiness things that happened with you. Art is everywhere in the entire world. It is one's creativity and imagination. Art is my hobby. It makes me feel relaxed. When I am coloring my drawings, I feel that I'm coloring my life.

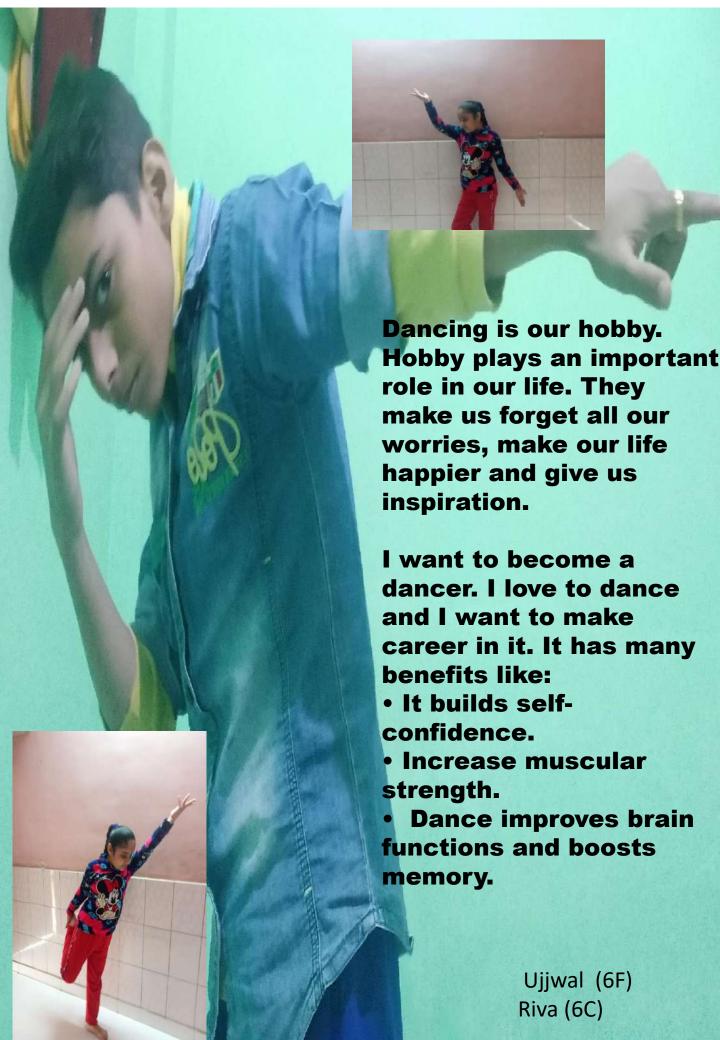
D Discipline
A Attitude
N New
C Confidence
E Emotions

Dance is a performing art form consisting of purposefully selected sequences of human movement. This movement has aesthetic and symbolic value, and is acknowledged as dance by performers and observers within a particular culture. Dance, the movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself.









MUSIC MY LIFE...

Music is such an important thing in my life, but I know that its true power lies in its ability to enhance other people's lives. It is meant to be shared. My musical journey so far has taught me that if you love what you do and share it with others, you can create a circle of inspiration that positively affects everyone around you. Hearing music around the house and being exposed to the joy of music from an early age made it easier and natural to love and learn music.

My journey into music started when I was 6 years old. My father gifted me a piano . Then after sometime my mother suggested me that ilshould learn music .After one year, my parents had an incredible collection of videos of amazing conductors . When I was six or seven years old, my musical journey started and my mother and father had a dream of me becoming a musician. I am lucky because my family supports me.

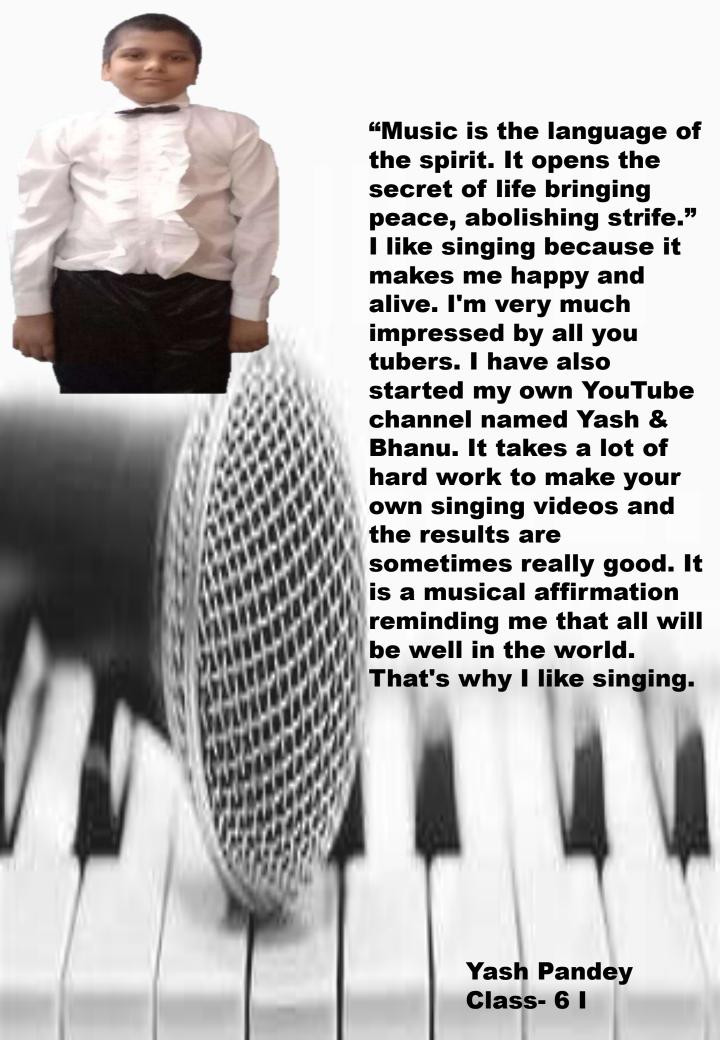


I love singing because whenever I sing I feel happy. I sing more of English songs. Singing is my hobby and I will grow up to be a singer. I love to sing my favorite songs and they make me happy. I express a lot of feelings through music and I love that it's fun and releases my stress. Maybe, because I am expressing my emotions through the songs. That is why I like singing? ?

Singing



Aayushmaan 6l





MY-AIM IN LIFE

I am an ordinary child of ordinary parents and I know the practical limitations of our life. I do not have any dreamy impractical ambition. I only want to become a useful and honourable citizen of my country. I don't want to become a big man that I might have great respect or a large amount of wealth for myself and my family. I want to serve my country and my people. I do not want only riches or position. I only wish to live life as an honourable and honest person. At present, there is a craze of becoming an Engineer, but I do not find any urge for that profession. Somehow, I do not have any taste for figures and sketches. Moreover, I feel that what the country needs is not a large number of engineers but a large number of craftsmen. The teaching profession is very noble but I dread the uphill struggle in this profession and I do not myself possessed with that element of sacrifice and exemplary behaviour which is expected by a teacher. The only profession which has any attraction for me is the medical profession. In today's world, when this pandemic is taking lives of thousands of innocent people, I wish to be a doctor. Right from my childhood, the lives of eminent doctors have charmed my imagination. There I have seen a golden opportunity to serve the sick and suffering people of my country. I live in the village where many die for want of proper medical attendance. I shall become a doctor and will serve the people of my country. Rural countryside will be the scene of my activity and I will not keep my visiting fee. My aim is not to live in luxury and plenty. I only want to live a life of simplicity. I wish an honourable life dedicated to the selfless service of the country and the doctor's life is ideal in this respect. I only pray to God that my desire be fulfilled and that I become competent enough to act up to cherish the goal of my life - selfless service of serving the humanity.

Aditya Singh Adhikari



मेरे जीवन का लक्ष्य भारतीय सेना अधिकारी बनना है। लक्ष्य के बिना जिंदगी अधूरी होती है। यदि हमारे पास लक्ष्य ना हो तो सभी रास्ते रुक जाते हैं। मैंने भी अपने जीवन का लक्ष्य सोच रखा है। मैं बड़ा होकर भारतीय सेना में अधिकारी बनना चाहता हूं।

मैं जब भी भारतीय सेना को वर्दी में देखता हूं तो मेरे अंदर ना जाने एक अलग ही तरह का रोमांच उत्पन्न हो जाता है और मैं बस यही सोचता हूं कि मैं कब उस कड़ी का हिस्सा बन हूं जिसके लिए मैंने अभी से ही मेहनत करनी शुरू कर दी है। मैं भारतीय सेना में सम्मिलित होकर अपने देश भारत की सेवा करना चाहता हूं। भारतीय सेना का अनुशासन पूरे विश्व भर में प्रसिद्ध है। मैं अपने जीवन में यह उम्मीद रखता हूं कि मैं बड़ा होकर भारतीय सेना में सम्मिलित होकर अपने देश का नाम रोशन कर लुंगा तथा अपने विद्यालय कमल मॉडल सीनियर सेकेंडरी स्कल का नाम भी रोशन करूंगा। इसके लिए मैं प्रतिदिन नियमित रूप से व्यायाम करता हूं तथा नियमित पढ़ाई भी करता हूं ताकि शरीर के फिट होने के साथ-साथ दिमाग भी तंदुरुस्त रहे। मैं अपने विद्यालय में एनसीसी का प्रशिक्षण भी प्राप्त करूंगा। अंत में बस यही कहना चाहुंगा कि मैं एक दिन भारतीय सेना का अधिकारी जरूर बनुंगा और अपने देश की सेवा करूंगा।

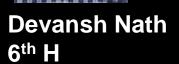
MY INSPIRATION

I am inspired by my two cousin sisters. Both are doing YOGA along with their studies. One of them is the National level player and another one won the title of Miss Yogini of India in 2016.

I'm very much inspired from my sisters and I love to follow their path. I have also started a good schedule for daily life and have a sound mind and body.

We all must follow yoga for achieving all the success and mindfulness with positive attitude in our lives.







I find inspiration in a variety of people and things. I would like to add one of my biggest role model in my life, my maternal uncle.

He always has a smile on his face no matter how hard a situation is. He works hard and he loves everyone. He spends everyday of his life by working hard with a perfect routine and even I have never heard his complaint about being tired and over worked. He is an I.A.S. officer. He taught me the value of good reputation. He is well respected and always gave more than he received. Many people have hectic lives but he overcame this hardship and come to work everyday with full dedication to make the lives of citizens of our country. His passion for our country is such a motivation for us. He always taught me to stay focused and goal oriented without caring of the obstacles that come in my way. This way of thinking has greatly attributed to my success. I try to live like he did as much as I can. He always deserves everything what he wants. He has ability to fulfill his dreams and he did. I happily follow the path of my uncle. He is always very adaptable and tolerant to people, even when they were not good to him. He taught that being kind, compassionate and caring towards others is a duty of every human being and to never fail in this duty. He is really a great inspiration for me.



Why I Like ISRO

INDIAN SPACE RESEARCH ORGANISATION [ISRO]

I like ISRO because I like the universe since my mother told me about the rotation of the earth. Universe is the most interesting thing in the world; the black holes, The Big Bang have a very exciting mystery behind them . ISRO is one of the best organizations in our country which deals in all these things. My dream is to join ISRO being a scientist and an astronaut.



Eshani 6D





NATURE BEYOND IMAGINATION (AURORA)



The Sun sends us more than heat and light; it sends lots of other energies and small particles in our way. The protective magnetic field around Earth shields us from most of the energies and particles, and we don't even notice them. Frequently there are beautiful lights shown in the sky. These lights are called auroras. If you're near the North Pole, it is called northern lights. If you're near the South Pole, it is called the southern lights.

Hence, aurora referred to as polar lights, northern lights or southern lights, is a natural light display in the Earth's sky, predominantly seen in high latitude regions. Auroras are the result of disturbances in the magnetosphere caused by solar wind.

I would definitely see Aurora once in my life.



Brahmpreet Singh

6 D



We know that the leaves of Har-Singar are also very useful in fever and flower of this plant is very useful in joint pain. Hence all these medicinal plants are very useful in this pandemic situation. As taking Giloi three to four times a day makes our immunity system very strong. In modern time everybody wants to live healthy and strong. So, we should grow more and more plants. They are our friends. They gave us fresh and pure air to breath in. they are very useful to us.

GARDENING IS MY HOBBY

I have a garden on my terra<mark>ce.</mark> There are a lot of flowering and medicinal plants in my garden like Hibiscus, Tulsi, Har-Singar, Aloevera etc and some other plants like money plant. These all plants are very useful to us. I use these plants as a medicine at home. Early in the morning I do some exercise in pure air on my terrace, then I give water to all my plants. I take off some dry leaves from the plants within a week. I wash all my plants. I use the leaves of Tulsi plant when I make tea for my parents.



Pranav 6 A

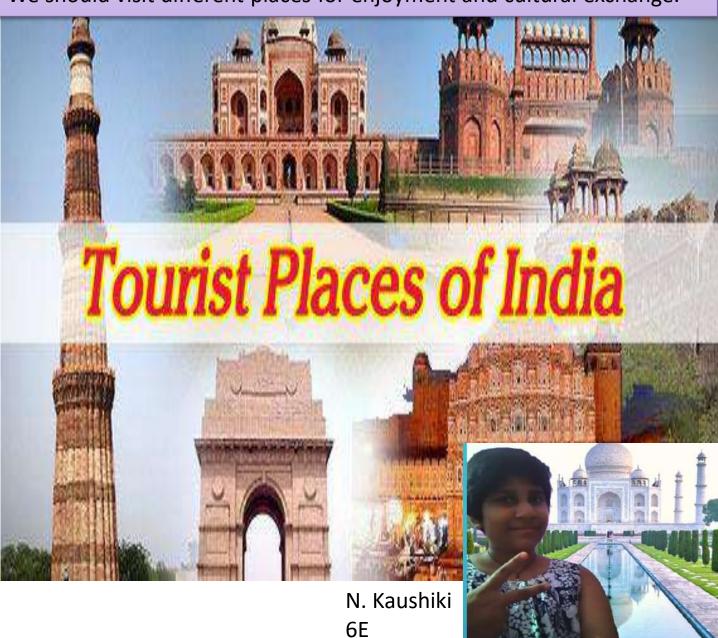
TOURISM

I love to visit different places of India as well as world. I never visited abroad, but one day my dream to see different places in the world will surely fulfil.

To visit different places is my passion. I want to know the culture, tradition, customs, religion, food, costumes, art, music, dance, monuments, and much more about different places.

In this pandemic situation I can't visit anywhere. Last year I went to see Red Fort. Do you know why it is called Red Fort? Because it is made of Red Sandstone. I also visited Taj Mahal and Nathula (India and China Border).

We should visit different places for enjoyment and cultural exchange.







MOTHERS'

की रसोई से



IG PINE NUTS (ROMANS, 4th CENTUARY CE)

IG PINE NUTS (ROMANS, 4th CENTUARY CE) From the cookbook of Apicius, a 4th century CE text that represents recipies from numerous elite cooks passed down through the years, comes vulvulae bocelli. To make this dish, you mix pepper, cumin, leek, roux, and pine nuts, and add it to what was considered a great delicacy in ancient times: pig vulva. Stuff that mixture into a sausage casing, boil in both, and serve with dill and more leeks.



Bhavya Tiwari 6A

लिट्टी चोखा

सामग्री- 4 लोंगो के लिए

लिट्टी- 2 कप आटा, 2 बड़े चम्मच तेल, 1/2 छोटा चम्मच अजवाइन, 2 बड़ा चम्मच देशी घी, नमक, 1 कप सत्तू, 5 कलियां लहसुन (कदूकस), 1 इंच टुकड़ा अदरक, 1 प्याज (बारीक कटा हुआ), 2 हरी मिर्च (बारीक कटी हुई), 1/2 कप हरी धनिया, 1/2 छोटा चम्मच कलौंजी, 1 नींबू का रस, भरवां लाल मिर्च के अचार का मसाला

चोखा- 1 आलू (उबले हुए), 1 बैंगन, 4 टमाटर, 4 लहसुन, 3 प्याज़ (बारीक कटे हुए), 1 इंच टुकड़ा अदरक (कद्दूकस), 3 हरी मिर्च (बारीक कटी हुई), 1 बड़ा चम्मच हरी धनिया, 1 बड़ी चम्मच सरसों का तेल, नमक

तरीका

पहले आटे को छान कर उसमें नमक, अजवाइन और तेल मिला कर थोड़ा कड़ा आटा गूंथ लें फिर उसे हल्के गीले कपड़े से ढंक कर रख दें।

अब भरावन बनाने के लिए सबसे पहले सत्तू को छान लें और अदरक, प्याज़, लहसुन, धनिया, अजवाइन, कलौंजी, मिर्च का मसाला, हरी मिर्च, नींबू का रस और नमक मिला लें। इसमें थोडा सा पानी मिला लें और अच्छी तरह से मिला लें।

आटे की लेकर उसकी लोई बना लें। उसमें दो चम्मच भरावन का मिश्रण भर कर उसे अच्छी तरह से बंद कर दे। अब ओवन को 200 डिग्री पर प्रीहीट कर लें। इसके बाद बेकिंग ट्रे में सारी लिट्टी रख दें और उनके सुनहरा भूरा होने तक पका लें। लिट्टी पकने के बाद उन्हें देशी घी में डुबा कर भरते के साथ परोसें।

चोखा बनाने के लिए पहले टमाटर को उबाल लें और उसके छिलके निकाल दें। अब बैगन को पतले चाकू की सहायता से उसमें जगह-जगह छेद कर दें। उनमें छिली हुई लहसुन की किलयां डाल दें। उसके बाद बैंगन को ओवन में मुलायम होने तक पका लें।

बैंगनों के भुनने के बाद उनका छिलका निकाल दें और उन्हें मैश कर लें। उबले हुए आलू और टमाटर भी इसमें मिला लें और अच्छी तरह से मैश कर लें। अब इस मिश्रण में प्याज़, अदरक, हरी मिर्च, धनिया, नमक और सरसों का तेल डालें और अच्छी तरी से मैश कर लें। लिट्टी चोखा तैयार है। इसे गर्मा-गरम सर्व करें और पूरे परिवार के साथ आनंद लें।



Delicious extinct recipe from my culture

:- Chocolate milkshake 🚭

Ingredients—

- 1) Dark chocolate
- 3) Crushed chocolates or choco chips 2) Milk

Recipe-

- 1) Take a glass, pour melted chocolate 1/2 (half part) of the glass.
 - 2) Take milk (hot Or room temperature) and pour in the glass.



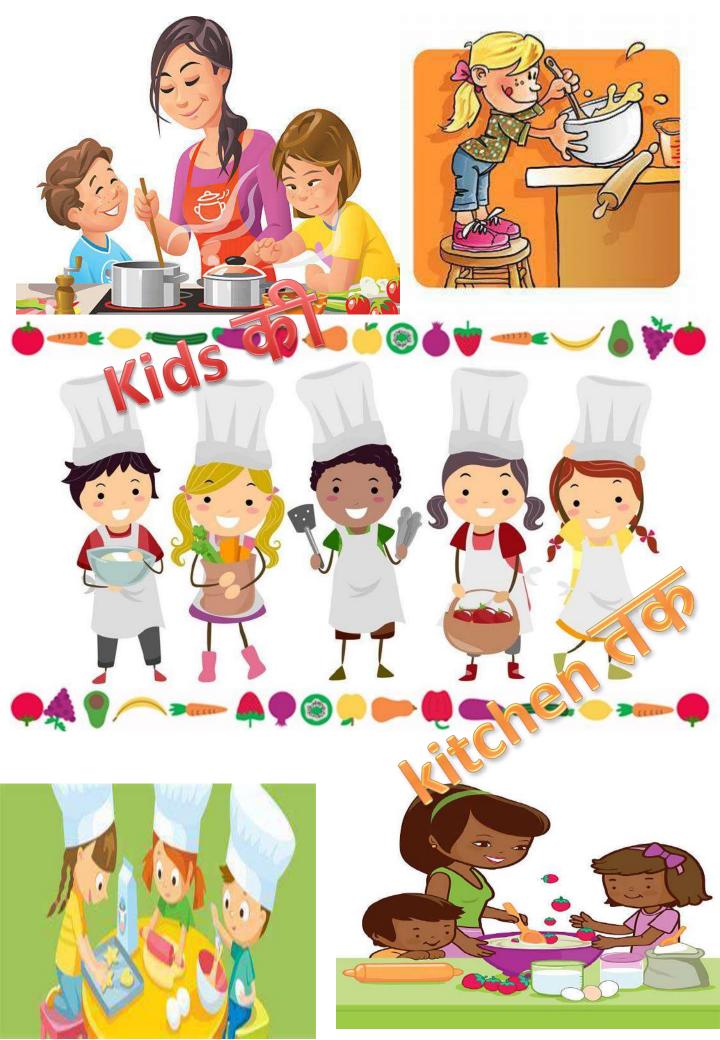
3) Decorated it with crushed chocolates on the top







Sakshi 6-C



I like cooking because when I am happy

I want to cook something yummy

Because i want to see my family faces happy
and
And when my family is happy . I feel very
proud.

I love cooking because it gives me a chance to be creative and indulge in some 'play' time.

Whether i cook for my family, friends or just for myself, i always enjoy it.



Halwa Indian sweet Dish

Halwa Indian sweet Dish

Ingredients used

- 1 . Semolina (sooji) (50 gram)
- 2. Sugar (25 grams)
- 3. Water (2 cup)
- 4. Dry fruit

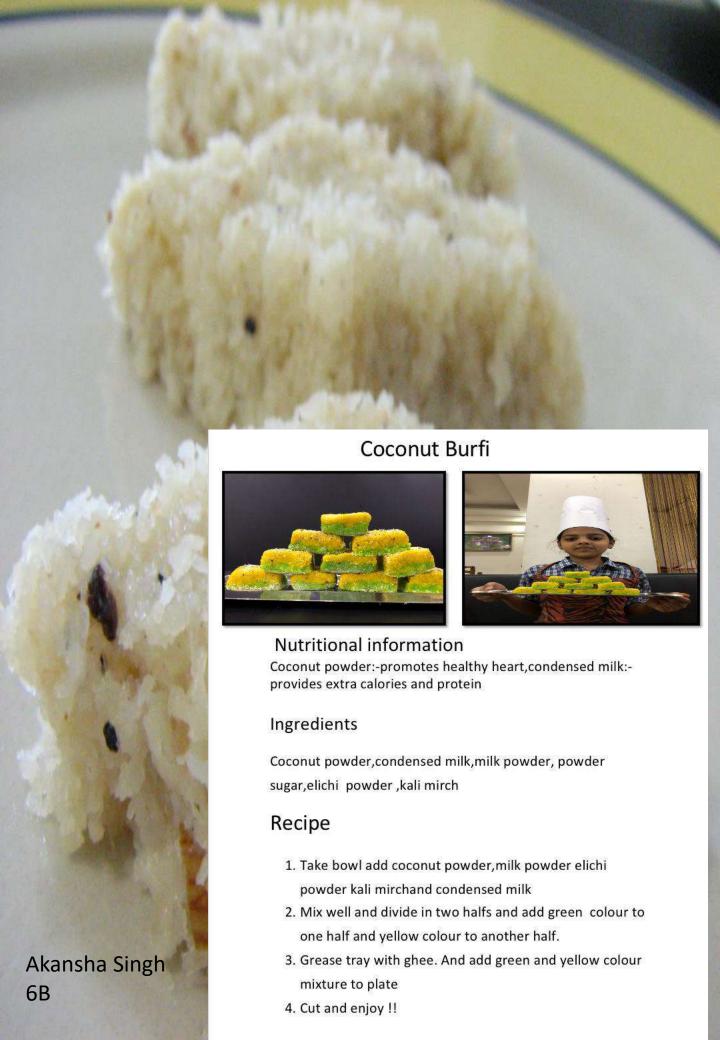
Let's start

- 1 Take a pan.
- 2. Put 2 teaspoon ghee in it.
- 3. Add sooji to ghee when the ghee melts.
- 4. Sauté it till the color changes to light brown color.
- 5. Put water and sugar in it.
- 6. Mix it and turn off the gas.
 You can add some dry fruits to it.

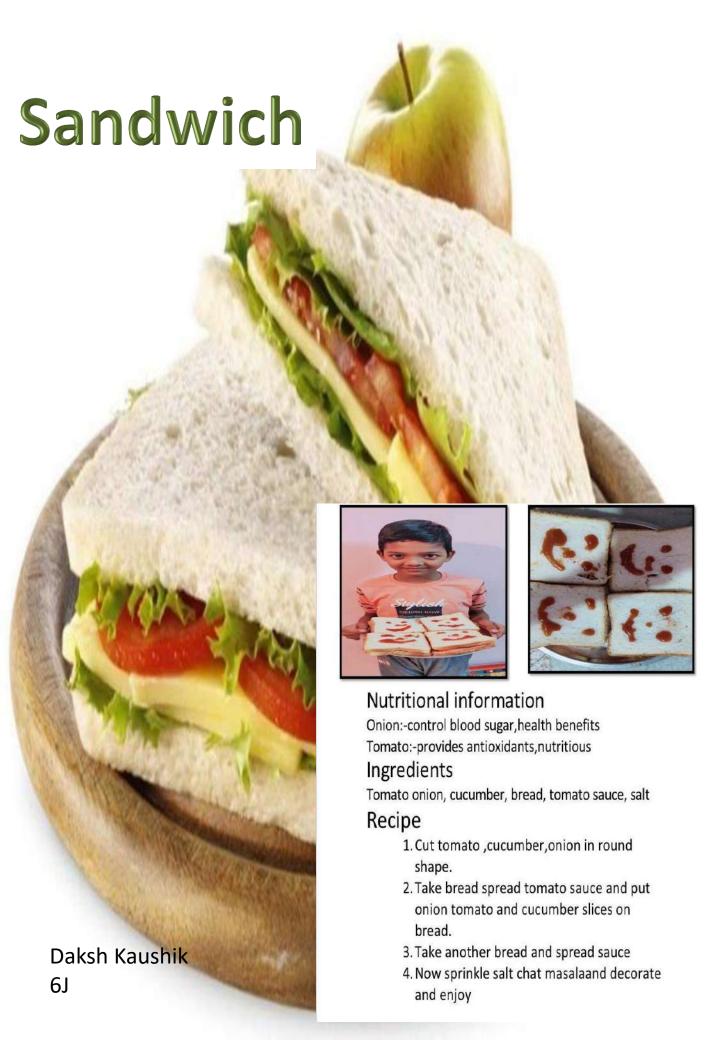


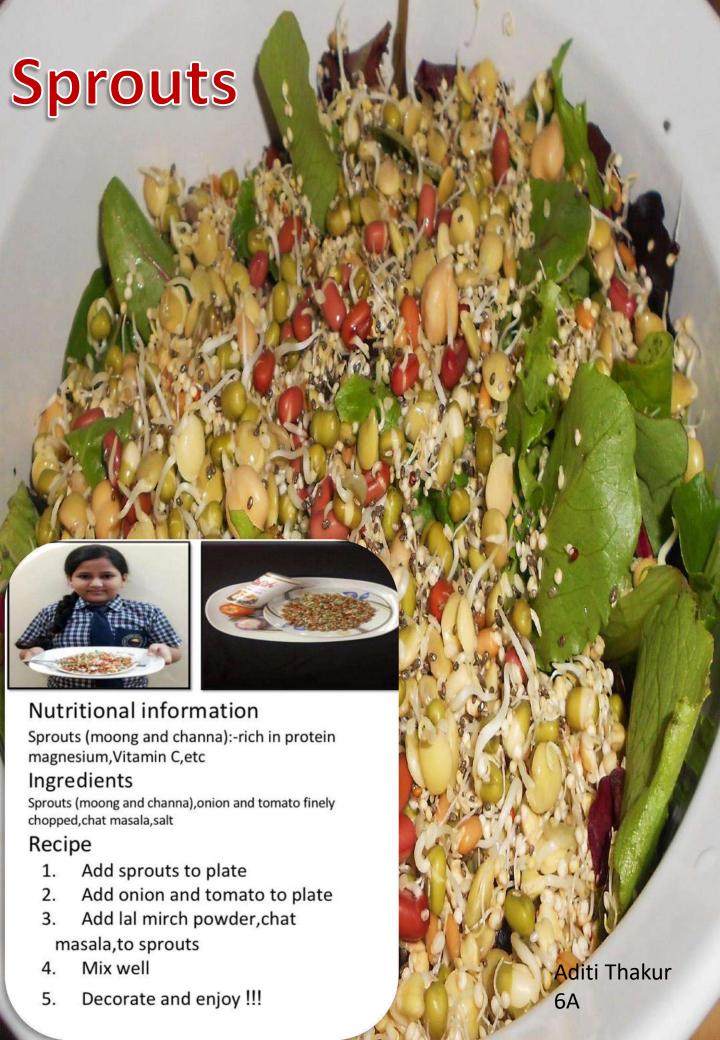
Isha 6F











Boost Your Immune System with this Simple Homem

Coronavirus: Indians seek ancient ayurvedic home remedies to boost immunity



Many people have been trawling the web for various herbs and spices to boost their immune systems; others are taking up yoga or cycling. Milk and turmeric drinks are selling out as the country's coronavirus cases surge past 1 million. Here are the recipes of some Ayurveda immunity boosters which could be prepared at the comfort of your home with just a few ingredients:

- 1) 5 gms of Neem leaves- neem as an anti-bacterial, anti-viral and anti-fungal herb
- 2. Peeled ginger- The antiinflammatory and antioxidant properties of ginger.
- 3. Giloy and Brahmi- Giloy and Brahmi are one of the most oldest and effective herbs that can be incorporated into your daily regime to boost your immunity, memory power, strength, and intelligence.

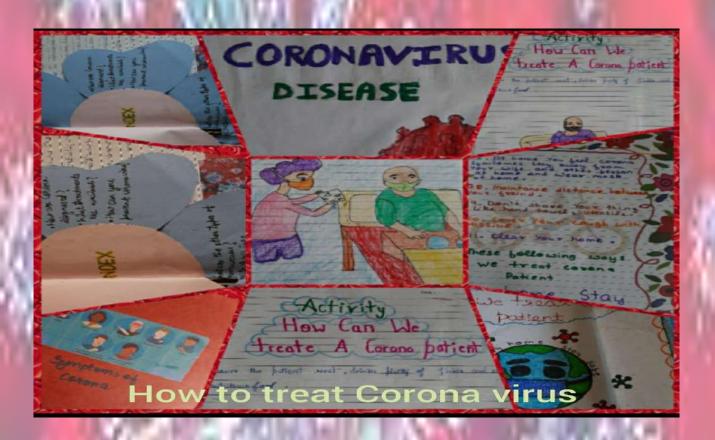
Student name- Vaishnavi Gaur (6A)

Mother Name - Poola Gaur

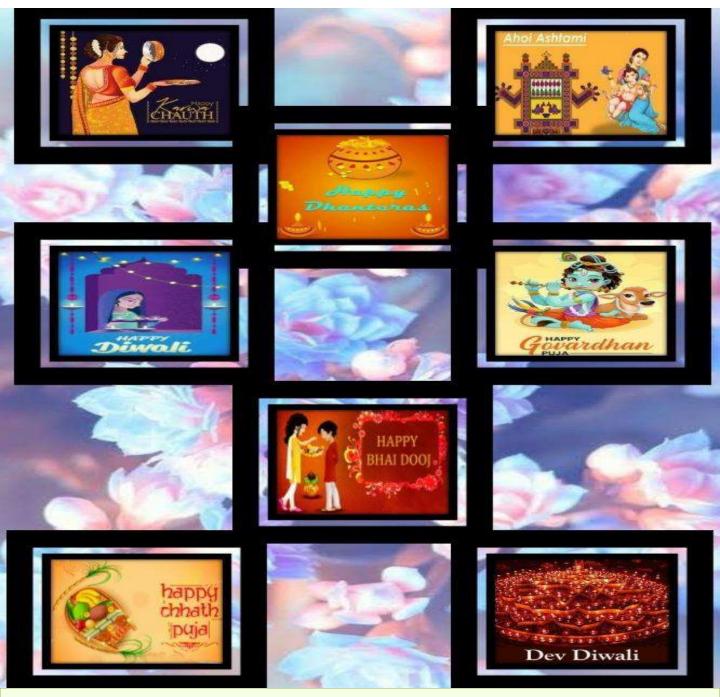
पंच तत्त्व का रंगों से संबंध (मेरेडियन में प्रवाहित ऊर्जा)

चीनी पंच तत्त्व से संबंधित शोध करने वाले वैज्ञानिकों की ऐसी धारणा है कि प्रत्येक तत्त्व एवं उससे संबंधित ऊर्जा का अलग-अलग रंगों के प्रति आकर्षण अथवा उदासीनता भाव-शारीरिक असंतुलन अथवा रोग का प्रतीक होता है। जैसे किसी व्यक्ति को लाल रंग बहुत अच्छा लगता है। इसका मतलब उस व्यक्ति में अग्निँ तत्त्व एवं ताप ऊर्जा शरीर में आवश्यकता से कम होती है, यदि लाल रंग पसंद न हों, देखते ही अरुचि होने लगें तो उसका मतलब उस व्यक्ति के शरीर में अग्नि तत्त्व एवं उससे संबंधित ताप ऊर्जा आवश्यकता से अधिक होती है। दोनों ही परिस्थितियाँ अग्नि तत्त्व से संबंधित हृदय-छोटी आंत अथवा मस्तिष्क (पेरीकार्डियन्) मेरु दण्ड (ट्रिपल वार्मर) में असंतुलन का द्योतक होती हैं। परिणाम स्वरूप रक्त परिभ्रमण अथवा नाड़ी संस्थान एवं मानसिक रोगों के होने की संभावना बढ़ जाती है। इसी प्रकार हरे रंग के असंतुलन से वनस्पति तत्त्व (लीवर-पित्ताशय), पीले रंग का असंतुलन (तिल्ली-आमाशय), सफेद रंग का असंतुलन (फेंफड़े-बड़ी आंत) तथा कालें या आसमानी ;क्ंता ठसनमद्ध गहरे या नीलें रंग का असंतुलन (गुर्दे-मूत्राशय) में असंतुलन को द्योतक होता है। असन्तुलन का मतलब रोग और संतुलन का मृतलब रोग मुक्तावस्था। इस् प्रकार संबंधित रंगों को संतुलित कर हम स्वस्थ हो सकते हैं।

HOW TO TREAT A CORONA PATIENT



A project was given to students of class 6 J, the aim of giving this project is to make students to get the knowledge how can we treat a corona patient. By this students will get to know the things that what should they eat to build their immunity, which type of diet they should take in this situation. Students performed this activity with great enthusiasm.



Khushiyo ke din.

Festivals are pride of every country. Festivals are like glue in our life that keep us attached to relationships in society. It creates a sense of unity. When the family is connected on festivals, it's the most precious and joyful time. That's why I think festivals are important in our life. God also feels happiest when their kids are together and happy (results of God's creativity). I mean humans are the creativity of God.

And when we all are together, celebrating Festivals with each other, no matter about the cast, color, poor, or rich then that's the result God is looking for.

Muskan joshi 6th J



Ramayan by the students





















समृद्ध भारत भ्रष्टाचार मुक्त भारतदिनांक

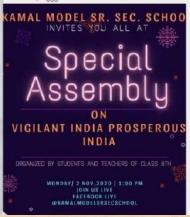
समृद्ध भारत भ्रष्टाचार मुक्त भारतिदनांक 2 नवंबर 2020देश और समाज को भ्रष्टाचार मुक्त बनाने के लिए कमल मॉडल सीनियर सेकेंडरी स्कूल के विद्यार्थियों ने एक जागरूकता अभियान चलाया। इस अभियान के तहत नाटक प्रतिज्ञा और संदेश के माध्यम से लोगों को भ्रष्टाचार से मुक्ति दिलाने के लिए जागरूक होने का संदेश दिया गया। विभिन्न सोशल मीडिया के माध्यम से इस कार्यक्रम को सराहा गया। स्वयं विद्यालय के चेयर पर्सन श्री वेद प्रकाश टंडन एवं प्रधानाचार्या श्रीमती वंदना टंडन ने कहा छोटी-छोटी पहल से बड़ा परिवर्तन लाया जा सकता है।





















World Vegan Day

World Vegan Day is celebrated on 1 November across the world to encourage people to follow a vegan lifestyle. Many prominent vegans believe vegan food benefits human health, protect the well-being of animals, and also helps in protecting the environment. To celebrate this day, our little ones of class 6th initiate a step to promote veganism and spread awareness to be kind towards animals. They have made various pamphlets and posters and write meaningful Quotes to promote veganism so as to protect wildlife. Also they have shared favorite vegan recipes on social media and challenge meads and family members to go for a vegan diet for 30 days. At the end, our students took a pledge to promote "Kindness to animals week".







World Tsunami Day



In December 2015, the United Nations General Assembly designated 5 November as World Tsunami Awareness Day to promote a global culture of tsunami awareness, after the 2004 deadliest Tsunami in the Indian Ocean. The basic motive of this day is to increase the awareness about the Tsunami among over 700 million people who live in low-lying coastal areas and Small Islands. This year it will promote the "Sendai Seven Campaign," which encourages countries and communities to have national and local disaster risk reduction strategies in place to save more lives against disasters by the end of 2020. Keeping this in mind, the activities like mock drill, poster making, slogan writing were conducted in grade 7 to raise awareness among the students about the Tsunami and the safety measures to be taken at that time. A moment of silence was held to pay homage to all the victims. Overall, it was a special effort taken by the students to

celebrate this day.



World Cancer Day



World

CANCER

Day



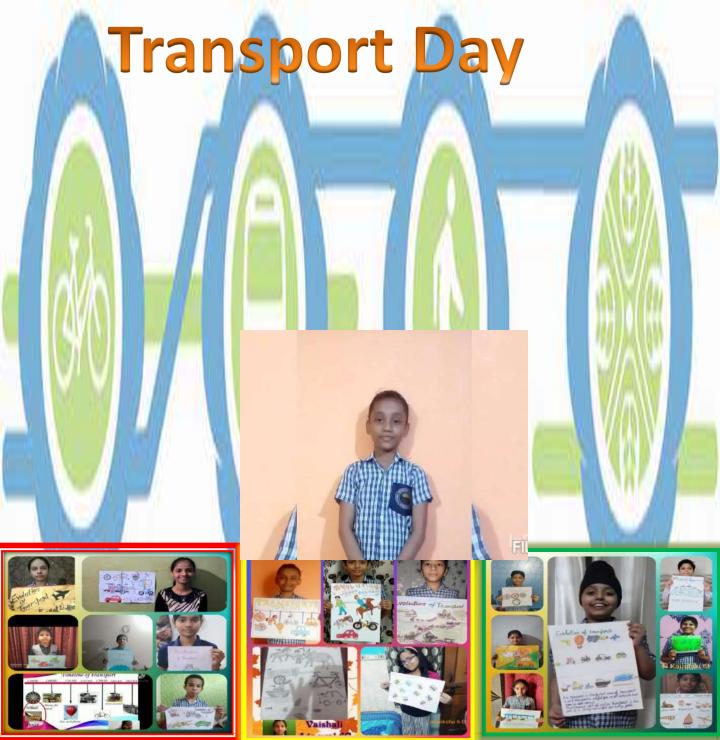
Spot it. Screen it. Fight it Keeping these 3 agendas in mind, the students of Class 8th celebrated cancer awareness day, along with the unified efforts of their teachers. Cancer is one hell of a road which doesn't knock before arrival hence, it is crucial to beware about it at any & every age. Students prepared posters, skits & little videos wherein they played role of doctors to impart the knowledge on how to identify the symptoms of cancer. Abiding to Precaution is better than cure, students educated, by every means, that without any further ado, a screening must be done in case of being prone to cancer.









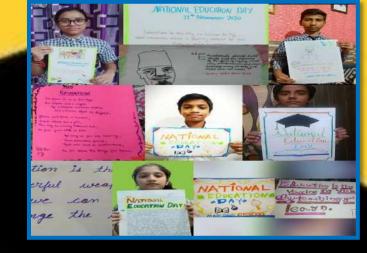


Class 6 to understand the importance of transportation in the life of human beings, class 6th students of KMS celebrated Transportation Day. As instructed by their teacher, students prepared beautiful posters and videos on 'Evolution of Transport and their Importance'. To make students understand the importance of transport, it was important for them to know how transportation evolved. Students enjoyed this activity and made beautiful posters on the same. They also understood their value and need in the present era. At the end students really enjoyed the activity and also explained importance of transport to their fellow students and neighbors also.

World Science Day



Class 7 students celebrated World Science day for peace and development and create awareness among the people by designing of poster and they also by delivering the speeches on the occasion. As, World Science Day for Peace and Development is an international day that highlights the important role that science has in society and is celebrated each year on November 10. It also highlights the need to engage the wider public in debates on emerging scientific issues. World Science Day was proclaimed by the United Nations Educational, Scientific and Cultural Organization (UNESCO) in 2001 and celebrated for the first time in 2002.



National education day

Every year, November 11 is celebrated as education day to commemorate the birth anniversary of Maulana Abul Kalam Azad. Azad was independent India's first education minister.

To honour the famous reformer's contribution to nation building. To enlighten our students about the same; we at **KMS**, also celebrated this day virtually; an activity was conducted where 8th class students made posters and prepared speech to make others aware about the importance of the day.

National

Education Day

विश्व दयालुता दिवस



"दयालुता एक निस्वार्थ कार्य है"

दयालुता का अर्थ है अपने आसपास के वातावरण के साथ अच्छा व्यवहार

करना, चाहे वह मनुष्य हो या जानवर, हमें हर जीव के प्रति दया भाव रखना चाहिए। आइए जानते है इस दिवस से जुड़े कुछ तथ्य:- प्रतिवर्ष 13 नवंबर को विश्व दयालुता दिवस के रूप में मनाया जाता है।इस दिवस की शुरुआत 1998 में वर्ल्ड किंडनेस मूवमेंट संगठन द्वारा की गई थी।यह दिवस सकारात्मक शक्ति और दया की डोर पर आधारित है जो समाज में अच्छे कामों को उजागर करने के लिए हमें प्रेरित करता है। दया मानव जीवन का मूलभूत हिस्सा है जो नसल, धर्म, राजनीति,लिंग और पिनकोड की भावनाओं सें परें है।

इसी दिशा में कक्षा 6 के छात्रों ने अपनी कला का बेहतरीन प्रदर्शन किया।कक्षा

में अपने अनुभव सांझे किए तथा अपने चित्र द्वारा प्रस्तुत किए।



Children Day

Mixed Bag Activity

(Children's Day) Children are the powerhouse of talent and what is better than children's day to celebrate their talent and creativity. A mixed bag activity was performed under the guidance of our teachers where nothing was confined within one particular activity. Students were free to choose any activity and show their creativity. Our kids took this challenge and set the benchmark high for each other. From performing art to drawing, painting etc. it was a visual treat where we all learned something new from each other.















UNIVERSAL CHILDREN'S DAY Every child is different kind of flower and all together make this world a beautiful garden. World's Children's Day was first established in 1954 as Universal Children's Day and is celebrated on 20 November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare. For spreading awareness regarding universal children's day students of class 6 wrote HAPPY UNIVERSAL CHILDREN'S DAY in different ways by taking various household goods like vegetables, fruits, buttons, pulses etc. and they related the concept with Maths topic 'Ratio and Proportion' in which they calculated ratio by taking two things together at once and further for proportion they checked out which two ratios are same and are in proportion. So, In this manner students learnt about the application of the topic 'Ratio and Proportion' in daily life and also spread awareness regarding Universal Children's Day for enhancing togetherness and harmony in the children all over the world.

World Diabetes Day

World Diabetes Day is celebrated on 14th November every year. Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycaemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels. So, students of class 8th celebrated world Diabetes Day to create an awareness in the society about the causes, types of diabetes, cure of treatment of diabetes and it's prevention.



"RAM RATAN SAMMAN SAMAROH"

17 NOVEMVER, 2020

Ram Ratan Samman Samaroh was organized by 'RASHTRA KINKAR' on 17th November, 2020 at Mahatma Gandhi Sabhagrah of Kamal Model Sr. Sec. School, Mohan Garden.

The event was organized for the successful completion of "AYODHYA KI RAMLILA".

The event started with grand welcome of our well acclaimed Chief Guest Bollywood celebrity Mr. Raza Murad and other delegates also by our guiding pillars Mr. Ved Prakash Tandon (Chairman) and Mrs. Vandana Tandon (Principal). The event was followed by Lamp Lighting Ceremony and a graceful dance performance.

At the end, our Chief Guest Mr. Raza Murad Ji and Chariman of KMS Mr. Ved Prakash Tandon honoured all the host of popular Bollywood Celebrities including actors and singers who portrayed various characters of "RAMAYANA" this year.



''राष्ट्र किंकर'' द्वारा आयोजित राम रत्न सम्मान समारोह'' की झलकियाँ

''अयोध्या रामलीला कमेटी'' के कार्यकारी चेयरमैन व जाने—माने शिक्षाविद वी.पी. टंडन द्वारा रचित पुस्तक ''अयोध्या धाम और विश्व नायक राम'' का लोकार्पण हुआ













OURNALISM DAY

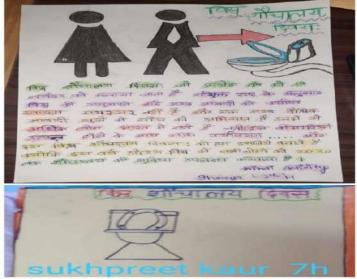
National Journalism Day November 17,2020 Class 8. This Day is celebrated on 17th November every year. During 1920s, the writer Walter Lippmann and an American Philosopher John Dewey, exchanged their views over the role of journalism in a democratic society. This was the time when modern journalism was coming into picture. It was now understood that journalism plays a role of mediator between the public and policy makers, so it was important to impart the same knowledge among our kiddoz. Students of class 8 made the posters to depict the importance of journalism in our country, they wrote slogans to depict the role played by our journalist.



चिश्व शीचालय दिवस



कक्षा 7 एच.के विद्यार्थियों ने 19 नवंबर 2020 को 'विश्व शौचालय दिवस'पर अपनी क्रियात्मकता का परिचय देते हुए कुछ गतिविधियाँ प्रस्तुत की, जिससे लोगों में स्वच्छता संबंधी जागरुकता बढ़ाई जा सकें। क्योंकि आज भी दुनिया के लगभग ढाई अरब आबादी को ठीक से शौचालय उपलब्ध नहीं है। विश्व शौचालय दिवस 19 नवंबर को मनाया जाने वाला वार्षिक कार्यक्रम है। यह दिवस पर्याप्त स्वच्छता के महत्व पर बल देता है और सभी के लिए स्वच्छ और सुरक्षित शौचालयों की पहुँच की सिफ़ारिश करता है। 2001 में विश्व शौचालय संगठन द्वारा शुरुआत की गई थी। यह दिवस अंतर्राष्ट्रीय स्वच्छता संकट की ओर ध्यान आकर्षित करने के लिए मनाया जाता है।





INTERNATIONAL DAY ON ELIMINATION OF VIOLENCE AGAINST WOMEN

The United Nations has designated November 25 as the International Day for Elimination of Violence Against Women. On this day the students of class VII discussed the status of women in our society. They talked about the status of women in India and abroad and also the condition of women in rural India as compared to their counterparts in urban India. They discussed about the various types of physical and mental tortures that women are subjected to. Under the superintendence of their English teachers, Ms. Pushpita Nanda and Ms. Munmun, the students also made beautiful posters and wrote articles about the same. They discussed how education can help eradicate this injustice and make the world a better place for the women to reside and prosper in.





Indian Constitution Day 26 November 2020

Students of class 6th celebrated Indian Constitution Day in virtual classes today. They spoke few lines on the day including its importance and why the day is celebrated. They gave short speeches on the importance of our Indian Constitution and pledged to respect and maintain the dignity of our Constitution wherever they go in their life. Students also read the Preamble during the virtual classes today.

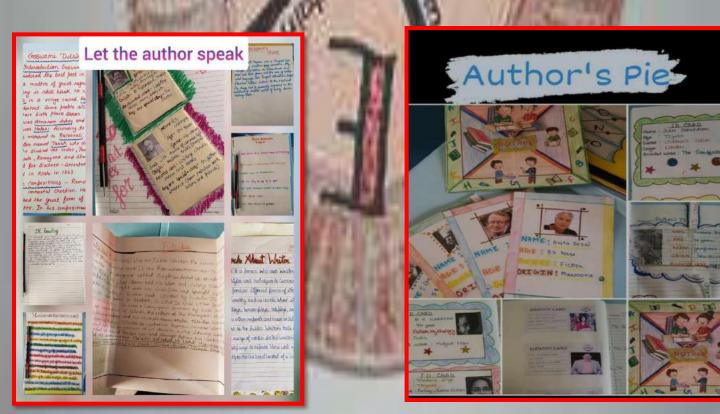
On the eve of Constitution
Day, our Chairman Sir,
Mr. Ved Prakash Tandon,
was awarded with the
prestigious 'Rashtriya
Gaurav Samman' for his
commendable efforts in
various fields for the society.

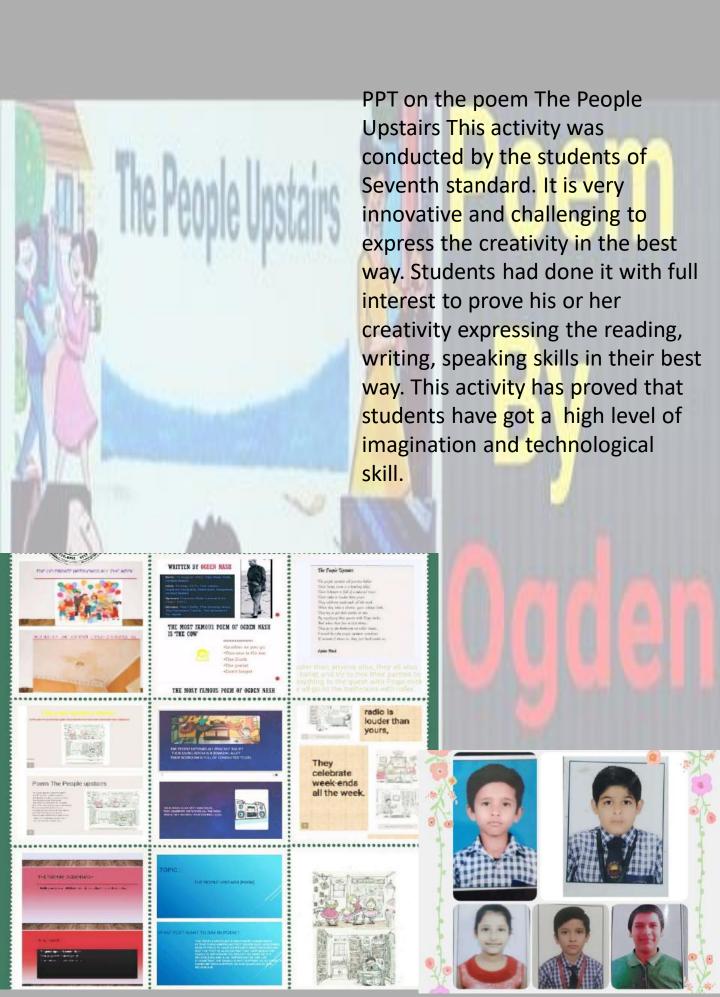




Author's Pie

Author's Pie was a literary project which was planned to enhance literary skills of students, to let them know about different literary figures. They were asked to make ID Badges for authors and poets in which they have to fill in important details about the authors like their Name, Origin, accented work etc.





चतुर्थी विभक्ति संप्रदान कारकः एवं विभक्तियों की आइसक्रीम



















संस्कृत गतिविधियों के अंतर्गत कक्षा 6 के विद्यार्थियों द्वारा कारक एवं विभक्तियों से संबंधित गतिविधि के रूप में(*विभक्तियों की आइसक्रीम) बनाई गई तथा चतुर्थी विभक्ति संप्रदान कारक से संबंधित गतिविधि के रूप में छात्रों ने परोपकार से संबंधित वाक्यों में (संप्रदान कारक)का प्रयोग किया।कक्षा ७ के छात्रों द्वारा संस्कृत(विशेषण विशेष्यम्) गतिविधि के अंतर्गत आकर्षक वित्रों द्वारा उनसे संबंधित विशेषण एवं विशेष्य की प्रस्तुति की गई।कक्षा ८ के छात्रों द्वारा (उपपद विभक्तय:) से संबंधित आकर्षक रूप में छात्रों ने तृतीया एवं चतुर्थी विभक्ति से संबंधित शब्द एवं उनके वाक्यों का सुंदर वर्णन अपनी सुंदर गतिविधियों के द्वारा किया।









Diwali



Class 6 students made these beautiful water candles on the occasion of Diwali. Students were taught to use material which is easily available at home and so they participated enthusiastically.



Class 7th students made these beautiful decorative hangings. Taught them to give these as a Diwali gift to their relatives so that they won't go out and be safe at home and enjoy Diwali safely.

FRANCOPHONE





Students of class 6 performed on activity on verb "ÊTRE" in which they made 2 sentences on verb être on their own. Students learnt a lot of vocabulary words while making sentences. They also learnt how to form sentences by using any verb.

Students enjoyed a lot while doing this activity. They performed very enthusiastically.







FRANCOPHONE

An activity was performed by class 7 students in which they made flash cards on any 5 adjectives. Students took different vocabulary words and added an adjective before that. They made very creative flash cards. They enjoyed a lot doing this activity and performed enthusiastically.



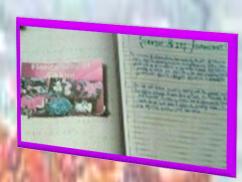


Students of class 8th performed an activity based on chapter 10 "Delnaz prépare un Quizz sur la France ". In this activity students prepared some posters related to France Culture and organised a class Quiz. Students very energetically answered and played the Quiz



FIGURIESTA





Activity on art integration relating Sikkim with Delhi was held in 8th class. Concept was "Floriculturist in Sikkim". In this activity it was shown that how banks are helping to improve the condition of floriculurists in Sikkim. In this students made the beautiful flowers found in Sikkim through craft activity



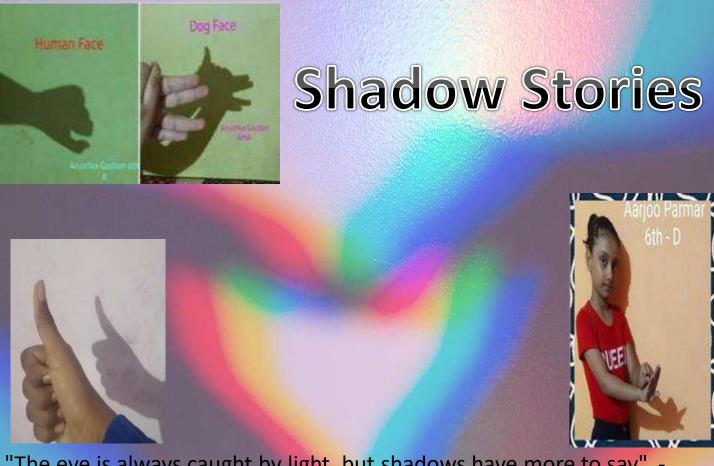


FIGURIESTA



In class 8 for chapter construction activity on tangram is done Students made beautiful tangram and measured all the angles formed at different vertices.

THESE SHAPES ARE TRIANGLES



"The eye is always caught by light, but shadows have more to say". - Gregory Maguire our young minds of class 6 implemented this statement by conducting an interesting activity on shadows in Science virtual class. Students explicited their ideas and created innovative shadows of animals, birds and variety of shapes and patterns with their hands to develop some scenes and pictures to create stories.





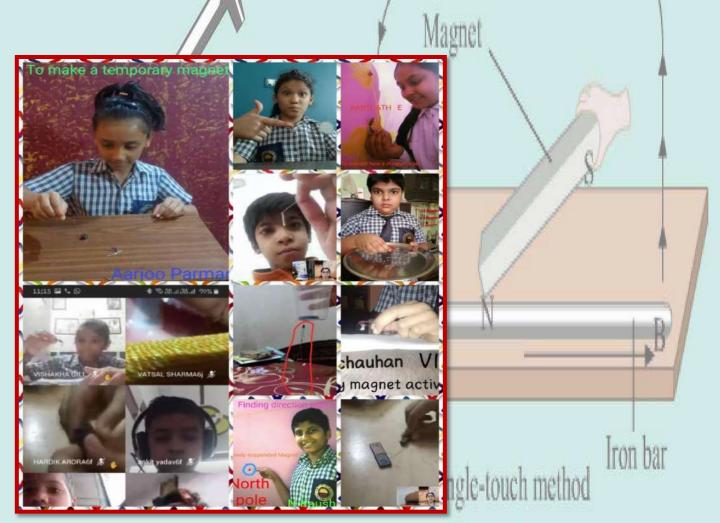
We are all aware that though we have different religions, different languages and even different schooling systems yet we all belong to one country. To inculcate this feeling of unity and understand the importance of diversity, agricultural implements and Irrigation techniques were taught in the class and thereby they learnt the ways of irrigation of Sikkim people as well. Many agricultural tools that are same in every part of the country were discussed and Sikkim terminology was what we became aware of. An activity with students of class 7 playing roles of Sikkim farmers that connected them with people living in Delhi was performed. This lead to discipline and integration among students.





Temporary Magnet

Our young minds of class 6 performed an activity to make their own magnets in virtual classrooms under the guidance of their mentor. Also they demonstrated various properties of magnets like attraction-repulsion, finding direction etc. to understand the behaviour and application of magnets in daily life situations.





Weaving Pattern in Fabrics

Our creative students of class 6 made a paper mat in their virtual classrooms to understand the weaving pattern of fabrics and they correlated it with weaving pattern of Sikkim. They also themselves initiated to make beautiful articrafts using this method.











MUNICIPAL CORPORATION

Class – 6 Activity **Know More About MCD** Very recently, students of class 6 learnt about municipality and the facilities they provide us. Being curious to know more about it, they decided to click the pictures from their surroundings of all the facilities provided by the Municipal Corporation of Delhi, after having discussion from their parents. They made a collage out of it and showed in their teams group. A discussion was also held in the class wherein they collaborated the facilities of Municipality of Sikkim with that of Delhi. This activity gave them the insight of the similarities in the functioning of Municipality. After this activity students enjoyed learning the lesson and brought some more examples from their real life experiences.









Computer Viruses

Students of class 6 to 8 were given different topics from the chapter. They had to either create posters or make videos explaining the topics.

Topics were:-

- 1. Explain what is computer virus.
- 2. The first computer virus
- 3. Different types of virus
- 4. Different types of antivirus.





STUDENTS CREATIVITY



Vocabulary



To increase students vocabulary class 6 S.St and Maths teachers started Word of the Day related to their current topics in their classes. Students had to tell word, its meaning, synonyms and usage.



WEBINAR

How to become a favourite teacher of students?



"A good teacher is like a candle that consumes itself to give light to others."

For the first time ever, schools in India have moved to online classrooms. It was a struggle for both the students as well as the teachers. Teachers have acted as next level Covid warriors who even during this pandemic never stepped back from performing their duties. Likewise parents and children, teachers have also struggled a lot to get fully equipped with the tech part of education. For this, the management of KMS never backpedal from providing quality training to its teachers. A similar kind of opportunity was provided to the teachers of our school where they attended a Webinar organised by CBSE by Resource Person Mr. Pushpendra Singh on 25 November 2020. Teachers got more insight of how to make teaching more effective and happier for students. Involving more and more students and making the classroom environment happier is all what a teacher wants. Not just a student but to become favourite for all is the main motto of each and every teacher out there. And here we got a sneak-peek into some interesting tips which surely proved to be useful for the teachers during their virtual classes.

Expanding our training and development Online

One of the heart – warming aspects of life during the Covid – 19 crisis has been that everyone has reached out to help each other.

These insights are being shared through webinars and workshops which we are recording so school leaders and teachers can choose to watch them any time.

Some of the webinars you can watch on our School Facebook page. More live and recorded webinars will be added in the coming weeks to

https://www.facebook.com/KamalModelSchoolSr.Sec.School

- Immunity Enhancement Through Naturopathy Dr. D.N.Sharma
- Diet for Kids during Lockdown Dr.Shalu Gupta
- Memory Development and Eyesight Improvement in Students : Yogacharya Yudhishtra Paul
- Thalassemia and Blood Donation Dr. J.S.Arora
- Decoding: Parenting and Schooling in times of Covid 19 Counsellor Ms. Jyotsana Bhardwaj



Planning Ahead ForaBetterLife

Virtual Activities For Fit India School Week Celebrations

- 1 Dec Virtual Assembly, Fun and Fitness
- 2 Dec Virtual Assembly, Debates, Symposium, Lectures, Open letter, Open mic
- 3 Dec Brain Games, Poster making competition, Preparing Advertisements
- 4 Dec Debates, Symposium, Lectures, Essay/poem Writing Competition, Podcast/ Movie making
- 5 Dec Online quiz, Virtual challenges, Sessions by motivational speakers
- 6 Dec Activities for fitness sessions at home, Creativity using home based equipment for sports & fitness.

