

LUCKNOW

(April Edition 2024)

OUR EVENTS

Christmas Celebration



"Let's share with everyone the spirit of Christmas!"

The Christmas celebration at Darshan Academy Lucknow was an exciting and joyous event for everyone involved. The students of the Pre-primary section, dressed in white and red attire, added to the festive atmosphere. The event was filled with a variety of activities, including Christmas carols, skits, songs, and concluded with cake cutting and the distribution of gifts and cake.

Library Day



"Libraries allow children to ask questions about the world and find the answers. And the wonderful thing is that once a child learns to use a library, the doors to learning are always open"

Library Day was organized at Darshan Academy Lucknow. The event was open to students from class I onwards. The day commenced with an engaging awareness session where the importance of libraries in personal and academic growth was discussed. Students were made aware of the wide range of resources available in the library. Following the awareness session, each student was encouraged to select a book of their choice from the library. They were given dedicated time to read and explore the content of the book thoroughly. This activity aimed to help students develop a reading habit and appreciate the knowledge contained within books. Once the reading session was completed, each student was asked to present a brief summary or share interesting facts from the book.

Dental Camp at School



"Better Teeth, Better Health"

Darshan Academy Lucknow organized a free Dental Camp in collaboration with Abhilasha Dental Clinic in the school premises on 29 December 2023. Dr. Ajay Singh (B.D.S., M.D.S.), along with his team of dental professionals, actively participated in conducting the checkups and providing necessary medical advice. The event attracted a significant number of participants, including parents and students of all grades.

The Dental camp offered a range of services to attendees. These included comprehensive dental checkups, oral hygiene education, and distribution of sample medicines.

The free Dental Camp received overwhelmingly positive feedback from the parents.





BOOK

REVIEW



On 9th January 2024, a Book Review workshop was organized at Darshan Academy Lucknow, focusing on the book titled "Detox The Mind" written by Sant Rajinder Singh Ji Maharaj. The workshop started with 5 minutes of meditation. Each teacher presented a specific topic from the book, leading to an engaging discussion that left everyone with a positive and inspired mindset. The observer Mr. M.S. Bhatia, appreciated the workshop. Overall, the book review left a profound impact on everyone.



Republic Day Celebration

“May the flag always fly high and fill our hearts with the feeling of freedom.”



The crisp January air crackled with excitement as the Indian tricolor billowed against the azure sky in Darshan Academy, Lucknow. Today, the school grounds reverberated with the joyous din of Republic Day celebrations, a day etched in every child's memory as a vibrant tapestry of patriotism, heritage, and pride. From the morning hush as the flag was meticulously hoisted, casting an orange glow against the foggy winter, to the sonorous echoes of the national anthem sung in unison, a wave of emotion washed over the young hearts assembled.

Beyond the grand spectacle, smaller acts of patriotism resonated just as deeply when the students of the primary section sang 'Mera Rang De Basanti Chola' along with a speech in Hindi as well as English. As the celebrations drew to a close, and the echoes of the patriotic anthem lingered in the air, a sense of shared purpose bound the school community together when our respected Manager Sir and Principal Ma'am enlightened the students as to why the day is celebrated and its relevance.

To conclude the programme, students were distributed sweets and dispersed.

Jai Hind!

Veggie Fest



Darshan Academy Lucknow organized a Veggie Fest in the campus in the House Activity periods. Teachers and students prepared fireless and vegetarian food class wise. Yummy and delicious sandwiches, papdi chat, fruit custard, sprout salad, and taco chat were served to the students and the dignitaries.

A game zone was prepared to entertain the kids along with the fest. As no Fest is complete without a Selfie point, a captivating area was created where students could click their pics and capture their memories.

A separate stall was prepared to showcase the beautiful recipe books prepared by the teachers.

The whole campus was filled with aroma of healthy delicacies. The students learnt the importance of following a vegetarian diet in life.



Farewell Party



"Goodbyes make you think. They make you realize what you've had, what you've lost, and what you've taken for granted."

The farewell event for the students of Class V organised at Darshan Academy Lucknow, was a heartwarming and memorable occasion, filled with joy and nostalgia. The event commenced with a traditional tilak ceremony and distribution of sweets to mark the beginning of the farewell proceedings. Students dressed in colourful attire looked wonderful and amazing. The programme started with a melodious song presented as a tribute by the students of Class IV. The highlight of the event was the farewell cake cutting ceremony by the students of Class V, symbolizing the end of their journey in the school. To make the occasion even more special, the students were presented with thoughtful gifts and refreshments, creating a sense of appreciation and camaraderie among everyone present. The farewell celebration was a perfect blend of sentimentality, fun, and camaraderie, leaving a lasting impression on both the departing students and the school community.



Graduation Day Ceremony



"Every child is a different kind of flower, and all together, they make this world a beautiful garden."

Graduation Day celebration at Darshan Academy Lucknow was a heartwarming event that celebrated the achievements and growth of the young students. It was a day filled with laughter, music, and proud moments for both the students and their families. The event not only marked the end of a chapter but also the beginning of new possibilities and adventures for the students as they continue their educational journey.



PARENTS TEACHER MEETING & Report Card Distribution



“Sunsets are proof that endings can be beautiful.”

— Beau Taplin”

At Darshan Academy Lucknow, Report Card and Prize Distribution event was held on 26 March 2024. Students were excited to receive their report cards and were delighted when they received the awards based on their grades.

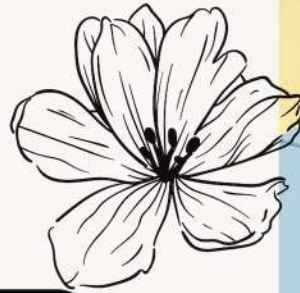
The session concluded with a Felicitation Ceremony, and all vowed to rejoin from April 1.





PROFESSIONAL DEVELOPMENT PROGRAMS

SPIRITUAL TALK FOR THE PARENTS



SPIRITUAL TALK FOR PARENTS ON POSITIVE PARENTING
Through -
Meditation

DATE 
December 23, 2023

TIME 
11.00am -12.00noon

RESOURCE PERSON-
SUNITA ARORA



" You cannot go back and change the beginning, but you can start where you are and change the ending."

Darshan Academy Lucknow organized a Spiritual Talk for the parents on 23 December 2023 on the topic of positive-parenting through meditation. The talk aimed to enlighten parents about the benefits of meditation in fostering a nurturing environment for their children. The resource person for the event was Ms. Sunita Arora.

Ms. Sunita Arora, initiated the talk by emphasizing the importance of meditation in the context of parenting. She explained that cultivating a sense of calmness, and emotional balance, parents can create a harmonious environment that positively impacts their children's well-being.



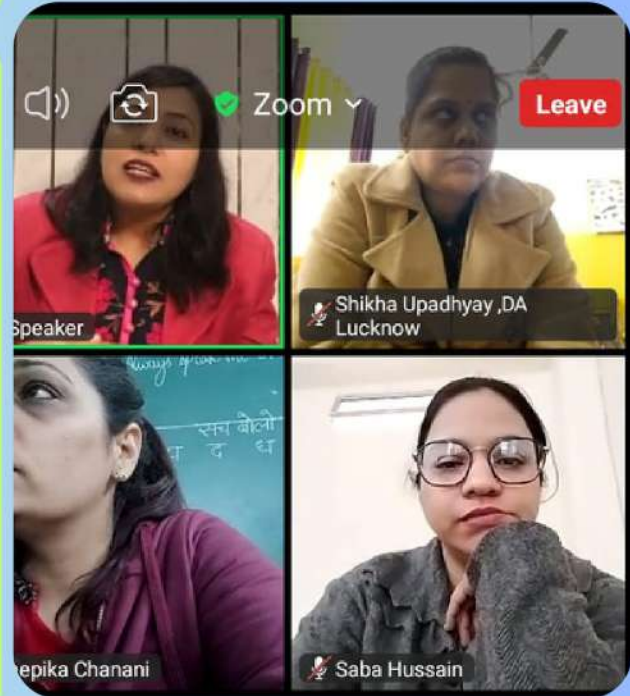


SPIRITUAL TALK FOR THE TEACHERS



"Find Peace and Joy through Meditation" Sant Rajinder Singh Ji Maharaj

A Spiritual Talk was organized for the teachers of Darshan Academy Lucknow. The talk was facilitated by a resource person, Ms. Sunita Arora. She emphasized the importance of mental health through meditation. The primary objective of the session was to educate the teachers about the benefits of incorporating meditation practices into daily life. These practices can aid in managing stress, improving focus, and fostering a sense of peace and balance.



Workshop on Teaching Methodology



On 12th January 2024, Darshan Academy Lucknow organized a workshop on Teaching Methodology. The workshop was attended by teachers from each class, representing different subjects. Each teacher had the opportunity to present their topic and share the teaching methods they apply for the best outcomes. The aim of the workshop was to provide a platform for teachers to share their knowledge, experiences, and best practices in teaching various subjects. The workshop proved to be an enriching experience, enhancing the teaching skills of the participants.





Video Satsang



"Meditation is a private retreat from the problems of the world."

Darshan Academy Lucknow recently organized a workshop focused on reviewing a Video Satsang by the revered Sant Rajinder Singh Ji Maharaj. The video explored the topic of "How we can strive to be happy when life gets difficult." The teachers at the Academy thoroughly analyzed the video and were engaged in discussions to share their perspectives and personal experiences related to the topic. The workshop proved to be a valuable and enlightening experience for all participants.

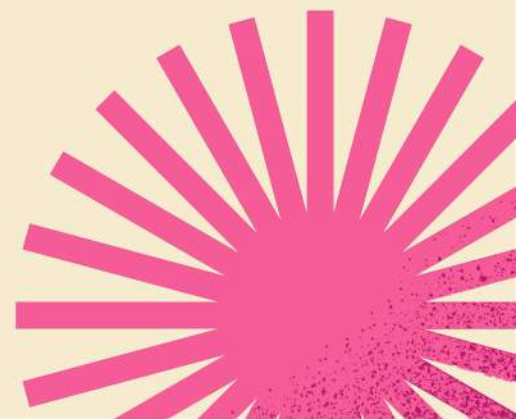


SPECIAL WEEK PROGRAMMES

SPECIAL ASSEMBLY



On the occasion of Kirpal Week of Loving Kindness, a special assembly was organized at Darshan Academy Lucknow to pay tribute to Sant Kirpal Singh Ji Maharaj. The assembly aimed to bring awareness about the teachings and principles of Sant Kirpal Singh Ji Maharaj and promote compassion and love. The assembly commenced with the students delivering a biography of Sant Kirpal Singh Ji Maharaj. To emphasize the importance of compassion, a skit portraying the teachings of Sant Kirpal Singh Ji was performed by some students of classes III to V. A soulful song dedicated to the Guru and a devotional bhajan were performed by the school students. To engage the students actively, a quiz based on Sant Kirpal Singh Ji Maharaj's biography was conducted.





Old Age Home Visit

Stepping into the serene haven of Sevarth Vriddha Ashram Old Age Home, students of Darshan Academy, Lucknow, experienced gratitude and compassion towards elderly people. They sang bhajans and played antakshari with the elderly people and received their blessings. The students distributed essentials such as towels, biscuits, hair oils, soaps, and socks. In the end, the students sang the national anthem as a special request from one elderly lady. This visit wasn't just a glimpse into the lives of the elderly; it was a journey of self-discovery, a reminder to cherish the present, embrace life's experiences, and connect with others with an open heart.



Thank You Card Distribution

"Showing Gratitude is one of the simplest yet most powerful things humans can do for each other."



During the special assembly on the third day of the Kirpal Week of Loving Kindness, the students presented thanks-giving cards to Support Staff of the Academy to express their gratitude towards them. The atmosphere was filled with anticipation and excitement as the students awaited theirhe Academy. Their smiles and expressions of appreciation illuminated the room, affirming the profound impact that simple acts of gratitude can have on fostering a sense of connection and unity within a community. 'As we reflect on the teachings of Sant Kirpal Singh Ji Maharaj, may we continue to embody the spirit of gratitude in our interactions, enriching our lives and the lives of those around us.'





Bhajan Competition



**“प्राणी अपने प्रभु से पूछे किस विधी पाऊँ तोहे
प्रभु कहे तु मन को पा ले, पा जयेगा मोहे !”**

On 3rd February 2024, Darshan Academy Lucknow organized an Inter-House Bhajan Competition as part of the Kirpal Week of Loving Kindness. Students sang melodious bhajans, filling the atmosphere with spirituality and tranquility. Each House presented their best candidates from classes III to V. In the end, the Headmistress declared Abhimanyu Pal of class V and Aruhi Tiwari of class III as the best singers.

Blue Colour Day

“Today may be a blue day, but let's turn it into a happy hue!”

As part of the Special Week celebration, the Pre-primary wing of Darshan Academy Lucknow, celebrated Blue Colour Day. The tiny-tots dressed themselves as objects of the colour blue, such as drops of water, umbrellas, fish, and so on. Teachers organized a small puppet show for the students, which they enjoyed with zeal and excitement.

“Plant-powered and proud. Fueling my body with nature's goodness. A plate full of veggies is a plate full of happiness. Meat-free and loving it!”





Creating generations of Peacemakers

**DARSHAN ACADEMY, LUCKNOW
KIRPAL ASHRAM, SNEH NAGAR,
ALAMBAGH LUCKNOW,
UTTAR PRADESH, PIN 226005**

TALK TO US

7535000519

8130463131

info.lucknow@darshanacademy.org