



# Vimukti Girls School

(A unit of Vimukti Sanstha)



## Newsletter-February 2016

### Honorary & Executive Committee Members

**Mr. Arun Kumar (Ex Chief Secretary, Raj)**  
Chairman, Vimukti Sanstha

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Secretary, Vimukti Sanstha

**Mr. Anil Sanghi**  
Joint Secretary, Vimukti Sanstha

**Ms. Manisha Gautam**  
Treasurer, Vimukti Sanstha

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**Mr. Anand Kumar Seth**  
Ex. Director World Bank

**Prof. Asha Pandey**  
Ex. H.O.D European Languages & Literature, University of Rajasthan

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Educationist

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I.A.S (Retd.)

**Ms. Mira Mehrishi**  
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Ex. H.O.D. Home Science University of Rajasthan

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Designer

**Ms. Suchitra Prakash**  
(Retd.) Agrawal College

**Mr. Sudhir Mathur**  
I.T.C Ltd.

**Principal (Ex. Officio)**  
Vimukti Girls School

### In words of a Vimukti Girl

#### जीवन में खेल का महत्व

विद्यार्थियों के मानसिक विकास के लिए जिस प्रकार पढ़ना-लिखना आवश्यक है उसी प्रकार खेलना-कूदना भी उनके शारीरिक विकास के लिए बहुत आवश्यक है। खेलों से हमारा शरीर स्वस्थ लचीला एवं फुलीला होता है। खेल-खेलने से शरीर में चुस्ती-फुर्ती आती है तथा मनोरंजन भी होता है। खेलों के बिना जीवन की कल्पना तक करना मुश्किल है और खेल हमें कई तरह के रोगों से बचाता है। खेलने से होने वाला परिश्रम से जहाँ हमारा शारीरिक शक्ति बढ़ता है। खेल-कूद के द्वारा तन और मन दोनों को स्वस्थ व मजबूत बनाया जा सकता है। कभी हार-जीत की चिन्ता नहीं करनी चाहिए बल्कि खेल को मात्र से खेलना चाहिए। खेल हमें खेल की भावना से खेलना चाहिए। खेल-खेलते समय अनुशासन में रहना चाहिए। खेल-खेलने से आपसी सहयोग व विश्वास बढ़ता है। खेल में हार जाने पर उदास नहीं होना चाहिए तथा जीतने वाले को अवश्य बधाई देनी चाहिए।

VGS students not only put efforts in studying but also focus on sports for physical fitness. Every year, we celebrate Sports Day to give girls a chance to prove their mettle in various sports. This year the same is scheduled for the last week of March. As the students of different grades practice to make the day a success, one of our students, **Durga Chandauria** of class IV has penned her thoughts (in Hindi) on the **Importance of Sports in Our Life.**



Junior classes preparing for frog race



Senior classes preparing for spoon race



## Film Star Abhishek Bachchan promoting sports at VGS



**Mr. Abhishek Bachchan and his kabaddi team Pink Panthers visited Vimukti Girls School on Feb 19<sup>th</sup> and interacted with Vimukti girls. The event was facilitated by our partner NGO Magic Bus.**



Please help us in our mission to educate under-privileged girls. You can Sponsor the annual expenses of a student for Rs. 10,000 OR you can donate towards any of the following:

- Daily cost of milk & fruits to all students-Rs 3000
- Cost of providing uniform / shoes set to one student-Rs 1500
- Annual cost of books / stationary / copies / bags to one student-Rs 1000
- Monthly transport cost of one student-Rs 300

### URGENT APPEAL

We request all our patrons to support us in this time of crisis. We have been asked to vacate the current campus which was available to us free of cost. We will have to shift to a rented premise in the next 2-3 months. The monthly rent of about INR 1,00,000 is an additional burden which will restrict our efforts to take up initiatives to improve quality of education. We request you to contribute as much as you can and also help us expand our donor base by connecting us to your friends, colleagues and other people/organisations in your networks.