

## WE HAVE CORONA WARRIORS INSIDE OUR BODIES

### Try to know them and respect them

Self-healing powers of the human body are no more a mystery and immunity system is a must-know area for everyone.

As educated and literate people, we have deep regard and respect for our soldiers, police personnel, and doctors. Soldiers protect our national boundaries from external enemies, police maintain internal law and order, and doctors are there to heal us, in case we fall sick. But seldom are we even aware of the presence of the same arrangement, by nature, inside our body which is known as the immune system. We all have some self-healing powers within our body and the following examples will prove that:

- ▶ Despite coming in contact with germs and bacteria so often, humans do not fall sick all the time.
- ▶ Most of the time blood-flow stops on its own after a cut in the body.
- ▶ Broken bones get joined only by applying a plaster.
- ▶ Sleep fills us with energy.
- ▶ Mostly our headache / cough or cold, vanish on their own without the help of medicine.

This proves that inside our body, there are some 'Soldiers and Healers'.

We all are aware that our 'body', comprises of numerous small



**We have an Immune System, which is our internal defence and healing system. The job of this system is to manage our life force well during its journey through this given body**

and big parts. The combination of these body parts further constitutes systems. For example,

Respiratory System, Digestive System, Urinary System, etc. Similarly, we have an Immune System, which is our internal defence and healing system. The job of this system is to manage our life force well during its journey through this given body. During this journey called Life, all the external inputs that our body gets are Food, Air, Water, Sound, and Visuals. All these inputs have their good and bad impacts. For example, food brings nutrients that give us energy, but at the same time, it injects toxins in the

#### EYE-OPENER

### IMMUNITY SYSTEM

The immune system is a complex network of cells and proteins

The Immune system keeps a record of every germ it has ever defeated

Abnormalities of the immune system can lead to allergic diseases

Fever is an immune system response

Fasting helps to improve the immune system

Negative and Positive thinking also impacts the Human Immune System

body, which need to be eliminated also. The same is the case with air, water, sound, and visuals.

Our god-gifted Immune System always remains alert to protect our energy and all body parts from the bad effects of these inputs. Although to understand this system can be a very detailed process, but in simple words, we can say that the Immune System protects our body against diseases or other potentially damaging foreign bodies. When functioning properly, the Immune System identifies and defends from or attacks a variety of threats, including viruses, bacteria, and parasites, while distinguishing them from the healthy impacts happening in the body. ■

#### CONCLUSION

Every Human Being must invest some time and resources in enhancing their knowledge about the human immune system and must convert that knowledge into habits to maintain a good immune system in the body.

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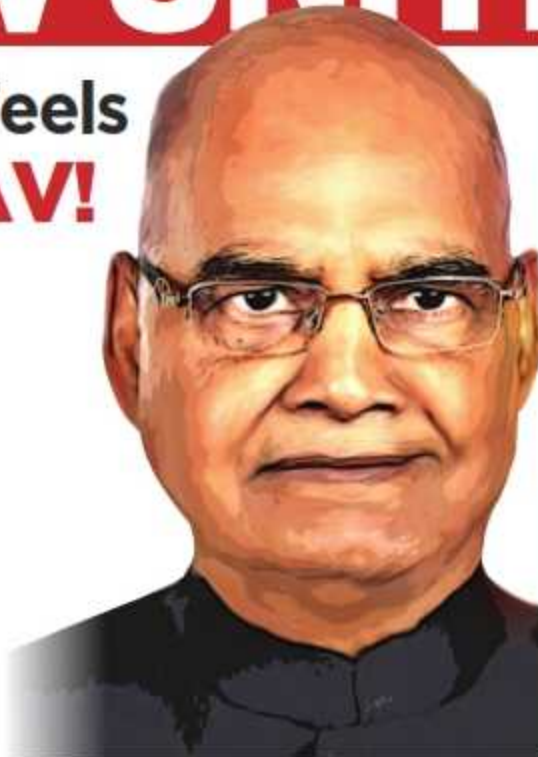
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## President of India Feels Proud about DAV!

You must have come across many eminent personalities, who have done great things and have achieved a lot in their lives. However, there are very few personalities, whose lives invoke erudition and inspire people to beat the odds, come what may. One of such personalities is the Honourable President of India, Shri Ram Nath Kovind, who is also a DAV Alumnus.



### PERSONAL LIFE

Shri Kovind is married to Shrimati Savita Kovind and they have a son, Prashant Kumar and a daughter, Swati Kovind. We, as students, must know that every factor of one's personality has an impact on what destiny has in store for us, and it was these adorable qualities of Shri Ram Nath Kovind that made him an acceptable face for the post of President. DAV is proud of the fact that President Kovind is a DAV Alumnus!



**H**is inspiring success story proves that if one believes in himself and walks on the right path, then sky is the limit. President Kovind's journey from a mud house to Rashtrapati Bhavan was not an easy one. He was born in a family, which was considered untouchable, but with very limited resources, he decided to educate himself despite losing his mother to death at the age of five only. Later, he rose to become the First Citizen of India through his dedication and hard work.

His zest for doing something for the country and fellow Indians is writ large in all activities he did throughout his life so far. His respect for education made him a learned lawyer, but after pursuing a long and successful career in law, he decided to serve the country and joined BJP. Because of his accomplishments in social life, he was elected twice as the Rajya Sabha Member. He further rose to become the Governor of Bihar before getting elected as the Head of Nation as the 14th President of India on 25 July 2017.



On his visit to the Centenary celebrations of the DAV College, Kanpur, in February 2019 and his earlier visit to MCM DAV College, Chandigarh in 2018, he expressed his respect for the DAV Movement, started by Mahatma Hansraj in 1883 in Lahore, based on the guidance of Swami Dayanand Saraswati (the Founder of Arya Samaj). He also specifically mentioned that DAV College, Kanpur was set-up as a part of the expansion of the DAV Movement all over India in 1919 under the guidance of Mahatma Hansraj only. Although the Management of DAV College, Kanpur is not directly under

### DAV is proud of the fact that President Kovind is a DAV Alumni!

the DAV College Managing Committee (DAVCMC), New Delhi, but both the organisations stem from the common source of inspiration.

President Kovind in his speech and on his official Twitter handle has praised DAV many a time. In particular, he expressed his high opinion about the teaching methodology used by DAV Institutes, which is a blend of Heritage and Science, English and Hindi Languages, Ancient Indian Knowledge and Modern Western Science. He expressed his pride in being in the List of DAV Alumni, like Shri Atal Bihari Vajpayee, Shri Gopal Das Neeraj, Shri Munshi Ram Sharma (Som), Shri Bhagat Singh, Shri Chandrashekhara Azad and many more.

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**WATCH VIDEO- 2**

**WATCH VIDEO- 3**

## WITH SUCCESS COMES PRIORITY

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## The Partnership between School Management, Parents and Teachers is Crucial

World over, as parents, we all desire a good education for our children. The schools, have evolved an efficient/Infrastructure, mechanism to fulfill this innate desire of the parents and stood the test of time.

It is, therefore, most appropriate for us to mull about the school-system, especially in the Indian context. In our country, the schools are owned and managed either by the government (including local bodies) or by the private sector like trusts and societies. According to a survey, in India about one-third of the schools are in the private un-aided sector, not receiving any financial aid or grant of any sort in managing the same. The avowed aim of running these schools, as also laid down by the law, is altruistic in nature.

There is, therefore, a very logical question to ask next. If the private system does not allow a profit motive for the promoters, then who come forward to take the lead in setting-up these institutions? Well, over the decades, there have emerged many a great hearted men and women who have done so for philanthropic purposes. They become the **First and the Prime pillar** of school-system. They have donated all their money, time and skills with the sole purpose of investing in brighter future and overall good of the country. The DAV Educational Organisation is one such example, whose foundation was laid by such visionary promoters about 134 years ago.

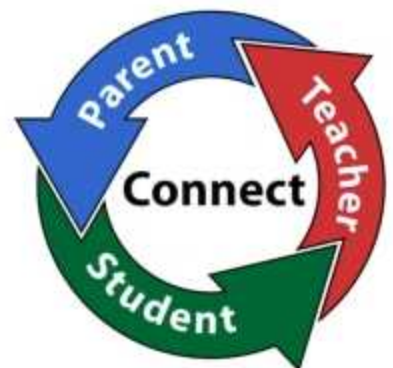
The **Second major pillar** of the school-system, as you have guessed it right, is the **teachers**, who in the school-system, currently come with a far superior background than in the past. They are well-educated as well as professionally trained through an accredited formal structure. And with that kind of a background, they are well-versed in the art of teaching-learning process. As a corollary, therefore, it is the endeavour of every school management to retain the best and an experienced talent pool of teachers and other supporting staff. No doubt, a good compensation package, in line with the societal expectations, is a way to retain and nurture this talent.

The **Third pillar** of the system is the parents themselves. After all, the entire ecosystem is build around their basic desire for a good education for their child. The parents have to complement the school's efforts from the first day of the child's initial admission in the school.

Can we then say that this is the day which heralds the beginning of an exciting new relationship for all concerned, i.e. the **child, management, teachers and parents**? Yes, and rightly so. It is more in the



**PARTNERSHIP BETWEEN SCHOOL+ PARENTS + TEACHERS IS VERY IMPORTANT**



nature of a partnership agreement with a common goal of good education for child, the initial reason they embarked on this exciting relationship.

Like in any other relationship, there could be times when it could come under stress for whatever reason. It is on these occasions that the relationship would be tested for its enduring durability. The best course at such times would be to get into an empathy mode, all the time keeping the communication channels open and transparent. Above all, the one thing that can ultimately resolve the differences would be to look at all the arguments in the backdrop of their common avowed goal for which they had started this partnership in the first place!

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## M. S. Dhoni Feels Proud OF BEING A DAVIAN



**F**rom the sprawling heights of fame and unmatched talent, there is an inspiring tale of a boy from DAV Jawahar Vidya Mandir Shyamali, Ranchi, Jharkhand, who won over the hearts of millions of Indians not only with his cricketing skills but also by his astonishing sense of leadership, helping him win numerous matches and several international tournaments. M.S. Dhoni has had an exceptional career in Cricket with an even greater backstory to support it, and it all started with the DAV institution, where all his teachers and peers had been the key players in making him what he is now.



Our fellow Alumnus is never short of words when it comes to his schooling days and the knowledge he acquired from there that moulded him to one of the most inspiring Indians. Even with credentials, accolades and awards, he remains intact to his roots, which was proved when, in 2016, he visited one of the DAV institutions, i.e. Kulachi Hansraj Model School, Delhi to promote his biopic titled *M.S. Dhoni: The Untold Story*.

He proudly appreciated DAV for its achievements and work in the field of education. The little incidents and anecdotes as narrated to the audience also added up to his lovely schooling experience taking away with him life-long friendships, learnings and life-lessons.

As the man himself went up on

the stage, sharing it with the leaders of DAV, his humility and poise nature spoke a thousand words of gratitude towards DAV, reassuring everyone that what a fine institution DAV is and how much he is grateful towards it.

No doubt Dhoni has paved a long way for himself in the world of cricket but he surely believes that all the years devoted in school by him taught him a great deal about sportsmanship, and with his grit and determination, he has won over the world.



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*"I studied in DAV Shyamali. I give a lot of credit to the Management of the School because our School was one school, where along with studies, you could do a lot of other things. It was not a place where if you are playing some kind of sports, you are looked down upon. My wife and I often have debates about who studied in a better school and when I count the list of DAV alumni to her, she kind of loses the argument."*

**WATCH VIDEO-1**

**WATCH VIDEO- 2**

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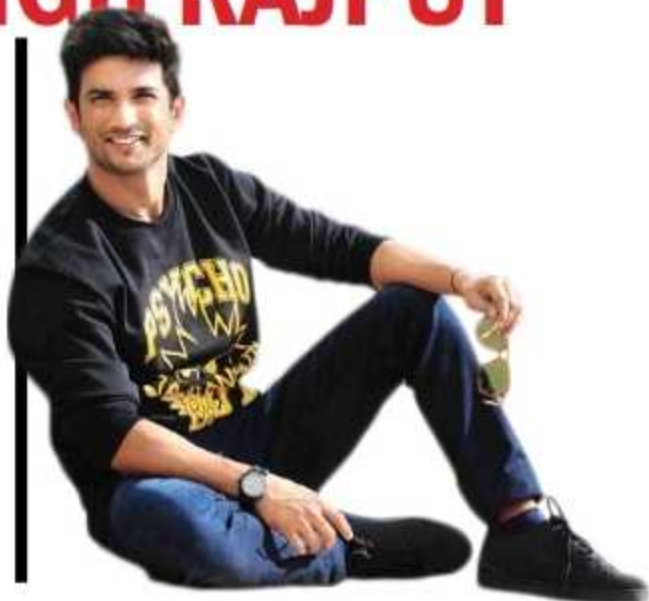


## DAV CELEBRATES THE LIFE OF SUSHANT SINGH RAJPUT

Around the afternoon of 14 June 2020, when the whole India was engaged in its "live with Covid-19" lifestyle mixed of anxiety, fear and strength, a news flashed up on mobile screens that "Famous Indian Actor Sushant Singh Rajput Commits Suicide". For the first few minutes, everyone denied it and thought that it has some typographic error mixed with the tragic news of suicide committed by his Ex-Manager, Disha Salian, four days back. But as everyone started going deeper on phone or television, the reality hit hard and the facts changed forever that we all lost our Sushant.

The common bond that we all have with Sushant is that we all are a part of DAV fraternity. As promoted by Swami Dayanand Saraswati Ji, DAV follows the blend of Vedic knowledge and Modern-day science, where most of us believe that soul never dies; it was and it will always remain there. When the whole nation is mourning the death of Sushant Singh Rajput, we at DAV, will like to celebrate his life and share our pride that he was an alumnus of a DAV institute — Kulachi Hansraj Model School, Delhi — during his crucial academic phase of life in 2004-05. We all have the fond memories of 10 August 2016 when two celebrated Indians and DAVians, M.S. Dhoni and Sushant Singh Rajput, visited their alma mater DAV. The occasion was the Trailer Launch of the famous biopic titled *M.S. Dhoni—The Untold Story*, in which Sushant played the lead role of M.S. Dhoni. Although readers can watch the whole video of their visit embedded in this Article, however, it is distinct to mention that for Sushant, the Trailer Launch of this film was one of the biggest moments of his life as it was held in his school and in front of his fellow students, only on the insistence of both the celebrities as they wanted to

celebrate this historical moment from where their journey started. We distinctly remember that Sushant sat leisurely at the stage watching the trailer with moist eyes and in his inspiring message, he told the students that it is very important to enjoy the school time as these days never come back once passed. During the occasion, DAVCMC President Shri Punam Suri shared his joy in his words where he mentioned that he felt like the father-bird whose children, who were flying high in the sky, had come to meet their father that day. He felicitated the two DAVians for bringing pride to the organisation. Sushant, who chose to say goodbye to us at the age of 34, has left us with many unresolved questions which will take their own time to unfold the mystery behind his choice, but it will never stop us from celebrating what he accomplished because there are very rare examples where a 15-year boy, after doing



**“** The death of young actor Sushant Singh Rajput has come as a shock reverberating through society including the DAV fraternity. He was one of our distinguished alumnus who made us proud with his several accomplished performances under his belt from *Kai Po Che* to *Detective Byomkesh Bakshy*. It is a matter of profound sorrow that a talent extinguished too soon. I pray to the Almighty to give strength to the bereaved family to overcome this irreparable loss and give peace to the departed soul! **”**

- Punam Suri, President, DAV College Managing Committee



Video 1 

Video 2 

Video 3 



well in studies from Bihar, joins a reputed school in Delhi in Class-XI and then cracks one of the toughest exams of the Delhi College of Engineering and achieves All India 7th Rank. Suddenly, the mind and path change and he gets trained under Shaimak Davar, Barry John, and in his Final year of engineering, he turns down a scholarship offer from Stanford to follow his heart and later, becomes an actor and thus, proves that for him nothing was unachievable. He rose to become a celebrated actor with 15 Bollywood films and almost every big Indian Acting Award under his belt. He surely made DAV proud and his life is worth always celebrating! ■

