



RAI News

MOTILAL NEHRU SCHOOL OF SPORTS

RAI, SONIPAT

(An ISO 9001:2008 Certified Institution,
Affiliated to CBSE, Member of IPSC, NPSC)

Web: www.mnssrai.com

E-mail: mnssrai@rediffmail.com

(For Internal distribution only)

Vol. 25 • December, 2021

EDITORIAL

Dear Readers,

This is the last month of this very ending year 2021, which was a roller coaster ride of ups and down in the midst of a global pandemic. Many things happened and we experienced a lot of changes too. We at Rai News hope to remind you all the good events that took place and all the things that you Raists have done.

We plan new things in the first month of every year but hardly are able to execute, as the old habit die hard. Life can be enjoyable if the small things are kept in mind to achieve the big goals. Again no preaching, just life experience. So it's just a piece of advice. Keep toxic friends at bay and stop living in the past. Each day comes with a new hope so welcome it with open hands. Stress and excuses are the termites, please don't let them eat up your peace of mind, health, progress and time. Try to be the one with growing mindset, fixed mindset again can be a hindrance in your way. If you can get rid of the habit of always saying 'yes', it will be a perfect end of the year which paves the way of a refresh beginning of new year.

The paper of magazine is warm and crisp, straight

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INSIDE

out of the printer. Take a moment to inhale the aura of nostalgia and take a moment to appreciate the last month of your 2021 while you read the last issue of Rai news for the year 2021, I want you to relive all the beautiful moments when you were here.

So, sit back and savour every minute of this issue that brings lot more than 'Just news'.

Happy Reading..

Yours



RaiSe GOOD GRADS (RGG)

RaiSe Good Grads is an initiative taken by very successful alumni of school under the dynamic leadership of Shri Kapoor Singh with the sole purpose to help motivate, sponsor and guide the school children Mr. Kapoor Singh is working as CEO and founder at Ivy Gurukul. The esteemed board members of RGG are—

Harpreet Malvai (1985)	Perminder Kapoor (1980)
Kapoor Singh (1985)	Sudhanshi Vats (1985)
Narender Dalal (1988)	Priya Ahuja (1990)
Deepak Arya (1990)	Shashi Kant (1992)
Ashwini Hooda (1993)	Vijay Nehra (1993)

Along with them Sofia Dahiya (1987) and Aman Deep Lohan (1992) are two special advisors to the board.

Ms. Sofia Dahiya is currently posted as Secretary Finance and Secretary CRID (Citizen Resources Information Department) in government of Haryana w.e.f. 1st August 2019. She is responsible for delivery of the Flagship Program of Government viz. the Parivar Pehchan Patra. Belonging to 1994 batch of ICAS, she possesses extensive experience of 20 years working in governance, Public Financial Management and Capacity Development in India and Afghanistan.

Mr. Deepak Arya is an Investment Banker in a leading company in the USA.

Two important programs were launched. The first is a mentorship program and the second is a computer education program. This has been made possible by the fund raising efforts over the online graduation parties in 2020 and 2021 as well as the personal fund commitment of the board members.

For the mentorship program, 13 students from 9th to 11th grades have been identified. The board members will individually guide and mentor these students as well as will conduct monthly workshops.

The computer training program is for 25 students per class from 7th to 9th grade. This is a special program developed by professors and IITians (some them are ex Raists) who will conduct online sessions everyday of the week for high school students.

Mr. Deepak Arya along with Ms. Sofia Dahiya helped to launch the program in person while the other board members joined from an online session. There was a live projection of the meeting in the school auditorium and the excitement amongst students in the assembly was palpable.



Online interaction with the patrons of RGG



Col. Ashok Mor, P&D and Mrs. Moushumi Ghoshal, VP felicitating RGG members Ms. Sofiya Dahiya and Mr. Deepak Arya

KNOW YOUR STATE



State	Haryana, carved out of Punjab on 1st November, 1966 as the 17th Indian.
Capital	Chandigarh
Governor	Shri Bandaru Dattatreya
Chief Minister	Shri Manohar Lal Khattar

Demographic Detail

Area	44,212 km
Actual population	25,351,462
Population (Male)	13,494,734
Population (Female)	11,856,728
Population Density	571/km ²
Literacy Rate	75.55%
Districts	22
Blocks	140
Villages	7356
State Languages	Hindi, Punjabi, English
State Official Animal of Haryana	Black buck
State Official Flower of Haryana	Lotus
State Official Tree of Haryana	Peepal
State Official Bird of Haryana	Black Francolin

HARYANA

MNSS CELEBRATES VIJAY DIWAS

MNSS, Rai Celebrates the Vijay Diwas on 16th December, 2021 to commemorate the victory of Indian armed forces over Pakistan in 1971 war. Brigadier Vivek Kohar, a proud alumnus graced the occasion as the chief guest of the celebrations. The students of MNSS presented a beautiful cultural programme to salute the valour and sacrifice of martyrs. Before the cultural programme Brigadier Vivek Kohar along with Col. Ashok Mor, Principal & Director, MNSS, Rai laid wreath at the Martyr's Memorial and paid tribute to the brave hearts of Indian Armed Forces and motivated the students to achieve

great heights in their life. While speaking about this defining moment he told the children that this moment established the prowess of the Indian Armed Forces in the sub-continent. After fighting for 13 days, India won the war against Pakistan on December 16, 1971. On this day, the then Major-General in the Pakistan Amir Abdullah Khan Niazi, surrendered with 93,000 Pakistani troops and he also signed the 'Instrument of Surrender' at Ramna Race course in Dacca. It was the biggest ever military surrender which tells the story about the bravery of the mighty Indian Army.



Brig. Vivek Kohar paying homage to the martyrs



Dance performance befitting the occasion



Brig. Vivek Kohar addressing the gathering



Col. Ashok Mor, P&D felicitating Brig. Vivek Kohar

VISIT TO IIT, ROORKEE

A group of 51 students (25 girls and 26 boys) of Class X and two teachers Shri B.N. Tiwari and Smt. Nimi Dassi from M.N.S.S., Rai went to IIT Roorkee on an educational trip for two days from 18/12/2021 to 19/12/2021. The initiative was taken by Prof. Shailly Tomar (Ex-Raist, 1996 Batch) and her Department of Bio Science and Bio Engineering IIT, Roorkee headed by Prof. Parvindra Kumar.

The workshop was organised to motivate young minds and promote careers in the field of science and technology. Students had an excellent

opportunity to learn and understand the scope of various subjects in terms of higher studies, research and job opportunities.

The Department of Science and Technology (DST) along with Science and Engineering Research Board (SERB) has developed a Scientific Social Responsibility (SSR) initiative, which aims to spread benefits of research beyond the borders of the direct beneficiaries especially to schools and colleges. It was highly informative and learning experience for both students and teachers.



Raists at IIT, Roorkee



RTN MAHESH KUMAR VISITS RAI

Rtn Mahesh Kumar was welcomed in MNSS, Rai for his interaction with students. He is a solo cyclist and on his mission to spread awareness to save earth on his bicycle from Kashmir to Kanyakumari. He started his journey on 6 December, 2021 from Dal lake, Kashmir and will reach Kanyakumari on 14 January, 2022. He is on his solo cycling expedition for cause of environment protection. He is a gold quadrilateral racer and already has covered 6000 km in 34 days and also in ultra racing he covered 77.47 km in 12 hours in Panchkula. In the present expedition, he will cover 10 states and 3 union territories. While addressing children in KNS, he talked about Green Energy, importance of plantation and avoid the use of plastic and

paper wherever we can avoid. The students were very inspired and motivated and they promised to save earth.



Rtn Mahesh Kumar addressing the students

DANCE DRAMA BY IRCEN

A troupe of artistes from India International Rural Cultural Centre (IRCEN) presented a dance ballet 'Asur Raj Kans' in the School Auditorium on December 18th 2021, at 5 pm. It was led by internationally renowned Kathak dancer and choreographer, Ms. Rani Khanam.

The dance ballet showcased Kansa, the tyrant ruler of the Vrishni kingdom with its Capital at Mathura. Kansa, after a heavenly voice prophesied that Devaki's eighth son would slay him, Kansa imprisoned Devaki and her husband Vasudeva and killed all their Children. The eighth Child born to Devaki and Vasudeva was Krishna. Krishna was saved from Kans's wrath and raised by Vasudeva's relative Nanda and Yashoda, a cowherd couple.

After Krishna grew up and returned to the kingdom, Kansa was eventually killed and beheaded by Krishna, as was originally predicted by the divine prophecy.

Tempting and mellifluous music and graceful, flowing movements of the artistes left the audience spell bound.

Among the officials present on the occasion were Mrs. Sonia Mor, first lady of the School, Vice Principal Mrs. Moushumi Ghoshal, Academic Co-ordinator P.K. Dhiman, Bursar Lt. Col. Mohit Kapoor took some time off and came along with his wife to witness the programme. Mrs. Sonia Mor presented mementos to the artistes and she was all praise for the organizers.



Dancers showcasing story how Kansa was killed



STUDENTS' CORNER

Music has the power to heal

Music is a form of melody that soothes our body and helps us to feel refreshed and relax. It helps us to get rid of the anxiety and stress of our everyday life. Music is undoubtedly a great way of soothing the pain. It makes us forget about unpleasant and disturbing thoughts by taking us in the World of Melody.

Music can bring back the old memories in our present time. Music therapy restores us from several problems and emotions in our daily life. When we attend music therapy it helps our brain functioning quicker and helps us keep calm.

The Medical effect of Music

Whatever problems we may have, that will flow out of our brain. Even it helps the doctor and psychologist to identify the state of our minds and behavior well. According to researchers and practitioners of music therapy, it is a big tool for all of us. Indeed, music can heal people in many difficult situations. It helps often by passing the damaged areas, allowing people to regain movements as well as speech. Therefore, music actually changes the structure of the brain, giving people new chances to move and speak. Also, various studies have shown that music therapy can regularize the heart and breathing rates. Even it can help cancer patients. In the field of psychology, music is very useful to help people suffering from depression and sadness. Also children with developmental disabilities may get support from music in many ways.

I will say that being skilled in any component of music is a gift of God. I salute the great musicians who pacify me during my low times and let me celebrate my good times. Music as a hobby is the best alternative indeed. Music is an effective way of healing the stress of anyone of any age. It is highly effective and supportive to relieve the person from any kind of mental and physical problems. So, start loving the melody of music.

-Geetanjali (SG-1370)
IX-B

Shape up Your Personality

Personality is a word that mirrors what a person is. Personality development means enhancing and growing one's outer and inner self to bring about a positive change in one's life. Personality development is becoming more important because it enables people to create a good impact on others and it helps in career growth. Let me give you a few tips which can help you on your road to success.

You may have heard it a million times "Think positively" and it really works.

Smile and smile more. It adds value to your face and your personality as well.

Read articles in the newspaper regularly, it will keep you updated and help in communicating fluently.

Spend some time alone, concentrating only on yourself.

After all personality development is nothing but a tool that helps you realize your capabilities and strengths making you stronger, happier and finally a cheerful person.

-Ravina (VG-1367)
IX-C



RECOMMENDATIONS

Movie / Series

Shutter Island (Psychological Thriller)

Teddy Daniels and Chuck Aule, two US marshals, are sent to an asylum on a remote island in order to investigate the disappearance of a patient, where Teddy uncovers a shocking truth about the place. IMBd 8.2/10

Perks of being a wallflower

Charlie, a 15-year-old introvert, enters high school and is nervous about his new life. When he befriends his seniors, he learns to cope with his friend's suicide and his tumultuous past. IMBd 8/10

Money Hiest (Thriller/drama)

A criminal mastermind who goes by "The Professor" has a plan to pull off the biggest heist in recorded history -- to print billions of euros in the Royal Mint of Spain. To help him carry out the ambitious plan, he recruits eight people with certain abilities and who have nothing to lose. The group of thieves take hostages to aid in their negotiations with the authorities, who strategize to come up with a way to capture The Professor. As more time elapses, the robbers prepare for a showdown with the police.

Sherlock Holmes (BBC)

Sherlock Holmes is a fictional detective created by British author Sir Arthur Conan Doyle. Referring to himself as a "consulting detective" in the stories, Holmes is known for his proficiency with observation, deduction, forensic science, and logical reasoning

Albums / Artists

- Pink Floyd
- Taylor Swift
- Wiz Khalifa

Books

- **Good Vibes Good Life**
by Vex King
- **Bring me Back**
by B. A. Paris
- **Ikigai**
by Francesc Miralles and Hector Garcia
- **The Kite Runner**
by Khalid Hosseini
- **The Lord of the Rings**
by J. R. R. Tolkien

Dishes to get your hands on

- Gajjar ka halwa
- Bajra khichdi

Sports

Cricket

Freedom trophy, South Africa vs India

Football

FIFA Club World Cup UAE 2021™ 3 Feb - 11 Feb.

Badminton

Swedish open 17th January



Editorial team: **Mrs. Neelam Ahlawat, Disha** (SG-1246), **Himanshi** (SMG-1303)