



MANAV STHALI SCHOOL

R-Block, New Rajendra Nagar, New Delhi - 110060

April - June 2025

PART - 2

Manav Mirror



INTERNATIONAL DIMENSION
IN SCHOOLS AWARD
2022 - 2025

Mrs Mamta V. Bhatnagar

*Director and Founder Principal,
Manav Sthali School*

conferred with the prestigious

Life Time Achievement

Award '2025'

organized by 'Integrated Achievers' for her outstanding Professional Achievement and Inspiring Social Contribution at the **18th MSME Sustainable Business Leadership Conclave and Awards, 2025** held at Le Meridien, Connaught Place, New Delhi on 30th June, 2025.

The Certificate and trophy was awarded to her by Dr Abhishek Verma, Chief National Coordinator, Shiv Sena NDA Alliance and Elections at the 'Achiever's Award Presentation Ceremony'.



THE TIMES OF INDIA
Wednesday, 9th July, 2025



**Mamta V. Bhatnagar, Director & Founder
Principal, Honoured with Life Time
Achievement Award**



Manav Sthali School, R-Block, New Rajendra Nagar, takes immense pride in announcing that Mamta V. Bhatnagar, esteemed Director & Founder Principal, has been conferred with the prestigious Life Time Achievement Award 2025 by Integrated Achievers for her outstanding professional accomplishments and inspiring social contribution. The award was presented during the 18th MSME Sustainable Business Leadership Conclave & Awards 2025, at Le Meridien, Connaught Place, New Delhi. The certificate and trophy were awarded to her by Dr. Abhishek Verma, Chief National Coordinator, Shiv Sena NDA Alliance & Elections, during the Achiever's Award Presentation Ceremony. The occasion was graced by H.E. Thabang Linus Kholumo, Deputy High Commissioner The High Commission of the Kingdom of Lesotho and many key dignitaries. Her efforts have shaped thousands of young minds and continue to leave an indelible mark on India's educational landscape.



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HINDUSTAN TIMES
(Main Paper)
Wednesday, 23rd July,
2025

‘OUR MISSION’-to provide a congenial and safe environment that nurtures every child holistically into an empowered, compassionate and skilled Global citizen, ready to lead the nation to greater heights. We remain dedicated to a well-balanced development of each child- Physically, Intellectually, Creatively, Emotionally, Spiritually, Morally and Aesthetically.



Ms. Dipti A. Bhatnagar

*Principal,
Manav Sthali School*

has been awarded the

GLOBAL ACHIEVEMENT AWARD '2025

on 6th June' 2025 by

RIFACIMENTO INTERNATIONAL

for her singular dedication and
achievement in her profession.



Mrs Bhatnagar has been bestowed with a Certificate and a Trophy.

MANAV STHALI SCHOOL

*organized***EARTH DAY AND MANAV KALAKRITI - III**

Manav Sthali School, hosted Earth Day and the third edition of its Annual Interschool Painting and Clay Modelling Competition – Manav Kalakriti on 22nd April 2025. The dual event, held under the guidance of Director and Founder Principal, Mrs. Mamta V. Bhatnagar, was a spirited blend of creativity and consciousness, reinforcing the school's commitment to nurturing both environmental responsibility and artistic expression in its students.

To mark the celebration of Earth Day, the school organized a series of impactful green initiatives where in students participated in sapling distribution drives in the school and the surrounding neighbourhood, promoting the importance of afforestation. A plantation drive was conducted within the school premises to strengthen the message of nurturing green spaces. A unique Medicinal Garden Competition was also held, wherein the students creatively designed miniature medicinal gardens using a variety of healing plants. Classroom activities such as poster making and best out of waste were also organised as part of the celebration.

An Interschool On-the-Spot Painting and Clay Modelling Competition was held in the school premises, providing a vibrant platform for young budding artists from various schools, to showcase their talent and enhance their creative skills. Manav Kalakriti was conceptualized by Principal, Mrs. Dipti A. Bhatnagar, who firmly believes in organizing such events for the holistic growth of students—exploring new horizons of knowledge in



every area of human creativity, excellence and value system. Around 50 prestigious schools of Delhi NCR and approx. 360 students participated in the painting competition, which was divided into three categories - Junior, Middle and Senior.

Topics were given on the spot to inspire spontaneous creativity. Certificates of Excellence and medals were awarded to the prize winners, while special mentions and certificates of participation were given to all the participants. The competition was judged by an esteemed panel comprising Dr. Aradhya, a renowned Art Educator and Critic celebrated for her contribution to creative education and nurturing young talents. She was joined by Mr. Karamveer and Mr. Arbaj Khan, alumni of the prestigious College of Art, Delhi. Mr. Karamveer, from the Painting Department and Mr. Arbaj, who specialized in Applied Art, are the creative minds behind Oval Art Studio—a dynamic art collective that blends fine arts with commercial excellence.



The vibrant cultural programme was also held in the Auditorium showcasing soulful rendition of Guru Vandana by Rithvika of Class XI, expressing reverence and gratitude. A powerful Earth Day Presentation on the theme “Our Power, Our Planet” brought attention to the importance of global climate action and sustainable living. The school choir group then presented a melodious performance on “Apni Maati”, evoking emotional ties to our planet, emphasizing the urgent need for its preservation. This was followed by a poignant poem recital titled “Heal the Earth” by Ridhima Bajaj, which moved the audience with its heartfelt plea for environmental healing. Thereafter, the audience enjoyed the Piano recital by Aaron of Class XII and a thought-provoking Earth Day skit, which creatively depicted real-life environmental issues and solutions.

The student and teachers then took the Green Pledge, where they unitedly promised to protect and nurture the environment. The message of Earth preservation was further echoed in the dance presentation “Save Earth”, a vibrant and expressive performance that brought the theme to life through rhythm and movement.

This combined celebration of Earth Day and Manav Kalakriti – III reflected the school's holistic approach to education, that fosters artistic brilliance while building compassionate and environmentally aware global citizens.

Medicinal Plant Garden Challenge

On Earth Day, 22nd April 2025, a special activity called the Medicinal Plant Garden Challenge was held for the students from Primary to Class VIII. They participated in the challenge with great excitement and created small gardens using medicinal plants like Tulsi, Aloe Vera, Neem, Giloy and Brahmi. They also spoke about the uses of these plants and how they help in treating common health problems in a natural way.

This activity helped the students learn the importance of plants in our everyday life and gave them a chance to work with the plants, making learning so much fun. They imbibed the useful information about our traditional herbs used in Indian medicine since ages. The students also learned how these plants are easy to grow at home and how they help in staying healthy and stress-free.



To complete the challenge, students selected the plants, planned the garden layout, made small paths and signs, planted and decorated their gardens and took care of the plants by watering them regularly.

This activity was a wonderful way to celebrate Earth Day. It not only brought the students closer to nature but was also an effective step towards building a greener and healthier future.

RESULT MANAV KALAKRITI III 2025

JUNIOR CATEGORY

Painting

- First Position(I) - Amritansu Shri Palai-Springdales School, Dhaula Kuan
- Second Position(II) - Ishita - Adarsh Public School
- Third Position (III) - Mithi Samantha - Bal Bharti Public School, Ganga Ram
- Special Mention- Anika Aggarwal - Convent of Rani Jhansi

Clay Modelling

- First Position (I)- Nandika Garg- Venkateshwar Global School
- Second Position(II)- Aavya Goyal- Adarsh Public School
- Third Position (III)- Sourish Kamakar - Khaitan Public School
- Special Mention-
 1. Hanishka - Bharat National School
 2. Reyana Bhatia - Bhatnagar International Summit School

MIDDLE CATEGORY

Painting

First Position(I)- Tamanna Chanak - Faith Academy

Second Position (II) - Tie

1. Ritisha Chib - R-Block, MSS
2. Dhaani Bablani - Prudence School

Third Position (III)- Aaliya Dabas - St. Thomas Sr. Secondary School

Special Mention- Myraa Puri - Springdales School, Dhaula Kuan

Clay Modelling

First Position (I)- Harsh Vardan - Faith Academy

Second Position (II)- Priyansh Varshney - Bharat National Public School

Third Position (III)- Srishti - Srijan School

Special Mention- Janya - Brain International School

SENIOR CATEGORY

Painting

First Position (I)- Debjit Jana- Chowgley Public School

Second Position(II)- Anhad Deep- Bhatnagar International School

Third Position (III)- Shresht Mittal - Delhi Police Public School

Special Mention - Oas Dhiman - SD School

Clay Modelling

First Position (I)- Janhavi - Springdales School, Pusa Road

Second Position (II)- Aishwarya Baisla - Ambience School

Third Position (III)- Arya Raj - Airforce Golden Jubilee School

Special Mention- Priyanshi Bisht- St. Thomas Sr. Secondary School



**Times of India
(Students Edition)
24th April' 2025**

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SCHOOL SCOOP

THURSDAY, APRIL 24, 2025

School evokes emotional green pledge on 'Earth Day'

A vibrant celebration marking Earth Day and the third edition of the annual inter-school painting and clay modelling competition titled 'Manav Kalakriti' was organised at **Manav Sthali School, New Rajendra Nagar**. The dual event, held under the guidance of founder principal and director Mamta V Bhatnagar, was a spirited blend of creativity and consciousness, reinforcing the school's commitment to nurturing both environmental responsibility and artistic expression in its students.

Green initiatives for school students

To mark Earth Day meaningfully, the school held a series of impactful green initiatives where students participated in sapling distribution drives in the school and the surrounding neighbourhood, promoting the importance of afforestation. A plantation drive was conducted within the school premises to strengthen the message of nurturing green spaces. A unique medicinal garden competition was held, where students creatively designed miniature medicinal gardens using a variety of healing plants. Classroom activities were also organised including a poster making and a 'best out of waste' activity. An inter-school 'On-the-Spot' painting and clay modelling competition also took place that gave a great platform to young budding artists from various schools to showcase their talent and enhance their creativity.

Healing for earth

Manav Kalakriti was conceptualised by school principal Dipti A Bhatnagar. Around 50 schools of Delhi NCR and approx 360 students participated in the painting competition, which was divided into three categories - junior, middle, and senior. Topics were given on the spot to inspire spontaneous creativity. Certificates of excellence and medals were awarded to the prize winners, while special mentions and certificates of participation were given to all participants. The competition was judged by a panel headed by Anandhya, a renowned art educator and critic. She was joined by Karamveer and Arbaaj Khan, alumni of College of Art, Delhi. A cultural programme was also held that showcased a soulful rendition of Guru Vandana by Ritvik of class XI. A powerful Earth Day presentation on the theme 'Our Power, Our Planet' brought attention to the importance of global climate action and sustainable living. The school choir group then presented a melodious performance on 'Apni Maati' followed by a poem recital titled 'Heal the Earth' by Ridhima Bajaj that was a heartfelt plea for environmental healing, and a piano recital by Aaron of class XII. The event then moved to the solemn Green Pledge, where students and faculty vowed to protect and nurture the environment. The message of Earth preservation was further echoed in the dance presentation 'Save Earth' - which brought the theme to life through rhythm and movement.



Messages from
Mrs. Mamta V. Bhatnagar,
Director and Founder Principal, Manav Sthali School



MANAV STHALI SCHOOL

R-Block, New Rajendra Nagar, New Delhi - 110060
C.B.S.E. and International Primary Curriculum (U.K.)

Dear Students,

We are all witnessing the growing impact of global warming, and with temperatures soaring, the demand for water has increased significantly.

Water is undoubtedly our most precious natural resource. It is the foundation of life—essential for humans, plants, animals, and every living organism. Life on Earth depends on it. That is why I urge each one of you to use water responsibly and make conservation a daily habit. Our efforts today are not just for ourselves, but for the generations to come.

As proud **Defenders of the Environment** from Manav Sthali, I know you care deeply for Mother Earth. Let us continue to adopt eco-friendly practices and nurture an environment-conscious mindset. Together, we can build a healthier, more sustainable future.

Here are a few simple but powerful ways you can save water at home—please follow them and inspire your family, friends, and neighbours to do the same:

- ✓ Take bucket baths instead of using showers.
- ✓ Reuse water left after washing vegetables and fruits to water plants.
- ✓ Turn off the tap while brushing your teeth.
- ✓ Pour half a glass of water when thirsty—refill as needed to avoid wastage.
- ✓ Place a bucket under water purifiers to collect waste water—use it for cleaning or watering plants.
- ✓ Wash fruits and vegetables in a bowl instead of under running water.
- ✓ Regularly check for leaks and fix them immediately.
- ✓ Install water tank alarms and automatic water level controllers.
- ✓ Use a damp cloth to clean cars instead of a hose.
- ✓ Clean stairs and backyards using a bucket, not a running pipe.

Every drop matters. Every action counts.
Let us take this small but significant step—Save Water. Save Our Planet.

Have reverence for the precious gifts nature has given us. Cherish them. Conserve them. Let us all use natural resources wisely, so that tomorrow is brighter and better for everyone.

Warm regards,
Mamta V. Bhatnagar
Director



Appreciation for 100% Attendance Session 2024–2025



We take immense pride in acknowledging the students who have demonstrated exceptional dedication by achieving 100% attendance during the academic session 2024–2025.

Their commitment to regularity and punctuality is truly commendable. In a time where distractions and challenges abound, these students have shown remarkable discipline, responsibility and perseverance by being present every single day. Their consistent attendance is a reflection of their strong work ethic, respect for education and a sincere desire to learn and grow.

By maintaining perfect attendance, they have not only maximized their learning opportunities but also set a positive example for their peers.

We applaud their outstanding effort and encourage them to carry this spirit of commitment into all their future endeavours.

Congratulations to all the achievers!
Your consistency is inspiring!

- | | |
|-------------------|--------|
| 1. Namrit Arora | II-A |
| 2. Veeha Ailawadi | III-A |
| 3. Krishiv Pal | VII-A |
| 4. Raghav Chhabra | VII-A |
| 5. Atharv Maddan | VII-B |
| 6. Mohit Gambhir | VII-B |
| 7. Riya Vedwal | VIII-E |
| 8. Vaartik Arora | VIII-E |

CBP workshop “Educating Parents about Education”

Manav Sthali School organised a CBP workshop for teachers on the topic "Educating Parents about Education" on 12th April 2025 as per CBSE guidelines. The objective of the workshop was to enhance teacher-parent collaboration and understand the crucial role of parents in a child's educational journey.

The workshop was conducted by esteemed resource persons, Ms. Heemal Handoo Bhat, Principal of Hansraj Model School, Punjabi Bagh and Ms. Neha Bahuguna, Assessment Centre Head and TGT Army Public School. They shared valuable insights on effectively engaging parents, addressing their concerns and fostering a supportive learning environment both at school and at home.



The experts engaged the teachers in discussions and interactive sessions focusing on the importance of transparency in communication with parents, building trust and sharing constructive feedback. They emphasized on practical strategies for conducting effective parent-teacher meetings, handling difficult conversations and promoting shared responsibility for a child's development.

Teachers participated in activities and group discussions that highlighted real-life challenges and collaborative solutions in parent engagement.

The session aimed to empower teachers with effective tools and strategies to make education a shared and enriching journey for both the students and their parents.

MSS STANDS TALL WITH THE PEOPLE OF MYANMAR

Manav Sthali School has always believed in working for humanity and the society as it not only believes in academic excellence but also in fostering a sense of community responsibility and compassion.



The school organized a donation drive to support and help those in need in Myanmar. The students actively participated in the drive and we sent the first set of relief material to the Embassy on 4th April, 2025.

The Emabssy of Myanmar organized a Donation ceremony with many dignitaries like Ven A.B Gyaneshwar and Mr.H.E.Zaw Oo on 7th April, 2025 and awarded a certificate to our school, acknowledging the generous contribution made in the form of toiletries, eatables, blankets and medicines.

The Certificate ceremony was attended by the Principals, teachers and students from various prestigious schools of Delhi along with pharma companies who have generously donated for the noble cause.



HINDUSTAN TIMES (Pace)
Wednesday, 14th May, 2025



Matronae

Her warmth, her gentleness
her soothing voice, her tenderness.
All the things that left me bare
For which I never cared, Until they weren't there.
Her shyness, her slyness
The fierceness of her tongue.
Her words were sometimes hard and harsh,
Sometimes hushed in lullabies sung.
She was my reason for being,
The only one all knowing, my omniscient, best friend.
The way she guessed correctly.
Told me what I needed exactly.
Read my mind deftly, Gave me advice adeptly.
Our fights filled with repartee and teasing.
We found even the most mundane things amusing.
In my haste I forgot to breathe,
Chasing dreams while heart still grieves.
But in her words, so calm, so true,
I found the strength to start anew.
My flight or fight failed as her love prevailed.
The scurry of emotions engulfed me whole,
Losing her is now slowly taking it's toll.
It ended too quickly.
Our time together wasn't enough.
And now I am here picking up the pieces scattered around
ordering myself to toughen up.
I miss her embrace, her scent, her love.
But it's all just memories now.
I hope she's happy above.

Jahan Bhutani, Class 10 F, Manav Sthali School, Rajinder Nagar

Workshops



दैनिक जागरण

Tuesday, 8th April, 2025

बच्चे बिस्किट व चिप्स से रहें दूर, मोबाइल देखते खाने की आदत न डालें



जागरण संवाददाता, नई दिल्ली : बच्चों को बिस्किट और चिप्स से दूर रखना होगा। सुबह लंच बाक्स में उन्हें पोषक तत्वों से भरपूर भोजन देना होगा। जल्दी बनाने वाली वस्तुओं की आदत मां को बदलनी होगी। ऐसा भोजन तैयार करें जो स्वाद के साथ पोषक भी हो। बच्चों को खाना खिलाते वक़्त मोबाइल और टीवी से दूर रखना होगा। बच्चे का ध्यान दूसरी गतिविधियों में लगाने की जरूरत है। दैनिक जागरण की ओर से न्यू राउज नगर स्थित मानव स्थली पब्लिक स्कूल में विषय स्वास्थ्य जागरूकता कार्यक्रम में यह जानकारी दी गई। कार्यक्रम में



राजेंद्र नगर स्थित मानव स्थली स्कूल में दैनिक जागरण द्वारा आयोजित स्वास्थ्य मन स्वास्थ्य बचाने कार्यक्रम में सवाल पृथ्वी अभिभावक • जागरण

पहली से पांचवीं के अभिभावक व विद्यार्थी उपस्थित थे। इस दौरान अभिभावकों ने विशेषज्ञों से सवाल भी पूछे।

बच्चों को इंटरनेट गतिविधियों पर ध्यान रखें। कहीं वे साइबर बूली का शिकार न हो जाएं। उनके व्यवहार में परिवर्तन दिखे तो तुरंत उनसे बात करें, उन्हें सुनें व उनकी समस्याओं का समाधान करें। स्कूल पर समय ज्यादा बिताने से

कोरोना के बाद बच्चों का स्क्रीन समय बढ़ा : डा. सिमरत कौर



डा. सिमरत ने बच्चों के जीवन में मोबाइल फोन का अत्यधिक उपयोग विषय पर वर्क करते हुए कहा कि कोरोना के बाद बच्चों का स्क्रीन समय बढ़ गया है। बच्चे अब अपनी कक्षाओं की समस्या इंटरनेट पर ढूँढ़ने की लिए मोबाइल फोन का अधिक इस्तेमाल करने लगे हैं। वे अपनी सोचने की क्षमता का उपयोग ही नहीं कर रहे हैं। छह वर्ष से कम उम्र के बच्चे का दिमाग इतना तेज होता है कि बार से अधिक भाषा पढ़ने, लिखने व बोलने के लिए सीख सकता है। अभिभावक के तौर पर

हम भी उनके सवाल या समस्याओं पर विचार मंजूर करने की जगह इंटरनेट पर उत्तर ढूँढ़ते हैं। अभिभावकों में एक शिक्षक आम है कि भरा बच्चा टीवी या मोबाइल फोन देखे बिना खाना नहीं खाता है। फोन छिन लो तो रोने लगता है, लेकिन उनकी ये आदत ही किस्से? अभिभावक के तौर पर हमारी जिम्मेदारी थी कि हम उन्हें खाना खाते समय फोन या टीवी न चलते दें, लेकिन हमने ध्यान नहीं दिया। पहले खाते समय टीवी व मोबाइल दूर रखें। आठ वर्ष तक की उम्र के बच्चों के अंदर देख कर सीखने की आदत होती है। अगर हम रात में सोने से पहले पांच मिनट फोन देखकर सोने की आदत डालेंगे तो बच्चा भी यही सीखेगा।



दैनिक जागरण इस तरह के कार्यक्रम से समाज को जागरूक करने का कार्य कर रहा है। बच्चों के स्वास्थ्य और उनकी भलाई के लिए इस तरह की कार्यशाला का आयोजन किया जाना जरूरी है।

हम बच्चों के खानपान पर नहीं देते विशेष ध्यान



न्यूट्रिशनिस्ट डा. दीपिका भाटिया ने कहा कि बच्चा जब नौ माह गर्भ में रहता है तो हम उसकी बड़ी देखभाल करते हैं, लेकिन जब वह पैदा हो जाता है तो धीरे-धीरे हम ही उन्हें वाकनेट, टाफी या अन्य नुकसानदेह चीजें खिलाते हैं। उनके खानपान पर उतना विशेष ध्यान नहीं देते। आज 12 वर्ष का बच्चा भी मुमूह का शिकार है, क्योंकि उनके अभिभावक ने बच्चे के खानपान पर ध्यान नहीं दिया। उनकी बिस्किट व चिप्स लाकर दे दिए पर क्या वह सही चीज है? आप बच्चे के खाने के लिए ऐसी चीजें लाएं, जो उनके स्वास्थ्य को लाभ दें।



दैनिक जागरण इस तरह के कार्यक्रम से समाज को जागरूक करने का कार्य कर रहा है। बच्चों के स्वास्थ्य और उनकी भलाई के लिए इस तरह की कार्यशाला का आयोजन किया जाना जरूरी है।

दीपिका भाटिया, प्रधानाचार्य, मानव स्थली पब्लिक स्कूल

Career Counselling Workshop For Students of Classes XI and XII

The school organized an insightful and comprehensive Career Counselling Workshop for the students of Classes XI and XII on 25 April, 2025, to guide them in making informed decisions about their academic and professional futures. The session was conducted by Mr Amitendra Kumar, an

experienced career counsellor from Career Launcher who provided in-depth knowledge about a wide range of career paths, stream choices and college options.

The session was interactive and highly engaging, providing deep insights into the wide array of career possibilities available today.



CAREER
COUNSELLING



◆ **Workshop was Conducted by Eminent Speakers for Tourism and Fashion Studies**

A one-day workshop was organized for the students of Tourism and Fashion Studies on 29th April, 2025, to provide career guidance and counselling on various opportunities available in these dynamic industries.

The session featured eminent speakers and industry experts who shared valuable insights, career paths and real-world experiences.

The same was conducted by the following experts-

1. **Dr Nidhi Gupta**, Professor, Delhi University
2. **Ms Tanvi Dhingra**, a certified career coach with an experience of more than 17 yrs in education management and consultation .
3. **Ms Shikha from AAFT**, A Career Counsellor with an experience of more than 10 years in the education industry for different courses with specialization in the field of Hospitality, Fashion, IT and Animation in addition to an experience for foreign studies specializing in UK, Canada and Ireland.

The first half of the workshop focused on the tourism sector, where industry experts from leading travel agencies, hospitality firms and government tourism boards guided the students on:

- Career roles such as travel consultant, tour operator, tour guide, event coordinator and travel blogger. Importance of language skills, digital marketing and cultural awareness.
- Internships and certifications that enhance employability.

The second session focused on Fashion and its allied fields such as design, merchandising, styling, luxury brand management, fashion communication, etc.



Experienced designers and fashion entrepreneurs shared their journeys and stressed on the importance of:

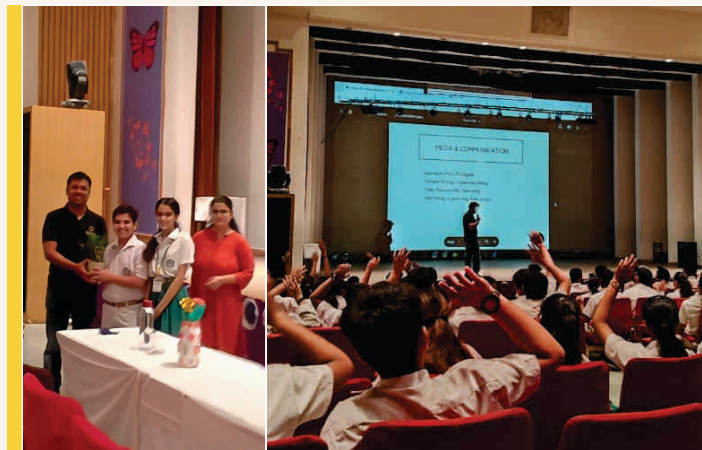
- Creativity, portfolio development and staying updated with global trends.
- Careers as fashion designers, stylists, fashion retail management ,merchandisers, visual merchandisers, fashion journalists and bloggers.
- Entrepreneurial opportunities and startup support.



The workshop concluded with an interactive Q&A session where the students received personalized guidance. Many expressed appreciation for the practical tips on course selection, internships and resume building.

The workshop created awareness and motivation among students to explore diverse career paths. The feedback forms indicated high levels of satisfaction and keen interest in such initiatives .

◆ HUMANITIES CAREER COUNSELLING WORKSHOP



Manav Sthali School Humanities department organized the Career Counselling Workshop on 2nd May, 2025, offering various career options and goals in Humanities stream.

The workshop was conducted by Ritesh Chawla, who is a seasoned education expert and Co-founder of RiarPro, a pioneering career guidance company. With over a decade of experience in the K-12 sector, he has successfully partnered with over 800 institutions across India.

Ritesh's passion lies in providing personalized career guidance to students, helping them navigate their academic journey from school to college. His mission is to establish RiarPro as India's leading career guidance platform, empowering students to make informed choices and reach their full potential.

- ◆ Key highlights -Career clusters in Humanities, Top courses after Class XII (for Humanities), skills making a person employable, Success stories like Reyansh Juneja (founder of Memotag)

◆ HINDUSTAN TIMES CAREER COUNSELLING WORKSHOP



Our resource person Mr Bhavesh Suryakant from Hindustan Times, who is also the founder of excellence educo, spoke to the students about how they can focus on the matters at hand while feeling poised, polished and powerful in every situation.

Key highlights of the workshop

- Difference between career and job, is that people enjoy their career.
- To make a decision for successful career we have to focus on four aspects:
 - Personality
 - Skills
 - Aptitude
 - Interest
- There are 6 types of personalities
 - Investigative people who ask why and are curious, they are better suited for being a lawyer.

Conventional people who are focused on the facts, suited for being coders and data scientists.

Artistic people who see designs and patterns in everything wide field, consisting of architecture, model development Logician, business minded people, good with numbers.

◆ On 1st May, 2025, a highly insightful and engaging career counselling session was conducted in our school auditorium, featuring Mr. Vivek Gautam, a distinguished professional with over a decade of experience in marketing and international relations. The session was organized to guide the students in exploring diverse career paths, aligning their academic strengths with real-world opportunities and making informed career decisions.

Mr. Vivek Gautam holds an MBA in International Relations and brings with him more than 10 years of professional experience across reputed organizations such as Panasonic, Whirlpool of India, OP Jindal Global University and currently, Bennett University. A leading expert in marketing, Mr. Gautam is well known for his skills in storytelling, brand launching and designing impactful marketing communications.



The session with Mr. Vivek Gautam was immensely beneficial and left a lasting impression on the attendees. His knowledge, warmth and clarity inspired the students to think critically about their future and to pursue their goals with confidence.

WORKSHOPS AND TRAININGS

attended by the teachers for enhancement of Teaching Skills

SNO	Date	Topic	Organised by	Venue	Attended by
1.	25.04.2025	Bhasha Prayogshala	NCERT	Online	Ms Subrata, Ms Mahima, Ms Vandana, Ms Ravinder
2.	12.04.2025	Educating parents about education	CBP CBSE	Manav Sthali School	70 teachers
3.	15.04.2025	Celebrating 50 yrs of Aryabhata	Nehru Planetarium	Nehru Planetarium Teen Murti	Ms Anushka
4.	17.04.2025	Teachers Training	Intach	Intach, Lodhi Estate	Ms Priya
5.	25 and 26.04.2025	Autism Spectrum Disorder	Amity University of Rehabilitation Sciences	Amity University	Ms Navdha Ms Dollsy
6.	25 and 26.04.2025	Conflict Management and Peace Education in schools	NPSC Conf	Air Force Auditorium	Ms Gurpreet Ms Pooja Jain

SNO	Date	Topic	Organised by	Venue	Attended by
7.	26.04.2025	Apparel	CBP CBSE	Khaitan Public School, Ghaziabad	Ms Monika B
8.	06.05.2025	Engaging parents: for successful Career and Journey	CBSE Schools and parents	Webinar	55 Teachers
9.	17.05.2025	Mastering Mathematics	Saar Publication	Bhatnagar International Foundation School	Ms Mansha, Ms Dollsy, Ms Shikha
10.	20.05.2025	Explore English	Saar Publication	Bhatnagar International Foundation School	Ms Manisha S, Ms Shruti, Ms Mani
11.	22.05.2025	Teachers Preparedness Safal and 21st Century Skills	NCF, NEP CBSE	Online	45 Teachers
12.	23.05.2025	CACA Workshop	Social Axiom Foundation	Manav Sthali School	70 Teachers
13.	23.05.2025	Environment Education	Ministry of Envir., GOI	Webinar	50 Teachers
14.	29.05.2025	Raising kids in New Age World	Mothers Against Vaping	India International Centre	Ms Mani Jain
15.	29.05.2025	Teachers Training prog in Fashion Studies	CBP, CBSE	Pearl Academy	Ms Monika B

◆ Heritage Day was organised at INTACH on 18th April, 2025. Ms Priya Seth participated in a One-day Teacher Training Workshop on India's Built Heritage, with focus on Delhi on Thursday, 17th April, 2025, at INTACH New Delhi.

The workshop offered ideas, suggestions and exercises for teachers to engage with their students on the above-mentioned theme with the support of INTACH divisions and heritage specialists. The workshop covered heritage and issues associated with protection.



Students Achievement

◆ **Shiney Sharma** of Class XI performed at the annual event of Rudraksh Trust, '**KATHAYATRA**', and was felicitated by the Honourable Chief Guest, Shri Jagdeep Singh Bedi, a renowned Sitar player.

She also received the **BALDEV RAJ SMRITI SAMMAN** for her outstanding contribution to the field of Kathak.



◆ **Cornelia Sorabji Inter School Moot Court Competition** was held at St. Thomas School on 7th May, 2025, whereby our school won the

1. Best advocate respondent
2. Best researcher

Under the Mentorship of Advocate Shikha Bhardwaj Jolly, students of the winner team comprised of:

1. Dhriti Bhatia - XII
2. Jaanya Jain - XII
3. Prableeb Kaur - XII



◆ MSS received a special mention in **INTACH** for the session 2024-2025.

The school also got Certificates for **FILMIT INDIA - Best Script and Best Cinematography award.**

Best Cinematography for the film '**QILA MUBARAK**' and Best Script for the film '**HAVELI OF MIRZA GHALIB**'

Students of Class X- B who contributed to the making of QILA MUBARAK

- | | |
|------------------------|-------------------|
| • Deepika Arora | • Yanshi Sharma |
| • Sibani Vaid | • Krishika Bansal |
| • Shristi Bhagchandani | • Navya Sharma |
| • Sifat Kaur | • Tanisha Jhamb |
| • Samika Dhawan | • Yashika Arora |



Students of Class X- F who contributed to the making of HAVELI OF MIRZA GHALIB

- Devvansh Khanna
- Aahana Kapoor
- Radhya Kapoor
- Advay Jain

Teacher Mentor – Ms Priya Seth



◆ **Ms. VRITIKA** a student of Class IX, successfully participated in the prestigious **Times NIE Summer Training Programme 2025**, conducted by The Times of India group.

This enriching programme aimed to develop and articulate, well-informed individuals through engaging journalism and media-related activities.

Vritika's involvement in the programme reflects her enthusiasm for learning, which drives her to successfully complete her well deserved certification.



Sports Achievements

◆ ASN SPORTS FEST' 2025

Manav Sthali Sports Teams shines at ASN Games Fest, held at ASN School, Mayur Vihar, Delhi from 21st to 27th May' 2025.

MSS won the First Runners Up award in overall sports along with Rs 50000/- prize money, handed over by the Honourable Chief minister of Delhi, Smt. Rekha Gupta.

In total MSS won

10 Gold, 3 Silver and 3 Bronze Medals

SHOOTING:

Individual Event Result

Shubham Rana - Gold Medal (U-17 Rifle Men),
Karan Chaudhary- Silver Medal (U-17 Rifle Men),
Simarti Kulthia - Gold Medal(U-17 Rifle Women),
Manasvi Sharma-Silver Medal(U-17 Rifle Women),
Tvisha Khanna- Bronze Medal(U-17 Rifle Women),
Vani Chauhan - Silver Medal(U-17 Pistol Women)

Team Event Result

Gold medal(U-17 Rifle Women): Simarti Kulthia,
Tvisha Khanna, Manasvi Sharma

◆ Gold Medal(U-17 Rifle Men) Shubham Rana,
Saarthak Arora and Kabir Singh

HINDUSTAN TIMES
Thursday, 15th May, 2025



SCHOOL REPORTS

Manav Sthali School, R-Block, New Rajendera Nagar, shines in sports c'ship

Showcasing their excellent talent and determination, the players of Manav Sthali School, R-Block, New Rajendera Nagar, secured the runner-up trophy and received a cash prize of ₹50,000 in the ASN Sports Championship 2025, held at ASN Senior Secondary School, Mayur Vihar, Delhi. The awards were presented by Delhi chief minister Rekha Gupta at the ceremony that celebrated the spirit of sportsmanship and excellence.

Achievements and team compositions for different events: (table tennis) four golds in team event and one gold in individual event. Under-14 boys team comprised Anant Gupta (Class 8-A), Hardik Kumar (7-C), Abhigyan Dubey (9-D) and Virvan Khanna (8-E). Under-17 boys team event: Vansh Parashar (Class 10-D), Lakshay Puri (10-G), Arnab Rawat (12-C), Amey Nitish Shanbhag (10-D), and Yashas Yagya (10-H). Under-14 girls team event: Grace Sukhija (Class 6-B), Siddhi Singh (7-C), Aarohi Chaudhary (7-C), Aditi Kalra (6-B, & Teisha Chib (8-F). Under-17 girls team event: Gunjan (Class 12-F), Dhani Jain (10-C), Pratigya (10-D), Aarna Ahuja (10-E), & Anika Kapoor (8-F). Individual event: Harshleen Kaur (Class 5-A). The school won a gold in basketball.

Under-17 girls team: Bhavya Bhasin (Class 12-D), Shivika Anand (10-F), Seerat Kaur (10-A), Ahana Sethi (8-A), Khushi Gupta (9-C), Chahat Arora (9-A), Drishti Goyal (10-A), Tanisha Khurana (12-D), Vidhi Gupta (10-C), and Devanshi Singh (10-A).

Shooting: The school won four golds, three silvers, and one bronze across team and individual events.

Under-17 rifle girls team event: Simarti Kulthia and Tvisha Khanna, both from Class 11, and Manasvi Sharma (Class 9). Under-17 rifle boys team event: Shubham Rana



First Runner Up Trophy and CP of ₹50,000 presented by Chief Minister of Delhi Ms. Rekha Gupta

Winners with School Principal Dipti A. Bhatnagar

The school continues to inspire & empower students to excel in various domains

and Sarthak Arora (both from Class 11) and Kabir Singh (Class 10).

Under-17 rifle individual event:

Simarti Kulthia (Class 11) won a gold,

Tvisha Khanna (Class 11) a bronze,

Manasvi Sharma (Class 9) a silver,

Shubham Rana (Class 11) a gold, and

Karan Chaudhary (Class 11) won a silver.

Under 17 pistol individual event:

Vani Chauhan (Class 11) won a silver.

Badminton: The school secured a

bronze in the team event. Dhruv

Goyal and Hridhaan Sukhija (both

from Class 7) and Vaibhav Dureja and

Aviral Agiwal (both from Class 8)

won a bronze in the individual badminton

event. Divyansh Goel (Class 11-B),

earned a bronze in the individual

skating event. The accomplish-

ments underscore the school's commitment to fostering athletic prowess alongside academic excellence.

Founder principal and director

Mamta V. Bhatnagar firmly believes

in the integral role of sports in holistic

education. Principal Dipti A. Bhatnagar

emphasised that participation

in sports instils discipline, nurtures a

competitive spirit, and builds confidence

among students. The school's state-of-the-art sports facilities and

dedicated coaching have been pivotal

in nurturing young talents, who

exemplify the institution's sporting

spirit. The school continues to inspire

& empower students to excel in various

domains, fostering a culture of

excellence and resilience.

TABLE TENNIS:

Gold (U-14 Girls Team): Grace Sukhija, Aaroohi Chaudhary, Siddhi Singh, Aditi Kalra and Teisha Chib

Gold (U-14 Boys Team): Anant Gupta, Hardik Kumar, Vivaan Khanna and Abhigyan Dubey

Gold (U-17 Girls Team): Gunjan, Dhaani Jain, Pratigya, Aarna Ahuja and Anika Kapoor

Gold (U-17 Boys Team): Vansh Parashar, Lakshay Puri, Arnav Rawat, Yashas Yagya and Ameya Shanbhag

Gold (U-10 Individual): Harsheen Kaur

BASKETBALL: Gold Medal U-17 Girls Team

BADMINTON: Bronze Medal U-14 Boys Team: Dhruv Goyal(7), Hridhaan Sukhija(7), Aviral Agiwal(8) and Vaibhav Dureja(8)

SKATING: Bronze Medal(Quads): Divyansh Goel

- ◆ Manav Sthali Table Tennis Girls Excel in All India Shreeram Table Tennis Tournament at Gurgaon from 4th to 8th April 2025.

Vanshika Mudgal of 12th Class won a Gold and Silver Medal in Un19 and Women's Category.

Dhaani Jain of 10th Class Won one Gold in Un 17 and won a Bronze Medal in Un19 Girls.



TABLE TENNIS



- ◆ Avisha Karmakar of Class 11 won a Silver medal at Khelo India Youth Games, held at Bihar, from 6th to 10th May 2025. Vanshika Mudgal(Class 12), Sudhanshu Maini (Class12) and Diya Brahmchary(Class 12) also participated in this tournament.



- ◆ Grace Sukhija of Class 6 won two Gold Medals (U-13 and Un15) in Prometheus Open Table Tennis Tournament, held at Prometheus School, Noida, from 19th to 20th April, 2025.



- ◆ Vanshika Mudgal of class 12 got selected by Food Corporation of India for a Stipend of Rs.18000 per month for the year 2025-2026.

◆ **Manav Sthali Table Tennis Players Shine in the 1st Delhi State Ranking Table Tennis Tournament** held at Bharti Public School, from 11th to 13th May, 2025.



- **Hardik Kumar** of Class 7 won a Gold Medal in U-13 and a Bronze Medal in U-15.
- **Vivaan Khanna** of Class 8 won a Bronze Medal in U-13.
- **Grace Sukhija** of Class 6 won a Silver Medal in U-15 and a Bronze Medal in U-13.
- **Siddhi Singh** of Class 7 won a Silver Medal in U-13.
- **Dhaani Jain** of Class 10 won a Bronze Medal in U-17.
- **Vanshika Mudgal** of Class 12 won a Gold Medal in U-19.
- **Sayanika Maji** of Class 12 won a Gold Medal in the Women's category.
- **Diya Brahmachari** of Class 12 won a Silver Medal in U-19.

◆ **MSS Table Tennis Players participated in the 2nd JBMS Open Table Tennis Tournament**, held at DDA Sports Complex, Pitampura on 17th May, 2025.



- **Kiara Kapoor** of Class 7 won a Gold Medal (U-13)
- **Samarth Sehgal** of Class 9 won a Gold Medal (U-15)
- **Shabd Mahajan** of Class 10 won a Gold Medal (U-18)
- **Muskan Sehgal** of Class 7 won a Silver Medal (U-13)
- **Teisha Chib** of Class 8 won a Bronze Medal (U-15)

◆ **Manav Sthali Table Tennis Players Shine at Delhi Games** organised by **Delhi Olympics Association** at Bharati Public School, Swasthya Vihar on 1st June, 2025.



- **Nyla Nasa** of Class 7 won a Silver Medal.
- **Aarohi Chaudhary** of Class 7 won a Bronze Medal.
- **Lakshay Puri** of Class 10 won a Bronze Medal.
- **Shreya Limye** of Class 11 won a Bronze Medal

Congratulations!
CHAMPION

SUDHANSHU MAINI

- ◆ Sudhanshu Maini of Class 12 won a **Gold Medal** in **WTT Youth Contender**, held at Ecuador, South America on 3rd April, 2025.
- ◆ Sudhanshu Maini of Class 12 won a **Silver Medal** at **WTT Youth Contender**, held at New York from 24th to 27th June, 2025.



HINDUSTAN TIMES (Main Paper)
Saturday, 19th April, 2025

International Table Tennis player Sudhanshu Maini, XI Wins Gold Medal in WTT Youth Contender at Ecuador

Manav Sthali School, R-Block, New Rajendra Nagar, felicitated International Table Tennis player & a Khelo India athlete Sudhanshu Maini of class XI for winning Gold Medal in WTT Youth Contender U-17 boys Title held at Ecuador, South America. Mamta V. Bhatnagar, Director & Founder Principal, Manav Sthali School firmly believes that sports play a very significant role in the overall development of a child along with excellence in academics. Dipti A Bhatnagar, Principal Manav Sthali School honoured Sudhanshu for his exceptional accomplishments which has made his parents, his alma mater & the country proud. Sudhanshu was given warm welcome by the young players of the school glorifying his achievements & accomplishments. Sudhanshu, with his whole hearted dedication has added many accolades to his name including this exemplary achievement. Sudhanshu Maini Gold Medal at WTT youth Contender Cuenca (Ecuador) in U 17 Boys category. The tournament is organized by WTT (world Table Tennis). Participants from various countries like Brazil, Peru, Ecuador, India, Chile, Colombia took part in this international world Ranking Tournament. Sudhanshu Maini is a top 50 world Ranked & amongst India top 5 player represented India Recently at Berlin & Czech republic WTT tournaments last month & has bought laurels to the country before as well. As per Sudhanshu, the playing conditions were very tough here at Cuenca being at high altitude of over 7500 ft. It's was very difficult to adjust yourself in this atmosphere, especially against local National players of Ecuador who were used to the climatic conditions. The semifinals & final match was a very close affair winning 3-2 to secure a Gold Medal.



दैनिक जागरण
Sunday, 13th April, 2025

सुधांशु ने वर्ल्ड टीटी यूथ टूर्नामेंट में जीता गोल्ड



सुधांशु मैनी

जागरण संवाददाता, नई दिल्ली: दिल्ली के सुधांशु मैनी ने इक्वाडोर के क्वेन्का में 1 से 4 अप्रैल के बीच आयोजित वर्ल्ड टेबल टेनिस यूथ कंटेन्डर टूर्नामेंट के अंडर-17 पुरुष वर्ग के फाइनल में मेजबान देश के बोरिस विलासेन को 3-2 से हराकर स्वर्ण पदक जीता है। इस अंतरराष्ट्रीय रैंकिंग टूर्नामेंट में ब्राजील, पेरू, इक्वाडोर, भारत, चिली और कोलंबिया सहित कई देशों के खिलाड़ियों ने भाग लिया था। सुधांशु विश्व रैंकिंग में टाप 50 में शामिल हैं और भारत के शीर्ष पांच खिलाड़ियों में से एक हैं। उन्होंने पिछले महीने बर्लिन और चेक गणराज्य में आयोजित वर्ल्ड टेबल टेनिस प्रतियोगिताओं में भारत का प्रतिनिधित्व किया था और वहां भी देश को गौरव

SCHOOL SCOOP

Felicitation for international teen table tennis star

Sudhanshu Maini, a student of class XI and international Table Tennis player from Manav Sthali School, R-Block, Rajendra Nagar, was recently felicitated for winning a gold medal in WTT Youth Contender U-17 boys title held at Ecuador, South America. School director and founder Mamta V Bhatnagar along with principal Dipti A Bhatnagar honoured Sudhanshu for his exceptional accomplishments. Sudhanshu was given a warm welcome by the young players of the school. The tournament, in which he won the gold, was organised by WTT (world Table Tennis) and participants from various countries like Brazil, Peru, Ecuador, India, Chile, Colombia took part in this international world ranking tournament. Sudhanshu is a top 50 world ranked and among India's top five players. "The playing conditions were very tough here at Cuenca being at high altitude of 7500 ft. But I played with a positive spirit and practiced 2 to 3 sessions every day before and after the match to quickly adjust & was ready to face the challenge from all participants," says Sudhanshu. The semifinals and final match were a tight contest but Sudhanshu managed to secure a gold medal despite the tough competition.

SHOOTING

- ◆ **Naamya Kapoor** won a Gold Medal in 25m pistol event in Khelo India Youth Games 2025 held at Bihar from 4th to 15th May, 2025. She won a Gold medal in 25m pistol event in 23 Kumar Surendra Singh shooting championship held at Bhopal on 24th April, 2025.



- ◆ MSS Shooters shine at 4th Champions Shooting Academy Championship held at Kalkaji from 31st May to 2nd June, 2025.



Harshita Rathi

Harshita Rathi (Gold Medal), Saina Chowdhary (Bronze Medal), Khushi (Silver and Bronze Medal), Kairavi (Bronze Medal), Mihir (Gold Medal), Kiasha (Gold Medal), Lakshita (Silver Medal), Arjun Singh (Gold Medal), Aarav (Bronze Medal)

- ◆ Harshita Rathi of Class 11 won a Gold Medal in 10m Air Pistol Sub Youth Women in Delhi Games 2025 held at Siri Fort Sports Complex, New Delhi from 31st May to 01st June, 2025.

- ◆ Riddhi Verma of Class 11 won a Silver Medal (10m air pistol team) and Bronze medal (10m air pistol individual) in the 5th Abhinav Shooting Championship 2025 held at Abhinav Shooting Sports Academy, Bahadurgarh, Haryana from 27th to 31st March, 2025.



Riddhi Verma

- ◆ **Hardik Bansal** won a Gold medal (mixed team) in Kumar Surendra Singh Shooting Championship 2025 held at Delhi Dr Karni Singh Shooting Range from 22nd April to 5th May, 2025. Hardik Bansal won a Bronze Medal (Individual) in Khelo India 2025 held at Dr Karni Singh Shooting Range from 4th to 15th May, 2025.



Hardik Bansal

- ◆ The 28th Delhi State Inter-School Shooting Competition 2025 was held at Dr. Karni Singh Shooting Ranges from June 25-27, 2025.

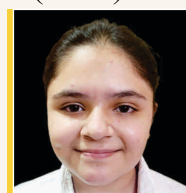
Inaya Khattoon (Class 11) won a Gold Medal in the 10m Air Rifle Peep Sight (NR) Youth Women.

Manasvi Sharma (Class 9) won the Silver Medal in the 10m Air Rifle (NR) Sub Youth Women.

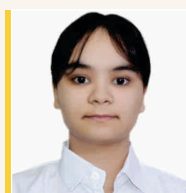
Harshita Rathi (Class 11) won the Bronze Medal in the 10m Air Pistol (ISSF) Sub Youth Women.



Inaya Khattoon



Manasvi Sharma



Harshita Rathi



Kanishk Sharma

MARTIAL ARTS

- ◆ Kanishk Sharma of XI-G won a Silver Medal (TANG SA DO, MARTIAL ARTS) and Bronze Medal (SQAY MARTIAL ARTS) in U-18 at Delhi Games 2025 held from 20th to 27th May, 2025.

SKATING

- ◆ 2nd Delhi open roller skating competition was held at DDA sports complex Pitampura on 25/04/2025. The over all trophy was won by Manav Sthali School R Block. MSS won 5 Gold Medals, 7 Silver Medals and 5 Bronze Medals.

1st position 300 metres race:

Siddhartha (Class 8), Divyansh Goel (Class 11), Shambhavi Sinha

(Class X), Prabhjee Singh (Class 11), Veeha (Class 4)

2nd position 300 metres race

Ishika Garg (Class 2), Naira Prahar (Class 5 IPC), Hriday Kapaniya (Class 9), Vedant Goyal (Class 8), Bhuvu Gupta (Class 8), Aaruhi Khanna (Class 6), Vaartik Arora (Class 9)

3rd position 300 metres race

Hanika Kaur (Class 4), Naksh Nischal (Class 9), Nitya Jain (Class 8), Prayan Khurana (Class 9), Shivanya Goswami (Class 5 - IPC)

