



## KHEL MAHAKUMBH 2.0 ZONAL LEVEL



### Kho - Kho Competition

**U-17 Girls Team became runners up and received cash prize worth ₹9000/- and also got selected for District Level**

- |                    |                     |
|--------------------|---------------------|
| 1. Moxa Patel      | 7. Yashvi Jain      |
| 2. Bhargavi Sarada | 8. Akshara Bhura    |
| 3. Muskaan Mundra  | 9. Nishi Gupta      |
| 4. Bhakti Malpani  | 10. Vidhi Mundhra   |
| 5. Ananya Phopahly | 11. Prachi Bhandari |
| 6. Tisha Jain      | 12. Nandini Dhoka   |



### Yoga Competition:

#### In Under 14 Boys Category:

Krishna Bhandari (VIII - A) secured 1<sup>st</sup> Position  
Nishil Lohiya (VIII - A) secured 2<sup>nd</sup> position

#### In Under 17 Girls Category:

Jayshri Boob of Class IX secured 3<sup>rd</sup> position  
Kanika Mohta of Class IX secured 4<sup>th</sup> position

#### In Under 14 Girls Category:

Aaradhya Kothari of Class VI secured 7<sup>th</sup> position

**All the students are selected for District level  
Krishna Bhandari (VIII - A) and Nishil Lohiya  
(VIII - A) are selected for State Level**

### Kabaddi Competition

**U-14 Boys Team became 1<sup>st</sup> Runner Up and received cash prize worth ₹9000/- and also got selected for District Level Competition**

- |                      |                        |
|----------------------|------------------------|
| 1. Param Kanpuriya   | 7. Raghav Mundhra      |
| 2. Chirag Rathi      | 8. Pratik Baheti       |
| 3. Hitanshu Patel    | 9. Priyansh Gajabi     |
| 4. Saiyam Shankhla   | 10. Disharth Bhogar    |
| 5. Divyanshu Bhutada | 11. Priyam Laddha      |
| 6. Arpit Dubey       | 12. Gourav Shankhlecha |



### Chess Competition

#### U-11 Girls

Manvi Maheshwari (Class - IV)  
3<sup>rd</sup> rank

Received Prize worth ₹500/-



### Chess Competition

#### U-17 Girls Category:

Navya Soni (Class - IX)

#### Champion

Selected for State level competition

Received cash prize worth ₹5000/-



### Chess Competition

#### U-14 Boys Category

Tanishq Maheshwari (Class - VIII)

#### Champion

Got Prize worth ₹1000/-



### Chess Competition

#### U-14 Girls Category

Garvika Rander (Class - VIII)

#### 4<sup>th</sup> rank

## KHEL MAHAKUMBH 2.0 DISTRICT LEVEL



### Badminton Tournament

#### Under 14 (girls)

AASHI RANJAN (VIII - D)

#### 2<sup>nd</sup> Runner Up

Received a cash prize of ₹ 2000/-

Selected for State Level



### Skating Tournament

#### Under - 17 Girls Category

Bhavya Vyas (Class - IX)

#### 2<sup>nd</sup> position in 500 m and 1000m

#### Inline

Selected for state level

Received a cash prize of ₹6000/-



### Chess Competition

#### U-11 Girls Category:

Manvi Maheshwari (Class - IV)

#### 3<sup>rd</sup> Rank

Selected for State level

competition.

Received cash prize worth ₹2000/-



### Chess Competition

#### U-17 Girls Category:

Navya Soni (Class - IX)

#### Champion

Got Prize worth ₹1000/-

## SEMINAR FOR STUDENTS



## ORIENTATION FOR PARENTS



# EVENTS AND CELEBRATIONS

## REPUBLIC DAY



## VASANT PANCHMI



## MATH PIONEERS



## MVP QUIZ



## RAM MAHOTSAV



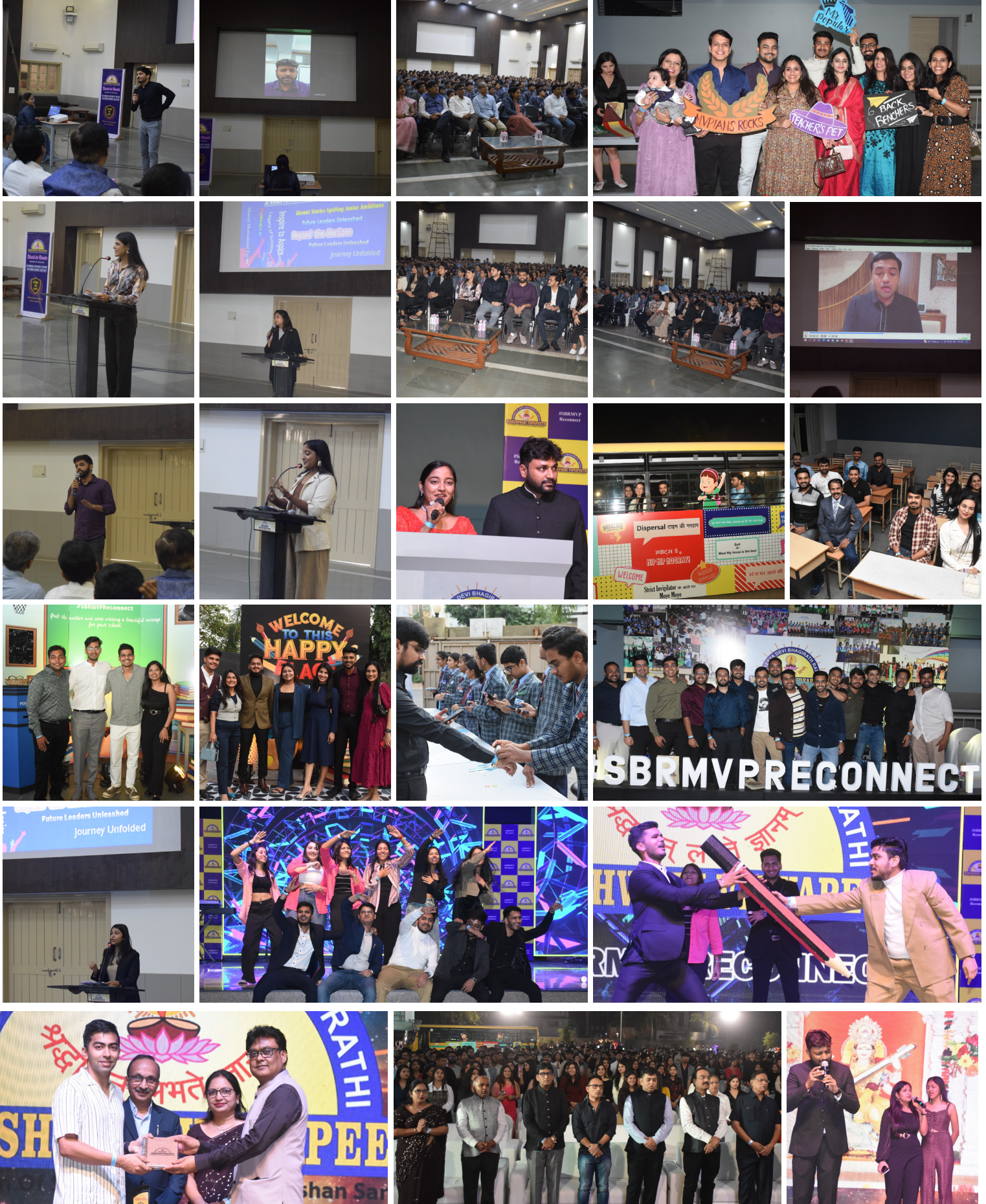
## FAREWELL



## SPORTS DAY FOR TEACHERS



# RELIVING THE NOSTALGIA- ALUMNI MEET



## INTERVIEW OF AN EX-MVPIAN



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

My school life was a vibrant journey of learning, growth, and self-discovery, deeply influenced by my family's unwavering support and encouragement. My mom always emphasized the value of education, while my dad instilled in me the importance of hard work, together nurturing my love for acquiring knowledge.

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

In my view, ambition drives us to set goals and envision a future we're passionate about, while dedication to work transforms those ambitions into reality. Success and money are just a byproduct of all the hard work that you do.

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

To all the students of MVP: Cherish your time at MVP, the experiences and friendships you forge here will be invaluable assets in your journey ahead. This is the time that you can spend on discovering your strengths so that you can double down on that in later stages of your life.

**MAHIP GUPTA**  
Founder of  
upsurge.club (India's  
leading stock market  
learning platform)

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

I have innumerable fun memories from school, but one funny moment was when I used to sneak to the neighboring school to buy vadapavs because our school didn't have a canteen. One day, I got caught while jumping back over the wall; it was recess time, and the teacher dragged me by my collar from the ground to the principal's office. The funny part was that I was holding vadapavs in both my hands while being taken to the principal's office.

### How did you overcome obstacles in your journey to success ?

I have found that setting both short-term (6 months to 1 year) and long-term (3-5 years) objectives is crucial in life. Achieving these short-term goals provides the motivation and momentum needed for the more extended stretches of my journey. I am a firm believer of the fact that success is merely a byproduct of this process. Strategic planning and being consistent plays an important role in life.

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

I don't have just one role model. Instead, I look up to many people who are the best in what they do and try to learn from their strengths. For example, I admire Narendra Modi for how disciplined he is and how well he gets things done, MS Dhoni for his smart strategies and calmness, and Virat Kohli for always being consistent. This way, I get to pick up different good qualities from each of them.

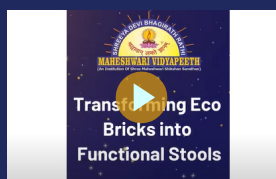
### How did your school help in achieving your dreams?

I believe that culture is the most fundamental thing in any organisation. The culture of MVP has helped me in my personal and educational development. I was able to discover my core strengths in my school days which is by far the best thing that has happened in my life.

### RIDDLE

I AM SO SIMPLE THAT I CAN ONLY POINT, YET I GUIDE PEOPLE ALL OVER THE WORLD.

## MVP TALENT



Transforming Eco Bricks into Functional Stools



Once I saw a little bird Poem by Mahi Kasat I-C



EVS & MATH Activity (Grade-II)



English activity entitled "Homage to Our Brave Soldiers" (Grade VII)



Math activity (Grade VI & VII)

Checkout more such videos on:



<https://www.youtube.com/channel/UCs7LWGwmMDuKrQDYbOTDpDA>

## STRAWBERRY SHIKANJI

### INGREDIENTS:

- Strawberry - 4 pc
- Mint leaves - 6 leaves
- Sugar - 1.5 tbsp
- Lemon Juice - 1 tbsp
- Black Paper - pinch
- Salt - as per taste
- Black Salt - as per taste



Take a mixer jar put strawberry, mint leaves and sugar, blend it on pulse mode (paste should be semi crushed). Pour it in glass. Add rest of ingredients.

Serve with some ice.



**Anant  
Rathi  
IV - D**

## HINDI POEM - MAA

अपने आचल की छांव में छिपा लेती है दूर दुख वो,  
एक आशीर्वाद दे दे तो काम हमारे सारे पूरे हो।

खुद रोकर जो हमें है हँसाती,  
जिदगी के पाठ हमें वो पढ़ाती,  
परेशानी कितनी भी हो फिर भी वो मुस्कुराती,  
ममता की परभाषा वो बताती  
कौन कहता है अदृश्य है भगवान ?

माँ सा नहीं है यहाँ कोई बलवान।  
हमारी खुशियों की खातिर दुखों को भी गले लगाती है वो।  
हम निभाएं ना निभाएं... अपना हर फर्ज निभाती है वो।  
जीवन के हर कदम में हमारा हौसला वही है बढ़ाती,  
दुख के बादल छार हम पर तो धूप सी खिल जाती।

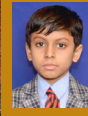
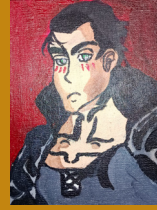
अपनी तकलीफ कभी ना बताए,  
अपने हर आँसू को वो छिपाए।

त्याग और ममता की मूरत कहलाती है वो :  
शायद तभी भगवान से भी ऊपर आती है वो।

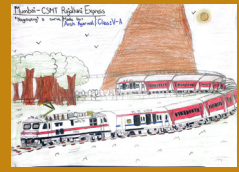


**Aarav  
Somani  
IV - A**

## BLOSSOM BUDS



**Anagh  
Kumar Singh  
IV - D**



**Ansh  
Agarwal  
V - A**



**Arya  
Dhiran  
V - D**



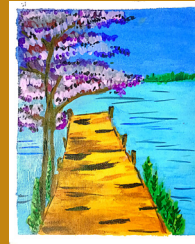
**Bhavya  
Rathi  
IV - D**



**Chirayu  
Parekh  
V - D**



**Dalisha  
Ranjan  
IV - A**



**Devanshi  
Soni  
V - D**



**Jinisha  
Sangani  
IV - D**

## TWO CENTS WORTH

### Why should we drink water in a sitting position?

Drinking water is important but correct way to drink water is even more important. Drinking water while standing may damage kidney as water will enter into your stomach directly with a great force without any filtration so the impurities present in water may settle in the bladder. It may also disrupts the functions of lungs and heart as water will travel through the system really fast. It can also damage joints and cause arthritis as it will bring your nerves into a state of tension. The correct way to drink water is to sit down with your back erect. This way nutrients will reach your brain, toxins go away, impurities are flushed out and your health improves overall. Water, if not consumed in the right manner, can be very bad for you and put you at the risk of potential health problems.

**Shehnaz Qureshi  
PRT**

## HUMANITY STILL EXISTS

I went out to a fun fair with my family this diwali vacation. There I came across a situation which made my family believe that humanity still exists. So my story goes as me and my family was at a fun fair at VanitaVishram in Athwalines , Surat. We all were having super fun there. There we encountered a needy family where 5 little destitute children were crying out of hunger and fighting ruthlessly for 2 biscuit packets that my mom took for us but gave them on seeing them hungry. We passed by the place for another ride but while I tip-toed, I noticed the children as to how they settled the fight. Then I saw an old man sitting in the distance in torn clothes and watching those kids too. He got up and went to those little siblings and gave them the food and biscuits that he received from other benevolent that day. I was touched and I showed my parents the scene. They were enthralled too and when I asked my mom "Mom, why did the poor old man give all the food he had to those kids?" To which my mom replied, it is because "Humanity still exists"

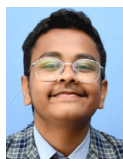
So just be glad that amidst this egoistic world, there is humanity still left in many people's hearts.



**Harsh Mohta**  
IV - C

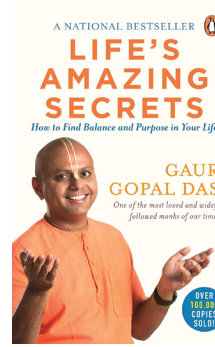
## DOSTI

ज़िंदगी में दोस्ती नहीं  
दोस्तों में ज़िंदगी होती है  
आपकी दोस्ती ने बहुत कुछ सिखा दिया  
मेरी बेरंग सी ज़िंदगी को रंगीन बना दिया  
अगर बिकी कभी दोस्ती तेरी  
तो पहले खरीददार हम होंगे  
तुझे पता ना होगी कीमत तेरी, लेकिन तुझे  
पाकर सबसे अमीर हम होंगे  
नाजुक सा ये दिल कभी ना टूटे,  
छोटी छोटी बातों पे आप हमसे ना दूढे,  
अगर थोड़ी सी भी कदर करते हो हमारी,  
तो कोशिश करना कि ये दोस्ती कभी ना दूढे



**Manas Kabra**  
XI - A

## BOOK REVIEW



Stop going through life,  
Start growing through life!

While navigating their way through Mumbai's horrendous traffic, Gaur Gopal Das and his wealthy young friend Harry get talking, delving into concepts ranging from the human condition to finding ones's purpose in life and the key to lasting happiness.

Author has talked about 4 wheels ( principles) which are the foundation for happy life viz. Personal life, Relationship, Work life and Social contribution.

Each wheel is explained in detail with different stories related to it.

Few quotes which I liked while reading the book:

- Through meditation we become the best versions of ourselves.
- Anyone can find the dirt in someone, be the one that finds the gold.
- When someone hurts us, we should try to look beyond the situation and think 'How are they suffering?'
- At work we tend to compete and compare with others instead of comparing and competing with ourselves.

It is a book written with simple words with deep meaning. Books act like a guide. It shows the best way to deal with different people and situations.

One can start writing a gratitude log.

The exercises at the end of the book are very helpful. I think one should pen down the things asked in exercises.

### About the author:

Gaur Gopal Das studied electrical engineering. Later he decided to live as a monk in an ashram in Mumbai. Since 22 years he is there learning the antiquity of ancient philosophy, to become a life coach to thousands in city. Das is one of the most popular and sought after monks and life coaches in the world and has shared his wisdom with millions. This is his debut book. This book will help you align yourself with life you want to live.

**Alpa Devashrayee**  
PRT

**RIDDLE ANSWER:**  
**COMPASS**



## TOM & JERRY

Tom & Jerry is a cartoon that can be watched anytime, anywhere and at any age. It is the most humorous series. I have even watched pranks played by both to keep our lives playful all the time with innocence. Even though they fight over their own victory they never put each other down, so everyone wants friendships and relationships like Tom & Jerry. The best lesson learnt from the series is that every time we lose, next time we find a better way and try with double enthusiasm and get good ideas. Even though Tom loses most of the time, he never stops trying to beat Jerry.

It is my favorite as it gives the best lesson of life – Always be approaching and keep trying. Success is yours if you believe.



**Viva  
Talesara  
IV - C**

## MOBILE

Mobile Mobile!

You've changed everyone's life,

Children have become crazy.

Constantly ring Facebook, Whatsapp

and they have become lazy.

As time and tide wait for none

For children, parents are very much concerned.

Mobile is a youth's friend

But there is a great need to change this trend.

It must be remembered that

Science and technology may have given us comforts.

But their adverse effect

have to be countered by continuous efforts.



**Gauransh  
Dargar  
III - A**

## CYBERCRIME CONTINUATION

### How to protect yourself against cybercrime:

- Keeping software and operating system updated
- Using anti-virus software and keep it updated
- Using strong passwords and Multi-Factor Authentication
- Not opening attachments in spam emails
- Not clicking on links in spam emails or untrusted websites
- Not contacting companies directly about suspicious requests
- Not visiting unknown website URLs
- Keeping an eye on the bank statements

### General guideline on how to report cybercrime in India:

#### Cyber Crime Helpline Number (National): 1930

Cybercrimes can be reported by dialing this number from anywhere in the country and seek assistance.

#### National Cyber Crime Reporting Portal (NCCRP):

Cybercrimes can be reported online through the National Cyber Crime Reporting Portal (<https://cybercrime.gov.in/>). This portal allows individuals to report cybercrimes anonymously and provides a platform for reporting various types of cybercrimes.

**Local Police Station:** To inquire about the procedure for reporting cybercrimes we can contact local police station also.

## CONTACT US

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](mailto:mvp.newsletter2019@gmail.com) | Do check our e-version at [www.mvpsurat.com](http://www.mvpsurat.com)**

**“There is more treasure in books than in all the pirate’s loot on Treasure Island.”  
– Walt Disney**



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