Students of various countries resolve to bring about world unity through science and maths at Macfair International 2006

C M S Kanpur Road delegation participates in National QC Convention in Mauritius

A delegation of CMS, Kanpur Road, participated in National Quality Control Circles Convention organised by Mauritius Society for Quality Circles and World Council for Total Quality and Excellence in Education (WCTQEE). The Convention was held at Port Louis in Mauritius. CMS delegates included Dr (Mrs) Vineeta Kamran, Principal; Dr Akhilesh Das, Manager, Shri Jagdish Gandhi, garlanded by Vice-Chancellor of Lucknow University, Prof. R. P. Singh; and (3) Only school to organise and host 20 international events annually. See http://www.cmseducation.org

Victorious return of QC delegates from Mauritius

Science Fair in Korea

A delegation of CMS students and teachers participated in International Students' Science Fair in Korea from 20 to 26 August 2006. The 21-member students' delegation comprised three teams of CMS, Station Road, Gomti Nagar, Chowk and Aliganj branches. (continued on page 8)

International Youth Day

Eight thousand students of CMS took out a huge “World Unity March” demanding the rule of “Enforceable International Law” to safeguard the future of world’s 2 billion children on the occasion of International Youth Day, on 11 August. Speaker of UP Legislative Assembly, Shri Mata Prasad Pandey, flagged-off this ‘World Unity March.’ Vice-Chancellor of Lucknow University, Prof. R. P. Singh was also present on this occasion. The World Unity March began at 8.00 am at Kailashpuri Chauraha and ended at CMS Girls’ Degree College, Kanpur Road. At CMS Degree College, the students spoke on several global problems like terrorism, nuclear bombs, environmental change etc. when India and Pakistan will unfurl the flag of World Unity and the bugle of peace, unity and harmony will be heard worldwide. This is the basic idea of ‘Aao Dosti Karein’ project and also the main aim of our journey to India.’ During their ten day visit, the delegates visited the Robotics Laboratory and Astronomy labs at CMS Chowk and Gomti Nagar branches. They also closely studied the CMS efforts at world unity and world peace and visited the historical monuments and places of natural interest in Lucknow. The delegation was led by Mrs Farida Shahid, Headmistress, Beaconhouse School System, Lahore, Pakistan, visited CMS under ‘Aao Dosti Karein’ project. They were specially invited by CMS Chowk Branch. The teachers said, “Whatever hurdles come our way, the day will come when India and Pakistan will unfurl the flag of World Unity and the bugle of peace, unity and harmony will be heard worldwide. This is the basic idea of ‘Aao Dosti Karein’ project and also the main aim of our journey to India.’ During their ten day visit, the delegates visited the Robotics Laboratory and Astronomy labs at CMS Chowk and Gomti Nagar branches. They also closely studied the CMS efforts at world unity and world peace and visited the historical monuments and places of natural interest in Lucknow. The delegation was led by Mrs Farida Shahid, Headmistress, Beaconhouse School System, Lahore, Pakistan.

Teachers’ Day celebrations at CMS

CMS is celebrating Teachers’ Day on 5 September 2006 at the World Unity Convention Centre, CMS, Kanpur Road. The most outstanding teachers of the institution will be honoured and felicitated with prizes worth Rs fifteen lakh in cash and kind. The best CMS teachers whose students have secured highest marks in ISC and ICSE Board examinations will be felicitated for their brilliant achievements. The mothers of the Best CMS teachers of ISC and ICSE will be weighed in fruits and flowers.

Teachers’ Day celebrations from Pakistan visits CMS

An 18 member delegation of teachers and students from Beaconhouse School System, Lahore, Pakistan, visited CMS under ‘Aao Dosti Karein’ project. They were specially invited by CMS Chowk Branch. The teachers said, “Whatever hurdles come our way, the day will come when India and Pakistan will unfurl the flag of World Unity and the bugle of peace, unity and harmony will be heard worldwide. This is the basic idea of ‘Aao Dosti Karein’ project and also the main aim of our journey to India.’

See results and prize-winning articles of Creative Writing Contest (Primary) organised by Editorial Department on page 5

Warm greetings of love and friendship from Pakistan

What an honour to be felicitated by the Founder-Director, Dr (Mrs) B. Gandhi!

A grand Meritorious Students’ Felicitation Function was organized by CMS on 11 August at its World Unity Convention Centre, CMS Kanpur Road, to honour the meritorious students of the school who secured highest marks in the...
Education watch English daily 'Pioneer' carries a weekly column titled 'Educationwatch/Jagdish Gandhi' every Sunday on the apostle of World Unity and Founder Manager of CMS, Mr Jagdish Gandhi's talks. Printed below is a clipping from the Pioneer dated August 6, 2006:

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**Highlights:** Programmes/Activities based on functions and events organised by CMS Words of Wisdom of Shri jagdish Gandhi

**If you are not able to watch our programmes you may contact the following Cable Operators:**

1. Universal Cable: Charbagh, Alambagh, Old Lucknow, Rae Bareilly Road, Sadar |
   2456630
2. Manoranjan: Cant, Sadar, Raibareilly Road |
   2615042
3. Navgrah: Indira Nagar |
   2534900
4. A Cable: Alambagh |
   2538000
5. Home Entertainment: Aliyganj |
   2762874
6. Lucknow Channel: Chowk |
   5529753
7. Vardaan/Gomti Nagar |
   933566223
8. Surya: Gomti Nagar |
   2391272
9. Pharmashiv: Rajpurpur |
   2416385
10. Home Cinema (I): Jolly Road |
    2249240
11. Sikka: Haridwar - Mathura |
    2494735
12. We TV: Mahanagar/Gomti Nagar |
    3297334

For any assistance please feel free to call: 9415010530/9415010539/9338166609/9893007095

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**DAILY CMS FM Radio (90.4 MHz) schedule for September 2006**

Programme begins with: Signature Tune, Vandana (from various religions), Thought for the day/Anmit Vickar and Zodiac Zoom

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**For any assistance please feel free to call:**

1. Universal Cable: Charbagh, Alambagh, Old Lucknow, Rae Bareilly Road, Sadar |
   2456630
2. Manoranjan: Cant, Sadar, Raibareilly Road |
   2615042
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**CMS BULLETIN - GUIDANCE AND FM SCHEDULE SEPTEMBER 2006**

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**Education is for improving the lives of others and for leaving your community and world better than you found it. — Marian Wright Edelman**
Is my child safe?
One mother will not send her eight-year-old son on the school bus because she has heard that the bus drivers drive rashly. Another does not allow her twelve-year-old daughter to sleep over at her friends’ houses because she feels that she is not sure if other parents will provide adequate supervision. Some mothers and fathers get the jitters every time their children climb onto the jungle gym in the park because they are convinced their children will fall and hurt themselves.

When a child is born, it seems so fragile, feeble and tiny that it is only natural for parents to feel fiercely protective. Parents feel responsible for these tiny creatures that they have brought into the “big, bad world” and intend to be their guardian angels for the rest of their lives. Parents want to shield their children from all conceivable harm, but for how long and to what extent? Parents need to remember that children do grow up. They cannot expect their children to hold “mummy or daddy’s” hand forever as they make their way through life. Children do not tiptoe through life, they romp, they run, they jump and they play and should accept that scratches, cuts, bruises, and broken limbs are all a part of childhood.

Overprotective Parents

Parents who constantly run interference between their children and the real world are actually doing more harm than good. Inappropriate fears

This does not mean that children are the best judges of the risk involved in any activity or that parents should not be cautious. But how does a parent decide if he or she is being unnecessarily fearful for his or her child’s safety? Parents who feel every activity is potentially dangerous; those who only feel reassured when their children are under their watchful eyes; those who are more anxious than their children; those who feel their children will go wrong; those who hover over their children constantly giving instructions; those who rule out all activities that have an even remote possibility of resulting in an accident; those who feel that their children cannot cross a road safely; parents who run over or go out alone without being accompanied are parents who could be said to have inappropriate fears.

Downsides of being Overly Protective

Parent’s fears for their children’s safety, if extreme, can have an adverse effect on their children’s confidence. Parent’s fears can lead to their children constantly giving instructions; those who rule out all activities that have an even remote possibility of resulting in an accident; those who feel that their children cannot cross a road safely; parents who run over or go out alone without being accompanied are parents who could be said to have inappropriate fears.

Children have never been very good at listening to their elders, but they have never failed to imitate them. — James Baldwin

Flowers and roses

There would be nobody to put restrictions to what extent? Parents need to remember

Innovations in maths

Juniors and Seniors

The world of children

First, I wish I could remain a child.
I would stay in my own dreamland.
My friends would be dolls made of clay
And my baby brother would be my doll.

My favourite dress

I have a frock. It is very, very pretty. It is made of fine silk. It is pink in colour with small white polka dots. It has a big bow at the back. My mother ties it up very neatly. I wear it on special days. I have matching shoes and shoes to go with it. I wear pink ribbons with it. Everyone says it is a very pretty dress.

Autobiography of a torn shoe

He then preferred to wear those new ones and started neglecting me. I was thrown in the dustbin corner of the house. I was not played with in the yard. I was even thrown in the dusty corner of the house, only to be retrieved when the family was cleaning the garden. I am now soiled all over with dirt.

Independence Day

Independence Day is celebrated on 15 August because on this day our country got freedom from British rule in 1947. In the struggle of freedom, many freedom fighters sacrificed their lives. On this day, our national flag is hoisted by our principal ma’ama and we sing our National Anthems and many patriotic songs.

Overprotective parents unintentionally send out a message to their children that they are incapable of handling things by themselves. In addition, the parents’ fears often serve to transmit the fear to the children who, in turn, do not feel responsible for these tiny creatures. Parents who fear that their child may be risky should warn their children beforehand rather than while they are engaged in the activity. Else, the warnings merely serve to transmit the fear to the children and distract them, leading to a greater probability of an accident.

When a child does something on her own for the first time, it is a great accomplishment, even if it is something as simple as putting on her own socks. Parents who worry about their children falling over or going out alone without being accompanied are parents who very probably may be failing to teach their children the importance of responsibility and independence. Children are very capable of handling things by themselves. In addition, the parents’ fears often serve to transmit the fear to the children who, in turn, do not feel responsible for these tiny creatures. Parents who fear that their child may be risky should warn their children beforehand rather than while they are engaged in the activity. Else, the warnings merely serve to transmit the fear to the children and distract them, leading to a greater probability of an accident.

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The Jumma List

Children have never been very good at listening to their elders, but they have never failed to imitate them.
International Festival of Science, Macfair International 2006 organised by CMS, Mahanagar NB

Macfair International 2006, the International Festival of Science, Mathematics and Computers was organised by CMS, Mahanagar (NB) from 19 to 23 August 2006 at the World Unity Convention Center, CMS Degree College, Kanpur Road. Inaugurating the five-day event, State Minister for Science, Govt. of India, Dr. Akhilesh Das, called upon the students to use their latent talents and energy for creative tasks and for furthering the cause of World Unity. CMS students presented several educational-cultural items in honour of the visiting delegates from various countries at the inaugural ceremony. Around 600 young scientists from prestigious schools and colleges of Lesotho, Germany, Thailand, Sri Lanka, Nepal, Pakistan and various states of India participated in this 5-day International Science Festival. Competitions were held in Robotics, Computer Graphics, Computer Quiz, Cartoon Making, Quinturdles, Bites Your Bite, May Luck Be Yours, Maths Wizard and other exciting events which enabled the students to give full expression to their inherent talents.

Mrs. Jayoti Kashyap, Principal, CMS, Mahanagar NB was the Secretary of Macfair International 2006. The four days of competition brought forth a sea of talent as youngsters eagerly participated in contests based on science, maths and computers and an unbelievable number of competing entries. In this contest, the students participated in computer games which required a lot of logic, reasoning, skills and knowledge of computers.

Two main competitions were conducted the Half-a-Minute contest and general quiz. The Half-a-Minute contest was called upon the students to use their latent talent and energy for creative tasks and for making no grammatical mistakes.

In Science Fiction Writing, the contestants were tested for their writing abilities, imagination, creativity and power of self-expression.

In Bites Your Bite contest, the participants were given 10 programmes to prepare in JAVA, C, C++ languages. There were 20 teams, having 2 contestants each. The renowned quiz master Mr Barry O’Brien set the stage on fire again with his questions in the General Quiz. Students exhibited their hidden potential answering each question with a spontaneity that amazed the audience. In Cartoon Making Contest, the students drew cartoons that were both funny and informative. The Computer Quiz turned out to be an enlightening and enjoyable event with Mr Barry O’Brien testing students’ knowledge in an interesting way. The audio-visual round and the buzzer round threw open a world of knowledge in computers and the audience keenly grasped the probing questions. Genius brains solved the questions on mathematics proving their talent in Maths Wizard.

A new and lively event ‘May Luck Be Yours’ was added this year to make the event more educative and enjoyable for youngsters. In this contest, the students participated in computer games which required a lot of logic, reasoning, skills and knowledge of computers.

The students of CMS BULLETIN - MACFAIR INTERNATIONAL 2006 SEPTEMBER 2006  (4)
A day without electricity

Siddharth Prasad V I Gomtinagar

When the electricity went off!

I shudder to think of that dark night, when the lights went off. We were in a village of Anand Nagar. Lucknow and our school picnic party was at its peak. It was a nightmare of fear and terror! We were fifteen of us — all class V students. The picnic was over and all of us were dead tired. The place was near the Nawabganj Bird Sanctuary. As we were returning back in the bus, suddenly it stopped. All of us got down and sat in a small corner of the garden. The driver was trying to repair it. All of a sudden, the lights went out. We felt afraid of some of us even started crying. How we wished to get back home! As I moved, I fell over something. It moved and scared me. I screamed. Oh, it was a cat! The street dogs started barking.

We clung close to each other. Siddhant started telling a ghost story which his mother had told him. Although it chilled our spines, we couldn’t stop listening to it.

I was constantly praying and remembered all the naughty things I had done at home. I promised to myself to be good and respectful to my elders and never bully the youngsters. Then suddenly it seemed as if God said, ‘Let there be light’ and the lights were on. I understood that I was afraid and she told me that they will take him to the doctor. This way the child gets scared and stops doing mischief.

I was also scared of the doctor. When I got hurt I avoided going to a doctor. I somehow managed to keep the doctor away from me. There is a hospital in front of my house. Whenever I saw people being taken to the hospital, I thought that they must be very brave. Whenever I heard people screaming in the hospital, I got scared and the fear of the hospital and doctor increased in my mind.

One day, it was raining heavily and there was water all over the road. I was returning from my school and my friend was also with me. We were playing with water. Suddenly my friend threw water on me and ran away. I ran after her and fell on the road. My leg got hurt and it started bleeding. I called my friend but she could not hear. I shouted aloud so that she could hear. Fortunately, she heard me and came to my help. She took me to my house.

When I reached home, my mother was shocked to see my leg. She said I should hurry to the hospital. When I heard that I had to go to a doctor I got scared. I told my mother that I was not frightened but my leg was not paining anymore. My mother understood that I was afraid and she told me that I needed first aid soon. She took me to the nearest hospital. The doctor came and examined my wound and said that I needed an injection and after that I would be fine. I started crying at the name of the injection. The doctor told me that I would not feel the pain. As the injection was coming near I closed my eyes and started screaming loudly. While I was shouting the doctor told me that the process was over.

I was very happy when the doctor said these words. The doctor told me that I was the patient with the loudest voice. She gave me a chocolate and told me that I should walk carefully on the road and should not be afraid of the hospital. I was very happy because now I was not afraid of the hospital.

Dumini R. Shankar, V Jolpping Road

A day without electricity

Vidhi Joshi IV A Indira Nagar

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. — William Arthur Ward

When the electricity went off. The street dogs started barking. I ran after her and fell on the road. My leg got hurt and it started bleeding. I was very happy. When the doctor said these words. I was the patient with the loudest voice. I was very happy because now I was not afraid of the hospital.

A day without electricity

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. — William Arthur Ward

Electricity was a boon or a bane, I think. Electricity made our lives so comfortable by giving us light. All machines, computer, dishwasher etc have gadgets, like the washing machine, computer, etc. Some people could live without electricity! We are so used to lights-bulbs and fans, that I felt without these sounds horrible. I think God for creating genius like Edison who has made our lives so comfortable by giving us inventions like the electric bulb. As I was lost in these thoughts, the bus horn blew and we were back in the normal routine.

I wish there was no electricity at least once a month. When the electricity was off. We were dead tired. The place was near the front of my house. Whenever I saw people screaming in the hospital, I felt disappointed. We all started feeling bored as we were watching as I was finding it very interesting. Suddenly I saw a scary figure coming close to me. I do hope I have stopped listening to it.

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. — William Arthur Ward
RAJENDRA NAGAR BRANCH

Dhruv Gupta, Kratika Shukla, Shrishti Srivastava and Mansi Kaur won the first prize in the farewell dress competition organised in pre-primary section and classes I and II at New Building on 14 August.

Anisha Nigam of Kindergarten and Sparshu Gupta of class I, won the first prize in the English speech competition organised at New Building. Independence Day was celebrated at all three buildings with greatagan and enthusiasm.

Inter-class competitions in choreography, speech and action song were held. Overall winners for July were Unity House at the New Building.

ASHARFABAD BRANCH

To develop students’ mathematical skills a mental maths activity was taken up in the junior section where Hope House was declared the best. To enrich students’ spoken skills, an inter-house activity based on grammar was held in the primary section where Love House was the winner.

To boost up the spoken skills of the tiny-tots a competition on the general questions based on day-to-day life was organised in the pre-primary section.

To inculcate a sense of hygiene in children a quiz was organised by Lifebuoy at the Branch. Shyam Tiwari, Mushfique, Yahia, Saumya Rastogi and Rishabh Shukla won prizes.

To install in the students a desire to spread ‘Peace’ around, information about Hiroshima Day, Friendship Day and Raksha Bandhan was given to the students through art and craft items they made in the Branch. Anishka Nigam of Kindergarten and Diksha Rai, Pragya Chaube, Deepali Verma, Raghav Gattani and Yash Sinha won prizes in the different categories.

RAJGIRIPURAM BRANCH

The tricolour unfurled in all its glory on the morning of 15 August. Independence Day in both the buildings. The atmosphere reverberated with patriotic songs rendered by the students. Two IT projects of the Branch won first prize in the Inter-branch football competition organised by CMS, Rajajipuram NB. While Ritesh won two third prizes, Anamika won third prize in the Inter-branch visual arts competition.

GOMTINAGAR BRANCH

Raksha Bandhan was celebrated at the Branch with great zeal and enthusiasm. Teachers gave Rakshbandha and children tied rakhi on one another’s hands and shared sweets. The importance of the festival was told to the students.

Independence Day was celebrated at the Branch on 14 August with great pomp and enthusiasm. Students tied a rakhi to the statue of M. Gandhi, wrote the name of the city on the Rakhi, kept colour papers in front of the statue and recited the song ‘Desh Bhakti’ with great enthusiasm.

Story of Lord Krishna’s birth was related to the students by teachers on the occasion of Janamashtmi.

Inter-class elocution and story telling competitions were held for the students of Nursery and Kindergarten. While Nursery B and Kindergarten D won the elocution, Nursery D and Kindergarten B were placed first in the story telling contest.

Ritesh Mishra and Anamika Mishra 15 August. The Trophies were given to the students of the Inter-branch swimming competition organised by CMS, Rajajipuram NB. While Ritesh won two third prizes, Anamika won first prize in the Inter-branch visual arts competition.

ARUNA ELANGAVAN, tailor and manager of the Branch won several prizes in various competitions. These included District U-14 championship, UP Championship, Open Boys and Girls organised by the Chief Minister in Etawah, the ISC and ICSE Schools held in Agra and inter-branch championship held at CMS Rajajipuram.

Students of the Branch won both the championships for boys and girls in the inter-branch table-tennis tournament organised by CMS Inspection Department at UPTT Hall.

Diksha Rai, Pragya Chaube, Deepali Verma, Raghav Gattani and Yash Sinha won prizes in the Inter-school table-tennis competition organised by District Table Association at UPTA Hall.

Diya Hansa and Diksha Rai were the best team in the Inter-school table tennis competition held at Thakur Public School, Mumbai.

Anand Singhal, Tushar, Divyanshu Saxena and Anamita Lall won prizes at the quiz conducted by Jaipuria School.

Students of the Branch won the championship at the inter-branch badminton tournament organised at CMS Kanpur Road. CMS Station Road were the runners up in this tournament.

CHOWK BRANCH

Independence Day celebrations were organised at the Branch with great enthusiasm and fervour. Students spoke on great national leaders and sang patriotic songs. Various inter-house competitions were also held on the occasion.

The International Creative Craft competition organised by Pidilite Industries Ltd kicked off at the Branch. The students displayed their creativity through art and craft items they made in the Branch. The overall winners of the competition were, students of the technology section. The international event is being organised by Pidilite Industries simultaneously in four countries.
Nutritional and Food standards to be upgraded in CMS canteens

Dear Parents,

The world over it is being realized that children’s greatest asset is their health. Europe and USA have already introduced foods which are health building for their children at the school level. The banning of carbonated beverages has been the first step.

Re-designing the entire meal pattern served at the canteen CMS is contemplating to introduce healthy foods and beverages in its canteens and ban those ingredients which are harmful to the child. Dr. Amitabh Pandit ND(in), DY, BCAMP (USA) is bringing in his specialization in Orthomolecular science, Micronutrients and Nutritional Medicine to be used in improving students’ performance in sports and study and enhance their immunity levels.

The special nutritional food patterns are designed by Dr. Amitabh Pandit. These patterns are to be introduced in CMS to set up WORLD CLASS FOOD STANDARDS FOR CHILDREN OF ALL AGES.

With rapid changes in science taking place and new research showing how food chemistry alters and affects the bio-chemistry in the human body, the impact of the change in canteen food would be far reaching.

Each meal, snack taken at the canteen would provide the child nutrition for activity, ability and good health. Food is no more a substance to fill the stomach sack - but is a life and energy giving substance making him/her stronger, resistant to disease and raise the child’s energy levels in all activities and spheres of life.

Natural ingredients and foods would be supplying amino acids, fatty acids, vitamins, minerals, simple and complex sugars. These potent mixtures would help to reduce ailments like acidity, gastric discomfort, burning sensation, frequent colds and viral infection. It would further tune up and fill in the child’s nutritive reserves making him/her stronger, resistant to disease and raise the child’s energy levels in all activities and spheres of life.

The goal of the menu provided is to make the child’s body of the child. The increase in immunity would allow the child to achieve his academic goals, the beverages, drinks and food being combined and introduced at the school would have an impact on the student’s temperament behavior, spirit and moods.

Dr. Amitabh Pandit has decided to initiate and pioneer steps to make its students aware and attuned to their health status. It has decided to revamp its entire food menu being served at the canteens.

The beverages, drinks and food being combined and introduced at the school would have an impact on the student’s temperamental behavior, spirit and moods.

**Food items generally served in school canteens**

1. Patties
2. Vegetable Burger
3. Samosas
4. Bread Poppers
5. Chola Bhatura
6. Choxmen
7. Fried Rice
8. Toffees
9. Cakes

**Along with Tomato Sauce, Chilly Sauce and Chutney**

1. Cold Drinks.
2. JUICY CORN
3. SAMOSAS
4. BREAD PAKORAS
5. CHOLA BHATURA
6. CHOXMEN
7. FRIED RICE
8. TOFFEES

**White Flour (Maida)**

Patties, Burgers, Samosas, Bread, Bhatura, Noodles, Cakes, Cakes.

**MAIDA** is a devitalized, denatured form of whole-wheat flour. It has been depleted of the wholesomeness as present in its natural form. The B complex, Vit. E is missing from maida along with all the trace elements essential for the body. Maida has the effect of clogging of intestines, producing lethargy and dullness, increasing constipation and hencethorth fattening.

**Fried Foods**

1. Vegetable Samosas
2. Bread Poppers
3. Bhatura, Rice, Choxmen

This process uses a vegetable oil and all items are deep fried.

Frying the foods breaks the globules of fats and these penetrate into the flour getting mixed with it. This clogs the flour making the digestion of the food extremely taxing and utilizes bodily energy. The digestion of these foods causes - Acidity, Gastric Reflux, Burning Sensation, Change of temperament of the person - irritable, lazy, moody, etc.

**White Sugar**

Toffees and cakes: An isolated chemical compound depleting and robbing the body of calcium, making the teeth and bones weaker. It leaches Vit. B effecting the nervous system, lowering the immunity levels.

**Patties: The shelf life tends to putrefy the stuffing.**

Vegetable burger, Samosas, Bread Poppers, Bhatura: These contain only Saturated Oil, Maida and Potato.

**The roti can be buttered for more taste. The flour being used is whole wheat and does not require fermentation unlike bhatura or patties.**

The fruit salad/seasonal fruit counter provides an excellent source of natural sugars with ease of assimilation. It totally eliminates the need for chemical sweets. The juicy fruits are life giving with their profuse vitamin and mineral content. They are a BONUS TO HEALTH.

**They provide unimaginable surge of energy to the child during his play and study hours.**

The fresh juices of vegetables or fruits are like an infusion of brain food, they penetrate the brain cells and boost the skin, hair and eyes. It is a comprehensive vitaminizer.

The above foods are totally devoid of any kind of color, preservatives - bottled or canned, synthetic taste enhancers, sweeteners and additives. All the foods are Natural in taste, Natural in Color and Natural in flavor.

The goal of the menu provided is to rebuild, regenerate and rejuvenate the child’s body and mind.

**Fried Foods**

1. Vegetable Samosas
2. Bread Poppers
3. Bhatura, Rice, Choxmen

**FRESH JUICE OF VEGETABLES**

Absolutely preserved by Nature, the sweet water of tender coconut quenches thirst and revitalizes the body.

The food would be regularly tested for quality and the hygiene will be under constant supervision by Dr Amitabh Pandit along with the Principals to ensure that only the very best is always provided to our greatest asset - YOUR CHILD.

Parents can contact Food Consultant of CMS, Dr Amitabh Pandit for guidance regarding any problem of food and diet at:

**CLINIC:** 61913, Vipul Khander, Gomti Nagar, Lucknow
**TELEPHONE:** 2391456 / 941541034

"To eat is a necessity, but to eat intelligently is an art." — La Rochefoucauld
CMS believes that Peace Talks must continue between India and Pakistan despite all the unfortunate incidents of violence by terrorists. It holds the belief that all problems relating to India and Pakistan can be solved peacefully by adhering to the provision of Article 51(c) of the Constitution of India. On this issue, 12 students addressed a press conference on behalf of all the 31,000 students of CMS. They were Shubham Khurana, student of CMS Rajendra Nagar (UPIL), Priyanka Singh, student of CMS LDA Colony Branch, Harsh Das, student of CMS Rajendra Nagar (UPIL), Shushant Shukla Rastogi, student of CMS Gomti Nagar Branch, Maaris Khan, student of CMS Ashurfabاد, Nishanth Awashti, student of CMS Rajendra Nagar (UPIL), Avnish Chopra, student of CMS Gomti Nagar and Sofia Afreen, student of CMS Rajendra Nagar.

Brilliant in maths

Sukrit Singh of class X and Prerit Bhargava of class XII, students of CMS Mahanagar (N.B) Branch, achieved the distinction of securing the top score in mathematics and computer skills across the state of U.P. in “Educational Assessment for Indian Schools” organized by the University of South Wales, Australia. The organizers praised their performance through a special letter of appreciation.

Judo expert

Nikhil Kumar Vaish of Class XII, CMS Station Road has been awarded the National Sports Scholarship by Sports Authority of India 2005-2006 of Rs. 8,400/-. This scholarship was granted to him for his exemplary performance in National level Judo competition. Nikhil has been a recipient of many awards at district, state and national levels for Judo.

Shivangi wins first prize

Shivangi Shukla, brilliant student of CMS Gomti Nagar Branch was declared the “Student of the Year 2005-2006” by the Newspaper in Education (NIE) of The Times of India for her exemplary performance in all the subjects. The award includes a trophy and a cash award of Rs. 1,000/. It is worth mentioning that Shivangi Shukla is a recipient of India’s Child Genius title also. This title was awarded by Star World Channel in 2004. The award includes a cash prize of Rs. 35,000/.

CISV encourages unity in diversity

Children’s International Summer Village (CISV) mini-camps were organised by CMS, Aliganj, Anand Nagar, Indira Nagar and Chowk branches to train the students to live together in friendship and brotherhood. At the end of the camp the children put up colourful cultural presentations representing different countries of the world and imparting the message of unity in diversity. It is these children who will grow up to become peace ambassadors of the world.

Educationist from Australia visits CMS

Ms Pams Kinsman, Principal, Torquay Primary School, Australia, paid a 2-day visit to CMS to study its educational system and methods of teaching. Here, she shared her educational experiences with the principals and teachers of CMS.

Chowk swimmers excel

A two-day inter-branch swimming meet was organized at CMS Rajajipuram swimming pool in which CMS Chowk Branch scored the highest number of points in both boys’ and girls’ sections. Thus it was crowned with the championship in both boys’ and girls’ sections.

Sarfaraz of CMS Chowk was declared individual champion among Boys while Nancy Srivastava of CMS Rajajipuram was declared individual champion among the girls. Mrs. D. Watal, Principal of CMS Rajajipuram gave away the prizes.