

OCTOBER 2025-26

DAV MUKHYAMANTRI PUBLIC SCHOOL MASTURI

PRINCIPAL'S MESSAGE

The Power of Fitness

Dear Students,

Good health is the foundation of a happy and successful life. In today's world, where studies and screens take most of our time, it is more important than ever to stay active. Regular exercise not only strengthens our body but also sharpens our mind, improves concentration, and boosts confidence.

I encourage each one of you to take small steps every day—walk, stretch, play a sport, dance, or practice yoga. Choose any activity you enjoy, but stay consistent. Remember, fitness is not about being the best; it is about being better than you were yesterday.

Let us make our school a place where healthy habits grow. Together, let's commit to a fit body, a focused mind, and a joyful heart.

Stay active, stay healthy!

Warm regards,

Mrs. Shweta Shrivastava

PRINCIPAL

Run for DAV – A Step Towards Fitness

The Run for DAV event was organized on 12th October 2025, bringing together students from classes 3 to 12 for an exciting 5 km run. The main goal of the event was to promote physical fitness, discipline, and a healthy lifestyle among students. Early in the morning, the school ground was filled with enthusiasm as students gathered wearing their sports uniforms and holding banners encouraging fitness and perseverance. The run began with the Principal's motivating words on the importance of maintaining good health through regular exercise. Teachers and volunteers ensured safety throughout the route. Students showed great spirit, cheering for one another till the finish line. The event concluded with refreshments and a short talk on sportsmanship and teamwork. Run for DAV truly inspired everyone to make fitness a daily habit and to understand that "A healthy body leads to a healthy mind".



No Tobacco Rally – Say No to Smoke, Yes to Life

On 12th October 2025, students from classes 3 to 12 actively participated in the No Tobacco Rally, a campaign to raise awareness about the harmful effects of tobacco. The event included a slogan writing competition, poster making competition, and an energetic rally around the school neighborhood. Students prepared creative posters with strong messages such as "Tobacco kills slowly" and "Be smart, don't start." The rally echoed with slogans promoting a tobacco-free world. Teachers guided the students in understanding the health risks caused by smoking and chewing tobacco. This campaign encouraged everyone to spread awareness within their families and communities. The event successfully highlighted the importance of making healthy life choices and inspired students to become ambassadors of a smoke-free future.



A Vibrant and Meaningful Diwali Celebration



On October 16, 2025, our school campus was abuzz with creativity and fervour during the annual Diwali celebration. The event was marked by an inter-house Rangoli and board decoration competition, where each house was assigned a unique and socially relevant theme.

Aster House championed an "Alcohol-Free Diwali," while Calendula House promoted a "Self-Reliant India." Cosmo House depicted "India on the Path of Progress," and Fennel House advocated to "Say No to Gambling and Yes to Good Deeds." The air was thick with concentration and coloured powder as students from all houses collaborated tirelessly, translating

these important messages into stunning visual art.

After much deliberation, the results were announced. Aster House emerged victorious, securing first place in the Rangoli competition. They were followed by Cosmo House in second place, Fennel House in third, and Calendula House in fourth. The true victory, however, was the spirit of unity and active participation displayed by every student, who collectively made this Diwali both beautiful and purposeful.



Practice Makes Perfect: Board Practice Paper Boosts Exam Readiness

To strengthen the preparation of Class 10th and 12th students, a **Board Practice Paper** was organized in the school. The activity aimed to help students prepare thoroughly for their board examinations through chapter-wise tests* in every subject. This systematic approach allowed them to identify their strengths and improve in weaker areas. Teachers guided students in understanding exam patterns, time management, and effective answering techniques. The practice sessions created a real exam-like environment, boosting students' confidence and reducing anxiety. Such initiatives not only enhance academic performance but also prepare students to face the final board exams with greater focus and determination.

BOARD PRACTICE PAPER



Little Stars Celebrate Diwali with Joy



The young learners of LKG to class 2 celebrated Diwali with great enthusiasm on 17th October 2025. The school premises sparkled with laughter, music, and color as children took part in various festive activities. The highlight of the day was the Rangoli Competition for classes 1 and 2, where tiny artists showcased their creativity with bright designs and diyas. Teachers explained the significance of Diwali — the festival of lights that symbolizes the victory of good over evil. The event concluded with a message to celebrate Diwali safely and avoid bursting crackers. The little ones returned home with bright smiles and hearts full of festive joy.