



...learning beyond classroom

# DWARKA International School

SECTOR 12 Dwarka New Delhi

## Spectrum



# October

2025



# DTIS ACCOLADES



Yana of Class III Tulip won a Gold medal in the 14th New Delhi District Taekwondo Championship and was selected for the upcoming State Championship.



Shatakshi of Class VI secured a Bronze medal in State Yoga and Sports Association under a traditional event  
(10-12 years age category).



Kayra of Class V secured a Bronze medal in the State Yoga and Sports Association under a traditional event  
(8 to 10 years age category)



Upnishad Malik of Class IX won a Silver medal in the CBSE National Judo Championship at Sri Ganganagar, Rajasthan.



# DTIS ACCOLADES



Pragya Lakra of XII Lily was awarded with 'Student of the Year' award for the session 2024-25 by Times NIE.

*Keep shining and inspiring others!*

Pragya Lakra of Class XII won a Gold medal in the Delhi State School Games Taekwondo Championship and was selected for upcoming SGFI National at Arunachal Pradesh



The students participated in the St. Francis de Sales Sr. Sec. School (Janak Puri) MUN on October 10 and 11, 2025.

1. Akshita Rajput of XI Tulip received High Commendation in UNHRC.
2. Rishiraj Hui of X Daisy received High Commendation in UNGA.
3. Sheehan Chaudhary of XII Rose was the part of the EB (Rapporteur) for UNCSW.



Vedant Malik of Class VIII won a Bronze medal in the CBSE National Judo Championship at Sri Ganganagar, Rajasthan



# DTS ACCOLADES



Umra Fatima and Diksha Kunwar of Class VII secured a second position in the 5th Distinct Level Yogaasan Sports Championship, artistic pair Sub Junior Girls at Abhinav Global School, Dwarka

Harshit of Class IX won a Bronze medal in the Delhi State Taekwondo Championship



Ms. Antarpreet Kaur (HOD Maths), Ms. Soma Banerjee, (HOD English), Ms. Varsha (Social Science deptt.) & Mr. Hardev Parasher (HOD Science) have successfully completed the Session on Designing Competency Based Test Items By CBSE Sankalp Sahodaya South West Delhi "Mentoring the Mentor Programme"



Piyush Rai of Class X won a Bronze medal in the Delhi State School Games Taekwondo Championship



# DTIS ACCOLADES



Mansi Marwah and Bhavisha of Class VII won a Bronze medal in the 41st Delhi State Yogasana Sports Championship and were selected for Nationals



Bhavish of Class VII won a Gold medal and Mansi of Class VII won a Bronze medal in the National Yogasana Sports Tournament



We are proud to announce that Shivyansh and Kshitiz (Class X), Divyanshu (Class IX), Pranay (Class XI) and Dhruv (Class XII) have achieved the third position in the prestigious event Counterstate, organized by Apeejay School, Panchsheel Park.

Priyanshu Kundu of Class XI Rose and Lakshay Chauhan of Class XII Rose have secured the second position in the event Pygrammar, organized by Apeejay School, Panchsheel Park.



# PRINCIPAL'S DESK



*"May the light of Diwali inspire every student and parent alike – illuminating curiosity, deepening bonds and guiding us toward shared success."*



**Dear Students , Parents and Educators**

**Warm greetings!**

I extend my heartfelt congratulations to everyone on the release of our school newsletter for the month of October. This edition marks a wonderful opportunity for reflection, celebration and renewed commitment — both at home and in our school community.

The month holds powerful symbolism that resonates beautifully with our mission of holistic education.

Dear students, I wish that the light of Diwali illuminated your aspirations, ignited your enthusiasm for learning and guided you toward new heights. Let the reverence of festivals inspire in you discipline, gratitude and respect for the world around you.

Dear parents, your partnership is the cornerstone of our shared success. We celebrated those auspicious days together and, from the bottom of my heart, I hope that your homes would be filled with harmony, joy and the promise of meaningful growth. In the festive spirit, let us embrace the values of light over darkness, knowledge over ignorance and perseverance over complacency.

I hope that each one of my students used that time for both joy and reflection — to nurture relationships, to value the efforts of learning and to return after the break with fresh energy and purpose.

Once again, congratulations on the newsletter edition — may the stories, achievements and aspirations shared within it motivate us all for the journey ahead. With warm festive wishes from me and my school family,

**Ms. Shweta Oberoi**

**Principal**



VIKSIT BHARAT



BUILDATHON

# EVENTS

*Main*



# Viksit Bharat BUILD-A-THON



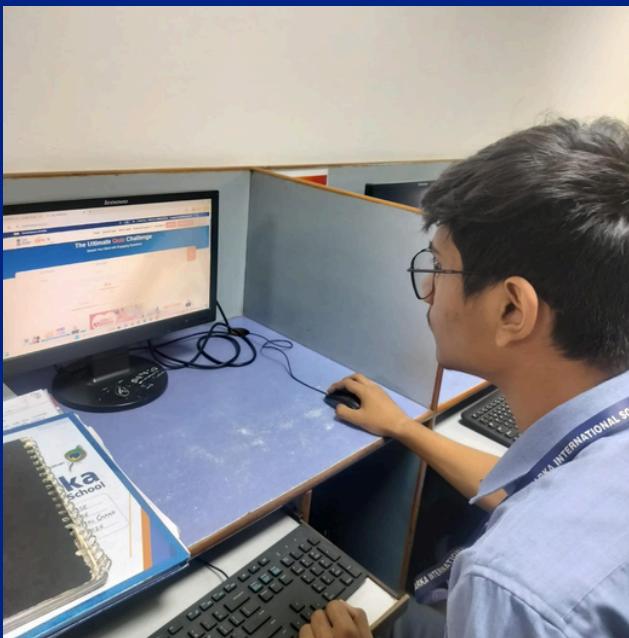
## Viksit Bharat Buildathon 2025

Dwarka International School proudly participated in the Viksit Bharat Buildathon 2025, a National initiative aimed at inspiring students to ideate and develop innovative prototypes on the themes of Atmanirbhar Bharat, swadeshi, Vocal for Local and Samriddh Bharat — all aligned with the vision of Viksit Bharat.

The event, held on 13 October 2025, featured the livestreaming of the mega Innovation event, where students actively participated and presented their creative ideas under the mentioned themes.

This nationwide movement encourages young minds to collaborate, innovate and contribute towards realizing the dream of a #ViksitBharat@2047.

# *Viksit Bharat* BUILD-A-THON



## Viksit Bharat Quiz

The school proudly participated in the first stage of the Viksit Bharat Quiz (VBYLD-2026), hosted on the 'MY Bharat Portal' on 13 October, 2025. This nationwide initiative, organized under the Viksit Bharat Young Leaders Dialogue (VBYLD) 2026, aims to engage and empower the youth in shaping India's future. The students enthusiastically took part in the quiz, showcasing their knowledge, awareness and commitment towards the vision of a developed India.

# OLYMPUS 2025





For Classes VI, VII, and VIII was successfully organized on the school grounds on Saturday, October 25, 2025, with great enthusiasm and active participation from students of all four houses —Gopeshwar, Madhugune, Vasudev and Pitamber. The event aimed to foster teamwork, discipline and a spirit of healthy competition among the students.

The tournament commenced with a short assembly, where the respected Principal Ma'am officially inaugurated the event with an inspiring speech, emphasizing the importance of sportsmanship, teamwork and holistic development. The tournament was structured in three exciting phases—Preliminary Rounds, Semi-Finals and Finals. The Preliminary Rounds witnessed thrilling matches as teams competed with zeal to qualify for the next stage. The Semi-Final Rounds intensified the excitement, with each House showcasing exceptional coordination, strategy and determination to secure a place in the finals. The Final Matches were the highlight of the day, drawing loud cheers from students and teachers alike as the top teams battled for the championship titles.

Students from all Houses actively participated in various sports such as volleyball, football, badminton, tug of war and yoga competitions. Throughout the tournament, they exhibited remarkable talent, teamwork, and discipline, making the event lively and memorable. The grounds were filled with energy, excitement and House spirit as students competed to bring glory to their respective teams. The tournament not only provided an opportunity for students to demonstrate their athletic skills but also promoted physical fitness, leadership qualities and values such as respect, perseverance and unity. Overall, the Inter-House Sports Tournament 2025 was a grand success, leaving students motivated, inspired and filled with pride for their Houses.

# **“SAY NO TO TOBACCO” RALLY**



The Prahari Club - school's anti-tobacco initiative, organised an awareness campaign to educate students about the harmful effects of tobacco – with a special focus on e-cigarettes. Students also took part in a rally in the proximity of school, spreading the message of a healthy, tobacco-free lifestyle to the community.

# SPECIAL ASSEMBLIES

## GANDHI JAYANTI AND LAL BAHADUR SHASTRI JAYANTI



On October 3, 2025, Grade 5 students paid a heartfelt tribute to Mahatma Gandhi and Lal Bahadur Shastri, two visionary leaders who shaped India's history. The special assembly commemorated their birth anniversary, reflecting on their values, principles and lasting contributions.

The event began with a soulful prayer, setting a contemplative tone. A brief yet insightful introduction to the lives of these leaders followed, highlighting their pivotal roles in India's journey. Students showcased their creativity through beautifully crafted posters featuring inspiring quotes and slogans that embodied Gandhi's philosophy of non-violence and Shastri's simplicity and strong leadership. The assembly featured thought-provoking segments, including the thought and word for the day, which emphasized Gandhi's message of peace and Shastri's vision for a resilient India. The poetic renditions in both English and Hindi added a touching dimension to the event, while the short speeches on the freedom movements led by these leaders left a lasting impact on the audience.

By celebrating the legacies of Gandhi and Shastri, the students were inspired to embrace their values and become positive change-makers in their communities. The assembly served as a powerful reminder of the enduring relevance of their principles and vision.

# VALMIKI JAYANTI

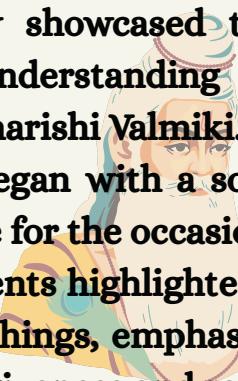


Class II Lily conducted a special assembly on Valmiki Jayanti with great enthusiasm and reverence. They showcased their talents and shared their understanding of the life and teachings of Maharishi Valmiki.

The assembly began with a soulful prayer that set a serene tone for the occasion.

A group of students highlighted the significance of Valmiki's teachings, emphasizing values such as kindness, forgiveness and responsibility.

The assembly was both enlightening and inspiring, helping the students to understand the importance of leading a virtuous and meaningful life.



## DIWALI SPECIAL ASSEMBLY



*"The greatest significance of Diwali is to light up new, bright and colourful dreams, fresh hopes and undiscovered ways."*

The exhilaration and celebratory spirit that Diwali brings is unmatchable. To add to the festive flavour, the students of Class II – Tulip presented a special assembly on the topic Diwali on October 13, 2025. The assembly commenced with a melodious prayer by the students to seek the blessings of the Almighty, followed by the thought and word of the day. A short speech was delivered by a student highlighting the importance of Diwali.

The assembly came to a close with a traditional Diwali dance performed on "Diwali Aayi Re." The dance presented in colourfull traditional attire and set to live, foot-tapping music, beautifully highlighted the festivity and good cheer of the occasion.

The programme culminated with a pledge, where all the students promised to celebrate a green diwali and refrain from burning firecrackers, leaving everyone with a festive vibe.

# SPECIAL ASSEMBLY ON FOOD



A special assembly on the theme "Food" was conducted to highlight the importance of eating healthy and avoiding food wastage. The assembly began with a prayer, followed by the thought of the day, reminding everyone that "Food is a blessing, never waste it." A short speech was delivered emphasizing the value of a balanced diet and the need to share food with the needy. Students also presented interesting facts about food, which amazed the audience.

To make the assembly more engaging, students recited a poem on healthy food. The assembly concluded with a pledge to eat healthy, avoid junk and respect every grain of food. The assembly was informative, lively and effectively conveyed the message. Proud smiles and thunderous applause filled the school ground as the winners received the certificates for the intra-house competition. The assembly concluded with Principal Ma'am's address, encouraging everyone to cultivate participation in more and more activities.

"Healthy Food – Healthy Mind – Healthy Life."

# SPECIAL ASSEMBLY ON UNITED NATION



The students of Class V Daisy presented a special assembly on the topic 'United Nations', where they discussed the work and duties of the UN and its various bodies. The students also explained the number of bodies in the UN and their full forms. After the assembly, certificates were given to the students who participated in the house competition.

# SPECIAL ASSEMBLY ON HALLOWEEN



A special assembly on the theme “Halloween” was conducted by the students of Class IV on 31 October to celebrate the spirit of fun, creativity and togetherness. The assembly began with a prayer, followed by the Thought of the Day, Word of the Day and News Headlines, setting a positive and informative tone for the morning. The thought reminded everyone that “Festivals are the celebration of culture, joy and unity.”

A short speech was delivered highlighting the significance of Halloween — a festival that encourages imagination, sharing and community bonding. The students enthusiastically shared interesting facts about Halloween, its history and how it is celebrated across the world.

Adding to the festive mood, the students presented a spooky yet fun dance performance, dressed in creative Halloween costumes that filled the stage with colour, energy and laughter.

The school auditorium resonated with applause and excitement as students were appreciated for their wonderful performances and enthusiastic participation. The assembly concluded with a message emphasizing the joy of celebrating global festivals with respect and togetherness.

The event was entertaining, educational and full of festive spirit, giving students a platform to express creativity and teamwork.

“Halloween is not just about costumes and candies — it’s about laughter, creativity and spreading joy!”



# kinder GARTEN

- Activities
- Competitions
- Visits
- Celebrations



# Laddoo Making



## PLAYING WITH NUMBERS



# NURSERY - PET & DOMESTIC ANIMALS



PET AND DOMESTIC ANIMAL ACTIVITY



# NURSERY - WILD ANIMALS



# LKG- WILD & PET ANIMALS



# LKG- FARM & DOMESTIC ANIMALS



# COMPETITION SHOW & TELL



# HINDI POEM RECITATION





# ORANGE COLOUR DAY



# DIWALI CELEBRATION

## SPECIAL ASSEMBLY



# DIWALI CELEBRATION

## ACTIVITY



# DIWALI CELEBRATION



# VISIT TO FIRE STATION



**BRAVE HEARTS.  
BRIGHT SMILES  
- A DAY AT THE  
FIRE STATION!**



CLASS  
&

# HALLOWEEN

# Celebration Party

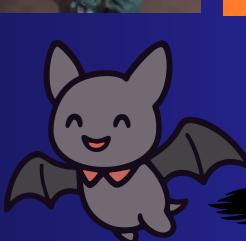


## Halloween Celebration in Grade I & II

Classes of I & II celebrated Halloween on October 30, 2025 with great enthusiasm. Children were dressed in creative Halloween costumes such as witches, ghosts, pumpkins, superheroes and more.

Fun activities like the costume parade, Halloween games, craft making and a photo corner added joy to the event. Students actively participated and enjoyed every moment. The celebration provided them with a delightful cultural experience and an opportunity to express their creativity.

Overall, it was a memorable and fun-filled day for the young learners.

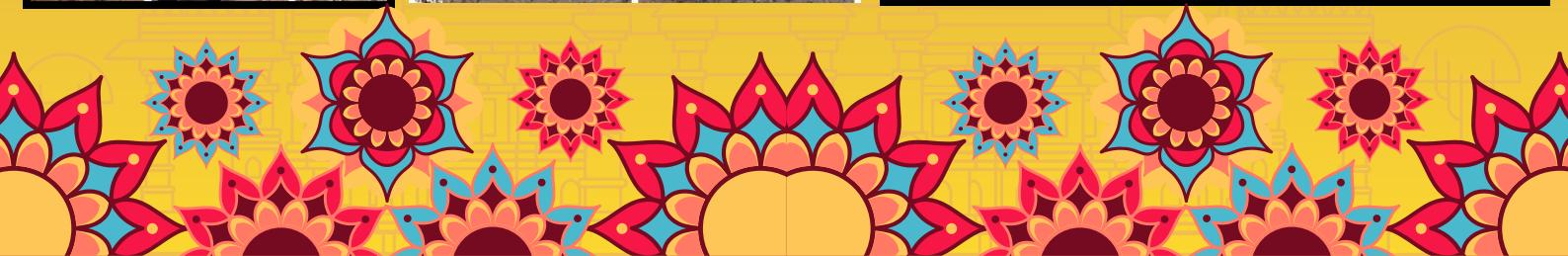


# ENACTMENT COMPETITION

*“Let’s light lamps of kindness, not crackers of pollution.”*

An enactment competition was organized for the students of Grade I and II on October 16 and 17, 2025. The theme of the competition was **“Diwali with a Social Message.”**

The school organized a delightful enactment competition for students of Grades 1 and 2 on the theme Diwali. The event aimed to build confidence, creativity and expressive skills among young learners. Each student presented a short act highlighting meaningful messages such as celebrating an eco-friendly Diwali, sharing and caring, respecting traditions and protecting nature. Dressed in colourful costumes and supported by thoughtful props, the children beautifully brought their ideas to life on stage. Their joyful participation and enthusiastic performances created a festive and inspiring atmosphere. The event truly encouraged learning through enjoyment and expression.



# DIWALI

FESTIVAL OF LIGHT



## *Diwali - Special Assembly by Grade II Tulip*

“The greatest significance of Diwali is to light up new, bright and colourful dreams, fresh hopes and undiscovered ways.”

The exhilaration and celebratory spirit that Diwali brings is unmatchable. To add to the festive fervour, the students of Class II – Tulip presented a special assembly on the topic Diwali on October 13, 2025.





trip to

# POST OFFICE



"A letter is more than words—it's a message from the heart, carried with care."

On October 30 and 31, 2025, students of Class 1 and 2 went on an educational visit to the nearby post office along with their teachers. The purpose of the visit was to help students understand how letters and parcels are sent and received. The postmaster and the staff warmly welcomed the children and explained the working of the post office in simple words. Students saw letter boxes, stamps and how sorting of letters is done. Children were excited to see how a letter is weighed, stamped and sent to different places. Students even posted small postcards they had written in class. The visit was both informative and fun. It helped children learn about one of the oldest systems of communication in India.



# Class - 3 to 5

## Class activities



## Poster Making on Save Water

"Water is essential for all living things. Through the poster-making activity, students of class-3 learnt the importance of saving water in fun and creative ways. They learnt simple habits that helped them to prevent water waste and to realise that every drop is valuable. The activity inspired children to become young water protectors at home and in school."

## Diversity in Food

### Activity: Diversity of Food - Class 3

Class 3 students celebrated India's rich food diversity through a joyful tasting activity. Children brought a special dish from their home state and shared it with their classmates. The activity helped students appreciate different flavours, learn about regional cuisines and understand how food varies across states. It was a delightful learning experience filled with colours, culture and togetherness.



## STEM Activity (Canal System)

### STEM Activity: Understanding Canals - Class 3

Students of Class 3 participated in a hands-on STEM activity to understand how canals help in the movement of water. Through a simple demonstration where children formed a "human canal," they learned how water flows in a controlled path and why canals are important for irrigation. The activity made the concept lively, interactive and easy for young learners to visualise.



# Physical & Chemical Changes

Physical and Chemical change - class 4 activity

Through the experiment the young learners understood how and why things around them change. It built early scientific thinking by encouraging them to observe everyday changes-like melting, cooking or rusting-and identify whether they are useful or harmful. This understanding helps students make sense of the natural world, improves their reasoning skills and prepares them for more advanced science concepts in higher classes.



## Sustainable Development Goals

Social Science Activity: Exploring the UN's Sustainable Development Goals (SDGs)

This activity involved creating posters and presenting on the UN's 17 Sustainable Development Goals (SDGs) to fifth graders, with a focus on raising awareness and encouraging action. Students researched and specific SDG, its importance and challenges. They then designed a creative poster that visually represents it and presented their findings and poster to the class. This project helped students understand complex global issues, such as poverty, climate change and inequality, in an engaging and age-appropriate way.



# “Say NO to Food Adulteration”

Classes : VI, VII, VIII

“Eat safe, Live Healthy”

A Poster making competition based on the theme “Say No to Food Adulteration”, was organized on October 15, 2025, for Classes VI-VIII to raise awareness among students about the harmful effects of food adulteration and the importance of healthy eating. The competition aimed to encourage students to creatively express their understanding of safe food practices.

All the students participated with great enthusiasm. Armed with their sheets, colours and imagination, they translated their ideas into powerful visuals. The posters reflected not only artistic skills but also a deep understanding of the dangers of food adulteration and the importance of eating safe and healthy food.

The thought-provoking messages of the students were conveyed through their artwork. The event successfully served its purpose of spreading awareness about food safety and healthy living.



# HOUSE ACTIVITIES

CLASS III-XII



**DRAWING AND COLOURING  
INTER HOUSE COMPETITION  
THEME- "COLOR OF BRAVERY"  
TOPIC- PICTURE OF OUR FREEDOM FIGHTERS  
CLASSES- III , IV & V**



***Drawing and Colouring Competition –  
"Colors of Bravery"***

Students of Classes III to V enthusiastically participated in a drawing and colouring competition on the theme "Colors of Bravery." The young artists beautifully expressed their creativity by drawing inspiring pictures of our great freedom fighters and filling them with vibrant colours. The activity not only encouraged artistic skills but also helped students learn about the courage and sacrifices of the heroes who fought for our nation's freedom. The children participated with great zeal and enjoyed the competition thoroughly.



# PARAGRAPH WRITING ON GALLANTARY AWARDS

## WINNERS

### INTER HOUSE COMPETITION

#### THEME- “BRAVERY BEYOND FEARS, INSPIRING GENERATIONS”

#### TOPIC- “MY GALLANT ICON”

#### CLASSES- VI,VII,VIII

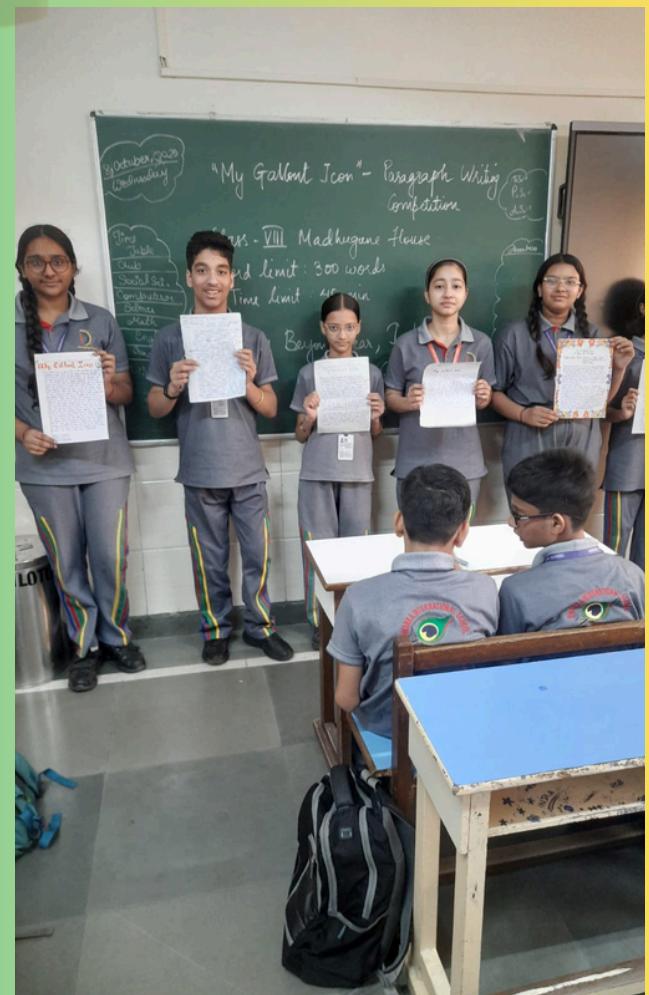


**“TRUE BRAVERY LIES NOT IN THE ABSENCE OF FEAR, BUT IN THE TRIUMPH OVER IT.”**

To celebrate the courage and valour of our nation's brave hearts, an inter-house paragraph writing competition was organised on Gallantry Award Winners on October 08, 2025. The event aimed to instil a spirit of patriotism among students and provided them with an opportunity to express their admiration for the heroes who have shown exceptional courage and devotion to the nation.

Students from Classes VI-VIII participated with great enthusiasm, penning down their heartfelt thoughts and emotions about their chosen Gallant Icons. The competition allowed participants to showcase their creativity, language skills and originality while reflecting on the bravery and sacrifices of India's gallant soldiers.

The activity not only enhanced the students' writing skills but also deepened their understanding of the values of courage, selflessness and patriotism.



# POSTER MAKING

INTER HOUSE COMPETITION

THEME- HEALTHY TIFFIN PRACTICES

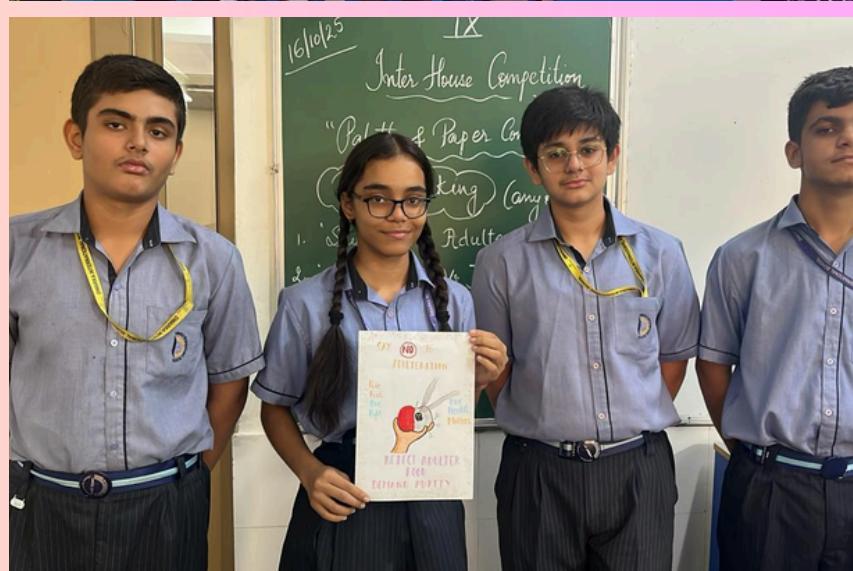
CLASSES- IX & X



The school organized an Inter House Cooking Without Fire Competition for Classes IX and X, in response to the Directorate of Education's circular on promoting healthy tiffin practices. The students showcased their artistic flair in a poster-making competition based on themes such as:

- Say No to Adulteration
- Healthy Food vs Junk Food
- From Farm to Fork – Safe Food Journey

Judges assessed the posters on creativity, clarity of message, aesthetic appeal, and thematic relevance.



“The ideas students expressed through their artwork reflected not only awareness but genuine concern for public health,” noted a member of the judging panel. Gopeshwar House clinched the first position, followed by Pitamber House while Vasudev House secured third place.

# COOKING WITHOUT FIRE

INTER HOUSE COMPETITION

THEME- "NO FLAME CHALLENGE"

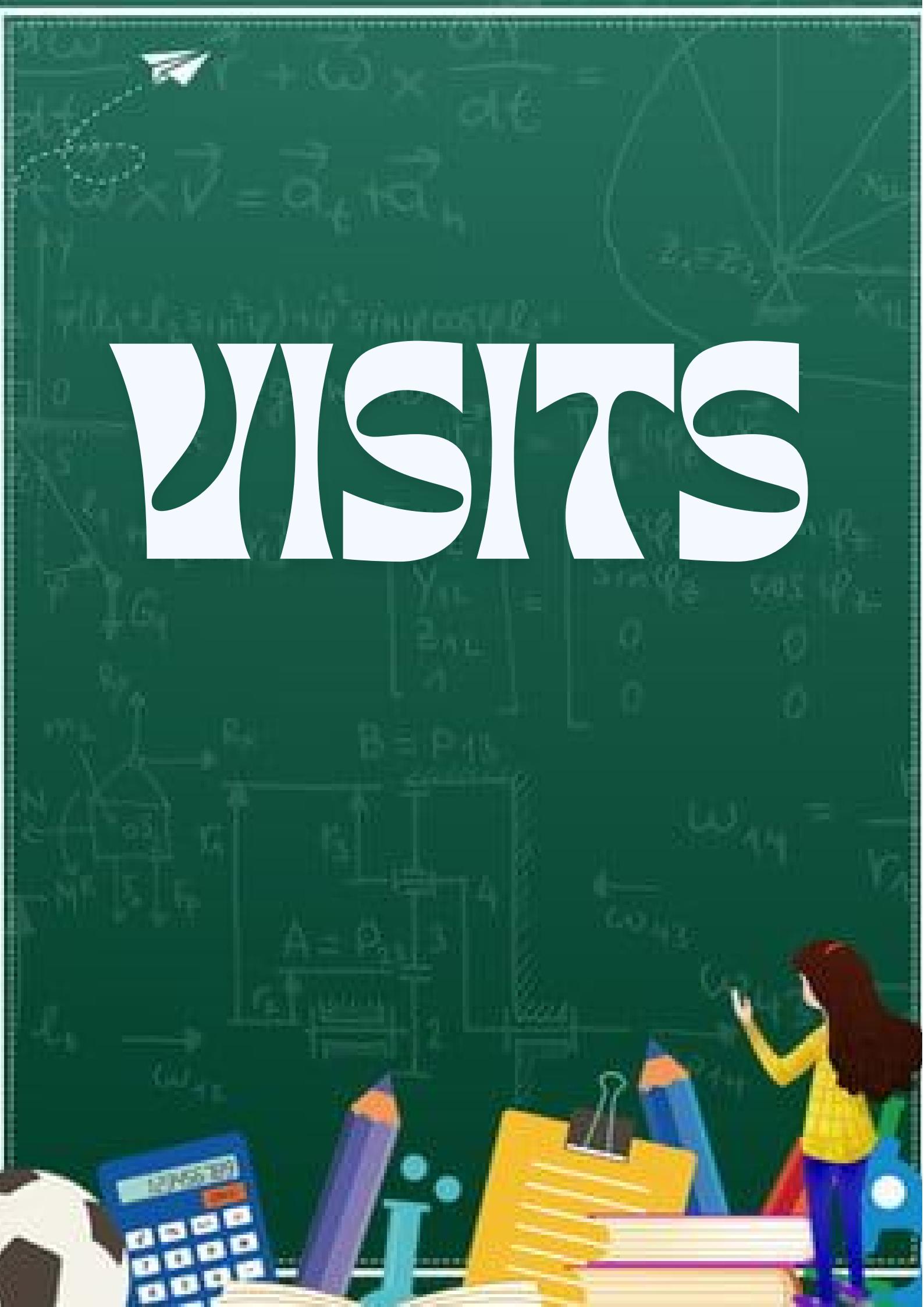
TOPIC- COOKING WITHOUT FIRE

CLASSES- XI & XII



An Inter House 'Cooking Without Fire Competition' for Classes XI and XII was organised in response to the Directorate of Education's circular on promoting healthy tiffin practices. Within a time limit of one hour, participants prepared innovative dishes without the use of flame, stove or any heating appliance. Only techniques such as mixing, chopping, layering, blending and garnishing were permitted. "The aim was to encourage students to think creatively about nutrition while working within healthy, no-cook constraints," remarked one of the event coordinators. In the Cooking Without Fire Competition, Pitamber House clinched the first position, followed by Vasudev House and Madhugune House, while Gopeshwar House secured third place. "The presentations were impressive, and the dishes combined taste with strong nutritional value," said one of the judges, praising the participants' originality and teamwork. The event concluded on an inspiring note, reinforcing the school's commitment to health education and experiential learning.

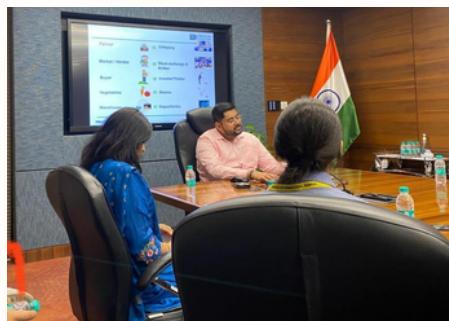
# PISTS



# Securities and Exchange Board of India (SEBI)



## In Conversation with Regional Director (SEBI) : Student Faculty Interaction



The students of Class XI Tulip had the enriching opportunity to visit the Securities and Exchange Board of India (SEBI) during World Investment Week (6 October'25-12 October'25). The Educational visit served as an invaluable experiential learning experience, offering students practical insights into India's financial regulatory framework. A session was conducted by a knowledgeable SEBI spokesperson, who engaged the students in a detailed discussion on SEBI's pivotal role in regulating the financial markets. Key topics covered during the session included insider trading, debarment of companies, disgorging of illegal gains and SCORES (SEBI Complaints Redress System). The speaker also explained SEBI's core functions, its regulatory powers, and how it safeguards investor interests while ensuring transparency and fairness in the securities market. The session

became more interactive and informative, when the Regional Director ,Mr. Vijayant Kumar Verma, joined the conversation. He started asking questions related to financial investment and financial freedom. The interaction deepened their understanding of financial regulations and sparked curiosity about the broader workings of the financial and economic landscape. Overall, the visit to SEBI was a resounding success, offering students a unique opportunity to bridge classroom knowledge with real-world applications. It stands as a testament to the importance of experiential learning in shaping informed and financially aware citizens of the future.



# CSIR-National Physical Laboratory (NPL)



On the occasion of the Foundation Day of CSIR-National Physical Laboratory (NPL), the Class XII Science students had the unique opportunity to visit the prestigious research institute. The educational trip was organized to foster scientific curiosity and expose students to the practical aspects of scientific research and innovation. Upon arrival, the students were warmly welcomed by the CSIR-NPL staff and were given a brief orientation about the history, vision and contributions of the institution. CSIR-NPL, known as the national measurement standards laboratory of India, plays a crucial role in setting and maintaining standards for physical measurements across the country.

The students visited various scientific labs and witnessed state-of-the-art equipment used in research on metrology, nanotechnology, quantum materials & time and frequency standards. Demonstrations and live experiments were conducted by scientists, who patiently explained complex scientific phenomena in an engaging and accessible manner. Of particular interest was the Indian Standard Time (IST) lab, where students learned how the country's official time is maintained with atomic precision.

The visit concluded with a display of several scientific models and posters as part of the Foundation Day exhibition. The trip proved to be highly enriching and inspiring, offering students a glimpse into real-world scientific research and its applications. It was a day filled with learning, exploration and motivation — one that will certainly leave a lasting impression on the budding scientists of tomorrow.



# PERFORMANCE AT GANDHI SAMRITI- INTERACTION WITH PRIME MINISTER OF INDIA

We are elated to share that the students of our school had the wonderful opportunity to meet the Honourable Prime Minister of India, Mr Narendra Modi on the occasion of Gandhi Jayanti, birthday of our beloved, Father of Nation, Mahatma Gandhi at Gandhi Samriti. Our music teacher, Mr. Ashish, was also privileged to perform in front of the Prime Minister as part of the Music Team.



# DIS IN NEWS

## IMPACT OF SOCIAL MEDIA

‘Despite its numerous advantages, social media poses several challenges for all of us’

Social media has dramatically transformed how we communicate, share information, and interact with the world. Platforms like Facebook, Twitter, and Instagram have reshaped both personal and professional relationships.

Social media has significantly enhanced global connectivity by allowing individuals to stay in touch with friends and family across vast distances.

Despite its advantages, social media poses several challenges.

It has been linked to mental health issues such as anxiety and depression, particularly among younger users. Additionally, the rapid spread of misinformation can create confusion and unnecessary panic. Privacy concerns are also prevalent, as personal data shared online can be misused.

Moreover, the addictive nature of social media often leads to reduced productivity and can strain real-life relationships. While social media offers numerous benefits in terms of global connectivity, instant information access, and business growth, it is equally important to recognise

and address its potential risks to ensure safe and balanced usage.



Social media has significantly enhanced global connectivity relationships, writes Aarohi, Class 6 Lily, Dwarka International School, Dwarka

## Dwarka International School, Dwarka Holds Second Edition of the PHOENIX Model United Nations Conference



Dwarka International School, Dwarka inaugurated the second edition of its prestigious PHOENIX Model United Nations, hosting around 400 delegates from across the region. Day 1 saw enthusiastic participation, vigorous diplomatic debates, and a vibrant display of global awareness. The event was honored by the presence of Erny Vahyuni, Second Secretary for Information, Social & Cultural Affairs, and Alice Walia, Administrative Staff for Social & Cultural Affairs, both from the Embassy of the Republic of Indonesia, who addressed the delegates during the inauguration. As Day 2 concluded, the air was charged with pride and applause. Exceptional contributions were recognized with Best Delegate Awards, and heartfelt speeches from the Executive Board added warmth and incitement to the farewell. The seamless execution of the conference was made possible thanks to the tireless efforts of faculty mentors and student volunteers.

# DIS IN

# NEWS

## Dwarka International School, Dwarka Inaugurates ‘Project Kudrat’

Dwarka International School, Dwarka celebrated Project Kudrat — an eight-day sustainability initiative — with the vision of “Act Green, Live Clean.” Led by the Interact Club, the initiative blended awareness, action, creativity, and collaboration to instill a culture of eco-consciousness among students and faculty. The week opened with an assembly



launch featuring a themed video montage and an inspiring address by the Principal. Students pledged to adopt sustainable habits, while activities like the Eco-Brick Challenge and Eco-Poster Making Contest set the tone for active engagement. The weekend brought a moving documentary screening and the Green Social Media Challenge, which turned digital spaces into platforms for activism using the tag #ProjectKudrat. The celebrations culminated on Earth Day with a vibrant assembly, cultural performances, and an exhibition of the week’s impact. Students renewed their commitment through a collective pledge, promising to carry the mission of Project Kudrat beyond the week. From grassroots action to digital advocacy, Project Kudrat stood as a testament to how today’s youth can shape a greener tomorrow — one small act at a time.

## HEALTH IS WEALTH

### ‘A healthy body & a happy mind help us become best version of ourselves’

Health is one of the most valuable things in life. It includes both mental health and physical health, and both are equally important. To live a happy and successful life, we need to take care of our mind as well as our body. Physical health means how well our body is working. It includes eating healthy food, doing regular exercise, getting enough sleep, and staying away from harmful habits like smoking. When we are physically healthy, we feel energetic, strong, and ready to do all our daily activities.

Mental health is about our feelings, thoughts, and emotions. It helps us handle stress, build good relationships, and make smart decisions.

Taking care of mental health means staying calm, talking about our feelings, doing things we enjoy, and asking for help when we feel sad or worried.

Sometimes, people take care of their bodies but forget about their minds. But the truth is that both mental and physical health are connected. When we are physically active, our mind also feels fresh and



When we are physically active, our mind also feels fresh and happy, writes Sorvi Khandelwal, Grade 6, Dwarka International School, Dwarka, New Delhi

happy. And when we are mentally healthy, we are more likely to take care of our bodies too.

In a nutshell, mental and physical health are two sides of the same coin. We should eat well, exercise, rest, and also take time to relax and enjoy life. A healthy body and a happy mind help us become the best version of ourselves.

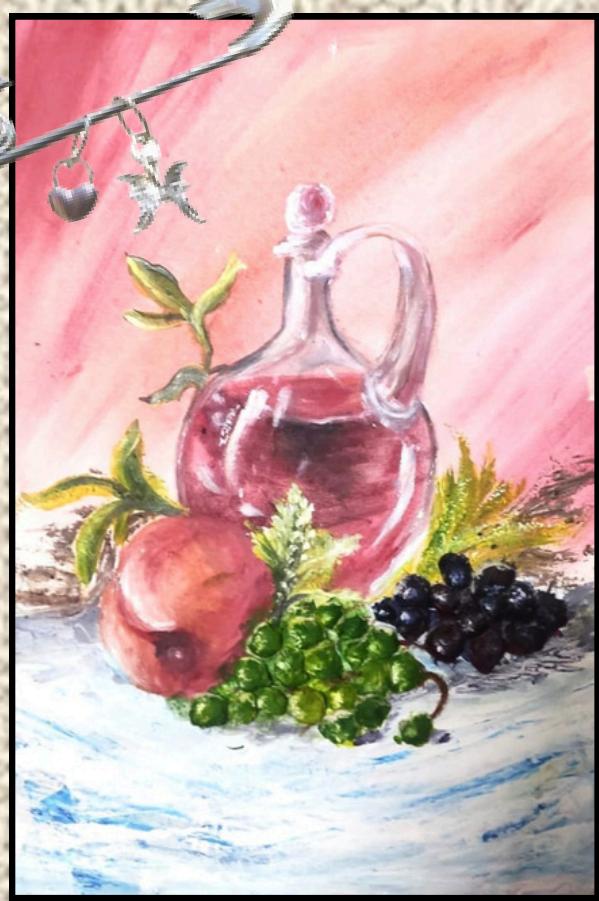


# ART GALLERY





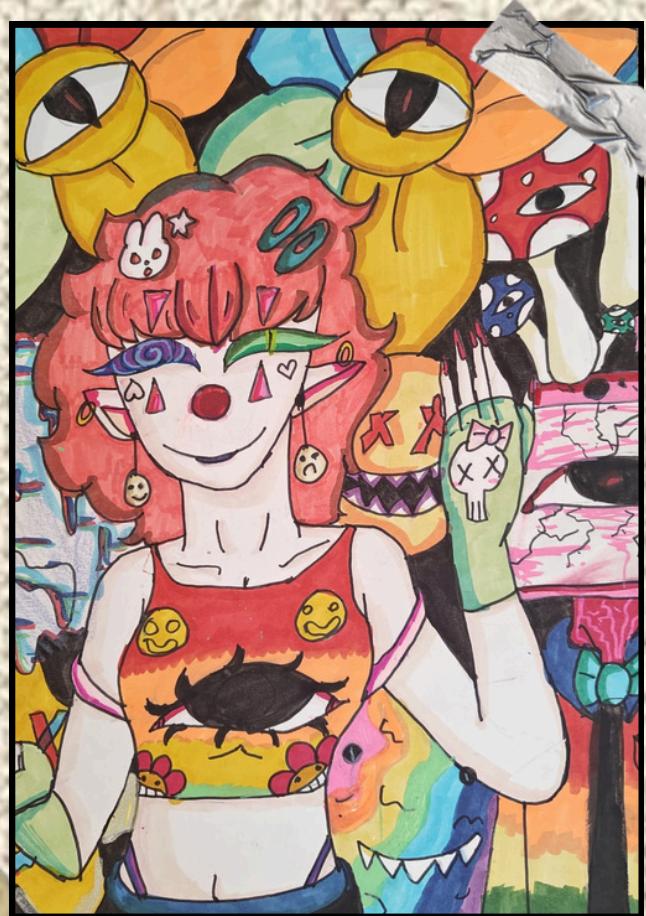
**ANSHUMAN MARWAH XI DAISY**



**DIVYANSH XI LILY**



**KRISHNA XII DAISY**



**AVNI BHADRI VIII ROSE**



**JAISMINE XI LILY**



**SACHI XII LILY**



**SHAURYA TOMER  
XII DAISY**



**BHAVYA XI LILY**

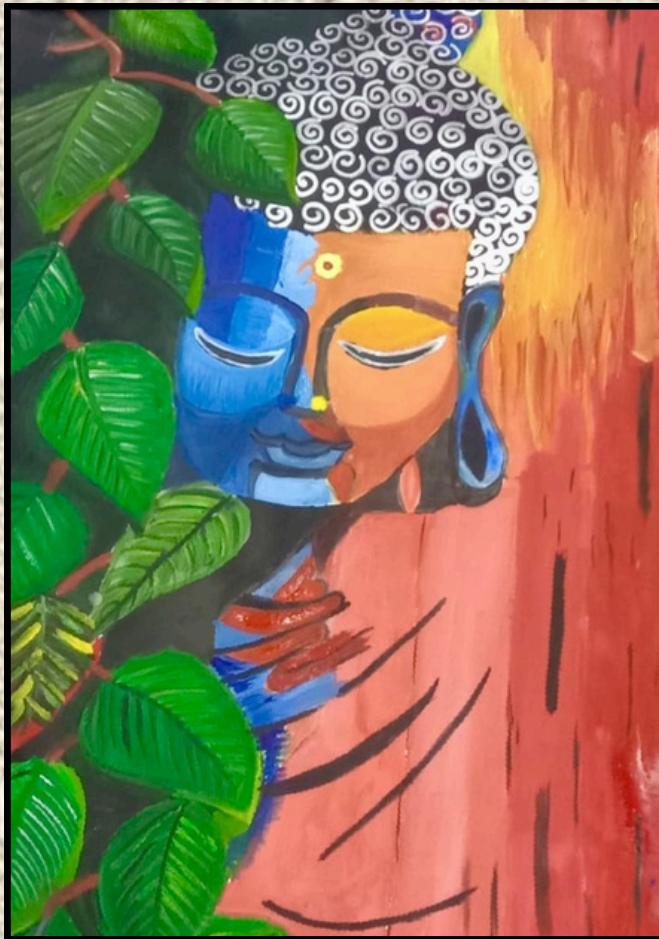




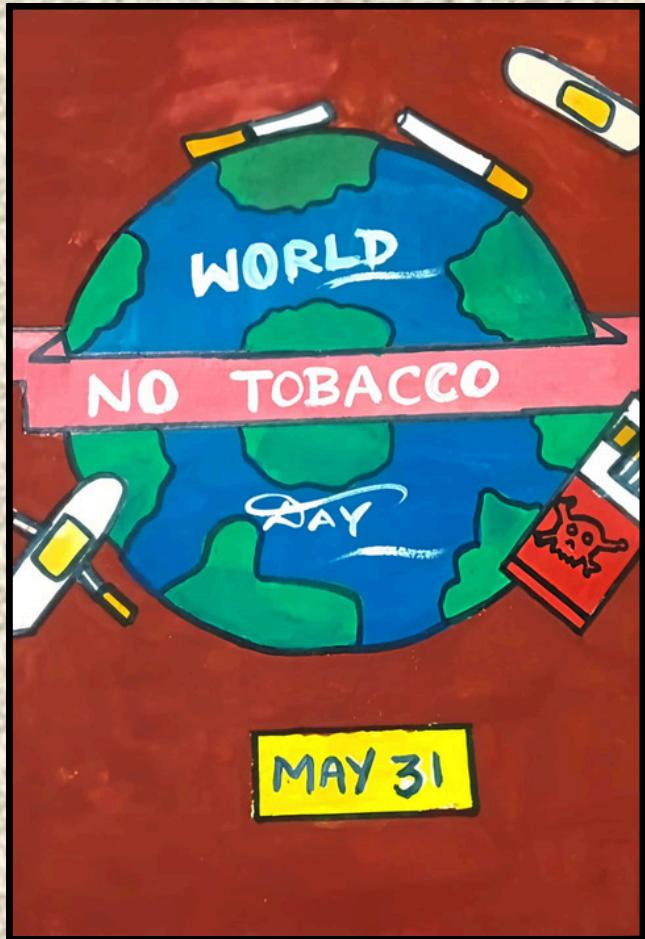
**BANANI DAS XII LILY**



**DIVAA XI ROSE**



**JANVI RASTOGI XII LILY**



**PRIYANSH RAI IX ROSE**



## Dear Readers

We are excited to present this newsletter, which showcases our students' creativity, achievements and collaborative spirit. Each page reflects their dedication, learning and teamwork. We extend our gratitude to all the contributors and mentors for their support. We hope this edition inspires our school community to celebrate these accomplishments, embrace creativity and participate wholeheartedly in future opportunities.

With warm wishes and sincere appreciation  
Editorial Board

