

NEWS FLASH

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EDITION 45

NOVEMBER 2025

ST. MARY'S SCHOOL, DWARKA

PRINCIPAL'S DESK



Be kind to your mind and body— it's been fighting battles you can't always see.

The Annual Day was a resounding success, serving as a memorable milestone of the academic year. The event underscored the significance of mental health, resilience, and empathy in students' lives. Through thoughtful performances and engaging presentations, it insightfully conveyed the message of nurturing one's inner world while extending compassion and support to others. Academic focus now takes precedence, especially the Pre-Boards classes X and XII just around the corner.

In today's world, increasing instances of anger issues and emotional distress have been identified as areas of concern. The School is proactively addressing these through counselling sessions and awareness programmes designed to help students express themselves constructively and manage stress effectively. The school reiterates its zero-tolerance policy toward bullying, ensuring that every student feels safe, respected, and supported. Workshops on 'Safe and Unsafe Touch', especially in the Junior Wing, have been conducted to help young learners build a foundation of safety, trust, and emotional awareness.

In alignment with the school's holistic vision, various value-based programmes and initiatives continue to strengthen teamwork, collaboration, respect, and sensitivity among students. The school has also integrated the initiative 'Ek Bharat Shreshtha Bharat' to encourage the students to appreciate India's cultural diversity, linguistic richness, and spirit of national unity.

While academics and value education move forward hand in hand, the school remains mindful of students' physical well-being. With dengue and typhoid cases on the rise, we have taken necessary actions by ensuring a clean campus, conducting regular fumigation, and spreading awareness about preventive care. Parents must take all necessary preventive measures at home. Due to the escalating levels of pollution, kindly ensure that students wear N-95 masks for their safety.

Learning at school must be reinforced at home so that it evolves into a belief system among students. We urge parents to engage actively in their child's life—not merely as caretakers enforcing discipline, but as empathetic guides who strike the right balance between freedom and responsibility. The themes showcased on our Annual Day were not meant to end on the stage; they are invitations for parents and guardians to speak openly about emotions, anxieties, and the silent pressures students grapple with each day. A simple daily check-in, a patient ear, or a gentle conversation is all they need, and it will strengthen the bond you have with your child forever. Our synchronised efforts, understanding, and sensitivity will create a safe space for them. We cannot raise our children the way we were raised; they are growing up in an entirely different world—one that demands understanding, communication, and emotional connection as much as guidance and structure.

Let's build a world for our children where learning is joyful, minds are curious yet balanced, and hearts are kind.

God Bless

Principal

AWARDS AND ACHIEVEMENTS

12.09.25: Our school has been recognized as a Microsoft Showcase School for the fifth consecutive year, for its commitment to digital innovation and excellence in education. This year, over 60 educators have earned the **Microsoft Innovative Educator Expert badge**.



20.09.25: Mr. Kewal Krishan Rai was conferred the **Best Preceptor Education Excellence Award 2025** by educationkhoj.com and Agilo Foundation in recognition of valuable contribution as a Physical Education teacher.



Maanvik Mittal (Std IX) was conferred the **Student of the Year Award** for the academic session 2024–25 by Times NIE, in recognition of his exemplary performance and all-round excellence.



18.07.25 Niranjana Manoj (Std. V) won the third position in the **International Abacus Competition** held in Malaysia.



22.09.25: 166 students from Std. II-V participated in the 'Spell Well' competition held on 19th August 2025. Their commendable performance earned the school the prestigious **Editor's Citation Award** for the best-performing institution at the event. Our students secured 9 gold, 9 silver, and 13 bronze medals.



AWARDS AND ACHIEVEMENTS

Aaron Prahladan (Std. IV) won multiple awards and medals in skating in different categories.

Gold Medal :

1. Speed Skating Inline category-Tri-State Interschool open International Roller Skating Championship held at Gurugram.



2. Speed Skating Inline-Delhi Sports Academy & Roller Hawks Delhi Sports Academy Skating Championship, Dwarka International School.

3. Independence Cup Inter School Roller Skating Road Race Championship, Dilshad Garden, Delhi.

4. Open National Record Championship, DRS Academy, Dwarka.

5. Amateur Roller Skating Federation of India Championship, DRS Academy, Dwarka.

Silver Medal: The Glide to Glory Skating Cup, DDA Sports Complex, Dwarka
Bronze Medal:

1. Summer Skating Talent Hunt Championship, Happy Model School, Janakpuri, Delhi.

2. National Open Roller – Skating Championship, National Bal Bhavan, ITO, Delhi.

11.01.25: Our students have showcased remarkable academic excellence in the **SOF Olympiads**, earning 144 gold medals across various subjects:

Medals of Excellence included:

Mathematics: 38

Science: 32

English : 27

General Knowledge : 21

Social Science: 3

Computer Science: 12

Medals of Distinction included:

Mathematics: 4

Computer Science: 4

Social Science: 2

10.05.25 & 14.06.25: Toshi Sharma (Std IX) won the silver medal in **Karate** at the **National Level**, and gold at the **State Level**.



27.07.25: Yuvan Rana (Std VIII) won the gold medal in **Jiu-Jitsu** in **Delhi Games 2025** organised by **Delhi Olympic Association** held at Talkatora Stadium.

He also won the silver and bronze medals in **Delhi State Karate Championship** in grappling and fighting category.



30.07.25: Mishika Vashisht (Std. VIII) secured the second position in the **Young Picasso Art Competition** held at St. Thomas School, Dwarka.



31.07.25: Hansika Bhatti (Std. XI) and Meenal (Std XI) secured the third position in **Entrepre Art Competition** held at St. Thomas School, Dwarka. Our school also secured the third position in **Spotlight Saga Competition**.



05.08.25: Our school won the **Overall Trophy in Frequency Modulation**, hosted by Tagore International School, Vasant Vihar, excelling in the events like On Air, Synth-X, and Rodcast.



12.08.25: Nishita Lamba (Std. VII) won the silver medal in **Archery Tournament (Under- 14)** category organised by CBSE Delhi region.



12.08.25: Navika Yadav (Std. IX) won the gold medal in **Archery Tournament (Under-14)** category organised by CBSE Delhi region.



11.08.25 - 13.08.25: Our school won various medals in different categories at the **Zonal Level**.

Fencing (Under -19, Under- 17 and Under- 14)

Category	EPEE	FOIL
Sr. Boys	II position	III position
Sr. Girls	I position	II position
Sub Jr Boys	II position	III position
Sub Jr Girls	II position	
Jr Boys	II position	
Jr Girls	II position	III position



In **Freestyle Skipping (Under-19, Under-17 and Under-14)** girls team secured II position.



AWARDS AND ACHIEVEMENTS



12.08.25: Janvi Khurana (Std. VII) secured the third position in **Rope Skipping (Individual Category)** in freestyle.



13.08.25: Saksham Saini (Std. XI) won the gold medal in 200 m race and the silver medal in 100 m race **at the Zonal Athletic Meet (Under-19).**



13.08.25: Aarav Jaiswal (Std X) won the bronze medal in **60 Kg weight category** in **Judo Zonal Competition.**



28.08.25: 144 students across the Std. VI to VIII participated in the online vocabulary quiz **WORDPRO**, a platform for students to showcase their word prowess, enhance their vocabulary and build confidence.



Pareen Kaur (Std. VII) was declared the **School Topper**. She participated in the Grand Finale (Live)- A Battle of Words-English Vocabulary Quiz at St. Thomas School, Dwarka.

Ananya Kaushik (Std. VII) was declared the **School Titan** and 12 other students as **Super Achievers.**



05.09.25: On the occasion of Teacher's Day, Pakhi, Jaskirat and Swarnim (Std X) showcased their culinary skills and secured the second runner-up in the **Cook for Gurus -Season 3**, organised by **DCEB Edu World** at Radisson Blu Dwarka.



20.09.25: Ashvika Maan (Std VII) won the silver medal in **Delhi State Basketball Championship** held at KRSA Sangam Vihar Wazirabad, Delhi.



24.09.25: Nukul Sehrawat (Std IX) won the bronze medal in **Delhi State Boxing Championship** and the silver medal in **CBSE Boxing Championship.**



IMPORTANT EVENTS

01.08.25 & 02.08.25: A Model United Nations Conference, **SMSD MUN 2.0**, brought together delegates from various schools to engage in informed deliberations on critical global issues through diplomacy and debate, was organised in the school.

The inaugural ceremony commenced with a fusion dance performance, following which the School Principal, Ms. Sheelu Mathew, and the Secretary-General addressed the gathering. Both emphasised the importance of critical thinking, collaboration, an constructive dialogue in combating global challenges. The second day witnessed rigorous committee sessions, with delegates demonstrating analytical acumen and striving to build consensus on complex international concerns. The closing ceremony featured a musical performance by the school band and an address by the Director-General, who lauded the commitment and professionalism of both the organising team and participants. The conference concluded on an intellectually enriching note, leaving delegates with enhanced diplomatic insight, confidence in negotiation, and a reaffirmed belief in dialogue as a means to foster global understanding.



21.08.25: The **K. A. Thomas Memorial Football Tournament** was hosted for the Junior School Boys, which witnessed the participation of 11 teams. St Mary's Dwarka lifted the winner's trophy while St. Mary's School, Safdarjung Enclave secured the second position.



25.08.25-30.08.25: The school celebrated **Book Week** with great enthusiasm. A plethora of activities were organised for Std. I-XII.



IMPORTANT EVENTS

Highlights of the week included a storytelling session by Ms. Alma Dhingra, a character dress-up activity, an author interaction with Mr. Sarabjeet Garcha, a Times of India reading workshop, and an engaging session on newspaper blackout poetry.



A Scholastic Book Fair showcased a wide selection of books for students, teachers, and parents. During the fair, ten Commerce students participated in the Scholastic Internship Program, attending online sessions on branding, marketing, and event management. They applied their learning by organizing Book Week activities, contributing to revenue increase. Each intern received a book and a jute bag from Scholastic as a token of appreciation.



EK BHARAT SHRESHTH BHARAT

17.07.25: As part of Ek Bharat Shreshth Bharat initiative three activities were undertaken in the month of July which included exposure of students to the alphabets, songs, words in the Sikkimese language through GK quizzes, talks by students on Sikkim on PA system while showcasing the information on the smart boards. A video conference was also conducted with Sikkim PM Shri Govt. Girls Sr Sec School, Deorali, Gangtok on the theme **Exploring Cultural Ties between Sikkim and Delhi**



24.07.25: Students of std. VIII participated in an engaging cultural exchange activity titled **Identification, Translation, and Dissemination of Similar Proverbs** in which they created book-marks with Sikkimese proverbs.



28.08.25: Std. XII students explored Sikkimese folk tales and literature through a classroom **Role Play** activity, enacting stories like The Tale of the Red Panda and The Origin of the Teesta River. The activity enhanced their expression, confidence, teamwork, and cultural understanding.



In the month of October the cultural bond between Delhi and Sikkim was celebrated through Creative Display Boards by all classes. Each class explored a unique theme - from monuments, heritage, and biodiversity to music, dance, food, and folk tales-showcasing the rich diversity of both regions. Students used drawings, crafts, and written work to depict the vibrant traditions, languages, and lifestyles of the two states. Boards such as Smart City Delhi vs. Eco-friendly Sikkim and Festivals of Delhi and Sikkim reflected learning with creativity. This initiative fostered cultural awareness, artistic expression, and national unity.



ONAM CELEBRATION

13.08.25: The festival on **Onam** was celebrated by the teaching faculty with great fervour and fun. The traditional Thiruvathirakali and the Boat Race were presented by the faculty. The celebration concluded with scrumptious Onam Sadya.



29.08.25: The school has established the **School Innovation Council**, which was initiated by the **Ministry of Education's Innovation (MIC)**. The Students of Std.

IX and XI attended the orientation session, followed by a webinar on **Developing Entrepreneurial Skills** conducted by Prof. P. V. M. Rao (Ministry of Education). A video on **Idea Creation** issued by the Ministry of Education was showcased. Interested students participated in the session and will now work on presenting their innovative ideas.



27.09.25: The Junior School **Open Day -Educational Carnival** was organised in the School that blended fun with learning. The event encouraged students to prioritize their preferences, understand the value for money and reinforce classroom concepts through a plethora of activities.



The students participated in various interactive educational and fun games, fostering curiosity and hands-on learning. Astronomy workshops, zip line adventure, magic and puppet shows were also organised for the students.



IMPORTANT EVENTS

With its perfect mix of exploration and academics, the day offered a memorable and enriching experience for all students.



28.10.25: A poster-making activity was conducted for Std. VIII to observe **Dyslexia Awareness Month** by the **International Dyslexia Association**.



31.10.25: On the occasion of 150th birth anniversary of **Sardar Vallabhbhai Patel**, Mr. Gulshan (PTI) and Mr. Rahul (PTI) participated in the **Sardar @150 Unity March**.



ASTRONOMY

26.07.25: A workshop on the **Comet Kitchen** for students of Std. VI– X was conducted to give an insight into the mysterious world of comets. A hands-on group activity was organised where students cooked their own comet, with the same ingredients as found on the real ones. 34 students attended this workshop.



02.08.25: A workshop on **The Magic of Light** was organised for students of Std III–V. They participated in various hands-on activities based on the properties of light. 52 students attended this workshop.



18.08.25-21.08.25:

To celebrate **National Space Day**, students from Std. VI–X participated in a vibrant array of activities that showcased India's achievements in space exploration. The students of Std. VI explored the **Journey of Aditya L1**, India's solar mission; Std. VII highlighted the **Contributions of Indian Scientists in Space**; Std. VIII presented **Bharat in Orbit – Powered by Youth**, emphasizing the role of young innovators; Std. IX illustrated **Orbit Path Diagrams of India's Planetary Missions**, diving into the science of space travel; and Std. X engaged in a thrilling quiz titled **Moon's Quest – India's Chandrayaan**, testing their knowledge of India's lunar expeditions. The celebration fostered curiosity, pride, and a deeper understanding of India's space journey among the students.



04.10.25: A workshop on the topic **Space Explorers** was organised for the students of Std. VI–X. The program gave students a remarkable opportunity to participate, interact and experiment to find answers behind the mysteries of the universe.



STUDENT ORIENTATION PROGRAMMES

01.08.25-15.08.25: 17 girl cadets of Std. IX attended the Combined **Annual Training Camp (NCC)** at NCC headquarters Safdarjung Enclave from the

1st to 15th of August. Our NCC cadets had the privilege of visiting the Red Fort on Independence Day to witness the grand parade. Our students had the opportunity to listen to the **Prime Minister's** address and meet him in person. The students also shared their memorable experiences with the media.



01.08.25: The students of St. Mary's donated the pulses and rice collected in the school to **Robin Hood Army Collection-a volunteer-driven zero funded** organization on the occasion of Independence Day. This organisation is working to end hunger by mobilizing surplus food to the slums that have scarcity of resources and providing education to the underprivileged kids. One of our school alumnus **Aahan Gandhava** (batch 2021) is associated with this NGO.

18.10.25: Bhavika Bhasin (School Leader) and Nandini Bakshi (Cultural Captain) from Std. XII attended a **LEAD On!– Lead Beyond Limits Summit** at Tagore International School, Vasant Vihar.



FACULTY DEVELOPMENT PROGRAMMES

23.08.25: A workshop for all faculty members was conducted by Dr. Anant Vijay Maria on the topic **The POSCO Act**. (Protection of Children from Sexual Assault).



3.10.25&4.10.25: Ms. Ritu Bhatia attended a two days Capacity Building Programme on Chemistry (Senior Secondary Classes) organised by the CBSE at Bal Bhavan International School, Dwarka.

INTER HOUSE COMPETITIONS

06.08.25: Indian Music Theme: Songs in Regional Language Std. I- V

- 1st: Shanti House
2nd: Shakti House
3rd: Satya House



13.08.25: Reel Making Theme: Tobacco and the Environment: A Call for Clean Air Std. IX-XII

- 1st: Shakti House
2nd: Shanti, Satya and Aastha house



20.08.25: Theatre Theme: Timeless Tales with a Twist: Modern Retelling of Classics Std. VI-XII

- 1st: Aastha House
2nd: Shanti House
3rd: Shakti House



27.08.25: Katha Vachan Theme: शिक्षा है सर्वोत्तम शस्त्र Std. VI-VIII

- 1st: Satya House
2nd: Shakti House
3rd: Shanti House



17.09.25: Art of Flameless Cooking Theme: Sandwiches Std. I-II

- 1st: Shanti House
2nd: Shakti House
3rd: Satya & Aastha House



EXCURSIONS AND TRIPS

08.08.25: Std. VIII students visited the War Memorial, India Gate, and Jantar Mantar, gaining insights into India's rich heritage and scientific advancements.



08.08.25: Std. X students visited the Pradhan Mantri Sanghralaya and the Museum of Illusions, deepening their understanding of India's leadership and engaging with fun scientific concepts.



22.08.25: Std. XII students went on a nature and heritage trail to Sanjay Van and Lodi Garden, experiencing ecological diversity and historical architecture.



SPECIAL ASSEMBLIES

08.08.25: Raksha Bandhan Assembly by Std. VII.



05.09.25: Special talk on ID-E-Milad by Std. VI.

09.09.25: Thanksgiving Assembly by Std. V.



26.09.25: Dussehra Assembly by Std. IX.



24.10.25: Special Talk on Diwali by Std. XI.

BAGLESS DAYS

08.08.25: The students of Std. I -V observed Bagless Day with great enthusiasm. The day aimed to promote experiential learning and holistic development through engaging hands-on activities. The students participated in a variety of activities such as Rakhi Making, Tricolour Bird Craft, Tug of War, Fraction Obstacle Race, Homophones Hopscotch, Passing the Parcel, and Healthy Heroes vs. Junk Food Villains.



These creative and interactive activities helped reinforce classroom concepts while fostering teamwork, confidence, and joy in learning.



It was followed by designing a mini travel book on Sikkim. The students of Std. I made a beautiful garden with colourful butterflies, while those of Std. II did Thangka painting to appreciate Sikkim's traditional art form.

The day sparked enthusiasm among the students and encouraged interaction. This immersive approach fostered a deep sense of national integration and provided a memorable, enjoyable learning experience, successfully showcasing the unique biodiversity and traditions of the Himalayan state.

03.10.25: The Bagless Day Activity for Std. I-V focused entirely on Sikkim's rich culture and heritage, aligning with the goals of experiential learning and the **Ek Bharat Shreshtha Bharat Abhiyan**. The students of Std. III to V made symbolic Lungta (Prayer Flags).



ANNUAL DAY 2025

Our School celebrated the Annual Day on 18th October, 2025. The theme for this year was **Innerverse – Exploring the Universe Within Ourselves**, highlighting the importance of mental well-being and harmony of mind, body, and environment. The programme commenced with our Principal, the Chief Guest and other dignitaries lighting the auspicious lamp. **Dr. Himanshu Bhushan**, Head of the Public Health Administration Division, NHRDC, was invited as the Chief Guest.



The students of the Aasmaan Wing, along with the students of Std. V, swayed to the tune of the hymn Jesus Wants Me for a Sunbeam, invoking the blessings of the Almighty.



Our Principal, Ms. Sheelu Mathew, presented the Annual School Report, highlighting the school's achievements and milestones.



This was followed by expressive performances by Std. VI - XII, portraying emotions, resilience, belonging, courage, and self-belief through diverse art forms.

Std. VI: Theme-Understanding Emotions. Learning to recognise, express, and handle our feelings.



Std. VII: Theme-Coping with Stress. Managing exam pressure with balance and confidence.





Std. VIII: Theme-Loneliness and Belonging.

Finding connection, support, and our place among others.



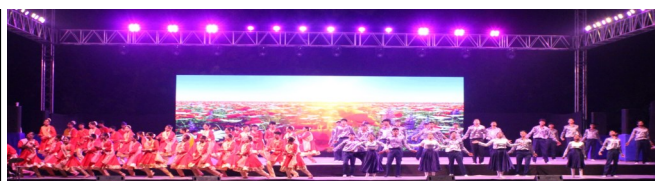
Std. IX: Theme-Bullying and Courage.

Standing up for ourselves and others with bravery and empathy.



Std. X: Theme-Social Media and Self-Worth.

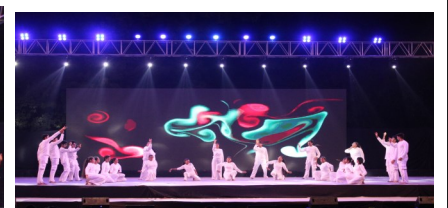
Learning to value ourselves beyond likes, comments, and comparisons.



Std. XI: Theme-Depression and Hope. Understanding emotional struggles and discovering light again.



Std. XII: Theme-Together We Heal. Growing stronger as a community through empathy and care.



Grand Finale: The celebration reflected the school's belief that true wellness lies in nurturing balance, compassion, and inner strength.



The School Choir presented melodious songs on hope and renewal, while the School Orchestra concluded the evening with a powerful medley celebrating harmony and togetherness.

