



DYAL SINGH PUBLIC SCHOOL

SECTOR 7, KARNAL



NEWSLETTER

July 2025

Dear Students

In today's fast-paced world, we are witnessing a growing crisis that often goes unnoticed, our own health. With increasing dependence on junk food, sugary drinks and unclean street snacks, many of you are unknowingly putting your bodies at risk. The use of unhygienic eatables is not just a minor issue; it can lead to food poisoning, infections and long-term digestive problems.

But food is only one part of the story.

Irregular sleeping hours, excessive screen time, skipping meals and lack of physical activity are becoming common among students. These habits not only harm your physical health but also take a serious toll on your mental well-being. Anxiety, mood swings, lack of concentration and even depression are rising in young people, all due to unhealthy lifestyles.

It's time to take a step back and rethink.

Let's return to healthy eating, regular routines, enough sleep and outdoor activities. A strong mind lives in a strong body – and both need care.

Take responsibility for your health today. Your future depends on it.

Eat clean. Sleep well. Stay active. Stay aware.
Because you matter.

Warm Wishes

Shatabdee Tarafdar

Co-ordinator

CHECKMATE TO VICTORY!

Arpan Kashyap of Class VIII-D secured the 1st position in the Shoolini Under-19 Chess Tournament held in Solan District, Himachal Pradesh and 4th position in the 9th SCA Open Chess Championship held at Mohali. He was awarded a prestigious trophy along with a cash prize of ₹3100 and ₹1100 respectively for his remarkable performances and strategic brilliance.



SMASHING SUCCESS ON THE COURT!

Praneet Kaur Waraich of Class XI-D secured the 1st position in the U-17 category in the badminton tournament conducted by VICTOR and Padukone School of Badminton, held at Dehradun on June 21-22. She won a racket, medal, trophy and certificate.



TURNING WASTE INTO WONDER

Kunal and Avneet of Class X won the Third Prize in the Best Out of Waste Competition at **S.B.S** Senior Secondary School on 17th July 2025. The event fostered creativity and environmental awareness encouraging students to embrace sustainability through innovative reuse of waste materials. These students were prepared by Ms. Beenu, their Craft teacher.



WHERE WORDS FAIL MUSIC SPEAKS

Students of our school participated in the Inter-School Shabad Gayan Competition at **S.B.S.** Senior Secondary School and received certificates. The students were prepared by Ms. Upma Rajpal and Ms. Neelam Chaudhary.



INTER SCHOOL ENGLISH DECLAMATION

Saryu (XII) and Aaradhya Gupta (VIII) represented the school in the Sardar Balwant Singh Running Trophy Inter School English Declamation Competition held at **SBS** Sr. Sec. School. Their confident and impactful performances earned Certificates of Participation.



KNOWLEDGE IS POWER BUT ENTHUSIASM PULLS THE SWITCH

At the Elion Quiz 2025 held at Delhi University, Madhav (XII-B) and Karmanya (XI-B) of Team GOOGLE IT! secured First Position in the India Quiz segment winning a cash prize of Rs. 2000, showcasing brilliance, teamwork and competitive spirit whereas Akshat and Prishkrit (XII C) received participation certificate.



BRIDGING MINDS, BUILDING FUTURES

DPS Karnal MUN 2.0 engaged students from Classes VI-XII in stimulating global discourse. Participants showcased leadership and diplomacy across eight committees. The students under the able guidance of Mr. Shubham Pratap Singh (PGT History) and Ms. Suman Singh (TGT S.Sc) showed remarkable performance and received three best delegate awards out of eight delegates.

Best Delegate - AIPPM: Saryu XII-D

Best Delegate - NSC: Anushka Chauhan XII-B

Best Delegate - International Press: Madhav Taneja

Verbal Mention - UNGA: Dakshita Rana

The conference concluded with pride and purpose celebrating articulate and action-driven young minds.



REMARKABLE PERFORMANCE IN INTERNATIONAL COMMERCE OLYMPIAD

A total of 26 students from Classes XI and XII participated in the International Commerce Olympiad. Several students earned Merit and Excellence Certificates. School toppers Itie Gupta, Komudi Gupta and Aditya Jindal were awarded Gold Medals, Mementos and Excellence Certificates for their outstanding performance under the guidance of their mentor Ms. Deepika Dhamija (PGT COMMERCE)



FELICITATION CEREMONY– SILVER ZONE ENGLISH OLYMPIAD

The school honoured 23 students from Grades II to XI for their outstanding performance in the SilverZone English Olympiad. Principal Ms. Shalini Narang commended their efforts alongside teachers' Ms. Khushdeep Kaur(TGT English) and Ms. Anjali Sharma (PRT).



AIASC CAMPAIGN PARTICIPATION

Students Karmanya Sangwan and Bhavishya Mahajan of XI B took part in the AIASC campaign under the guidance of Ms. Praveen Kumari (PGT Physics). They learned to use Astrometrica software through a webinar, analyzed image sets from June 20 to July 16 and submitted reports. Though no moving objects were found, the experience was highly educational.



HONOURS AT NELTAS FOR EXEMPLARY LEADERSHIP AND COORDINATION

Principal Ms. Shalini Narang received the NELTAS Certificate of Excellence and Best Principal Award while Ms. Ambika Kapil and Ms. Kadambri were honoured as Best Coordinators for their dedicated contributions.



STELLAR PERFORMANCE IN NELTAS ENGLISH LANGUAGE EXAM

Out of 156 qualifiers, our students achieved top ranks in the NELTAS Grand Finale with 2nd and 3rd positions, multiple awards and certificates. Guided by Ms. Ambika Kapil and Ms. Kadambri, the success was supported by Principal Ms. Shalini Narang's encouragement.



THE ART OF WRITING IS THE ART OF DISCOVERING WHAT YOU BELIEVE

In the CBSE Budding Author Program (2024-25), students from Classes V to X submitted original stories in English and Hindi. Aimed at enhancing creativity, narrative skills and language proficiency participants received appreciation certificates for their imaginative contributions.



BE KIND, BE AWARE, BE RESPONSIBLE

A Moral Ethics & Awareness Session was held for Classes VIII - X. Ms. Savit Makkar (TGT English) highlighted the effects of bullying, body shaming and cybercrime on mental health. Principal Ms. Shalini Narang stressed kindness, digital responsibility, self-respect and standing up against injustice.



MAINTAINING HEALTHY BOUNDARIES

Class XII attended an insightful session by Ms. Heena Chaudhary (school counsellor) on setting respectful boundaries. Students learned the value of mutual respect, communication and personal space for emotional well-being, ethical conduct and academic growth.



ORIENTATION SESSION ON MODEL UNITED NATIONS (MUN)

Students of Classes VI to X attended an informative MUN session. They explored the UN's structure, key committees and developed skills in diplomacy, public speaking, critical thinking and research under Ms. Suman Singh's (TGT S.Sc.) guidance.



PODCAST: UNMASKING THE IMPACT OF SOCIAL MEDIA

Students of Classes IX and XI attended an insightful podcast exploring social media's effects-brain rot, anxiety, FOMO, cyberbullying, sleep disruption and addiction-raising awareness about digital wellness, mental health and responsible online engagement. The students were guided by Ms. Sudesh Manik and Ms. Savit Makkar. (TGT English)



PTA MEETING

A Joint PTA and PTA meeting for Classes VI to XII was held in the School Conference Room focusing on academic progress, college admissions and holistic development. The Principal, Ms. Shalini Narang emphasized meaningful living, green habits and traditional parenting earning appreciation from attending parents.



HANDWASH ACTIVITY AND HYGIENE AWARENESS SESSION (SWACHHATA PAKHWADA)

Handwash Activity for Nursery to UKG and an informative session for Class VIII students were conducted by the Municipal Corporation. Master Gurdev Singh's team demonstrated proper handwashing steps and educated the students about hygiene through engaging demonstrations and session..



INSPIRING CREATIVITY THROUGH CINEMA

Classes XI and XII watched 'Superboys of Malegaon' in the school auditorium. The film inspired students with its message of creativity, resilience and teamwork highlighting how passion can overcome challenges and transform ordinary efforts into extraordinary outcomes.



DIVING INTO FUN AND FRIENDSHIP!

Students of Grades I & II enjoyed watching 'The Magic Arch', an animated underwater film. The movie taught valuable life lessons on courage, friendship and using magic wisely. Children loved the vibrant sea creatures and danced joyfully to lively tunes.



A MAGICAL DAY OF WONDER AND LEARNING

A mesmerizing magic show by Mr. O.P. Sharma captivated Classes I to X with thrilling tricks, illusions and interactive performances sparking curiosity, creativity and joy among young learners.



BAGLESS DAY

First Aid Activity



Dental Checkup



Right Click Right Conduct



Pot Making



Lippan Art



Cushion Making



Jute rope magazine holder



Class X Tyre seating and map of India with cardboard and cloth



KIDS ZONE

*Crawling Together,
Growing Together*



Kanwad Making



Roof Making



JOYFUL CHOCOLATE DAY CELEBRATION BY PRE-PRIMARY WING

Banana Peeling



LET THE MANGOES RIPE AND UMBRELLAS DANCE!

The Monsoon Mango Fest for Grades I and II featured a mango-themed skit, ramp walk, umbrella drill and joyful dance performances. Students celebrated the season with creativity, rhythm and vibrant energy leaving lasting memories.



TEEJ CELEBRATION

CULTURE IS THE WIDENING OF THE MIND AND OF THE SPIRIT

The Pre-Primary wing celebrated Teej with a Solo Dance Competition for Nursery to UKG. Children danced joyfully, wore traditional attire, shared festive delicacies and learned the festival's cultural significance in a fun-filled environment.



FOSTERING COMPASSION THROUGH 'EK MUTHI ANAJ' ACTIVITY

To mark Haryali Teej, students of Classes III-V participated in the 'Ek Muthi Anaj' activity by contributing grains. The initiative promoted values of sharing, empathy and sustainability, fostering social responsibility and cultural awareness among the young learners.



A VIBRANT DISPLAY OF CULTURE AND JOY

The festival of Teej was celebrated with great enthusiasm and cultural fervour in our school for Classes VI to VIII. The event provided students with an open platform to express their talents and creativity.



INTER -HOUSE FOLK DANCE COMPETITION CELEBRATES CULTURAL DIVERSITY



A vibrant Inter-House Folk Dance Competition saw students of Classes IV and V performing folk dances from across India in Inter - House Dance Competition. The students were judged on expression, costume and impact. The event celebrated unity in diversity.

MRINALINI RAWAT SHINES IN TAEKWONDO CHAMPIONSHIP



Mrinalini Rawat of Class VI-A bagged the Gold medal in the Sub-Junior Under 47kg category at the Asmita Taekwondo League 2025-26 organised by Khelo India from July 25-27 at Kurukshetra.

VICTORY FOR U-19 BOYS' TEAMS



**Dyal Singh Public School
Sector-7, Karnal**

The Principal and Staff congratulate the School Volleyball Team on winning the Gold Medal at the Zonal Tournament.



**Dyal Singh Public School
Sector-7, Karnal**

The Principal and Staff congratulate the School Badminton team on winning the Gold Medal at the Zonal Tournament.



Under-19 Boys' Volleyball and Badminton Teams bagged the Gold medal in the Zonal Tournament. Their exceptional teamwork, determination and sportsmanship brought pride to the school under the able guidance of Dr. Virender Singh.

TRAINING/WORKSHOPS

EMPOWERING EDUCATORS, ENABLING EXCELLENCE

On 4th-5th July 2025, Principal, Ms. Shalini Narang and Mr. Vinod Kumar Pandey (TGT Hindi) participated in the 2-Day ToT Certification Course organized by ISTM and CBSE. The training emphasized NEP 2020, SMART objectives, competency-based learning and ethical facilitation-equipping educators to lead transformative, learner-centric professional development.



EMPOWERING YOUTH BEYOND CLASSROOMS

Ms. Nitasha Chawla (PGT Economics) and Ms. Heena Chaudhary (school counsellor) attended the two-day National Award Leader Training Workshop by IAYP India, focusing on skill development, leadership and mentoring. The hands-on sessions enriched educators to guide students through Bronze, Silver and Gold Award journeys effectively.



MENTORING THE DIGITAL GENERATION SAFELY

Mr. Nikhil Sharma (PGT Computer) and Ms. Veena Narula (PRT Comp.) attended the CBSE DLD session on 11th July 2025 at Pratap Public School, Karnal. Focused on Cyber Security, the expert-led workshop empowered educators to become cyber mentors, promoting safe, responsible digital practices among students.



TAKE CARE OF YOUR BODY, IT'S THE ONLY PLACE YOU HAVE TO LIVE

An enlightening session on healthy living by Ms. Mansi Popli empowered staff to embrace mindful habits, holistic wellness and lifestyle changes for a pill-free, energetic life through practical tips like the "9 to 1 Rule" and Ayurvedic principles.



SAFETY IS NOT JUST A SLOGAN, IT'S A WAY OF LIFE!

Ms. Deepa Arora from the Road Safety Department conducted an impactful session on traffic rules. Emphasizing helmets, seat belts and responsible driving, the session empowered teachers to promote and model road safety awareness effectively.



EDUCATING THE MIND WITHOUT EDUCATING THE HEART IS NO EDUCATION AT ALL



On 16th July 2025, an In-House Life Skills Capacity Building Workshop led by Ms. Ambika Kapil (PGT English) empowered teachers with essential thinking, social and emotional skills, enhancing classroom communication, self-confidence and holistic student development through interactive sessions and real-life application strategies.

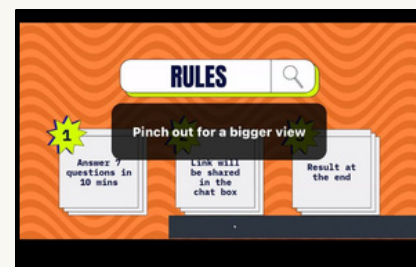
EXCELLENCE IS NOT A SKILL, IT IS AN ATTITUDE

Acharya Pawan, a renowned motivational speaker and life coach, conducted an impactful session titled "GOOD TO G.R.E.A.T." for students of Classes IX to XII. Through his dynamic presentation he shared practical strategies focused on self-assessment, disciplined study and mindset transformation aiming to empower students to elevate their academic performance and personal growth from good to great.



WEBINAR ON "VALUE YOUR VIRTUES"

An inspiring webinar titled "Value Your Virtues" was conducted by Dhyan-Kaksh, Satyug Darshan Trust via Zoom, focusing on the Humanity Olympiad, spiritual awareness and value-based participation for students and teachers.



TEACHERS TRAINING WORKSHOPS

Teachers actively participated in various offline and online sessions conducted by CBSE and leading publishing houses. These sessions aimed to enhance subject expertise, update pedagogical skills and empower educators with innovative strategies for effective teaching and learning.



ASSEMBLIES

HONOURING HEROES :
KARGIL VIJAY DIWAS
- IV A



CELEBRATING THE SPIRIT OF
EQUALITY AND HOPE
V E



WONDERS OF NATURAL
WORLD
-VIII A



BEAUTY OF SETTING AND
ACHIEVING GOAL
-VIII B



THE IMPACT OF SOCIAL
ISOLATION ON MENTAL
HEALTH - VIII C

THE IMPORTANCE OF
GRATITUDE IN DAILY LIFE-
VIII D



SMALL STEPS TOWARDS A GREEN
EARTH
- XI B

DIGITAL DETOX- XI D

