



A dream school in the lap of nature.

Sunbeam Suncity

Herald

A Newsletter By Sunbeam Suncity (School & Hostel), Varanasi

● ● ● January-February 2015

66th Republic Day

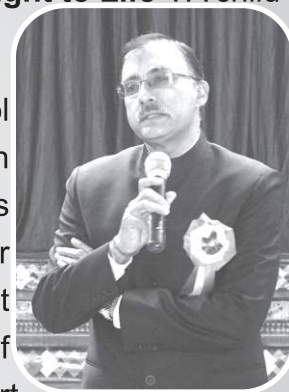
The 66th Republic Day was celebrated with great zest and pride at Suncity. The Chief Guests for the occasion, Mr. Deepak Madhok, Chairman of the Group along with Mrs. Pratima Gupta, the Asst. Director marched in to the atrium on the drum beats and hoisted the National flag which was followed by the National Anthem sung by everyone present in the atrium.



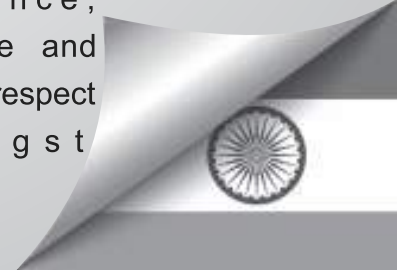
The theme for this year's celebration was "**Right to Life**". A child is the message to the future we will not see.



The cultural programme began with the school choir singing patriotic songs after which choreography on patriotic songs was presented by students of Junior and Senior School. The anchors of the program read out the Preamble and reiterated the importance of fundamental rights and duties. The Support Staff of the school presented a Mass Drill. Paintings on the harmony of nature were presented to the Chairman & Asst. Director which will later on adorn a wall in the School. The program culminated with the Chairman & Asst. Director's address in which they amply stressed on



the importance of peaceful co-existence, tolerance and mutual respect amongst people.



Dasvidaniya- all the world's a stage...

Farewell Ceremony on 4th Feb, 2015

The usually pristine, calm and inviting school campus of Suncity donned a new hat of eclectic eccentricity as students threw a grand farewell to the outgoing batch of session 2014-15. The theme of this year's celebration centered around a circus which mirrors all the shades of human emotions yet retaining the core values of discipline, duty, devotion, compassion etc.



The radiantly dressed boys and girls entered the atrium on the medley, as the students welcomed them with warm smiles and flower shower. Thereafter the gathering was joined by the guests- the Chairman, the Director and other members of the board as the anchors extended welcome note in their honour. The ambience was dexterously designed by the art department to look every bit a replica of an original circus. As the curtains opened, the audience were served a musical delight of soft rock music which was followed by a couple of awards to the students. Two choreographies stole everyone's attention completely and the acrobatic moves of the dancers left everyone spellbound. Time seemed to have stopped ticking as the audience got absorbed in the program and award distribution, chief of which were the APJ Abdul Kalam Award for Best In Leadership, Icons of Inspiration, Mr. and Ms. Sophisticated and the Ace Sunbeam Award. In her address the Asst. Director stressed on the importance of adopting a positive approach in life as this mantra gives one the courage to face the challenges that life brings forth. A rap performance also enthralled the audience. The culmination bonanza was a song medley initiated by the students and joined by the teachers, a few admins and finally by Chairman and Director along with the Asst. Director who floored everyone with their ease in crooning. The gala ended with the address of the Chairman and Director who reiterated the values of Sunbeam, wished the students good luck and a happy fulfilling journey forward in life.



The principal and Vice-Principal also blessed the students for a joyous, fulfilling and peaceful life ahead.



Health & wellness club exhibition

The Health & Wellness Club of Sunbeam Suncity organised an exhibition on 7th Feb, 2015 in the School atrium. The exhibition was inaugurated by Mr. Ashish Rai, Hostel Administrator-Suncity. Children from Classes VI-VIII had put up stalls displaying various ways and means that can be adopted to achieve a fit & healthy body. The detailed charts on food and nutrients, yogasanas, exercises in varied forms, use of medicinal plants in treating certain diseases etc., were very informative.

Children also showed how weight training is done with various instruments; a corner was dedicated to a bunch of children performing yogasanas; few children performed zumba dance too.

The students were asked a variety of questions by Ashish Sir and they gladly answered them with ease.

The teachers responsible for the exhibition- Mr.S.K.Dwivedi, Ms.Carol Henrick, Ms.Preeti, Mr.Lokesh Sharma, Ms.Priyanka Philip, Mr.Akhilesh Dubey & Mr.Divya Prakash, were assisted by the Activity Co-ordinators-Mr. Abhinav D. Pandey & Ms. Reema D. Roy, who left no space for any flaw and ensured the success of the exhibition.

Mr. Ashish Rai commended the efforts of the teachers & students.



Kashi Games

Kashi Games was held at Sigra Stadium, Varanasi from 28th January to 30th January, 2015. In Chess & Skating, Suncity Sunbeams lifted a number of prizes. The medal tally included 7 Gold Medals, 11 Silver Medals and 2 Bronze Medals

Kashi Games Varanasi at Sigra (28th Jan. to 30th Jan. 2015)

1. Chess

Boys

SR.NO	Student's Name	Class	Sec	Result
1	Raja Babu	4	B	Gold
2	Kartikeya Verma	8	C	Gold
3	Ayush Patel	4	B	Gold
4	Adarsh Kumar	4	B	Silver
5	Ashish Kumar	9	B	Silver
6	Ayush Gupta	9	B	Silver
7	Kabir Anand	4	B	Silver
8	Ashish Kumar	4	A	Silver
9	Pulkit Verma	8	B	Silver

Girls

SR.NO	Student's Name	Class	Sec	Result
1	Riya Kumari	5	B	Gold
2	Ushaan Samridhi	5	B	Gold
3	MUSKAN RAJ	6	A	Silver
4	Manisha Patel	8	A	Silver
5	Mauli Seth	7	C	Silver

2. Skating

SR.NO	Student's Name	Class	Sec	Result
1	Ansh Narayan Dubey	5	B	Gold
3	Rohit Kumar Verma	6	D	Gold
5	Harsh Kumar	6	C	Silver
2	Ayush Raj	6	F	Silver
4	Rahul Raj	6	B	Bronze
6	Md. Arif Khan	6	A	Bronze



Self Defense Session with Vikram Kapoor

In a world which is in constant strife between the good and the bad and so many incidences of child exploitation occurring regularly across the world, it appears all the more imperative to ensure safety measures for children and give them the required skill to fight and counter threats of any kind when they are on their own. We were glad to have Mr. Vikram Kapoor, India's famous Martial Artist and Trainer of repute (he is known to have groomed Rani Mukherjee for her role in "Mardani") on 9th Jan, 2015 in our midst, who did a lecture- demonstration for one and half hour for the children of classes of VIII, IX and X in the school atrium. The session proved extremely beneficial for the children as Mr. Kapoor showed a number of tactics which anyone could easily use in the face of some danger and avert such dangers easily. Mr. Kapoor through his demonstration and lecture, laid stress on the fitness of mind and body and urged the children to take up martial art training which would not only give them the tool to keep themselves safe but would also give them sharper reflexes, and make them smarter individuals. The children asked a number of questions and expressed their gratitude to the management for giving them an opportunity to interact with Mr. Kapoor.



Useful Examination Tips

How to prepare for exams is a big question. Here are a few preparation tips to help students ace in exams:

Good Time Table-Tough subjects should be given more hours

Lose that Fear- Fear and stress become an obstacle in getting high percentage.

Where to Study?

The answer is very simple-study in a place where you feel comfortable or any place where you find a quiet ambience.

Don't Cram, Make Notes

Have faith and trust yourself-Students should pray well before the exam

Sleep and Eat Well- Students need 6-8 hours of sleep a day and must eat well.

Time to Study- Brain is most active between 5 am to 8 am and 7 pm to 11 pm.

Use Creative Techniques- Convert your chapters into various types of games such as repetition, flash cards and mnemonics.

Write Neat and Present Well- This helps in scoring better

Staff of the Month



M.A(Eco),B.Ed

Rita Mukherjee- A popular teacher ,respected for being soft spoken and impeccable English, Ms.Rita Mukherjee has earned her rightful place at Suncity. She loves taking initiative and motivates the children equally to be proactive and participate in different activities besides being diligent in their academics.



M.A,Ph.D

Neelam Rai- A very jolly, hardworking and efficient teacher, Ms.Neelam Rai enjoys all the tasks entrusted to her. She ensures her course completion on time and satisfies every student's academic needs.

Warden of the Month



B.A

Veena Singh- A very honest, diligent and hardworking warden , Ms.

Veena Singh is known for being a strict disciplinarian of her block. She is respected for her professional ethics. We are proud to have a warden like Veena ma'am.