



Changing lives. One child at a time.



Lotus Petal Senior Secondary School, Khasra No. 12/2, Dhunela-Berka Road, Village Dhunela, Sector-31, Tehsil Sohna, Gurgaon 122103, Haryana (India)

LPSSS / Highlights in AUGUST

EVENTS

1. 4th Dimension Talk

On 17th August 2024, Lotus Petal Senior Secondary School had the privilege of hosting Mr. Bijay Chowdhury, Group Head of CSR and Philanthropy, Asia Pacific, Synopsys Inc., as part of our "4th Dimension" talk series. This platform allows our students to gain valuable insights by engaging with leaders from various fields. Students of Grade IX eagerly attended the session, where Mr. Chowdhury shared his wisdom about "The Mantra of Success." He encouraged the students to overcome challenges and rise above adversity, summarizing his success principles in these key points:-

- Forget luck
- Move on from failure
- Embrace people and things you dislike
- Have an inspiration
- Uphold integrity
- Persevere

Mr. Chowdhury's honesty in sharing both his personal and professional experiences deeply resonated with the students. His journey as an influential CSR leader, achieved through hard work, continuous effort, and perseverance, left a lasting impact on our students, adding significantly to their learning experience.



2. Empowering Future Leaders: Rotary Club Initiatives

Our school is proud to announce that we recently participated in the Rotary Club interviews for the prestigious position of *Zonal Interact Representative (ZIR)* of the Interact Club of Rotary. Our nominated student, Gunjan, showcased exemplary leadership skills and demonstrative service potential during the interviews, representing our school with great

enthusiasm and dedication. The Rotary Club, a global organization committed to community service and leadership development, has always been a beacon of positive change. Through their various initiatives, they inspire young leaders to take charge and make a difference in their communities. Our involvement with the Rotary Club has provided our students with invaluable opportunities to grow, learn, and lead. We also participated in the District Interact Installation and Training Seminar (DIITS), which was held on 13th August 2024. Our team, consisting of the President (Abhishek), Club Secretary (Himanshu), and our nominated ZIR, Gunjan, along with the teacher in charge, Ms. Reetu Negi attended the seminar with great enthusiasm. The students were eager to learn and gain new insights into leadership and community service, fueled by the Rotary Club's mission of "Service Above Self." They returned with a renewed sense of purpose and inspiration, ready to implement the skills and knowledge they acquired at the seminar to benefit our school and the wider community. Their participation in Rotary's initiatives testifies to their commitment to making a positive impact globally.



3. Mentorship Workshop by Mr. Laxmi Kant

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." - John Quincy Adams

Our goal at Lotus Petal Senior Secondary School is to develop the next generation of leaders—people who are passionate, self-assured, and equipped to effect significant change. We have started a series of mentorship workshops especially for our Student Council members in Grades IX in order to promote this aim. These sessions led by Mr. Laxmikant, the workshops concentrate on developing essential communication and leadership abilities. Each session is specifically designed to fit our students' academic and personal journeys, assisting them in overcoming obstacles, living up to expectations, and achieving their goals.



In the initial sessions, our students learned basic communication skills, conflict resolution

tactics, and leadership concepts. This fundamental understanding is essential to their development as leaders who will flourish in their positions within the schools and inspire and impact constructive change in the larger community.



4. Celebrating Artistic Excellence: Interstate Competition

On 12th August 2024, students from Lotus Petal Senior Secondary School proudly participated in the *7th Inter-State Music, Dance & Art Competition*, organized by Darshan Sangeet Kala Kendra, Delhi, in collaboration with SATYUG. This prestigious event brought together talented students from various cities, offering a platform to showcase their artistic skills. During the drawing competition, our students created exquisite Rangoli designs that perfectly captured the spirit of Satyug. The judges and viewers were deeply moved by their creations, which were bursting with color and cultural significance. In recognition of their exceptional efforts, certificates were presented to the students during a special assembly by our Headmistress Ms Kanupriya Kaushik. The entire school community applauded their dedication and artistic achievements.





5. Independence Day Celebration

"May we think of freedom not as the right to do what we please, but as the opportunity to do what is right."



True stories of valor are not forgotten; they remain immortal in our hearts and in the pages of history. On 14th August 2024, Lotus Petal Senior Secondary School proudly celebrated Independence Day, with great enthusiasm and pride. The celebration began with the flag-hoisting ceremony, where the National Flag was unfurled, filling the atmosphere with a sense of patriotic fervor. Students, brimming with pride in their motherland, presented a series of powerful performances that lit up the stage.

Junior students delivered a thought-provoking skit on Satyagraha and the Champaran movement, while younger students captivated the audience with a vibrant dance performance. An Independence Day quiz followed, engaging the students and keeping the spirit of the day alive. Special recognition was given to students excelling in scholarships and the Soft Board

Competition, with certificates presented to the deserving recipients. This year, the event was graced by Ms. Dipanwita Chakraborty, Regional Director of CSR at Cargill, who served as our Chief Guest. Corporate partners from Roop Motors also joined the celebration, adding significance to the day. In her address, Ms. Chakraborty reiterated the sacrifices made by our brave freedom fighters, who gave up their lives, happiness, and families for the liberty we enjoy today. She urged the students to stay true to their Indian roots, regardless of where life takes them in the future. Our founder, Mr. Kushal Chakravorty, followed with a moving speech, reflecting on the deeper meaning of freedom and the importance of inner liberation. Principal Ms. Ruchira also shared her thoughts on the essence of freedom for our children in today's world, leaving the audience with a powerful message. The programme concluded with the National Anthem.



Excursion

*"All aboard and close the doors.
Whistle blows and engine roars.
Spinning wheels begin to grip.*

These are the sounds as we start our trip"

On the 6th of August 2024, students of classes III-V from Lotus Petal Senior Secondary School embarked on an educational excursion to the *Railway Museum*. The field trip was designed to enrich young minds by providing a hands-on learning experience that complements the school's commitment to fostering growth through experiential learning. The journey began with an enjoyable ride on the school bus, filled with anticipation and excitement. Upon arrival, the students were among the first to enter the museum, eager to explore its exhibits. One of the highlights was the thrilling 'Toy Train' ride, which offered students a unique opportunity to

observe various ancient steam engines and trains displayed throughout the museum grounds. Inside the museum, students toured the indoor exhibits, which provided a comprehensive view of the history of Indian Railways. Through various specimens and displays, they learned how Indian Railways has evolved into one of the largest and most intricate rail networks in the world. The field trip was not only educational but also a platform for students to develop life skills and broaden their perspectives. The trip was a huge success, and the students came away from it invigorated and knowledgeable about the amazing world of trains.



COMPETITION

1. INTER HOUSE COMPETITION

“The purpose of a storyteller is not to tell us how to think but to give us questions to think upon.”

On 13th August 2024, an inter-house competition was held for students from Grade III to VIII. The competition covered two different activities:

♦ **English Storytelling (Grade III to V):** This competition aimed to help younger students build confidence while enhancing their speaking and narrating skills. Students from various houses demonstrated their creativity through engaging stories, capturing the audience's attention with their imagination and expression. Enacting various characters of the stories helped them to evolve their young minds with valuable morals and ignited their creative skills.

♦ **English Character Dramatization (Grade VI to VIII):** This competition provided students with a platform to display their acting abilities. Participants were judged on several criteria, including content, speech clarity, acting and expressions, stage usage, and overall confidence. The students brought characters to life with energy and enthusiasm, making for a captivating event. These activities played a crucial role in nurturing young minds, encouraging

self- expression and effective communication. The competition was judged by Ms. Ankita Hazara and Mr. Kaushal, who provided insightful feedback to the participants.



2. Intra School Competition :- Extempore

"The English Language is the accretion and growth of every dialect, race and range of time and is both the free and compacted composition of all."

On 16th August 2024, an English Extempore Competition was held at Lotus Petal Senior Secondary School aimed at enhancing the spoken abilities of students from Classes III to IX. The competition was divided into two categories:-

● Category I included participants from Classes III to V, who delivered speeches on topics such as:

- ◆ Importance of physical fitness
- ◆ Benefits of recycling
- ◆ Power of Kindness

● Category II comprised students from Classes VI to IX, presented their thoughts on

- ◆ Progressive India
- ◆ Future of artificial intelligence
- ◆ Benefits of afforestation

The competition was judged by Ms. Nishtha (Donor relation and services team) and Mr. Harshwardhan (Corporate partnership- Fundraising and donor relation). The competition reflected the school's dedication to fostering language proficiency and critical thinking among its students. The participants demonstrated exceptional poise and command over their topics, making it a memorable learning experience for both the speakers and the audience. This event underscored the importance of language as a tool for expression and personal growth.



3. Intra School Competition :- Soft Board Decoration

Henry David Thoreau once said, *"The world is but a canvas to the imagination."* Inspired by this profound thought, LPSSS organized a Board Decoration Competition on 12th August 2024 for students from Grades III to IX. The theme for the competition, "Progressive India," provided a rich canvas for our budding artists to showcase their creativity. Students adorned their boards with vibrant sketches, educational messages, and intricate borders, each reflecting their unique perspective on India's progress. The enthusiasm was palpable as students poured their imagination into visually striking and informative presentations. The boards were evaluated based on several criteria, including decoration, creativity, clarity, writing, sketching, originality of ideas, presentation, material used, and the overall alignment with the theme. The judging panel, comprising our esteemed Principal, Ms. Ruchira, and the Headmistress of the Middle Wing, Ms. Kanupriya Mohan, had the challenging task of selecting the best entries.







CLUB FIESTA

Health and Wellness Club

1. Healthy bowl and Healthy vs. Bad Habits

"Health is not about the weight you lose, but about the life you gain."

For students in Grades III to IX, the Lotus Petal Senior Secondary School Health and Fitness Club arranged an educational and engaging activity on August 3, 2024. Two sets of students, Grades III to V and Grades VI to IX, were given separate activities. Each activity was created to fulfill a particular learning objective on health, habits, and nutrition.

♦ Activity for Grades III to V (Healthy vs. Bad Habits)

Each student participated individually by identifying one good habit and one bad habit. They illustrated these habits through drawings and explained how they developed their bad habits. Students were given 2 minutes each to present their habits, using props and arts to creatively represent both good and bad habits. This engaging approach ensured that the students not only understood the concepts but also retained the information effectively.



◆ **Activity for Grades VI to IX (Junk food vs Healthy food)**

The students were divided into teams of six, with each team including both boys and girls. Within their teams, students took on the roles of junk food actors and healthy food actors. They prepared a skit highlighting the appeal of junk food and contrasting it with the benefits of healthy food. The skits explored why youngsters are often drawn to junk food and how they can make healthier choices instead. Through creative presentations and interactive skits, students learned valuable lessons about healthy habits and nutrition, equipping them with the knowledge to make better choices for their health and well-being.



2. Mass PT

*“Health is a state of body. Wellness is a state of being.”
– J. Stanford.*



Lotus Petal Senior Secondary School's Health and Wellness Club arranged an energizing Mass PT and Circuit Training activity on August 24, 2024 and 31 August, 2024 for Grade VI to IX. The session aimed to enhance students' cardiovascular fitness and muscular strength endurance through a series of dynamic exercises. The activity commenced with students performing PT exercises in synchronization with drum beats, creating an engaging and rhythmic environment. Following the beats allowed the students to work cohesively, making the session both fun and beneficial. In

addition to PT exercises, circuit training was introduced to elevate the students' heart rates and maintain it throughout the session. The circuit involved short rest periods and focused on working large muscle groups together. The combination of upper, lower, and whole-body exercises contributed to a well-rounded workout that built strength and endurance. This activity not only promoted physical fitness but also emphasized the importance of regular exercise in maintaining a healthy lifestyle. The students participated with enthusiasm, making the event a successful and beneficial experience for all involved.



WORKSHOPS

1. Students Workshop :- Anger Management

*"For every minute you remain angry, you give up sixty seconds of peace of mind." –
Ralph Waldo Emerson*

On 9th August 2024, an enlightening Anger Management workshop was organized for students of Grades III to V and VII to VIII at LPSSS. The session was led by Special Educator and Counselor, Ms.Poornima Sharma, who expertly guided students through an open discussion aimed at deepening their understanding of anger as an emotion. Participants engaged in dialogues and interactive questioning, sharing their thoughts, experiences, and concerns about the positive and negative impacts of anger. This approach encouraged a candid exploration of the triggers that provoke anger and the strategies that can be used to manage it effectively. To further enhance understanding, students watched a video featuring various scenarios related to anger management. These scenarios were designed to convey that anger is a normal emotion and can be experienced without shame. Through these exercises, students were taught the importance of managing anger in a healthy manner while embodying mindfulness, kindness, and positive interpersonal behavior. The workshop's ultimate goal was to foster emotional awareness, instill constructive anger management techniques, and promote stronger, more respectful relationships among peers.



2. Students Workshop :- Puberty

"It takes courage to grow up and become who you really are."

E.E. Cummings

On Tuesday, 6th August 2024, a workshop was held for boys of Grades VIII to IX, led by Counseling Psychologist Mr. Randhir Yadav. The session aimed to equip the boys with a thorough understanding of puberty and the associated changes, focusing on body awareness, personal hygiene, and positive body image. Mr. Yadav's interactive approach allowed the boys to ask questions, share their thoughts, and engage in meaningful discussions. The workshop sought to normalize the concept of growing up, encouraging the boys to embrace these changes with confidence and a positive mindset. By the end of the session, the students felt more prepared to navigate the challenges of adolescence and appreciated the safe space provided for their learning.



On Saturday, 24th August 2024, a similar workshop was organized for girls of Grades V and VI, led by Special Educator and Counselor Ms. Poornima Sharma and Senior Counselor Ms. Sonal Preet Sachdev. This session focused on addressing the various changes experienced during puberty, particularly dispelling common myths and superstitions surrounding menstruation. The workshop covered essential topics like body awareness, personal hygiene, and period care. Emphasis was placed on building self-esteem and teaching best hygiene practices to ensure the girls felt confident and well-prepared to manage their periods. The counselors also provided guidance on maintaining a healthy diet to support growth and development, fostering a positive and supportive environment where students could freely ask questions and express their concerns. These workshops were instrumental in helping students of LPSSS embrace the changes of puberty with knowledge, confidence, and a positive outlook, ensuring they are well-equipped to handle this crucial stage of life.

3. Lean in Girls session

"There is no limit to what we, as women, can accomplish."

– Michelle Obama

On 10th August 2024, a session titled "Lean In Girls" was organized exclusively for girls of Grades VII to IX at Lotus Petal Senior Secondary School. Led by Counseling Psychologist Mr. Randhir Yadav, the session focused on the importance of women in leadership and explored why men often dominate leadership roles across various fields. Mr. Yadav began by discussing the societal and cultural factors that contribute to the underrepresentation of women in leadership positions. He encouraged the students to think critically about these challenges and to envision a future where women can lead equally alongside men. His talk was aimed at empowering the girls to break through barriers, challenge stereotypes, and aspire to leadership.

roles in all aspects of life. To make the session interactive, Mr. Yadav paired the students and asked them to imagine themselves as leaders. Each pair discussed how they would lead and run



the world if given the opportunity, focusing on the values and qualities they believed were essential for effective leadership. This exercise allowed the students to reflect on their potential as future leaders and to consider the impact they could have on society. The session concluded with a powerful message that leadership is not confined by gender but is defined by one's ability to inspire, guide, and create positive change.

4. Counseling Session

"A safe space to talk can transform a student's life, one conversation at a time."



On 30th August 2024, Lotus Petal Senior Secondary School conducted an insightful workshop for Changemakers on the topic *"Importance of Counseling for Students"* led by Senior Counselor Ms. Sonal Preet Sachdev. The session began with a quiz on stress and anxiety, which the teachers enthusiastically participated in, showcasing their understanding of these critical issues. Ms. Sonal Preet Sachdev then delved into the significance of counseling, emphasizing that it provides students with a safe space to express their thoughts and challenges. She explained

how counseling helps students identify their strengths and weaknesses, aiding them in making more informed decisions. The session also highlighted the role of teachers in recognizing students who might benefit from counseling, offering practical strategies to collaborate effectively with counselors. After the workshop, She took the time to individually address the concerns and queries of the teachers, providing personalized advice and guidance. This interactive session not only deepened the teachers' understanding of counseling's importance but also equipped them with tools to better support their students' well-being.

5. Awareness Program on Women's Health Issues at LPSSS: "Know Your Body"

"Healthy women, healthy world—let's begin with awareness."

On 30th August 2024, Lotus Petal Senior Secondary School hosted an enlightening awareness program titled "Know Your Body – Speak to an Expert." The event was led by the esteemed Dr. Nandita Chakraborty, who provided an in-depth exploration of women's health, underscoring its critical impact on overall well-being. The program aimed to educate and empower our female Changemakers by raising awareness of various gynecological and physiological issues. Dr. Chakraborty passionately emphasized that a lack of awareness around these health concerns can lead to significant challenges, affecting both the body and mind. She reinforced the message that maintaining physical health is integral to sustaining mental health. During the session, She covered vital topics such as menstrual health, PCOD and PCOS awareness, the importance of proper nutrition, and the benefits of regular exercise. The interactive format allowed our Changemakers to engage actively, asking questions and gaining valuable insights to lead healthier, more informed lives. This program served as a powerful reminder of the importance of health education and the role it plays in empowering women. By prioritizing health and wellness, we ensure our Changemakers are equipped to thrive, both mentally and physically.

6. Learning and Development Session : Addressing diverse classroom

On 27th August 2024, Lotus Petal Senior Secondary School organized an insightful workshop for primary teachers on the theme of "*Learning and Development: Addressing Diverse Classrooms.*" The session was expertly led by Mr. Raman, who provided invaluable guidance on tailoring instructional strategies to meet the varied needs of students in today's diverse educational environment. Mr. Raman emphasized the critical importance of designing lesson plans with specific, clear, and measurable learning objectives. He elaborated on the necessity of recognizing and understanding the different learning styles present in any classroom—kinesthetic, visual, and audiovisual learners. The session underscored the need for



educators to plan a range of activities that cater to these varied learning preferences, ensuring that each student's unique learning style is effectively addressed. Additionally, he highlighted the importance of adapting teaching methods to suit not only the type of learners but also the specific content of the chapter being taught and the classroom context. This adaptable approach was presented as essential for fostering an inclusive and effective learning environment. The workshop proved to be an enriching professional development experience, equipping the teachers with practical strategies to enhance their teaching practices and better address the needs of a diverse student body.

DAILY ACTIVITIES

1. Assembly

"The morning sets the day and the assembly paves the way for our students to rejuvenate their spirits, remain rooted to the moral values and unleash their vitality"



The morning assembly at our school serves as the heartbeat of our daily routine, bringing the entire school together as one united family. It marks the beginning of each day, setting a positive tone that motivates both students and teachers, while fostering a sense of community and shared purpose. Each day, different classes from Grade III to IX took turns conducting the morning assembly, showcasing their full vigor and vitality. The daily assembly features included a thoughtful prayer, an insightful "Thought of the Day," the latest news headlines, an enriching "Word of the Day," the celebration of any special day, and essential morning announcements. The assembly concluded with a rendition of the National Anthem, filling the atmosphere with patriotism and pride. The presence of our Principal and Headmistress added a special touch, as they often addressed the students with inspiring words, reinforcing the values of discipline, unity, and perseverance. In July, the assembly theme was "Incredible India," reflecting the richness of our culture and heritage. We take immense pride in creating an ambiance for learning that invigorates and nurtures the true potential of every child, beginning right from the assembly time.

What we learned this month:-

- August theme - Progressive India
- Poem, speech, role play -
- Social media and its effects
- Quiz on incredible india, hygiene, have faith, peace and freedom, importance of self discipline and Gratitude, Value of kindness.

2. Special Assembly - Health and Wellness Club

"What you eat today is what you'll become tomorrow"

On 31st August 2024, the Health and Wellness Club at LPSSS organized a special assembly dedicated to promoting healthy eating habits. The highlight of the assembly was an engaging skit performed by students, which focused on the benefits of consuming healthy food and the importance of avoiding junk food. The skit, creatively portrayed by the students, emphasized the long-term health advantages of nutritious eating while humorously depicting the adverse effects of junk food consumption. The message was clear and impactful, resonating with the entire audience. Students left with a deeper understanding of the importance of making healthier food choices in their daily lives.



3. PTM

On 10th August 2024, a Parent-Teacher Meeting was conducted for students from Grade 3 to Grade 9. The event saw an impressive turnout, with approximately 76% of parents attending, reflecting their keen interest in the school's smooth functioning and their children's progress. During the meeting, teachers provided detailed insights into the students' performances in Periodic I and II assessments. They engaged in meaningful discussions with parents, identifying each child's strengths and weaknesses and collaboratively developing strategies to enhance their academic performance. Parents were encouraged to recognize and support their children's participation in all academic activities, acknowledging that such involvement is crucial for their overall development. The school also extended warm hospitality by offering refreshments, which contributed to a comfortable and positive atmosphere. The PTM concluded with a brief but insightful meeting with the Headmistress, where key points were summarized, and further steps for continuous improvement were discussed.



4. Subject Enrichment Activity



The Subject Enrichment Activity was a collaborative and interdisciplinary endeavor that sought to enhance understanding of the students by highlighting the connection between various subjects. The sessions which were held from 20- 21 August 2024, began with the respective subject teachers defining their shared goals and individual parameters for the Activity. The emphasis was on making the exercise joyful and encouraging meaningful discussions within the virtual classroom. In conjunction with learning and discussing environmental conservation concerns, economic concepts and geographical phenomena, the students focused on effective communication skills and presentation of ideas.

5. Farewell

Lotus Petal Senior Secondary School bid a heartfelt farewell to one of its esteemed science teachers, Ms. Dimpy Ahuja. The farewell event was a warm and celebratory occasion, honoring her dedication and passion for teaching. A special cake-cutting ceremony was held, with Principal Ms. Ruchira presenting a heartfelt farewell card to Ms. Ahuja as a token of appreciation for her years of service and contribution to the school. During the event, Changemakers shared their most memorable moments with Ms. Ahuja, recounting the positive influence she had on their academic journey and personal growth. Their words of gratitude and admiration highlighted the profound impact Ms. Ahuja had on shaping the lives of her students. As we bid her farewell, we celebrate the legacy she leaves behind at LPSSS - a legacy of inspiring young minds and fostering a love for science and learning.



RESULT

Inter-House Competition

Position	Primary Wing	Middle Wing
1st	IDEAL	HUMBLE
2nd	HUMBLE	IDEAL
3rd	LOYAL	NOBLE

School Competition

Position	Primary Wing		Middle Wing	
	Name	Class	Name	Class
1st	Nitya	5C	Sanskriti	8B
2nd	Abhinav	5A	Akshat	9A
3rd	Prachi	5A	Anchal	8A

Soft Board Competition

Position	Primary Wing	Middle Wing
	Class	Class
1st	3A	8A
2nd	5C	9A
3rd	4A	6A

Class of the month for AUGUST 2024

Primary Wing - 4B

Middle Wing - 8A



Star of the month for AUGUST 2024

Class 3A - Alisha

Class 5A - Niharika

Class 7B - Saminur

Class 3B - Ananya

Class 5B - Kinjal

Class 8A - Anchal chaunhan

Class 3C - Ashish

Class 5C - Chandramani

Class 8B - Reshma

Class 4A - Neha

Class 6A - Bhanu

Class 9A - Deepu

Class 4B - Damini

Class 6B - Laxmi

Class 9B - Bhavya

Class 4C - Akriti

Class 7A - Armina



Upcoming Events

- Half yearly Examination
- Teacher's day celebration
- Notebook checking
- Student's Workshop
- Club Special assembly