

PRINCIPAL'S MESSAGE



Principal
Mrs. Sarika Singh

“If a child can't learn the way we teach, maybe we should teach the way they learn” - Ignacio Estrada.

Students have pledged to be the custodians of their cherished institution and uphold its ideals. While providing the finest mentorship for excellence in academics, culture and aesthetics, MVP engenders the responsibility in each student to be the light for others, to lead fearlessly, and to lead with a conscience. The teachers of MVP have endeavoured to find the potential of each child, who is a born genius.

As children embark on journeys unto the unknown, we should fill their young hearts with courage and conviction. We must equip them with the skills and abilities. We should provide them an environment conducive to learning, imagining and achieving. We expect them to meet academic excellence, holistic development, and responsible citizenship.

Through the synergised efforts of teachers and parents, we should ensure that they soar to great heights and create a world full of peace and harmony.

STARS OF MVP

CBSE CLUSTER - XIII KHO-KHO



Boys (Under-19 category)-Runners Up
Girls (Under-19 category)
Champion (selected for Nationals)

CBSE CLUSTER - XIII Table Tennis



Boys (Under-19 category)- 3rd position
Shlok Saboo (Individual Event)
1st position(selected for Nationals)

CBSE West Zone Chess Tournament (held at Shanti International school, Mehsana)



Girls (Under -11 category)
1st position (selected for Nationals.)
Girls under -17 category- 3rd position

CBSE CLUSTER - XIII Kabaddi



Boys (Under -19 category) - 3rd position

Special Quiz conducted by IMS Surat



Divyam Kabra & Purvi Golecha
1st position
Received medals, certificates
& cash prize of ₹ 10000/-



Pratik Singh & Dhrumil Lohiya
2nd position
Received medals, certificates &
cash prize of ₹ 6000/-

DIWALI CELEBRATION



CHILDREN'S DAY CELEBRATION



CHRISTMAS CELEBRATION



SEMINARS & ORIENTATIONS



SPORTS DAY- KHEL MAHOTSAV



RECIPE



Ingredients for butter garlic herbed rice: Oil 1 tbsp + butter 1 tbsp, Chopped Garlic 1 tbsp+ Green chillies 1-2 nos.+ Fresh coriander 1/4th cup (chopped), Mixed herbs 1 tbsp+ Red chilly flakes 1 tbsp+ Cooked rice 4 cups, Salt to taste+ Black pepper a pinch

Method: Add oil and butter, garlic and green chillies to a wok. Cook for a minute on medium flame. Add fresh coriander, mixed herbs and red chillies flakes, and stir on medium high heat. Add cooked rice, salt and black pepper powder to taste.

Ingredients for veggies in red sauce: Tomatoes 6-7 medium size + Oil 1 tbsp+ Garlic 4-5 cloves (sliced), Onion 1 medium size (chopped)+ Kashmiri red chilly powder 1 tbsp, Coriander stems 1 tbsp (chopped) + Salt to taste, Black pepper powder a pinch +Tomato ketchup 1 tbsp, Sugar a pinch + Oregano 1 tbsp+ Red chilly flakes ½ tbsp

Ingredients for stir fried veggies : Oil 1 tbsp+ Garlic 1 tbsp (chopped) + Red chilly flakes 1 tbsp, Baby corn 1/3 cup+ Carrot 1/3 cup + Zucchini 1/3 cup, Mushroom 1/3 cup +Red bell peppers 1/3 cup, Yellow bell peppers 1/3 cup+ Capsicum 1/3 cup, Broccoli 1/3 cup (blanched) + Salt and pepper to taste, Lemon juice 1 tbsp

Method: Blend the tomatoes into puree. Add oil ,sliced garlic, to a sauce pan and cook until the garlic turns light brown in color. Add chopped onions, Kashmiri red chilly powder and coriander stems. Now, add all the remaining ingredients of red sauce.

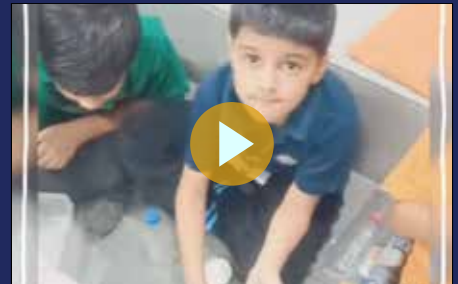
For making stir fried veggies set a wok on medium heat. Add oil, garlic and red chilly flakes. Cook for 1- 2 minutes and add the remaining veggies, salt and pepper to taste and lemon juice.

Add this to red sauce and serve hot with hot herbed rice.

Palak
 Sanwal
 XI - B



MVP ★ TALENT



Candle Decoration Competition



Diya Decoration Competition



Thali Decoration Competition



Best out of Waste Competition

Checkout more such videos on:



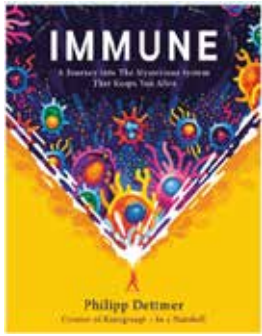
<https://www.youtube.com/channel/UCs7LWGWmMDuKrQDYbOTDpDA>

RIDDLE

THERE IS A 3-DIGIT NUMBER. THE SECOND DIGIT IS FOUR TIMES AS BIG AS THE THIRD DIGIT, WHILE THE FIRST DIGIT IS THREE LESS THAN THE SECOND DIGIT. WHAT IS THE NUMBER?



BOOK REVIEW



Immune: A Journey into the Mysterious System that Keeps You Alive

In this book Philipp Dettmer talks about the inner workings of the human immune system. Each chapter delves into an element of the immune system, including defenses like antibodies and inflammation as well as threats like bacteria, allergies, and cancer, as Dettmer reveals why boosting your immune system is actually nonsense, how parasites sneak their way past your body's defenses, how viruses work, and what goes on in your wounds when you cut yourself.

Immune system is a patrolling agent

Immune system as a whole function like a patrolling agent throughout the body with the fundamental motif, "distinguish the other from the self". And when the distinction component gets incoherent, diseases like autoimmune and cancer begin to grow. Allergies and anaphylactic shock are also the work of immune system. His easy-to-follow narrative portrays the entire immune system as soldiers protecting the fortress like body whenever an outside intruder tries to move in – be it cut, accident or disease, the army is always standing on its toes to attack. Like a vast library it has also embedded huge reservoirs of all our past illnesses.

Takeaway

Dettmer has explained scientific concepts related to human immune system in the most interesting and comprehensible manner. His description of various cellular components metaphors and similes makes it straight-forward to understand and easy to visualize. Overall Immune is an excellent introduction to the immune system and how it all fits together. It gives a clear overview and provides enough information that one will feel like they have a better understanding on how to make choices about one's immune system. In a time like this, such information is quite priceless.

Like me, if you are also curious to know the workings of the immune system, it is a must-read.

Aarav
 Sharma
 V - D



BLOSSOM BUDS



KANEESHKA
 BHATTER
 IV - A



DIKSHA
 CHANDAK
 V - C



PEARL
 JHAWAR
 VI - B



VINAYAK
 GOVEL
 VI - D

हौसलों का घोंसला

देखा है मैंने...

परिंदों को घोंसला बनाते हुए,

सूक्ष्म से सूक्ष्म तिनकों को अपनी चोंच में दबाते हुए।

टहतनियों की हरी पत्तियों को लाते हुए,

गिरी हुई सुखी डंडियों को उठाते हुए।

कई बार नाकामियों को हारते हुए,

निराशा वह थकान को दूर भगाते हुए।

सर्दी की ठंड में ठिठुर के कप-कपाते हुए,

गर्मी से बेहाल हो दाना पानी जुटाने का प्रयास करते हुए।

बारिश में भीगकर अपने पंख फड़फड़ा कर सूखाते हुए,

मदद की आस और शिकायत की गुहार किसी से नहीं लगाते हुए।

आशा की डोर थाम फिर काम पर जुट जाते हुए ,

उम्मीदों और हौसलों की उड़ान भरते हुए।

घोंसला बनजाने पर चैनकी सांस लेते हुए,

हौसलों का घोंसला परिंदों को बनाते हुए।

देखा है मैंने...

Aarna
 Kabra
 VII - A



ENGLISH POEM

A Wintry Night

The sky is dark and the
 ground is white.

The world is peaceful on
 this wintry night.

No one around,
 not a sound to be heard.

Not a laugh, not a car,
 not even a bird.

For a moment,
 it's just the snow and me.

I smile inside.
 I feel so free.

Vansh M.
 Maheshwari
 VII - A



INTERVIEW OF AN EX-MVPIAN



Joy Chopra
 Software Development
 Engineer, Amazon

Let us know about your school life, your family and your achievements.

That is a very nice question, madam. My school life has been the most memorable part of my life. In fact I and my brother went to the same school. My parents were very happy and fond of my school. It has been a wonderful experience for our whole family. And that experience has been the foundation for all my achievements.

According to you, what should be given more importance- Ambition, Success, Work or Money?

Again, a very nice question. I feel all four are of utmost importance. One should learn to balance between them. If you do not mind, I will like to add a fifth pillar of happiness to these four awesome pillars that you have. As the saying goes "Happiness is the key to success".

Who is your role-model and which qualities of his or her fascinated you?

Again, a hard one to pick. I have so many role-models, it will be hard to count them on my fingers. I have learnt a lot of different things from my parents, my teachers, my seniors, my friends, my juniors ... the list goes on.

How did your school help in achieving your dreams?

This is straightforward - my school developed and nurtured me in all aspects.

What message would you like to impart to the students of MVP?

Oh, this is a big responsibility. I feel like I am their guardian. Anyhow, jokes aside - if I could give any advice to younger me, I would tell him to enjoy your childhood. I would also advice him to grow with the world and accept new opportunities and responsibilities as they come your way. You know like maintaining silence in the class, when your teacher makes you a monitor :)

How did you overcome obstacles in your journey to success ?

I find two qualities helped me in this - hope and patience. Everything else just happened

Can you tell any one incident that you still remember of your school life?

This is hard to pick. I remember so many of them !!! I remember how the whole school used to gather together for the morning assembly. I remember how all of us would eagerly wait for the PE period. I remember how everyone took time out of their studies for the cultural events. And I remember the dreams I wanted to achieve as I grow up.

IMPACT OF EMERGING TECHNOLOGY ON YOUTH

Today's youth is focusing on new technologies such as Artificial Intelligence, Machine Learning, Data Science and the new emerging technologies but they are not focusing on the major part which is required in every section of the recent trends i.e. Logic Development, Algorithms and Data Structures. Current technology has become a must for young persons nowadays, many of their activities being generated and accompanied by today's technological structures.

Most young people use technology very carefully and within reasonable limits, the excesses not being greater than the ones peculiar to other psycho-behavioral contexts. This exposes the underage and youth to inappropriate information that ultimately creates an unfriendly environment for them. If we talk about social media, censorship algorithms only work to a certain extent on creating a safe environment for children/teens, as if it is too cautious, it dulls down the environment of adult users and renders the platform to be lackluster.

Poornima Nair
 Ex- MVPIAN



RIDDLE ANSWER: 141

FAMOUS PERSONALITY



LIONEL MESSI

Football more commonly known as soccer. Now a days, fifa world cup is the most viewed sporting event in the world. Argentina lifted the third world cup title by beating France in penalty shootout by 4-2. And, the hero of this match is Lionel Messi.

Messi was born on 24th june, 1987 in central Argentina. His father started training him at the age of 4. However, his future as a professional player was threatened when, aged 10, he was diagnosed with a growth hormone deficiency. He knows his limitations, so he employed a personal trainer to increase his muscle mass to return to the squad.

At, youth level, he won the 2005 fifa world youth championship. He also got golden ball, golden foot and an olympic gold medal at 2008 Summer Olympics. He started playing at the age of 17 in october 2004 for Barcelona Club. He became a fundamental player of Barcelona in next 3 years.

Messi has the National record for appearance as leading goal soccer in his country. He is left footed dribbler. As the squad's captain from august 2011, he led Argentina to 3 consecutive finals. He captained his country in his last world cup, 2022 fifa world cup and also won the Finals.

Adidas has been endorsed by Messi since 2006. He was the world's highest paid footballer for 5 years. In february, 2020 he was awarded the Laureus World Sportsman of the year. Actions will continue to enthrall us for a few more years as the Argentine legend.



Gajal Rathi
VIII - C

ELECTRONIC GADGETS

Electronic gadgets are instruments which can perform many activities at a time with vast speed, making it efficient for the purpose. They are useful for many purposes, can save time, money, provide information, reduce hard work and operate machine. The gadgets play vital roles in entertainment, information and communication technology [ICT] and have proved to be useful in almost all the things such as e-health, e-learning, e-government, etc. GPRS NAVIGATION SYSTEM helps in world development. There are e-cars and scooters also, which helps in environmental balancing by reducing pollution.

**ALBERT EINSTEIN SAID :
 TECHNOLOGY IS FUTURE !!!**



Swaroop Gandhi
VI - D

INTERNET T.V.

The introduction of Internet T.V. technologies such as Netflix is crucial in audience Research, especially on how it privileges new viewing practices such as Binge - watching. This study analyses Netflix's integration into the everyday life context of urban Indian youth from a dual perspective of negotiating with the ideologies of its texts and technologies. To analyze the significance of these emergent digital media, we explore young people's media engagement with some of the most currently popular (and thus binge -worthy) Netflix shows. Viewing practices and new expectations about the availability of commercial-free, high-quality, and original television content, and passing by the storm, affects on youth. Additionally, a further point of interest is how Netflix audiences in India, conceived initially as seeking English language content, engage with new 'localized' web series that are regionalized and diversified to adapt to local tastes while retaining the brand of quality content. Thus, this research aims to explore how young urban Indians integrate Netflix into their everyday contexts.

Betsy Thomas
PRT

QUOTE

**"NEVER LET SOMEONE
TRICK YOU TO BLINDNESS."**

Jasika
Nagori
XI - B



SANTA CLAUS

Santa Claus has come once more.
Though not quiet as fie came before;
We couldn't celebrate his day
In last year's fine and pleasant way.
For then our hopes were high and bright.
All the optimists seemed right,
Everybody supposing that this year
We would welcome Santa here.

Manyata
Mundra
VIII - B



FATHER OF SURGERY-MAHARSHI SUSHRUTA

सम दोष समाग्निश्च सम धातु मल क्रियाः ।
प्रसन्न आत्मेन्द्रिय मन स्वस्थ इत्यभिधीयते ॥

This is the definition of health given by one of the greatest Indian physicians and surgeons- Maharshi Sushruta, 3000 years ago. It is still applicable in today's world and accepted by all medical branches.

He is known as the father of surgery and author of the book Sushruta Samhita which is one of the three foundational texts of Ayurveda. He was the pioneer of more than 300 surgeries like plastic surgery, cataract surgery, brain surgery, and surgery to remove stones and dead fetuses.

His work on the fracture of bone and human anatomy is still relevant in modern medicine. He also designed more than 100 surgical instruments. He believed in giving practical lessons to his disciples through human body dissection and practice on watermelon. He was also in favor of giving a license to qualified health personnel.

Hetvi
Modi
IV-B



FIFA WORLD CUP

The fifa world cup is the most prestigious of the football leagues in the world. This year the world cup was hosted by Qatar. Qatar won the award for hosting the most expensive world cup (costing over \$200B). This year's world cup kept all the football fans at the edge of their seats. Every football fan hoped to see their favourite team win. The reigning champions, France had a brilliant start winning 2 of their first 3 group games, while Argentina lost their first game to Saudi Arabia. Portugal lost in quarter finals, while Messi won it for the Argentine team. The final game was a rollercoaster ride for all the football lovers around the world. France had a heartbreaking loss in the finals. Kylian Mbappe showcased his brilliance by scoring 3 goals in the final match.

Nivaan
Jain
V-A



CONTACT

Send your written work (Under 120 words), artwork, photographs and video of hymns, recitation, song, dance, story telling, recipes, DIY at
mvp.newsletter2019@gmail.com
Do check our e-version at www.mvpsurat.com

"Education is what remains after one has forgotten what one has learned in school."

- Albert Einstein