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Message from the Principal Desk

Dear Parents and Students,

The greatest battles we fight are often not on the outside but within our own minds. Every day, we face doubts, fears, failures, and distractions. But it is the strength of the mind—our ability to stand firm, stay focused, and keep moving forward—that shapes who we truly become.

At our school, we strive to nurture this incredible power within each child by encouraging curiosity, resilience, and a growth-oriented attitude. A strong mind not only excels in academics but also helps in overcoming challenges, managing emotions, and making wise decisions.

At our school, we are committed to holistic development, where academic learning goes hand in hand with physical fitness, emotional intelligence, creativity, and social responsibility.

Like a boxer in the ring, life challenges us with unexpected blows. It is not the absence of struggle that defines us, but our response to it—our mental stamina, our clarity of thought, and our refusal to give up.

Warm Regards,

-Gyan Singh, Principal



Message from the Vice Principal Desk

Dear Parents and Students,

In our ever-evolving educational journey, one truth remains constant: the profound connection between the body and the mind. As we strive for academic excellence, it is equally important to nurture the physical and mental well-being of our students.

A strong body supports a sharp mind. Regular physical activity not only promotes health but also improves concentration, mood, and resilience. Similarly, a calm, focused mind empowers students to meet challenges with confidence, creativity, and purpose.

At our school, we aim to create an environment where students are encouraged to develop both their intellect and physical strength. Through sports, mindfulness sessions, creative arts, and academic engagement, we help them discover the power that lies in balancing their physical vitality with mental clarity.

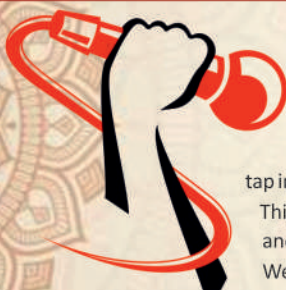
Let us continue working together—educators, families, and students; to promote practices that foster healthy bodies and strong minds. When these two forces are in harmony, the potential for growth and achievement becomes truly limitless.

Warm Regards,

-Ms. Priya Mishra, Vice Principal



Voices Behind the Pages: From the Editorial Desk



The Editorial Board of Shri NLK Vidya Mandir Inter College is proud to present this edition of our newsletter, dedicated to the theme of holistic well-being.

A resilient mind nurtures a strong body, just as physical vitality sharpens mental clarity and focus. This powerful synergy is essential for thriving—not only in academics but in all aspects of life.

Within these pages, you'll find a blend of insightful articles, inspiring stories, and reflective pieces, all crafted to encourage students to tap into their inner strength, cultivate positive habits, and pursue their passions.

This edition is a celebration of the idea that each one of us holds the power to grow, adapt, and thrive—when we care for both our emotional and physical health.

We hope these pages inspire you to embrace balance, build resilience, and unlock the best version of yourself.



Where Minds Meet and Values Shine

A new session is more than just a change in the calendar-it is a new beginning, filled with fresh possibilities and opportunities for growth.

Yoga is a holistic practice that nurtures the mind, body, and soul. Physically, it enhances flexibility, strength, and posture while helping to reduce pain and inflammation. Mentally, yoga promotes mindfulness and calm through breathwork and meditation, effectively lowering stress, anxiety, and depression. Spiritually, it cultivates a deeper sense of inner peace and connection-often described as nourishment for the soul. Scientific studies, including those from Harvard Medical School, support yoga's positive impact on overall well-being. Styles such as Hatha and Vinyasa have been shown to improve heart health, sleep quality, and emotional balance.

Even a regular practice of just 20-30 minutes a day can lead to significant, lasting benefits.

-Mr. Ajeet Gupta,
Grade School Mentor (P.Ed.)

Igniting Minds, Inspiring Hearts : Assembly plays a very important role as it embraces practices that support our personal and academic journey, and one such practice is Yoga. It builds strength, flexibility, and resilience while also enhancing focus, posture, and even sleep.



Welcoming Our Parents' Community

Our School recently organised a **Parents' Orientation** Program to welcome parents and guide them through the upcoming academic year. The event began with a warm speech by our Principal, followed by introductions of all subject teachers. Parents were informed about the syllabus, school rules, exam pattern, and various co-curricular activities. A short presentation highlighted the school's vision and teaching approach.



A step towards a Greener Future

To mark Earth Day, our students showed their concern for the environment through their art work. In addition, students took a hands-on approach by planting trees on the school campus, reinforcing their commitment to a greener and healthier Earth. These activities not only fostered environmental responsibility but also inspired students to take small yet meaningful steps toward sustainable living.



Shining Stars of Our School



MANDEEP SINGH
6-A 1st



ARUSH GUPTA
6-A 2nd



AVNI GUPTA
6-B 1st



MANNAT MAURYA
6-B 2nd



SHOBHIT YADAV
6-C 1st



MISTHI
6-C 2nd



ABHINAV NISHAD
6-D 1st



AAKHYA
6-D 2nd



SHRADDHA
6-E 1st



SAKSHAM
6-E 2nd



NAVYA
7-A 1st



MANVI
7-A 2nd



JANHVI YADAV
7-B 1st



VAISHNAVI TIWARI
7-B 2nd



LAKSHYA PRATAP SINGH
7-C 1st



AVISHI GUPTA
7-C 2nd



UTTKARSH GUPTA
7-D 1st



SHIVANISH KUMAR
7-D 2nd



DIPENDRA AWASTHI
7-E 1st



ARAV MEENA
7-E 2nd



MANISHA THAPA
8-A 1st



VANSHIKA GUPTA
8-A 2nd



ARJUN
8-B 1st



PRAGYA TRIPATHI
8-B 2nd



RADHIKA GUPTA
8-C 1st



RASHI DIXIT
8-C 2nd



GARIMA PASWAN
8-D 1st



HARSHITA TIWARI
8-D 2nd



KRISHNA GUPTA
9-A 1st



DIVYANSHI SONKER
9-A 2nd



SHIZA FATIMA
9-B 1st



YOGITA GUPTA
9-B 2nd



RAJ NANDINI SINGH
9-C 1st



ISHITA TIWARI
9-C 2nd



KASHISH PAL
9-D 1st



ADARSH KUMAR
9-D 2nd



AYUSH TIWARI
11-A 1st



BISWJIT BHUYAN
11-A 2nd



ARYAN SHUKLA
11-B 1st



ABUZAR MARGHOOB
11-B 2nd



HARSH YADAV
11-C 1st



SHREYANSH GUPTA
11-C 2nd



KHUSHI GUPTA
11-D 1st



CHANCHAL GAUTAM
11-D 2nd

HIGH SCHOOL BOARD ACHIEVERS 2024-25



AGRIM TRIVEDI
(95%)



JAI BHARTI
(94%)



ANSHIKA YADAV
(91.8%)



ANANYA VERMA
(91.33%)



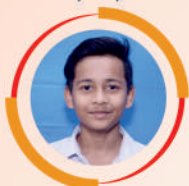
VEDANT MISHRA
(90.8%)



SAKSHAM
(90.5%)



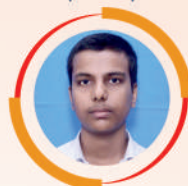
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(90.5%)



AISHWARYA CHANDRA
(90%)



JAYANT PANDEY
(89.16%)



DHAIRYA DUBEY
(88.83%)



DIVYANSH JAIN
(88.83%)



VAISHNAVI KHARWAR
(88.66%)



AKSHAT KUMAR
(88.3%)



SWASTIKA VERMA
(88.3%)



AYUSHI YADAV
(88%)



AKHANTI SHARMA
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(85.4%)



JANVI TRIPATHI
(85.4%)



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(84.2%)



PRERNA DOHRE
(84.2%)



ASHUTOSH
(84.2%)



SUMIT VERMA
(84.2%)



RAGINI GUPTA
(83.6%)



ANANYA JAIN
(83.6%)

Art Gallery...



Saluting the Indian Army

"Indian Army – the shield of our nation and the pride of our hearts." "They serve without fear, so we live without fear."



NLKVM INTER COLLEGE

VISHNUPURI, KANPUR

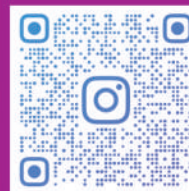


GREAT JOURNEY BEGINS WITH SINGLE STEP

ADMISSIONS OPEN
GRADE 6 - 9 & 11

7311133334, 9389497688

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