



RAI News

MOTILAL NEHRU SCHOOL OF SPORTS

RAI, SONIPAT

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

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MESSAGE FROM THE DESK OF PRINCIPAL & DIRECTOR

- 1 | From the P&D's Desk
- 2 | Tete-a-tete with Air Vice Marshal
Arun Bhaskar Gupta vsm
- 3 | Why to Rai and Why Learn English
- 5 | Proud moment for Rai
- 5 | New scholarships by Raist
Foundation
- 5 | Haryana Olympic Association selects
its Vice President
- 6 | Career Counselling Workshop
- 6 | Daredevil Spirits Win
- 7 | World around us
- 8 | Republic Day celebrations
- 8 | Rai in News
- 10 | Creative Corner
- 16 | Recommendations

INSIDE

reliant and to create a better future. Amidst the corona times, we never wanted that students should lag behind or should suffer any loss so we decided to conduct classes online. Motilal Nehru School of Sports, Rai has produced many officers in all fields and the aim is to keep the number as high as possible. To prepare our children for NDA, classes will be conducted. Not only that a number of obstacles have been set up for practice. This will help them in enhancing their physical strength and a better understanding at SSB GTO task.

Alumni of this institution have decided to commence a scholarship programme for the budding talent of this new generation at MNSS. This not only will help them financially but also will provide ample mentorship for their bright future. Keeping the awareness regarding the career options in mind, career counselling workshop was held. Such workshops expose them to a world of opportunities as sky is the limit. 'Nation first' this is the aim that we've been working on. So, to build a stronger base our school has been granted seats for SD/SW cadets. NCC seats have been increased from 100 to 374 and it's the maximum no. of seats in any school or institution. We hope to motivate our children to join Armed Forces and serve the nation.

Dear readers,

The balance between mindset and action will enable you to vibrate higher. At MNSS, Rai our aim is to make our children self-



Courage conquers mountains and this has been proven by our Raists. Parikshit Ahlawat (S-945) has scaled Pangar Chulla Peak and hoisted the maroon flag (of MNSS). Similarly Prakriti Malik (I-1091, 2016 batch) has made us proud as she has been appointed as administrative officer at the Central University, Australia. These are recent

ones to quote, though the list is long. So we can say that values nurtured in here give our students wings to fly higher than others. MNSS, Rai has always worked for the best interest of its students and shall continue to do so till eternity.

Happy reading !!!

TETE-A-TETE WITH AIR VICE MARSHAL ARUN BHASKAR GUPTA vsM (SM-95)



Air Vice Marshal Arun Bhaskar Gupta, an alumnus of Motilal Nehru School of Sports, was the Governor's medal receiver and Best All Round student of the school for the year 1982.

He was commissioned in the Indian Air Force in 1985 and is presently serving as Additional Director General at the Head Quarters of the National Cadet Corps. The officer has more than 7000 hours of flying experience as a Transport Pilot.

During his 37 years long service in the Indian Air Force, the he has commanded a transport

squadron, a missile squadron and an NCC Group. The officer has also served as Air Force Component Commander at Port Blair, Air Officer Commanding at Belgaum and Air Officer Commanding at Lucknow. The officer has also done the Staff Course and the Higher Command Course. He has been awarded Vishisht Seva Medal for his meritorious service.

Air Vice Marshal Arun Bhaskar Gupta joined the school in 1976. He was a member of school hockey team and also an avid boxer. He stood second in the all India merit list of NDA entrance exam.

He is married to Mrs. Geetali Gupta, a teacher by profession and has a daughter who is a law graduate.

Yash: Sir, when did you join the school ? What made you choose the school?

Arun B Gupta: I joined the school in 1976 in Class VII. It was the best school in country, at that time, providing all-round education i.e academics, sports and extracurricular activities.

Yash: Sir, how did you feel at school when you got admission? Please share your experience.

Arun B Gupta: I felt privileged at the school. It had the best teachers, coaches and infrastructure in the country. There was a good balance between sports and academics.

Yash: Sir, what was your favourite game at school and whom do you think was your inspiration?

Arun B Gupta: I played hockey at the school and was the member of the school team which participated regularly in Jawahar Lal Nehru and Mohan Singh Hockey Tournaments. I was also a good boxer. My House Master Shri LP Goswami was my inspiration and role model.

Yash: Sir, what did you do after passing out from the school?

Arun B Gupta: I appeared for NDA entrance exam in 1981 and stood second in the all India merit list. I joined NDA in 1982, and completed the training in 1984. I completed my flying training from Air Force Academy in 1985 and was commissioned as a Pilot in Indian Air Force on 06 Dec 1985.

Yash: The life in a residential school is quite tough. Sir, how did you cope up and how did it help you later?

Arun B Gupta: The life in the school was good and tough at the same time. The teaching staff and the coaches were of the top grade. The infrastructure, the accommodation and the sports facilities were good. We had rigorous sessions of morning runs and hockey practice in the evening. We still, however, managed to study well. The training at the school specially under our strict and dedicated House Master Shri LP Goswami helped me to cope with the training at NDA.

Yash: People say that if a child gets admission in MNSS, he will come out of school as an officer. Sir, what is your opinion about it?

Arun B Gupta: The school indeed provides very well balanced all-round education required for success in future life. There is no other school in the country which has such good facilities. The students of the school do very well at NDA and other endeavours in civil life.

Yash: Sir, your one habit that you have been following through out and you want that young children should inculcate that?

Arun B Gupta: As a habit I read regularly. I read everything from aviation & military strategy to startups & entrepreneurship. I also keep myself physically fit, a habit which I carry from my school time.

Yash: Some people say that the school has lost its glory. Sir, what changes according to you should be there in school to regain it?

Arun B Gupta: We had very good leadership at our school with Col Munindra Chandra & Shri YP Bhardwaj as our Principals. However, there has been a large void without a permanent principal at the school for a very long time. Now with the new Principal in the chair, I expect stability to return and the school getting back on track.

Yash: Sir, what's your message to the students at MNSS, Rai?

Arun B Gupta: My message to the children of the school is to keep their horizons open. The world is changing rapidly and one does not necessarily need to be only a doctor or an engineer. The digital applications and digital platforms have transformed the manner in which businesses, administration and defence operations are carried out. Fossil fuels will soon give way to fuel cells, solar panels, batteries and EVs. There is a lot of enterprise & innovation waiting to be grabbed in these areas. Other than the course books the students must pick up at least one area of their interest and carry out intense reading on the subject. Sports are also a good pursuit today and can be pursued as a career. It of course, will require a lot of sweat and hard work to excel in sports, though. Give your 100% in whatever you do. Sky is the limit. No one can stop you if you don't want.

All the best for your future pursuits.



P&D with Air Vice Marshall Arun B. Gupta

WHY TO RAI AND WHY LEARN ENGLISH

-Lt. Col.A.K.Ahlawat

The Haryanvi dialect has eight words to cover all the ages of a buffalo. Like katiya, Kaatdi, Naati, kholaan, bhains, jhoti, Baakhdi, etc. India had words and castes for every profession. But the point for us is to understand that the modern age was ushered in on the rolling wheels of European science. We find that beyond scientific age, we are living in a revolution of media and communications.

Nothing is so painful to the human mind as a great and sudden change.

I was banished to KNS in 1979, aged five years and

just out of a Haryana village as old as father time. That time I felt it to be the cruelest thing my father had decided for me. I can understand how a person consigned to "Sazaa e kaala paani" would have felt in older times. The bed covers in the dormitory were green with black lines running along the borders and criss crossing at the corners. We who could not even tie our underwear drawstrings were expected to rise at 5 am. Be in the ground outside for physical training at dot 6 am in the morning PT dress. Then come back, wash and change clothes to the light brown shorts and shirts. Polish our

shoes, eat break fast, face a turn out and grooming inspection by menacing teachers. Then go to the auditorium and sing hymn and songs to the tune of some teacher playing tabla and the headmistress pumping the bellows of a harmonium. In that first year, tying a shoe lace properly felt like a victory.

After the assembly, rush for the classes. The best human being in the gaol like atmosphere was the cheerful sweeper Tara Chand. He mopped the floors with wide swinging arcs of his mop tied at the end of a stave, singing Haryanvi ballads and raagnis. The second joy of KNS to me at least was a brown dog who used to come and wag his tail on the doors of the mess hall. We formed an insurgents' club to feed him and the other dogs by stealing mess chappatis, which was quite forbidden.

Although the atmosphere and strictures were stifling and the corridors devoid of feral freedom which I was used to. Rai was a very beautiful school. The Grand Trunk Road was just a two way road with one truck or bus passing upon it every half an hour. Once it was raining and I was watching the road from the dorm balcony. A long bonneted tata truck was grinding up the road at a slow speed. I still remember it was a grey cab truck. And the next moment it had flipped on its side and fallen flat on the road. The driver climbed out and stood scratching his head. Evidently he was as much confused as I was, as to the causes of the beaching of the truck. Till today, I remember that slow, almost graceful accident. As if an invisible giant's hand had nudged it over.

We were very fond of tormenting and teasing each other about each others differences. Little boys can also practise merciless tyranny on someone else whom they find a bit different. The not one of us syndrome at work. I don't know why it was so but it was there. None of us knew English but the English Speaking rule was ruthlessly imposed by teachers and the monitors assigned to catch malefactors, note their names and report them to the house mistresses. Behind the teachers back or out of roving prefects hearing, we would glower

dissapproving at someone whom we perceived to be speaking better English. "Ghana angrez banaay sey." we would tease.

The impunity of breaking the rule often resulted in a wraps on our knuckles or palms by our teachers. These punishments were not personality destroying cruelties or a child's psychology mutilating crimes, as they are today made out to be.

When on the first long holiday I was asked by my parents, "How do you find the school?"

I said, "They always trying to stuff English down our throats and if we are caught talking Haryanvi, we are punished. I don't want to study in this school."

My father explained that if I wished to remain a village hick all my life, then why had he taken all the pains to get me admitted to Rai. Did I want to grow up into a plough boy or a buffalo herder and do yoddles of "Daeedrayy daeedrayy" through out my life.

He gently explained to me that English was a passport to success as far as he understood things. It was a sine qua non for advancement in life and a marvellously versatile language, a carrier of modernity, science, arts and progress. If he had wanted me not to learn English and grow up into a village hobbledehoy, then he would have sent me to the village school itself. Why to Rai?

That was quite a revelation. After that I stopped teasing other boys, "Ghanee angrezi manya kaatey-Don't show off your English."

In fact I developed a love for the language of the English people and started translating many Haryanvi sayings and proverbs into English, finding word equivalents of Haryanvi words in English. I discovered that English had a word for everything that was there in the Haryanvi language. Whereas I couldn't find Haryanvi word equivalents in Hindi. For example, a Haali is a ploughman, a Jeylee is a pitchfork, a ghaer is a barton, a daana lugaa is an amazon, mehwatth is winter rain, a latth is called a quarter stave.

PROUD MOMENT FOR RAI

An ex-student of MNSS Rai, Prakriti Malik (2016 batch) has created history by becoming the Administrative Officer of the prestigious Australian National University. Daughter of Dr. Manoj Malik, erstwhile Art Teacher of MNSS and grand daughter of late RMS Malik, also Art Teacher of MNSS, Prakriti was a student of science stream in school and was also a shooter of national level. After passing out of the school with 80% marks in the 12th board exams, Prakriti joined Delhi University. For her post graduation degree, Prakriti travelled overseas to the

Australian National University to study Project Management. It is a matter of pride for the school that the Australian National University deemed it fit to elevate Prakriti to the post of Administrative officer at a young age of 23.



Principal & Director Col. Ashok Mor led the staff in congratulating Prakriti for her outstanding achievement and for making her school proud.

NEW SCHOLARSHIPS BY RAIST FOUNDATION

Students of Motilal Nehru School of Sports, Rai, of 1996 batch led by Sh. Bhupender (Bobby) Lakra have launched a foundation called the Raist Foundation. The foundation will offer 7 scholarships of Rs. 10,000 each year to the students of the school, starting this year. The students of the 1996 batch has been celebrating their silver jubilee this year, and have started

many initiatives keeping in mind the betterment of the students of the school.

In an informal chat Mr. Bobby Lakra said that it was an honour and a privilege for ex-Raists from around the globe to come together to support Rai students in their respective fields to help them scale new heights and achieve their goals.

HARYANA OLYMPIC ASSOCIATION SELECTS ITS VICE PRESIDENT

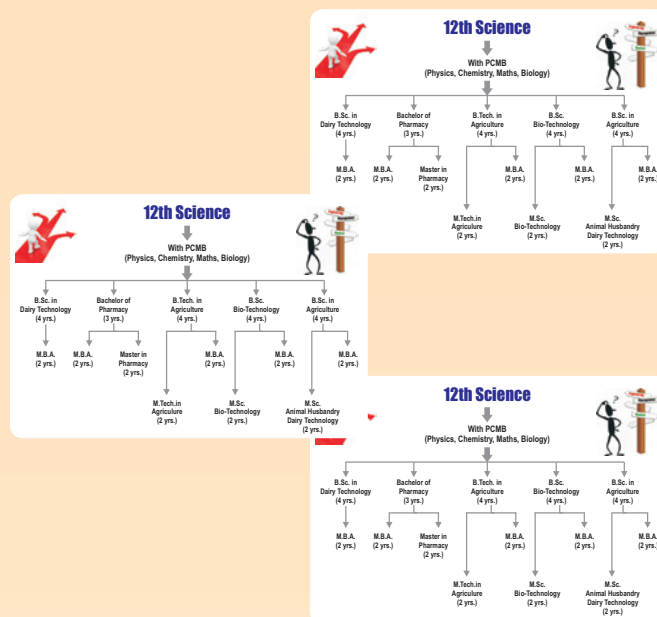
It's a proud moment for all the Rai fraternity that Col. Ashok Mor, Principal & Director, MNSS, Rai has been elected as Vice-President of Haryana Olympic Association (HOA). HOA is an autonomous body of sports in Haryana which is affiliated with Indian Olympic Association. Founded in 1966, HOA is working for the promotion and development of sports in Haryana.



P&D Col. Ashok Mor with Sports Minister, Sh. Sandeep Singh

CAREER COUNSELLING WORKSHOP

An online career counselling work-shop was held on 24th January, 2022 for the students of 9 to 12th Dr. Deepak, an ex-Raist from 2005 batch initiated it and the resource persons were Mr. Yogender and Mr. Santosh from Aakash Institute, Rohtak. Basically this workshop was to make students aware of various career possibilities if they opt Science after matriculation. Mr. Santosh shared detailed information about various fields for students with PCMB, with PCB and with PCM. The students showed great interest in it and many of them were curious to know more. Such workshops really prove an avant-garde for young minds to select the best option for them.



DAREDEVIL SPIRITS WIN

Principal and Director presented the school flag to Mr. Parikshit Ahlawat (S-945) (2012 batch). He will be carrying the school flag with him for the next expeditions. He will also be helping in the adventure activities at MNSS, Rai. He is going to Pangar Chulla peak trek which is at a height of 14600ft in Uttarakhand on 26th January, 2022.

Mr. Parikshit has completed BA (Geo Honours) 2012-15 in and completed masters in Travel & Tourism Management in 2015-17.

He has done his Basic Mountaineering Course from Himalayan Mountaineering Institute in Sept-Oct, 2019 with Alfa grade. He has also completed Advance Mountaineering course from Himalayan Mountaineering Institute in Oct-Nov, 2021 with A grade. He has also completed Basic snow skiing course from Jawahar Mountaineering Institute, Gulmarg with A grade. Prior to this, he has scaled the following peaks:

- BC Roy Peak – 18500ft (Nov. 2021)



Parikshit on Pangar Chulla Peak

- Renok Peak – 16500ft (Oct. 2019)
- Phase I Gulmarg Snow Skiing
- Kedar Kantha trek – 26th Jan 2021

Daring feats such as mountaineering require courage and motivate others to follow. The Rai family is proud of its son and wish him good luck to scale many more peaks.

WORLD AROUND US



Ladakh

Ladakh is a region administered by India as a union territory and constitutes a part of the larger Kashmir region which has been the subject of dispute between India, Pakistan and China since 1947. Ladakh is known as the cold desert of India

Capitals : Leh, Kargil

Area : 59,146 km²

Population : 2,74,289

Literacy rate : 77.19%

Union Territory : 31 October, 2019

Districts : 2

ISO 3166 code : IN-LA

Lowest elevation (INDUS RIVER) : 2,550m (8370ft)

Languages spoken : Ladakhi (classical Tibetan)

Staple food of Ladakh : Sku and Thupka
(made of wheat flour), Pava (made of sattu), Khanibir
(local bread)

Fruit : Apricot, locally known as Chuli

Main occupation : Agriculture



Morocco (Country in North Africa)

Name of the Country: Morocco

Capital : Rabat

Dialing code : +212

Currency : Moroccan dirham

Area : 446,550 km²

Population : 36,029,093

Code : ISO 3166 - 1 alpha - 2

Literacy rate : 72%

Foreign languages : English, Spanish

Languages spoken : Moroccan Arabic,
Hassaniya Arabic, Berber,
French

Religion : 99% Islam, 1% other
(Christians, Jews, Bahai's)

King : Mohammed VI

Prime Minister : Aziz Akhannouch

REPUBLIC DAY CELEBRATIONS

On the occasion of 73rd Republic Day, MNSS, Rai celebrated this auspicious day with all covid safety precautions and hoisted tricolor in the school premises. Col. Ashok Mor, P&D, MNSS Rai made sure that all the measures were taken in regard of government guidelines for covid 19. That's why only few section heads were present. P&D was also invited as the Guest of Honor and speaker at Virtual International Conclave and Unsung Heroes Award Fest 2022 organised by Prithavi Association-India (PAAI).



Celebration of Republic Day at MNSS, Rai



सम्मान - एजुकेशन वर्ल्ड के लिए सी-4 सर्व एजेंसी ने किया या देश में 1200 स्कूलों का सर्वे
मोतीलाल नेहरू खेल स्कूल को प्रदेश में पहला और देश में तीसरा बेस्ट आवासीय स्कूल का अवॉर्ड मिला
 भास्कर न्यूज़ | राई

एजुकेशन वर्ल्ड ने स्कूल को प्रदेश की सर्वश्रेष्ठ 374 स्कूलों में शामिल किया है। पहले केवल 100 स्कूल ही थे। इसी अवसर पर स्कूल को सर्वोत्कृष्टता के क्षेत्र में विश्व भर में एजुकेशन वर्ल्ड के क्षेत्र में सर्वश्रेष्ठ स्कूल सी-4 के सर्वोत्कृष्टता के अवसर को मिला है।

प्रधान एवं निदेशक कर्नल अशोक मोर ने कहा कि यह अवॉर्ड स्कूल के शिक्षक, कोच, होस्टल स्टॉफ़ व अन्य कर्मचारियों की मेहनत का परिणाम है।

1971 में बना यह स्कूल, अब यूनिवर्सिटी बनने की राह पर है।

पुराने छात्रों की पहल से आगे बढ़ेगा स्कूल : अशोक मोर
 हरिद्वारी स्कूल भ्रातृ

मोतीलाल नेहरू खेल स्कूल राई के प्रिंसिपल डॉ. अशोक मोर ने कहा कि स्कूल के छात्रों की पहल से आगे बढ़ेगा स्कूल। उन्होंने कहा कि स्कूल के छात्रों की पहल से आगे बढ़ेगा स्कूल। उन्होंने कहा कि स्कूल के छात्रों की पहल से आगे बढ़ेगा स्कूल।

स्कूल के छात्रों की पहल से आगे बढ़ेगा स्कूल। उन्होंने कहा कि स्कूल के छात्रों की पहल से आगे बढ़ेगा स्कूल। उन्होंने कहा कि स्कूल के छात्रों की पहल से आगे बढ़ेगा स्कूल।

खेल स्कूल राई में तैयार होगी इंटरनेशनल स्तर की लैब, आईआईटी स्तर की मिलेगी शिक्षा
 भास्कर न्यूज़ | राई

प्रदेश के एकमात्र स्पोर्ट्स स्कूल के विद्यार्थी अब खेल के साथ-साथ इंटरनेशनल स्तर की लैब, आईआईटी स्तर की मिलेगी शिक्षा।

मोतीलाल नेहरू खेल स्कूल राई के प्राचार्य एवं निदेशक कर्नल अशोक मोर ने बताया कि खेल स्कूल राई खेलों के साथ-साथ इंटरनेशनल स्तर की लैब, आईआईटी स्तर की मिलेगी शिक्षा।

इसके लिए दिल्ली मुखर्जी नगर के एकसपर्ट खेल स्कूल के लिए प्रशिक्षण देंगे। खेल स्कूल राई में देश में एनसीसी की स्थापना कर दी गई है।

आस्ट्रेलिया के विवि की अधिकारी बनी प्रकुति
 भास्कर न्यूज़ | राई

प्रदेश के एकमात्र स्पोर्ट्स स्कूल के विद्यार्थी अब खेल के साथ-साथ इंटरनेशनल स्तर की लैब, आईआईटी स्तर की मिलेगी शिक्षा।

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HOPE

Don't give up! Stand up and try again and nothing can stop you to achieve what you want. There will be many obstacles in your path, and you have to face many problems also. But at the end of the day its you who have to tackle these problems also as they are the part of your beautiful journey of life. Face them bravely and accept them as a pinch of salt. Facing these problems will give you a life long experience.

Never get afraid from problems because there is always a ray of hope. Every problem under the sun has a solution, if there is no solution, then that is a situation, face it bravely. Just follow your dreams passionately and never think you are weaker than anyone. Just believe in yourself because god blesses everyone with light of divine and everyone is special. All you have to do is just discover your potential and then work on your dreams and destination will be yours.

No one is going to do things for you. So stand up because time and tide wait for none. Tomorrow never comes. All you have is today. Problems will come and go but don't give up!

Don't lose hope, just open your wings and fly. No need to be afraid of anything, be bold, be you.

"If you want to shine like a sun, first burn like a sun."

-Ishank
XII A



HOPE

Hope knows no fear
Hope dares to blossom
even inside a abysmal abyss
Hope feeds inside
and strengthens your deeds

Hope knows no darkness
Hope dares to shimmer
even inside a jittering night
Hope enlightens inside
and increases your impetus

Hope knows no limits
Hope dares to rise high
even inside a sanguinary
Hope sangfroid inside
and mistures your luxuriant

Hope knows no recumbent
Hope dares to render
even inside a rabbling rampage
Hope cherishes inside
and endear your proficiencies.



-Nishu (IG-1283)
XI-A

EMOTIONAL INTELLIGENCE AND ITS IMPORTANCE



Different types of emotions seem to rule our daily lives. We make decisions based on whether we are happy, angry, sad, bored or frustrated. We choose activities and hobbies based on the emotions they incite. Understanding emotions can help us navigate life with greater ease and stability.

What are Emotions?

According to the book "Discovering Psychology" by Don Hockenbury and Sandra Hockenbury an emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioural or expressive response.

The Lexico definition of emotion is, "A strong feeling deriving from one's circumstances or relationships with others."

In other words they are INSTINCTIVE or INTUTIVE feelings as distinguished from reasoning or knowledge.

What is Emotional Intelligence?

According to Daniel Goleman an American psychologist renowned as the Godfather of Emotional Intelligence/Emotional Quotient, EI or EQ is the ability to "understand and manage your own emotions and those of the people around you". EI is a way to know what feels good. What feels bad, and how to get from bad to good.

As per Daniel Goleman 80% - 90% of the competencies that differentiate top performers are the domain of Emotional Intelligence. In his another book Emotional Intelligence: Why it can Matter More than IQ, Daniel lays out five components of Emotional Intelligence.

They are:

Self Awareness, Self Regulation, Motivation, Empathy and Social Skills.

1. SELF AWARENESS

If you are self aware, you always know how you feel and you know how your emotions & actions can affect the people around you. Being self-aware when you are in a leadership position also means having a clear picture of your strengths & weaknesses and its means behaving with humility.

How to improve self-awareness—

- Keep a journal – write your thoughts
- Slow down – Pause when you experience intense emotion. No matter what the situation, we can always CHOOSE HOW TO REACT TO IT.

2. SELF-REGULATION

People who regulate themselves effectively rarely verbally attack others, make rushed or emotional decisions or compromise their values. Self-regulation is all about staying in CONTROL.

How to improve self-regulation—

- Know to your values
- Hold yourself accountable – Don't blame others, accept the responsibility, admit your mistakes. You will probably sleep better at night and you will quickly earn respect of those around you.
- Practice being calm – Don't relieve your stress by shouting at someone else. Practice deep breathing exercises to calm yourself.

3. MOTIVATION

Self motivated people work consistently towards their goals and they have extremely high standard for the quality of their work.

How to improve your motivation—

- Re examine why you are doing your job.

- Be hopeful and find something good in every situation. Be OPTIMISTIC.

4. EMPATHY

People with empathy have the ability to put themselves in someone else's situation. They help people to grow and develop in their team, challenge others who are acting unfairly, give constructive feedback and listen to those who need it.

How to improve empathy—

- Put yourself in someone else's position.
- Pay attention to body language.
- Respond to feelings.

5. SOCIAL SKILLS

People who do well in this area of EI are great communicators. They are just as open to hearing bad news as good news, and they are expert at getting everyone to support them. People with great social skills are also good at managing change and resolving conflict diplomatically. They are rarely satisfied with leaving things as they are, but they won't sit back and make everyone else do the work; they set an EXAMPLE with their own behavior.

How to improve our social skills—

- Learn conflict resolution.
- Improve your communication skills
- Learn how to praise others.

Importance of Emotional Intelligence

When it comes to work place, some say EI is more important and beneficial for your career than IQ.

EI matters more than it used to because the workplace has changed. Today we work largely in teams, not in isolation. Companies are realising that recognising emotions can exist and lead to

healthier environment. This doesn't mean it is an emotional-free-for-all by any means, but it does mean people are more likely to be aware of their emotions and that of others and act accordingly. People with higher EI are also more adaptable to change—a must in our fast changing digital age.

Leaders with higher EI tend to have happier employees who stay longer, try harder, increasing productivity. Companies that are hiring want to make sure they choose candidates who will mesh well with existing teams. As a result about 20% of organisations are now testing for EI as part of their hiring processes. Even the smartest person needs good people skills to success these days. A high IQ is no longer enough. A high IQ is also something we tend to be born with while EI is something we can work to improve. To a large degree, EI starts in childhood with how we are raised, but as adults we can take steps to get emotionally "SMARTER".

Justin Bariso, author of EQ, Applied: A Real World Approach to Emotional Intelligence, offers seven ways to improve EI.

1. Reflect on your emotions – Self awareness.
2. Ask for perspective – get input from others.
3. Observe – your emotions.
4. Pause a moment – stop before you act or speak.
5. Become more empathetic.
6. Choose to learn from criticism.
7. Practice, practice and practice.

Becoming more emotionally intelligent won't happen overnight, but it can happen with effort, patience and a lot of practice. Let us follow the guidelines and make this place a wonderful place to live in.

Nimi K. Dassi
(Dept. of Physical Education)
MNSS, Rai



O MOTHER EARTH!!

O Mother Earth! O Mother Earth!
Its been centuries since your birth.
There's been no change in your girth.
but now you are covered with the dirt.

Ozone layer is getting depleted
As development projects are getting completed.
Thinking we are being benefitted
The situation is getting devastated.

O Mother Earth! O Mother Earth!
This is bad,
you must be feeling sad
but nothing is affecting this lad.
The danger sign is becoming more red.

We should move to sustainable development.
Which is a good step towards resource
Replenishment.
Our priority should be water management,
Which will give us sense of accomplishment.

O Mother Earth! O Mother Earth!
We will not let you down.
You will again wear the green gown.
Shining brighter will be your crown,
This is my promise to my own.

-Yash (S-1281)
XI-A



"GOD CREATED THE WORLD, BUT DUTCH CREATED HOLLAND"

Netherlands, a small country on the North Sea in Western Europe. It is bordered by Belgium and Germany. People are called "Nederlanders" and "Dutch".

The people of Netherlands have great pride for their long war against the sea. Once more than two fifth of the country's land was covered by sea. They (Dutch) created this land by pumping water and these drained areas called "Polders", became some of the richest farm lands of the country.

The Dutch declared independence from Spain in 1581 and recognised in 1648.

-Yash (S-1281)
XI-A



AFFILIATE MARKETING

Affiliate Marketing is a type of performance based marketing in which a business rewards one or more affiliates for each visitor or customer brought by the affiliates own marketing efforts. It is where an affiliate promotes another person's product or company through their own marketing channels.

There are four key components of affiliate marketing program.

1. **Vendor:** This is the product/service that puts affiliate marketing in place.
2. **Marketer:** It is the person who needs to sell the affiliated services to earn commission on items.
3. **Deal Qualifiers:** Vendor and marketers come to an agreement on what qualifies a successful sale.
4. **Revenue Sharing:** The pay percentage may range between 3% to 50% of product price, depending upon the niche of industry.

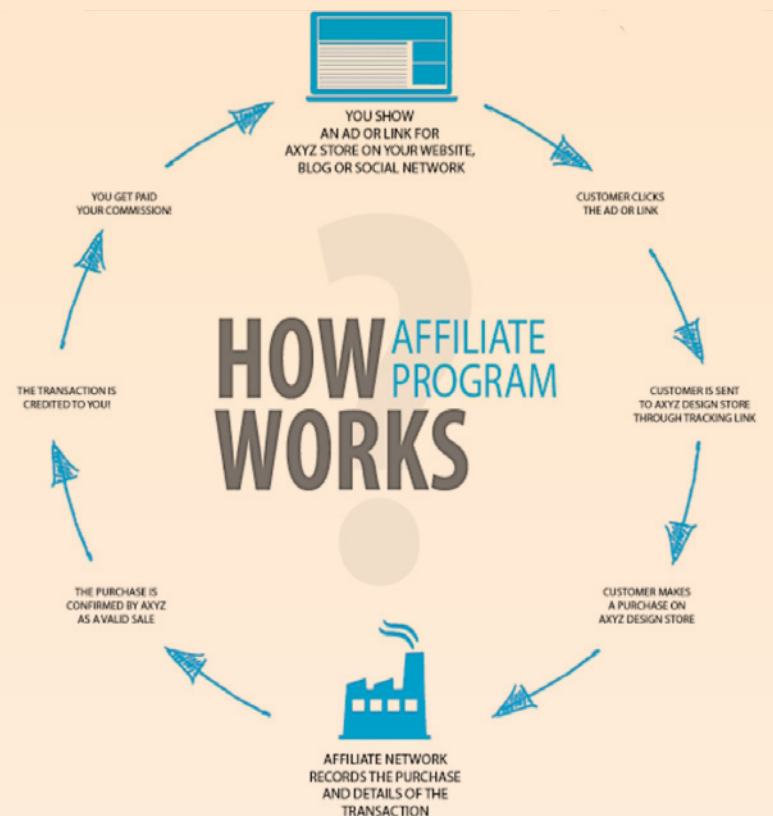
Types of Affiliate Marketing

- Content Marketing (Blogs and web pages)
- Review Site program (These affiliates build a website that will review up to six different ads in a particular niche)
- E-mail marketing
- Traditional Media (TV, radio, print etc.)

Top affiliate programs in India

- Flipkart
- Amazon
- V commission
- Yatra Affiliate
- Shopify
- Bizgurukul
- Youth power of India

Most famous affiliate marketer is "PAT FLYNN" owing his own company "Smart Passive Income (SPI)".



A LEADER

A leader is the one who takes a little more blame on himself and a little less credit than his part

A leader is the one who himself fills with jitters but still propels everyone towards the emulation

A Leader is the one who first follows the ethics himself in every situation and then compels others to strive their goals

A Leader is the one who etches virtues in everyone's mind with his proficiencies and prodigies.

A Leader is the one who renders everyone and increases their impetus, nurtures and cherishes them by himself venturing

A Leader is the one who is brimmed with respect and love and rever others befitting to be a good leader.

-Nishu (IG-1283)
XI-A



RECOMMENDATIONS

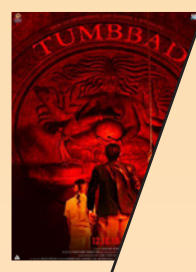
Books:

- Can't Hurt me – David Goggins
- Eat that frog – Brian Tracy
- Me before you – Jojo Moyes
- The Secret – Rhonda Byrne
- Feeling Good – David D Burns



Movies / Series

- Three Billboards (Thriller)
- Suits (Thriller)
- Tumbbad (Thriller)
- Brooklyn 99 (Comedy)



Albums / Singers

- Ed Sheeran
- Beatles
- One Direction
- Kishore Kumar



Dishes

- Makki ki roti
- Sarson ka saag
- Besan Ladoo
- Rasam



Sports

- **Tennis (Aus. Open)**
8-21 Feb.
- **Skiing (World Alpine Ski Championship)** 8-21, Feb.
- **Football (American Super Bowl, Feb 7)**
- **Football (FIFA Club World Cup)**
Feb 4-11
- **Rugby (Six Nations)**
Feb 6 – March.

