



# SAMASHTI



The Official Newsletter of Shantigram Vidhya Niketan School

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## MANAGER

FR. ABRAHAM JOHN

## Our Editorial Team

Dn. Shinu K. Thomas (PRINCIPAL)

Mr. Shijin S. Mathew

Mr. Alex V. Abraham

Ms. Norien Monachan

Ms. Nisha Anna Unnoony

 SHANTIGRAM VIDHYA NIKETAN 

### SCHOOL - REOPENING

(Online classes - starting from 15 - june, 2021)



ONLINE SESSIONS ON -  **zoom**

Powered by - EDUNEXT TECHNOLOGIES

**Back with a Bang**

- ▶ Online Activities
- ▶ Yoga Classes
- ▶ Special Computer Classes
- ▶ Art sessions
- ▶ Webinars



**Trial classes for everyone**  
(Till 30- june, 2021)

"This is a new year.  
A New Beginning.  
Let's hope that things will change"



# **PRINCIPAL'S DESK**



Dear Parents, Teachers and Students,

Greetings to all readers of Samashti from Shantigram Vidhya Niketan School!!!!

**“You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know.” — A.A. Milne**

We are battling with COVID-19 for more than a year now where many of our fellow beings have passed from this earthly life to eternity. The Vaccination drive has still not reached to its expected goal and thus putting the whole system in an uncertain position. The School stands with all those bereaved families in their pain and loss of their near and dear ones. We pray for a speedy vaccination drive across the nation. I take this moment to salute our doctors, nurses, healthcare workers, administrators in hospitals and health care centres working with affected cases and conducting tests in thousands of localities. We thank them for their restless, selfless and dedicated service. Let us remember their families too. We are also proud of the police and paramilitary forces, having long hours of duty for ensuring the safety of everyone around.

As we enter the new academic session of 2021-2022, let us learn, celebrate and share the goodness of education with all. Important activities and sessions were conducted during the past month. To name a few: Teacher's Orientation Programme, International Day of Yoga, and World Environment Day etc.... We have started the work of our School's new website and it will be launched in the month of July. The National Reading Month Celebrations is being organized from 19th June – 18th July, 2021. Our teachers have beautifully presented new books to our students through attractive learning videos to increase their awareness and interest about reading books.

I take this opportunity to thank our editorial and technical team for their hard work and for the successful completion of this edition. We have many more activities and learnings coming up. Let us make our student life a blessed one.

Principal

Dn. Shinu K Thomas



# UNITED NATIONS ARTICLE ON ECOSYSTEM RESTORATION

Ecosystem restoration means assisting in the recovery of ecosystems that have been degraded or destroyed, as well as conserving the ecosystems that are still intact. Healthier ecosystems, with richer biodiversity, yield greater benefits such as more fertile soils, bigger yields of timber and fish, and larger stores of greenhouse gases.

Restoration can happen in many ways – for example through actively planting or by removing pressures so that nature can recover on its own. It is not always possible – or desirable – to return an ecosystem to its original state. We still need farmland and infrastructure on land that was once forest, for instance, and ecosystems, like societies, need to adapt to a changing climate.

All kinds of ecosystems can be restored, including forests, farmlands, cities, wetlands and oceans. Restoration initiatives can be launched by almost anyone, from governments and development agencies to businesses, communities and individuals. That is because the causes of degradation are many and varied, and can have an impact at different scales.

For instance, degradation may result from harmful policies such as subsidies for intensive farming or weak tenure laws that encourage deforestation. Lakes and coastlines can become polluted because of poor waste management or an industrial accident. Commercial pressures can leave towns and cities with too much asphalt and too few green spaces.

Restoring ecosystems large and small protects and improves the livelihoods of people who depend on them. It also helps to regulate disease and reduce the risk of natural disasters. In fact, restoration can help us achieve all of the Sustainable Development Goals.

Photo by UN

*Credits: United Nations Environment Programme Website*



# **WORLD ENVIRONMENT DAY** **(5TH JUNE 2021)**

World Environment Day is observed on June 5th every year to spread awareness about the importance of nature in more than 150 countries. Due to the pandemic this year, Shantigram Vidhya Niketan School celebrated the Environment Day virtually. We shared the poster in all the class and Students and Teachers shared the pictures of the same.

The message about Environment Day was shared by the Class Teachers in all the class groups, videos and pictures were also shared.

These were the ideas of the students on World Environment Day :

The theme of this year's World Environment Day is Ecosystem Restoration. Pakistan will act as global host of the day. World Environment Day 2021 will see the launch of the UN Decade on Ecosystem Restoration.

Ecosystem restoration can take many forms: Growing trees, greening cities, rewilding gardens, changing diets or cleaning up rivers and coasts. This is the generation that can make peace with nature.

There has never been a more urgent need to revive damaged ecosystems than now. Ecosystems support all life on Earth. The healthier our ecosystems are, the healthier the planet - and its people. The UN Decade on Ecosystem Restoration aims to prevent, halt and

reverse the degradation of ecosystems on every continent and in every ocean. It can help to end poverty, combat climate change and prevent a mass extinction. It will only succeed if everyone plays a part.

Ecosystem loss is depriving the world of carbon sinks, like forests and peatlands, at a time humanity can least afford it. Global greenhouse gas emissions have grown for three consecutive years and the planet is one pace for potentially catastrophic climate change.

The emergence of COVID-19 has also shown just how disastrous the consequences of ecosystem loss can be. By shrinking the area of natural habitat for animals, we have created ideal conditions for pathogens - including coronaviruses - to spread.

As we know the ecosystem support all life on Earth. It is correctly said that the healthier the planet and its people. The objective of the UN Decade on Ecosystem Restoration is to halt and reverse the degradation of ecosystems on each continent and in every ocean. It may help to end poverty, combat climate change and prevent mass extinction.

With this big and challenging picture, the World Environment Day is focus in the ecosystem restoration and its theme is "Reimagine. Recreate. Restore."



# ARTICLES BY STUDENTS FOR ENVIRONMENT DAY

**-VAISHALI**  
( CLASS-IX )

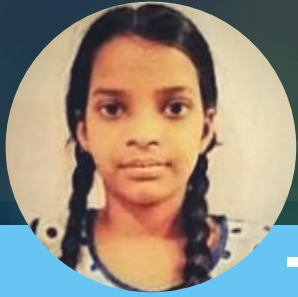


On the World Environment Day, we all take a day off from our work. And join various campaigns to spread awareness about environment protection. Moreover we all plant small saplings in a Barren land so that it may grow and flourish in the land area after some years. Also we take part in various activities to make people aware of this day, so that they can also be part in protecting our environment. Also, the students have to plant a sapling in their homes. This helped on getting practical knowledge further it also create an emotional attachment to the environment.



- BY VAISHALI (CLASS IX)

# ARTICLES BY OUR STUDENTS FOR ENVIRONMENT DAY



**-VANSHIKA**

( CLASS-IX )

World Environment Day is celebrated every year on 5th June to encourage global awareness for the protection of the environment. It is the United Nation's flagship program to deal with environmental issues like global warming, environmental pollution, marine pollution etc. It is a global event observed around 143 countries. The day is being observed since 1947 and since 1987 a host country is chosen to host a particular year's event. On Environment Day several activities are organized throughout the globe to raise awareness of the issues causing Environmental degradation.

- Vanshika (Class 9th)



**-KARAN**

( CLASS-IX )



Environment is the nature and surrounding in which all plant, animal human and other living being live and operate. It includes sunlight atmosphere land, water, plants, animal, sea life, minerals, different species and everything that occurs naturally on earth. Environment also provide us with several other natural resources that are very important natural resource that are very important natural resource are the resource that environment.

-Karan Yadav (Class 9th)

World Environment Day is the UN's most important day for encouraging worldwide awareness and action for the protection of our environment. Since it began in 1947, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries. Above all, World Environment Day is the "People's day" for doing something to take care of the earth. That "something" can be focused locally, nationally or globally; it can be a solo action or to involve a crowd where everyone is free to choose. World Environment Day is organized around a theme that focuses attention on a particularly pressing environmental concern.

- Khushboo Yadav (Class 9th)



**-KHUSHBOO**

( CLASS-IX )





**-KASHISH**  
( CLASS-IX )

# Shantigram Family Wishes *World Environment Day*

Do you want to know something?

## MOTHER EARTH NEEDS YOU

Protecting the planet is every person's job.

**BE IT BIG OR SMALL, YOUR ACTIONS MATTER!**



**World Environment Day is celebrated on 5th June. It is annual campaign run by United Nation Environment Program, to raise global awareness about Environment and nature, to protect the planet earth. Various activities are organized in schools and colleges to make it more effective. Activities like speech, quiz competition, essay writing, poster competition etc., help to promote awareness among people. Individuals can also contribute by planting trees, saving water, less use of electricity, save wildlife etc. We live on earth, so earth is our first home. It is our responsibility to keep it clean and green. The condition of our environment is declining day by day because of pollution and various human activities. We should promote eco-friendly development in our country to save the environment for future endeavors.**

**- BY KASHISH (CLASS IX)**



# **NATIONAL READING MONTH CELEBRATION** **( JUNE 19TH TO JULY 18TH )**

## **READING DAY PLEDGE (2021-2022)**

**Today I stand and pledge with full faith of my ability to grow through reading. I pledge to promote the development of my country through judicious reading of knowledge resources in print/ digital medium. I shall respect myself and others too. I shall shine the light of knowledge gained, to solve the problems I face as well the challenges affecting my country.**

**I realize that today we face multiple challenges, be it poverty, unemployment, pandemic, natural calamities, corruption, substance abuse, climate change, etc. I shall make reading a habit and be a solution to these challenges. I shall ensure best compliance to the legal framework of my country and shall strive for a secure and secular atmosphere. I shall strive to raise high, the value of knowledge, and the pride of my country with my thoughts, words and deeds.**



**\*June 19th is celebrated as National Reading Day in honour of P N Panicker, the Father of the Library and Literacy Movement in Kerala.**



# **REMEMBERING P. N. PANIKAR**

**P N Panicker**, the Father of Library and Literacy Movement in Kerala is an eminent personality, who was the pillar behind the socio-cultural rebirth in Kerala. P N Panicker Foundation, the mother organization of P N Panicker Vigyan Vikas Kendra was established during the Sathabhishek year (84th birth anniversary of P N Panicker).



P N Panicker laid the foundation of the holistic approach to human resources development, through the library and literacy movement he initiated and propagated in his life time.

Panicker led the formation of Thiruvithaamkoor Granthasala Sangham (Travancore Library Association) in 1945 with 47 rural libraries. The slogan of the organization was 'Read and Grow'. Later on, with the formation of Kerala State in 1956, it became Kerala Granthasala Sangham (KGS). He traveled to the villages of Kerala proclaiming the value of reading. He succeeded in bringing some 6,000 libraries into this network. Grandhasala Sangham won the 'Krupsakaya Award' from UNESCO in 1975. It became the Kerala State Library Council, with an in-built democratic structure and funding.

Panicker died on 19 June 1995, at age 86. The Government of Kerala acknowledged his contributions and ordered that 19 June be observed, annually, as Vaayanadinam (READING\_DAY) with a week-long series of activities at schools and public institutions to honor his contributions to the cause of literacy, education and library movement.

The Department of Posts honored Panicker by issuing a commemorative postage stamp on 21 June 2004. His birth centenary was celebrated under the auspices of the P. N. Panicker Foundation in 2010.

# BOOK REVIEW FOR NATIONAL READING DAY

-BY NISHA ANNA UNNOONNY

## *The Monk who sold his Ferrari*

The Monk Who Sold His Ferrari is a fiction by **Robin Sharma** (Canadian writer)

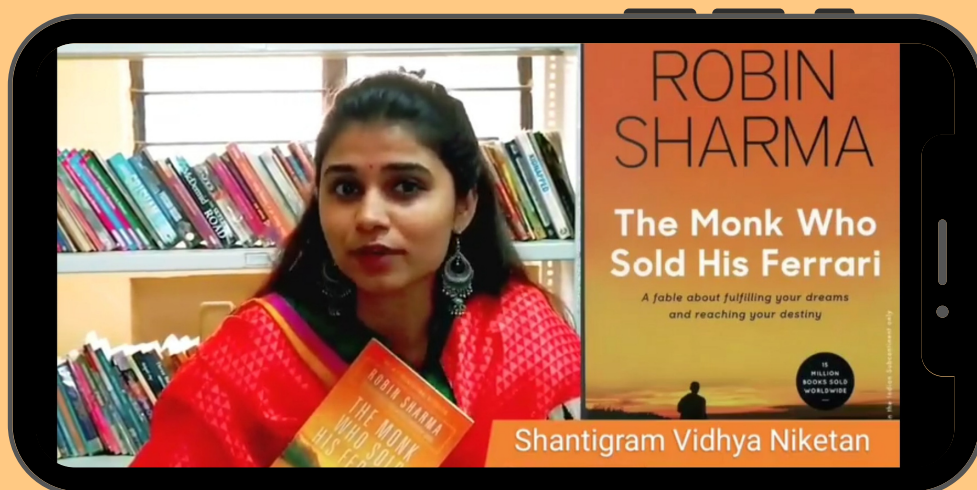
The book is written in the form of a conversation between two friends. Julian Mantle who is a successful lawyer but is full of tension and work pressure, who finally decides to leave his luxuries and baggage of past and goes to Himalayan Mountain in search of peace.

Core of the book is the 6 virtue of enlightened learning, learned from Himalayan across.

1. Master your Mind
2. Follow your purpose
3. Practice Kaizen
4. Respect your Time
5. Selflessly serve others
6. Embrace the present

It is surely must read book for everyone who thinks that they don't have enough time for anything, life is controlling them and days are just passing very fast. 'The monk who sold his Ferrari' is all about how to master yourself. There are no mistakes, only lessons, see setbacks as opportunities for personal expansion and spiritual growth.

If you really want to be inspired, I personally recommend this book. Little lessons fuel your inner and outer growth.



Please watch the full Book Review Video on our Instagram Page:

 <https://bit.ly/2UqVK2t>



# BOOK REVIEW FOR

## NATIONAL READING DAY

-BY DN. ROJAN GHEEVARGHESE

### A Quiver Full of Arrows

A quiver or a SHEAF is a container for holding arrows, bolts, darts, or javelins.

A Quiver Full of Arrows is a 1980 collection of twelve short stories by British writer and politician Jeffrey Archer.

From London to China, and New York to Nigeria, Jeffrey Archer takes the reader on a tour of ancient heirlooms and modern romance, of cutthroat business and kindly strangers, of lives lived in the realms of power and lives freed from the gloom of oppression. Fortunes are made and squandered, honour betrayed and redeemed, and love lost and rediscovered.

#### The First Miracle

Pontius Pilate, son of the governor of the Judea Province, is sent by his mother to buy three pomegranates and a chicken. In the town of Bethlehem he meets Joseph and Mary, just before the birth of Jesus Christ. He is mesmerized by the presence of Mary and offers all his food items to her. On the way back he sees the three wise men (the Magi) and give them the pomegranates. When he arrives home very late his authoritarian father demands the truth from Pontius and refuses to believe his story. His father whips him and sends him to bed. His mother is also reluctant to believe his story but when she comes to apply balm on his wounds, she discovers that all his wounds have miraculously healed. She walks out the room believing him.

This marvellous collection of twelve stories ends with a hauntingly written, atmospheric account of two undergraduates at Oxford in the 1930s, a tale of bitter rivalry that ends in a memorable love story.

Embracing the passions that drive men and women to love and to hate, the short stories in A Quiver Full of Arrows will captivate the hearts and souls of readers of everywhere.



Please watch the full Book Review Video on our Instagram Page:

 <https://bit.ly/3qU7gQ6>

# BOOK REVIEW FOR NATIONAL READING DAY

-BY MS. NORIEN MONACHAN

## MALGUDI DAYS

Malgudi Days, written by **R.K Narayan**, chronicles the lives of people in the fictional town of Malgudi. The stories, which share the lives of everyone from entrepreneurs to beggars, all take place in and near this Indian village. Thus the heart and the soul of that village is on display and we find it is a place where most people are haunted by illiteracy and unemployment. Yet despite the ubiquity of the poor many of the stories come across with humorous good-natured episodes of their lives.

Among the stories the reader meets an astrologer, a gatekeeper, and a young man yearning to pass the examinations. There are also animals including a forlorn dog who befriends a blind man and a ferocious tiger. More often a character's dreams or expectations do not lead to the results he desires. This keeps the reader guessing as to what the next story will show in the lives of people who become endlessly fascinating, if only for the reason that you have met them before in your own town. In his introduction R. K. Narayan observes that "I can detect Malgudi characters even in New York: for instance, West Twenty-third Street . . . possesses every element of Malgudi, with its landmarks and humanity remaining unchanged"

Through these tales the author, R.K Narayan, captures the readers' heart with his journey through the village of Malgudi and its' not so unfamiliar denizens.



Please watch the full Book  
Review Video on our  
Instagram Page:

 <https://bit.ly/3jWmTF5>



# **INTERNATIONAL DAY OF YOGA** **CELEBRATION ( 21-JUNE 2021 )**

International Yoga Day is celebrated on June 21 every year, to spread awareness about the important health benefits of practicing yoga.

In the leadership of Mr. Amarpal (P.E.T), Shantigram Vidhya Niketan School celebrated the International Day of Yoga. From 7TH OF June - 21st of June, Mr. Amarpal took the online classes. Poster, charts, essay writing competitions were held to encourage students.

On 21 June 2021, Prime Minister Narendra Modi will address an event and this year's theme is "Yoga for Wellness". PM Modi wrote on Twitter: "The theme this year is 'Yoga for Wellness', which focuses on practicing Yoga for physical and mental wellbeing." The Ministry of Culture will also celebrate the International Yoga Day at 75 cultural heritage locations across the country.

International Yoga Day is celebrated every year on 21 June to spread awareness about the important health benefits of practicing yoga. The word 'yoga' is derived from the Sanskrit language which means to 'unite' or to 'join'. Amid restrictions on mass gatherings and celebrations due to the COVID-19 pandemic, you can celebrate the day virtually by sending texts messages, quotations, slogans, etc. to your loved ones.

You can also celebrate the day by practicing yoga asanas with your friends and family virtually.

On September 27, 2014, Prime Minister Modi during his speech at the UN General Assembly laid the idea of celebrating a 'Yoga Day'. He stated that June 21 is the longest day in the northern hemisphere and shortest in the southern hemisphere, holding a special significance in most parts of the world. Also, from the view of yoga, the summer solstice marks the transition to Dakshinayana. The resolution proposed by India was up voted by 117 member states in the UN Assembly.

Yoga is practiced in India since the 5th century and helps in keeping the body and mind healthy. The different yoga poses make the body of the individual strong and flexible. In today's hectic life schedule, meditation or Dhyana is good for improving an individual's stability, peace and calmness. Amidst the COVID-19 pandemic, practicing yoga will also boost immunity, cure respiratory diseases, etc.

The UN proclaimed June 21 as International Day of Yoga by passing a resolution on December 11, 2014.

Although yoga has long been recognized as India's gift to the global culture of wellness, the official UN recognition came after a push by Prime Minister Narendra Modi in 2014.

Yoga for Harmony & Peace

# INTERNATIONAL DAY OF YOGA CELEBRATION ( 21-JUNE 2021 )

ONLINE YOGA CLASSES ARE NOW BEING CONDUCTED DAILY FOR ALL CLASSES IN THE MORNING SESSION OF ALL WORKING DAYS THROUGH 'ZOOM' PLATFORM BY OUR P.E.T MR. AMARPAL SINGH, AS A PART OF INTERNATIONAL DAY OF YOGA CELEBRATION 2021-22. HERE ARE SOME GLIMPSES OF THE SESSIONS.





# INTERNATIONAL DAY OF YOGA CELEBRATION ( 21-JUNE 2021 )

