

SALWAN PUBLIC SCHOOL

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Class XII Results 2017-2018 Stream Toppers



Preet Banga

487/ 500

(Humanities: 97.4 %)



Shivam Dixit

480/500

(Science: 96 %)



Shivam Satija

479/500

(Commerce: 95.8%)

SPS-Morning

Details	No.	%Age
No. of Students Appeared	225	100
No. of Students Passed	225	100
Students Securing 90% And Above	34	15
No. of Distinctions	152	68
Average %		80

100% Score

Name	Subject
Amough Tanwar	Music
Surbhi Bhatia	Music
Sampa Samanta	Music
Aarti Srivastava	Economics & Psychology
Preet Banga	Economics
Gursimar Kaur	Bio-Tech
Kritika Gupta	Bio-Tech
Kajal Sharma	Psychology
Jainit Kaur Dhir	Mass Media

Chairman's Message

The biggest challenge that one faces in their life is to find out the profession which appeals to their heart. But it's not as simple as said. One should always be open to change, adjustments and be dynamic, and accept change as a process of growth and learning. One should be willing to work with the 'young minds' and understand others' perspective. The world follows the policy 'practice what you preach'. So, the educators of the modern generation have to set an example of being principled citizens. A good student should imbibe the right values along with being exceptional in studies. In this competitive world, one should keep trying to give his/her best until success is achieved. But in case of failure, one shouldn't get disheartened as winning is not the sole aim, one should be content with the efforts and the hard work s/he puts in.

I believe one should live each day as it comes. Like a batsman, bats one ball at a time, as he can't plan the next ball in advance because there might not be a next ball, you face every ball on its merit, there and now. You prepare for it, you practice for it. I would like to conclude by saying that one will commit mistakes, don't keep fretting over them rather accept them. But remember not to commit the same mistakes again as that will be called foolishness.

Shri. Shakti Sinha

Chairman, Salwan Public School



Thanksgiving Ceremony for Dr. Prasad V. Medury

A Thanksgiving Ceremony was organized to honour Dr. Prasad V. Medury, Chairman, Salwan Public School for his guidance and long association with the SET schools. In his address, Dr. Medury thanked the Principal and the Director and shared how he came out of his ivory tower to contribute for the growth of the school. All the teachers, Management and SPOSA members were present on this occasion to thank him for his contribution.



CBSE RESULT: CLASS X (SESSION: 2017-18)

SPS-Morning

Details	No.	%Age
No. of Students Appeared	213	100
No. of Students Passed	213	100
Students Securing 90% And Above	48	23
No. of Distinctions	131	62
Average %		78

Toppers Class-X



Aryan Mattoo



Dhruv Khokhar

Name	Percentage
Aaryan Mattoo	97.2
Dhruv Khokhar	97.2
Dhriti Kapoor	97
Ankita Gohri	96.2
Shivangi Mittal	96.2

100% Score

Name	Subject
Aaryan Mattoo	Science
Dhruv Khokhar	Maths
Dhriti Kapoor	Maths
Ankita Gohri	Maths
Kanika Mahajan	Hindi

SPS Afternoon

Details	No.	%Age
No. of Students Appeared	60	100
No. of Students Passed	60	100
Students Securing 95% And Above	6	10
No. of Distinctions	22	37
Average %		70

Toppers



Khyati Gupta



Krish Singla

S.No.	Name of the Student	Percentage
1.	Krish Singla	95
2.	Khyati Gupta	95
3.	Sahil Mahajan	92.4
4.	Nikhil Kumar	92.4
5.	Harshita Maheshwari	91
6.	Akash Jana	90.4

100% Score

NAME	SUBJECT
Akash Jana	Sanskrit

Toppers All The Way

In a ceremony held at India Habitat Centre, Lodhi Road on June 6, 2018, the Salwan Education Trust felicitated students of all Salwan Schools with Awards of Excellence, a certificate and a gift, for



demonstrating academic excellence in Class XII Board Exams. On the occasion, Dr. (Mrs) Indu Khetarpal, Principal, Salwan Public School, Rajendra Nagar emphasised on inculcating 21st century work skills like computational thinking, social intelligence and cross culture competencies.

Shri Sushil Dutt Salwan, Chairman, Salwan Education Trust appreciated the hard work and perseverance shown by the achievers and encouraged them to achieve their goals.

The only thing constant is 'Change'- Introducing Our new Headmistress

It gives us immense pleasure to introduce to you our new Headmistress of the Primary Wing – Ms. Nisha Obheroi, who has joined us w.e.f. 2nd July 2018.



Ms. Obheroi has served for 25 years in Salwan Junior School, Naraina Vihar. It is our belief that her rich

experience will bring new ideas and thoughts into our system and take the Primary Wing to greater heights.

We also take the opportunity to express our sincere appreciation for Ms. Anuradha Mathur who worked dedicatedly to give a strong foundation to the Primary Wing. She has now joined as Head Salwan Junior School, Naraina Vihar.

Making Energy while The Sun Shines

The school is committed to improve the environment and combat climate change by planting trees and making their schools carbon neutral by 2020. The solar photovoltaic power plant was installed in the Montessori block in April and in block A in May this year. The cost of setting up the units was Rs. 60 lakhs. The units give an output of 210 KW per day and 250 KW per day respectively. It was a huge investment but we chose to do it because we need to teach children the importance of conserving energy. It is very fulfilling because instead of just talking about it, we are trying to do something for the environment.



Prominent Events

Achievers and Leaders

Celebrating Achievers' Day and Investiture Ceremony



The school celebrated Achievers' Day and Investiture Ceremony on 21st August, 2018. It was a proud privilege to have Prof. Ranjana Arora, Head of Department, Curriculum Development, National Council of Educational Research and Training as the Chief Guest on the occasion. Dr. Vineet Govinda Gupta, Associate Consultant, Max Super Speciality Hospital, Shalimar Bagh and also a school alumnus (Batch 2005) graced the occasion as the Guest of Honour.

The Chief Guest of the Afternoon School event was Dr. JP Sharma (Joint Director – Research and Extension, IARI) and the Guest of Honour was Dr. Vijayant Govinda Gupta, a noted Consultant Urologist and Robotic Surgeon, a school alumnus (Batch -2004).

The Distinguished Guests gave away the acclaimed Awards to the proud highfliers from Montessori, Primary, Middle and Senior Wing who had made their distinguished mark in Scholastic and Co-scholastic domains.

A cultural programme constituting of a western music group performance on the song 'Climb', a school choir performance and the dance of the tiny tots serenaded one and all present.

To inculcate the leadership qualities in students and to give them a feel of functioning of the administrative body, the School Council was invested for the academic year 2018-19. The leaders were decorated with ties and badges by the Guest of Honour, Dr. Vineet Govinda Gupta. Whereas Dr. Vijayant Gupta decorated the fresh batch of the Student Council of SPS Afternoon. The Prefectorial Board of all the four Houses elegantly marched past the stage with their heads held high holding the House Flags.

The outgoing Head Boys of the respective schools Saksham Chaudhary and Ananddeep Singh administered the oath to the newly inducted Prefects. It was a proud moment for the young leaders.

Pearls of Wisdom

Nothing more is valuable and motivating than the Words of Wisdom shared by true Achievers who have already imprinted their footprints on the sands of time. In an interactive session between the guests and the young Salwanians, the following points were emphasised upon:

Prof. Dr. Ranjana Arora and Dr. Vineet Govinda Gupta

- Leadership decides the progress of an institution; a good leader can steer the organization towards reaching heights.
- Parents should focus on inculcating the values of nationalism to keep a check on Brain-Drain.
- Individualism should not be planted in the students, instead a feeling of oneness and belongingness towards the nation should be encouraged.
- Having a good intention is appreciated only when it is also reflected in actions.
- Great things are achieved only by putting in great efforts.



Dr. JP Sharma and Dr. Vijanta Govinda Gupta

- Attitude can alter the course of one’s life. Taking cues from the life of Bachendri Pal (the first woman to scale Mount Everest), it was asserted that her attitude enabled her to accomplish a herculean feat.
- Happiness is a goal that must be achieved in order to give the best output. Happiness is a ladder to hard work which ultimately leads to success.
- Vertical farming/gardens can be encouraged to save space. Waste and water management needs to be explored for optimum utilization of resources. Soil-less farming is also a good option for sustainable development.
- Human bonding and rekindling relationships are vital for human survival.
- Hardwork is an unmatched quality towards the path of success. Staying focussed and motivating yourself with a ‘dream’ is essential.
- The pressure of studies and the weight of technological usage has dwindled the time for co-curricular activities which is vital for personality development.

In his address, Maj Gen Sanjeev Shukla, VSM (Retd.), Director, Salwan Public School laid stress on the role of parents in curbing the use of social media by the students. If it is not checked, the education system of the nation will collapse. Dr (Mrs) Indu Khetarpal, Principal in her address encouraged parents to take up positive ways to handle situations and make a constructive impact on their children. She also emphasized on making the students future ready by giving them practical exposure to organize events.

Student Council (2018-19)



SPS (M) Senior

Position	Name of the Candidate	Class
Head Boy	Sidh Nanda	XI-A
Head Girl	Sanjana Dixit	XI-C
Head Marshal	Syed Faiz	XI-B

SPS (M) Primary

Position	Name of the Candidate	Class
Head Boy	Shourya Sharma	V-A
Head Girl	Arshveen Kaur	V-D
Head Marshal	Kanav Grover	V-B



SPS (A) Senior

Position	Name of the Candidate	Class
Head Boy	Aryan Sarawgi	X- A
Head Girl	Pratyusha Mishra	X -B
Head Marshal	Akshada Kendurkar	X -B

SPS (A) Primary

Position	Name of the Candidate	Class
Head Boy	Aadit Raj Singh	V- A
Head Girl	Mansi Choudhary	V -A
Head Marshal	Mohd. Suleman	V -A

Connecting Stakeholders

Orientation Programme



Orientation Programmes for the parents of the Morning and Afternoon School (I-XII) were organized in the months of March and April 2018. The programmes aimed at apprising the parents of the different aspects of all-round development of their wards and the plan of action for achieving the goals in 2018 - 2019. The Principal, Dr. (Mrs.) Indu Khetarpal addressed the parents and assured them that their wards are being nurtured in a safe, caring and stimulating environment.

SAHIB - E - KAMAAL

To celebrate the 350th Birth Anniversary of Guru Gobind Singh Ji, an exhibition on his journey from Patna to Nanded, was inaugurated at the school in collaboration



with Bhai Veer Singh Sadan from 16th – 18th April 2018. The exhibition showcased nearly 40 panels which captured the evolution of Sikhism. Salwanians explained the depictions in the panel to the visitors in both English and Punjabi.

Learning Outcome:

- The exhibition was an endeavour to promote a feeling of oneness of human race, of doing what is right, without any fear-everywhere and always.
- It reiterated a vivid description of Sikh warrior saints and their tales of valour that described the course of Sikh history.

Awards and Accolades

Felicitation Ceremony for Futuristic Faculty of India 2018

Re-Think India organized a Felicitation Ceremony for the teachers who fared well in the Faculty Proficiency Assessment Test Edition One on the occasion of National Technology Day, 11th May 2018 at C.D. Deshmukh Auditorium, India International Centre, New Delhi.

The school was judged as one of the ten Futuristic Schools of India 2018, based on the participation and performance of the school in various spheres. The citation for the same was received by Ms. Sunita Madan, Vice Principal.

Three faculty members from the School, Ms. Pallavi Rawat (PGT), Ms. Rashi Oberoi (TGT) and Ms. Bhargavi Neeraj (PRT), appeared for the extensive online Faculty Proficiency Aptitude Test organized by Re-think India in the month of January 2018. The team attained the third position from among 76 schools that participated in the assessment. The teachers were felicitated for their performance at the ceremony, with certificates presented by Ms. Atishi Marlena, Advisor to the Education Minister, Delhi.



Young Achievers Tara Sabharwal And Pragya Sabharwal Win Accolades

'Once Upon a Time... Modern Time Moral Stories' authored by **8 year old Tara Sabharwal and officially released on 5th March 2018 has won many accolades for the school.** Tara Sabharwal has won the India Book of Records title for being the Youngest Author of a Book on Moral Stories. Her sister, Pragya Sabharwal who is the text designer of the book has bagged the India Book of Records title - The Youngest Text Designer of a Book. The book has been declared as the First Book in India to have the Maximum Number of Fonts and Typefaces by India Book of Records. Mr. Arvind Kejriwal, Hon'ble Chief Minister of Delhi presented the India Book of Records citations and certificates to the young achievers on 24th April 2018 during a special interactive programme held at the Chief Minister's Office.



SOF - National Cyber Olympiad (2017-18)

SPS (Morning)

Students of the school brought laurels in National Cyber Olympiad by competing at Zonal and School Level amongst lakhs of students participating from over 45000 schools from 1500 cities spread across 30 countries.

6 students bagged Gold Medals at the Zonal Level and were ranked amongst the top 25. While at School Level, 9 students bagged Gold medals, 8 students got Silver medals and 8 students were awarded Bronze medals.

Zonal Level Awardees

CLASS	NAME	RANK & AWARD	
VI-D	Amaya Karwal	Zonal Rank 6 and School Rank 1	Gold Medal and Certificate of Zonal Excellence, Gift Card worth Rs.1000/- and a Special Prize
V-A	Shourya Sharma	School Rank 2	Gold Medal
IV - B	Pranav Kumar	School Rank 3	Gold Medal
IV - B	Sarthak Grover	School Rank 4	Gold Medal
IV - D	Rishabh Sahni	School Rank 5	Gold Medal
XII-A	Aviral Goel	School Rank 1	Gold Medal

SPS (M) Awardees

CLASS	NAME	TYPE OF MEDAL
IV-C	Hiranya Bansal	Gold
V-B	Himang Jarolia	Gold
IV-C	Maanya Sethi	Gold
IV-C	Agamveer Singh	Silver
V-D	Siddhant Kumar	Silver
IV - D	Anvay Gupta	Bronze
V-B	Kanav Grover	Bronze
VI-E	Aryan Chawla	Silver
VI-A	Utkarsh Bhat	Bronze
VII-E	Aditya Bhalla	Silver
VII-C	Veydant Nanda	Bronze
VIII-D	Aashna Gupta	Gold
VIII-C	Aditya Bahal	Silver
VIII-E	Kushal Sehgal	Bronze
IX-B	Yatharth Dahaja	Gold
IX-A	Nupur Bagga	Silver
IX-D	Mahak Goyal	Bronze
X-A	Aaryan Dawalkar	Gold
X-C	Neha Jain	Silver
X-D	Mansha Gupta	Bronze
XI-A	Aaryan Mattoo	Gold
XI-A	Jasmehar Singh Chawla	Silver
XII-B	Achintya Bhagat	Gold

SPS (A) Awardees Zonal Level

Class	Name Of The Student	Cash Prize	Ranks/ Awards		
			Zonal Rank	School Rank	Zonal Medal/ Medal Of Distinction
V-C	Md. Fahad	Rs. 5000/-	1	1	Zonal Gold Medal + Certificate
IV-C	Jinisha Jain	Rs. 2500/-	2	1	Zonal Silver Medal+ Certificate
IV-A	Mansi Choudhary	Rs. 1250/-	2	1	Zonal Silver Medal+ Certificate
V-B	Yogita	Rs. 1250/-	2	2	Zonal Silver Medal+ Certificate
V-A	Dhruvika Kaim	Rs. 1000/-	3	3	Zonal Bronze Medal+ Certificate
VII-A	Aaryan Sharma	Rs. 1000/-	3	1	Zonal Bronze Medal+ Certificate
III-A	Ananya Dogra	Gifts Worth Rs. 1000/-	8	1	Medal Of Distinction + Certificate
III-B	Aarav Pandey	Gifts Worth Rs. 1000/-	8	1	Medal Of Distinction + Certificate
IV-B	Shivang Mahajan	Gifts Worth Rs. 1000/-	8	2	Medal Of Distinction + Certificate
V-B	Athrav Verma	Gifts Worth Rs. 1000/-	8	4	Medal Of Distinction + Certificate
VI-B	Harsimar Kaur Sethi	Gifts Worth Rs. 1000/-	6	1	Medal Of Distinction + Certificate
VIII-A	Prince Gupta	Gifts Worth Rs. 1000/-	10	1	Medal Of Distinction + Certificate
III-A	Shreya Sharma	-	11	2	Medal Of Distinction + Certificate
III-C	Yishika Patney	-	23	3	Medal Of Distinction + Certificate

School Level: 6 students bagged Gold medals, 6 students got Silver medals and 5 students were awarded Bronze medals.

Class	Name Of The Student	Medal
III-A	Navya Singh	Gold Medal
III-A	Charvi Kalra	Silver Medal
III-B	Kriti Sonal	Silver Medal
III-A	Ananya Sharma	Bronze Medal
IV-C	Niyati Singh	Gold Medal
IV-B	Rajveer Bajaj	Silver Medal
IV-C	Shail Kainth	Bronze Medal
V-C	Mohin Kumar	Gold Medal
V-B	Manan Sharma	Silver Medal
V-B	Piyush Sareen	Bronze Medal
VI-A	Aditi Sharma	Gold Medal
VI-B	Tanmay	Silver Medal
VI-B	Jaskeerat Singh	Bronze Medal
VII-B	Adarsh Jain	Gold Medal
VIII-B	Aakash Mahajan	Gold Medal
VIII-A	Lakshya Bhatia	Silver Medal
VIII-B	Vanshaj	Bronze Medal

Sanskrit Pratibha Puraskar

A certificate and a cheque of INR 800/- was given by Delhi Sanskrit Academy to the meritorious students of Class XII on 2 May, 2018 for their excellent results in Sanskrit Class X CBSE Board Exams for the year 2016-17.

Name of the student	Class
Shubham Chopra	XII-B
Himani Vinaik	XII-F
Aarushi Govil	XII-E
Kashish Chadha	XII-F
Utkarsh Ramchandra	XII-A
Racchit Jain	XII-A
Isha Jain	XII-D
Umang Sehgal	XII-A

Students from SPS (M) and SPS (A) received Sanskrit Merit Scholarship 2016-17 for securing A1 grade in Sanskrit in Class IX & VIII in their annual examinations. Presently the students are in Class XI & X respectively.

S.No	Name of the student	Class
1	Aryavansh Kamrah	XI-C
2	Aryan Mattoo	XI-A
3	Kashvi Sachdeva	XI-G
4	Parth Bhardwaj	XI-B
5	Simone Khurana	XI-F
6	Akash Jana	XI-C
7	Sahil Mahajan	XI-A
8	Ritik Kumar Singh	XI-B
9	Harshita	XI-E
10	Neha Jain	X-C
11	Himanshi Nagrath	X-A
12	Vaijyanti Sambath Kumar	X-C
13	Ananya Nangia	X-C
14	Sidhi Goel	X-C
15	Ridhi Goel	X-C
16	Neha Jain	X-A
17	Arushi Choudhary	X-C
18	Ayush Panda	X-C
19	Ananya Singh	X-A
20	Aneesh Mattoo	X-C
21	Pratyusha Mishra	X-B
22	Aryan Srawgi	X-A

All India Sanskrit Seminar



Mr. Manish Sisodia, the Guest of Honour at All India Sanskrit Seminar held from 25th– 27th March 2018 shared his desire to make each Indian citizen well - acquainted with Sanskrit Language as it connects us with our culture and heritage.

Mrs. Shashi Bhanotia , TGT Sanskrit, SPS (A) presented her paper on the topic 'Scientific Relevance of Sanskrit Language'.

Mr. Prabhakar Mani Tripathi, TGT Sanskrit, SPS (M) presented his paper on 'Atulya Bharat'. The programme culminated with felicitation of each presenter with a certificate and a shawl.

KINDER NEWS

Mindful Parenting

The Montessori Wing organized an Orientation Programme 'Mindful Parenting' for the parents of Nursery on Saturday, 25th March 2018. The Principal Dr. (Mrs.) Indu Khetarpal shared the school's vision and commitment towards quality education. She discussed the need to keep children engaged positively and the importance of being a good role model. The coordinator, Ms. Surbhi Monga gave an insight into teaching methodology, pattern of assessment and school rules through a brief presentation. Dr. Subhash Chander, Assistant Professor, Department of Education, University of Delhi, in an interactive session discussed and shared some guidelines on effective parenting. The Orientation for K.G. parents was held on 7th April 2018. The orientation programmes helped outline and reaffirm the teachers' and parents' role as partners in the progress of their child.



Show And Tell



The Nursery and K.G students brought objects/pictures of their choice to tell their friends about them on 25th and 26th April 2018. Nursery students spoke about a red coloured object and the KG students spoke about their favourite object/person. The KG children spoke confidently about their favourite cars, toys, cricketers, grandparents and won the hearts of their teachers.

Puppet Show

A puppet show was organized on 11th April 2018 in the School's Amphitheatre. The students were fascinated to see the animal dolls coming to life, moving about in the air and talking to the children. Squeals of delight echoed in the Amphitheatre as the children laughed, clapped and remained totally engrossed with the puppets. The puppeteers gave a message of living with peace and weaved a story around a birthday party which the children could relate to easily.



Thanksgiving Day

On 2nd May 2018, the school celebrated 'Thanksgiving Day' to show love and gratitude towards the helpers at school. The programme included a ramp walk by the helpers, introduction, appreciation and felicitation. The children happily presented handmade 'Thank You' cards, crowns and tiaras to their loving uncles and aunties and addressed them as 'queen aunties' and 'king uncles'. The children learnt the value of dignity of labour, love, respect and kindness to all. The students entertained the helpers with a dance on mellifluous music. The helpers were overwhelmed with this kind gesture.



Earth Day

Schools can make a huge difference by teaching children how to take care of the planet. Earth Day was celebrated with great enthusiasm on 22nd April 2018. The aim was to sensitize the students towards their role in addressing global environmental challenges at grassroot level. The teachers reminded children of their responsibility towards Mother Earth and administered a pledge to protect and save our fast depleting natural resources. The children went back home with 'Be an Earth Friend' badges and left school as ambassadors of Mother Earth.

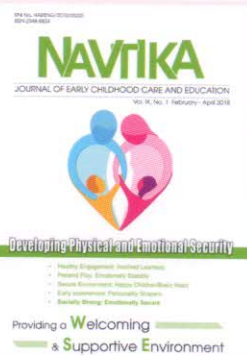


Body Safety Programme

Body Safety Programme aims to empower children with skills and knowledge necessary to remain safe. During Circle Time the teachers discussed personal body safety, feelings, safe and unsafe touch, private body parts, secrets/surprises, consent and respect. A video was shown to encourage and empower children to speak up if someone is touching them in a way that makes them uncomfortable.

Navtika

The February- April 2018 issue of Navtika, the journal for early childhood care and education by Salwan Education Trust focuses on Developing Physical and Emotional Security. The edition raises relevant issues which are in some way or the other related to parents and the current scenario in which we are living. It serves as a guide to understand various dimensions of children's physical and emotional security.



Magic show

A magic show was organized on 6th July 2018 by the Montessori Wing to welcome the students after the summer break. The students were overjoyed to see the tricks shown by the magician. Students were curious to learn some tricks from the magician and excitedly repeated the magician's words (Abra-ka-dabra....). They were thrilled when the magician called them on the stage to perform some magic tricks with them.

My Dad's Story

Montessori Wing organized 'My Dad's Story' on 13th July 2018. The fathers of students studying in Nursery and K.G were invited to tell a story. The parents came enthusiastically, loaded with props such as face masks, toys and story books related to their stories. They enacted their stories, modulated their voice, and sang songs to keep children involved, engrossed and excited.

Story tellers connected to the audience resulting in a fruitful and novel learning experience.



Summer Fiesta

We beat the heat through fun filled activities and cooled off with ice-creams and energizing drinks as we celebrated the Summer Fiesta from 9th – 11th May, 2018. Children learnt about protection from scorching heat through Hats and Goggles Day. The importance of exercising in spite of feeling sluggish was emphasized through Aerobics. The children enjoyed the rhythmic movements on foot tapping music. The Fiesta ended with a dance party on surreal beach party theme. The children were very happy with the Photo Op where the teachers clicked pictures of children with their friends.



Hug a Tree

'Earth is my home, I promise to keep it..... healthy and beautiful.'

This is the pledge that each one has taken to save the environment. To teach this to our tiny tots of Montessori, a special programme on saving the environment was organized on 11th July 2018.

Short poems and messages about the need to go green by students were recited confidently. This was followed by an interactive session with the guests from the Kitchen Garden Association of India. They enacted a short story to explain the importance of trees in our lives.

The students danced on the song 'Mat kaato mujhe bada dukhta hai.' The guests gave a demonstration of planting saplings and making a terrarium.



Parents' Feedback

Dear Ma'am

I thank you for inviting me to Dad's Storytelling Day. It was a very good, thoughtful initiative to give the fathers a chance to interact with their child's classmates. They laughed and asked things and responded well. I look forward to participate in the future for similar activities. Thanks & regards

Dr. Rachit Walia
Parent of Parushi Walia

Respected Madam

I convey my deepest gratitude to the school for rendering me the splendid opportunity of interacting with the lively and talented pool of child prodigies of your school. I was totally moved and left spellbound by the children's affection and response. The giggles and smiles would remain etched in my heart. Thanks for bestowing the opportunity
Warm regards

Harshvardhan Sharma
Parent of Avyansh Sharma
KG A

From The Primary Wing

English And Hindi Handwriting Competitions

Inter-Class Handwriting Competitions (English and Hindi) were conducted for the students of Classes I to V on 21st April 2018 and 8th May 2018. The competitions aimed at encouraging students to master writing skills by developing hand-eye coordination, muscle control, focus and concentration. The winners were adjudged on the basis of neatness, stroke formation and connectivity between letters.

The Proud Winners- English Cursive Writing

SPS Morning	
Name of the Winner	Class/ Sec
Vaishnavi Pathak	I- C
Avyan Gupta	II-C
Dhruvika Malhotra	II-C
Harshil Changrani	III-B
Hiranya Bansal	IV-C
Yachi Siwal	V-C

SPS Afternoon	
Name of the Winner	Class/ Sec
Vaanya	I- A
Zunaira	II-A
Raghav	III-A
Bhoomika	IV-B
Medha	V-B

The Proud Winners Hindi Sulekh Competition

SPS Morning	
Name of the Winner	Class/ Sec
Advik Rawal	I-C
Avyan Gupta	II-C
Harshita Dewan	III-D
Naman Tully	IV-D
Sarah Dhawan	IV-C
Mohd. Umer	V-A
Ayanna Gandhi	V-D

SPS Afternoon	
Name of the Winner	Class/ Sec
Keshav	I- A
Soumi Maji	II-A
Raghav	III-A
Debarati	IV-B
Rishika	V-A

Magic Show

The students of Class I enjoyed a fun-filled Magic Show organized by the Hindustan Times-HT Pace (Newspaper in Education) on 3rd April 2018. The students of Class II also enjoyed a Magic Show organized by The Times of India- NIE on 4th April 2018. The magicians enthralled the young Salwanians with mesmerizing magic tricks.



Visit To Navdanya Organic Farm

A visit to Mehpa Village near Meerut, U.P. was organized on 14th April 2018 in collaboration with Navdanya, an NGO. The students of Class V visited the Seed Bank and Organic Farm established by Navdanya. They acquired knowledge about biodiversity conservation, various methods of organic farming and techniques of seed-saving. They also got the opportunity to observe the processes involved in the manufacturing of jaggery. Through the guided tour, the Salwanians were able to develop a profound understanding of the simple ways of village life. It was indeed a unique learning experience in the lap of nature for the Salwanians.



Summer Camp 2018 -2019

Summer Camp 2018-19 was organized for students of Classes I to V from 14th to 25th May 2018. Specialized Sports Coaching was provided in Basketball, Yoga, Golf, Football, Cricket, Volleyball, Aerobics and Chess. Dance, Indian Vocal Music, Western Music (Piano, Guitar & Drums) and Art & Craft classes were also organized. Multifarious fun-filled activities were enjoyed by the students. A total of 294 students joined the camp and utilized the first two weeks of their summer vacations productively by mastering skills and building competencies.



HT-PACE Quiz

Namit Kalra (III-A), SPS (M) secured the First Position in HT-PACE Quiz published in the Hindustan Times Student Edition on 26th April 2018. The environment based quiz was organized as part of the Newspaper in Education initiative of the Hindustan Times



From The Middle & Senior Wing

Times NIE Summer Training Programme

It was a moment of pride that Bineet Burman of Class X -A, SPS (A) got an opportunity to attend the prestigious Times NIE Summer Training Program held at TOI office in Darya Ganj from 22nd - 29th May, 2018. The programme provided him with an opportunity to work with the National Editorial Team of The Times of India-Student Edition and gain hands-on experience in journalism, understanding the finer details of writing and presentation of a story. Tips on conducting an interview and a panel discussion were also shared with the participants. At the end of the training, the participant visited the Times of India Printing Press at Sahibabad.

ScoolStars – Unravelling Talent

The school is now a member of ScoolStars which is the first institutionalised platform created to assess, guide, recognise and celebrate students for their special talents.

An orientation session was conducted for the students of VI to XII on 6th July 2018 and 7th July 2018. An encouraging participation was seen among the students who uploaded their talents on the portal.

A session for co scholastic teachers was also conducted by Dr. Bindu Rana, Founder ScoolStars and an eminent educationist, on 28th July 2018, to encourage the teachers to bring out the latent talents in students and help them achieve better.



Cosmic 350

Students of the school participated in various competitions held under Cosmic 350 which was organized at Sanskriti School on 12th May, 2018. Sidh Nanda and Drishti Wahi of Class XI-A, prepared a presentation on 'Rydberg Polaron inside Bose- Einstein Condensate' and secured the Third Position. A group of students from classes VI-VIII participated in Nukkad Natak on the topic 'Deforestation' and bagged the Third Position. All participants received Certificates of Merit and mementos.

3rd Korea - India Friendship Quiz, 2018

Aadrika Goel of Class X secured 6th Rank among 24 finalists of the Super Final Round after clearing three levels of 3rd Korea – India Friendship Quiz 2018 held at National Cooperative Union Centre of India. She was awarded with a cash prize of Rs 5000/- and a Certificate of Honour.



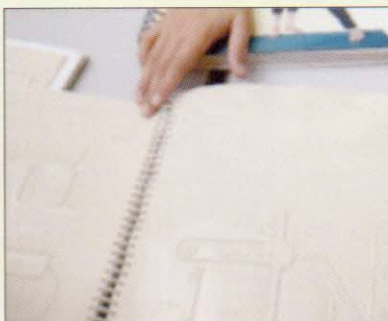
Beyond Classroom

Visit to IIT Delhi

A visit to IIT Delhi was organised for the students of Classes XI and XII of Science Stream to give them an opportunity to interact with IIT Academic Community. The students were introduced to Artificial Intelligence and the significance of 5G Technology in our lives. Students visited and appreciated the various innovative projects and research work displayed by the students of IIT. A few of them are as follows:

- ▶ Negating the Side Effects of Traditional Crutch.
- ▶ Vanadium Redox Flow Battery- an answer to future energy storage needs . The researchers have developed a battery, Vanadium Redox Flow Battery (VRFB), which is a potential technology having capability of providing a clean and sustainable way to store and utilize renewable energy as and when required.
- ▶ Tactile Graphics for Visually Impaired – Tactile graphics are the representation of visual images through raised lines and textures adopted for sense of touch. It enables access to graphic representations for persons with visual impairment at affordable prices on PVC sheets.

The event inspired and motivated students to pursue a career in Science and Engineering streams.



Visit to Catalyst Expo and Quiz Fest- AIIMS

48 students of Class XI and XII (Medical Stream) along with two teachers visited an exhibition on anatomical specimens. The students learnt the medical techniques of conducting experiments like study of response rate and muscle twitch. There were demonstrations of conducting ECG and CPR on patients. The students also interacted with AIIMS topper and other rank holders of previous years which inspired them to work hard and qualify NEET, AIIMS and other Medical Entrance Examinations.

Mind smart-The Adolescent Peer Educators Life Skills Leadership Course

A group of five students along with one teacher from SPS (Morning) attended a workshop on Mindsmart –The Adolescent Peer Educators Life Skills Leadership Course at National Science Centre, Pragati Maidan on 26th April, 2018. The session was convened by Dr. Jitendra Nagpal, Director, Expressions India wherein he presented a talk on the importance of peer educators in schools. In the second session, Mrs. Anita Karwal, Chairperson, CBSE emphasized that we should not only cherish our achievements, but also our failures as they teach us life lessons. She also announced the soon-to-be-launched schemes such as Seva which shall promote community service in schools and award credits to the participating students. The workshop concluded with nukkad natak on the themes illiteracy, education for girls, gender discrimination, child labour and deforestation.

F1 Orientation Programme

An Orientation programme was organized in the Amphitheatre on 25th July 2018. Interested students of Classes VI-IX and XI attended the session.

F1 in Schools is an international STEM (Science, Technology, Engineering, Mathematics) competition for school children (aged 9–19), in which groups of 3–6 students have to design and manufacture a miniature “car” out of the official F1 Model Block using CAD/CAM design tools.

The cars are raced on a 20m long track with two lanes, to allow two cars to be raced simultaneously.

The competition is currently operational in over 47 different countries.



Introducing Real World Settings into the Classroom

Ms Neetu Bhateja, TGT English, attended a session on “Introducing Real World Settings into the Classroom” on 10th July, 2018 at Indian Institute of Business and Finance, New Delhi. The session was conducted by Dr Neil Duncan Mclean, Director, London School of Economics, Academic & Professional Development Division. He emphasised on the following points.-

- Teachers have to revolutionize lessons to develop a generation of innovative and ingenious individuals.
- Project-Based Learning (PBL) allows kids to learn different subjects simultaneously and teaches them to apply their knowledge to solve concrete, real-world problems.
- Students should be taught to make their judgements on the basis of evidences.
- Technology must be used extensively in the classrooms. PPT's, videos, documentaries must be shown to hone critical thinking skills of the students.

Visit To Biodiversity Summit-Dehradun



10 students from Classes VIII, IX and XI of SPS (M) and SPS (A) along with two teachers attended the Biodiversity Summit at Navdanya Biodiversity Farms, Dehradun. The programme focused on the following:

- To respect and love our country and its biodiversity.
- To spread the message of “Vasudeva Kutumbakam”-the whole world is one family. When we live in harmony with the earth and all beings, it nurtures and protects us.
- To spread awareness on-
 - Promotions of Swadeshi Products
 - Green Over Greed
 - Healthy Food vs Junk Food
 - Say No to Plastics and E-waste
 - Harmful Effects of Pesticides and HYV Seeds
 - Farmer Suicides and Importance of Traditional Farming Methods

Visit To Iskcon Temple



Students from Classes VI and VII along with their teachers visited the Iskcon Temple (East of Kailash) in the month of April.

They were taken for Darshan in the temple. The students participated in Bhajan recital. The stories of Mahabharata and Ramayana with their relevance in today's scenario were shown to them through a light and sound presentation. This was followed by Prasad distribution. The students and teachers were also presented a copy of 'Bhagwad Gita' along with certificates.

Camp Anubhav

An experiential learning holiday was organised for Class XII from 26 May 2018 to 28 May 2018 at the Kyari village, district Jim Corbett Park. The programme was conducted by a professional group-Rockspor, that designed various challenging and fun filled activities for the students. These included adventure sports such as Zip line, Body Surfing, Early Morning Sunrise Trek, Lantern Walk, etc. The students also got an opportunity to unwind from the academic stress and play games such as Fish Market, Pug Mark's Study and journal writing. In addition, a bonfire and D.J. were also arranged in the evening.



It's our Showtime

A workshop was conducted by NYS (Nurturing Young Seeds) at Zee Studios from 22nd May 2018 to 25th May 2018. Eight students along with two teachers visited the Zee News Studios at Noida. The first day of the module included training on Communication Skills. The second day included training on Voice Modulation and Interviewing Skills. The students were prepared to attend panel discussions with eminent personalities such as a Senior Associate from TERI. Thereafter, the students were given exposure of conducting live anchoring on the sets of Zee News. Their Anchor Links were formed at ZEE Studios. They were also given an exposure to live telecasts at the Zee International Broadcasting Studios and the National Television Broadcast Studios. They were given an opportunity to groom themselves as News Anchors.



Forensic Science Workshop

A Forensic Science Workshop was organised for the students of Classes X-XII. They were accompanied by two members from the Science Faculty. It was conducted by Forensic Investigations & Consultancy Services, an ISO certified company on 7th May 2018 in School Library.

A crime scene was created and students were taught how to preserve evidences, distinguish between blood samples, saliva samples, hair, fibres, pollen grains and fingerprints.

It was a learning experience for the students as they were exposed to the new avenues of Biotechnology as a subject.



BIDDING ADIEU



OUTGOING CLASS XII- FARE THEE WELL...

A Farewell Ceremony was organized for the students of Class XII (Batch 2017-18) on 14th May 2018 in the school grounds. The students of current Class XII batch put up an interesting and entertaining cultural show which was appreciated by all present. The outgoing Head Boy - Shivam Dixit and Head Girl - Ridhima Manocha in their address shared their beautiful memories at school. They inspired all to live the present moment.

Farewell of Ms. Neeraj Malik, Ms. Anju Sondhi and Ms. V. Laxmi



Saying goodbye to co-workers is a bitter-sweet experience. A Farewell Ceremony was organized for Ms. Neeraj Malik, Mrs. Anju Sondhi and Ms. V. Laxmi as they retired after putting in many years of service in the School.

From the World of Sports

Inter-School Championship - 2018

The 2nd Inter School Sports Championship from 26th April to 27th April 2018 was organised by Salwan Public School, Mayur Vihar. The following students brought laurels to the school in their respective events.

Salwan Public School Won Overall Championship In Athletics

S.no	Name	Class & Sec	Events	Position
1.	Nav Parkash Singh Teji	XI-D	200 M	First
2.	Swayam Sethi	IX-A	200 M	First
3.	Kayasha Sharma	VIII-D	200 M	Second
4.	Ishit Gera	VII D	4X60 Relay	First
5.	Vansh Singh	VII E	4X60 Relay	
6.	Kavanpreet	VII B	4X60 Relay	
7.	Abhinav Mishra SPS (A)	VII B	4X60 Relay	
8.	Nakul SPS (A)	VI B	4X60 Relay	
9.	Vanshika Arora SPS (A)	VII A	4X60 Relay	Second
10.	Achint Kaur	VI-B	4X60 Relay	
11.	Shivangi Patra	VI-B	4X60 Relay	
12.	Priyani Roy	VI-E	4X60 Relay	
13.	Swayam Sethi	IX-A	Sprint M Relay	
14.	Krishna	IX A	Sprint M Relay	Third
15.	Kayasha Sharma	VIII-D	Sprint M Relay	
16.	Yashika Sagar	VII-D	Sprint M Relay	
17.	Ayush Chauhan	VIII-D	Sprint M Relay	

Runners' Up Trophy at Inter-Academy Cricket Tournament 2018

The School Cricket Team participated in the Inter-Academy Cricket Tournament 2018 from 10th- 14th June 2018, where they were awarded the Runners' Up Trophy. Sarthak Bhatnagar of Class XI-A was awarded with trophy of ' Best Bowler', while Brihit Kapahi of Class XI-E was awarded the trophy of ' Best Batsman' of the tournament.



Brihit Kapahi

Sarthak Bhatnagar

Golf Coaching At Qutab Golf Course

21 students from SPS (M), SPS (A), Salwan Girls Senior Sec. School, Salwan Boys Senior Sec. School and GDSPS attended a Golf Coaching Session at Qutab Golf Course on 5th May 2018. The practical session conducted at the Golf Course focused on the following skills:-

- Iron and Putting
- Wood and Putting
- Wedge / Bunker Shots
- Driver Shots
- Chipping and Putting Competition

Different types of shots were demonstrated and explained by a skilled golf coach during the training session. The students got an opportunity to practise their skills under expert supervision.



Budding Golfer Wins Accolades

Vedant Jain (V-B) bagged the First Position in Golf Pitching and Golf Bunker events during the Junior Training Program held at Delhi Golf Club from 14th -23rd May 2018.



Accolades in the world of Golf

Anish Nangia of Class X-B represented the School and India at the International Level Golf Championship. He participated in the Himbara World Junior Golf Tournament held at Damai, Indah Golf Course at Jakarta, Indonesia from 5th to 8th June, 2018. Jayant Vinaik of Class X-C, secured the Second Runners-Up position in Harmony Tricity Series, Leg I Tournament at Karma Lake Lands Golf Course on 23rd March 2018. He also bagged the First Position in Long Drive Competition in the age category A (15 yrs- 18yrs) held from 4th – 13th June, 2018. He brought further laurels to the school by bagging another First Position in New Golfers' League held on 14th July, 2018 at Golden Greens Golf Club.



Jayant Vinaik



Anish Nangia

Boxing (40th Junior Delhi State Championship)

Name of the Achiever	Class & Sec	Position
Nishant Deswal	X-D	Third



Chess (3rd Indus Cup Chess Championship)

Name of the Achiever	Class & Sec	Position
Yashas Pessi	VII- C	First



CAPACITY BUILDING PROGRAMMES FOR TEACHERS

Micro-Scale Chemistry Workshop

A Micro-scale Chemistry Workshop organized at Maharaja Agrasen Model School, Pitampura, on 27th April, 2018 was attended by Mr. A.K.Das, H.O.D Science and Dr. Sunita Bansal, P.G.T Chemistry. The workshop focused on the significance of Micro-Scale Chemistry Experiments compared to the conventional method of experiments. Experiments of Organic Chemistry related to Class XI and XII were also discussed.

Workshop on Electrostatic

Two teachers of SPS (A) attended a workshop on the topic: 'An Electrifying Affair' on 5th May, 2018 in Birla Vidya Niketan, Pushp Vihar. The resource person emphasized on the following:

- Students should be encouraged to design activities to understand the concepts learnt in the classrooms.
- Teachers should make conscious efforts to provide first hand experience of the concepts taught in the class.

Training Programme on Plasma Science and Technology and Energy from Nuclear Fusion

- Ms. Sakshi Katyal and Ms. Vani Ranga of Department of Science attended a training programme held at Punjab State Council for Science and Technology (PSCST), Chandigarh on 10th and 11th April, 2018. The session focused on the concept of Plasma and Nuclear Fusion Reactor.
- Concept of Plasma was introduced. When gas is heated to very high temperatures, the electrons and ions of the gas atoms are ripped apart and form a collection of charged particles called plasma. This was followed by discussion on nuclear fusion reactor.
- Various applications of plasma were also shared.



SET WORKSHOPS

The Salwan Education Trust has been involved in organizing Training Programmes since 1997 for its stakeholders. These programmes enable the Trust to impart core values to meet the following objectives:-

- Appreciation for Diversity
- Social Responsiveness and Commitment
- Holistic Development of all Stakeholders
- Excellence in Quality Empowerment of Human Resource

In the month of May, various workshops were organized to keep our faculty/office staff abreast with the latest trends in the field of education. Experts from various fields were invited and teachers also shared the innovative practices they follow in their schools to enhance teaching learning process.

S.no	Dates	Faculty	Learning Outcomes
1.	14- 15 May 2018	MONTESSORI	<ul style="list-style-type: none"> • Awareness about the safety measures to be taken in school. • Information about Counseling Programmes for children. • Understanding POCSO (Protection of Child from Sexual Offences Act).
2.	15 -16 May 2018	PRIMARY	<ul style="list-style-type: none"> • Using child's imagination to teach language. • Understanding that Assessment must seek to "Test the Knowledge of the Child and not Ignorance".
3.	17 May 2018	SPORTS	<ul style="list-style-type: none"> • To use Super Brain Yoga that is an essential tool for balancing the energy level of students and their mental being. • Identifying talent of the students and grooming them for larger platforms.
4.	19 May 2018	MUSIC & DANCE	<ul style="list-style-type: none"> • To use computer effectively in imparting skills in music and dance and to enhance stage performance. • To introduce Music/Dance Therapy for healing and correcting attention disorders among students to increase concentration.
5.	21 May 2018	LIBRARY	<ul style="list-style-type: none"> • New ideas for the utilisation of newspapers in classroom / Library period in an effective manner.

6.	22 May 2018	ART	<ul style="list-style-type: none"> • Practical knowledge on making artificial jewellery and pottery. • Making 3D objects using Paper Mache.
7.	22- 23 May 2018	VI-VIII	<ul style="list-style-type: none"> • The workshop created awareness regarding various strategies to aid the students in strengthening their language skills along with developing critical faculty. • The teachers were guided to construct activities keeping the purpose in focus in order to maximize the learning output. • Transforming classrooms from one way exchanges into fully interactive environments. Using variety of methods, strategies and activities to build positive attitude towards Mathematics so that the students enjoy and take more interest in the subject.
8.	24 May 2018 & 31 May 2018	MTS	<ul style="list-style-type: none"> • Emphasis was laid on safety measures to be practised in school during an emergency. • The MTS were apprised of the importance of sound physical and mental health.
9.	25-26 MAY 2018	XI-XII	<ul style="list-style-type: none"> • Various components of writing and how each component is essential in the process of writing were discussed. • The 21st century skills were shared and ways to implement the same in the teaching learning process were discussed.
10.	28- 29 May 2018	IX-X	<ul style="list-style-type: none"> • The new changes and developments in CBSE Examination Pattern and its effective implementation were enumerated through CBSE Circulars. • Teaching strategies were discussed as a collaborative, sustainable and a steady venture for imparting excellence in learning and development, thereby achieving the overall mission towards skill development.
11.	29 May 2018	SPECIAL EDUCATOR	<ul style="list-style-type: none"> • Enabling the teachers pick the signs of changed behaviour and take preventive steps. • Focus on strengths and latent potentials of the child.
12.	28 May 2018	ACCOUNTS	<ul style="list-style-type: none"> • The sessions were enriched with various suggestions for accounting, taxation and preparation of Balance Sheet. • The sessions guided the participants to follow the rules and regulations under DSEAR, Income Tax and Labour Laws.
13.	31 May 2018	OFFICE AND ADMINISTRATION	<ul style="list-style-type: none"> • Guidance on Recruitment process. • Improvisation on Admission Procedure.
14.	28 July 2018	IT & COMPUTERS	<ul style="list-style-type: none"> • The workshops provided a guide for learning specifics of the software and to distinguish different types of tools.
15.	28 July 2018	HARPER COLLINS SCRABBLE WORKSHOP	<ul style="list-style-type: none"> • It equipped the teachers with a valuable language teaching tool that can be used effectively to maximize the learning outcomes.

Forever in our Hearts- Rest in Peace Dear Abhaas

With profound grief and sorrow, we inform about the sad demise of our beloved student Abhaas Hajela (Batch 2016-2017) on 20th July 2018. Full of life and an indomitable will, Abhaas although suffering from Muscular Dystrophy, could be seen enjoying school life to the fullest. He was pursuing B.Com (Hons) from SRCC, Delhi University, when the disease spread its fangs and snatched away his precious life. He will be deeply missed by all his teachers and friends.



Dengue fever

What is Dengue Fever?

Dengue fever is a devastating and painful disease which is conveyed to individuals via mosquitoes that are infected with the dengue virus.

This fever cannot spread from one individual to another directly. It can spread only if a dengue virus infected mosquito bites another individual.

Severe dengue fever, also known as Dengue Haemorrhagic Fever is caused by a certain strain of the Dengue virus. It causes the platelet count to drop drastically, resulting in severe bleeding and a drop in blood pressure. This can eventually lead to shock and death.

Dandy fever and Break bone fever are some other names of Dengue fever.

International Anti-Dengue Day is observed every year on 15th June

Dengue Symptoms and Signs

Primary symptoms of Dengue appear 3 to 15 days after the mosquito bite and include the following:

- high fever and severe headache,
- severe pain behind the eyes
- joint pain
- muscle and bone pain
- rash
- mild bleeding
- low back pain

Warning signs

- decrease in temperature (below 38 deg C)
- severe abdominal pain
- rapid breathing
- persistent vomiting
- blood in vomit
- fluid accumulation in the body
- mucosal (gums and nose) bleeding
- liver enlargement
- rapid decrease in platelet count
- lethargy, restlessness

Treatment of Dengue

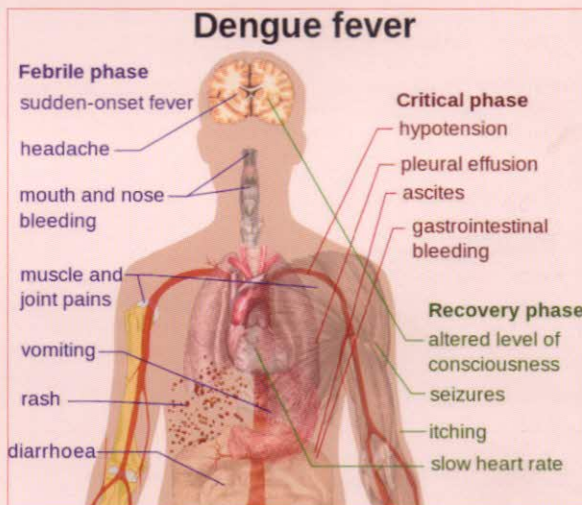
There are no specific antiviral drugs for Dengue; however, maintaining proper fluid balance is important.

Treatment depends on the symptoms. Those who are able to drink, are passing urine, have no "warning signs" and are otherwise healthy can be managed at home with daily follow-up and oral rehydration therapy.

Those who have other health problems, have "warning signs", or cannot manage regular follow-up should be cared for in hospital.

Emergency care of Dengue haemorrhagic fever includes

- Blood and platelet transfusion
- Intravenous fluids for rehydration
- Oxygen therapy, if oxygen levels are low



Prevention of Dengue Fever

- 1) Make sure to cover yourself with full-sleeved attire.
- 2) Don't let the Dengue patient step out of the home. The affected kids should not be sent to school.
- 3) Consume a lot of water and other fluids like lemonade, coconut water, etc., in order to prevent dehydration.
- 4) Always apply a mosquito-repellent lotion or spray, especially during the day time and whenever you are going out.
- 5) Use mosquito nets while sleeping or having a nap during the afternoon.
- 6) Mosquitoes breed in standing water and hence avoid keeping any pots of standing water anywhere inside or outside your house.
- 7) If you have fever for over 2 days, contact a doctor without delay, especially if you are residing in a Dengue-prone area.

Chikungunya

- Humans are infected when *Aedes aegypti* and *Aedes albopictus* mosquitoes, containing Chikungunya virus, bite humans.
- The viruses are transmitted during the infected mosquito bite (blood meal) (rarely Chikungunya virus is transmitted from mother to new born at the time of birth)
- Chikungunya virus infection is not considered to be contagious.

Symptoms and Signs

- fever
- joint pain and
- swelling

The affected individual may also develop:

- headache
- muscle pain
- rash

Treatment Of Chikungunya

Medical Treatments and home remedies to relieve symptoms of Chikungunya virus infections include:

- rest
- fluids and
- any medicines that might reduce the fever and pain

Once a person recovers from Chikungunya infection, researchers suggest that the person develops life-long immunity to the virus type.

Misconceptions about Dengue and Chikungunya

1. Dengue and Chikungunya mosquitoes breed in dirty water:

This is the most common misconception associated with dengue and Chikungunya. It is not just dirty water that mosquitoes can lay eggs in; clean water that has been stagnant for over five days can also often act as the best breeding ground for *Aedes aegypti*, the yellow fever mosquito. Discarded tyres and tubes, empty flower pots, water stored in drums and water collected under refrigerators after defrosting can all be potential breeding havens for mosquitoes.

2. Having dengue once means it will not occur again:

There are four different types of dengue viruses namely DEN1, 2, 3 and 4. Being affected by one of the four types offers no protection against other strains, which means much like common flu, dengue can be contracted multiple times by a patient over the course of his/her lifetime.

3. Antibiotics are needed to treat dengue and Chikungunya:

So far, there is no vaccine that can immunise human beings against these diseases but vaccine for dengue will be coming soon. Nearly 75 percent of dengue cases are curable just by properly dispensing oral fluids and providing proper care and treatment to patients. Only prevention and control of mosquitoes can ensure long-term protection against these diseases.

4. Low platelet count always mean Dengue:

People tend to associate low platelet count with dengue. While it is a good indicator to find out if a patient is suffering from dengue or not, a common cold and viral fever can also bring down your platelet count. There are several other viral infections which can result in a low platelet count; people diagnosed with blood-related diseases, anaemia, severe infections and immunological disorders are bound to have fewer platelets in their blood.

5. Using insecticide sprays is enough to kill mosquitoes:

While sprays and fumigation can prove beneficial in curbing the mosquito population to a great extent, using only insecticides cannot ensure 100 percent safety against mosquitoes. The main reason for this is that mosquitoes get killed but eggs and larvae don't get killed. It is equally important to keep your surroundings clean and tidy. Vectors are born in stagnant water accumulated in coolers, air conditioners, pots, ornamental plants, fountains, water tanks, bird feeders, etc. Hence, it is important to maintain hygiene in and around the house and not allow water to accumulate anywhere.

6. Chikungunya will lead to joint deformity:

While symptoms of Chikungunya include joint pain and muscle pain and can closely mimic rheumatoid arthritis or other rheumatologic diseases, the vector-borne disease cannot deform your joints. Most patients recover fully but in some cases, the joint pains may persist for weeks or months.

7. Dengue can spread via human contact:

It spreads only when a person is bitten by a carrier mosquito, the female *Aedes* mosquito. This mosquito is known to bite during day time and its favourite biting spots are below the elbow and the knee.

Hepatitis A

Hepatitis A is caused by an infection with the Hepatitis A virus (HAV). This type of Hepatitis is most commonly transmitted by consuming food or water contaminated by faeces from a person infected with

Symptoms

Hepatitis A signs and symptoms typically don't appear until you've had the virus for a few weeks. But not everyone with Hepatitis A develops them. If you do, Hepatitis signs and symptoms can include:

- Fatigue
- Sudden nausea and vomiting
- Abdominal pain or discomfort, especially on the upper right side beneath your lower ribs (by your liver)
- Clay-coloured stool
- Loss of appetite
- Low-grade fever
- Dark urine
- Joint pain
- Yellowing of the skin and the whites of your eyes (jaundice)
- Intense itching

Tips to prevent Hepatitis:

Avoid:

- local water
- ice
- raw or undercooked food
- raw fruits and vegetables
- Follow good personal hygiene practices, especially thorough hand washing.
- Good food handling procedures should always be followed.
- Immunisation against Hepatitis A. The Hepatitis A vaccine provides protection within 4 weeks of having the vaccine and lasts for more than 10 years, if a booster dose is administered at least 6 months after the first dose.

Typhoid Fever

Typhoid is an infection caused by the bacterium Salmonella typhimurium.



Typhoid Mary, was an Irish-American cook. She was the first person in the United States identified as an asymptomatic carrier of the pathogen associated with typhoid fever.

How Do People Get Typhoid Fever?

Typhoid fever is contracted by drinking or eating the bacteria in contaminated food or water. People with acute illness can contaminate the surrounding water supply through stool, which contains a high concentration of the bacteria. Contamination of the water supply can, in turn, taint the food supply. The bacteria can survive for weeks in water or dried sewage.

Symptoms

The incubation period is usually 1-2 weeks, and the duration of the illness is about 3-4 weeks. Symptoms include:

- Poor appetite
- Headaches
- Generalized aches and pains
- Fever as high as 104 degrees Fahrenheit
- Lethargy

Typhoid FEVER

A systemic illness caused by a bacterial infection with *Salmonella*. You may suffer from fever with an eruption of red spots on the chest and abdomen and severe intestinal irritation.

Who can be infected?
Anyone who ingests typhoid organisms.

How is typhoid transmitted?
It is spread via faecal oral contamination. Typhoid may be spread from person-to-person by direct contact, or through ingestion of contaminated food or water.

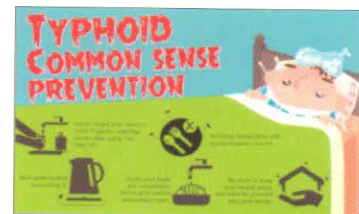
Typhoid occurs everywhere in South Africa but especially in areas where water quality and sanitation is poor.

Prevention of Infection

Typhoid is spread by contact and ingestion of infected human faeces. This can happen through an infected water source or when handling food.

The following are some general rules to follow when travelling to help minimize the chance of typhoid infection:

- Drink bottled water, preferably carbonated.
- If bottled water cannot be sourced, ensure water is heated on a rolling boil for at least one minute before consuming.
- Be wary of eating anything that has been handled by someone else.
- Avoid eating street food, and only eat food that is still hot.
- Do not have ice in drinks.
- Avoid raw fruit and vegetables, peel fruit yourself and do not eat the peel.



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