

Volume: 2 , Issue : 4 | Publishing Year : 2021

₹ 145 INR | Edition May - 21



SURAJ



अपना व्यवहार
सकारात्मक रखें



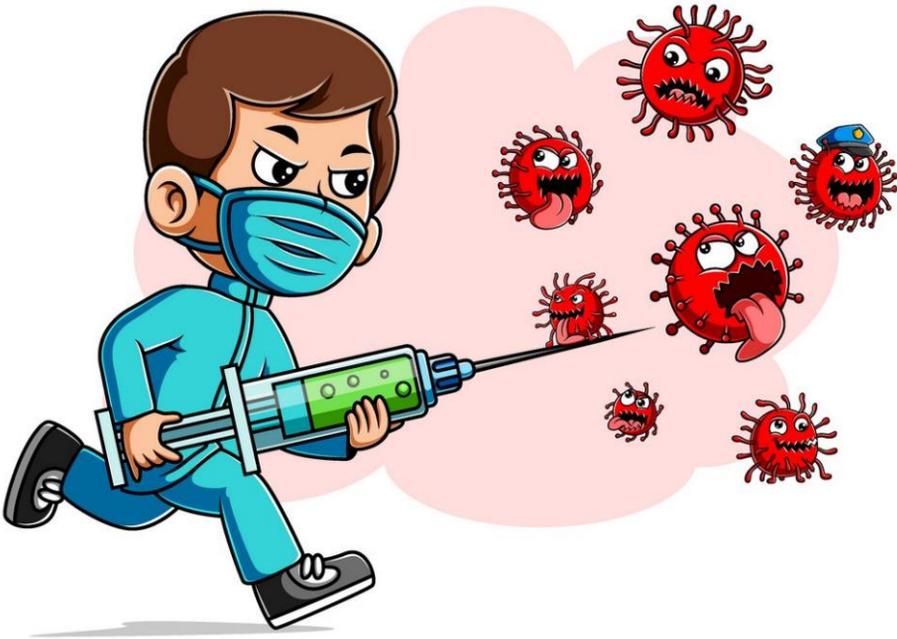
Irya Yadav | Class 8
Suraj School Sec 75 Gurugram

TOPIC -: PARENTING

www.urja.surajschool.com

INDEX

1. Front Page	1
2. Index Page	2
3. Founder's Desk	3
4. Editorial Board	4
5. सकारात्मक सोचे ; सकारात्मक रहे	5
6. Staff Articles	6/13
7. Hindi Crossword Puzzle	14
8. Student Articles	15/23
9. Art Gallery	24
10. Sudoku Puzzle	31
11. Sports	32



From The Founder's Desk



Dear Readers

To all the members of the 'Suraj' family.

I wish you a healthy and safe 2021. It's a matter of great pride that we're coming up with the latest issue of our magazine 'Urja'. I am very happy and delighted with the overwhelming response that our magazine has been receiving. The editors' team tells me that there is an influx of articles and other literary materials from students, teachers, staff and Principals. I personally apologise to those students, parents, teachers and other members of the 'Suraj' family whose articles have not been published due to paucity of space. I sincerely request the editorial board

to create more space so that our magazine is able to convey more ideas, view points and expressions.

The magazine gives an insight into the philosophy of 'Suraj Education Group' and the activities and the endeavours into forming a creative and stimulating atmosphere for our students. This magazine is a platform that exhibits the literary skills and innovative ideas of students and teachers. 'Urja' epitomizes the hard work, sincerity and dedication of students and contribution of our teachers. I would like to thank my editorial team for helping me in this endeavour. I express my heartfelt appreciation to the budding authors of our magazine.

Douglas Pagels' beautiful lines come to my mind "Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can."

It's your chance to write a beautiful story of your life. Write it!

This is just a beginning. More issues of our magazine will follow and I request and invite the 'Suraj' family - school Principals, teachers, staff, students and parents to be a part of this monthly magazine. It will be an honour and a matter of pride.

Best Wishes!!

Jagdish Prasad (Founder & Chairman of Suraj Education Group)



From The Director's Desk

This journal is our humble attempt at providing a platform for the members of our extended family to showcase their creativity.

We wish to give greater wings to refine their talents. I appreciate and acknowledge their work because I believe that success depends on the power to perceive, to observe and to explore. I take this opportunity to thank all the contributors as their literary pieces are the reason that this chronicle is in your hands. Thank You!

Sunit Yadav
Director
Suraj Education Group



From The Editor's Desk

This magazine is indeed a pious and our sincere attempt to make our budding talents give shape to their creativity, appreciate and recognize their work because I believe that success depends upon our power to perceive, the power to observe and the power to explore.

I take the opportunity to thank all the contributors as their contribution is the reason that makes this magazine into a reality.

Thanking You!

Vikas Bansal
(Chief Editor)
URJA Magazine

EDITORIAL BOARD

EDITOR – IN - CHIEF

Mr. Sandeep Prasad
URJA Magazine

EDITOR – IN - CHIEF

Mr. Abhishek Srivastava
URJA Magazine

EDITOR - IN - CHIEF

Mr. Vikas Bansal
URJA Magazine

Campus Editors



DR. MONIKA GUPTA

info@surajeducation.com

**DEGREE COLLEGE
MAHENDERGARH**



JOGENDER SINGH

editorkosli@surajschool.com

KOSLI



KANIKA GHAI

editorggn56@surajschool.com

GGN-SEC. 56



NEERU

editorrewari@surajschool.com

REWARI



MONICA BHATIA

surajcollege75@gmail.com

**DEGREE COLLEGE
GURGAAON**



SANJANA KATOCH

editorbawal@surajschool.com

BAWAL



DR. SEEMA AHUJA

editorggn75@surajschool.com

GGN-SEC. 75



ANJU YADAV

editorpataudi@surajschool.com

PATAUDI



RAMESH BHATIA

editorbhiwadi@surajschool.com

BHIWADI



NAMITA

editormgh@surajschool.com

MAHENDERGARH

Graphic Editor :

Ms. Sheeba Saifi

News Editor :

*Ms. Deepali
Sharma*

Publication

Distribution

Mr. Niti Gupta

(SEO Expert)

Ms. Kanika

(Social Media Expert)

Ms. Chanchal (Newsletter)

सकारात्मक सोचे ; सकारात्मक रहे

शिक्षा न केवल अपने आप में एक लक्ष्य है, बल्कि यह सामाजिक बदलाव का प्रबल वाहक भी है। जीवन में मिला एक अच्छा शिक्षक एक दिशाहीन बालक को भी आदर्श नागरिक में बदल देने की सामर्थ्य रखता है।

हमारी दृष्टि अपने विद्यार्थियों, माता-पिता और समुदाय के साथ साझेदारी करके काम करना है, ताकि उच्च गुणवत्ता वाले शिक्षण और शिक्षण के लिए सकारात्मक और समावेशी वातावरण बनाया जा सके जहां सभी का सम्मान हो।

मैं आप सभी को एक छोटी सी कहानी कहानी से जोड़ना चाहती हूँ, बहुत पुरानी बात है, एक नगर मे महामारी आने वाली थी। उसने नगर के राजा से कहा मैं आ रही हूँ, और 500 लोगो की जान लुंगी। राजा ने नगर में ढिंढोरा पिटवा दिया, हर तरफ महामारी का ज़ोर और दहशत एवं डर का माहौल हो गया।

जब महामारी जाने लगी राजा ने कहा कि तुमने तो 500 लोगो की जान लेने को कहा था, पर यह क्या किया, यहां तो 55000 से भी ज्यादा जानें चली गईं। तो महामारी ने कहा कि मैंने तो 500 ही जाने ली है, पर जो आपने डर और दहशत का माहौल बनाया, 50 हजार जाने तो उस डर और दहशत ने ली हैं।

आज हम सभी एक कठिन समय से गुजर रहे है। जब लोग डिप्रेस महसूस कर रहे होते हैं, तब भी बहुत से लोग खुद को रिलैक्स रखते हैं। यह अभी मुश्किल लग सकता है, लेकिन कई ऐसे तरीके हैं जिससे आप खुद को तनावमुक्त रख सकते हैं। अपने दिनचर्या में ऐसी चीजों को शामिल करें जिससे खुद को मानसिक तनाव से दूर रख सकें। हालांकि, यदि आपको ऐसा लगता है कि इन चीजों के लिए प्रोफेशनल माध्यम की आवश्यकता है तो इसे अनदेखा न करें और इसे जरूर करें।

यह वक्त भी गुजर जायेगा सयंम रखे सावधानी रखें। कुछ समय के लिए अखबार पढ़ना कम करे, TV न्यूज़ गलती से भी ना देखें और अपना व अपने आस पास का माहौल खुश नुमा रखे। सावधानी रखें बस लापरवाही न करें और अपना ख्याल पूरा रखें और बाकी सब ईश्वर पर छोड़ दें। जो होना है, वो होकर ही रहेगा। खुश रहें और सारे डर मन से निकाल दें।

आधा बीमार तो इंसान मानसिक रूप से बीमारी को स्वीकार कर लेने से ही होता है। और

कोरोना के आंकड़े देखना और फॉरवर्ड करने का काम तो बिल्कुल न करें, जितना पॉजिटिव दिमाग और मन रहेगा

उतना स्वस्थ शरीर रहेगा। अभी भारत सरकार द्वारा सभी

१८ वर्ष से ऊपर के नागरिको को कोरोना वैक्सीन लगनी

प्रारम्भ हो चुकी है, मैं आप अबसे अनुरोध करती हूँ की

आप अब जल्द से जल्द इस वैक्सीन को लगवा ले

और कोरोना महामारी पर विजय प्राप्त करने की

कोशिश करे। हम प्रत्येक बच्चे को उनके सपनों

को साकार करने के प्रयास में अपना सर्वश्रेष्ठ

देने के लिए प्रोत्साहित करते हैं। हम आपको

पुन परिसर में देखने के लिए तत्पर हैं!

निस्संदेह हमारे विद्यालय में कुशल

और प्रतिष्ठित शिक्षकों का कोई अभाव नहीं है,



ऐसे आदर्श शिक्षक जो नवीन अवसरों, चुनौतियों और जिम्मेदारियों के प्रति सकारात्मक व्यवहार रखते हुए विपरीत परिस्थितियों से निपटने में सर्वथा सक्षम हैं। मैं आश्वस्त हूँ कि हमारे शिक्षक समाज का मार्गदर्शन पूर्ण निष्ठा के साथ कर रहे हैं और भविष्य में भी करते रहेंगे। मुझे विश्वास है कि मैं और मेरे सभी साथी मिलकर आगामी वर्षों में चुनौतियों होने के बावजूद अपनी सत्यनिष्ठा और उत्कृष्टता के नवीन आयाम स्थापित करेंगे सूरज शिक्षा समीति जगत का उत्कृष्ट 'ब्रांड' बनाये रखने में पूर्ण सहयोग देंगे।

सभी से आग्रह करती हूँ कि कुछ समय के लिए किसी भी परिचित की मृत्यु के समाचार अपनी टाइमलाइन, व्हाट्सएप, स्टेटस एवं फेसबुक पर मत डालिए क्योंकि जो लोग हॉस्पिटल में कोरोना का इलाज ले रहे हैं या अपने घर पर आइसोलेट है अपना मोबाइल टाइमपास के लिए खोलते हैं उनके सामने ऐसे समाचार देखते ही उनका मनोबल व हौसला टूटता है और मन में नकारात्मक विचार आते हैं और डिप्रेशन में आकर हिम्मत हार जाते हैं। जितना हो सके जो लोग सही हुए हैं उनके मैसेज डालिए और कोरोना को हराने में मदद कीजिए।

पेरेंटिंग या बाल शिक्षा, बचपन से वयस्कता तक बच्चे के शारीरिक, भावनात्मक, सामाजिक और बौद्धिक विकास को बढ़ावा देती है। ये पत्रिका का हमारा विशेष संस्करण "पेरेंटिंग" विषय पर है जब स्थिति इस तरह की है। बच्चे लोक डाउन की वजय से ज्यादातर समय अपने माता-पिता के साथ बिता रहे हैं। तो, इस महामारी के दौरान माता-पिता की थोड़ी अधिक जिम्मेवारी बन जाती है, की वे अपना व्यवहार सकारात्मक रखे।

जय हिन्द!
असीम शुभकामनाओं सहित

Sunit Yadav
Director
Suraj Education Group



Raising kids is one of the toughest and most Fulfilling jobs in the world. From encouraging school work and sports to modeling values as a child grows parents exert enormous influence over their children's lives. As, our child develops, the changes will change and your thinking may evolve but your approach should be consistent, firm and loving. Model the traits you wish to see in your child: respect, honesty tolerance etc. Good parenting helps Foster empathy honesty self-control corporation and cheerfulness, it also helps protect children from anxiety ,depression etc. Help your children learn through experiences that making an effort builds confidence and help them learn to tackle challenges.

Treat your child with respect: the best way to get respectful treatment from your child is to treat him respectfully. Be involved in your child's life: Being involved and concerned parents is time consuming and involves a lot of hard work and it often means rethinking and rearranging your priorities.

Choose your words carefully and be compassionate. Let your children know that everyone makes mistakes and you still love them even if you disapprove their behavior.

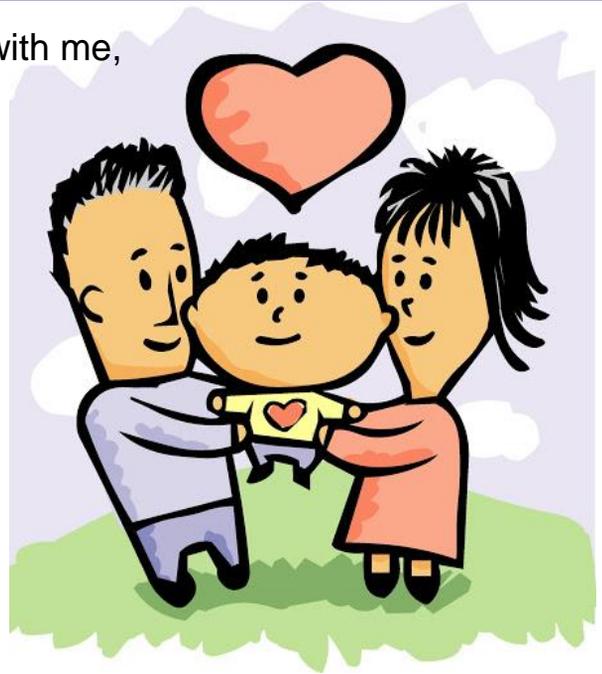
Praising accomplishment, however small, will make them feel proud. Letting children do things independently will make them feel capable and strong.

Sushma kumari | English TGT | Suraj School Rewari

I remember the day when you were there with me,
Holding my hand at the shore of sea,
Whenever I felt you held my hand,
And gave me strength to stand.

Guided like a mentor, played like a friend,
How much you loved me, has no end,
That's the reason, I am so strong,
Having a belief, nothing could go wrong.

Depth of oceans, height of mountains,
Kindness of nature or gentleness of rains,
Can never explain how I feel about you,
Hoping you know, I truly love you two.



You both are special in every way,
Encouraging me more and more each passing day,
Thank you mom and dad for always being there,
Showing I'm truly loved and you really care.



RAJNI MADAN
English Teacher
Suraj School, Sec. 75



Good parenting involves a great deal of consistency and routine, which gives children a sense of control. Good parenting focuses on developing independence in children, so redundancy becomes the aim for parents. Good parenting involves a style that considers children's age and stage of development.

Some important points we must take care during upbringing of our children

- Boosting Your Child's Self-Esteem. ...
- Catch Kids Being Good. ...
- Set Limits and Be * * Consistent With Your Discipline. ...
- Make Time for Your Kids. ...
- Be a Good Role Model. ...
- Make Communication a Priority. ...
- Be Flexible and Willing to Adjust Your Parenting Style.



Shilpa Chopra | CT 2
Suraj school sec 56



“Kids don’t need things; kids need parents who spend time with them.”

The best thing you can give to your kids is quality time. Quality time helps in child development in ways beyond anyone’s imagination. They feel secure & connected when we talk to them & listen to them. It plays important role in shaping them and helps build their self-esteem.

Ruchi Adlakha
Headmistress
And Admission counsellor

Ways to spend quality time with your kids:

- **Mealtime:** Eating together provides time to be connected. Be it Breakfast, Lunch or Dinner. Use this time to talk about your day, listen to them, and share your experiences, childhood memories, family values. Spending time at table make children feel loved, safe, and secure.
- **Play time:** Family activities help develop strong family bonds. Parent should find time to spend with their kids on regular basis. It unlocks endless possibilities for mental and social development. Board games, pretend games, outdoor games etc help developing bond and bring kids closer.
- **Help kids with their homework:** Parents involved in their child’s learning can help improve their Academic results and performance in school. It helps increase their confidence and they feel cared. Communicate with teaches regularly and be involved with their school activities.
- **Exercise together:** Go for a walk. It not only helps in having a connect with your child but also helps them have a routine and a healthy body and mind. Use the walking time to get to know your child better.
- **Household chores:** Involving children in household chores gives them sense of being active participants in house. They feel important contributor to family. Household chores can create a special moment for family, strengthening bond between all the members.
- **Outing:** A short trip or outing connects you with your child & helps improve family relations. It provides you with an opportunity to have fun and relax with your kids. Be it a visit to a mall, a family picnic, going to a restaurant or a vacation.
- **Bedtime stories:** Kids love it! Chit-chat time at bed or just reading a story before going to sleep, makes kids feel loved. A good night hug a kiss gives them a sense of security.

Kids who spend time with their families are happier, grow up to be more responsible citizens and don’t fall in bad company as they find friends in you. Benefits of spending quality time with your children are invaluable. It’s the time which makes you a happy family.

Online Classes Vs Offline Classes

I'm Preeti and both my kids are studying in SURAJ School, Sec-56, Gurgaon. I am writing this article based on my current experience.



In this pandemic almost all schools have started online education due to the school being closed during the lockdown. In addition to completing the children's course, the doubts are also being cleared online.

Before the current situation ; big debate whether online classes are better or traditional classrooms. Now that all schools and colleges are using online modes for teaching, There are many view points of views regarding the same, positive as well as negative.

But this arrangement is very new to the school students as well as their parents. Most parents consider it challenging and difficult. According to them, the responsibility has been piled on to the parents more than anybody else in the name of online education.

Advantages of Online Classes Over Traditional Classes

Time Management

In online classes you can finish your classes in about one-third of the time it takes you on campus. Whereas in traditional classes every process has to be detailed which takes time.

Tools of learning

Online learning provides many channels through which students and instructors interact with each other, including email, online chat, and video conferences. Whereas in classrooms there is only one way of teaching i.e. is one to all learning method.

Flexibility Online

classes offer a lot of flexibility regarding many things like time, recording lectures as well as personal space. In online classes the student has to be in strict discipline, to maintain which there are a lot of restrictions.

Concentration

Group contact tends to be continually maintained in online classes and the main focus is always studies and no extra activities, whereas students in class always find a way to gossip and distract the class.

Advantages of Traditional Classes Over Online Classes

Collaborative learning

The classroom environment has always proved to be essential to promote collaborative learning. Collaborative learning increases a student's self-awareness about how other students learn and enables them to learn more easily and effectively, transforming them into keen learners inside and beyond classroom.

Social Interaction

In classrooms, it makes it possible for students to have direct engagements with instructors and students. With this mode of learning, students are capable of having detailed discussions, asking lots of questions and covering many concepts in one topic. That will, in the long run, improve student performance and competence in the field of specialization. It also creates the personal bonding among students and teachers which is the foundation of TRUST building.

Technical Issues

In classrooms there is no fear of technical issues, the class goes on smoothly, on the other hand, new learners and students who have not studied online before face a lot of issues technically.

15

EFFECTIVE WAYS TO DISCIPLINE YOUR CHILD



Kanika Ghai
Principal
Suraj School
sector 56 Gurugram

1. STAY CALM AND NEVER YELL
2. USE SIMPLE VERBAL REASONING TO EXPLAIN WRONG AND RIGHT
3. EMPATHIZE WITH THEM
4. MAKE USE OF GENTLE CONSEQUENCES LIKE TIME OUTS AND NO DESSERT
5. LEAD BY EXAMPLE
6. EXPRESS YOUR FEELINGS AND UNDERSTAND THEIRS
7. ESTABLISH LIMITS, BOUNDARIES, AND RULES
8. GIVE THEM A CHANCE FOR A DO-OVER
9. NEGOTIATE A COMPROMISE
10. TEACH INSTEAD OF PUNISH
11. DEMONSTRATE HOW THINGS SHOULD BE DONE
12. LET THEM LEARN FROM THEIR MISTAKES
13. USE SINGLE WORDS AND CUES AS REMINDERS
14. NEVER COMPARE
15. ALWAYS LISTEN AND MAINTAIN STRONG COMMUNICATION



Dr. Harish P. Yadav
 Director Sr. Teacher
 Suraj Education Group (Schools / Colleges)
 9992444433, hpysuraj@gmail.com

Top 10 GOOD PARENTING TIPS

1. Be A Good Role model
2. Love Them And Show Them Through Action
3. Practice Kind And Firm Positive Parenting
4. Be A Safe Haven
5. Talk With Your Child And Help Their Brains Integrate
6. Reflect On Your Own Childhood
7. Pay Attention To Your Own Well-Being
8. Do Not Spank, No Matter What
9. Keep Things In Perspective And Remember Your Parenting Goal
10. Take A Shortcut By Utilizing Findings In Latest Psychology And Neuroscience Research

9 Things You Should Say To Your Kids Every Day



"I love you." Say it to them as often as you like. <3



"I like it when you..." Talk about positive aspects of their behavior.



"You make me happy." This makes them feel valuable.



"I'm proud of you!" They need to hear their doing a good job, even when it's hard.



"You are special." Let them know their uniqueness is a strength.



"I trust you." Building a foundation of trust raises an honest person.



"I believe in you." Teach them how valuable they are.



"I know you can do this!" Encourage them to never give up.



"I am grateful for you." Be specific, this can really make their day!

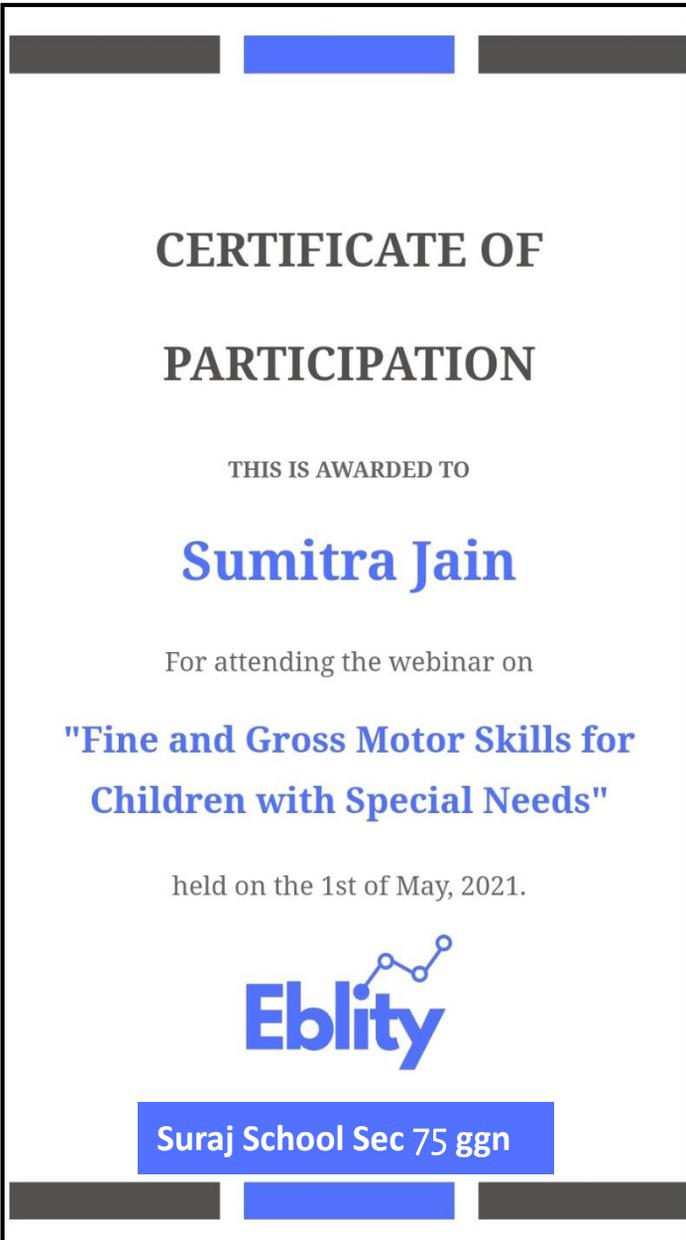


Raising Children

The best way to raise positive children in a negative world is to have positive parents who love them unconditionally and serve as excellent role models.

Kanika Ghai
 Principal
 Suraj School
 sector 56 Gurugram





GOOD PARENTING

While the era of progression is ahead, we all want to be the best parents we can be for our children, but there is often conflicting advice on how to raise a kid who is confident, kind and successful. Throughout the circus act of parenting, it's important to focus on balancing priorities, juggling responsibilities and quickly flipping between the needs of your children, other family members and yourself. Modern parents have the entire internet at their disposal and don't follow any single authority. It's hard to know whom or what to trust. So therefore all we need is to believe our instincts and do what is best for our children prioritizing their needs and aspirations as well.

Ramesh Bhatia
Principal
Suraj School Bhiwadi



Good parenting

The most common battle as a parent these days is to keep a track on your child. As your child will develop, the challenges will change, and your thinking may evolve, but your approach should be consistent, firm and loving. Help your child learn through experience that making an effort builds confidence and helps you learn to tackle challenges. Calibrate your expectations about what your child is capable of doing independently, whether you have an infant learning to sleep through the night, a toddler helping to put toys away, or an older child resolving conflicts.

The most important thing to understand is that there is no one right way to raise a child. We need to do our best, trust ourself and enjoy the company of the small person in your life.

Tr. Aandita
Suraj School Bhiwadi



परवरिश का पौधा

यदि परवरिश का पौधा सींचा जाए, अच्छे संस्कारों के मीठे जल से, तो भविष्य में अवश्य रूबरू (प्राप्त करेंगे) होंगे उसके मीठे फल से, यदि माता-पिता बच्चों को ऊंची तालीम (शिक्षा), तमीज (सम्मान) और ख्यालों (विचारों) से वाकिफ़ करवाते हैं, तो यही बच्चे एक दिन समाज, देश और दुनिया में नाम कमाते हैं। यदि जीवन में परवरिश की अच्छी हो नीति, तो वह बच्चों के जीवन को कुंदन की तरह चमका कर बना देती है कीमती, वरना बुरी परवरिश चमड़े की भांति निष्ठुर, व बेशर्म बना सकती है, जिसे जितना भी पीटो, कभी भी महक नहीं उसमें पैदा की जा सकती है।
चाहिए.माँ - बाप को बच्चों को परवरिश दे अच्छी ताकि उनका जीवन सभी के लिए बने कीमती।

चेतना भटनागर
(अध्यापिका)
सूरज स्कूल सेक्टर 75 गुरुग्राम

Hindi Crosswords Puzzle

1				2	
			3		
		4			
					5
6		7			
8					

बाएँ से दाएँ

1. टाँकने की क्रिया 2. टाँकने की मज़दूरी या पारिश्रमिक।
3. 1. घास-फूस या टीन से बनाया हुआ छोटा घर 2. छोटी-सी कुटी या झोपड़ी।
4. 1. किसी को पास आने के लिए आवाज़ देना; पुकारना 2. किसी को बोलने में प्रवृत्त करना 3. किसी से कुछ कहना या कहलाना।
6. स्त्रियों को दी जाने वाली एक प्रकार की गाली।
8. 1. अँधेरी; अंधकार भरी 2. शिकारी जंतुओं अथवा घोड़ों की आँख पर बाँधने की पट्टी।

ऊपर से नीचे

2. 1. तेज़ी से आगे बढ़ना; जल्दी-जल्दी चलना 2. झपटना।
3. टाल-मटोल; ना-नुकर करना; कार्य को आगे के लिए स्थगित करते जाना; खिसकाते जाना।
5. केलास संबंधी; सफ़ेद एवं पारदर्शक क्रिस्टल वाला।
7. गहनों पर नगीने जड़ने का काम करने वाला; जड़िया।

हल 8th Puzzle

	1 मं				2 ढी
3 ष	ड	रि	4 पु		ला
	वा		रो		ना
		5 स	हि	ति	
6 छ	ढी	भु	त		7 श
		त			फी
8 शी	फा		9 त	पा	क

SOCIAL DISTANCING



कोविड वैक्सीन लगवाने वाले कृपया ध्यान दे!!!!

कल अशोकनगर पटना में एक आदमी कोविड वैक्सीन लगवा कर जब घर आ रहे थे तो उनको धुँधला दिखाई देने लगा। घर पहुँचते पहुँचते वह अत्यधिक घबरा गए और तुरंत वैक्सीन सेंटर पर फोन करके अपनी परेशानी के बारे में बताया।

वैक्सीन सेंटर से कहा गया कि आप तुरंत वापस आइये। क्योंकि आपके जाते ही आपको वैक्सीन लगाने वाली नर्स को भी धुँधला दिखना शुरू हो गया है। वह वापस वैक्सीन सेंटर पहुँचे तो डॉ ने उन्हें चश्मा देते हुए कहा कि यह अपना चश्मा लीजिये और नर्स का चश्मा जो आप पहन कर चले गए थे वापस कीजिये। हँसते रहें मुस्कुराते रहें और ज़्यादा दिमाग न लगाए, वैक्सीन ज़रूर लगवाए

Please Send All Quiz Answer at : +91- 9811590519

“EFFECT OF COVID-19”

Educators should treat the pandemic as a period of interregnum and find that delicate balance between academic rigour and the students’s psychological and emotional needs.

Teaching is by definition nurturing Universities have always understood that the essence of teaching lies not in the transmission of knowledge alone but in the ability to help each students potential blossom, to encourage them to think critically, ask question and be driven by the need to know.

“Constantly think about how you could be doing things better keep questioning yourself”

Everything changed in 2020 with the unprecedented COVID-19 pandemic. Teachers and students were completed to transition to online model of instruction from the traditional on –campus courses. This meant not only mastering a new set of tools and technology, but a massive change in pedagogy itself.

“When something is important enough, you do it even if the odds are not in your favour”

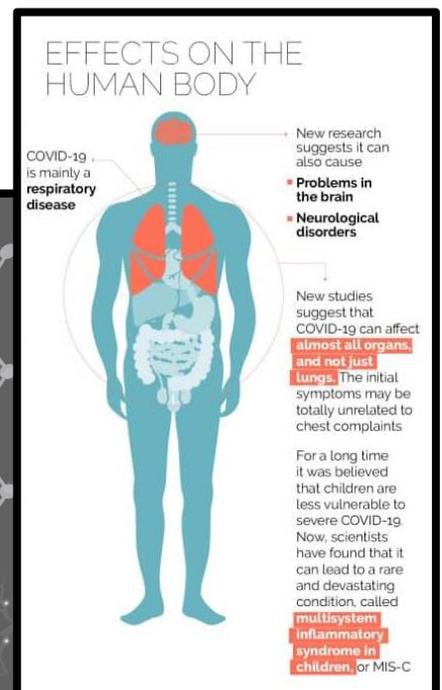
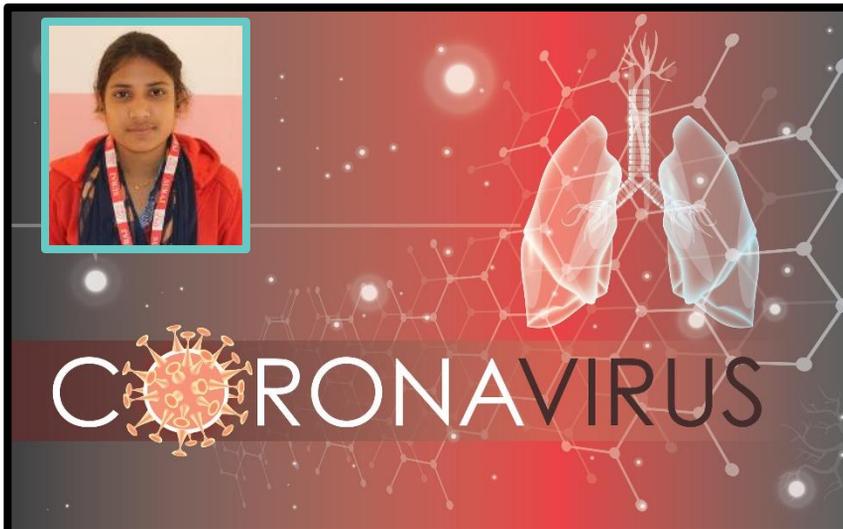
This is a time when greater accomodations need to be offered to a student than those that would be required in normal times. There will be other measures that will depend on the situation at hand.

CHILDREN OF TODAY...OUR KEEPERS OF TOMORROW

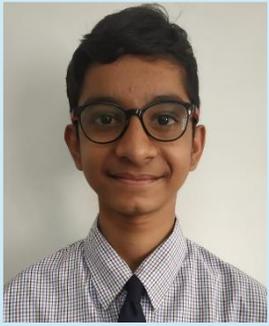
Jyoti Yadav

(M.Sc Physics) 1st Sem

Suraj Degree College Mgh



PARENTING



Pratham | Class 8N4
Suraj school Sec 75 ggn

What makes a good parent? People have tried to find out the answer, because what makes a good parent makes a good family and what makes a good family makes a good society and finally what makes a good society makes the world we live in a good one. Actually it is family where all the social ills come from. It is family what predetermines what kind of society we will have tomorrow, because the society of tomorrow will be born to and moulded in the family of today.

So if we find out what makes a good parent and try to change the society we'll be living in we've got to start right now. Parenting or child rearing promotes and supports the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting styles vary by historical period, race/ethnicity, social class, preference, and other social features.

OH! DEAR PARENT

"You teach me right from wrong.
And when I'm sad you sing to me that
special song.
You tell me everything I need to know.
And when I need you, you're always there,
all set to go.
So when I'm all blue and sad, I call on you,
my mom and dad."

OJASVI | 5TH SP1
Suraj School Rewari



PARENTING

Our parents help us with a lot of things and may also scold us for a few. But each and every time they try to do the right thing.

All these things are a part of parenting. Parenting is a practice in which parents promote the physical and the emotional growth of their children.

Has your mother ever refused to cook when you are hungry? No. That's because she loves you and that's what matters. They'll always love us that's why we should be grateful to them.

Hiranya upadhayay | Class 8
Suraj School Sec 75 ggn

poem ~ parents

“Parents wipe away tears
They ease their child’s fears
They have unconditional love
Their babies their blessing sent from above
Parents help their child grow in many ways
Through important acts like encouragement and praise
They enable their baby to be their very best
They can tell when their child’s sick and need to rest
Parents teach their child to know what’s right and what’s wrong
They punish for good reasons, but not for too long
Over the years their baby becomes older and stronger
The child eventually feels they need their parents no longer
A parent knows they still need to be there
Parents will forever and always show they care.”

Diksha 8 shine 1
Suraj School Rewari

परिवेश और परवरिश

माता पिता संग हो बच्चों का जब सहज समावेश
मन मे हो जो भी बच्चे कहे बिना संकोच
तभी बन पाता है परिवार में अच्छी परवरिश
का परिवेश।

अगर गलती भी हो जाए,
कहने में तब भी ना शर्माए,
कह माता-पिता को बात मन की,
अपने जीवन को हल्का कर पाए।
बोझ ना हो पढ़ाई का, ना हो बोझ केवल
सफलता पाने का
अगर असफल भी हो जाए,
फिर भी हिम्मत कर अपना लक्ष्य पाए।
माता पिता यही दे गुरु मंत्र,
सदैव रहे, मर्यादा में, करे नियम का पालन,
पर मन में कुंठाओं का ना करें अनुपालन,
प्रसन्नता स्वच्छंदता और अनुशासन।
सब को लेकर चले और जीवन में नित्य आगे बढ़े।

सुजाता कालरा | Class 8
(Mother of Samridhi Kalra)
Suraj School Sec 75 ggn

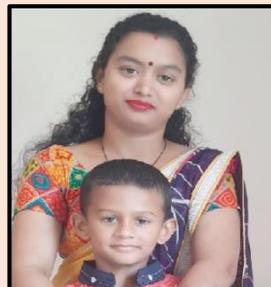
Parents

“ They tried so hard to make us see, we never
listened, we only wanted to be free.
They give us the tools to build our life,
We broke all the rules with our own strife.
The more they tried to raise us the best,
The easier it was to be just like the rest.
No greater love has been ,
We will need our parents again and again.”

Nancy 7 sp1
Suraj School Rewari

Thanks Mom, Thanks Dad

Thank You, Mom.
Thank You, Dad.
Three Small Words.
So much to add.
and your love
and your support
a million words
The words, "I Love You"
Seem too few to express
the love I have for you.



Hardik S/o Amardeep
Class 3 SP1
Suraj School Rewari

MOM AND DAD

“You teach me right from
wrong.
and when I'm sad you sing to
me that special song.
You tell me everything i need to
know.
and when i need you. you're
always there,
all set to go. So when I'm all Blue and sad, I call
on you“ My Mom and Dad.



Chahak Yadav
3rd SP1
Suraj School Rewari

Story About Maggi How Maggi Became Everyone's Favourite Maggi

Julius Maggi from Switzerland formed a company Maggi in 1872. It was the era of **industrial revolution** in Switzerland. At that time women had to go home after long working hours and cook food. In such difficult times the swiss public welfare society had taken the help of Julius Maggi and MAGGI NOODLES was born under compulsion bearing name "Maggi" i.e the sur name of Julius Michael Johannes Maggi"

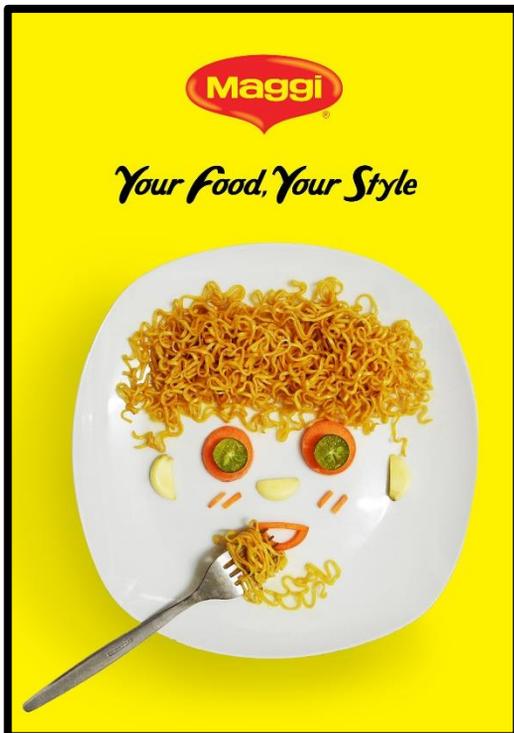
In year 1897, maggi noodles were first introduced in Germany, initially it was protein rich food and ready made soup.

In 1972 Maggi noodles went to United States and France but the same year Julius Maggi passed away.

Then in 1947 Maggi merged with Swiss which did its branding and marketing and drove Maggi to every one's kitchen.

Maggi reached India when Nestle India became associated with it and bought it in 1984. At that time no one thought that maggi would become the choice of millions of people , but it happened and Maggi become India's most valued brand with tag line..... 2 minute noodles.....

Dr. Monika Gupta
Academic Dean
Suraj Degree College Mgh



Maggi

YOUR MAGGI® IS SAFE, HAS ALWAYS BEEN.

For more information, write to us at WeCare@in.nestle.com

Why do we say so?
Your MAGGI® Noodles' safety has been confirmed and reaffirmed many times through rigorous testing by laboratories accredited by NABL (National Accreditation Board for Testing and Calibration Laboratories).

Facts about lead

- ✓ We do not add lead to MAGGI® noodles in any form at any stage.
- ✓ Lead occurs naturally in the Earth's crust (present in the air, soil, water, grains and other materials.)
- ✓ To ensure food is safe, Food Regulations specify safe-limits for several elements including lead. Your MAGGI® noodles has consistently cleared these tests.

SO GO AHEAD. ENJOY YOUR MAGGI®, LOVED AND TRUSTED FOR 35 YEARS.



"Parenting"

I am very blessed to have beautiful child (Vyan) given to me by Almighty. God has done his work by blessing me with sweet child and now it is the moral duty of parents to make him nice human being. As proverb says men 21e from mars & women from Venus. women is the content stream of love & affection. mother laps the child & father shoulder to the immense care & affection. Childhood is the age which is solely at the discretion of parents bringing him up with good support to the complete world . As a parents, we tell him about spiritual values to be disciple in life so that he does not fall in bad society. if child become good in his life then heirt of parents will be gold too. May lord always guide us & guzrd us and we always be 2 source ofsupport for our precious child.

with prayers

(PARENTS)

Mr. VISHAL KHANNA | Mrs. NAGINA KHANNA



"Parents"

- 1) My parents are beautiful gift from God.
- 2) My first priority and my parents. Parent conceit role of mother & father.
- 3) They play immense role in physical, mental and social development.
- 4) Parents teach and guide us on right hath.
- 5) They do everything for us. they give us toys, clothes, gifts and many things.
- 6) They listen to our all problems and give us solution of the problem.
- 7) Parents work for us and met all our needs without any complaint or woe.
- 8) Thanks god for giving me so nice parents.
- 9) I love my parents very much. may god bless them.
- 10) May god give them good health, peace, joy.

Vyan Khanna Class-8A

Suraj school sector 56 Gurugram

MY PARENTS

Parents are the best gifts of god and my parents are the best parents in the world. My dad is a D. Director and my mom is a housewife. they take good care of me. My dad takes me out and by me new things. My mom cooks tasty food for me and helps me with my H. W. they teach me to love everyone and respect everything and to always help people and put their needs first. I Love my Parents Very Much



Aparna mishra Class 7 A |
Suraj school sec 56

PARENTS

Parents are a great gift in ones life. I cannot imagine my life without them. They are very loving and care for me always. My father is Sanjay Pal (write your own father's name) and my mother is Sarbani Devi (write your own mother's name). My father is an architect and is a great designer. He is a very kind and hardworking person. He loves me very much and takes care of all my needs. Sometimes he brings beautiful gifts for me. He takes me out and fills my life with happiness and joy. He even teaches me at home and helps me complete my homework. My mother is a homemaker and is very caring too. She takes great care of the house and cooks tasty food for all of us. She takes me to school in the morning and to the park in the evening. She tells me interesting stories at bedtime. I am very dear to my parents. I love and respect them very much too. I do not know what to do without my parents. When I grow up I too will take care of them.

purva 7 sp1
Suraj School Rewari

परवरिश

इस दुनिया के मैं आने पर जीवन और कौन दिखाता है।
चलना फिरना हंसना खेलना कौन सिखाता है।
सही गलत कुछ नहीं और भेदभाव कौन समझाता है।

हमारे माता-पिता

हमारे माता-पिता हमारी परवरिश में कोई कमी नहीं रखते हैं
ध्यान रहे की परवरिश का मकसद बच्चों की जरूरत पूरी करना ही नहीं
बल्कि उनकी मेहनत परवरिश के लिए कुछ बातें ध्यान रखना भी जरूरी है

बल्कि उनकी मेहनत परवरिश के लिए कुछ बातें ध्यान रखना भी जरूरी है

- 1 पहले बच्चे के लिए एक अच्छी भूमिका निभाने का प्रयास करें।
- 2 कभी भी अपने बच्चों की तुलना दूसरों से ना करें
- 3 अपने बच्चों का हमेशा विश्वास करें।
- 4 बच्चों को अनुशासन में रहना सिखाएं।
- 5 क्योंकि गलतियों को बढ़ावा ना देकर उन्हें समझाएं।
- 6 बच्चों की उम्र के हिसाब से उनके साथ व्यवहार करें।



किसी ने सही कहा है-

- 1 परवरिश का पहला सबक होता है मां का हुकुम यह मां का हक है।
- 2 किसी के साथ गलत करते हैं तो लोग हमारी परवरिश पर उंगली उठाते हैं।
- 3 संस्कारों से बड़ी कोई वसीयत नहीं होती, इमानदारी से बड़ी कोई विरासत नहीं होती।
- 4 आत्मा बच्चों के साथ रहने पर स्वास्थ्य स्वस्थ होती है।

विशेष-: हमारे बच्चे सबसे मूल्यवान और प्रतिभा प्रतिभावान होते हैं माता-पिता बच्चों के लिए आदर्श हैं वह बच्चों की पहली पाठशाला हैं माता-पिता बनना दुनिया की सबसे बड़ी उपलब्धियों में से एक है अतः माता-पिता द्वारा अपने बच्चों की बेहतर... के अंदर अच्छे संस्कारों का निर्माण करती हैं।

नाम मोनिका शर्मा

Class 6,

Suraj School sector 75 ggn

PARENTING

Children today have high exposure to screens from an early age, especially the mobile screen. Children are spending more time with devices than with their peer group.

However, an excess of screen time can slow your child's growth and development at several levels.

1. **Undivided Attention:** When your child needs you to hear her out, keep your devices away and choose to talk to your child. This way, children realize their importance over the phone/laptop.
2. **Engage & Involve:** It is important to keep your child engaged in activities that involve touch and feel such as drawing, painting, reading, gardening, and singing.
3. **Conversations are key:** Talk to your children and ask them about what happened at school, their favorite song, what did they do together with their friends. Talk to your child about the impact of excessive screen time on their eyes, and what all do they miss doing because of that. Introduce your child to sports and help them take it up for long.
4. **Plan family outings:** Choose an interesting place for the weekend, for instance, a visit to the zoo, activity parks, museums or the library. This will encourage your kids to explore the world beyond the screens.
5. **Set a schedule:** Make a screen time schedule for your child. Follow this schedule consistently and persist no matter how much your child tries to avoid it.
6. **Make technology-free zones in your house:** Create screen-free zones in your house where you won't bring in any electronics like smartphones, tabs, or laptops. For instance, your dining area can be a technology-free zone, which is only reserved for family conversations and meals. Your child's room should also be in the same zone.

Just like adults, children get drawn to devices when they do not have anything else to interest them. You can ensure that your child develops new interests as s/he grows and is not stuck to a screen with these easy and effective tips.

Parenting in Covid times

Parenting has always been tough, but home schooling, working from home, and all the uncertainty about COVID-19 has made it even tougher. As parents it is being challenging to keep your kids unaffected as far as possible from this environment full of fear, anxiety and restrictions.

We never thought we will have to keep our learning premises restricted to the walls of one's home. Even the pre-schooling for kids used to start by stepping out of your home because it is a proven fact that children learn more within the group of children of similar age.

I have two children, 11 years old daughter and 4 years old son. So the learning requirements are quite different in these two age groups. My daughter needs to *learn* to take more responsibility towards all the subjects while keeping in mind all the aspects like reading, learning and writing with less parent involvement and to become more accountable for her studies.

Whereas at the age of 4, kids need to be given more opportunities to improve their social and emotional skills while interacting more with their teachers and class mates hence making new friends, playing with them, sharing and listening to stories and also having some physical activity. Therefore, by homeschooling these requirements can be met to a limited extent only.

In this unprecedented time, among the various other things we also have been evolving new ways of managing kids learning and diverting their energies in a more productive direction as far as possible. So I would like to mention following tips which I think are really helpful during home schooling.

Create a learning routine. I normally prefer slots of 30 to 45 minutes for kids to study in one sitting. We have 3-4 such slots in a day depending upon the volume of work. Keeping short duration of time doesn't burden kids much and also it's easy to achieve the required concentration in short duration.

Just create a general outline that you think you can maintain on most days that still leaves room for flexibility and down-time.

Set goals—and celebrate their completion. Since so much has been taken away from our everyday lives, having something to look forward to can help kids stay motivated. I normally set up small rewards, like watching an episode of a favorite TV show, can help them tackle that unpleasant maths assignment. If you all set a few goals and plan breaks together, your kids will see that you're a team.

Getting help from kids in household chores: Generally, kids are more energetic than adults so channelizing their energy within the home premises is another big challenge. Apart from some physical games I ask kids to do small household chores like organizing clothes in wardrobe, non-fire cooking for evening snacks, organizing toys in drawers etc.

Arrange virtual playdates/ meetings with family and friends : We set-up regular video conferencing calls on Zoom for kids to connect with their friends, cousins and relatives so they can keep in contact with them. Also on my daughter's birthday we celebrated with some virtual games with cousins and extended family members joined from different locations. ²²

Designate special one-on-one time: One of the most positive thing in this otherwise stressful times is the amount of time we are getting to spent with kids which was not possible earlier especially for working mothers like me. Having one on one time with each child is a great way to forge a closer bond and we could all benefit from extra affection. Your child will appreciate playing with you.

Change the place within your house : As normally kids relax in their bedroom which has now become monotonous, we try to break the routine sometimes by making tent house in lobby or making a place to study/ relax in balcony during evenings. It really helps kids to feel refreshed.



Treat kids with delicacies : As going to malls and having food at their favorite food joints are something kids are missing terribly. I make a point to cover that part by doing only what's possible now which is ordering food sometimes from Zomato to give them a treat at home. It always works .. in order to delight their mood.

So these are some of the learnings during the covid times but will stay relevant in all times. Having said that, one thing is for sure that nothing can replace the school experience for children. So, I and kids are looking forward to the times when schools will be re-opened and children can be in covid-free environment while playing, enjoying, learning and studying in school with friends and teachers.

Thanks & Regards

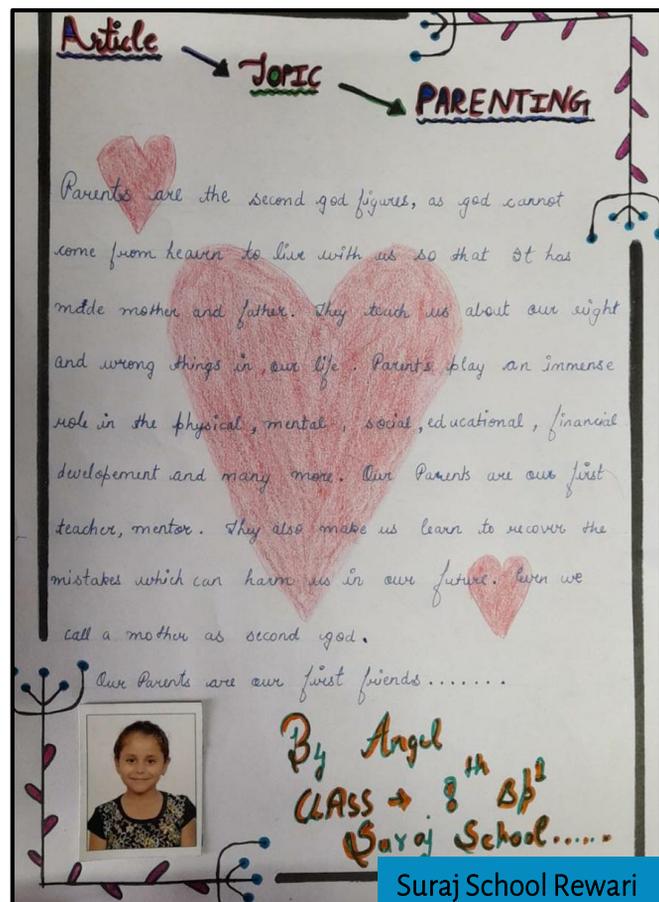
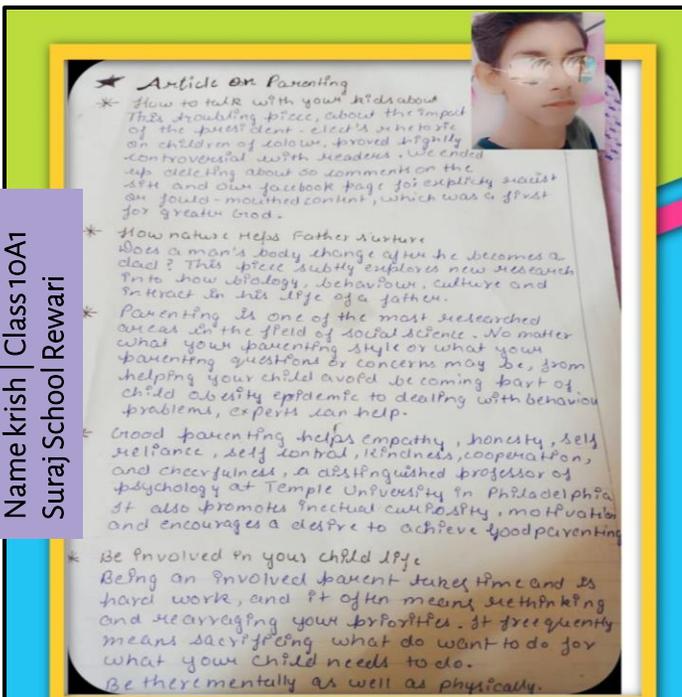
Roshi Mendiratta Thukral

Mother of Neer Thukral Class 7th A1

And Dishen Thukral Class L.K.G

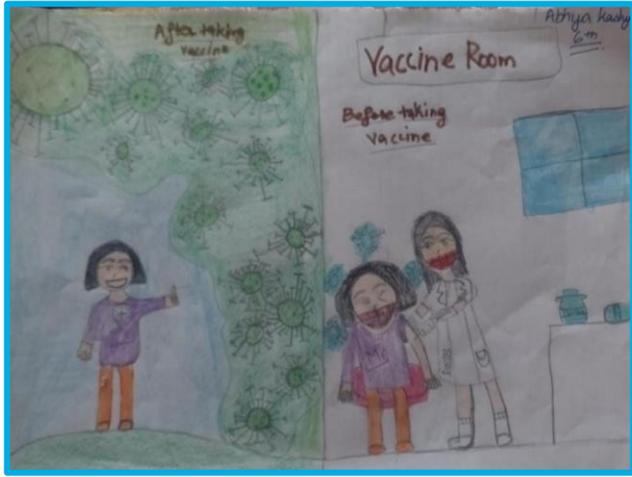
Suraj school sec 56

Name krish | Class 10A1
Suraj School Rewari



Suraj School Rewari

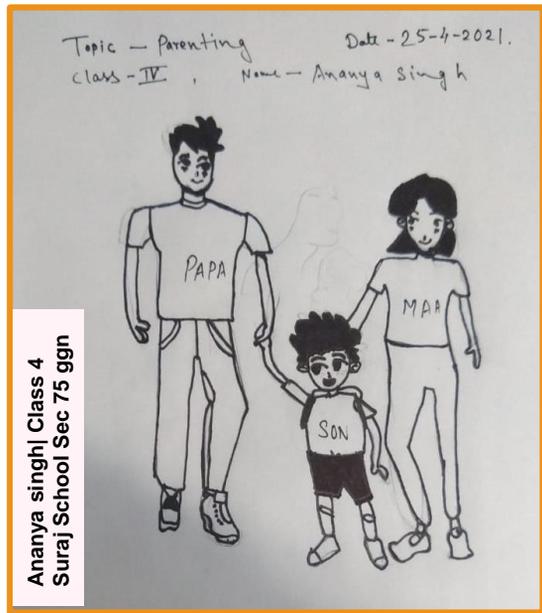
ART GALLERY



Himanshu | Class 8
Suraj School Sec 75 ggn



Apoorva sharma | Class 7
Suraj School Sec 75 ggn



Ananya singh | Class 4
Suraj School Sec 75 ggn



Pratham | Class 8
Suraj School Sec 75 ggn



Khyati Sengar | Class 8
Suraj School Sec 75 ggn



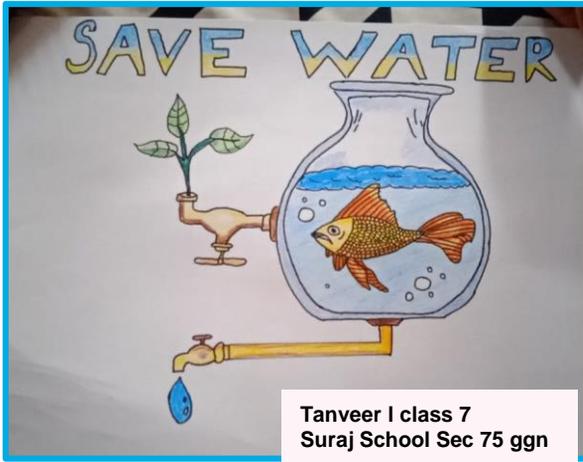
khyati Sengar
Suraj School Sec 75 ggn



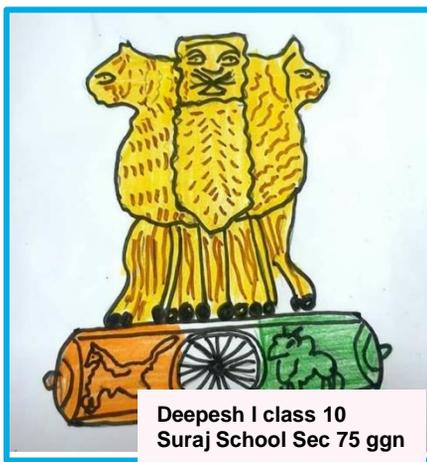
Rudra Beniwa |
Suraj School Sec 75 ggn



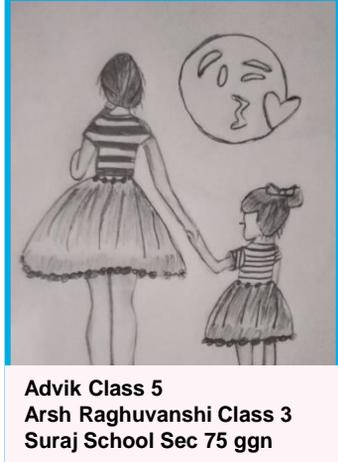
Mayank-malik | class 6
Suraj School Sec 75 ggn



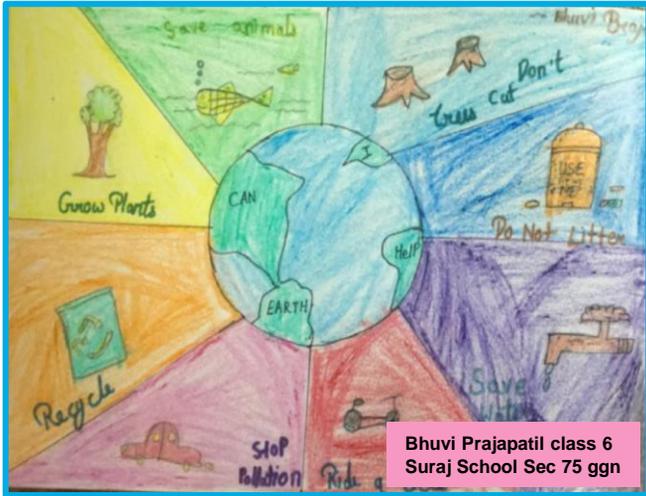
Tanveer | class 7
Suraj School Sec 75 ggn



Deepesh | class 10
Suraj School Sec 75 ggn



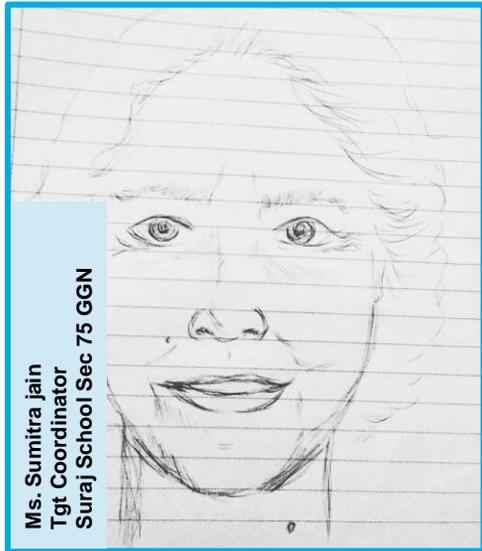
Advik Class 5
Arsh Raghuvanshi Class 3
Suraj School Sec 75 ggn



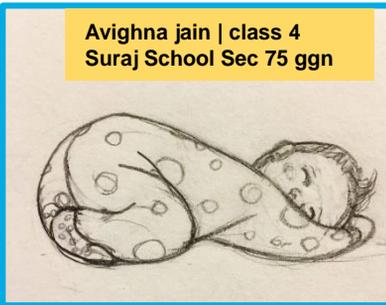
Bhuvi Prajapatil class 6
Suraj School Sec 75 ggn



Bhuvi Prajapatil class 6
Suraj School Sec 75 ggn



Ms. Sumitra jain
Tgt Coordinator
Suraj School Sec 75 GGN



Avighna jain | class 4
Suraj School Sec 75 ggn



Manshika | Class 7
Suraj School Sec 75 ggn



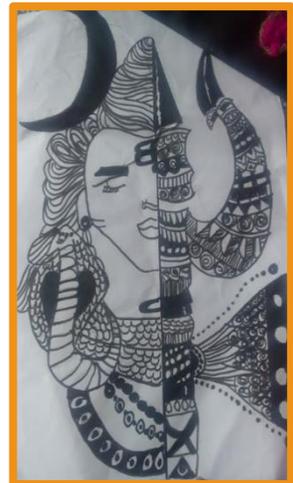
Asim | class 8
Suraj School Sec 75 ggn



Jiyu Yadav | class 8
Suraj School Sec 75 ggn



Jiyu Yadav | class 8
Suraj School Sec 75 ggn



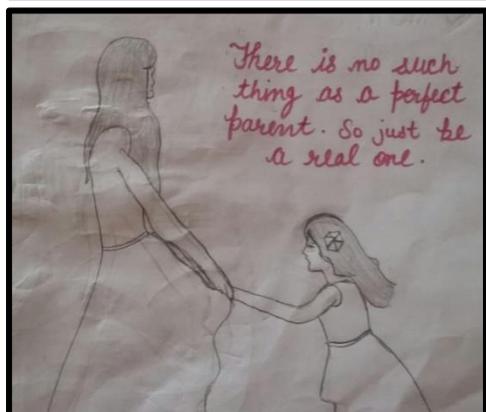
Manshika | Class 7
Suraj School Sec 75 ggn



Liza | class 9
Suraj School Sec 75 ggn



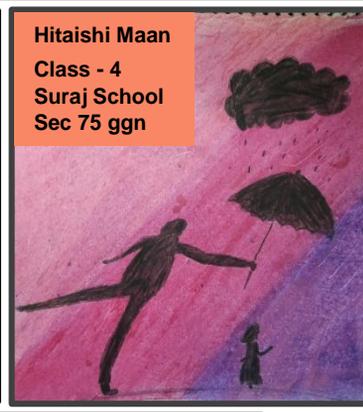
Bharti Yadav | class 7
Suraj School Sec 75 ggn



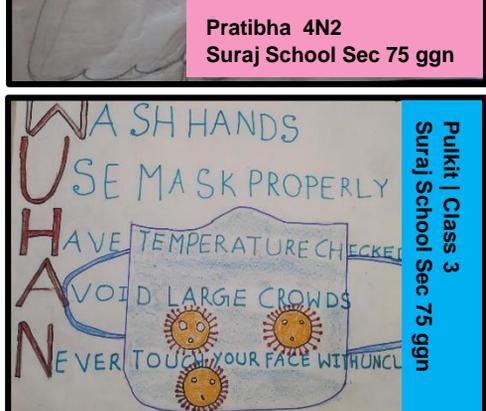
Pratibha 4N2
Suraj School Sec 75 ggn



Novesh Gautam | Class 4
Suraj School Sec 75 ggn



Hitaishi Maan
Class - 4
Suraj School
Sec 75 ggn



Pulkit | Class 3
Suraj School Sec 75 ggn



Samar Yadav | Class 6
Suraj School Sec 75 ggn



Angel Sharma | Class 4
Suraj School Sec 75 ggn



Tejal | Class 4
Suraj School Sec 75 ggn



Nandini | Class 6
Suraj School Sec 75 ggn



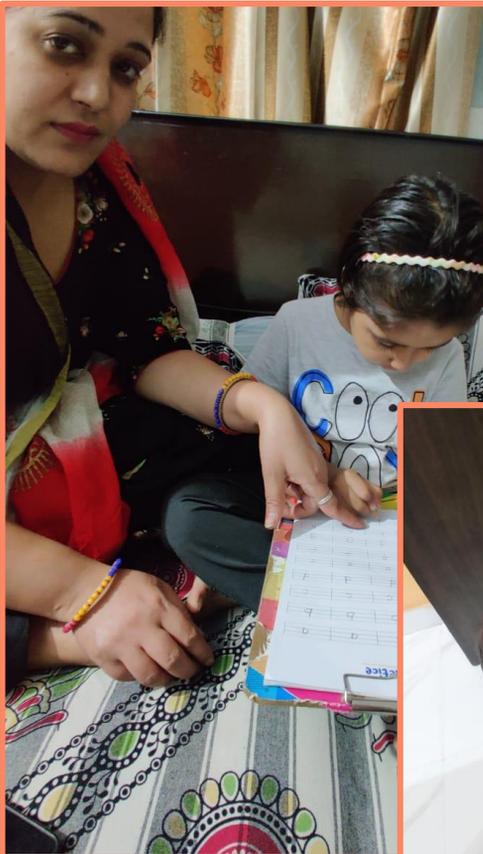
Jasmine | Class 4
Suraj School Sec 75 ggn



Suraj School Rewari

POSITIVE PARENTING

Play your child. Even when your son learns to make spikes on his head. Even when your daughter spends more time in front of the mirror than with you. They need your loving touch. So do you.



SURAJ SCHOOL [www]

Topic :- PARENTING

Parents are the most beautiful and valuable God-given gifts in our lives. They play an important role in the physical, mental, social, educational development. They teach and guide us on the right path and differentiate between the right and wrong things in life. They listen to our problems and help us make the right life choices. They do everything to keep us happy and protect us from harm that befalls us. Grandparents are also considered as parents in our life. A mother protects us and takes care of the child while a father guides and teaches the child. Parents work hard to provide us a proper education and everything in our life. They feel proud and happy when they see us attain success in life. Parents are our guardians, and we must respect them as a Godly figure.

THANKS

Name: Anisha
Class: 9th A3
F. Name: Mr. Harman

A Parent's Love

No gift on earth is greater,
No treasure field above,
The joy that comes from knowing,
A Parent's endless love.

In spite of how it's tested,
It grows from year to year,
Providing strength and comfort,
It always draws us near.

It warms and it protects us,
And guides us from afar,
Shedding light upon us,
Like a bright and shining star.

And when all things are measured,
Not one shall rise above,
Or be compared in value,
To a Parent's endless love!

Suraj School Rewari

My Parents



I have very sweet and loving parents. They both care for me a lot. My father is a gorgeous father. Parents are the most beautiful and valuable God-given gifts in our lives. They listen to our problem and help us make the right life choices.

I love my family & parents

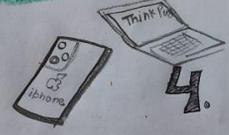
Suraj School Rewari

Parenting Tips

1.  Focus on Child's Nutrition

Be wary of Children's Daily Activity  2.

3.  Make sleep a priority. Minimum 8 hours to sleep.

Monitor online activity in limit  4.

5.  Talk to Teachers About Children Behaviour

Name: Anushka
Class 5th SP1
Roll No. 42

Suraj School Rewari



Parenting or child rearing promotes and supports, physical, emotional, social, and intellectual development of a child from infancy to adulthood. Rearing refers to the intricacies of raising a child and not exclusively for a big biological relationship.

Four types of parenting:

- Authoritarian or disciplinarian.
- Permissive or indulgent.
- Uninvolved.
- Authoritative.

Neeru
Suraj School Rewari

Parenting
Riya | Tgt Maths
Suraj School Rewari

It is the nature of parents to love their children. When children are small, parents diligently attend to their needs, giving them the best of care. They rejoice in their steady growth and happiness. When children become sick, a mother spares no efforts day or night to nurse them back to health. Parents delight to see their children achieve worthwhile objectives in life. All this and much more is the privilege and duty of parents toward their children.

If parents are Christians and live the Bible, they will live an exemplary life before their children, a life they wish their children to pattern after. Since "the imagination of man's heart is evil from his youth" (Genesis 8:21), it is necessary that training and teaching be done early in life. It is said, "a child learns more by observation than through instructions."

"Train up a child in the way he should go; and when he is old, he will not depart from it"



Name -> VISHAL / Class -> 5th
Roll No -> 321 / Loc No -> 7529

Vishal | Class 5th
Suraj School Rewari



Mother Name -> Meha Ladwa
Phone No -> 9910 80317



Father Name -> Dalip Kumar
Phone No -> 9910 12 03 3 6

Good parenting involves a great deal of consistency and routine, which gives children a sense of control. Good parenting focuses on developing independence in children, so redundancy becomes the aim for parents.

Mom and Dad



"You teach me right from wrong.
And when I'm sad you sing to me that special song.
You tell me everything I need to know.
And when I need you, you're always there, all set to go.
So when I'm all blue and sad, I call on you, my mom and dad."

Yasbeer Singh
3rd
Suraj School Rewari

It is the nature of parents to love their children. When children are small, parents diligently attend to their needs, giving them the best of care. They rejoice in their steady growth and happiness. When children become sick, a mother spares no efforts day or night to nurse them back to health. Parents delight to see their children achieve worthwhile objectives in life. All this and much more is the privilege and duty of parents toward their children.

If parents are Christians and live the Bible, they will live an exemplary life before their children, a life they wish their children to pattern after. Since "the imagination of man's heart is evil from his youth" (Genesis 8:21), it is necessary that training and teaching be done early in life. It is said, "a child learns more by observation than through instructions."

"Train up a child in the way he should go; and when he is old, he will not depart from it"



Chinky
3rd
Father's Name
Mr. Satpal

Suraj School Rewari

Parenting

A good parent is someone who strives to make decisions in the best interest of the child.

A good parent doesn't have to be perfect. No one is perfect. No child is perfect either. Keeping this in mind is important when we set our expectations.

Successful parenting is not about achieving perfection. But it doesn't mean that we shouldn't work towards that goal.

Set high standards for ourselves first and then our children second. We serve as role models for them.

Name - Arpit
Class - Xth A3
Father name - Dalip Kumar
Adm. No. - 8788



Suraj School Rewari

माँ

दुनिया का पहला जेम - माँ
सबसे कीमती बरदान - माँ
धरती पर ईश्वर का कहानी - माँ
खुशियों के बाग में बागवान - माँ
हमारी पहली शिक्षक - माँ
प्रकृति के सौंदर्य का पहला उपहार - माँ
कॉलोमरी राह में फूलों का अहसास - माँ
हमारी पहली दोस्त - माँ
कदरत को संपूर्ण व्यवस्थित व्यवस्था - माँ

Suraj School Rewari

SUDOKU PUZZLE

8				5	1			
7						2		
	9			8	2	7		
		4			6			
2					8		4	9
	1				5			
3	7							2
		9	3	6	7	1	8	
5					9	3	7	

How to play Sudoku

The goal of Sudoku is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. Your job is to use logic to fill in the missing digits and complete the grid. Don't forget, a move is incorrect if:

- Any row contains more than one of the same number from 1 to 9
- Any column contains more than one of the same number from 1 to 9
- Any 3×3 grid contains more than one of the same number from 1 to 9

Did You Know

Apples Can Aid Weight Loss



Eating apples affects satiety, makes you feel fuller & reduces energy intake

हल 8th Puzzle

6	2	9	3	4	5	1	7	8
1	5	8	7	2	6	9	4	3
3	7	4	8	9	1	6	5	2
5	8	6	4	7	9	2	3	1
4	3	7	1	6	2	8	9	5
9	1	2	5	3	8	4	6	7
8	6	5	9	1	3	7	2	4
2	4	3	6	8	7	5	1	9
7	9	1	2	5	4	3	8	6

Please Send All Quiz Answer at : editor@surajschool.com

The Lucky winner name mode be published next issue

SPORTS — TENNIS

The history of tennis can be traced back to the late 19th century when the game was played in the British nation in the 1870s. After a decade, the game was brought to India by the British Army and civilian officers. Tennis tournaments were held in India when the game was slowly picking up pace in the country. Some of the most notable tennis tournaments in the history of the game in India include Punjab Lawn Tennis Championship held at Lahore in 1885, Bengal Lawn Tennis Championship held at Kolkata in 1887 and the All India Tennis Championships organized at Allahabad in 1910.



First Indian woman to win a Grand Slam match Nirupama Sanjeev became the first Indian woman to win a Grand Slam match in the modern era when she beat Italy's Gloria Pizzichini in the 1998 Australian Open. She was also the first Indian woman to break into top 200 in World Singles Rankings.

First Indian woman to win a Grand Slam

Sania Mirza became the first Indian woman to win a Grand Slam when she partnered with Mahesh Bhupati to win the 2009 Australian Open mixed doubles title. She later went on to win six more Grand Slam titles and is the best female tennis player to come out of India.

Parents, guardians, anyone can submit their articles for school magazine. Education Institutions, Individual can also subscribe e-magazine "Urja". Yearly subscription is available at printed price, however its free for Suraj School Students. Anyone can subscribe and can advertise in the school magazine. For your suggestions, subscription, feedback, complaint etc. please write to us at editor@surajschool.com

www.urja.surajschool.com

Thank You

Designed By Web4bharat (+91- 9266331234)