

## WHAT'S INSIDE



A Tribute to Smt. Vina Sabharwal Ji	Page 1
Acquaint with the Famous	
Sportsmen	Page 1
About Kheltarang By Head Boy	Page 2
Celebrating our Sport Teacher	Page 2
Sports Enthusiast	Page 2
Invite Holy Spirits in Lives	Page 2
STEAM	Page 2
The Extra-Curricular	Page 3
a. Workshops	
b. School Activities	
Achievements	Page 3
tGELF	Page 3
Chocolate Cupcake	Page 3
KhelTarang : Practice of Sports	
Day 2023	Page 4
Take Help From AI	Page 4
Did You Know ?	Page 4

## A TRIBUTE TO SMT. VINA SABHARWAL JI

### भावपूर्ण श्रद्धांजलि

1945 में, समस्त कुल था हर्षित हुआ,  
हुई सौभाग्यवती माँ पुष्पा।  
उनकी अंक से था जन्मित,  
जब नवयुग एक पुष्प-सा।  
जैसे ज्ञान प्रवाहित है करती,  
माँ स्वतवर्णी की वीणा।  
वैसे ही ज्ञान को बिखेरतीं,  
थी निश्चल, नन्ही वीना।  
जब उनमें गंभीरता आई,  
सदैव हृदय की ही मानी।  
कार्यों में जब सजीवता आई,  
तो युग को तारने की ठानी।  
जीवन पर्यन्त थी कार्यरत वे,  
अतुलनीय संघर्ष रहा है।  
उनकी दृढ़ता और मेहनत से ही,  
आज एन.एल.के. गुप बढ़ रहा है।  
उनके सफल प्रयासों से हम कृतज्ञ,  
उनको अर्पित ये काव्यांजली।  
ऐसी श्रद्धेया, यशस्विनी वीना जी को,  
हमारी भावपूर्ण श्रद्धांजलि।



## ACQUAINT WITH THE FAMOUS SPORTSMEN

### The person we idolize : Virat Kohli. The Legend

**"If you can stay positive in a negative situation, you win." - Virat Kohli**

A 'by default' crowned player of the era, the person we follow, the person we always idolize, the person we always wanted to become since our childhood and it's 'The Virat Kohli'. Virat Kohli's batting prowess was initially decorated with the distinction of being India's highest run-scorer in ODIs for three consecutive calendar years - 2010, 2011 and 2012 and he won the ICC ODI Cricketer of the Year award in 2012.

Kohli has made 80 centuries which includes 7 double centuries in international cricket-29 centuries including 7 double centuries in Test cricket, 50 centuries in One Day Internationals (ODIs) surpassing the record of Sachin Tendulkar, and 1 century in T20I. Virat Kohli is not just a captain, he's a leader who leads from the front. His passion for the game is second to none. He is a symbol of perseverance and dedication. Virat Kohli is a living proof that age is just a number when it comes to success.



### Do You know Sunil Chhetri ?

**"Success is not just about winning; it's about the hard work, dedication, and sacrifices you make to reach your goals." - Sunil Chhetri**

Sunil Chhetri is an Indian Football player playing his trade in Indian league. He is 39 years young and comprises high level professionalism, discipline and hard work.

He is the third highest goal scorer among all the active players in international matches, with 93 goals being behind only Cristiano Ronaldo and Lionel Messi.

People know him as Captain fantastic as he has won a total of 11 trophies for the country. He has won Nehru cup in 2007, 2009 and 2012 followed by SAFF championship in 2011, 2015 and 2021.

In the world of cricket, be a Chhetri fan because there are footballers all around the world, then comes Sunil Chhetri.

He has represented India in multiple editions of the AFC Asian Cup and has been instrumental in raising the profile of Indian football on the international stage.



# ABOUT KHELTARANG BY HEAD BOY

"If knowledge is the food for the brain, a sport is the power for the body."

On 20th December 2023, N.L.K. Vidya Mandir Inter College will be celebrating its Annual Sports day 'Khelatarang' with great enthusiasm. The students will be displaying a wide range of sports events like relay races, sack races, lemon race, Kho-Kho (girls), Kabaddi (boys), tug of war. Everyday practice in the ground showed their hard work,

As the Head Boy, I am immensely proud of the sportsmanship and unity displayed by each and every one. To our dedicated coaches and teachers, their guidance has been the beacon that has illuminated the path to success for our athletes, encouraging each of us to strive for greatness in their own unique ways. We hope that it will be a great learning experience as it will help the students to work in team. Sports Day is not just a competition but its a celebration of our shared commitment to excellence. Wishing them all the Best for their upcoming Sports Day.



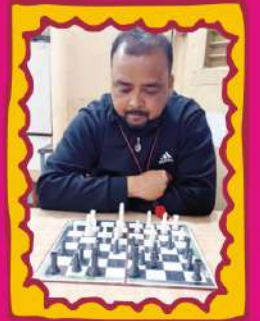
# CELEBRATING OUR SPORT TEACHER

The sports teacher is responsible to provide the young pupil, the tools to lead a healthy and physically active lifestyle. The role of a mentor in the field of sports is to observe the capability of any individual and then polish them with practice and knowledge of the techniques of the particular sport. Mr. Pradeep Raj, our sports teacher of NLKVMIC, is mentoring our students for more than 7 years now, enhancing their personality and character as well.

From the mentor himself

"Sports are physical and mental skill-intensive exercises. It keeps One's brain and muscle strength in check. The millennials today are very much conscious about their physique, physical activities and fitness. The enthusiasm of the students for the detailed technique of games is remarkable. This generation is equally excited for indoor and outdoor games."

- Mr. Pradeep Raj, Sport Teacher



# SPORTS ENTHUSIAST

My interest in kabaddi started at an early age of 10 when I started watching Kabbadi on Television. I was really amazed by the game that it led me to become a raider for my school kabaddi team at NLK Disha. When I came to NLK Vishnupri my games teacher Mr. Pradeep sir saw my skills and suggested me to become a defender too because I was very good at holding the raider. So, from there, I became an all-rounder for my school team. Finally, I will be getting the opportunity to lead my team in a mega sports event. I will surely pursue my career in Kabaddi.

- Aman Yadav, Student of Grade 12-B

Boxing was something which I pursued because of father. He always wanted to mold my aggression for my goodness and safety. I started training in green park and I really worked very hard. Initially I got selected for Mandal level after winning a gold medal at District level. Recently I competed at state level and won a gold there. I really want to make my career in Boxing and want to represent my country someday. Interested in both the games and for that I will pursue his passion from Delhi NCR after my board exam.

- Abhishek, Student of Grade 12-B

# INVITE HOLY SPIRITS IN LIVES

The Morning assemblies are the only way to teach present generation about the importance of Positivity that can only be obtained by connecting ourselves with the divine powers.

Students of NLKVMIC through their morning assembly took the initiative to educate their peers regarding mental health. Through their efforts they shed the light on how mental wellbeing is important in every stage of our life.



# STEAM

STEAM education is the trans-disciplinary study of the world we live in, where all subjects are integrated, and focused on creating innovation and solutions."

STEAM classes are conducted to make students' brain active to solve modern problems.

Problems that require AI solutions and technically sound minds. It is a way to felicitate referral and understanding of the relationship between the laws of nature and human beings.



# THE EXTRA-CURRICULAR WORKSHOPS

The school gave platform to students by organizing a **workshop on art & craft** in collaboration with **Pidilite** and **General Awareness with Reserve Bank of India**.



## SCHOOL ACTIVITIES

Quality classes held to explain the zest of healthy eating habits and explaining all the possible career opportunities in the field of food and nutrition along with Tourism, a multifaceted industry which impacts economies, cultures, and societies worldwide also how this industry has brought immense benefits to the employment sector. Co-curricular activities a compulsory activities which is important for every student to participate.



## ACHIEVEMENTS



## tGELF

tGELF's teacher driven model, through an interactive, progressive and engaging curriculum has brought them to new levels. Tanveer from class 8D participated in the event "Magic with Colors" and received a chance to present himself at national levels.



## CHOCOLATE CUPCAKE

### How to Make Chocolate Cupcakes

Making homemade chocolate cupcakes is so much easier than you would expect. You'll find the full, step-by-step recipe below - but here's a brief overview of what you can expect from this simple recipe.

Sift the dry ingredients (except the sugar) together. Cream the butter and sugar together. Then add the eggs and vanilla. Alternate adding the dry ingredients and milk. Beat until well combined. Spoon batter into prepared cupcake cups - only fill the cups  $\frac{3}{4}$  of the way full so they don't overflow in the oven. Bake until a toothpick inserted in the center comes out clean. Frost as desired.

### How to Decorate Chocolate Cupcakes

Everybody loves topping them with butter cream, cream cheese frosting, chocolate ganache, or simply whipped cream. Dress these chocolate cupcakes up even more with sprinkles or other garnishes.

**Ingredients :** Cocoa powder, flour, sugar, butter, vanilla, eggs, milk, baking powder / baking soda, salt



# KHELTARANG : PRACTICE OF SPORTS DAY 2023

A sense of excitement and thrill. A sense of belonging and community. A sense of accomplishment and pride. All because 'Practice makes a man perfect'.

A peek to the sweat and hard work to make KHEL TARANG all about success.



## TAKE HELP FROM AI

**ELSA Speak** : ELSA Speak uses technology and design to enable people around the world to speak English with confidence. It aims to unlock greater opportunities for billions of language learners around the world. It can be used to learn proficiently English-speaking skills. It can be downloaded from the Play store.

**Quizlet** : Quizlet takes information and converts it into flashcards, quizzes, and games, so that users can study the same information in a variety of forms. And users aren't constrained to using just text - images and audio are easy to include in study materials. This app helps student to prepare any topic and quiz themselves without any help. This app helps increasing the competency in students.

## DID YOU KNOW ?



### What are the smartest animals in the world ?

Aside from humans, which are of course the smartest animals in the world, there are many other animals that show a high level of intelligence. These include our ancestors the chimpanzee, the dolphin, the orangutan, the elephant, the crow, and the octopus. All of these animals are very intelligent.

This marine mammal has captivated people for decades, with its high learning ability. It can pass its knowledge down to fellow dolphins, too. Dolphin intelligence is remarkable: at 3.5 pounds, the species has a larger brain than humans.

### How smart are orcas ?

Orcas have "killer" in their common name, among all sea mammals. Orca brains are almost four times larger than the human brain, cementing their place among the smartest sea creatures.

Years of scientific research have shown that killer whales are playful, curious, and great at problem-solving. They can even understand symbolic language and visual perspective, according to research. Orcas enjoy living with family and friends and have social groups similar to elephants. You can see several generations of these creatures traveling together. And just like dolphins, older orcas pass down their knowledge to younger ones.