



Adv. Geetanjali Patil-Deshmukh
HR Manager SF

Editorial

Importance of Extracurricular Activities for students

My dear friends, Our Educational philosophy refers to the importance of teaching students to be lifelong learners. There is so much to experience in education beyond classrooms, textbooks, and success. Extracurricular activities definitely help children to develop their social skills and learn how to work in a team to achieve a shared vision. These activities will give your child various opportunities to explore different areas of interest, self-confidence and build leadership skills and even to improve

increase

grades too. Students who take active part in extracurricular activities do find improvement in their academic scores and social life for sure. It also helps to reduce the peer pressure and problems related to the same and enrich the lives of students & their families. Schools all over the world should highly encourage students to be a part of such non-academic activities.

There are many Interactive Classroom Activities like - Free Writing/Minute Paper/ Question of the Day Exercise, Ice Breakers, Think-Pair-Share, Case Studies and Problem-Based Learning, Debate, Interview or Role Play, Interactive Demonstrations, Jigsaw. Besides that, there are Sports activities like Swimming, Cycling, Sports or Martial Arts, athletic & doing Voluntary Work, Music and Scout. A child should definitely try some of them to see the impact of such extra-curricular activities on their personal and academic life. Thank you and all the Best.



Ms. Sunita Patil

A word from your Principal

(Nav Krishna Valley School State Board)

Hello to all Parents, my beloved students and all stakeholders, As a Principal of State Board Nav Krishna Valley School, I will take this opportunity to express my views through the magazine. We are unable to do physical interaction to communicate our ideas due to pandemic situations. But writing in this digital magazine is the solution for me to connect with

you through words. This Magazine will definitely help to showcase the activities that are happening in the campus and that helps us in building teamwork which is much required in today's competitive world. We tried to nurture the potential of our students by involving them in a wide variety of cultural and art form based activities like Yoga, Surya Namaskar, Christmas celebration, Rangoli competition and many others. This Magazine provides a platform for showcasing the merits and academic achievements of our students. This will definitely create a positive impact in the minds of readers, by reading the information about the happenings of Nav Krishna Valley School campus.

Lastly, all the very best to our wonderful students. May you all emerge as the brightest star in future and do well in your exam. Also, do take care of your health and follow all precautionary measures to stay healthy and safe.

I am very much sure that, once you read this magazine, it will grab your attention and create a habit of reading Whispering Valley every month. Happy Reading ahead.



The best teachers are those who tell you where to look, but don't tell you what to see.

- N Q Kamath

What is Inside

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वेटलिफ्टिंग

वेटलिफ्टिंग खेळविषयी माहिती

वेटलिफ्टिंग खेळविषयी माहिती

ऑलिम्पिक वेटलिफ्टिंग, किंवा ऑलिम्पिक-शैलीतील वेटलिफ्टिंग (अधिकृतपणे वेटलिफ्टिंग नाव) हा एक खेळ आहे ज्यामध्ये खेळाडू जमिनीपासून ओव्हरहेडपर्यंत वजनाच्या प्लेट्सने भरलेली बारबेल उचलण्याची स्पर्धा करतात, प्रत्येक ऍथलीट सर्वात जास्त वजन यशस्वीपणे उचलण्यासाठी प्रयत्नशील असतो. ऍथलीट बारबेल ओव्हरहेड उचलण्याच्या दोन विशिष्ट मार्गांनी स्पर्धा करतात : ते आहेत, स्नॅच आणि क्लीन आणि जर्क. स्नॅच एक रूंद-पकड लिफ्ट प्रकार आहे, ज्यामध्ये भारित बारबेल एका मोशनमध्ये वर उचलला जातो. क्लीन अँड जर्क ही एक कॉम्बिनेशन लिफ्ट आहे, ज्यामध्ये वजन प्रथम जमिनीपासून खांद्याच्या पुढील भागापर्यंत (क्लीन) आणि नंतर खांद्यापासून ओव्हरहेडपर्यंत (जर्क) घेतले जाते. क्लीन अँड प्रेस, ज्यामध्ये क्लीन नंतर ओव्हरहेड प्रेस होते, पूर्वी एक स्पर्धा लिफ्ट देखील होती, परंतु योग्य स्वरूपाचा निर्णय करण्यात अडचणीमुळे ते बंद करण्यात आले.

प्रत्येक वेटलिफ्टर स्नॅच आणि क्लीन अँड जर्क या दोन्ही ठिकाणी तीन प्रयत्न करतात. स्नॅचचे प्रयत्न आधी केले जातात. ऍथलीटचा स्कोअर हा प्रत्येक लिफ्टसाठी किलोग्रॅममध्ये सर्वाधिक यशस्वीरित्या उचललेल्या वजनाची एकत्रित एकूण संख्या असतो. ऍथलीट्स विविध वजन वर्गांमध्ये स्पर्धा करतात, जे प्रत्येक लिंगासाठी भिन्न असतात आणि कालांतराने बदललेले असतात. किमान एक स्नॅच यशस्वीरित्या पूर्ण करण्यात अयशस्वी झालेले लिफ्टर्स आणि किमान एक क्लीन अँड जर्क पूर्ण करण्यात अयशस्वी ठरणाऱ्या वेटलिफ्टर्सना स्पर्धेसाठी "अपूर्ण" घोषित केले जाते.

वेटलिफ्टिंग हा एक ऑलिम्पिकमधील खेळ आहे आणि 1920 पासून प्रत्येक उन्हाळी ऑलिम्पिक खेळांमध्ये तो खेळला जातो. या खेळाला अधिकृतपणे "वेटलिफ्टिंग" असे नाव दिले जात असताना, "ऑलिम्पिक वेटलिफ्टिंग" आणि "ऑलिम्पिक-शैलीतील वेटलिफ्टिंग" या शब्दांचा वापर इतरांपेक्षा वेगळे करण्यासाठी केला जातो. पॉवरलिफ्टिंग, वेट ट्रेनिंग आणि स्ट्रॉगमॅन इव्हेंट यासारखे खेळ आणि इव्हेंटमध्ये वजन उचलणे समाविष्ट आहे. त्याचप्रमाणे, स्नॅच आणि क्लीन-अँड-जर्कला "ऑलिम्पिक लिफ्ट्स" म्हणून ओळखले जाते.

इतर ताकदीच्या क्रीडा चाचणीत शक्ती मर्यादित असताना, ऑलिम्पिक-शैलीतील वेटलिफ्टिंग मानवी बॅलिस्टिक मर्यादा (स्फोटक शक्ती) च्या पैलूंची देखील चाचणी घेते: ऑलिम्पिक लिफ्ट जलद गतीने कार्यान्वित केल्या जातात आणि त्यांच्या अंमलबजावणीदरम्यान, इतर बारबेल लिफ्टच्या तुलनेत अधिक गतिशीलता आणि मोशनच्या मोठ्या श्रेणीसह. ऑलिम्पिक लिफ्ट आणि त्यांचे घटक लिफ्ट (उदा. क्लीन्स, स्क्वॅट्स) आणि त्यांचे व्हेरिशन (उदा. पॉवर स्नॅच, पॉवर क्लीन) इतर खेळांमध्ये एलिट ऍथलीट्सद्वारे स्फोटक आणि कार्यात्मक शक्ती दोन्हीसाठी प्रशिक्षण देण्यासाठी वापरले जातात. प्रसिद्ध भारतीय वेटलिफ्टिंग खेळाडू

प्रसिद्ध भारतीय वेटलिफ्टर्स: कर्णम मल्लेश्वरी. साईखोम मीराबाई चानू. खुमुकचम संजिता चानू. संतोषी मत्सा. सतीश शिवलिंगम.

कर्णम मल्लेश्वरीने 2000 ऑस्ट्रेलियन उन्हाळी ऑलिम्पिकमध्ये महिलांच्या 69 किलो गटात 240 किलो वजन उचलून कांस्यपदक मिळवले.

Greetings of the day!!!

Interview of Mrs. Vidya Shivane (teacher)

Editor-welcome teacher, Tell us Why did you prefer working at NKVS at Uttur (Kolhapur) as a teacher?

Teacher- Well, to work with NKVS Uttur is always inspiring as here one can explore his/her professional skills with a warm and caring environment created by the management. The campus is perfect as far as teaching-learning is concerned.

Editor- How is your experience while teaching the rural children here at Uttur?

Teacher- Good question! As I was born and brought up in a rural area, I get connected with these local students easily.

I feel that, NKVS institution has created a good platform at rural places like Uttur that channelize the rural talent to shine in the limelight which will ultimately help nation building in future.

Editor- What are the challenges you faced here during the pandemic time interval?

Teacher- I think during this universal pandemic crisis, almost all sectors are going through tremendous pressure while handling the situations at work. My profession and school gradually adapted to the new technology and tried our level best to keep our morale up along with our students. In such a crisis, our management also supported a lot to sustain throughout the pandemic. So personally, I would like to thank all the management team.

Editor- Are you happy with your teammates and the management policy?

Teacher- Your approach towards the world decides how the world will treat you. Like this saying, I always try to keep an optimistic environment around me. My teammates are also very co-operative and always support each other at times. Secondly, the management is highly professional as well as caring who provides me all possible amenities to enhance my professional skills and ethics from time to time.

Editor- This is the last question. Where do you see NKVS school (Uttur) and the students in future?

Teacher- I can sense a bright future for both of them. My school and students are marching towards such a future that will set milestones for coming generations.

Editor- Thank you madam and all the best for your future career and activities.

Teacher-Thank you sir



Nav Krishna Valley School Student

Miss Angel Dnyaneshwar Zalte (Class VI) had participated and successfully completed the **World Record Event** with 151 other students and performed a total 2,11,400 karate face level Punches in a group for 30 min. and set a new World Record on 17th October, 2021 at Adarsh Vinay Mandir School, Gomteshnagar, Sangli.

This Global Genius Event was organized by 'Jidda Sports Foundation' & S.S. Fighter Karate club, Sangli, Maharashtra, India under the mentorship of Mr. Prathamesh Londhe.
Hearty Congratulations Angel! We are so proud of your achievement.

From NKVS Team.



CONGRATULATIONS

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संघटनेची वर्षातील
सर्वोत्तम टी-20 महिला
खेळाडू म्हणून
मानांकन
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Nav Krishna Valley Schools & Jr. College
CBSE Affiliation No-1130638



Master Shreevardhan Tambekar, Class VI

Qualified to Second Level
Homibaba Balvaidyanik Competition.

All 21 NKVS students (Classes 6th & 9th)
passed with flying colours.

Heartiest Congratulations to All..!

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Don't Judge a Book by its Cover

In our daily life, many times we hear the phrase; 'don't judge a book by its cover'. It is a simple but meaningful sentence that we are aware of. We should not underestimate anyone by his or her appearance or look. We should consider the deeds and character of that person before judging them. What comes to your mind when you hear this proverb, 'Don't judge a book by its cover?' Is it justified to judge a book by its cover? No matter whatever it is, one cannot judge a person or a book, whatever is the concern, only by its outer cover or appearance.

The best part of us would initially pass judgment on an individual by his/her external appearance rather than knowing their inner voice and thoughts.

Let's take an example of a book. Initially, one will spread the word which presents it only with an amazing look for the outside world, though when we go through the internal pages of the book or read them, it is simply exhausting, sluggish, and so forth.

Whatever one's character is, it is very fluid and shaped according to the situations. The inverse can be the reality. That is, it isn't vital that somebody with great character likewise must possess great character. However, on the other side if some character is acceptable, then chances are that the character will be generally excellent.

All in all, it is hard to change the perception for things or individuals since we often do witness them at first. It is difficult to be deceived by the sparkly, excellent, and flashiest things to be 'better'. The best way to set segregation aside is by looking acutely to the genuine incentive for everything and by keeping up intense self-restraint.

So it is true that, 'Don't judge a book by its cover' tells us not to judge just by looking and looking for more subtle highlights that help us know the genuine estimation of an individual, thought or a thing. Then only, it is a valid move to pass judgment.

Article By-

Ms. Sakshee Mane

Class 10th A



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हार्दिक अभिनंदन!



कु. समृद्धी रविंद्र कांबळे, इ. ८ वी

ग्रामीण जिल्हा गुणवत्ता यादी मध्ये अनुसूचित जाती प्रवर्गात प्रथम क्रमांक

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कु. अनुष्का राजेंद्र चिंबळकर, इ. ८ वी

जिल्हा गुणवत्ता यादीत खुल्या प्रवर्गात गुणवत्ता यादीत ३७ व्या क्रमांकावर

शिष्यवृत्ती परीक्षांमध्ये घवघवीत यश..!

ACTIVITY

During January 2022



The Annual Sports Meet

A Special event for this month was 'The Annual Sports Meet at Nav Krishna Valley School. The program was inaugurated by PSI of Miraj Police station Hon. Raju Annachatre Sir. Shri. Vinayak Joshi, Secretary, Suraj Sports Academy, was in the chair.

Firstly, a 400 meter flame lit honor was given to the students who delivered excellent performance in district and state competitions. After the disciplined March pass, a 100 meter running competition commenced. In this Annual sports meet 2021-22, various competitions were included ranging from Kho-Kho, Kabaddi, Basketball, Athletics, Football, Cricket, Chess, Carom, Table Tennis. Chief Guest Anna Chhatre emphasized the 'importance of sports in life' and said that all students should give dedicated time to at least one sport in their lives.

On this occasion, Mr. Vinayak Joshi, Secretary, Suraj Sports Academy, has introduced a separate sports policy for players at Nav Krishna Valley School. During the closing ceremony, Principal Mrs Sangita Pagnis proposed Vote of thanks to all delegates and informed the audience about athletes who have achieved bright success at school level and in state and national competitions who will receive special discounts at the school. School Sports Teachers Sushant Suryavanshi, Namdev Nalwade, Krishna Patil were the organizers of these competitions. Vice Principal Prashant Chavan, Gitanjali Deshmukh Patil, IT Head Rajendra Pachore, Account Head Srishail Motgi were present for the program on this occasion.



Abhyaas Sports activity

Nav Krishna Valley school Abhyaas Conducted Sports activity. Children participated in it with full of energy and enthusiasm. Tiny toddlers have developed their Gross Motor Skills by participating in this activity.



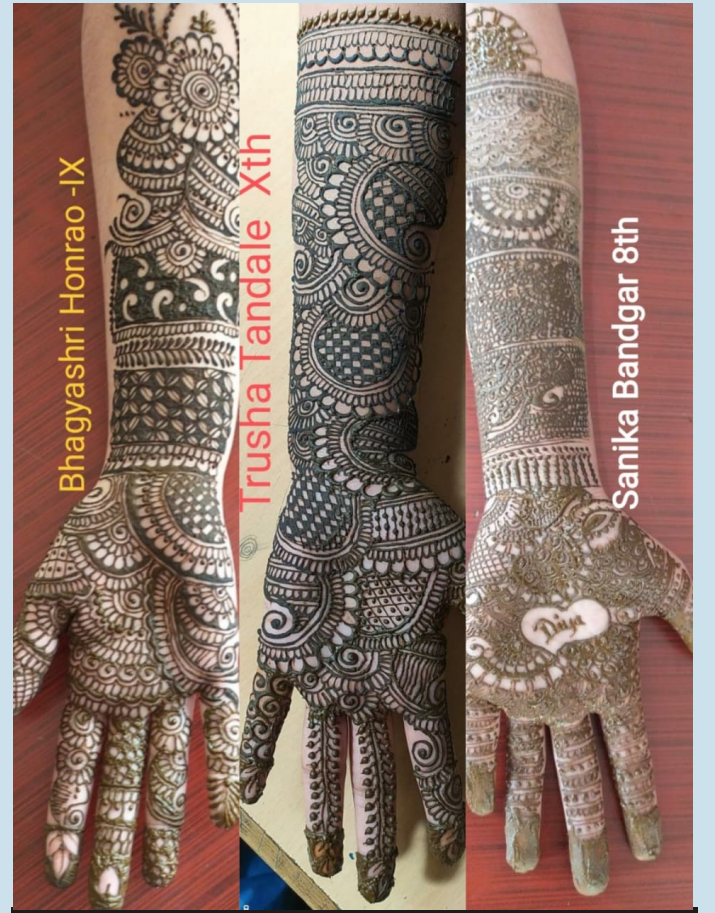
नव कृष्णा व्हॅली स्कूल मध्ये कै.बाबिबाई सुरजमलजी लुंकड यांच्या पुण्यतिथी निमित्त विनम अभिवादन

नव कृष्णा व्हॅली स्कूल मध्ये संस्थेचे संस्थापक मा. श्री. प्रवीण शेट लुंकड यांच्या परम पूज्य मातोश्री कै. बबीबाई सुरजमलजी लुंकड यांची पुण्यतिथी साजरी करण्यात आली. याप्रसंगी ज्येष्ठ पालक श्री. तात्यासो चव्हाण यांच्या हस्ते कै. बबीबाई लुंकड यांच्या प्रतिमेचे पूजन करण्यात आले. या कार्यक्रम प्रसंगी प्रशालेतील सर्व शिक्षक, शिक्षकेतर कर्मचारी व संस्थेतील इतर पदाधिकारी उपस्थित होते.



Our staff member **Mrs. Shraddha Raut** recently qualified the **SAT Scholastic Aptitude Test**. This is one of the toughest exams with qualifying percentage mere 4 to 5% each time. Government has made it mandatory for the post of assistant professor. We congratulate Shraddha for her outstanding achievement.

Nav Krishna Valley Medical and IIT Academy not only encourages their students but also their staff members for their personal and academic development. We hope that Madam's achievements will be an inspiration for all team members.



Mehandi Drawing @ NKVS

On 29th January 2022, few girl students (class 6th to 10th) of Nav Krishna Valley school enthusiastically participated in the Interschool Mehndi Competition at **Hubs of Learning (HOL)** organized by Siddharth Public School, Jath. The competition was conducted Online. We are proud to announce here that, our Student

Ms. Bhagyashree Nitin Honrao (Class 9th) bagged 1st Rank. All girl Students participated with much interest & enjoyed this Mehendi activity.



सुरज फाऊंडेशन
संचलित नव कृष्णा
व्हॅली स्कूल मध्ये 73
वा प्रजासत्ताक दिन
उत्साहात साजरा
करण्यात आला

