

Singhanians' Chronicle

From the editor's desk -

Perseverance is the secret to success. Great achievements become possible with practice and perseverance. A child during his initial years falls many times before he actually succeeds in walking on his two feet. It's his repeated efforts that fetch him success.

Dream something big, set out a goal and then start working on it. If you face failures, hardships..... don't change the goal, change your strategy. There is nothing unattainable. Success always comes to those who work for it with dedication, determination and unflinching belief in self.

My dear students, as you tread your path through another academic year, be perseverant and you will find yourself a step closer to your goal.

All the best and remember **"Failure is only the opportunity to begin again, this time more intelligently."**

--Henry Ford, founder of Ford Motor Company

**Perseverance is not a long race;
It is many short races one after the other.**



**Ms. Aastha Shrivastav
Editor-In-Chief**

International Yoga Day

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice **creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration.**" says Dr. Nevins.

Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all three. Other forms of physical exercises, like aerobics, assure only physical well-being.

They have little to do with the development of the spiritual or astral body.

Yogic exercises recharge the body with cosmic energy. On the occasion of INTERNATIONAL YOGA DAY 21st June 2022, SPSS went live on Facebook from 7:00 am to 7:40 am.

All the students and NCC cadets participated enthusiastically. The theme for International Yoga Day was **YOGA FOR PEACE AND ENRICHED PERSONALITY.**



June '22

ISSUE 64

7 Raj Girls BN NCC



An annual meet of the CTOs/ ANOs was organized by NCC in the wake of the Annual Admission Inspection. In-charges of all institutions having NCC 7 Raj Girls BN were a part of the meeting.

Topics taken up during the meeting were

- * Verification of the documents.
- * Indicatives were taken up by their respective institutions.
- * Attendance and strength of cadets.

- * Response of students
- * Details of Government schemes.
- * Planning for upcoming events. Ideas were shared by various in-charges as how to encourage students to join NCC and to increase participation. A presentation was also displayed to enhance the knowledge of the participants regarding the policies of the government.

SPC - OUR DREAM CHILD

"Things work out best for those who make the best of how things work out."

SPC, Special Preparatory Classes, as envisioned by Respected Principal Sir, through the last three academic sessions, has been very successful in bringing out the excellence in students by specialised educators working very diligently in academics with focused and extended teachings honing it up with regular assessment tests while anchoring student's interest with various exciting activities all around the year.

SPC gives learners the perfect avenue and exposure to various exciting experiments and activities which help them unleash their creative potential within

themselves.

The result is amply seen with such a number of successful selections in NTSE, STSE and Olympiads participated by SPC students.

In the present session, we embark on a carefully chalked-out academic journey that will help 225+ worthy students go through the stepping stones of success, with their sincere hard work and perseverance.

It is our strong belief that SPC, with its well-articulated curriculum, will certainly enhance skills and guide students on the path to success.

Mr. Chetan Jain
Coordinator, SPC

"The Roots of Education Are Bitter, but the Fruit Is Sweet."

- Aristotle

JK Tyre organised a Drawing Competition on the Theme - My Safe Travel

Under this competition students were requested to either shoot a 30-second video or make a drawing and click a photo and upload it on the given website: www.jkmysafetravel.in.



"A child without education is like a bird without wings."

—Tibetan Proverb

Proud Moments

Supratim Das reserved 104th rank in the prestigious Kishore Vaigyanik Yojana Scholarship Test.



Havisha Verma bagged a Gold medal in Rajasthan State Karate Championship - 2022 and was selected for Nationals.



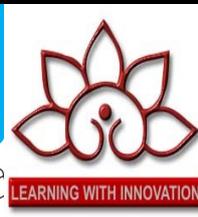
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Ms. Aastha Shrivastav

Mr. Chetan Jain

Ms. Joyce Das

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Principal's Club

**Do Good
Be Good**