



Delhi Public School Rishikesh

SHANTINAGAR, RANIPOKHARI, RISHIKESH-248145

THE SCHOOL SCOOP

Edition 4, September 2023- March 2024

INTERVIEW WITH Dr. SHIVANI KOTNALA

Dr. Shivani Kotnala, the visionary behind the “Learning Tree School” for Special Needs, engages in an inspiring dialogue with the students of DPS, Rishikesh.

Shayamal : Before we delve into the formal questions Ma'am, we would like to know a bit about your childhood. Can you share what it was like growing up in your family?

Dr. Kotnala : I have been blessed to have been a part of a large family during my childhood. My father worked with the Electricity Department and my mother was a homemaker. I am the second born in my family with an elder sister and a younger brother. My early education was at St. Mary Haridwar and Vikasnagar.

Tarika: Ma'am, as we all know how much you are doing for the children with special needs, we would like to know what was that moment in your life that motivated you to be where you are today?

Dr. Kotnala: (smiling) As an Aquarian, since my childhood I felt inclined to do some sort of social work. After class XII I got into occupational therapy course, which is related to rehabilitation. I did my Master's from Mumbai and that's how I came into this field. Kids have always attracted me. As a matter of fact, during my internship, I preferred being in the paediatric ward, and during my time there, I worked with a lot of special needs kids. My job expertise also lies in occupational therapy with special kids. After I got married to an army officer in 2007, I decided to settle in my hometown and opened my occupational therapy clinic from this garage.





Shayamal: Ma'am, you and sir both are playing a very important part by living your life selflessly and devoting most of your time to the society. Apart from your work life, how would you describe your life as a defence personnel's wife?

Dr. Kotnala: The life as an Army officer's wife is full of challenges. Col. Kotnala is currently posted at IMA, and there are so many duties that are expected of me to be fulfilled as an Army Officer's wife. On the other hand, this school is a 24 × 7 job for me. It does not spare me a moment of leisure time.

Tarika: Ma'am, your organisation 'Learning tree' is doing wonders catering to the needs of specially abled children. We would like to know how did you come up with the idea of setting up the school?

Dr. Kotnala: When I got married in 2007, my husband was posted in Afghanistan, and this marked as a turning point in my life. Post Afghanistan he was posted at Shimla, and with a very young child to take care of, Shimla weather was not favourable. So, I came back to Dehradun and decided to open my Occupational Therapy clinic as there were none around at that time. Gradually from the clinic the school started to shape up and today I have a strength of around 60 students. Learning Tree has grown from one room to an entire school. I feel this was destined and the path was set for me by the divine.

Shayamal: Ma'am, could you share a few challenges that you face while taking care of such kids?

Dr. Kotnala: The challenges are numerous, the first one being the child itself. The child has to be taught basic survival skills, like using a toilet or holding a pencil. The acceptance from the parents' end is another big challenge. Despite the awareness the parent is not able to accept that his child requires help.

Tarika: Ma'am, the society has still not accepted specially abled kids into the mainstream. Can you enlist a few challenges that such children face in their day-to-day life? Also, if you can guide how we can provide them with a safe and non-prejudiced environment?

Dr. Kotnala: There are definitely challenges faced by these kids. They are still not accepted by the society. Parents feel threatened by their condition that maybe their child will contract the same illness if they get along with specially abled kids. But I am glad that slowly and gradually this perception is changing. March 21 is marked as 'Down Syndrome Day', April 2 is the 'Autism Day', such days are celebrated to create awareness about these conditions. I am hopeful my interview, will have an impact upon the society and bring more positive changes for our students.

In fact, our school students performed at Raj Bhawan during 'Vasantotsav' on the 2nd of March 2024, and I am proud to share that they received a standing ovation from the honourable Governor himself. I am sure more such events will definitely help to bring a positive change in the society.

Shayamal: Ma'am, before we end up this illuminating interview, could you share a few words of wisdom for the students?

Dr. Kotnala: Believe in yourself and start somewhere. Wherever you go don't shy from hard work, follow your passion and your dream and I am sure you will achieve what you desire for.



6th October to 31st October

Planting the seeds

We organized a “Seeds Sowing Activity” for the students of Grade Pre-Nursery to Grade 2. With the assistance of the school gardener, they sowed the seeds of beans, carrots, and radish as a hands-on learning experience. This activity aims to teach the children about the process of planting and nurturing the seeds.



English Elocution

The school held an Elocution Competition for grades 3-5, where each class recited a chosen poem. It aimed to showcase their elocution skills and foster appreciation for literature. The event was a success, leaving a lasting impact on all involved and showcasing the students' dedication and talent.



The results of the Elocution Competition were as follows:-

Position I - Grade 5

Position II - Grade 4A

Position III - Grade 4B



Inter-House Football Tournament



An Inter-House Football Competition saw Chenab House win in the Junior Category, followed by Satluj and Ganga Houses. In the Senior Category, Ganga House triumphed again, with Satluj and Yamuna Houses coming in second and third position, respectively. All teams were commended for their overall effort and team spirit.



Annual Day (7th November, 2023)

Delhi Public School Rishikesh held its Annual Function, celebrating its growth and achievements. Dr. Kiran Datar, the Chairperson of DPS Rishikesh was the chief guest, while the Pro Vice-Chairman and Principal addressed the gathering. The theme, "The Himalayas: Treasure Trove," was explored through various performances.

Pre-primary children impressed the audience with dances and skits, while the junior and senior students portrayed real-life heroes. Performances also featured captivating dances showcasing different styles. The event highlighted student talent and the school's commitment to providing a platform for their expression.





30th November to 30th December

Inter-house Basketball Competition

The school held an Inter House Basketball Competition for students in the Senior Category, resulting in enthusiastic participation. In the girls' category, Yamuna House won, followed by Chenab House and Ganga House. In the boys' category, Satluj House emerged as winners, Chenab House took the second place, and Ganga House displayed commendable effort for the third place. The event showcased talent and competitive spirit among students.



Check my plants

"To plant a garden is to believe in tomorrow"

The school's kitchen garden, tended by Pre-Nursery to Grade 2 students, thrives with nutritious vegetables. This sustainable farming experience teaches them about nurturing plants and contributes to a healthier future. With crops like red cabbage, carrots, radishes, and beans, the garden provides fresh produce for the school and fosters environmental awareness among the young learners.

Youth Parliament Session



DPS Rishikesh hosted a Youth Parliament Session on Dec 2, 2023, for students from Grade 8-12, fostering understanding of parliamentary processes and debates. The event aimed to enhance knowledge, decision-making skills, and civic awareness, shaping future leaders.



30th November to 30th December

Grandparents' Day

DPS School celebrated Grandparents' Day on December 1, 2023, honouring the crucial role of grandparents. Students performed songs, dances, and a skit, followed by grandparents showcasing their talents. They shared wisdom and motivation, leaving a lasting impact on the audience. The event brought generations together, fostering love, respect, and appreciation for grandparents' invaluable contributions.



Red Day

Delhi Public School celebrated 'Red Colour Day' on Friday, 22nd December 2023. Children and teachers came dressed in different shades of red. The children were asked to bring anything in red colour for show and tell activity.

Red colour symbolizes enthusiasm, life and vitality. The day started off with the colour red everywhere - red dresses, red flowers, red cars, red apples, red wings, here a red... there a red... everywhere red, red..... Our little ones spent a spectacular red day.

Christmas Celebration

The Christmas Fun event for Pre-Nursery to grade 2 included dancing and a visit from Santa Claus. The children were thrilled to see Santa and he distributed sweets among them. The kids had a great time and were filled with joy during the festive event.

May your Christmas sparkle with joy, warmth, and the love of loved ones.





30th November to 30th December

Fancy Dress

Delhi Public School, Rishikesh organized a Fancy Dress Competition for classes 1 and 2 on December 22, 2023, with themes like their favourite characters, Christmas, and many more. Our judges Ms. Chitrakshi and Ms. Simran Kuksal awarded the winners. The event celebrated creativity, talent, and was deemed a successful, fun, and educational experience for students.



Sports Day (29th December- 30th December)

The Pre-Primary and Junior/Senior Annual Sports Day on December 29 and 30, 2023, respectively, was a lively celebration promoting athleticism and camaraderie. Featuring races like turtle walk and sprints, the events fostered joy and parental participation. Lt. Gen. Ashwani Kumar graced the latter occasion witnessing students' talent. The School Principal, Ms. Neelam Thapliyal, delivered a motivational speech. Emphasizing upon excellence and fitness, the events left a lasting impact on the school community, marking a significant milestone in the academic calendar.



Annual Sports Day





30th November to 30th December

DPS Rishikesh organized a picnic for Pre-Nursery to Grade 3 students at Lacchiwala Nature Park, where they enjoyed exploration. Students of grade 4 to 7 visited Science City in Dehradun for an interactive learning session. While the students of grades 8 to 12 watched the much-acclaimed movie "Sam Bahadur" at Centrio Mall. These outings provided a refreshing, educational, and entertaining experience, creating memorable and enriching days for all.



Picnic Time



Science Presentation

DPS Rishikesh organized an Inter-House Science Presentation Competition featuring some captivating topics in both Junior and Senior categories. Junior houses explored topics related to natural phenomena, waste management, vaccines, and health. Seniors dived into CRISPR, Extraterrestrial life, DNA fingerprinting, and Quantum dots. The event proved to be an excellent platform for students to dive into the fascinating world of science and technology.



23rd January to 28th February

Orange Day Celebration

The Pre-Primary Section celebrated Orange Day on January 25, 2024, aiming to introduce young children to the dynamic and warm color. Creative activities were conducted to familiarize them with the positive impact of orange, and both teachers and children enjoyed harmoniously exploring various shades and tints of this vibrant hue.



Republic Day Celebration

DPS Rishikesh celebrated the 75th Republic Day with fervor, showcasing India's vibrant culture. The event featured the national flag hoisting, patriotic performances, and speeches by the Pro Vice Chairman and Principal. Emphasizing discipline and time management, they highlighted their importance in character building and success. The entire school community actively participated in the celebration.





23rd January to 28th February

Basant Panchami Celebration

DPS Rishikesh celebrated Basant Panchami with Saraswati Pooja and Hawan rituals for the success of their students. The whole school enjoyed spiritual moments, followed by kite flying and sweetened rice for Pre-Nursery to Prep students. Dressed in yellow attire, it was a festive day filled with cultural embrace, blessings, joy, and laughter.



Baby Show

Delhi Public School Rishikesh organized a vibrant Baby Show on February 18, 2024, featuring competitions like Ramp Walk, Fancy Dress, Modelling, and Dance. Mrs. Shiksha Bhatt, the chief guest, heightened the event's excitement. The program aimed at fostering all-round development of the children and showcasing hidden talents of young artists. Principal Mrs. Neelam Thapliyal praised the remarkable performances, emphasizing the importance of holistic education. The Baby Show successfully provided a platform for students to shine and highlighted the school's commitment to nurturing diverse talents.





Teachers' Corner

मेरे प्यारे बच्चे

मेरे प्यारे बच्चे
बच्चे लगते हैं मुझको प्यारे,
है मुझे अपने हृदय से प्यारे।
नटखट और चंचल मन है,
फिर भी लगते मुझको प्यारे।
कभी- कभी कहना ना मानते,
करके रखते दम नाक में,
लेकिन फिर भी लगते प्यारे।
कभी- कभी बातें ऐसी कर जाते,
आंखों में आँसू ला देते,
लेकिन फिर भी लगते प्यारे।
कभी - कभी मैं डाँट लगाती,
प्यार से उनको अनुशासन समझाती,
जीवन का मैं पाठ पढ़ाती,
है मेरे हृदय से प्यारे,
मेरी बात का बुरा न लगता,
मुझको हर पल है समझते,
ऐसे मेरे नटखट बच्चे,
लेकिन फिर भी लगते प्यारे।



द्वारा :- सुलेखा भट्ट
(हिंदी अध्यापिका)

संगीत

मनुष्य के व्यवहार का अध्ययन मनोविज्ञान द्वारा होता है। मन के भावों को व्यक्त करने के लिए कोई भी कला एक माध्यम बन सकती है।

जब संगीत का भावनात्मक पहलू क्रियात्मक रूप से व्यक्त होता है तभी संगीत का संबंध मनोविज्ञान से जुड़ जाता है। मनुष्य के हृदय में स्थित स्थाई भाव, उसके संस्कार, वातावरण, कल्पना, स्मृति और इच्छा के आधार पर जब उदित होते हैं तो उन्हीं को मनोवैज्ञानिक कारण कह दिया जाता है। जिस तरह प्रेम, क्रोध, भय, उत्साह इत्यादि में मनुष्य की आवाज में परिवर्तन हो जाता है उसी प्रकार उसके संगीत द्वारा उसमें अन्तर्निहित भावों को समझकर उस व्यक्ति का मनोविश्लेषण किया जा सकता है।

स्वर रचना, ताल, शब्द और वाद्यों का सम्मिलित प्रभाव भी मानसिक संवेगों पर उपयुक्त असर डालते हैं। नाद की कोमलता, विस्वरता, सुरीलापन और विपुलता मनुष्य की त्वचा, बुद्धि, मन मस्तिष्क के ऊपर अपना-अपना प्रभाव छोड़ते हैं।

संगीत की सृष्टि दो प्रकार की होती है- एक प्रेरणा द्वारा, दूसरे संचित ज्ञान के आधार पर। प्रेरणा के आधार पर प्रस्तुत संगीत श्रोता को जल्दी आकर्षित करता है। जब तक संगीत के द्वारा श्रोता के हृदय में सोये भाव जाग्रित ना हों तब तक उसके ऊपर संगीत का कोई प्रभाव ना होगा अतः यह जरूरी है कि श्रोता सहृदय हो।



द्वारा :- गरिमा वर्मा
(संगीत अध्यापिका)



Teachers' Corner

Reading is a good habit

Dear Students,

Hope you are enjoying this Newsletter. Do you know if you move a step ahead like this, you can develop a reading habit in yourself, which is one of the best habits. It can give you a friend forever, you will never feel alone, which can further become a great source of information and has many more benefits.

Start with a thin book and read for a minimum of 10 minutes daily. If you are a beginner, start with easy language and a simple to understand material like a story or concepts described in simpler words.

There is no age bar to develop a hobby, so even if you are in your board classes, don't think it's too late. I started reading approximately 6 or 7 years ago. You all are too young and have ample time and energy to develop any good habit that you set your mind to. I hope that some of you will start to give reading a try no matter how big or small it may be.



Archana Aswal
(PGT Chemistry)



Preeti Gulati
(Pre-Primary Teacher)



SHANTINAGAR, RANIPOKHARI, RISHIKESH-248145



• [+91-7900 200 200](tel:+917900200200)
• [0135-2416200](tel:01352416200)



www.dpsrishikesh.com



dpsrishikesh@gmail.com,