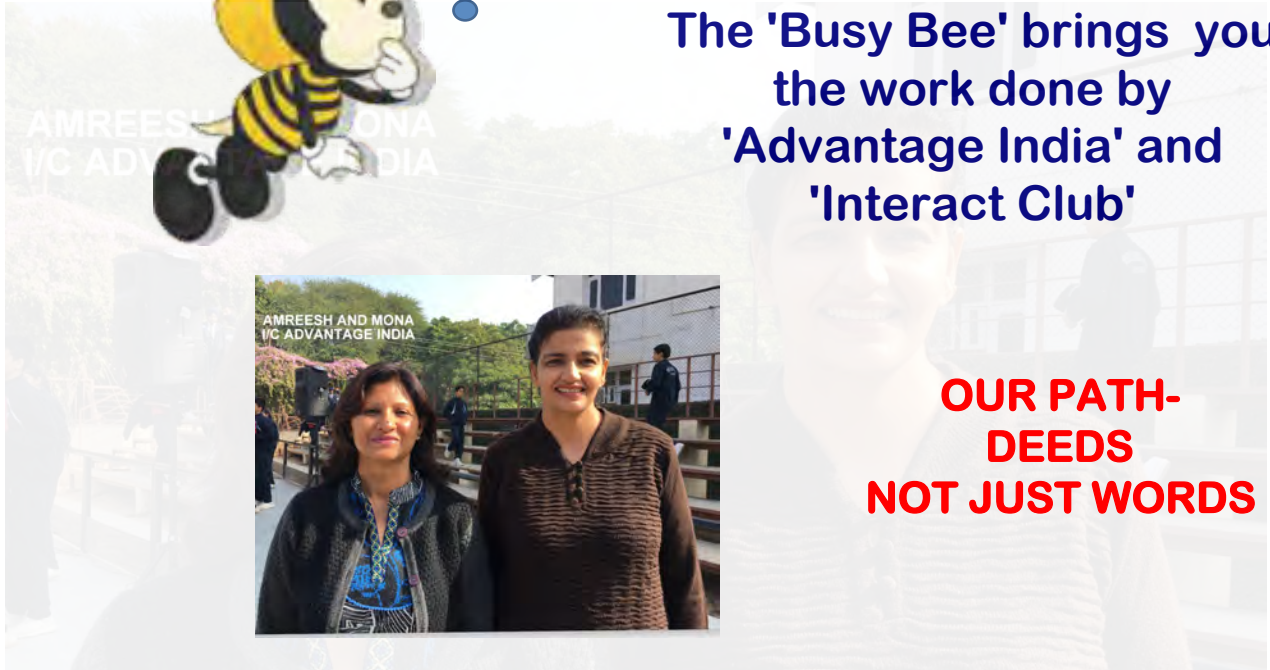


# SCHOOL EXPRESS

December 2016



The 'Busy Bee' brings you the work done by 'Advantage India' and 'Interact Club'



**OUR PATH-DEEDS NOT JUST WORDS**

**AI PREFECTS**

**KASHISH**



**SHIVEN**

**ASHMEEN**



Advantage India and Interact Club aim at developing students through active participation in thoughtfully organized service that meets the needs of communities. It provides them with opportunities to get in touch with the community and to realize their role in the society so that they can become active and responsible citizens of tomorrow.

**INTERACT CLUB PREFECTS**

**RANVIR**



**MUSKAN**

**SIDDAQ**



## ADVANTAGE INDIA – OUR PLANS, OUR GOALS

*The term 'Advantage India' speaks for itself, it refers to the aspiration and the work done to benefit the country we reside in and call as our homeland. We students, as members of such a deep and far reaching ambition, intend to leave no stone unturned in implementing this desire and also helping the country to grow and prosper. The question which pops up is as to how we plan to go about it. We aspire to bring about changes that seem essential and beneficial for the citizens of the country as a whole. The first step we plan to climb to reach the destination named success is UNDERSTANDING the needs and the problems of the Society, and then bring about the changes we wish to see and build a society we wish to be a part of. WE as a team plan on bringing about a tsunami of change through small tides. In the near future we hope to interact with the underprivileged sections through frequent visits, discuss the challenges they face in their daily lives and provide some solution which could lessen the burden they carry on their shoulders. Through these small activities we tend to fulfill one goal, one mission that is of improving the quality of lives of those whose voices get lost in the crowds of those who don't care. Through these community development outreach programs we aspire to target sensitive issues like environment, sanitation, education, livelihood, and life skill training and teach the under-privileged how to lead a life filled with awareness and education. Being the VOICE of the marginalized is our sole purpose, sole ambition.*

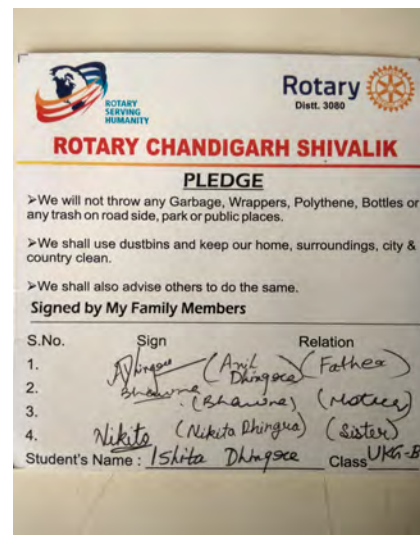
**KASHISH KAPOOR**  
 Chairperson  
 Advantage India

*The Club, which also has the Interact Club as its part is a student led organization designed to increase awareness regarding social issues within the school and the wider community. It provides opportunities to gain knowledge about the social work and its need in the world. It also offers volunteer opportunities, leadership experiences and career exploration. It aims at preparing them for a lifetime of community involvement and contribution to the society. It wishes to convey that devoting time for the benefit of others is a worthy cause. The club elects its own prefects, carries on fundraising activities, and organizes innumerable events to help the community.*

**Mona & Amreesh**  
 I/C Ai

## Cleanliness Pledge- Pre Primary

The Interactors gave away cleanliness pledge cards to the students of the Pre-Primary with a candy to spread the message of cleanliness. They wanted the little ones to know that all toffee wrappers have to be thrown in the bin. The students got the pledge signed by their parents also.



## Visit To Nishulk Vidyalaya, Jagatpura

The Interact Club prefects visited Nishulk Vidyalaya, a cost free school in Jagatpura, to celebrate Gandhi Jayanti and spread the message of cleanliness. The students got an overwhelming response from the students of the Vidyalaya. They were told about the ways to keep themselves clean and the correct way of washing their hands. The students were accompanied by Mr Rawal a representative of Rotary International along with the teachers of the school. Later, the students of Nishulk Vidyalaya enthusiastically participated in a question and answer session based on Gandhiji and cleanliness.



## Learning Paths Collects Record Breaking Scrap For Recycling

The usage of paper has increased over a short span of time leading to deforestation. An important measure taken to save paper is recycling and keeping this in mind Learning Paths School collaborated with 'Recycle with Us' and organized a two day camp. The main objective of the camp was to collect scrap like- newspapers, old assignment sheets, etc and give the students goodies in return. The camp attracted a lot of children, who got loads and loads of scrap; for every 2 kg, the children were given notebooks, for every half kg a pencil, and for 100g an eraser. The pencils were made of recycled paper instead of wood. The students and teachers contributed a whopping 2160 kg of scrap which is the highest contribution in the tri-city by any school which has implemented this initiative.



## Polio Awareness Van at School

The students of the school welcomed the Polio Awareness Van of Rotary which started from Panipat on the 24th of October and will cover 5 states - Punjab, Haryana, Chandigarh, Uttaranchal and Uttarakhand, to spread awareness about polio. The Van would conclude its journey on 17th of February 2017.



### Sale of candles made by the Students of the Institute For the Blind

An attempt to help the blind was made by the members of the Interact Club by putting up a stall during the Primary and Secondary PTM to sell the candles made by the students of the 'Institute for the Blind'. The response was so overwhelming that the students sold all the candles that they had. The money earned was handed over to the Institute.



### Joy of Giving/ Daan Utsav

The Joy of Giving Week is a "festival of philanthropy" that aims to become a part of the Indian ethos, It is a week that is celebrated every year and engages people through "acts of giving" - money, time, resources and skills . The 'Dal & Rice Bucket' programme started with great enthusiasm. The students donated rice , dal etc for the needy children. The school received an over whelming response and collected over 100 Kgs of rice and dal. The students also contributed soaps, shampoos, biscuits and such the items that have a long shelf life for the inmates of the Old Age Home and uniforms for the NGO Goonj.



### Blood Donation Camp

The Interact Club organized its sixth Blood Donation Camp in collaboration with Rotary & Blood Bank Society Resource Centre, Sec 37 in November 2016 to promote and encourage the donation of blood. The camp made the students & parents aware of their social responsibility towards this noble cause. A team of doctors from the Rotary Resource Centre guided and advised the volunteers and the donors. Blood was collected after due screening and blood group identification of the donors



**BLOOD DONATION CAMP**

DEEDS NOT JUST WORDS



## VISIT TO THE BLOOD BANK



A visit to the Rotary & Blood Bank Society, Sector 37 was organized for the students of classes VI and VII by the Interact Club . The students were briefed about the various activities of the blood bank, the five mandatory tests that blood undergoes after donation, the different components of blood. The students were also told that voluntary blood donation is a selfless service and an expression of love for mankind. The visit was a good practical learning experience for the students.



## POSTERS ON ERADICATION OF THALASSEMIA LPS CAME FIRST IN THE TRI-CITY





**Save Water Campaign**

**Water is essential to our everyday lives. And, our supplies are limited...so please use water wisely. With this message in mind the students of the club made posters and went around the school telling the primary and pre primary students about the need of cutting water use inside and outside their homes. The students talked to the teachers also and told everybody that if each of us changed our water-use habits, we could save billions of gallons of water.**



**ਬਰੈਸਟ ਕੈਂਸਰ ਜਾਗਰੂਕਤਾ ਮਹੀਨਾ  
ਸਰਵਾਈਵਰਸ ਨੇ ਕੀਤੀ ਰੈਂਪ ਵਾਕ**  
ਬਰੈਸਟ ਕੈਂਸਰ ਬਾਰੇ ਕੀਤਾ ਜਾਗਰੂਕ

ਮੋਹਾਲੀ, 17 ਅਕਤੂਬਰ (ਮੋਹਾਲੀ) - ਫੋਰਟਿਸ ਦੇ ਕੈਂਸਰ ਸਪੋਰਟ ਗਰੁੱਪ ਸਾਰਥਕ ਨੇ ਅੱਜ ਫੋਰਟਿਸ ਹਸਪਤਾਲ ਮੋਹਾਲੀ ਵਿਚ 'ਵਨ ਬਿਗ ਪਿਕ ਡੇ' ਤੇ ਰੋਗੀਆਂ ਸੈਸ਼ਨ ਕਰਵਾਇਆ। ਕੈਂਸਰ ਸਰਵਾਈਵਰਸ ਲਈ ਇਸ ਦਿਨ ਨੂੰ ਨਾ ਭੁੱਲਣਾ ਯੋਗ ਬਣਾਉਂਦੇ ਹੋਏ ਵੱਖ-ਵੱਖ ਰੋਗੀਆਂ ਪੁੱਗਰਾਮ ਕਰਵਾਏ ਗਏ। ਪੁੱਗਰਾਮ ਦੀ ਸ਼ੁਰੂਆਤ ਦੀਪ ਜਗਾ ਕੇ ਕੀਤੀ ਗਈ, ਜਿਸ ਦੌਰਾਨ ਫੋਰਟਿਸ ਕੈਂਸਰ ਇਸਟੀਮੇਟਿਓਟ ਦੇ ਡਾਕਟਰਾਂ ਤੇ ਫੋਰਟਿਸ ਦੇ ਪ੍ਰਬੰਧ ਨਾਲ ਜੁੜੇ ਹੋਰ ਅਧਿਕਾਰੀ ਵੀ ਹਾਜ਼ਰ ਸਨ। ਮਸਤੀ ਅਤੇ ਮਨੋਰੰਜਨ ਨਾਲ ਡਰਾਮਾ ਇਸ ਰੋਗੀਆਂ ਪੁੱਗਰਾਮ ਵਿਚ 50 ਤੋਂ ਜ਼ਿਆਦਾ ਕੈਂਸਰ ਸਰਵਾਈਵਰਸ ਦੇ ਪਰਿਵਾਰ ਤੇ ਦੋਸਤ ਹਾਜ਼ਰ ਸਨ। ਇਸ ਦੌਰਾਨ ਕੈਂਸਰ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਦਾ ਵੀ ਪ੍ਰਸਾਰ ਕੀਤਾ ਗਿਆ। ਕੈਂਸਰ ਸਰਵਾਈਵਰਸ ਨੇ ਕੈਂਸਰ ਨੂੰ ਚਰਚਿਤ ਕਰ ਦਿੱਤਾ ਨਿਸ਼ੀ

ਪੁੱਗਰਾਮ ਪੱਥ ਕਰਦੇ ਫੋਰਟਿਸ ਹਸਪਤਾਲ ਦੇ ਕੈਂਸਰ ਗਰੁੱਪ ਦੇ ਮੈਂਬਰ।

ਤਸਕਰੇ ਵੀ ਸਾਰਿਆਂ ਨਾਲ ਸਾਂਝੇ ਕੀਤੇ ਤੇ ਸਾਰਿਆਂ ਨੂੰ ਆਪਣੀ ਬਹਾਦਰੀ ਤੇ ਹੌਸਲੇ ਤੋਂ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਸਰਵਾਈਵਰਸ ਨੇ ਰੋਪ 'ਤੇ ਵਾਕ ਵੀ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਹੋਈ ਮੁਕਾਬਲੇ ਵੀ ਕਰਵਾਏ ਗਏ। ਪੁੱਗਰਾਮ ਵਿਚ ਰੋਗੀਆਂ ਲਗਨਿੰਗ ਪਾਥਸ ਸਕੂਲ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਪੱਥ ਕੀਤਾ ਤੇ ਸਾਰੇ ਦਰਸ਼ਕਾਂ ਨੂੰ ਵੀ ਆਪਣੇ ਨਾਲ ਰੋਗੀਆਂ ਪਾਉਣ ਲਈ ਮਜ਼ਬੂਰ ਕਰ ਦਿੱਤਾ। ਇਸ ਮੌਕੇ ਫੋਰਟਿਸ ਮੋਹਾਲੀ ਦੇ ਫੈਸਿਲਟੀ ਡਾਇਰੈਕਟਰ ਅਭੀਜੀਤ ਸਿੰਘ ਨੇ ਕਿਹਾ ਕਿ ਬਰੈਸਟ ਕੈਂਸਰ ਨਾਲ ਸੰਬੰਧ ਕਰ ਕੇ ਉਸ 'ਤੇ ਜਿਹ ਹਾਸਲ ਕਰਨ ਵਾਲੇ ਇਨ੍ਹਾਂ ਯੋਧਿਆਂ ਦੇ ਨਾਲ ਆ ਕੇ ਉਨ੍ਹਾਂ ਨੂੰ ਬਹੁਤ ਚੰਗਾ ਲੱਗ ਰਿਹਾ ਹੈ ਤੇ ਮੈਨੂੰ ਵੀ ਇਹ ਨਵੀਂ ਊਰਜਾ ਮਿਲੀ ਹੈ।

**Cancer survivors show zeal at special event**

MOHALI, OCTOBER 17  
Showing zeal towards life, over 50 cancer survivors today participated in a colourful function, 'One Big Pink Day', organised by Saarthak, the cancer support group at Fortis, on the hospital's premises here today.

In the function-cum-session, friends and families of cancer survivors not only danced and cheered but also raised awareness about breast cancer. The participants also took part in a 'ramp walk for the survivors'.

The survivors also shared their personal experiences of having beaten cancer, inspiring the audience with their grit and bravery.

The highlight of the occasion was a special bhanga performance by students of Learning Paths School, making the audience join them in the celebrations. — TNS

IN THE PRESS



## Visit to Fortis – Some Moments with the Cancer Patients

The students of the Interact Club performed at the cancer warriors meet, 'One Big Pink Day' at Fortis Hospital. The meet was organized by Sarthak. The families and friends of the cancer patients not only danced and cheered but also raised awareness about cancer. The performance of the Learning Paths School's students was the highlight of the show. The bhangra was so full of energy that everyone came forward and shook a leg



## Visit to Fortis- Thanksgiving to the Support Staff

The students of the Interact Club gave away 'Thank You' cards to the support staff of Fortis Hospital whose work most of the times goes unrecognized. They wanted to acknowledge and emphasize the significance of work done by every individual in any field.



## कैंसर से डरें नहीं, खुश और दृढ़ होकर इसे भगाएं...

कैंसर सरवाइवर्स ने किया रैप वॉक और दिया खुश होकर जीने का पैगाम

सिटी रिपोर्टर/मोहम्मद

फोर्टिस के ऑडिटोरियम में सोमवार दोपहर को जब कैंसर रोग का दंश झेल चुके लोगों ने अपनी सुरीली आवाज और रैपवाक का मुजाहिदा किया तो वहां उपस्थित लोग अवाक रह गए। अस्पताल की ओर से स्तन कैंसर जागरूकता माह के मौके पर सरवाइवर्स के लिए कई तरह के रंगारंग कार्यक्रम को रखा गया था। वन विंग पार्क डे की शुरुआत दीप जलाकर की गई। पॉप ग्लोब्स और कई अन्य तरह की सजावट के सामान से ऑडिटोरियम को सजया गया था। कैंसर सरवाइवर्स ने कई तरह के खेलों में अपने चेहरों पर विभिन्न प्रकार के मुछोंट पहन कर हिससा लिया।



कार्यक्रम के दौरान लोगों के सामने यह सारी बातें साझा की जिससे वे कैंसर जैसे नामुदाद विमारी से बच के आए। जब वे अपनी बातों को लोगों को बता रहे थे तो उनका जज्बा देखने लायक था। सरिता शर्मा, माया कुमार, मनप्रीत सिंह, शशि शर्मा और मुरबचन कोर सिंह

कई लोगों ने रैपवाक और अपने गीत पेश किए।

कैंसर सरवाइवर्स जब अपना कार्यक्रम पेश कर रहे थे तो उनकी खुशी में शामिल होने के लिए द लुनिंग पाथ्स स्कूल के स्टूडेंट्स ने गिट्टा और भंगड़ा डाल कर और समा सुहाना कर दिया। डॉक्टरों के हाथों में हाथ डाल कर जब कैंसर सरवाइवर्स डांस कर रहे थे तो उनकी खुशी देखते बन रही थी।

अस्पताल के फेमिलिटी डायरेक्टर अभिजीत सिंह ने कहा कि स्तन कैंसर से संघर्ष कर उस पर जीत हासिल करने वाले इन योद्धाओं के साथ मिल कर अच्छा लगता। उन्होंने कहा कि पूरा महीना विश्व कैंसर जागरूकता उत्सव के रूप में मनाया जा रहा है।

IN THE PRESS

**Cyber Crime Awareness Session**

On May 4, 2016, a cyber awareness session was conducted for classes VIII-X by Mr. Shastri. He told the students about the different types of crimes happening online like fraud and identity theft, phishing, malware, virus, spam, cyber warfare, cyber extortion, cyber bullying, cyber stalking etc. The students were also told ways to keep safe and be vigilant so that they don't fall prey to such crimes.



**Workshop On Gender Assault- I Break My Silence (Awareness Session)**

On May 11, 2016, a counseling session was conducted for the students of class IX by Neelima Raheja, a volunteer with the Global Shapers, Chandigarh hub and the project leader of 'I BREAK MY SILENCE'. (The website is [ibreakmysilence.org](http://ibreakmysilence.org).) The students were told about 'Gender Based Violence (GBV)' which is an umbrella term for any act that is perpetrated against a person's will. It is to be noted that GBV does not take place only against women but also against men. The students were told that GBV exists in different forms like Eve Teasing, Child Sexual Abuse, Mental and Verbal harassment, Relationship Abuse and Workplace Harassment. The main reasons behind the existence of GBV are Gender Discrimination, Abuse of Power and also the lack of respect for Human Rights. Ms Neelima further told the students why it was important to speak up and share problems with parents or someone reliable.



**स्तन कैंसर जागरूकता माह के मौके पर सरवाईवर्स ने की रैम्य वॉक**



फोटो: अस्पताल में मनाए गए कार्यक्रम का दृश्य। (व्याय : अमरजीत सिंह)

एच.एस.नगर, 17 अक्टूबर (लखिता जामवाल) : फोटो: कैंसर रफाई हूय सार्थक ने आज फोटो: हॉस्पिटल, मोहाली में 'वन बिग पिंक डे' पर एक रंगारंग कार्यक्रम का आयोजन किया। कैंसर सरवाईवर्स के लिए इस दिन को अविस्मरणीय बनाते हुए विभिन्न रंगारंग कार्यक्रमों का आयोजन फोटो: के सभागार में

**50 से अधिक कैंसर सरवाईवर्स के परिवार और मित्र पहुंचे रंगारंग कार्यक्रम में**

कैंसर के बारे में जागरूकता का भी प्रसार किया गया। जीवन और सकारात्मक माहौल में आगे बढ़ने हुए कैंसर सरवाईवर्स ने कैंसर को हरने के अपने व्यक्तिगत अनुभवों को भी सभी के साथ साझा किया और सभी को अपनी बहुरंगी और हॉस्पिटल से प्रेरित किया। इस मौके पर सरवाईवर्स ने रैम्य पर वॉक भी किया और सभी दरवाहों ने उनका उत्साह बढ़ाया। इस मौके पर कई प्रतिभोतिपूर्ण भी आयोजित की गईं और सरवाईवर्स के परिवारिक सदस्यों और दोस्तों ने पूरे उत्साह के साथ इनमें हिस्सा लिया। कार्यक्रम में भोगदा द लर्निंग पाथ्स स्कूल के प्रतिकाराली स्टूडेंट्स ने प्रस्तुत किया और सभी दरवाहों को भी अपने साथ भोगदा को धुनों पर नाचने के लिए मजबूर कर दिया। इस मौके पर अभिजीत सिंह, फेसिलिटी डायरेक्टर, फोटो: मोहाली ने कहा कि "स्तन कैंसर से संघर्ष कर उस पर जीत हासिल करने वाले इन योद्धाओं के साथ आकार उन्हें काठो अच्छा लगा है और मुझे भी एक नई ऊर्जा मिली है।" कैंसर से उनकी लड़कियों को कहानियां सुनकर उनका दिल भी भर आया है। आज पूरा विश्व स्तन कैंसर जागरूकता माह का उत्सव मना रहा है और हम भी एक ऐसा मंच प्रदान करते हुए वेद वृद्ध हैं कि हम यहां पर भी स्तन कैंसर के बारे में लोगों में अच्छी खासी जागरूकता बढ़ाने में सफल रहे हैं।

IN THE PRESS

**Cancer survivors come together on the eve of Breast Cancer Awareness month**

CHANDIGARH: A colourful session titled 'One Big Pink Day' was organised at Mohali on Monday. Cancer Survivors had an unforgettable day at a special event organised by Saarthak, a cancer support group. In a fun-filled and colourful session, friends and families of more than 50 cancer survivors came under one roof to celebrate and raise awareness about breast cancer. As the theme of the ongoing Breast Cancer Awareness Month, the event was an attempt to reach out to every-

Cancer survivors had unforgettable day at a special event organised by Saarthak.

positive spirit of the occasion, cancer survivors shared their personal experiences of having beaten cancer, inspiring the audience with their grit and bravery.

The various contests drew an energetic response from the kith and kin of the survivors who participated with lot of gusto. The highlight of the occasion was a special bhanga performance by the talented students of The Learning Paths School, making the audience members join them in the celebration.

DP

## Talk By Ms Anju – Importance of Recycling

On October 5, 2016, Ms. Anju from Recycle with Us interacted with the students of LPS. She talked about the importance of waste paper. She told the students the difference between reuse and recycle. She told the students that the old magazines, newspapers, notebooks are not recycled, they are used for packaging, making paper bags and egg trays, etc. She said that only 20% to 25% of waste paper is recycled and the rest is mixed with trash/garbage which cannot be used for recycling. She told the students not to throw any waste paper in the garbage as it hinders recycling. She further added that though India has a lot of waste paper it is still one of the biggest importers of waste paper. The importance of recycling and reusing of paper was thus emphasized.



## Beyond Entrepreneurial Skills

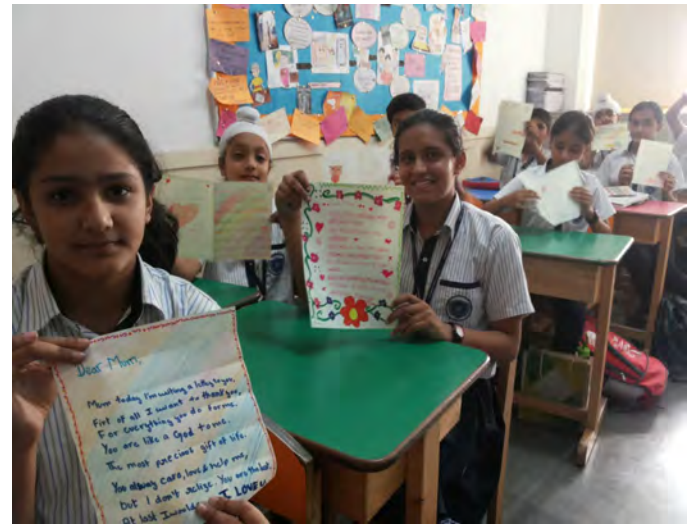
The students of the Interact Club have started a venture called Paper Bank. The venture uses old semi-used notebooks to create new notebooks and other stationery items. The initiative aims at sensitizing students towards the need of saving paper and the environment along with teaching them entrepreneurial skills



## CELEBRATIONS

### Card & Letter Writing –Mother's Day

The students celebrated Mother's Day on 4th May by making cards for their mothers. The students wrote a letter to their mothers and expressed their gratitude for all that they do. Classes VI and VII participated in the activity.



### Celebrating the Girl Child

The young interactors celebrated World Girl Child Day at Nishulk Vidyalaya, Jagatpura. The students gave away notepads, pink ribbons and some goodies to the girls of the school. They also talked about women empowerment which should begin with the women of tomorrow. The role of education is extremely important and goes a long way in empowering women.



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