

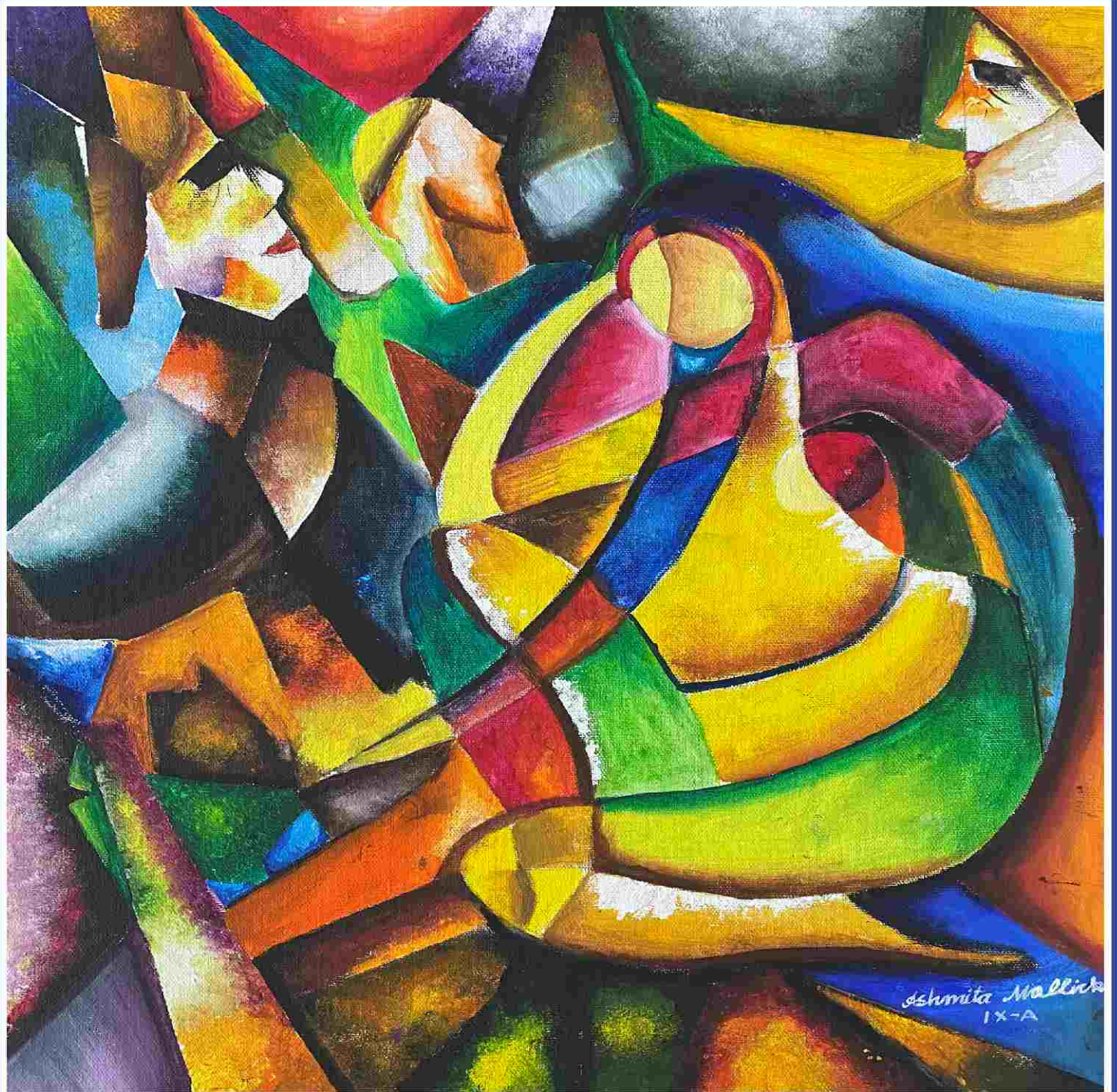


Bal Bharati
PUBLIC SCHOOL

Sagarika

The Annual Journal, GRH Marg

2020-21



Cover Designed By: Ashmita Mallick
(IXA)

IN MEMORIAM

'The greatest leaders mobilize others by coalescing people around a shared vision'. —Ken Blanchard

Mr L R Channa , President Child Education Society and President, Managing Committee, Bal Bharati Public School, Ganga Ram Hospital Marg was a quintessential leader. The clarity of his vision and integrity of purpose guided the Bal Bharati fraternity to realms of excellence.

Mr Channa was a bright star radiating wisdom and expertise in the educational firmament. A patriarch and torch bearer, Mr Channa effectively managed the progress of 27 Bal Bharati institutions. The first established institution of the CES, the Ganga Ram branch was nurtured with special fondness by Mr Channa. He continued to enrich it with his vision of establishing a modern, progressive and technology enabled institution. At the same time he firmly believed in keeping students rooted, with adequate exposure to the nourishing influences of Indian culture and tradition. The unique quality of his leadership lent a special character to Bal Bharati GR Marg. Mr Channa's mission was to take our institution to heights of unimaginable success and till the end he remained steadfast in the pursuit of this undertaking. His dream was an education that ensures the physical, social and emotional growth and wellness of each child and he put in all his effort to make this a reality. Whenever he interacted with the children he ensured that they were joyous in their campus experiences.

Mr Channa envisioned our campus as a space equipped with the necessary infrastructure, to meet the needs of a new generation of teachers and learners. With conscientious diligence, initially as Vice President, CES and then as the President, CES, Mr Channa monitored the growth of our school. The enhancement of the Sports facilities was a project close to his heart, as he himself was a keen sportsman. Today the state of the art building and sports amenities are an eloquent testimony to Mr Channa's accomplishments in establishing premier institutions.



MR LR CHANNA (20.1.31-15.5.21)

While his presence inspired awe, his gentle smile, winsome ways and his irrepressible sense of humour, endeared him to one and all. Mr L R Channa, the distinguished patron of education, lives on through his work. He remains etched in the minds of innumerable people, whose lives he touched in myriad positive ways. The staff and students of Bal Bharati hail this outstanding leader and pioneer!

Radha Nair
PGT English

IN MEMORIAM

'His wry sense of humour and his stalwart courage were an inspiring example to so many. His ability to laugh at Life's idiosyncrasies taught that most valuable of lessons: 'to be of good cheer, no matter what Life threw at you, and ever to find the hope that dwells in every human heart'



DR VK AHUJA (08.10.52-12.6.21)

Bal Bharati Public School, Ganga Ram Hospital Marg deeply grieves the sudden demise of Dr V K Ahuja, Vice President, Child Education Society and member Managing Committee BBPS GR Marg. A stalwart and philanthropist, Dr Ahuja leaves behind a rich legacy. In his roles as an educationist and a magnanimous medical practitioner, he contributed richly to the lives of innumerable people and the society at large.

A founder member of the CES and its Vice President since 2014, Dr Ahuja has been a strong support to the Society's educational endeavours.

In his capacity as the Chairman of BBPS Rohini, he was instrumental in making it a premier institution. In addition, he was Chairman to eleven Project Schools of the CES and Nav Hind School, Karol Bagh. He always maintained a close connection with the staff and gave them positive encouragement. As for the students, he emphasised both, their mental and physical well-being. His suggestions to improve the quality of teaching and learning were always practical and rich in educational nuances.

As a doctor he will always be fondly remembered. His rich experience as a physician gave him the skill of accurate diagnosis. His patients, especially the poor and needy, were the recipients of his benevolence. A trusted family doctor to so many in and around Karol Bagh, Dr Ahuja was consulted for the minutest of problems. He gave of himself selflessly. In Dr Ahuja's mode of functioning the profession of being a doctor and educationist acquired a special dimension of nobility. This made him an inspiration to many. He remained working tirelessly till the end, without a thought of retirement or rest.

Dr Ahuja delicately balanced his role as a family man with the management of his clinical practice and his crucial role in the CES. Naturally calm and affable, Dr Ahuja was a reassuring influence to those who came in contact with him. For his immediate and extended family, he was the nucleus, radiating warmth and compassion. Dr Ahuja's life exemplified that, "Compassion is an action word with no boundaries." Our fittest tribute would be to follow the values he stood for!

Radha Nair
PGT English

IN MEMORIAM

*A Tribute to My Friend and Colleague...
"To live in hearts, we leave behind is
not to die" - Thomas Campbell*

Bal Bharati fraternity deeply mourns the loss of a brilliant life cut short so abruptly. The sudden and unfortunate demise of Ms Ritu Rohatgi, PGT Biology has left us shocked. To say that we are bereft is not enough to justify the loss we feel in her passing.

With long days at school, colleagues often become second family. I had the fortune to work with Ritu closely as

member of the same faculty and got an opportunity to see what a wonderful person she was. A teacher par excellence, a hard-working staff member and an amiable colleague who left an indelible impact on everyone she met. A vibrant person, she was known for her ingenuity, quick smile and laugh, graciousness, and dedication to work. She never sought praise or attention. It was a joy to work with her.

We shall never forget the warmth her smile and sweet demeanour brought to work every day. There will be a void at school without her smile and work ethic.

May the memories of her enigmatic persona and many contributions be revered and celebrated by all!

- Ms Meena Malhotra (Vice Principal)

Sometimes in life you come across certain people without realizing what a profound impact they can have on your life. One such person was Ms. Ritu Rohatgi, who was more than just my Biology teacher. She was a mentor, a friend and above everything, a wonderful human being. What amazed me most was the fact that she had boundless faith in all her students and never gave up on them. She rejoiced at the smallest of their achievements.

Her untimely demise has left me shattered. I wish that she would have stayed longer and I could have known her better. I will always remember the hearty laughs and the meaningful conversations shared with her.

- Anushka Mittal [12th – B (2020-21)]

From my first biology period in class 11 to my last biology lesson in 12, whenever Ritu Rohatgi ma'am entered our class there would be an air of positivity and enthusiasm. There was a palpable aspiration to comprehend and absorb not only class lectures but also the life lessons taught by ma'am. She always motivated us to put our best foot forward and made us realize our actual potential. As it is said, "A life that touches others goes on forever", Ritu Rohatgi ma'am will always stay in our fond memories.

*-Riya Barala
12th – B (2020-21)*



MS RITU ROHTAGI
PGT Biology

"Your life was blessing, your memory a treasure. You are loved beyond words and missed beyond measure." -Reene Wood

Our beloved, Ms Ritu Rohatgi, PGT Biology, merged with the eternal light on 24 April 2021 causing immense grief to us all, at BBPS, GR. Never could we have imagined, that we'd bid goodbye to the charismatic Ms Rohatgi in such an unceremonious manner. The talented and diligent Ms Ritu Rohatgi had joined the institution in 1989 as TGT Biology. Within a year, her teaching

prohress was noticed and she was promoted as PGT Biology. Alumnus of *Presentation Convent School*, possessing a postgraduate degree in Zoology from *Hans Raj College, DU*, as well as B.Ed from *Meerut University*, the brilliant Ms Rohatgi had also cleared Junior Research Fellowship Examination of UGC, prior to joining the institution.

The skillful and conscientious, Ms Rohatgi always discharged all duties assigned to her in a dexterous manner. A proficient member of the Time Table Committee, a meticulous in-charge of the Sr. Biology lab, a dedicated member of the Examination Committee and the Admission Committee, the versatile Ms Rohatgi did it all with great élan. As the Convener of the Prize Distribution Committee, whether for the Regional Science Exhibition hosted by the school, or for the successive Annual Day Functions of the school, the competent Ms Rohatgi always led her team very meticulously. She shouldered the responsibilities as the CBSE Head Examiner for class X G.Sc exam; as also the Examiner for Zoology for AIPMT Examination for several years, with characteristic excellence.

An educator par excellence, Ms Rohatgi was extremely popular amongst her students. Consistently innovating to relate the subject matter to life, she passionately guided them to excel in academics and co-curricular activities, as well as constantly enthused them to become lifelong learners.

Always elegantly attired in perfectly colour coordinated garments and accessories, the radiant and forever smiling, Ms Rohatgi was a vibrant person who not only possessed strong work ethics, but also a very religious, kind, and compassionate nature. Her gentle disposition, positive approach and unconditional readiness to help, endeared her to all and she shared a very cordial and affable relationship with everyone.

Ms Ritu Rohatgi was always a great asset for the school. Her diligence, commitment, and dedication to the school as well as her remarkable zest and passion for teaching shall always be remembered. She may no longer be a part of the physical world, but shall always continue to be with us, just as the Persian poet, Rumi had opined, *Death has nothing to do with going away. The sun sets and the moon sets but they are not gone...*

Neenu Singh (PGT English)

IN MEMORIAM



MR. SUSHIL (LAB ASSISTANT)

"जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च"।
 रसायनशास्त्र-प्रयोगशाला परिचारक श्रीसुशीलकुमार जी की आकस्मिक मृत्यु की खबर सुन कर मैं अतिशय दुःखित हूँ। हम सभी शिक्षकों ने एक सुदीर्घ समय उनके साथ बिताया था। सुशील जी एक ऊर्जावान, विवेकशील, और सकारात्मक विचारों से परिपूर्ण परोपकारी एवं सबके प्रति सहयोगी स्वभाव के व्यक्ति थे। उनका कमनीय, परिहासप्रिय और हंसमुख मिजाज आज भी मेरे मन में ताज़ा हैं। वे हमारे स्टाफ रूम के रौनक थे। स्टाफ रूम में प्रायः दोपहर भोजन के वक्त छिड़े सम-सामयिक चर्चा में उनकी धार्मिक, सांस्कृतिक, राजनीतिक और सामाजिक विषयों का बोध सभी को अचम्भित करता था। वस्तुतः यायावरीय वृत्ति होने से वे भारत के अधिकांश पर्यटकीय स्थलों का भौगोलिक ज्ञान भी हम सबको बाँटा करते थे। सबको हँसाने वाले सबके प्रिय सुशील जी हमारे बीच यशःशेष भले ही हो गए हैं, पर हमारे दिलों दिमाग में हमेशा उनकी मनोहर स्मृतियाँ सजीव रहेंगी। उनकी कमी कोई पूरी नहीं कर सकता।
 इतनी कम आयु में सुशील जी का यूँ गुजर जाना अत्यंत हृदय विदारक है। मैं इस पीड़ा को समझ सकता हूँ। उनके पूरे परिवार के साथ बालभारती परिवार के लिए भी यह मुश्किल समय है। ईश्वर से मेरी प्रार्थना है कि वह दिवंगत आत्मा को शांति प्रदान करें और शोक संतप्त परिवार को असहनीय दुख सहन करने की शक्ति दें।
 ओ३म् शान्तिः शान्तिः शान्तिः

Yuvraj Bhattarai (TGT Sanskrit)

Heartfelt Condolences...

"Those we love and lose are always connected by heartstrings into infinity." -Terri Guillemets

Parent fraternity is an integral and a much cherished segment of any educational institution. It is with deep sorrow that we announce the sad demise of some very valuable members of the Bal Bharati Parivar. We offer heartfelt condolences to the grieving families of students who lost their loved ones to the Covid -19 pandemic.

S.No	Name of Student	Class	Date of death of parent/ parents due to Covid
1	Aashvik Ahuja	I	13.05.2021 (Ms.Shruti Ahuja/ Mother)
2	Ruhaani Arora	II	12.05.2021 (Ms.Meenu Arora/ Mother)
3	Shivaay Batra	PP	02.05.2021 (Mr.Savneet Batra/ Father)
4	Dhriti Gupta	V	30.04.2021 (Mr. Deepak Gupta/ Father)
5	Kanha Khandelwal	IV	21.04.2021 (Ms. Priyanka Khandelwal/ Mother)
6	Guravya Kaur	VI	01.05.2021 (Mr Harjeev Pal Singh/ Father)
7	Malvika Upreti	VII	28.04.2021 (Mr Naveen Chand Upreti/ Father)
8	Ananya Bajaj	VIII	29.04.2021 (Ms.Nidhi Bajaj/ Mother)
9	Aarav Saxena	IX	14.04.2021 (Mr.Anant Saxena/ Father)
10	Yashiswini Kotipalli	X	22.04.2021 (Mr. Kotipalli Vijaya Kumar/ Father)
11	Ayan Chowdhury	XI	20.04.2021 (Mr. Asish Kumar Chowdhury/ Father)

Principal's Message



Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. – Mahatma Gandhi

The outbreak of the COVID-19 pandemic changed everything. It brought multiple struggles for humanity all across. The impact of this uncalled-for virus was such that it covered the world with hardships and sorrow. The melancholy touch of loss did not spare the Bal Bharati fraternity either. We lost many of our stalwarts to the virus. Losing our luminaries, MR. LR Channa, President, Child Education Society and Dr. VK Ahuja, Vice President, Child Education Society, was a setback which would continue to haunt us forever. The pandemic also left us mourning the loss of our committed faculty members, Ms. Ritu Rohatgi, PGT Biology and Mr. Sushil Kumar, Lab Assistant. Parent fraternity is an integral part of our institution and it was unfortunate and heart-wrenching for us to lose some parents to the pandemic. Bidding a final farewell to our dear ones was not easy but here we stand determined to fulfil their dreams.

Walking on the footsteps of our torchbearers, who taught us not to surrender, and taking their legacy forward, the Bal Bharati institutions pledge to continue their journey of imparting and creating enriching experiences and avenues for all the learners, even amidst challenging times.

Challenges, as I see them, are most often a stepping stone towards new learning. Adapting to the ever-changing times and adverse situations mark the making of a strong entity. The year gone by saw a number of limitations entering the periphery of the educational system and reshaping it. An array of technological advancements was initiated to bridge the gap that the pandemic had created. Taking classes to homes was a challenge that the education sector accepted head-on and conceived varied possibilities, which turned out to be promising and fruitful. A myriad platforms like Microsoft Teams, Google classroom, Google Meet, etc. came to the fore and provided a smooth remote teaching-learning environment. Measures taken in time and out of the box thinking reminded us of the adage, 'Rise up against the odds.'

Breaking stereotypical norms, teachers and students learnt and acquired new skills. New teaching-learning strategies were embraced to benefit the learners. Government, Educational Institutes, multiple NGOs and philanthropists extended their help and aid to the needy students. Who could have ever imagined that the void created by the COVID-19 pandemic would bring such a surge in alternative solutions? People started reaching out to others, offering help in all spheres. From worrying about the problem to finding possible solutions, the mind set changed at large. This is what Mahatma Gandhi called 'strength'.

Witnessing young adults channelizing their energy to help the community is praiseworthy. Taking care of the family, running errands, shouldering responsibilities with parents, engaging in household activities and lending a helping hand to the people in need are all steps towards the larger good.

These are the signs of winners... the traits of those who never give up. This is the character that we all must endorse. A personality that does not succumb to challenges rather rises up like a phoenix, from its own ashes, and strives for betterment and advancement. A life enriched with these exemplary skills is what we must aspire for and attain. I firmly believe that our visionaries would have expected the same.

At Bal Bharati, our commitment towards enrooting strong life-skills in our students is staunch and paramount and I am sure that our learners will exceed the benchmark in all spheres of life.

Wishing everyone sound health and happier times.

LV Sehgal



Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.
Helen Keller.

'Adversity brings out the best in man' is rightly proffered by the Bard of Avon, Shakespeare who gave this adage which continues to teach the mankind to sail through rough waters. The Almighty brings his progenies in deep waters not to drown them but just to cleanse them. Enduring the whirlpool of trials and tribulations, mankind is really empowered to optimum. They realize the inherent virtues of self-reliance, humility and utmost patience. The sharp intellect of strong human beings prods them to scale the highest peaks of prudence during the testing times. Prosperous circumstances do not produce the same talents that times of struggles do and the true scope and depth of human nature is revealed during the difficult times.

Adversities build a wall of challenges, darkness, and difficulties which the strong survivors smash down with grit and sheer wealth of experience. This leads to achievement of perennial success and strength. Even in the annals of the history it is etched and exemplified that people of strong character and valor shine in the grimmest of situations. Renowned writers, freedom fighters, world leaders and leagues of scientists gifted mankind numerous inventions and discoveries solely banking on their indomitable willpower. This was accomplished through unstinted penance and sustained work under adverse situations. They overcame the obstacles in the most heroic manner and carved their own path.

It is rightly said that he who doesn't tire, tires adversity. The beauty lies in assimilating the core message in our lives. The key here is to roll the dice and proceed ahead. Learning how to think in sufferings, not what to think is surely an abiding rock to leap from foundation to flight. It is quite normal for an ordinary person to get disconsolate after failing a few times in life but we should always see a better opportunity in each failure. Even if something erroneous happens, opt for a utopian perspective and just look at the silver lining. Unwavering buoyancy also builds up an affirmative mental health. We must be resilient and ready to face even the direst situations in life in a nonchalant, tranquil and poised manner.

'This too shall pass kind' of positive dictum needs to be emulated which sets our mind sets and propels us to succeed. Adversity can teach us much if we care to embrace the change. This learning impulse should spring from within. As responsible and constructive forerunners of the 21st century we need to exercise inner control and knock down the harsh conditions. Become optimistic & vanquish all phobias and strengthen resolve to be compassionate.

The Pandemic not only tossed lives worldwide struggling with unprecedented difficulties but also provided opportunities for cognitive reappraisal. There is something awe inducing in the commonality of experience. The greatest practical learning is 'Humans must be rooted to humus with humility.' They must have honour for fellow human beings. The darkest hours of the night have brought us nearer to the dawn. So adversity, be it in any name and form has its own saccharinity. Let us stick to the fight even we all are hardest hit. And we mustn't quit and sing the notes of wisdom

*We have hard work to do and loads to lift;
Shun not the struggle-face it, 'tis God's gift.
We are not here to play, to dream, to drift;*

Ms. Meena Malhotra
Vice Principal



Some decades ago, Sylvia Plath wrote down in her journal- "If I get through this year, no matter how badly, it will be the biggest victory."

My thoughts have definitely echoed this quote multiple times over the course of last year. It feels like just yesterday I was one of the many wide-eyed pupils, dressed in a brand-new uniform- a checked shirt and a blue tunic, excited and amazed by anything and everything. Now, some 13 odd years later, my kurta and salwar are pressed and tucked away in my wardrobe for almost, a year and a half, waiting to see the light of the day.

And what a year and a half it has been!

Never in a million years would I have imagined that we'd be spending some of our most memorable school years looking at each other in small boxes on our laptops. Yet here we are- starting our days with Google Meet and ending them with Zoom. So as I sit here today writing this editorial, I can't help but feel engulfed by an overwhelming sense of nostalgia- for thousands of moments that I have come to cherish over the years and will forever be indebted to BBPS for. From those unforgettable trips to Solan, to trips to the water cooler, trying to balance ten water bottles in two hands (and failing miserably XD), from finding my lunch box empty before the second period, to whining about the canteen food while still standing in the lines for hours – a thousand small moments that I had taken for granted, simply because I had assumed that there would be a thousand more. I think I speak for the entire student body when I say that I couldn't be more grateful to our teachers, who tried their level best to help us persist and keep our heads above water during a time when nothing was certain. Because when you find yourself in a situation plagued with ambiguity and reeking of sorrow all around, it's only natural to feel overwhelmed and anxious. The pandemic definitely took quite a toll on our mental health. But at the same time, it also forced us to make a solid inventory of our emotions and feelings and find ways to look after ourselves through self-care. Be it baking banana bread or whipping Dalgona coffee, doing You Tube workouts at home, connecting with our loved ones through virtual platforms, or learning new hobbies- we've learned adaptation, resilience, creativity, and self-love. So, if I had to say that this blight had a silver lining, I believe it will be the fact that it made a majority of the population more self-aware about their mental health needs. The progress might be gradual, and prejudices high but we deal with it one step at a time.

With this thought in mind, we are proud to present to you Sagarika 2020-21- an amalgamation of thoughts, musings and anecdotes recorded throughout the lockdown. Words fail me in expressing how extremely honoured I am to have been chosen as the Editor-in-Chief for this year's magazine. I believe that this particular edition stands testament to the fact that even when "the world is ending", and hope is nowhere to be found, no feat is impossible if you are surrounded by the right set of people. And our fellow Bal Bhartians further reiterate this claim through their long lists of accolades and achievements that they managed to bag during this period. The Editorial Committee has worked tirelessly behind the scenes to bring this literary piece to completion even in these bleak times. Needless to say, I am extremely grateful to each and every member who has contributed to this magazine and also to my fellow peers. Without your articles, poems, artwork and enthusiasm, this magazine would never be the success that we hope it is.

Finally, for anyone who might be feeling a bit disconnected lately or just missing school a little too much, I hope this quote brings with it a sense of comfort and connection-

"Think of this - that the writer wrote alone, and the reader read alone, and they were alone with each other." - A.S. Byatt, from *Possession* (Chatto & Windus, 1990)



“Everything will be okay in the end. If it's not okay, it's not the end.” – John Lennon

Such a simple line from an inspiring man. It has had me hooked onto this idea of perpetually looking forward to better times ahead than whatever they're like at any given moment. And with that, I would like to take you back in time to last March, when the world was pretty much in turmoil and everyone everywhere was panicking like they wouldn't see tomorrow. The virus that we once referred to as the end, now finally has a vaccine, that is being rolled out as you read this and the light at the end of the tunnel doesn't seem too far away!

As we wake up each day we hope that our schools reopen. We go through the ebb and flow of the schedule that was brought upon us by the pandemic, when we could've been running about in the school grounds, having heated discussions with our friends in the corridors and passing messages in hushed whispers as teachers entered our classes, I believe the day all this will be possible yet again is closer than ever!

I think I speak for us all when I say this school, over the years, has blessed our lives with a plethora of experiences and emotions as we grew up under the umbrellas of some of the most compassionate and understanding teachers I've ever had the pleasure of meeting. All in all this has been a glorious ride for us, that shaped us into what we are today and will continue to play an integral part of the pioneering people we grow up to be. From honing our ambitions to inculcating moral values, from moments of success to those of failure, the school has shaped my personality for the better and given me the means to stand my own ground and take the world by storm in this last decade or so of my life.

As absurd as this might sound, just as we get homesick from being absent from our homes for a while, being kept away from the school for this long has truly made me feel 'schoolsick'! I'm sure you'll empathize with me when I say that entering the school gates was the warmest hug on a cold winter morning and a fresh breeze of comfort on those scorching summer days. As I brace myself to bid this place adieu, I'm confident in my batchmates that we won't go out as individuals but as a group that represents this institution everywhere it goes; one that thrives on our successes and shares in our failures. And just as the students over the past 76 years have held the banner high and strengthened the fledgling roots of our esteemed organisation, I intend to uphold similar standards of passion, love and gratitude towards my Alma Mater.

Signing off with a beautiful quote from Maria Robinson, "Nobody can go back and find a new beginning, but anybody can start again and make a new ending", I feel immensely honoured for having been appointed the Headboy for this session and for the chance to be the Editor-in-Chief of Sagarika 2020-21. I thank all the students and teachers who've contributed to this magazine to make it all come together. Hope to see you all in person soon enough again!

Poorav Dhingra, XII D
Editor in Chief

School Functions & Programmes

The year 2020 was a year of unusual challenges; the pandemic affected the education system and led to the closure of learning portals across the globe. The situation directed us to sustain a period of adaptation and switch over to virtual schooling. On the flip side, this crisis stimulated innovation within the education sector. We embraced the challenge in our stride and left no stone unturned to provide the students the best possible opportunities for holistic growth and development. The broad range of co-curricular activities and functions offered plenty of opportunities for children to discover new interests across many different fields of learning. Learning accrued in this manner leaves an indelible mark on young minds. Furthermore, it becomes relevant while helping one to nurture endurance and maintain a sense of belonging and normalcy.

Earth Day

The 50th anniversary of the International Earth Day was celebrated on 22 April, 2020. The celebration included Morning Assembly, Teacher Talk and Pledge Taking Activity signed by student family members. The students of the Montessori Department made placards with slogans and spoke about how to save mother earth.. Keeping in view that music boosts engagement and motivation in students, a melodious 'bhajan' was presented by music teacher, Mr. Anil Mishra. A beautiful poem and an enriching video on the theme of Mother Earth were shared with the students. Additionally, poems, video recordings and working models were shared by the students of Middle Department. They were also motivated to do their bit for Mother Earth.



Earth Day Celebrations

School Functions & Programmes

Online Intra MUN 2020

The MUN Committee and the Student Council initiated, planned and finally executed the two-day online MUN conference. United Nations Security Council (UNSC) proceeded with the agenda “Developing a Global Action Plan to end statelessness with special emphasis on Refugee Crisis” while United Nations Economic and Social Council (ECOSOC) worked with the agenda “Economic and Social Repercussions of armed conflicts with special emphasis on Yemeni Crisis”. The UNSC committee was chaired by Deputy head boys, Vaatsalya Babbar of XII-C and co-chaired by Nikhil Chopra of XII-E. The ECOSOC was chaired by head boy Kunal Dhawan XIIC and the Vice Chairperson was Vibhor Vanvani Class XII-C



International Yoga Day 2020

The theme for this year's International Yoga Day was “Yoga at Home and Yoga with Family.” The school celebrated the 6th International Yoga Day on 21 June 2020. All the students participated in the International Yoga Day celebrated by NPSC enthusiastically. NPSC in partnership with Spic Macay conducted the Online celebration of this special day. Shri Venkaiah Naidu, the Honourable Vice President of India, addressed all the participants. In sync with the protocol given by Ministry of Ayush for Yoga day, a video of Ms Shweta Shukla (TGT Yoga) presenting Yoga asanas, was streamed on the YouTube channel of the school. This global fitness initiative united all to listen to the voice within and hence discover the empowered self. Students and parents participated with full energy and positivity in this celebration.



“Splendour 2020” - An Inter School Creative Skills Competition

An Inter School Creative Skills Competition - Splendour 2020 was organised on 19th September by the Montessori Department. 35 schools all over Delhi and NCR participated in Poem Recitation, Story Narration and Little Scientists categories. The winners of each category were mailed E-certificates for their achievement.

School Functions & Programmes

Independence Day Celebration

The school celebrated the 74th Independence Day strictly following COVID -19 protocols. Special assembly programs were web cast by different departments to allow the community to join it remotely and safely from their homes. The National Flag was hoisted in the school premises by the Vice Principal along with , other faculty and administrative staff. The virtual celebrations also included music and dance performances by the students.



Spic Macay Global Orientation Programme



Online Global Orientation Programme was organized by SPIC MACAY coordinator Mr Pankaj for various schools. Forty students from classes VI to X along with teachers Ms Soma Ganguly, Ms Jyotsana, Mr Raghavendra and Mr Suman Jha- participated in the convention. The programme aimed to increase awareness about different



aspects of Indian heritage and inspire the young minds to imbibe the values embedded in it.

PULSE 2020

17th Inter-school mega event PULSE was organised with the objective of connecting people through art and culture. The theme for this year was 'GREEN GOALS - Towards Health and Well-Being.' The event witnessed a plethora of activities in different subjects namely 'Mathematical Rangoli', Saamanjasya (Artistic Yoga for Health and Well-Being', Spirited Harmony- The Stage for Solo Singing', 'Humour Heals- Be a Cartoon Animator' and many more. The event culminated with Bal Bharati Public School, Rohini being awarded the Best School Award.

Beyond the Blues Inter-school Competition on Mental Health

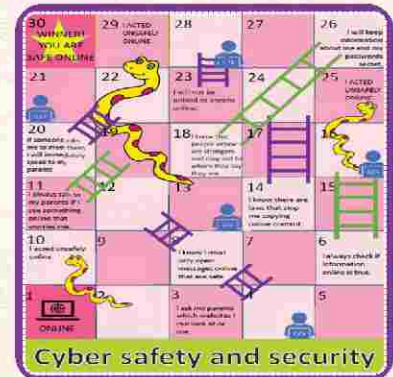
Mental health is as important as physical health, and it is high time that we bring this topic to the fore. Breaking the taboo surrounding mental health and celebrating the World Mental Health Day, Bal Bharati Public School, GRH Marg, New Delhi, organised, 'Beyond the Blues', an inter-school competition on mental health from 12-17 October 2020. An overwhelming response from over 24 schools made the event a success story.



Celebration of National Cyber Security Awareness

'National Cyber Security Awareness Month' was celebrated to raise consciousness about the significance of cyber security across the Nation.

Informative documents on Cyber Stalking and Copyright Infringement were shared with the students. The students participated with exuberance and apprised on several aspects of cyber security. Enriching posters, Power Point Presentations, creative games and designed web pages were made.



The Mega Event: 'Harmony'

Believing in the conviction to tread forward ardently and considering every challenge as a stepping stone to success, the Primary Department made a foray into the realm of hosting Inter School Competitions. The mega event 'Harmony' on International Human Solidarity Day was organized as an aspiring step to raise awareness about solidarity. The aim of the event was to open a platform to young learners to compete in a wide spectrum of activities which were, Vis a Vis -Face to Face, Impression-Stamp Design, Hridyaamritam, Kavyanjali-Poetry Recitation and Expressions. The events were planned on the significant themes of Unity in Diversity, Solidarity, Equality and the World as one Family, relevant in the present scenario. As the people across the globe celebrated the International Human Solidarity Day on 20 December, our prestigious and purposeful endeavour picked up momentum with enthusiastic participation from 30 prestigious institutions. The event indeed offered a virtual platform to the students to showcase their talent. Based on the performance in each competition, BBPS Noida was adjudged the Best school.

School Functions & Programmes

Dussehra Celebrations

Bal Bharati Public School, BBPS GRH Marg celebrated Dussehra which is one of the most popular festivals of India. The festival inspires us to follow the path of Dharma which is righteousness. The performance arts tradition during the Dussehra festival was inscribed by UNESCO as one of the “Intangible Cultural Heritage of Humanity” in 2008.



Children's Day Celebration



Creative Endeavours Children's Day was celebrated through a host of activities. A glimpse of the life of Pandit Jawaharlal Nehru was showcased through a virtual movie screening. Special Assemblies and Art and Craft Activities made the day even more special for little wonders. The students made beautiful drawings and posters on themes like 'Celebrating Diwali My Way by Visiting an Animal Shelter', 'Distributing Sweets to underprivileged on Children's Day' And 'Reaching Out To A Neighbour In Need'.



Reaching Out

Diwali Celebration

The virtual Diwali celebrations illuminated everyone's heart with joy and fervour. The week long celebrations consisted of some rewarding activities for the students of all classes. They made paper kandeels, floral paper rangoli, vibrant Ganesha masks, posters, attempted creative writing tasks and took a pledge. All the activities sensitized the students about the true meaning of Green Diwali and were apprised about hazards of bursting crackers too.



Gurpurab Celebration

The birth anniversary of Guru Nanak Dev Ji was celebrated fervently. Students were apprised about the principles, teachings and spiritual journey of Guru Nanak Dev ji through the virtual morning assembly. The spiritual rendition of Ek Omkar and other Shabads reiterated the message of universal brotherhood and harmony.

Christmas Celebration

Christmas once again gave us a chance to be thankful for the bountiful blessings of the Almighty. The festive spirit of the season was marked by students of Bal Bharati Public School, GRH Marg hailing Christ and Mother Mary. The students enjoyed the most magical time of the year participating in a broad spectrum of fun-filled activities. They shared their joy through a virtual exchange of the Christmas celebrations. Adorned in crimson outfits, they made the best use of the fiesta by singing carols and created mini Santa using fruit carving and cutting techniques. The enthusiasts decorated Christmas trees in their homes and created beautiful art works. The festivities truly fostered the values of community pride, compassion and celebration of life.



Republic Day Celebrations

Bal Bharatians also celebrated the national festival exuberantly and participated in a variety of activities. The National Flag was hoisted in the school premises by Headmistress, Ms. Poonam Sondhi, Middle Department. The students presented Music and Dance performances, impersonated great Indians, prepared posters, took a patriotic pledge and enjoyed an interactive session with children of NGO Gali Paathshaala.



Socially Committed

COMMUNITY OUTREACH PROGRAM-

“आओ हाथ बढ़ाएँ”

With an aim to make students self-reliant, socially aware citizens and singularly ready to work as agencies of change for building an equitable society, the Primary Department (GR) launched its community outreach initiative – 'Aao Haath Badhaein'. The core objective was to help the needy and destitute children associated with the NGO: 'Prayas Juvenile Aid Centre (JAC) Society'- Anupam Prayas (Children's Hope India Inc. USA). Teachers and students prepared educational video presentations for counseling and designed art and craft activities. Weekly story telling sessions and music and dance tutorials were also organized by the teachers and volunteers at the NGO as an enriching mode of learning. Stationery packets were also donated as a token of love to the children from Prayas during their visit to the school. All the students were able to experience civic sensibility and social responsibility amidst the pandemic crisis.



New Initiatives

VIRTUAL ART EXHIBITION

'Art Speaks Where Words Are Unable To Explain'

Strongly believing in Pablo's words, that every child is an artist, Primary Department (GR) organized its first ever Virtual Art Exhibition-'Creative Hands' for the Classes IV-V where a magnificent ensemble of creative hues showcased artistic creations of students. The Virtual Art Gallery covered four domains namely Pointillism, Corona Warriors, Nature Study and Life in the Lockdown depicting splendid colours of nature, expressing solidarity and empathy for our frontline workers. The endeavor provided these little artists a platform to present inspiring works of art.





Honours and Awards 2020-21

School Rankings & Recognitions



Leaders

1	Bal Bharti Public School, Gangaram Hospital Marg New Delhi
2	Sanskrit School Chanakyapuri
3	Air Force Bal Bharti School, Lodi Road
4	St. Columba's School Ashok Place
5	Ranjna School, Pusa Road
6	Modern School, Barkhamba Road
7	Delhi Public School, Mathura Road
8	Springdale School, Pusa Road
9	Convent of and Mary School, Bangla Sahib Marg
10	Carmel Convent School Malcha Marg

TIMES SCHOOL SURVEY

Consecutively for the second year, the school was ranked at the eminent first position in Central Delhi in the Leaders' category in the prestigious Times School Survey 2020 that was conducted under the aegis of The Times of India. This has established the school as the topmost school in Central Delhi.

TIMES EDUCATION ICONS 2020 -21

The Principal Mr. L V Sehgal was awarded the Times Education Icon Certificate of Appreciation and Trophy (North) for the school being ranked 1st in the Leaders Category in Central Delhi in the prestigious Times School Survey 2020. Additionally, for its laudable achievement, the school also figured prominently on Times.com// Mediawire as well as the Insta page of the Delhi Times, a supplement of The Times of India.

EDUCATION TODAY

In India School Merit Awards 2020-21 by Education Today.co, the School was ranked 14th amongst the CBSE Schools pan India, yet again. The City position of the school has risen to 4th position from 5th in 2019, in New Delhi

EDUCATION TODAY JURY AWARDS 2020

In the Education Today Jury Awards 2020, the Principal Mr LV Sehgal was felicitated in the category, '50 Effective Principals - 2020' for his exemplary contribution in the field of education. The Award Ceremony was held The Chancery Pavilion, Bengaluru on 23 January 2021



EDUCATION WORLD RANKING 2020

In the League Tables of Education World Ranking 2020, in the category of Co-ed Day Schools, the school has been accorded 48th position at All India level, and 27th place at the State level. In Delhi City. The school's position rose to 12th as against the 14th position in the 2019 EW Survey.



EDUCATION WORLD GRAND JURY AWARDS 2020-21

In Education World Grand Jury Awards 2020-21, the school has been ranked 6th at All India Level in the category Multi- sports Culture, and First in the State as well as First in the City, in the same category. The Principal Mr LV Sehgal was felicitated with the Award by Mr Hannan Ahmed, Regional Head (North), Education World, in a special ceremony held on 2 March 2021 in the school premises.



MICROSOFT SHOWCASE SCHOOLS 2020-21



The school has been designated as Microsoft Showcase school for the second consecutive year, rendering it to be a part of an elite group of schools that exemplify the best of teaching and learning in the world. This stellar honour recognizes and celebrates the school's impact in creating educational transformation.

ADOBE SCHOOL AWARD

The school was conferred the Adobe Showcase School Award on 27 September 2020 for incorporating Adobe Creative Cloud technology into Teacher training and experiential learning for students. The school received a certificate and trophy for kindling resourcefulness in the classrooms.

GOOGLE REVIEWS

As per Google search result listing, Bal Bharati Public School, GRH Marg has earned > 4.5 star rating which is indeed a strong social proof that our school and its services are trustworthy. Feedback and review podium further motivated the school to create unparalleled learning experiences for our students.

CLASH OF Pi

Domain 1 – EULER – Qualifier Round 1 was held in April 2020. 115 students from classes III to XII enrolled for a logical test based on Patterns, Arithmetic, and Algebra. The school team received 45 Achievers certificates at national and school level.

The School ranked at the Second Position in Top Five Schools Globally.

CLASH OF Pi- GLOBAL MATHEMATICS CIRCUIT		
TOP MATH SCHOOLS (2020-21)		
RANK	SCHOOL	SCORE
1	Vivekanand School (Anand Vihar), Delhi	5385
2	Bal Bharati Public School, Gangaram	5145
3	Delhi Private School, Dubai	4796
4	DPS Gurgaon	4688
5	The Ashok Leyland School, Hosur	3648

Domain -2 Kepler, was completed with an achievement of 45 Achiever's certificates at national and school level; and a total team score of 5068. The school secured the Second position in top five schools globally.



'Domain 3 – PASCAL' conducted for classes III to XII, our school received 41 certificates of merit at national and school level.

The School Won The First Position Among The Top Five Schools Globally.

TOP MATH SCHOOLS (2020-21)		
RANK	SCHOOL	SCORE
1	Bal Bharati Public School, Gangaram	4831
2	Vivekanand School (Anand Vihar), Delhi	4705
3	DPS Gurgaon	4579
4	Delhi Private School, Dubai	4177
5	The Ashok Leyland School, Hosur	3666

In the final round of Domain 4-EINSTEIN online competition, the school ranked first among the top 5 schools globally, with an enviable score of 4873. The school team received 34 certificates of merit at National and school level.

FUNTOOT

The School was awarded the 'Certificate of Accomplishment' for maximum usage of Funtoot by Embibe



PIONEER STEM AWARDS

Our consistent efforts and perseverance met with fruition as the school ranked First in Asia, in The Asian Math Circuit, Clash of Pi (2020-21), Pioneer STEM Awards'. The school has also ranked First in the North Zone with fourteen students from the school making it to 'Asia Top Twenty Achievers' and thirty-four school achievers.

TERRE OLYMPIAD

The school bagged the First Consolation Prize for maximum participation in the TERRE Olympiad 2020 which was held online in two rounds.

Honours and Awards to Principal and Staff

PUBLISHED WORK

- Owing to his keen vision and insightful contributions in the field of education, the opinion of the Principal, on the Union Education Budget 2021 was sought and published in the March issue of Education Today
- The Principal's views regarding the impact of Corona on education were published in the Student Edition of the Times of India on 15 March 2021. The article entitled 'Year of Learning and Unlearning' was much appreciated for its positive reflections focussing on the unprecedented technological advancement in the educational ecosystems during 2020, even as Covid-19 overall played havoc in the lives of all, globally.



ESSAY WRITING COMPETITION

Ms Mansi (TGT Science) was awarded the III prize; while Ms Radha Nair (PGT English) and Ms V. R. Geetha (TGT Science) received the Consolation prizes in the Essay Writing Competition on the theme 'Recalibrating Pedagogy after the Lockdown' organized by Study Group, an Initiative of Action Committee.

GOOGLE EARTH SUSTAINABILITY PROGRAM FOR TEACHERS

Ms. Pooja Seth (PGT Chemistry) is shortlisted amongst 50 teachers, elected from all over India, to be a part of Google Earth Sustainability Program for Teachers – an online tech-educational program introduced by TERI.

IT FACILITATOR AWARD

Ms Reetu Dawar (Assistant Teacher) was among more than 2000 educators pan India to be awarded the 'IT Facilitator Award' for innovative ideas in transforming education and notable contributions towards channelizing ICT in school during pandemic. India's first IT Guru Award 2020 ceremony was organised by Edunext Technologies on 28 December 2020.

ART APPRECIATION

Ms. Satwinder Kaur (Asstt. Tr. Art) won a cash award of Rs. 75,000 in 'Prafulla Dahanukar Art Foundation All India Silver Grant in the Lockdown category in Etching' for her Artwork- 'Contemplation I'.

ARTICLE IN SCIENCE REPORTER

The write-up of Ms Sunanda Sharma (Primary Assistant Teacher) which focussed on the needs and challenges of biodiversity conservation in remote areas of Nagaland was selected to be published in Science Reporter, scientific monthly by CSIR-NISCAIR.

LETTER OF APPRECIATION

Ms. Kiranjeet Chugh (PGT Mathematics) received a Letter of Appreciation for her efforts to make students participate in preparation for the BRICSMATHS. COM International Online Mathematics Competition for grade I – XII

CRITICS' CHOICE AWARD

The Critics' Choice Award was conferred upon Ms. Suchismita Sahoo (PGT Fine Art) by World University of Design for her remarkable work in the field of Art and Photography.



Recognition And Awards to Students

GLOBAL TRIUMPH

Kunal Dhawan (XII C) was awarded a Certificate of Honour for getting a Special Prize in 5th Korea-India Friendship Quiz Competition 2020 organized by Korean Culture Centre India, Embassy of Republic of Korea

STELLAR ACHIEVEMENT

Sia Kapur (V F) received commendations certified by IASC and NASA for the remarkable preliminary discovery of three new asteroids in the Main Belt Asteroid. These will be catalogued by the International Astronomical Union after scrutiny. She along with her team represented 'Project Valiant' and 'Project Trishul' and using the program Astrometrica analyzed real time data from 'Pan Starrs' (Panoramic Survey Telescope and Rapid Response System) Telescope, located at Hawaii, USA.

CBSE GANGA QUEST- ONLINE NATIONAL QUIZ

1039 students from classes VI-XII participated in the Second Edition of CBSE Ganga Quest Quiz.

- Ishaan Kumar (XII F) got the first position in Grade IV Category and was awarded a Certificate, Tablet, and Toppr Advanced Pack Subscription valid for one year.
- Deeksha Dhawan (X H) is among the Top 20 winners of Grade II Category and received a Knowledge Kit and Toppr Advanced Pack Subscription for 6 months.

INTERNATIONAL ART COMPETITION

'Draw me a Neutrino'

Mukul Kankheria, Vedika Keswani (I G) and Atharva Keswani (VI E) bagged the First prize in their respective categories while Asmita Mallick was awarded the second prize in the Teen category.

Capturing The Super Moon Contest

Anvi Mehta, Kartik Mandar, and Saavya Bammi won the first, second and third Prize respectively.

SUSTAINABLE GOALS GO

In the Sustainable Goals Go competition organized by Institut Français, Embassy of France, the comic strip designed by Manya Soin (IX-G) was selected and published in the official page of Institut Français de Delhi.



LETTER TO BAPU

Maliha Qureshi (X-F) won the first prize in the category of 'UPTO 18 YEARS OF AGE, CATEGORY-II ENVELOPE' in DHAI AKHAR, a national letter writing campaign to Bapu, the Father of the Nation, organized by Ministry of Communications, Govt. of India.

STROKES OF A GENIUS

Atharva Keswani (VI-C) and Vedika Keswani (I G) bagged the First and second position respectively in the 'Online GLAD International Art Competition 2020', organized by Global Learners Academy of Development.

JEE ADVANCED RESULTS

Saumaditya Singh of 2019-20 batch scored 67th rank amongst 1,50,838 students in JEEAdvanced. Other students of the same batch with remarkable ranks are: Raghav Karan (2494), Utkarsh Pal (8923), Aryan Govil (13930), Aditya Singla (16848), Mrinal Anand (20236), Tanmay Gupta (22881) and Sampurnna Swain (29346).

KAMP: KNOWLEDGE & AWARENESS MAPPING PLATFORM

In KAMP - Knowledge & Awareness Mapping Platform - An initiative of CSIR - Council of Scientific & Industrial Research, Atharva Keswani (VI C) excelled as State Topper with A+ grade; Anhad Singh Sethi, Ayushmaan Mishra and Aarav Kothari of class V received were amongst District Toppers with A+ grade. All the participants have been awarded membership of of Junior Scientists' Club of CSIR.

WORLD OZONE DAY

29 students from classes VIII – XII were awarded e-merit certificates for being in the top 10% out of 10490 participants pan India, in the Ozone Quiz conducted by Vidyarthi Vigyan Manthan – a National Science Talent Search Examination.

GRUEN: GREEN URBAN ENVIRONMENTS

In “GRUEN: Green Urban Environments” Project by the Hong Kong Baptist University, co-funded by the Erasmus+ Programme of the EU, and initiated by Goethe-Institut, Naira Kakkar with students of other school in her team, was declared the 'Best team for creating novelty in concept and features towards future Green cities'. Naira Kakkar secured the first place and received € 150. Divyajot Singh and his team won the Goethe GRUEN award with €300 for their commendable work.

GURU VANDAN, CHAATRA ABHINANDAN

Toshi Pahadia, the school topper of class X, was awarded the Certificate of Merit in the 'Guru Vandan, Chaatra Abhinandan' organized on 26 September by Bharat Vikas Parishad, Delhi North.



SLA -LOCKDDOWN DIGITAL DIARY COMPETITION

In the National Online Digital Journal Competition 'My Lockdown Library: Recording Life during a Pandemic' organized by School Library Association (SLA) in collaboration with National Reading Month 2020, Atharva Keswani (VI E) declared as the winner of category IV and was awarded a Certificate and a memento.

CBSE-IBM SEWA PROJECT

In 'AI for Better India Hackathon' organized by 1M1B Foundation (IBM's implementation partner), Pranoor Singh Khurana, Sumanyu Sharma and Nishantak Panigrahi of class XII received an 'Appreciation Certificate' each for being among the top 10 finalists.

AWARD OF CBSE MERIT SCHOLARSHIP

- Poorvi Nagia was selected to receive Rs. 500/- per month for being a meritorious student under the Board's Merit Scholarship for AISSCE (All India Senior School Certificate Exam).
- Toshi Pahadia was selected to receive Rs. 250/- per month for being a meritorious student under the Board's Merit Scholarship for AISSE (All India Secondary School Exam).

SCHOOL SUPER LEAGUE-SEASON III

In the first ever online 'School Super League', Season III organized by the Times NIE in association with BYJU's-The Learning App on 17 October 2020, Divyajot Singh (X G) Amitjot Singh Saluja (V C) and Mihika (IV B) were declared 'Grade Toppers'. They won a one-year online subscription of Premium BYJU's-The Learning App worth Rs. 25,000/-

KVRSS- SMART (SCIENCE MEETS ART) PAINTING COMPETITION 2021

Poshika Aggarwal (VIII F) won the Consolation Prize amongst 650 entries for her artwork, Centripetal Force, in SMART, a drawing and painting competition, organized by Dr. K.V. Rao Scientific Society.

BRICS MATH COMPETITION

In the online competition, BRICS MATH organized by Dino Lab, to help students develop logical reasoning and refine their Mathematical skills, 187 students received 'Certificate of Winner' and 182 students were awarded 'Certificate of Achievement'.

THE KEMPER HUMAN RIGHTS EDUCATION FOUNDATION

Naesha Sethi (X D) composed a commendable essay titled -"(In) Human Rights: The Sociological Impact of the Pandemic" in the worldwide essay competition open to school students. The Kemper Human Rights Education Foundation appreciated the talented writer who highlighted the horrendous treatment of migrant workers in India



38th ARYABHATTA NATIONAL MATHS COMPETITION 2021

Seventeen students from the classes V – XI were awarded certificates of Appreciation for their excellence in the Aryabhata National Maths Competition 2021 organized by Summer Fields School on 23 January 2021

VIKRAM SARABHAI SCIENCE FOUNDATION

The students from classes VI-X qualified the National Spot Prelims 2020-21. Being selected for SPOT finals, the students are eligible to attend webinars with professors of Atomic and Nuclear energy associated with Vikram Sarabhai Science Foundation. The school was applauded for promoting Science through SPOT activities.

SPOT HUNDRED GEN II

Atharva Keswani (VI E) received a VSSF Merit Badge and Spot Genii certificate. He was awarded these in recognition of his exemplary scores in National Spot 100 and for being chosen as the top 100 young Science talents in India.

HANOI OPEN MATHEMATICS COMPETITION

26 students from classes VII-X were among the top 500 rank holders in the qualifying Round I of the Hanoi Open Mathematics Competition.

BUDDING AUTHOR OF BAL BHARATI

Yuvika Sehgal (IX C) made history by being the youngest author to write a book on playing chess, entitled, 'Move and Mate.' She has got due recognition from eminent organizations and persons of repute. The book is a step to step guide to play chess and consists of nearly 500 checkmate moves.

ROPE SKIPPING CHAMPIONSHIP 2020

In Online Delhi State Rope Skipping Championship 2020 held on 5 June 2020, the school team won 5 Gold, 3 Silver and 3 Bronze Medals in different categories.

INTERNATIONAL CHAMPION, FIDE MASTER

Aaryan Varshney (X F) represented India in the Chess Championship event held on Lichess, and won the International title of 'FIDE MASTER' in the online tournament organised by Wednesday Salsa Blitz.

Academic Achievements

CBSE RESULTS 2019-2020

All India Senior School Certificate Examination (XII)

No. of students appeared	307
No. of students passed	307
Pass % age	100%
No. of students failed	0
No. of compartments	0
No. of A1 and A2 Grades	50.48%
No. of distinctions	79.54%
% of 1st Division	99.34%
Highest % of marks	98.80%
Average Achievement	84.29%

Average Achievement (2019-20): 84.29%
The Average% this year is 3.1% higher than last year (2018-19)

STREAMWISE TOPPERS

S.No.	Name of the student	Subject	Result
1	Shivansh Umatt	Arts	96.40%
2	Poorva Nangia	Commerce	98.40%
3	Somaditya Singh	Science	98.80%
4	Taha Haya Javed	Vocational	91.00%



STUDENTS SECURING 100% MARKS IN A SUBJECT

S.No.	Name of the student	Subject
1	Arushi Goel	Economics
2	Alia Shirazi	Economics
3	Poorva Nangia	Economics
4	Samyak Jain	Economics
5	Aastha Sharma	Psychology
6	Aryan Govil	Mathematics
7	Somaditya Singh	Mathematics
8	Anshika Gupta	Painting
9	Apaardeep Singh Chawla	Accountancy

Academic Achievements

CBSE RESULTS 2019-2020

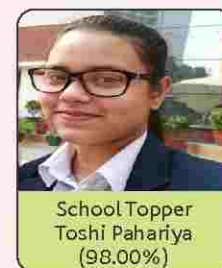
All India Secondary School Examination (X)

1	No. of students appeared	337
2	No. of students passed	333
3	Pass %age	98.81%
4	No. of students failed	0
5	No. of compartments	4
6	No. of A1 and A2 Grades	44.92%
7	No. of distinctions	67.06%
8	% of 1st Division	91.29%
9	Highest % of marks	98.00%
10	Average Achievement	81.91%

Average (2019-20):81.91%

SCHOOL TOPPERS

S.No.	Name of the student	Result
1	Aryan Goutam	98.00%
2	Toshi Pahariya	98.00%



STUDENTS SECURING 100% MARKS IN A SUBJECT

S.No.	Name of the student	Result	S.No.	Name of the student	Result
1	Syna Rajvanshi	French	8	Rishita Jain	Sanskrit
2	Ameesh Sethi	French	9	Soumya Sucharita Panda	Sanskrit
3	Manit Singh	French	10	Toshi Pahadia	Mathematics
4	Tusshar Sharma	French	11	Rishi Raj Jain	Mathematics
5	Aryan Goutam	French	12	Tanisha Jain	Social Science
6	Pragya Bhatia	French	13	Ishita Gupta	Social Science
7	Toshi Pahadia	French	14	Mohd Yuman	Social Science

INTER SCHOOL COMPETITIONS

Competition	Hosted by	Name of the Participants	Position/ Result
The Corona Warriors, National Level Online Charity Painting Competition (07.04.20)	Kalakriti Art Foundation	Atharva Keswani (VI E)	II
Glad International Art Competition 2020 (10.04.20)	Global Learners Academy Of Development	Atharva Keswani (VI E)	I -Artwork sent to the prime minister's office and WHO
National Children's Online Painting Competition	Dessin Academy	Atharva Keswani (VI E)	I
International Drawing and Painting Contest (20.04.20)	GLAD	Vedika Keswani (I G)	II
Dessin Academy National Art Contest on Covid-19 (21.04.20)	Dessin Academy	Vedika Keswani (I G)	I
Terre Policy Centre Supported By Tata Motor Vasundra Drawing Competition National Level (26.04.20)	Terre Policy Centre	Atharva Keswani (VI E)	X
World Children Talent Competition-JAZBA Story Telling	Kulachi Hansraj Model School, Ashok Vihar	Alaesha A Kataria (IV B)	I
Cooking Video		Anaadya Ghari	I
Poem Video & Art Video		Aatharv Keswani (VI E)	I
Theatre		Angad Singh (IV H)	III
Hindi Recitation		Varchasva Babbar (V A)	Consolation
English Recitation		Vanshika Vohra (V A)	II
Vocal Video		Aarav Parasher (VI F)	I
Art Video		Prachi Sharma (VII F)	I
Abacus Video		Rudraksh Chawla (VIII B)	II
Dance Video		Saiyma (VI A)	III
Eloquence Language Fest – Role Play (German) (15.05.20)		Ishani Dhingra (VIII-D)	II

Inter School Competitions

Competition	Hosted by	Name of the Participants	Position/ Result
Eloquence Language Fest- Ekal Shlok Gaayaan (Sanskrit (15.05.20)	KR Mangalam World School	Bharvi Nayak Kalita (VIII B)	I
Eloquence Language Fest Character Dramatization French (15.05.20)	KR Mangalam World School	Reet Kaur Sethi (VIII F)	III
Delhi Police Public School, Safdar Enclave - Painting Competition	Delhi Police Public School	Atharva Keswani (VI E)	I
Kalakriti Foundation National Art Contest on Corona Warriors (22.05.20)	Kalakriti Foundation	Vedika Keswani (I G)	I National level
Infobrez National Art Contest (08.06.20)	Inforberz	Vedika Keswani (I G)	III
Wondr Years Online Art Contest (09.06.20)	Wondr Years	Ishya Jain (III F)	I
Dessin Academy National Art Contest (12.06.20)	Dessin Academy	Vedika Keswani (I G)	I
Blue Brain Club (30.04.20 To 18.05.20)	Goethe institut	Aviral Gupta Aditya Moza Poorav Dhingra Navya Dhawan Varya Kohli Shudhi Jain Manan Sehgal	I
Go to Goethe- Quizzing and German Games Online (20.05.20)	Goethe institut	Devangi Dhawan Preksha Uppal Parul Varandani Ananya Aggarwal Ananya Garg	I
Online Art Competition (19.06.20)	Craft World	Ishya Jain (III F)	III
Terre Police Centre Competition (Conducted from 19.04.'20 to 15.04.20)	Terre Policy Centre, supported by TATA Motors, Vasundhara	Vaari Narayan (V E) Atharv Gupta (V F) Varnit Mohindru(V B)	Best out of waste- 4th position Essay writing on life through the window during lockdown – 6th position Picture Competition on Best Time Utilization with Family During Lockdown

Inter School Competitions

Competition	Held on	Position Holders	Result/Position
Atmanirbhar Bharat- Self Reliant India	Mount Abu Public School	Tanveer Singh Sandhu (V B)	I
Explorika 2020	BBPS, Rohini	Nevaam Khetarpal (V A) Angad Singh (IV H)	II
Atulya Bharat	BBPS, Manesar	Samaira Nagpal (IV B)	I
Rendezvous 2020	Air Force Bal Bharati	Paavani Verma (V C)	II
Competition	School	Position Holders	Result/Position
Rendezvous 2020	Air Force Bal Bharati School	Vaari Narayan (V E)	II
Rendezvous 2020	Air Force Bal Bharati School	Paridhi Batra (V A)	II
Rendezvous 2020	Air Force Bal Bharati School	Paridhi Batra (V A)	II
Rendezvous 2020	Air Force Bal Bharati School	Mihika M Menon (IV C)	II
Explora Vision 2020	BBPS, Dwarka	Anika Arora (V A)	III
Explora Vision 2020	BBPS, Dwarka	Samaira Nagpal (IV B)	I
Explora Vision 2020	BBPS, Dwarka	Kovid Aggarwal (V E)	I
Nature Photography Competition (14.08.20)	BBPS, Jharli	Atharva Keswani (VI E)	II
Declamation Competition (15.08.20)	NSS, SGGSCC	Naisha Khanna (VIII G)	II
		Agamjot Singh Bindra (VI G) Siya Gogia (VI B) Aarav Parasher (VI C)	Best Video amongst 250 entries

Inter School Competitions

Competition	School	Position Holders	Result/Position
Art Competition (Age Group 10-18) (15.08.20) (Result Declared In September)	Bharat Vikas Parishad	Saatwik Bahl (VII G) Saanvi Gupta (VII B) Perry Chabbra (VI G) Atharva Keswani (VI E) Kishika Chowhary (VII F)	Consolation
A Day Spent with Maths (25.08.20)	Explorika, BBPS Rohini	Naman Jain (VIII C)	III
Chakravayuh Science Quiz 27.08.20– 28.08.20	Rendezvous Annual Inter School Fest, Air Force Bal Bharati	Reet Kaur Sethi Aarav Kothari (VIII F)	The School Won Overall Trophy In Airforce Bal Bharati School
Poster Making Comp.O Oeuvre My Mom the Ultimate	Women's Health Team	Perry Chabbra (VI G)	Top 5
Warrior Category A (11.09.2020)		Atharva Keswani (VI E) Ankit Pal (VI A)	
My Song for SDG 5 (15.09.20)	Ahlcon International School Mayur Vihar SDG Fest 2020	Abhilasha Dey (VI B)	I
Flyer Designing (15.09.20)	Autumn Fest BBPS, Brij Vihar	Ishani Dhingra (VIII D)	III
Splendour 2020 A Poem Recitation-“Happiness” (19.09.20)	Air Force Bal Bharati School, Lodi Road	Anhad Chanda	I
	Bal Bharati Public School, Brij Vihar	Riya Bhalla	II
	Mont Fort School, Ashok Vihar	Varnit Bansal	III
Story Narration-“Once Upon A Time” (19.09.20)	Air Force Bal Bharati School, Lodi Road	Mannat Sachdeva	I
	Delhi Public School, Vasant Kunj	Yashika Bhatia	II

Inter School Competitions

Competition	School	Position Holders	Result/Position
	Bal Bharati Public School, Noida	Avighnita Roy	III
Little Scientist –“Hands on Science” (19.09.20)	Ved Vyasa D.A.V Public School, Vikaspuri	Dhairya Vij	I
	Mont Fort School, Ashok Vihar	Vihaan Aneja	II
	Indraprastha International School, Dwarka	Vivaan Tomer	III
Declamation competition (15.08.20)	NSS, SGGSCC	Naisha Khanna (VIII G)	II
		Agamjot Singh Bindra (VI G)	Best video amongst
		Siya Gogia (VI B) Aarav Parasher (VI C)	250 entries
EXPLORIKA- Reckoning eco quiddity (17.08.20)	BBPS, Rohini	Neevan Khetarpal (V A) Angad Singh (IV H)	II
A Day spent with Maths		Naman Jain (VIII C)	III
Comic strip		Brahmi Debrani (IX D)	II
Label designing of ecofriendly product		Niharika sharma (XII G) Charvi Jain (XII E)	III
Online Commerce Fest- Biz Eximius 2020-21 The Bidding Pitch (Name of competition) (25.08.20)	ITL Public School	Shivam Gupta (XII E) Vibhor Vanvani (XII F)	I I
RENDEZVOUS 2020 Soul 0 expression (27.08.20 & 28.08.20)	Air Force Bal Bharati Public School	Paavani Verma (V C)	II
Creative folds		Vaari Narayan (V E)	II
Nritya Rang		Paridhi Batra (V A)	II
Antarman (solo singing)		Mihika M Menon (IV C)	II
Tweet to compete		Anupriya Prakash (X A)	II
Grand Tour- Virtual tour		Manya Soin (IX G)	III

Inter School Competitions

Competition	School	Position Holders	Result/Position
THE SCHOOL WON OVERALL TROPHY			
EXPLORA VISION 2020 Indian Raga (27&28.08.20)	BBPS, Dwarka	Anika Arora (V A)	III
Junior RJ		Samaira Nagpal (IV B)	I
Chorus for Corona		Kovid Aggarwal (V E)	I
Atulya Bharat (27 & 28.08.20)	BBPS, Manesar	Samaira Nagpal (IV B)	I
Poster Making Comp.O Oeuvre (11.09.20)	Women's health team	Perry Chhabra (VI G)	Top 5
My Mom the Ultimate Warrior Category A		Atharva Keswani (VI E) Ankit Pal (VI A)	
SDG FEST 2020 Fashionista (15.09.20)	Ahlcon International School	Reha Kumar (I A)	III
Super Ninja- the saviour of SDGs	Ahlcon International School	Naivedyam (III D)	II
Plot a Pod		Banee K Singh (IV A)	III
My song for SDGS		Abhilasha Dey (VI B)	I
PULSE Ode A La Sante (French poetry) (15.09.20)	Bal Bharati Public School, GRH Marg	Naira Kakkar (X H)	I
Mein Corona Tagebuch		Diya Gupta (IX D)	I
Electrospark		Kunal Dhawan (XII C) Vaatsalya Babbar(XII C)	III III
Future Mechanics: The showcase		Jayshnav Chawla Sakshya Singh	II
Autumn Fest Flyer designing jewellery (15.09.20)	BBPS, Brij Vihar	Ishani dhingra (VIII D)	III
B- Man- Oeuvre (PP on business plan)		Niharika Sharma (XII G) Khushi Khurana (XII E) Charvi Jain (XII E)	II
Art Competition	Bharat Vikas Parishad	Saatwik Bahl (VII G) Saanvi Gupta (VII B) Perry Chhabra (VI G) Atharva Keswan (VI E) Kishika Chowhary (VII F)	Consolation

Inter School Competitions

Competition	School	Position Holders	Result/Position
Painting Competition (20.09.20)	CBSE Circular No:Acad 68/2020	Atharva Keswani (VI E)	Cleared first level
Masti Se Mastishk Tak Lockdown: Activity 2 (20.06.20)	Vidyarthi Vigyan Manthan (Result Declared In Sept.)	Atharva Keswani (VI E)	All India rank- 2
Competition	Organised by	Position Holders	Result/Position
Synergy 2020 Des Rangeela (26.10.20)	Srijan School	Triporna Majumdar (VIII H)	III
Exploratorium- 2020 Healthy Bites [Meal Planning] (30.10.20)		Naman Jain (For) (VIII C) Nitika Jain (Against) (VIII H)	I I
Raag Rang [Vocal] (30.10.20)		Aarav Parashar (VI C)	III
Mix and Match [Fusion Dance] (30.10.20)		Bhavika Chugh (VII H)	III
Aradhana (30.10.20)		Mihikam Menon (IV C)	Consolation
Tech Animation (30.10.20)		Angad Singh (IV H) Nevaam Khetarpal (V A)	Consolation
Nrityanjali (30.10.20)		Paridhi Batra (V A)	I
Zenith 2020- The Mad-Ad Show Shape-O-Mania (30.10.20)	BBPS Pitampura	Rudrakshi (PS A) Soham Chaudhary (PP A)	II III
RJ Unplugged (02.11.20)	BBPS, Darlipali	Angad Singh (IV H)	I
Dynamics of Journalism (02.11.20)		Paridhi Batra (V A)	
On the Spot Painting Competition (07.11.20)	St. Marks Public School	Vaari Narayan (V E) Samaira Nagpal (IV B)	III Special Prize
Folk Forum (19.11.20)	DPS, Dwarka	Paavani Verma (V C)	II
Story Telling [Folk] At International Level (20.11.20)	Act Universal World Children Day	Naman Jain (VIII C)	III
Abhivyakti-Udgaar Hindi Bhashan (28.11.20)	BBPS, Ludhiana	Naman Jain (VIII C)	I

Inter School Competitions

Competition	Organised by	Position Holders	Result/Position
Maxplotatium Ornament Décor	Maxfort School, Pitampura	Vedika Keswani (I G)	I
Lok Rang		Mishka Kukreja (III E)	Consolation
Pandemic Warriors (12.11.20)		Vrinda Sethi (III G)	I
Speaking Challenge for Republic Day (27.01.21)	Melio	Riddhima Jain (II H)	I
		Ishika Sehdev (II B)	III
		Prabhagam Singh (II H)	I
The Threshold Magic Feet (02.02.21)	BBPS Kudgi	Shabd Ahluwalia (II B)	III
Menage Frolic Dance (14.02.21)	Rajinder Nagar Campus	Rithvi Garg(I F)	II
Anga Kavya Panch Mahabhoot Dance	BBPS, Gadarwara	Triporna Mojumdar (VIII H)	I
Fest Tech		Aryash Singh (II E)	I
Shape an Animal		Vedika Keswani (I G)	I
Abhivyakti Rap Beats English		Vidhi Sharma (VI G) Aarav (VI C)	II
Poetic Aryabhata Maths		Navya Bhardwaj (VII B)	II
Age of Explorers Planets Come Alive (23.11.20)		Paavani Verma (V C) Meher Khanna (IV D)	III
Espirit 2020 परिवर्तनमेव स्थिरमस्ति	BBPS, Noida	Dhruv Joshi (PP D)	III
Marionette Magic (28.11.20)	CMS, Lucknow	Samira Nagpal (IV B) Anaya Chachra (IV B) Ravika Bisht (III)	III
Folk-O-Bics (28.11.20)		Sayma (VI C) Kriti Gogoia (VI C) Ridhima (VI E) Pushti Saini (V C)	Most Enterprising Entry
Wings 2020 Trailblazer Walking Galleries	BBPS, Darlipali Odisha	Shanaya Sharma (II G) Triaksh Chhabra (III A)	I II

Inter School Competitions

Competition	Organised by	Position Holders	Result/Position
Bit Bytes E Communique Object d' Art (05.12.20)	BBPS, Ludhiana	Ashmita Mallick (IX A) Aanchal Aggarwal (IX D)	III
'Melange 2020': Talking Turkey (Show 'n' Tell) (10.12.20)	Delhi Public School, Dwarka	Prizleen Kaur (PS G)	I
काव्य तरंग मेरे संग (कविता वाचन) (10.12.20)		Ayaan Verma (PP E)	II
Agaaz: Pen-a-weapon Zoom-in: Shades of Bollywood(12.12.20)	BBPS, Khargone	Pallav Prajapat (X F) Jiya Chugh (IX G) Manya Soin (IX G) Anaandi Gupta (PS C)	I II II III
Hansi Ke Gulgulle Haasya Kavita (12.12.20)		Vidur .G Rathi (VII D)	I
Sanskrit Shloka Gaayan (12.12.20)		Abhilasha Dey (VI B)	I
Amritwani (Doha Vachan Pratiyogita) (12.12.20)		Sanvee Seth (V D)	II
Travel Diaries (13.12.20)	24th Mosaic Padamchand Memorial Online Painting	Satwik Behl (VII G) Perry Chhabra (VI G)	I Consolation
Poster Making (15.12.20)	Congress of The History Of Science In India IISF	Satwik Behl (VII G)	II
Sound Symphony: THE SAM (Sports, Art and Music)' (16.12.20)	City Montessori School, Lucknow	Ahyan Kumar (PP B)	I
Innova Poszter (17.12.20)	Gyan Mandir Public School	Angad Singh (IV H)	III
21st St. Marks Annual Inter School Online On the Spot Painting Competition	St. Mark's School	Advay Gupta (III F)	Special Prize
Aagaaz 2 : Explore the Epic world (17.12.20)	BBPS NTPC , Khargone	Vanshika Bhatia (I B)	II
My Favourite Cartoon		Aryash Singh (II E)	II

Inter School Competitions

Competition	Organised by	Position Holders	Result/Position
My Impression My Creation		Anaandi Gupta (PS C)	III
Globay Fashion Trends		Mihika Manglik (I B)	III
Unmask The Future - Mask Making Toon Tales (Script - A Strip) Comic Strip (17 & 18.12.20)	Gyan Mandir Public School ,Naraina Vihar, New Delhi	Perry Chhabra (VI G) Atharva Keswani (VI E) Anhad Singh Sethi (VI F)	I II III
Presentazione - Presentation on Road Safety (17.12.20)	Gyan Mandir Public School, Naraina Vihar, New Delhi	Dhairya Vashist (VIII D)	I
Nrityanjali - Dance		Bharvi Nayak Kalita (VIII B)	II
Soliloquy- Mono Act (Live Event)		Nidhyana Sethi (VI D)	II
Innova Poszter		Anhad Singh Sethi (VI F)	III
Puppetry by Moppets (Story Dramatization Through Puppets) (24.12.20)	Gyan Mandir Public School, Naraina Vihar, New Delhi	Soham Chaudhary (PP A)	I
'Safe Mobility' 2020 - Innova Attire (Fancy Dress) (24.12.20)		Anaysha Gupta (PS C)	II
Laughing Gaga (24.12.20)		Asmi Bhatia (III F)	I
Aaroh 2020 Twist and Turn (24.12.20)	BBPS, Nabinagar, Bihar	Divena Singh (III C)	III
36 Delhi State Online Sports Yogasana Competition (26-28.12.20)	Yoga Association Delhi	Aarav Khandelwal (V C) Posika Agarwal (VIII F)	I III
The Threshold (16.01.21) EXPLORING MACHINES YOUNG REPORTER	BBPS, Navi Mumbai	SEERAT JOHAR (VI H) AISHI GUPTA (VIII D)	III II

GAMES AND SPORTS

STATE EVENTS ROPE SKIPPING

Name of The Event	Date	Name of The Participants	Event	Category	Result
Online Delhi State Rope Skipping Championship 2020	05.06.20	Raghvi Pandit (V- C)	30sec Speed Hop	U-11 Girls	Bronze
		Aryaraj (IV-F)	30sec Speed Sprint	U-11 Boys	Bronze
		Navnidhi (VI-E)	30sec Speed Sprint	U-11 Girls	Gold
		Dheirya Kharbanda (VI-E)	30sec Speed Sprint	U-11 Boys	Gold
		Gaurav Kumar Bhuiyan (VI-A)	30sec Speed Sprint	U-11 Boys	Silver
		Aanya Rustagi (VIII-D)	Double Under 30sec	U-14 Girls	Gold
		Shreyas Sharma (IX-D)	Speed Sprint 30sec	U-14 Boys	Silver
		Shivanshi Kalra (X-B)	Speed Sprint 30sec	U-14 Girls	Silver
		Akshat Kumar Agarwal (X-H)	Double Under	U-17 Boys	Gold
		Mannat Kharbanda (XI-A)	30sec Speed Sprint	U-17 Girls	Bronze
		Garvit Tickoo (IX-C)	Open CT.	Double Under	Gold

INTERNATIONAL EVENT CHESS

Name of The Event	Date	Name of The Participants	Category	Result
International Champion, Fide Master Wednesday Salsa Blitz	24.9.20	Aaryan Varshney (X-F)	Open	First

CHESS

Name of The Event	Date	Name of The Participants	Category	Result
Interschool Chess Competition (Online) G D Goenka Public School, East Delhi	28.9.20	Prishita (IV-B)	11 Yrs.	First



GLOBAL DIMENSIONS

Man has always been compelled by the idyllic nature around him and felt an urgent need to explore it. This explains the multitude of attempts by travellers and explorers risking their lives in pursuit of places unknown. In addition, exploration connects us all with our tribe. Only that with the advent of AI and the development of technology, these daunting tasks have become much easier now. Just the click of a button can take you to the remotest part of the Earth. Truly the world has become a wide web. The advantages of technology have also amply benefitted the students, especially in these testing times. Though the schools have faced temporary closure yet education has not. Bal Bharatians were provided every opportunity to diversify their horizons through thoughtfully curated activities. Here's a glimpse of some of the accomplishments.

• INDEPENDENCE FIESTA (ISA PROJECT 1)

The global fiesta was organised for students of classes I to III. The Project aimed at a comparative study on how India, Mexico, Indonesia and South Africa attained freedom. Special focus was given on the important leaders who played a key role in their freedom struggle. The project also covered the important aspect of when and how the Independence Day is celebrated in the chosen countries. The students zealously participated in Collage Making Activity wherein they drew and coloured the National



Flags of the chosen countries; marked

them on the world map and showcased the information collected through posters and collages. Video-screening sessions were organised for the students through which they got an insight into the freedom struggle of these countries. The students also attempted an online follow-up assignment. Poster Making Activity brought out the creative streak of the students. They made posters of leaders/freedom fighters of India, Mexico, Indonesia and South Africa highlighting their role and contribution in the freedom struggle of their respective countries.

• OUR PRIDE IN PERIL (ISA PROJECT 2)

The activity aimed at a comparative study of national animals of Bhutan (Takin), Democratic Republic of Congo (Okapi), Tanzania (Masai Giraffe) and India (Tiger). The students actively took part in four different activities for the project. They made a collage on the National Animal of the chosen countries



with focus on their symbolic significance, habitat and food habits. Videos were posted to enlighten them about the symbolic significance, habitat, food habits and causes behind the threat to the existence of the national animals of the chosen countries. As a follow-up activity



The students also attempted an online quiz based on the videos. The students also made posters with slogans on the theme

focusing on the national animals of the chosen countries.

• WASTE MANAGEMENT ACTIVITY

'Children for International Community Club' of the Primary Department, organised virtual activities on Waste Management with the aim of imparting right values and right attitude towards global environment. The students were informed about the harmful effects of waste, encouraged to promote public participation in managing it and motivated to develop a holistic approach towards Global Environment. Meaningful videos were shared with the students to promote learning on waste management skills. A special assembly on 'Waste Management' was also conducted in which the students of Class IV and V participated with exuberance and suggested different measures to reduce waste, use it in a productive way and make this earth a beautiful place to live.



• DESIGNING OUR FUTURE-FROM TRASH TO TREASURE' – AN ISA ACTIVITY

In order to make students of classes IV-V feel responsible and proactive for building sustainable and livable cities, Children for International Community Club conducted an activity 'Designing our Future- from Trash to Treasure' in October and November. As a part of ISA action plan for a secure and sustainable future, students showcased their creativity through Digital Collages and PowerPoint presentations emphasizing various ways of dealing with waste in countries like India, Philippines, Sweden and Uganda.

• AROUND THE WORLD

The activity aimed to foster global learning and equip young learners with skills to reach the untold facts. Students of class IV viewed a YouTube video on the Top 10 tallest statues of the world. They then explored some facts about any one of the statues and made a video explaining those facts. The students of class V viewed an interesting YouTube video about 29 things that exist only in Japan. They then worked in groups to mention at least one thing/technology they would want in India too. They were amused to see unique things from Japan and explained their preferences very well.

• GENERATION GLOBAL: FACE TO FAITH

Students from the Middle Department exchanged thoughts and views on the theme 'Climate Change', through a Dialogue Exchange Programme organized from 13 April to 3 May. The participants from our school shared their views on climate change in India and in other countries. The participating schools were from Ukraine, San Diego, Indonesia and Pakistan..



• ACTIVITIES WITH GLOBAL DIMENSION - ISA ACTIVITY-AQUA SALVATOR

To foster global preparedness and life skills 'Aqua Salvator – an ISA Activity was organized for the students of classes VI-VIII on 21 December 2020. The participants researched and collected information about 'Water Footprint' and the types of Water Footprint in India, Germany, USA and Saudi Arabia. They then prepared Power Point presentations showcasing their research work and demonstrated them in the Inter-House Competition as part of the Aqua Salvator project.



• INTERNATIONAL YOGA DAY 2020

The theme for this year's International Yoga Day was 'Yoga at Home and Yoga with Family.' The school celebrated in the 6th International Yoga Day on 21 June 2020. All the students participated in the International Yoga Day celebrated by NPSC enthusiastically. NPSC in partnership with Spic Macay conducted an online celebration of this special day. Shri Venkaiah Naidu, the Honourable Vice President of India, addressed all the participants. In sync with the protocol given by Ministry of Ayush for Yoga day, a video of Ms Shweta Shukla (TGT Yoga) presenting Yoga asanas, was streamed on the YouTube channel of the school. This global fitness initiative united all to listen to the voice within and hence discover the empowered self. Students and parents participated with full energy and positivity in this celebration.

• FRENCH VIRTUAL EXCHANGE PROGRAMME WITH LYCÉE SALVADOR ALLENDE, NANTES, FRANCE

An online exchange programme was conducted for French students of class IX with the French Partner school, Lycée Salvador Allende, in Nantes, France on 10 November 2020 on Framataalk. During the online session our students presented their project on Lifestyle Diseases. They presented PPTs on four lifestyle diseases namely Diabetes, Cancer, Cardiovascular Diseases and Dementia highlighting the causes and symptoms of the diseases. They also discussed solutions with their French partner school. The exchange was held in both French and English. The exchange was an enriching experience as it enabled the students to get a glimpse of the French classroom and its setup.

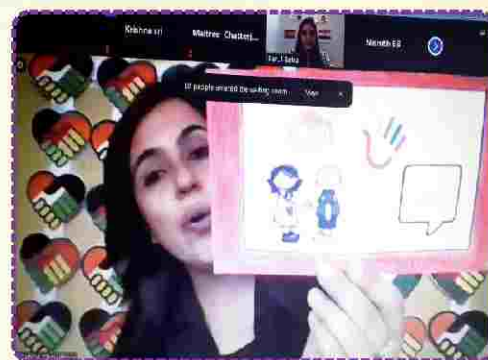


• VIRTUAL TOUR TO THE FRENCH CITY OF LYON

On 19 November 2020 a virtual tour was organized by Frehindi Pvt Ltd, Paris for the students of class IX and X. During the one-hour virtual tour, the students visited Lyon, an industrial French city to the south of France. This third largest city of France and the second most populated one was shown to our students with its detailed description. During the virtual tour, the students were made to visit the administrative buildings of the city, the streets with all its Christmas decorations, supermarkets and bakeries. Students were given a glimpse of how the French live, their alimentation etc. Our students were also detailed about the general services that the French government is providing to combat the Covid 19 pandemic. In the end, a question round was taken up wherein the students asked the organizers questions on the French city shown to them.

• TRILINGUAL WORKSHOP

To celebrate the 'European Day of Languages' on 26 September 2020, Goethe Institut and Mayo College, Ajmer, organised a German, French and Spanish Festival: Namaste Europe. Ms. Sabina Chowdhary conducted a Trilingual Workshop (German, French, Spanish) along with a French and Spanish teacher for the students. The mega event was streamed live on MS Teams on 26 September 2020 and was attended by various dignitaries. A series of five such workshops were attended by students of various schools in groups of 30 from across the country. The team comprising of Naira Kakkar (Bal Bharati Public School, GRH Marg) and members from other schools was declared the BEST TEAM for creating novelty in concept and features towards future Green city in a sustainable environment. The workshop aimed at introducing these European languages to students of classes IV and V. Students learnt a few basic words, songs and also participated in an online quiz with other participants.



• YOUTH CONGRESS 2020

Goethe Institut, Max Mueller Bhavan, New Delhi conducted a week-long program showcasing a plethora of interactive workshops with a pool of experts addressing various sustainability issues. The theme of Jugendkongress 2020 / Youth congress 2020 was 'Youth and Sustainability'. Parul Varandani, Ananya Aggarwal (class X) and Lavanya Gupta, Varya Kohli (class XI) participated in the workshops. Parul Varandani received a special nomination of being the most active participant and was awarded for participation in Online Youth Camp from Goethe Institut Freiburg, Germany. The Federal Foreign Office of Germany organised a competition for children between 5-19 age groups to contribute their stories to the sixth Federal Foreign Office E- Book. Articles of Ishani Dhingra (VIII D) and Parul Varandani (X D) on the theme 'I have a Dream' (Ich habeeinenTraum) were published in the E- Book.

- **VIRTUAL YOUTH CAMPS**

Students from the senior wing attended Virtual Youth Camps organised by Goethe Institut in the month of November. They were oriented for courses, requirements and procedures to study at the University of Fulda, Germany. Students discovered the varied sustainable practices followed by people in different countries through fun and interactive activities. Kavya Mudgil, Dashika Handa, Vidur G. Rathi (Class VII) attended workshops and enjoyed vocabulary enrichment session, videos on the topic, role-plays and online games.

- **NB8 CERTIFICATE PROGRAM**

Subhrojyotikar Chowdhury (X D) secured GRADE A1 in the prestigious International Environmental Olympiad conducted by NORDIC BALTIC -8 program, a combined initiative of Nordic Consult Group and the Danish water Forum. 18 students of our school, ranging from the age group of 9 to 15 successfully completed the NB8 program. They also participated actively in all the activities organised under the program.

- **ACTION FOR EQUALITY – UNESCO TRAINING PROGRAMME**

In partnership with the Equal Community Foundation, UNESCO invited schools to participate in the programme 'Transforming Mentalities', which comprised of a series of training webinars for educators and students consisting of 10 sessions for 4 weeks. Ms. Anjali Kaushik and a group of forty boys (VII-IX) continued the training and undertook vital topics propagating gender equality. These students will be certified as Gender Equality Trainers by ECF- UNESCO Foundation and in turn be the torchbearers for Gender Awareness sensitization at school.



Travelogue 2020-21

A year of Virtual Excursions (2020-21)

Pre- School & Pre- Primary

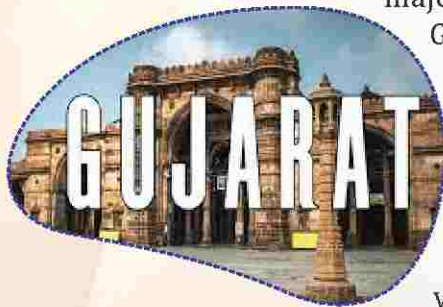
Virtual excursions were organized for the young learners of Pre- School & Pre- Primary during the session 2020- 21 and they were shown various colourful cities, museums, historical documents, national monuments such as the National Zoological Park, Rail Museum, Mughal Garden, Amer Fort, Taj Mahal and many more. These excursions helped in rejuvenating the tiny tots and added fun to their learning sessions. The follow-up assignments were used as a tool to assess their learning.

Primary Department, Pusa Road Campus

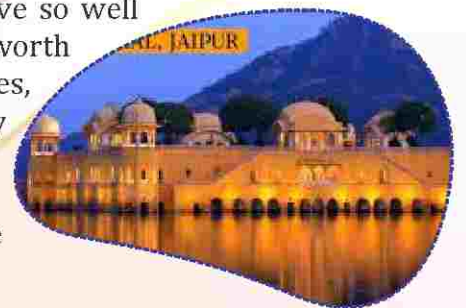
Virtual excursions to a few important places of India and world were organized for the students of classes I, II and III. The students not only enjoyed virtual excursions to different places while comfortably sitting at home but also got an opportunity to explore the rich Indian culture. They learnt about the important monuments, forts, temples, biodiversity parks and got an insight into their importance and history. They also visited various places across the globe and experienced different cultures. Followup Assignments were shared for self- evaluation.

MIDDLE DEPARTMENT

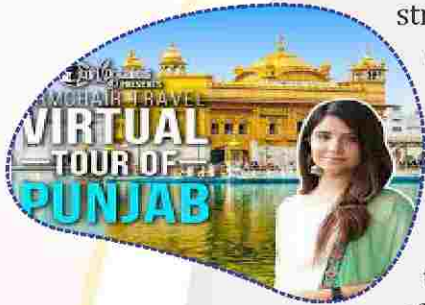
Virtual tour to Gujarat was organized for class VI, The spectacular and colourful culture of Gujarat unfolded before students. They saw majestic Asiatic lion roam fearlessly in the Gir forest. The myriads shades of their costumes held them spellbound. The white stark desert Rann of Kutch bewitched them; Somnath Temple with its majestic architecture was in indeed awe inspiring watching appetizing cuisine of Gujarat was a virtual delight



Virtual tour of the Royal Rajasthan was organized for class VII, The imposing forts and palace of the state enthralled the children. The spirit and valour of the people who live so well adapted in hostile environment is worth learning. The Land of Maharajas, lakes, grace, emotion, adventures and vibrancy captivated the children. A truly heavenly destination with its heritage richness unravelled its opulence and unbeatable grandeur with its utmost charm.



Class VIII visited the *smiling state of India as Punjab*, virtual 'Darshan' to the holiest shrine Golden Temple was morally and spiritually quenching. The Historical sight of Jallianwala Bagh and Wagah Border reminded of the freedom struggle. A state, rich in cuisine, culture, forts and palaces was brought to its full glory in the virtual tour. Students could feel the warmth and tradition of Punjabis'. The children could not stop themselves from tapping their feet on the ever popular beats of 'Bhangra'.



COALESCING BONDS

A virtual tour to a Biogas Plant in Haryana was organised for the classes VII and VIII, on 29 December 2020. More than hundred students joined the educational trip and learnt about how people in rural areas use eco-friendly energy resources for their living. They also learnt about the conventional methods of extracting jaggery from sugarcane and its transportation from farm to plate. Secondary Department

SECONDARY DEPARTMENT

International -VIRTUAL TOUR TO THE FRENCH CITY OF LYON

On 19 November 2020 virtual tour was organized by Frehindi Pvt Ltd, Paris for Bal Bharati Public School, GRH Marg.

The students of class IX and X were invited to the zoom link in the one-hour of virtual tour, students visited Lyon, the industrial of France city. This third largest city of France and the second most populated was shown to students with its detailed description. Students visited the administrative buildings of the city, the streets with all its Christmas decorations, supermarkets and bakeries. Students were given a glimpse of French lifestyle. They also learnt about services that the French government was providing to combat Covid 19 pandemic. A questionnaire too was conducted by organizers



SUPERANNUATION

"Retirement maybe an ending, a closing, but it is also a new beginning."



Mrs. Neelam Dhingra
(July 1989 to September 2019)



Mrs. Rajni Bhatia
(August 1982 to November 2019)



Mrs. Indra Chaturvedi
(July 1993 to April 2020)



Mr. Ram Parmod Singh
(August 1986 to January 2020)



Mrs. Rita Razdan
(January 1997 to January 2021)



Mrs. Parvati
(July 1990 to January 2020)



Mr. Munna Lal
(August 1982 to June 2020)



Mr. Ram Lakhan Yadav
(August 1984 to October 2020)



Mr. Kishan Kumar
(October 1993 to March 2021)

"The walls of the school will feel hollow, the corridors empty and the classrooms lifeless without your inspirational presence"



School Clubs

Primary Department , Pusa Road Campus
Community Outreach: If you see a need, take the lead !



Our school has always taught the students that there is no better exercise for the heart than reaching down and lifting people up. In collaboration with the clubs, the school displayed an expression of gratitude towards the people of the society who are struggling to maintain a balance in their lives. **'The Community Outreach Program'** was launched under the aegis of the nine school clubs, with a motive to include different activities for the betterment of the society.

Spreading awareness among the masses on COVID - 19 preparedness, prevention and response.



Making healthy salad spread for delicious sandwiches to be shared with house help and other community helpers in their neighbourhood.

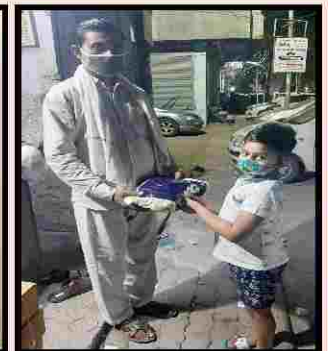


Fabric masks for the underprivileged and healthcare workers.



Distributing personal hygiene kits to the people in the neighbourhood to spread awareness.

Lending a helping hand during the pandemic.





The virtual Club Activities organised during the session not only helped students hone their creativity but also improved their leadership and social skills.



Aao Haath Barhayein



Little Crafty Hands



Sporty Champions



Me The Bookie



Vernacular Club



Hamaari Bagiya



Numero Mania



Explore Thy Country



Budding Scientists



CLUBS

HORTICULTURE CLUB



Activities, "Growing Herbs" And "Sprouting from Kitchen Waste"

Befriending plants in Pandemic

DRAMATICS CLUB

- Summer workshop in the month of May 2020: Almost 60 students prepared a play "Andher Nagri Chaupat Raja" through online platform. Everyone sent their parts from homes after which the entire play was edited & assembled.



- "I Am not Gandhi"--- In this activity, the students prepared a monologue on the principles of Mahatma Gandhi. The maximum duration of the monologue was 2 minutes and around 22 students participated in the activity from class VI – VII
- "Meri kahani – Meri Zubani" In the month of November 2020 students got a platform to narrate their self-written stories, bringing to fore, their creativity, thought process, social behaviour, mythological stories, and fantasies etc.
- Students participated in online drama competitions and secured many positions. Some of the competitions are Tapfest by Army Public School, Clash of Clowns by the Srijan School, Soliloquy by Gyan Mandir Public School, Hansi ke Gulgule by BBPS, NTPC Khargone etc.

VERNACULAR CLUB

भाषा संगम

Vernacular Club organised a slogan writing activity **आरोग्यम्**.

Slogans were written for the frontline workers in different regional languages of India.



इंद्रधनुष

Students of class VI-VII were asked to prepare coaster set, pen/flower stand, table runner etc. Students wrote different quotes in regional languages.



हम होंगे कामयाब

Students wrote the motivational quote, Ham Honge Kamyab or We Shall Overcome in different regional languages.



नवकृति - Best Out of Waste

Students were asked to make creative items using waste available at home.

Children were also asked to write a greeting in different regional languages of India.



संगमनी

This activity was organised under in the month of August 2020. Students were asked to send recordings of them singing songs in different regional languages of India. Students participated enthusiastically in the activity and sent melodious videos and audios of them singing Bhajans, patriotic songs, Folk songs, poems etc.

Khana Khazana ~ Culinary Delight

Students from classes VI-VII were asked to prepare a complete meal of any Indian State based on their choice (other than their own Native State). More than 100 students participated in this Event.



Salute the Corona Warriors: Design a Badge



Students designed a badge saluting the Corona Warriors. Students paid their tribute to numerous doctors, nurses, health workers, sanitation workers, police, and essential supplies distributors.



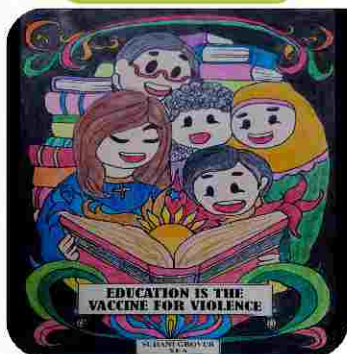
INTERACT CLUB



ANKIT PAL VI A



ATHARVA KESWANI VI E



SUHANI GROVER



DEVAN GI DHAWAN



NIMISHA AGGARWAL



NAITIK GUPTA



Parth Gaba SA

INTERACT CLUB >>>

Lockdown and being confined at home did not dampen the spirit of our Interactors. Members of the club continued their endeavours through the following activities:

Thanksgiving - Greatest Form of Gratitude >>>

In November 2020, Students of classes VI -VIII participated in an array of well-planned activities namely designing Handmade Cards, Earthen Diya's Decor and creating Digital Thanks Giving Cards to express gratitude towards Corona warriors they admire in their neighbourhood, family or friends. The activity not only enriched students to embrace preventive measures but also instilled the value of celebrating green Diwali using handmade earthen Diya's

MAKING DIFFERENCE >>>

In January 2021, our students combined passion for sewing with social work. Student indulged in activities like mask making, making of face shields and by making homemade hand-sanitizer for the community. Students of the middle department have kept the spirit of "giving back to society" alive by coming forward to help those whose means of earning were locked down either temporarily or permanently.

POSTER MAKING COMPETITION >>>

A Poster Making Competition based on the theme 'Education for All' was organised by the Interact Club (Senior Deptt.) in December 2020. A number of students from classes IXth, 10th and XIth participated and expressed their solidarity with the universal relevance of the theme in form of colourful posters.

DEALING WITH THE PANDEMIC >>>

In the months of January and February 2021, members of the Interact Club attended two webinars organised by Rotary Club of Delhi Midtown. The webinars focussed on issues related to repercussions of the pandemic and how to cope with them.



Marketing Ecologique 18.05.2020



Creating advertisement on the 'Green Marketing' Concept.

Caricaturist 25.05.2020



Learning topics through cartoons .

Career Counselling Webinar 22 .06.2020



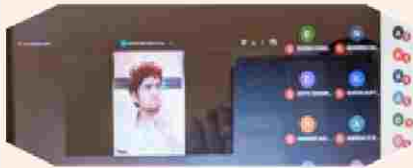
All the Commerce students of class XII participated enthusiastically and gained important insights on how to attempt and prepare for various entrance exams.

Prelude 4.08.2020



Discussing the topic 'Prelude' with help of informative PPTs.

EMINEMENIA : Rap Showdon 10.08.2020



Students composed raps on accountancy concepts.

Accounting Charade 14.08.2020



Students answered crosswords made by there classmates .



ENTREPRENEURIAL PICTONARY 21.08.2020



Students describing the allotted concepts by digitally drawing sequence of pictures.

Tale Tellers 28.08.2020



Presenting case studies about unethical practices followed by companies to increase profit margins.

Quiz Up 20.10.2020

Students identifying popular comapny logos with hints .





ASTRONOMY CLUB



ECONOMICS CLUB

Priority issues identified:

- Land degradation
- Deforestation
- Biodiversity loss
- Air pollution

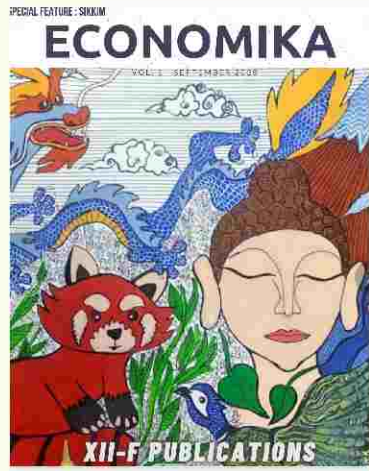
LAND DEGRADATION DEFORESTATION AIR POLLUTION



Crossover- Economics Webinar organised by students

The Creative Economist Theme Depiction Competition

Brand Identification (of logos and mascots) Activity



Money

What? Where? When? Why?

Cattle
Cattle were used as money in ancient times. They were used to trade goods and services.

Conch Shells
Conch shells were used as money in ancient India. They were used to trade goods and services.

Metal Coins
Metal coins were used as money in ancient times. They were used to trade goods and services.

MONEY

Barter System
What: People exchanged services and goods for other services and goods in return.
Where: 6000 BC
When: Invented by Mesopotamians.
Where: Invented by Mesopotamians.

Currency
What: A specific asset in money in use here which is used as a medium of exchange.
Where: 806 AD
When: 806 AD
Where: Invented by Chinese.

Bitcoin
What: Bitcoin is an internet currency.
When: It was invented in 2009 by a Japanese software developer.
Where: It is used in various countries.

Contemporary Issues and Budgetary tools- a study

Ekonomika The Class Magazine

The 'What? Where? When?' of Money



My father deals in custom tailoring and retailing. Few days back, I made a visit to the factory where all the tailors create garments, there I noticed loads of fabric waste. So I asked one of the masterji's that what do they do with all these pieces, they told me that they just dispose it every week as it is of no use and its just waste for them I couldn't stop thinking about reusing the scrap fabrics so I surfed online and came up with many DIY ideas. I just collected all the scrap back home and created some amazing and useful products like face masks, pencil pouches, scrunchies, etc. This process is called recycling of clothes.

Being Sustainable- showcasing practices adopted/observed by students

Kim is not only in my name but it's also an important part of my fame.

I have a higher literacy but you know, I am also part of the world's largest democracy.

With the diverse atmosphere, beautiful mountain peaks, my people love peace indeed.

The people who visit me always remember my folks, the core of my heart is one and only Gangtok.

Sikkim

Here's a Riddle!- framing riddles in Economics



CLASSES 11 & 12

1 NOV

SPONSORING SOCIETY OF SRI RAM COLLEGE OF COMMERCE

NATIONAL ECONOMICS OLYMPIAD 2020

THE EARLY BIRD COVER

AWARDS

CUMULATIVE CASH PRIZES OF UPTO ₹40,000

National Economics Olympiad organised by SRCC, Delhi University

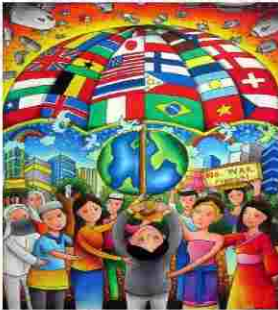
HERITAGE CLUB



The Quest to Explore



Multiple faces of Heritage



Bonded By Diversity

ORATORY CLUB



Kunal Dhawan, a senior mentor of the club took an introductory session with the new members.



Students participated in many competitions virtually.



Poorav Dhingra organized and hosted the session Spin a Tale



Our students participated in debate competition organized by SFHS and Hansraj College. Among 60 plus schools, they stood V.



Our school alumnus, Tanuj Sharma took a session with the members of the club for Asian Parliamentary Debate



TOD FOD JOD CLUB

The Tod Fod Jod Club has conducted an intriguing yet practical activity for Class V. Students of class V were instructed to make a 9 - Piece Picture Puzzle.



HEALTH & WELLNESS CLUB

Determined on the motto "Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness." this club teaches children how to remain healthy and maintain personal and community hygiene



Painting and Letter Competition



"Hidden Chefs in Our self"



Mental Health Week



Painting and Letter Competition



Antibiotic Awareness Campaign

QUIZZING CLUB

1.WEEKLY QUIZ CONDUCTED

The online weekly quiz for classes IX-XII is created and attempted every Friday. Different themes are dealt with, during the course of this quiz.

2. 5th KOREA-INDIA FRIENDSHIP QUIZ

The Final Round of 5th Korea-India Friendship Quiz was held in October 2020. Our school's selected finalist Kunal Dhawan of XII-C won a cash prize of Rs 2000.

3.BHARAT KO JANO

The quiz, "Bharat ko Jano 2020" was conducted online on 6 December 2020 at State Level. In the Senior Category, Sanvi Jain (IX-F) stood First while Manya Soin (IX-G) bagged the Second Position. As for the Junior Category, Arshia of VII-D stood Second.

3.MINDWARS OLYMPIAD

Zee Entertainment Enterprises Limited conducts Mind Wars Olympiad every year. The year 2020 version of this Olympiad was an online General Knowledge programme. A total of 418 students across classes IV-XII registered for the content access.

Environment Club



Campaigns

- Organised an Anti-Cracker Campaign For A Greener And Healthier Diwali This Year
- Planation Drive - "Plant a Life" organised to promote awareness about economically important native plants
- AWARENESS CAMPAIGN organised TO PREVENT AND CONTROL VECTOR BORNE DISEASES



Competitions

- The club organised a fun-filled Meme-Making Competition "How You Memin" based on the theme- Cracker-free Diwali.
- An online painting competition and an essay writing competition organised on the theme of "GANDGI MUKT MERA GAON"
- Organised poster making competition on topics -Air Pollution and 'Ganga Bachao 'to spread the message of sustainable growth



Accolades and Awards

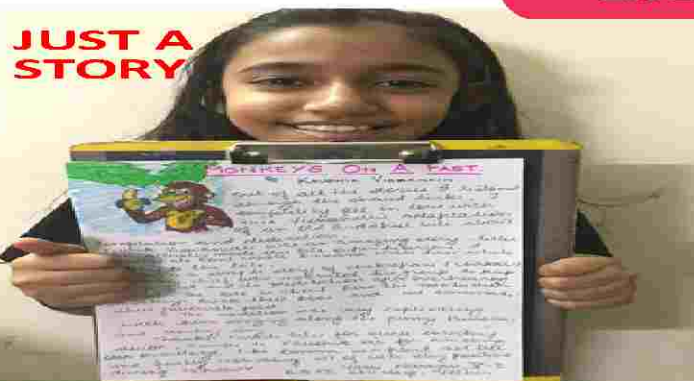
- Students from our school participated in the Terre Green Olympiad , an initiative of Terre Policy Centre. 11 students made to top 100 in their respective categories . School was also awarded Certificate for Excellence for "Maximum Participation Consolation Award"
- TERI introduced Google Earth Sustainability Program for Teachers –an online tech-educational program. Ms Pooja Seth (PGT Chemistry) is shortlisted amongst 50 teachers, selected from all over India, to be a part of this program.



- Ozone Quiz was organized by Vijnana Bharati, Vigyan Prasar and NCERT. 29 students from our school featured in the top 10 % out of 10490 participants pan India .

LITERARY CLUB

JUST A STORY



TELL A STORY

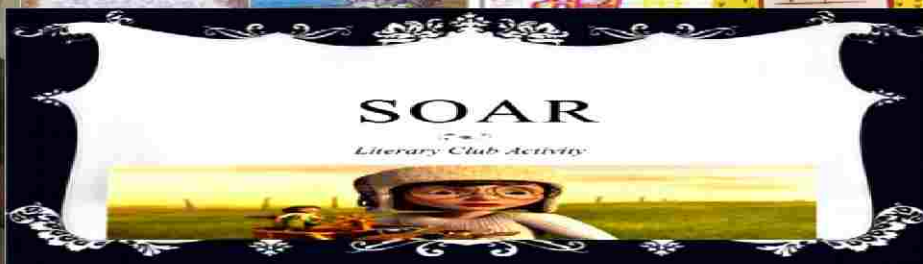


THE JUNGLE BOOK

BOOK MARK MAKING



PREMCHAND AND JAYANTI



COMIC STRIP MAKING



WHY SHOULD IT BE YOUR NEXT PICK!!

- For someone interested in Indian mythology, this might be a very good and informative book.
- Devdutt Pattanaik is a prolific writer in Indian mythology who has received many accolades and awards.
- The book has also received good reviews on Goodreads (World's largest community of book lovers) and Flipkart.
- The book might also hook on to readers who are completely oblivious of the great mythology and culture of India!
- It is also treasure of several values.

PRESENT YOUR BOOK

AUTHOR- DEVDUTT PATTANAİK



- Devdutt Pattanaik is an Indian mythologist, speaker, illustrator and author, known for his prolific writing on sacred lore, legends, folklore, fables and parables, and for challenging what he perceives as limited interpretations of ancient Indian scriptures, stories, symbols and rituals.
- His work focuses largely on the areas of myth, religion, mythology, and management. He has incorporated 'Vedic' knowledge into business resource management. He has written books on the relevance of sacred stories, symbols and rituals in modern times.
- His more popular books include *Agnya - A Story: A Handbook of Hindu Mythology*; *Jaya: An Illustrated Reading of the Mahabharata*; and *Sita: An Illustrated Reading of the Ramayana*.

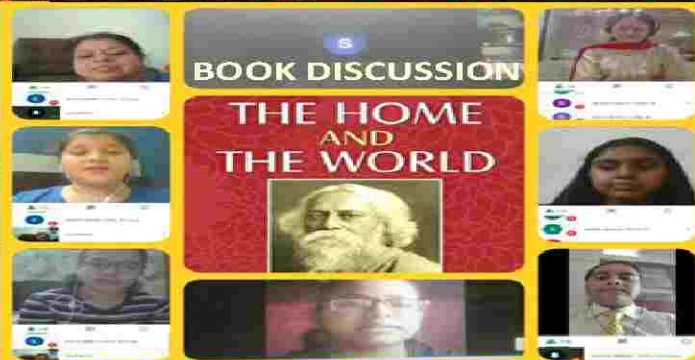
BIRTHDAY CELEBRATION FOR RUSKIN BOND



No life is more, or less, important or interesting than another - much of it, after all, is lived inside our heads.

BOOK DISCUSSION

THE HOME AND THE WORLD



SAFETY CLUB

Class VI: Collage making on the theme: "Safety at home during lockdown".



Anjani Sahni VI-G

Muzammil Hassan VI-F

Class VII: Power Point Presentation on the theme: Eat Healthy be Hygienic.



Ishika Jain VII-E

Class VI: Book Mark Designing on the theme "Road Safety"



Chintan Ahuja VI-E

Riddhi Thakur VI-A

Class VIII: Newsletter Designing on the theme: Road Safety Post Lockdown.



Saisha Narang VIII-D

Bharvi Nayak Kalita VIII-B

Class VII: Folder Designing on the theme "Road Safety"



Tanush Aggarwal VII-E

Sargunpreet Kaur VII-G

Class VI: Designing of Poster/Flyer/Greeting Card/Writing self-composed poem on the theme "Red Light on, Gaadi off"



Tashvi Malhotra VI-E

Ridhima VI-E

Class VIII: Graffiti Designing on the theme "Red Light on, Gaadi off"



Saisha Narang VIII-C

Naman Jain VIII-C

Class VII: Designing a Christmas Card with a pledge on the theme "Underage Driving"



Tanush Aggarwal VII-E



Jaya Gupta VI-A

Road Safety Month Celebration: Sadak Surakshajeevan Raksha Comic Strip



AtharvKeshvani VI-E

Anhad Singh Sethi VI-F

Slogan Writing



Nidhyana Sethi VI-D

Kishika Choudhary VII-F

Rishabh S. Tharal VI-G

Yug Sukhija VI-A

Poster Designing



Ankit Pal VI-A



Iha Ahuja VI-D

NATURE IS RECLAIMING HER SPACE



Amaira Sharma PP G



Anisha Goel PS B



Asmi Sharma PS I



Dhary Lamba PS E



Divit Jain PS E



Gurkirat Kaur PS H



Halina Haris Qureshi PP I



Harnoor Kaur PP J



Harroop Manchanda PS B

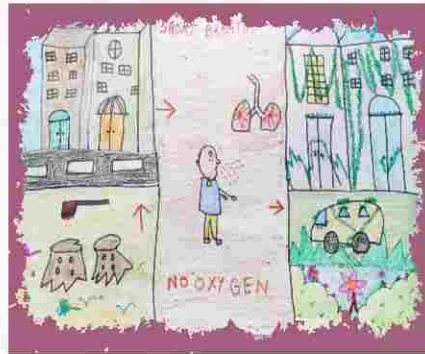


Jency Chhual Singh PP H

NATURE IS RECLAIMING HER SPACE



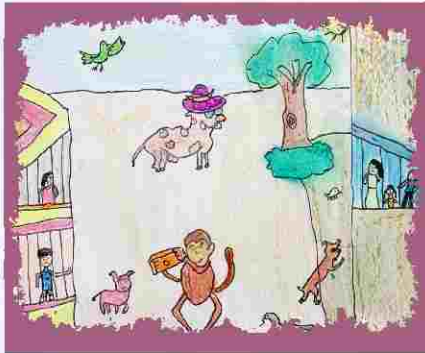
Mir Ishaan Iquebal PP F



Moulik Sarin PP B



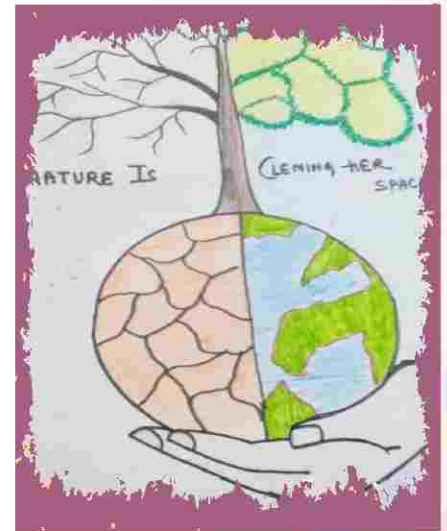
Nairiti PP D



Nirvaan Jain PP G



Samaira Bhatia PP-B



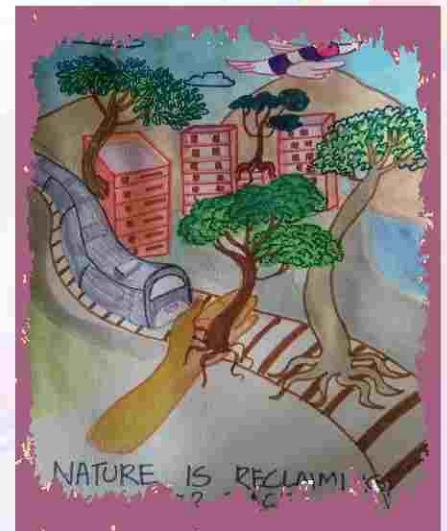
Princy PP J



Asmi Sharma PS I



Virrat Walia PP D

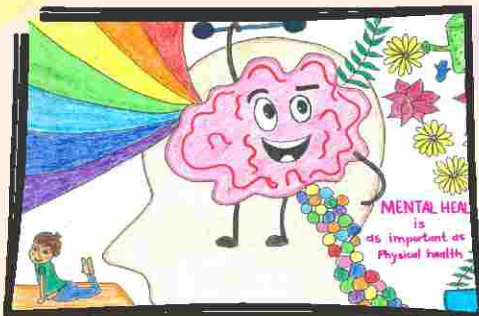


Priyam Maity PS D



Vrinda Gogia PS A

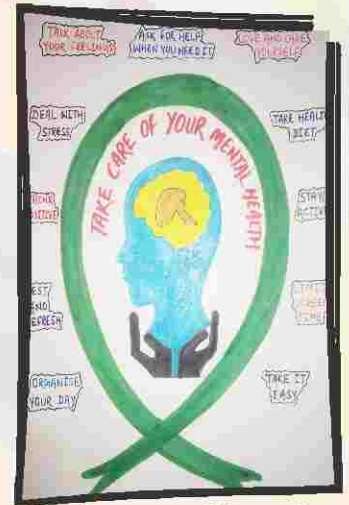
Mental Health- Our Priority



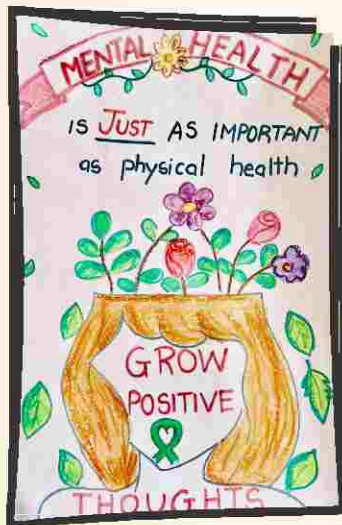
Aaryav Bharara
PP F



Kohana Bajaj
PP G



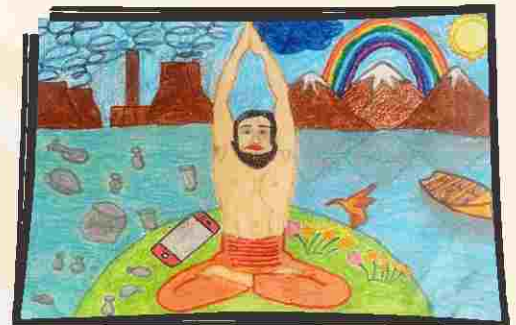
Adamyia Nayak
PP G



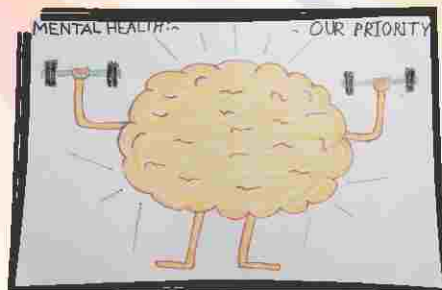
Ayansh Goel
PP I



Krishna Katyal
PS G



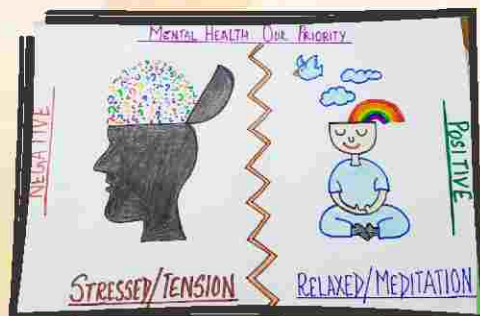
Nishika Gupta
PP D



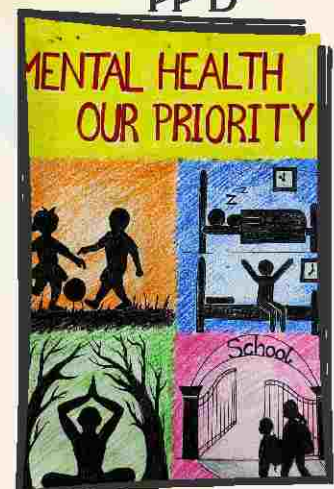
Nishika Gupta
PP D



Kridha Kapoor
PS B



Samarth Anand
PS I

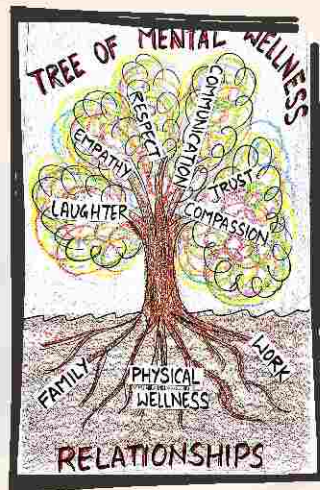


Purav Gupta
PS B

Mental Health- Our Priority



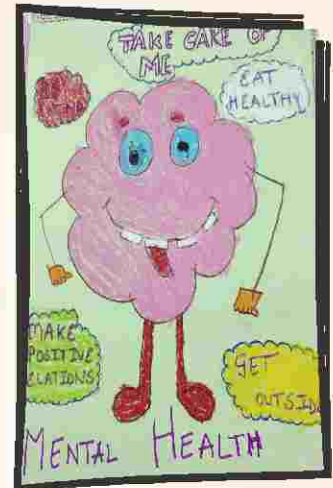
Raghav Vedant Dudani
PP I



Saanvi
PS H



Saatvik Talwar
PP J



Sanah Bhatia
PS A



Samaira Ahuja
PP F



Siyona Marwah
PP B



Yajas Khandelwal
PP G



Taraksh Kapoor
PP G



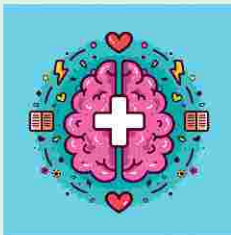
Viraj Singh
PS G



Yashraj Rana
PP G

A Mental Health Perspective

Mental Health, as we know, is not merely the absence of mental disorders. It is a state of complete well-being in which we are capable of meeting our potential, able to cope with stresses of day to day life, work productively and are able to make a contribution to our community.



Covid Pandemic has certainly changed the way we are currently perceiving our lives and relationships today as compared to the Pre-Corona phase. With more than 9.2 million cases in our country and 59.3 million across the world, all of us are witnessing the impact of the pandemic in various aspects of our lives. As students of the senior-most class of the school we are undertaking all our academic classes online, are restricted to remain primarily within the confines of our homes, and we have more time to spend alone with ourselves than ever before. We are constantly undergoing a process of self-exploration and self-discovery

I feel that in order to effectively deal with the pandemic, we need to constantly work on our coping strategies. The Covid 19 Pandemic has given all of us an opportunity to pause and reflect on our lives, our priorities and our true calling. While we do focus on our own mental health, this is also the time to invest in Psychological Self Care

1. *Emotional Agility*

Emotional agility means to live in the moment, a concept given by Dr Susan David. This implies being mindful of our thoughts and feelings, and acknowledging them in a positive manner. Simply put, it means being in the moment with our heart, mind and soul. We all need to embrace Emotional agility and also be mindful to experience our emotions-positive (happiness, pleasure, joy) as well as negative (pain, grief, loss, anger, helplessness, regret). This helps us to develop emotional resilience and be in complete harmony with our own selves.

2. *Building Self Awareness*

Emotional agility brings us to the another very important concept, that is, Self-Awareness. Corona Pandemic has provided an opportunity to rethink who we are and discover ourselves. We can do so by having a purpose for each day, that is, allocating some time daily to think of our purpose in lives, and reflect on what we really want to do with our lives. We need to be in touch with ourselves and our emotions. We can spend at least 30 minutes a day to reflect viz. what makes me happy or sad at this time? What have I learnt about myself during this period? What is working well? What do I miss about Pre Covid 19 life? What will I miss about this phase when normal life resumes?

3. Gratitude Journal

Despite all the gloom around us and the harrowing news about the Corona virus related statistics, I do feel that we must count our blessings and Express Gratitude. We are indeed very fortunate and privileged to talk about mental health and even thinking about strengthening it. There are millions of people who do not have two square meals a day, have lost their jobs due to Covid or even lost their loved ones. I do strongly feel that even in darkness, there is light and we need to find it. Now more than ever before, it's important to practice gratitude and remind ourselves there are many ways in which we are fortunate. One of the ways to do so is to start writing a Gratitude Journal and mention three things that we are grateful for every day

4. Physical exercise

The Corona Pandemic has significantly disturbed the daily schedule of many families. Many of us are awake till unearthly hours in the morning leading to exhaustion during the online classes. It is very important to have a consistent schedule every day, waking up and sleeping at the same time and to have a pro per routine. As a part of the daily routine, we must engage in at least twenty minutes of exercise. Research has proved that even few minutes of exercise can produce 'happy hormones' in our body.

During the Covid-19 times when stress levels are enormously high, endorphins released via physical exercise can really do wonders and make us feel happy and energetic.

5. Self compassion

Many of us are magnifying our problems and minimising our strengths to cope. Our thinking has become catastrophic as we tend to think about the worst possible outcomes. e.g. getting a low academic score in final exams and the consequent feelings of failure... and so on. I feel that this is not the time to be engaging in self-criticism, rather it is a time to practice self-love. We must be kind and compassionate to ourselves just like we would be towards a friend. We need to start treating ourselves the way we desire to be treated by others. Currently, when the entire world is reeling under the crisis, we cannot expect too much from ourselves or have unrealistic expectations. We must not judge our self too harshly when things go wrong, and need to accept the fact that 'We are only human, and are not perfect beings.'

6. Investing in familial relationships

While this is the time to respect everyone's breathing space and setting boundaries, this is also the time to share responsibilities at home and helping our family especially the elderly. By doing so, we nurture our bonds with family which can help in promoting mutual well-being and an environment where family members try to understand each other. Having some special days earmarked as Family brunch day, Rooftop picnics without gadgets can help in bringing togetherness and give the feeling of well-being.

To conclude, I think that as students, we are indeed witnessing once in a lifetime event. We can take this as a God sent opportunity for improving ourselves and developing our emotional resilience. **The events that are happening around us are not in our control, but the way we choose to respond to those events is what we have complete control of.** That is where the real power lies...



Tanish Anand
XII H

ANXIETY IS GOOD?

Anxiety is a category of mental health that leads to excessive nervousness, fear, apprehension, and worry. Many individuals with anxiety describe it as a feeling of nervousness and dread that can be distracting at best and all-consuming at worst. Anxiety is typically experienced on many levels, affecting one's emotions, leading to uncomfortable physical sensations, and contributing to negative thoughts. You might be thinking how can anxiety be good? Let me put a positive perspective of anxiety in front of you. Even though it may seem useless at times, there is a purpose for anxiety. These feelings and symptoms are a part of our innate way of dealing with stress. Anxiety is meant to protect us from danger and allow us to react faster to emergencies. It acts as a warning sign that you need to bring certain changes in your life. So, anxiety exhausts your mind by continuously bothering you and so you get a hint that this area of your life might require improvement. Researchers have found that people with anxiety are actually better at responding to threat than people without anxiety, since their brains process threat more efficiently. This has positive effects. As one study showed, people who have anxiety actually do avoid fatal accidents more than people without anxiety. It also leads to self-growth. So, let us see an example if we expect a date or a specific time to go badly, we may avoid going out on that date. Or, if we expect a job interview to turn out negatively, we may seek out a job that is less challenging or easier to get. These choices may interfere with our ability to build a meaningful and positive life for ourselves. It is easier to imagine yourself in another person's shoes. You are able to understand the person suffering from anxiety. Well, you imagine what could possibly go wrong in a situation, or what if something unpredictable happens and so this helps you with your skills. These are some positive aspects of anxiety.

Dhriti Gupta
X C

NATURE FINALLY IN ITS FULL SWING

The grass grows green,
In every city square.
Whilst birds and insects,
Throng the cleaner air.
How soon the tide of nature has recovered!
The forest renewed that we once burned.
There's a drop in air pollution,
Stress, anxiety, depression;
I am on a pedestal.
Oh feel really helpless!
Anxiety provoking information-
Leads to path of desperation.
Sea turtles spotted at the shore,
Waters in Venice canals- we all adore.
Perhaps in all this crisis and all this pain;
The reassessment of our loss and gain,
Nature rebukes our brief authority; Yet
offers us a chance to start once
again. Our mental health is prime
concern, Don't let your inner self
burn,
Take it as a nature's warn!
You have the potent to turn,
The neap of the future-Unborn!!



Prisha Maurya

9 A

BEAUTY OF SOUNDS

Ask the myriad hues of black,
From those who cannot see.
What they long and what they lack;
We both can dream but never foresee
Treat us alike if you agree.

Picturesque and misty mountains;
Upon Mr. Eagle's hill.
Heath covered rocky terrains-
Flocking birds rounding John's mill.
Golden River races to a town,
Showers of sun embark deep and down,
O Lord! You made these gifted scenes for all-
But you snatched this freedom from me;
Why?

Buzzing birds chirp and eagle's scream,
Ripples and burbles of an untamed stream;
A quaint leaf's gentle rustle-
When Ageronia made a hyper flutter,
And loving, raindrops pitter and patter,
After this view does vision really matter?
Only to those who can't understand,
Beauty is in hearing, not staring at the band!!

Prisha Maurya

9 A

PRIVATIZATION OF RESOURCES AND SERVICES

From past few years, developing countries have started to privatize resources and services to make them more efficient in use and to develop the economy of their country. Privatization means to sell out a piece of property or resource to a private sector. The leading business firms and companies enroll in these activities to expand their supremacy. Privatized assets are generally more efficient and productive. They provide citizens higher quality goods and services. More importantly, they help in increase of more economic activities because of more investment. Privatization, is not only good for the economy of a country but it also helps in the development of the infrastructure and helps citizens in terms of financial growth. Privatization gives money to state or local government which they can use for welfare of their area. Countries often use the process of privatization to improve their transportation and employment. As the trade increases public gets indirect benefits from it. Countries such as Czechoslovakia, Hungary, Poland are committed to privatization and are in the process of working out the legal details. However, privatization has some draw backs also. As the quality of services rise, their prices are also increased and sometimes people are not able to pay for them. This means that high living prices is a concern related to privatization. When a private sector owns a service, they might evade the costumers to earn more profit. Privatization is a method of mobilizing people of the country to get best out of them.

Devansh Khullar
IX A



NATURE IS RECLAIMING HER SPACE

Most recently, the world has witnessed very fast spread of a deadly virus -nCOVID-19. Soon declared a pandemic due to its vast spread across the globe in a very short period, it forced the Governments of many countries around the world to resort to comprehensive lockdown as a measure to contain its spread

Human activities of all kinds-trade commerce, manufacturing and travel came to a standstill. Only agriculture and health services were open and the only transportation allowed was that of food and hospital supplies Although, it all caused massive inconvenience, grievances and even misery to people in the form of losing jobs and shelter; the environment, in general showed very positive signs in the form of reduced Air Pollution,

Cleaner Waters and Reduced Greenhouse Emissions. During lockdown, emission of Greenhouse Gases which are released as result of burning of fossil fuel was also drastically reduced. The satellite showed a drop in polluting gases like nitrogen dioxide, which is generated by power plants, car engines, and other industrial processes. The waters were cleaner due to less tourist activities.

Humans beings impact the physical environment in many ways - overpopulation, pollution, burning fossil fuels and deforestation are some of the major menaces that have spelled havoc on our own surroundings. They have triggered climate change, soil erosion, poor air quality and undrinkable water due to ground water contamination. When the massive number of tourist visit the beaches, they pollute the seawater by spreading garbage, swimming, and motorboats.

The world certainly became a quieter place with cleaner air in the days of the lockdown due to the COVID-19 pandemic. Naturalists reported wildlife sightings in their backyards. Twitter, Facebook and Instagram videos were showing exciting scenes of wild animals walking down urban streets. Newspapers reported that the air is so clean you can see the snow-capped Himalayas from Jalandhar, hundreds of kilometres away — something not seen in decades.

Here, a fraction of thinkers and reporters, started claiming that the earth is healing and animals 'reclaiming the planet', and as the nature has 'triumphed' over the massive destruction caused to it by the human civilization over the decades

Is it really True? The answer is yes and no!

While some of the stories were indeed true that some animals were beginning to explore the now-quiet streets. Coyotes and foxes were being spotted across American cities; deer explored subway stations in Japan, a nilgai was spotted in Noida, a rhinoceros in Sonapur and peacocks on the streets of Coimbatore

However, the saddest part of it all is the realization that any breather the world may be getting now is only temporary, a brief reprieve. Our reckless tendency to over-consume has unmistakably been the cause for the swift global spread of the virus from Wuhan to the farthest and most distant corners of the world. Greenhouse gas emissions are down, but the excessive volumes of CO2 that we have pumped into the air for decades will not disappear in a few days or weeks or even months of lockdown.

There is an ever-expanding spiral of environmental degradation that we have brought upon ourselves. This short respite only serves to show us how poorly we have lived our lives so far,

and to give a brief taste of how it could have been had we lived life differently. Counting on stopping human activities for reduced pollution and quieter environment is not the permanent solution, we need to evolve and follow a path of sustainable development.

Its time we become selfish enough to care for nature rather than exploiting it for temporary gains in the larger benefit of Human Civilization!



Soumya Narayan
X E

MATHEMATICS

Mathematics is full of fun
 With so much to learn
 Profits are added
 While losses are subtracted
 Degrees are multiplied
 And percentage is divided
 Geometry is full of mystery
 Algebra has a big history
 Integers as different as brothers
 Lines are parallel
 Angles are similar
 Maths is necessary in life
 Without it, it is difficult to survive



Zaid Khalid
IX A

WONDER OF NATURE

Nature! Nature! So lush and green,
 The wonder of wonders anyone has seen.
 So cool, calm and full of life
 Makes us forget all our strife.
 Think of a forest full of trees,
 Fluttering and dancing in the breeze.
 Cut them down and construct towers,
 Wait for ages to get a shower.
 The birds that soar high in the sky,
 Can we imitate them however hard we try.
 Learn to wonder and gape at things, And see
 the happiness it brings. We have got such
 wonderful things, Do what you can and save a
 wing. So that children in future Can see the .
 things we have nurtured

MY FAVOURITE ACTOR

My favourite actor is Christopher Hemsworth. My favourite movie is Marvel's Avengers: Infinity War in which he played the role of Thor. In the run-up to the April release Avengers Endgame, a typical morning for the actor



who plays Thor includes dropping the kids off at school and then cleaning up the chaos of toys and other debris they have left in their wake. "It's pretty exhausting," says Chris Hemsworth. He laughs over the irony that the man who plays one of Marvel's fittest, most muscular superheroes could get laid low by such mundane concerns. "My knees and back get the most grief picking up their endless trail of bits and pieces they leave around the house," he says. By the end of March, he had been off the set for about a month, following a long and grueling schedule of filming. In addition to Endgame, he also had filmed Men in Black: International, the reboot of the MIB franchise that Hemsworth co-helms with Tessa Thompson, his co-star from Thor: Ragnarok. "I did an 8-month run of work, and it was too much trying to juggle work and family," says Hemsworth. "I just felt like I was not doing either as well as I could have been." Every time he returns to his family's home in Byron Bay, on the southeast coast of Australia, it takes days, sometimes weeks to switch out of work mode. But he eventually slows down and re-domesticates himself. "My wife's a great reminder, telling me, 'You can stop now,'" he says of the actress Elsa Pataky. The two married in 2010. At home, he limits his screen time to certain portions of the day and spends lots of time outdoors with his kids, often with his 6-year-old twin sons on skateboards or his 8 years daughter on horseback. That's when they're not all in the ocean together. Not only Chris Hemsworth but I love every marvel star

Zaid Khalid
IX A

STEER
LIFE AMIDST THE PANDEMIC

What's the date?
Even I don't know,
Tell the season-
Is it flames or snow?
You may know the day;
Or time? It's flying away.
The sky of my room,
Gives me doom & gloom.
I enjoyed the sunshine on me:-
While treading back & forth on memories,
Are these sunshine and rainbows?
My smile has now blown.

Though:-
While standing in my balcony-
Under the ebony canopy,
I feel so heavenly!
In gallery of beauty.
Is this monotony
Or harmony, on the contrary?
Let it wear and tear;
Sometimes the brakes,
Through emotions fake.
In the meadows dark-
Where no stars are there to give a spark.

Oh let me steer;
Amidst the hideous air,
Contentment and fear-
Don't dwell in pair.
It's my life,
Let me steer.

No room for loneliness-
So plan your week,
Dismiss your helplessness;
Let me steer.
Exercise to shape your physique.
Limit the time you watch the news:-
Leave no room for new issues.
Be kind to your mind,
You are not alone coping-
It's the whole mankind.
It's your life!
And you should steer.



Prisha Maurya
IX A

JUST WAIT FOR THE SUN

When everything's darkness
And you feel so alone,
When the rain doesn't stop
And you can't make it home,
When it feels all is lost
And you just want to run,
It can't rain forever.
Just wait for the sun.

When family is pain,
When friends can't be found,
When you just want to scream
But you can't find the sound,
When it's all your fault,
And you feel like you're done,
Just wait for the sun.
The sunshine will come.

The storm always passes.
It won't last forever.
The rain always stops and gives way to good
weather.
The brightest and warmest of days still to
come.
Please wait for the sun.
The sunshine will come.

People who need you,
People who still love you
Can warm up your soul like the sunshine
above you.
You're never alone,
No matter what's done.
Wait for the sun.
Just wait for the sun.

Dark clouds always pass.
I promise you, hun.
We're all waiting with you.
Just wait for the sun.

Devangi Dhawan
IX A



THE LAST TWO MONTHS HAVE MADE ME A CHANGED HUMAN BEING

*"When things go wrong as they sometimes will,
When the road you are trudging seems all up hill,
When care is pressing you down a bit,
Rest if you must, but don't you quit."*

Lockdown has given me the chance to do interesting things, think out new initiatives, do some introspection to reset the general sense of direction and purpose that I need to adopt in my life. I am trying to learn new skills and gain knowledge to create rather than consume. It is the most valuable phase of my life when I have decided to take all the obstacles head on and try to overcome the varied emotions of desperation and frustration being experienced by me. I have begun afresh to allow the flow of constructive ideas to get over the sense of acute loneliness (as I am missing my friends, relatives, near and dear ones badly) and boredom.

I have taken concrete steps to effectively learn time management mantras. We live in the Google Meet and Zoom era now, with live streaming of school lessons giving an opportunity to explore every subject, without any time constraint. I am also learning to rediscover the value of collective good and to change my personal behaviour. I have started taking on my share of household chores, like taking out my pet for a walk, cleaning up my room and putting things in their right place to have a sense of order and discipline and finally helping my mom in small odd jobs in the kitchen. For the first time in my life, I have felt a sense of belongingness and ownership which has propelled my self-esteem and confidence thus helping me become a valuable asset for my family. I also got a chance to spend quality family time and play good old forgotten games like scrabble, word jumbles and Ludo

During my summer vacation, my school had organised a Virtual Summer Camp for all of us in which we could choose a hobby of our own choice, so I chose Arts and it gave me a chance to explore new art styles like Mandala art, finger painting, spray painting, Papier-mâché and many more which gave me immense happiness.

During these pandemic times, with normal life thrown out of gear and an all-encompassing sense of helplessness, gloom and doom, it suddenly struck me that this is the most opportune time to reboot life and find out a new meaning. I learnt to pay more attention to my personal health and hygiene. I start my day by doing yoga and meditation to get mental peace and enhance my immunity. This period is enriching my learning curve by helping me stay updated on world news, thinking critically about information and pondering on essential questions. These times have allowed me to indulge in my favourite pastime of reading books and watching some wonderful movies and documentaries. I have started enjoying the multitude of sounds abundant in nature (as the human noise pollution is at its lowest levels in decades) and the splendour of its beauty and vibrant colours. I have also realised the need to appreciate the Corona warriors: the doctors, nurses, ward boys, police and defence personnel, vegetable and fruit sellers, local grocery store owners, sweepers and several other essential services providers – all of whom are working tirelessly, with unflinching dedication, to the extent of risking their own lives and fighting on the front line during this pandemic crisis, so that we all can remain safe at home. This inspired me to do my bit and share the social responsibility in whatever way I can.

We are living in times where we need to both "preserve" and "conserve". I have decided to reduce wasting the precious resources like water, electricity, food and paper etc. to whatever extent possible. Perhaps, it's time for all of us to review the same. I am thoroughly enjoying the clean Delhi air, crystal clear blue skies, the chirping of birds and the incessant chatter of squirrels. Lesser traffic on the roads and reduced noise and air pollution are a very welcome surprise

(at the same time, there's a worrisome thought – all this for how long). Since the lockdown happened, I have observed several positive changes in my mind set, my attitude towards people around me and towards daily life situations in general. There's more flexibility, calmness and self-control in my responses (replacing the earlier rigid behaviors resulting in angry outbursts at the slightest provocations). Each day is a new discovery, a journey to learn something new about myself and unlearn the undesirable facets of my persona.

I am working strictly according to the timetable made by my teachers. They are taking live classes on a regular basis and I have disciplined myself not to miss out on any one of them and do the follow up work in the form of assignments on daily basis. The school is also trying to involve us in various competitions like essay writing, painting competitions, poetry recitation, debating contests and several other activities to hone our creative and aesthetic skills.

I also received a chance to explore the space through astronomy club activities by observing many celestial bodies through my personal telescope (one of my most prized possessions) in the most recent planet parade, the lunar eclipse, the solar eclipse and more such events.

During the home stay, I have developed a new understanding of the history of the magnificent ancient Indian mythology, heritage and culture by watching programmes like Mahabharata, Ramayana and others, which tell us how to live life differently and face ordeals and hindrances boldly and bravely.

The lockdown is giving me many invaluable lessons about life. I have learnt to handle difficulties with a positive approach (which was earlier completely non-existent), and I hope these lessons remain with me throughout my life. There is an end to every nightmare, and this one too shall end someday, hopefully soon



Devangi Dhawan
IX A

NATURE IS RECLAIMING ITS SPACE

Oh! Regard the earth is made,
Nature augmented some more weight,
From a bacterium to dinosaurs,
Unknowingly they made some chaos,
An act of nature that is meteors,
Came up and crushed it all.

Five Ice Ages or three Stone Age
Is almost the time, the earth took to recreate.

And now too, we added more woes to this case,
We are slaughtering our own living base.
We are whacking the trees, spreading pollution,
And the cherry on the top is increasing
population.

We should mind what we are blaming,
We should realize why the nature is reclaiming.
It is trying to maintain its pace,
And is getting over to everyone's ace.
Some are overcoming while some are not
Some are afraid while some actually fought.
Now, we have just got a glimpse of what can be
done,
And its most ferocious side might make you
stun.

So, stop competing with nature, for God's sake,
Otherwise, you don't know, how or whence it
makes you stand on your stake.
And I betcha you won't be able to face that
phase.
Hence, we should not snatch more than we are
given,
We should not be so greedy that even our most
mortal sins are not forgiven.
And its most ferocious side might make you
stunned.



Adyaa Khara
IX F

POEM ON MENTAL HEALTH

You are the author of your life
Nobody else can seek your mind
If you think that this is enough for you
Don't put a full stop there
Instead find the true meaning of your life

Giving up is too easy
But you should choose a path which is hard
Don't just lose hope and give up
Don't stop if you find darkness
Get up and fight until you see the light

If you would give up
then the rest of your life you would just keep
thinking
Why? why did I give up all my hope
Instead I could have handled that situation on
my own

When you could have given yourself happiness
You gave yourself sorrow
All it takes is a little hard work
And that can change your perspective of life in a
matter of an hour

Shradha Bhatia
IX D



QUARANTINE DAYS

Quarantine days, Quarantine days,
The whole world is isolated in this corona Phase .
Everything is in lockdown mode
But, I'm still Enjoying in this confined cage .

The fire ball and the natural flashlight give a
cordial salutation
The motionless starts amuse at the quiet lanes
with confused emotion
The days are alright with the sharp sunlight,
and the bats take a lonely fight in the dark night.

Best place I found on the Terrace of my house,
Where I play, sing, dance and wonder,
about the astonishing wild blue yonder.
spend the hours staring at the intimate sky,
which ultimately end up making me shy

Saw the tree crying on death of veteran leaves,
and celebrated on birth of little ones, my evening
star believes
The vault of heaven changes it's colours like a
chameleon,
In the dark night, the full moon shines bright as
neon.

The crickets sing and the diamonds in the sky
blink,
The furious eagle flies higher and higher,
Hoping to reach the infinity of elated celestial
sphere.
Nature's natural healing, of her wounds
Is truly an amazing feeling.
There's no pollution, no noise, not a person
outing



Aditi Mehta
X A



SHATTERED

Shattered
Is my hope for help
In my proud shell
Should I tell?
Trapped

Inside the body I can't love
Inside the mind I can't trust
Will I ever be enough?

Choked
By the black fog in my head
By the words they said
Should I be dead?

Scared
Of the bottom as I sink
Of the dark as I shrink
But what will they think?

Vanshika Jain
X A

CARPE DIEM

Sometimes life turns to have darkness smudged over it, and at those times we need to find happiness. It isn't hidden in nooks and crannies. It can be very simple.

Emotions are a funny thing, aren't they? Sometimes they take you back with a full blow, sitting in an empty room, only to be engulfed by a lurking loneliness around you. And sometimes they leave you adrift, especially when you need them the most.

Fear of what is yet to come or the familiarity of what has gone by, keeps us hanging by a thread. We are too busy mourning the sunset, and so eager to look forward to a new sunrise, that we forget to enjoy either of the two. Maybe life's meant to be taken slowly, but all we do is rush, missing both the sunsets and sunrises, trying to seize what is left of the day, Maybe new beginnings aren't that scary or going back to old memories is not always sad. Maybe all we got to do is breathe and enjoy the beginnings and cherish the ends

Maybe a stranger's genuine smile or the sparkle in his eyes can turn your day around. Freshly changed sheets or the smell of the new lavender soap you used today You may find comfort lying on your grandmother's lap listening to a random story she crafted which is boring yet it makes you feel warm It can be rain, the feeling that someone is crying with you, the comfort of knowing that you aren't alone, the petrichor or even the bewilderment it causes inside you as the wind rustles and the yellow leaves fall from the tree.

//A night is not a night until there is a morning to disappear and a morning to come//

Khushi Malik (XI B)
Dhruv Arneja (XI C)

MEMORIES

When I was younger, my mom used to tell me that the people who die turn into stars.

Today, I am looking at the sky and wondering which one you are.

There are just too many, I can't fathom.

Just let me know, I'll hop to the sky and bring you back

I want you back here with me

To wrap your arms around me, no one has ever been able to provide me with that warmth

I want your voice to put me back to sleep and I want to need on your lap with your hand patting lie my

I want to taste the love you cook one last time, to mock you when you deliberately lose a game of cards, I want to hear you hum that song I never would know which cause I was lost in the voice

I want you to dress me up for one last time and tell me that I look beautiful the way I am, and probably after all these years I would agree to what you say, if I could live it all one more time, I would want to spend a little more time with you, hold your hand a little while longer, I would have tried to get you in pages as memories. I wear the sweater you knitted for me the last winter, I pull it closer to me, breathe and take it all in but it isn't the same as your affectionate arms. It's just that we take things for granted when we have them, and as they fade away, we end up filled with regrets, of how could we have been better, spend time happily, but it's all in vain, cause everything is gone forever, all you're left with are memories

I went to sleep holding your hand, not knowing that the next morning one would be asleep and one dead.



Even if you don't wanna tell me about your stars, I'll just take the entire night sky down for you.

Khushi Malik
XI B

CORONA – SURVIVING & CONQUERING

"You have to fight through some bad days to get the best days of your life."

The day of deliverance has come. Finally, I will be discharged today, from the boundaries of this hospital, where I have spent over a fortnight in captivity. Yes, Captivity indeed! But it had its own importance, it was an essential captivity against an unknown, unforeseen enemy who invaded me, my body's defences, and threatened to overpower me.



"If you know the enemy and your strengths yourself, you do not need to fear the outcome." But here the enemy was neither known nor was a perfect cure.

However, the four walls of the hospital and the mammoth army of doctors, nurses, paramedics and the ancillary staff fought like true Corona warriors, and despite several sensitive moments ensured that Corona left my body sooner than later, and ensured that I leave the hospital premises hale and hearty.

My encounter with Corona began 3 weeks ago when I developed unrelenting fever and came to the hospital since the temperature would not budge even with paracetamol and other medicines. The doctors tested me for Corona since they found I had lost my sense of smell, and lo and behold, I was positive. I was admitted, while the District authorities put up posters outside my residence quarantining everyone at home, strictly advising not to move out of house.

It was a traumatic experience, I was isolated in the hospital in a single room, and could not meet my loved ones, while my family was at home, seemingly put under house arrest. No relative would come to meet, for obvious reasons, and the resident welfare society members were all busy blocking the thoroughfare in front of my house. It was worse than untouchability, and I was helpless, isolated alone in hospital.

The only link to my relatives and the news was the cellular phone I had. I was further investigated for blood tests and a chest X-ray which showed I had pneumonia. Before the high-grade continuous fever could relent, I started to have intractable cough. In a couple of days, I had to be put on oxygen, and then on a machine to aid my respiration, which I could remove only when I had to eat. I was totally breathless, and there was no family member near me.

Only the hospital staff were my visitors. I could not even talk to my family to discuss their condition, because I would get breathless in a matter of few minutes. But the 10th day onwards, I started feeling better, things settled down a bit, and I was only on oxygen, the machine (BIPAP) was kept by my bedside, and I dreaded one thought that the machine may be put back on me. But by God's grace in another couple of days even the oxygen face mask was off, and I could breathe in fresh air, and my sense of smell also. Doctors told me that I could go home in another 3-4 days, and yes, today is the D-day (my deliverance day) from my isolation room in the hospital, which seemed to me the cellular jail of Port Blair. No shackles on me, but the drip, oxygen and the machines were my shackles. I could not move out as I was isolated, and though I was not tortured, but I was in pain, agony, and the psychological stress of whether or not I will make it back to my place. I thank the Almighty for and all care givers that I am walking out of the hospital today, going back to my home sweet home!

However, I know that, in a way, my agony is not yet over. I know that the most common reaction the moment I enter the premises of my Apartment complex would be people running away from me, even when I tell them that I am fine and have been certified as non-infectious and then only discharged from the hospital. And I draw this judgement from the narratives told to me by my family who have already told me a bit about the attitude of my neighbours.



My neighbours, who used to have several rounds of tea every week at my home, have been giving us a cold shoulder. The entrance path to my home is deserted, barricaded, and cordoned, and there has been a curfew on my floor since my hospitalization.

I saw my family today when I was going through discharge procedures, they were literally in tears and narrated their agony with the society members not supporting them. I have come to know that every couple of hours someone would come and spray their door with sanitizer, umpteen number of calls through the day advising or threatening them to stay indoors. I listened to their ordeal patiently and wondered the dedication with which I was served by the health care workers in the hospital, compared to the ostracization being meted out to my family at home.

Yes! Corona virus has not only created a health crisis, but it has also created a humanitarian, social and psychological crisis as well, with panic and fear amongst the public, and many myths and misconceptions. Truly, we need to spread awareness, and enlighten the public, and treat fellow human beings with respect and dignity. It is extremely crucial in such a time of crisis that we support each other. People who have fought and have emerged victorious do not deserve this stigma at all. Instead, such a situation would only make a person more reluctant to come forward and receive treatment when they think about how they and their family members would be treated.

All members of society play an important role in this time of adversity. We are all warriors and warriors do not quit. In the end I would like to say – "Your illness does not define you, your strength and courage does."



Avantika Prakash
XI B

WATER: SOUL OF THE EARTH

Don't waste a drop, think about it first;
Every drop is precious to quench our thirst.
Finding it intransigent? Don't you durt!
Don't force the nature to fiercely burst.

Every drop is like a drop of nectar,
Let's save it, life will be much better.
You are under the surveillance of its protector,
The Almighty, the most prominent preceptor.

From decompressing you with a warm shower,
To succouring you when you are about to cower;
It comforts you even in the darkest hour.
Don't you feel it has the real power?

When you feel dejected and life makes you whine,
Feel the raindrops and you will be on cloud nine.
They'll make a thrill run down your spine,
And believe me, everything will soon be fine.

The splendid raindrops falling like pearls,
With fascination, will make your head swirl.
Just like the sailing of fuels,
The web of thoughts would itself uncurl.

Save every drop of it please,
Let the future smile and say cheese.
Mistreating nature is an irremediable disease,

The guilty would one day be on knees.

Before the last drop dries,
And the mother Earth cries;
Wake up! It's already high time
to realise.
Or else one day, you won't be
able to afford its price.



YATIKA SEHGAL
XI B

WATER: SOUL OF THE EARTH

(Dedicated to my super hero, my father...)

Not all super heroes have capes, they say.
But mine did.

Every time he pushed me to get up when I fell
And every time when my eyes with tears
swelled.
A gentle yet firm hand came out of nowhere, to
wipe them off.
But not without a nudge to get up and rip the
agony off.

Not all super heroes have capes, they say.
But mine did.

With every less mark in the report card,
He consoled me that this is not the part of life
that is hard
He pushed me to go out and see the world,
For the best lessons are learnt, not in your
comfort zone
He taught me, and I learnt.

Not all super heroes have capes, they say.
But mine did.

Every time he forgot my birthday,
Or goofed up the standard I was studying in
But, he always remembered
All my favourite things, without asking

Not all super heroes have capes, they say.
But mine did.

Never being over-protective because I was a
girl,
But teaching me to be fearless in pursuing what
I believed,
He would always make my heart twirl.
Letting me fly, fall, and then encouraging me to
fly again.

Not all super heroes have capes, they say.
But my super hero always had a cape
The strength he gave me, is the cape he adorned.

Vishakha Singh
XI C

BOOK REVIEW

Everything I Never Told You by Celeste Ng

'Everything I Never Told You' is a novel written by Celeste Ng. This book was published on 26 June 2014 by Penguin Publications. The novel is about a mixed-race Chinese-American family whose middle daughter Lydia is found drowned in a lake. Ng spent six years writing the novel, going through four different full drafts.

Lydia is dead. But they don't know this yet... So begins the story of this exquisite debut novel, about a Chinese American family living in 1970s small-town Ohio. Lydia is the favorite child of Marilyn and James Lee; their middle daughter, a girl who inherited her mother's bright blue eyes and her father's jet-black hair. Her parents are determined that Lydia will fulfill the dreams they were unable to pursue – in Marilyn's case that her daughter become a doctor rather than a homemaker, in James's case that Lydia be popular at school, a girl with a busy social life and the center of every party.

When Lydia's body is found in the local lake, the delicate balancing act that has been keeping the Lee family together tumbles into chaos, forcing them to confront the long-kept secrets that have been slowly pulling them apart. James, consumed by guilt, sets out on a reckless path that may destroy his marriage. Marilyn, devastated and vengeful, is determined to find a responsible party, no matter what the cost. Lydia's older brother, Nathan, is certain that the neighborhood bad boy Jack is somehow involved. But it's the youngest of the family – Hannah – who observes far more than anyone realizes and who may be the only one who knows the truth about what happened.

A profoundly moving story of a family, their history, and the meaning of home, *Everything I Never Told You* is both a gripping page-turner and a sensitive family portrait, exploring the divisions between cultures and the rifts within a family, and uncovering the ways in which mothers and daughters, fathers and sons, and husbands and wives struggle, all their lives, to understand one another.

Astha Gupta
XI G

Nature : My Inspiration

Searching for stellar paintings are inspiration for your own nature-inspired paintings?

The search is over. Nature paintings are timeless and stunning. You can never go wrong with a nature painting. Nature is so vast and abundant which enables you to widen your perspectives and ideas as an artist. You are not



just limited to a certain scope. It thus enables you to embrace a wide array of opportunities. The colours are vivid and the composition is vertical. Natural, clear, compatible, sympathetic, jarring, gaudy, contrasting effects shown. The tone used in this painting is basically flat, unvarying, smooth and contrasting. The marks are clearly visible here with layered and straight look. The mood of this atmosphere is calm and peaceful. The medium used is acrylic. The most friendly medium and easy to work with, without any toxic smell and can be done in any environment.

Sidhi Gupta

XII A

Anime Review: Death Note

Death Note is a Japanese fictional, murder-mystery and thriller anime series of 37 episodes written by Tsugumi Ohba and illustrated by Takeshi Obata. An anime is basically a style of Japanese film and television animation. Death Note revolves around Light Yagami, a 17 year old high school student who is very intelligent and always scores top grades in school. He leads a normal life until he discovers a supernatural notebook, called Death Note, which grants its user the ability to kill. The person whose name is written in the notebook shall die, but the user must have the person's face in mind while writing his/her name, for the notebook to take effect.

Light is determined to use the notebook and kill all criminals in the world to achieve a utopia where everyone is kind and honest, and he wishes to become the god of this new ideal world. Some thought of him as true justice and named him 'Kira' (killer in Japanese), while the police thought of him as just a mass murderer. They sought to catch him with the help of a mysterious detective called 'L' who was UN Interpol's secret weapon, and had solved cases which the world's best detectives couldn't solve. No one knew L's real identity, but he was considered perfect for catching Kira.

The anime then revolves around the mind games between Light and L. Neither of them knows each others' name or face, and whoever figures them out first shall win. It depicts the transformation of Light,

an innocent boy wanting a peaceful world, to just a killer with a God complex, while also showing how L tries to catch a killer with supernatural powers who can kill anyone just by knowing his/her name and face.

The anime is filled with twists. Every episode, we learn something new related to its theme. Both Light and L have the same level of wit and intelligence, and both always seem to be one step ahead of one another. One can never predict what is about to happen next, and this keeps the viewer hooked to the anime until the very last episode. You will always feel that the story couldn't go any deeper, but each new episode will prove you wrong. One of the most interesting things about Death Note is that Light, the protagonist, isn't totally positive, like we usually see in a typical protagonist of any other story, although most of the people would root for Light to win against L. The storyline is very complex, but it is easily presented so that everyone is able to enjoy each new development in the story as an exciting shock. I really enjoyed writing this review!

I would highly recommend it to everyone, especially people who love detective storylines, but anyone who can appreciate the challenge of following along with this suspenseful battle of wits will be able to enjoy every single thrill experienced in Death Note.

Shashaank Vishwanathan

XI C

Learnings of Childhood

Childhood is the best time in a person's life. It is the time when a person does not have to worry about money, job etc. One can enjoy to the fullest in his/her childhood without any restrictions. I have also enjoyed my journey from childhood to



teenage. In addition, I also learnt many things when I was a child. To be able to learn Figure Skating, is a blessing for me. It has made me physically fit and healthy. It has taught me that a good sports person is not the one who can perform very well and win a competition but the one who keeps on trying and never loses hope even when he/she loses. I have also realised the importance of hard work, team work and a healthy competition because of figure skating. Apart from this, it has also taught me that a sport or a hobby can never affect a person's academics. On the contrary, they help to freshen our mind and even improve our academic result. In a nutshell, Figure Skating has helped me to develop as a person and has also helped me become mature.

The Realization

A man, who was born and brought up in Uttaranchal, working as a mechanical engineer in New York. So, far away from his homeland. He came here for happiness, or so he thought. But now he knew what a simpleton he was.

If we put it bluntly, money is everything you need to be happy and survive. He pushed his family away, pushed his feelings away, cornered himself and targeted money because he took it as equal to happiness. But now that he has it, does it fulfill his desires? The eleven thousand six hundred forty four kilometer distance has made him realize, the biggest myths about, this life.

Once a great man said, "There are people in this world who enjoy being alone. But there isn't a single person who can bear solitude".

Now he had the so called happiness. But this solitude was like someone stabbing him, the pain wasn't sudden, when it started kicking in it was like his heart was been torn apart into pieces. Remembering his home, his father, mother, friends and other family members. Even after getting a promotion, that void, that hole inside his heart was getting bigger and bigger.

Travelling from so called home to office, stuck in this concrete jungle. One day, his heart started throbbing. He left his job, returned to his real home. But he forgot to think it through enough; this isn't a fairy tale world. You have to work for money. His parents were so happy, they forgot about his job. It came as a shock for the family, but it shook his father to the very core. Many questions bombarded on him, to the point where he was so abraded by the questions to even answer.

He started to ask himself, if this place even qualifies as home. He was 28, but he never grew mentally. He tried his hands at writing and many other options but he never found the so called peace he was searching for. In the end, surrendering to the pain of reality he gave his life, to find peace in afterlife.

But what he left was an even bigger void in the lives of his loved ones. He never realized the love and care he got. The affection that he ignored. In the afterlife, he never got the peace he wished for; instead he realized what a selfish man-child he was for his fulfillment, he stole peace from his parents, left them in despair. Left them in guilt, but after seeing his mother and father accusing themselves for his death, that sight shuddered his very being. He was blind all along, the peace he was searching for as a hungry wolf was in front of him all along. That emptiness and guilt filled his soul and now he couldn't control his tears, he was crying like a new born baby, it was so saddening that the Gods themselves came down from heaven to console him. Alas he realized his fallacy.

Shaurya Sukla
XI D

DING... DONG

Ding...dong, Ding....dong. The doorbell rang as an hour bell in my head. The weekend just got over. Today is Monday, mid of July, so the sun god is showing his mighty powers. I am suffering from a severe headache because of a hangover. I guess I drank over my limit yesterday.

Opened the door and took the parcel. It was from my mother, the sweets, as they entered my mouth, my senses started to cherish the sweetness, it reminded me of the most dreadful truth.

As I was taking a bath, I remembered my home back in Uttaranchal, peaceful and weather was so calm, when I used to open the window the gentle breeze would kiss my cheeks, sweet scent in the air would make my whole body feel tranquil. Right now I live in Greater Noida. When I open my window here it fills me with despair and a question, what am I doing here, far away from my homeland.

Ate my breakfast, which was no more than two slices of bread. Mom isn't here to feed me. Ran towards metro, while travelling, I always ask myself, if I am satisfied with myself, if I feel fulfilled.

My stop came, ran towards my work place, worked for whole day, came back, checked phone, slept, woke and then repeat. I am doing this for two years now. Although, my salary is good enough for two people. I feel a void inside me, and to make things worse, my family is pressurizing me for marriage.

Coding day is, and out. I have not achieved a single thing in my life in the past two years. Sometime ago I was considering leaving the job. My family isn't financially weak but my father wants my future to be secured. And he isn't wrong for thinking in this manner.

On the inside I know, this bubble will burst, I can't help it, this over brimming frustration will engulf me and then the passion of achieving something great will drive me wild. I don't want to leave my family behind in that madness.

The work pressure has increased on me. My frustration will overcome my sanity. It's like a fight between gravity and fission inside a star. How much I try, fission won't win, it will lose because it doesn't have the fuel like reasons to withstand the frustration like gravity anymore.

Time is passing quickly and I always ask myself, am I stuck in this cubicle for life now?

Shaurya Sukla
XI D

Sports is the most Important way of Strengthening The Mind Post Pandemic

Against the motion:

- To start with, I strongly feel that sports is one of the ways to strengthen the mind post the corona virus pandemic, however it is definitely not the most important way to do so. There are multiple other psychological methods and strategies that we can adopt.
- Covid Pandemic has exposed us to various ways to adapt ourselves and take charge of our mind.
- Through numerous studies that have taken place in the last 9 months, the significance of psychological self-care for the well-being of our mind has been proven
- Research has proved that the human mind can be trained to build resilience through being more self-aware. Practicing self-awareness in our daily lives helps us to regulate the negative thoughts that come up in our mind. We remain more mentally active and in the moment, which leads to the toughening of our mind and allows us to tap into positive vibes.
- Also, the Daily Practice of writing a Gratitude journal, being kind to oneself, practicing self-love are some of the scientific ways to bring mental peace. These also give us the confidence to battle the negativity around us, and help us to deal with stressful events with optimism and hope. They help to remove anger, insecurities, depression and anxiety from the mind.
- A well-balanced diet comprising of food rich in fibers, nuts, seasonal fruits and vegetables is also another proven way to nurture the mind.
- While sports on one hand, provides physical strength and endurance, they require consistency and strict discipline. However, if for any reason, one is not able to indulge in sports for some time, the benefits can fade away.
- The benefits of psychological techniques are longer lasting as they awaken the inner soul of a person and bring us in touch with our own hidden self; and therefore, are very powerful tools to strengthen the mind. Once we start practicing these, they become an integral part of our lives throughout.

Covid-19: Blessing in Disguise

A virus started in late 2019. Originates from Wuhan, China. Its day to day name is SARS-COV-2. Till now worldwide 60.6 million people are affected from which 38.9 million have fortunately recovered, grievously 1.43 million people are no longer with us.



Now all of us are left with two options, first to get depressed, cry and waste our lives or we can look at the positive effects of this blessing in disguise.

In the past few months, the effects of global warming have been cut down slightly. Pollution levels have gone down, up to 25% in certain areas of global warming. Scientists have confirmed that air quality in certain regions has improved in recent weeks. As industries, aviation, and other means of transportation stop, air pollution is reduced in countries severely affected by the virus, such as China, Italy, and Spain. A reduction in commuting due to work from home policies has also played its part in reducing carbon emissions.

In these dreadful times, where we have to walk over the corpses of our loved ones, for overall good of the humanity. This virus has shown that without harming the environment, we can suffice. This virus has taught us that it was greed which led to pollution and global warming and now for the years to come it will show us the right path.

***Kinjal Agarwal
XII H***

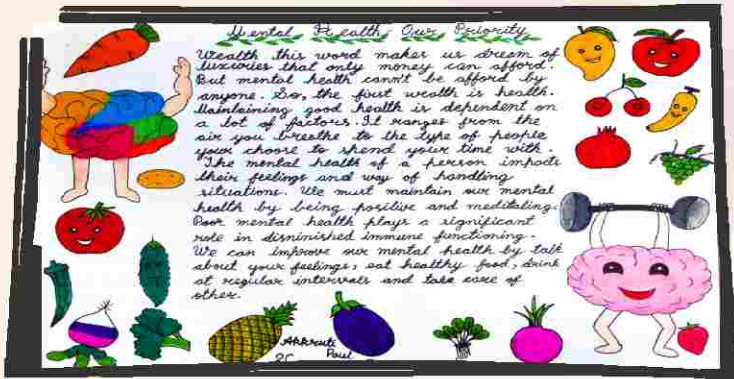
Wreckage

If they all are his creation
then why superiority exists?
why the mouth of power is ready to swallow the
weak
why are they all a part of race to outshow each
other
If they all are his creation
then why is the greed emerging within them
endless
why all are busy fighting for a world that is mortal
who are they to disturb the eternity of nature
if they all are his creation
why wearing masks of humanity to fool each other
why pessimism steals souls so easily
why even families cannot live peacefully ?
if they all are his creation.....

***Muskaan Jain
XII E***

Mental Health: Our Priority

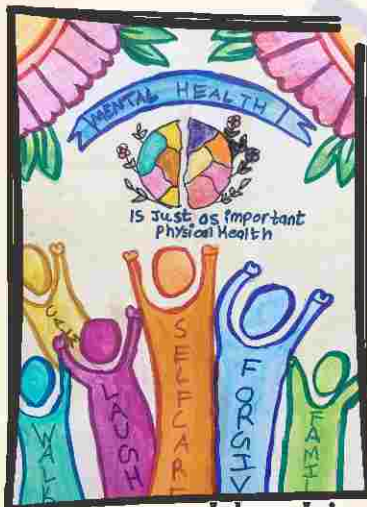
Give yourself the same care & attention that you give to others and watch yourself bloom.....



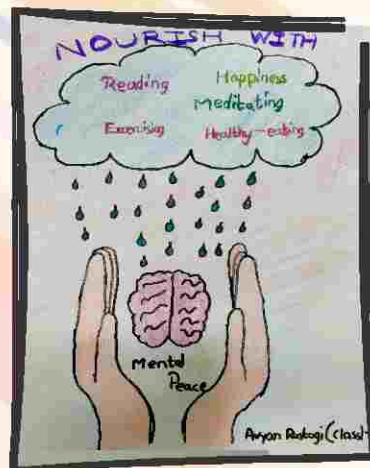
Akkruti Paul
II C



Aradhya Aggarwal
II D



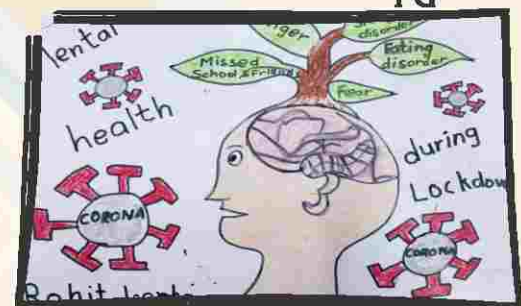
Ishya Jain
III F



Avyan Rastogi
I B



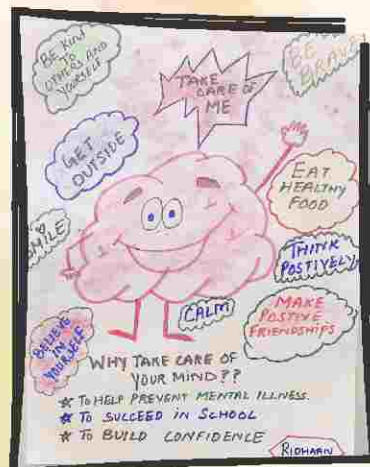
Md. Areeb
I G



Rohit Loomba
II E



Vrinda Sethi
III G



Ridhaan
I A



Saanvi
III E

Nature Blooming

"We are lucky to be able to go back and reclaim something that was a very special part of our lives- Nature Blooming"



Ishya Jain III F



Riddhima Jain II H



Mohak Narang I F

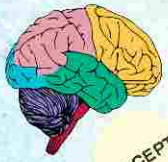


Vedika Keswani I G



Sarisha Sarna II C





ACCEPT

EXPRESS

SUPPORT

My Mental Health Meter



I Feel Bright and Right When...



The world is a book and reading the whole book, page by page makes me happy.
Advay Gupta III F



Studying my favourite subject makes me happy.
Vivaan Aggarwal II D



Gardening is pleasure, pleasure is happiness.
Ananya Bajaj III C



Travelling and seeing new things rejuvenate my mind and help me think better.
Vaanya Kher III D



The rain washes away every pain of yesterday and makes me happy.
Akkruti Paul II C



Feeding birds makes me happy.
Divya I G

My Uneasiness Pops Up When...



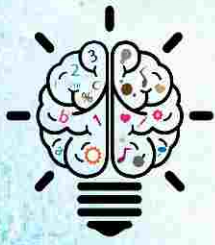
I am vaguely embarrassed by myself sometimes.
Parth Soni III H



I get embarrassed when my mom scolds me in front of others.
Sehaj Arya II F



The fear of losing makes me feel embarrassed.
Neel Hait II G



My Mental Health Meter

My Inspiring Moments



Study hard, do good and good life will follow.
Vanshika I G

Am working on myself, for myself, by myself.
Triaksh Chhabra III A

Being appreciated is one of the simplest and most uplifting things you can hear.
Vedika Keswani I G

Self care is how you take your power back.
Vrinda Sethi III G

A Healthy mind lives in a healthy body.
Aradhya Aggrawal III D

My teacher's encouraging words motivate me.
Yahvi Gupta I C

My Moments of Unhappiness

A girl's insecurities makes me sad.
Jianna Nagpal III B

What Makes Me Sad (3)

- ☹ → Poor Marks
- ☹ → No Ice-Cream
- ☹ → No Outing
- ☹ → Breaking of toy
- ☹ → Scolding from mom and dad
- ☹ → Fighting with brother

Poor marks, No ice cream, broken toy, scolding parents and fighting with my mother makes me sad.
Mehak Malhotra II D

Watching poor children selling balloons makes me sad.
Ishya Jain III F

Why can't I meet my friends? Are we prisoners?
Kaashvi Sachdeva III B

Staying indoors makes me sad.
Aryash Singh II E

MY ADVICE TO STUDENTS DURING COVID TIME:

- Get up early and never sleep at sunrise.
- Read and revise the e-lessons thoroughly every day.
- Be regular in diet, games and physical exercises.
- Respect your teachers, parents and elders.
- Never quarrel with fellow students.
- Talk wisely and speak politely.
- Serve the sick at home as well in your neighborhood.
- Be obliged to one and all
- Develop good character, memory and health with great care.
- Pray to God daily for 15 minutes as soon as you get up from bed and before you go to bed.

Shreshtha
VII E

RIDDLES

1. I have cities but no houses .I have mountains but no trees .I have water but no fish .Who am I?
2. This belongs to you, but everyone else uses it.
3. People buy me to eat , but never eat it.
4. What begins with “E” and ends with “E” and has only one letter in between?
5. More you have me , less you will see me. Who am I?
6. I am white in colour from outside and have a yellow treasure inside. I an oval in shape . Who am I?
7. I have four legs , but I can't move on my own?
8. Which animal gives both milk and egg?
9. Which animal gives pink coloured milk?
10. In which country paper was invented and used?
11. I can't be burnt in fire , and can't drown in water.
12. I have a neck , and wear a cap. I live hundreds of years , I am bad but useful. Who am I ?

13. When I come, I am hard and messy. When I am done, I am soft and messy.
14. I am something that is often round, But I am not a pizza base. I have hands, but I don't have fingers, and I have numbers on my face.
15. I become more wetter when you become dry.
16. Which month has 28 days?
17. I am tall when I am young, and I am short when old. Who am I ?
18. What is always in front of us but can't be seen?
19. What can you break , even if you never touch it or pick it up ?
20. What goes up but never comes down?
21. I follow your every time and copy your every move, but you can't touch me or catch me.
22. What is black when it is clean and white when it is dirty ?

Niasha Jain
VIII H

Answers

1. Globe
2. Your Name
3. Utensils
4. Eye
5. Darkness
6. An Egg
7. Chair And Table
8. Duck Billed Platypus
9. Hippo
10. China
11. Ice
12. Plastic Bottle
13. Maggi
14. Clock
15. Towel
16. All The Months
17. Chalk / Candle
18. Future
19. Promise/ Silence
20. Age
21. Shadow
22. Blackboard

STORY OF THE CORONA TIME THE WORST WIDESPREAD REMINISCED

Oh God! The coronavirus had ruined our lives. People could never forget that time as we all were locked in our homes. The worst part was that we couldn't solve that problem individually. But the in the word Almighty had created many such people who were not following particular precautions, the rules and regulations and who were roaming here and there, totally carefree and a few were heedful to serve the needy! Those were corona warriors. We were all told to restrict ourselves at homes, wash hands at regular intervals, and most important of all, always wear a mask whenever going outside. These factors had totally changed our style and way of living. Our schools were also closed; turning off our microphone was the norm which was obviously not possible in the physical classes. **Everything was Online!**

Unbelievable, everything, I literally mean everything was happening online then. We even had online exams and events. Celebrating festivals, inter-school competitions, homework submissions & co-curricular activities, all were executed virtually. A matrimonial website also advertised for Google meets, well that was really #virtual, virtual learning, virtual birthdays, virtual playing etc. keeping in mind all the guidelines of e-platforms. So, in a way, we can say that online things have changed our lives. **Our Teachers, warriors' fraternity, did fight the odds.**

The simplest definition of a teacher is the one who teaches us something. Right? Can't we say that Coronavirus has also taught us something or the other? We have become tech savvy, disciplined and in a way we are ready to face such unprecedented times. So, we can all utilize time in doing something productive and not just sitting and thinking what to do!

Satwik Behl
VII G

TEACHERS AS FRONTLINE CORONA WARRIORS

The Corona pandemic has forced the schools and all other educational institutions to remain closed but the teaching learning process has not stopped. It is still continuing with full zeal in which the teachers have emerged as frontline corona warriors accepting this challenge.

They have wonderfully coped up with the situation through online teaching. Their motivational and inspirational ideas and discussions have helped the children overcome this tough time being locked at home. They are on a continuous path of spreading knowledge and awareness and helping the learners come out as winners without losing hope. Their constant and diligent efforts are indeed praiseworthy. We salute our teachers in upholding their primary responsibility with motivational spirit and zeal.

Vaani Gupta
VIII H

TOP 5 FACTS ABOUT INDIA

1. Kumbh Mela Gathering Visible From Space
The 2011 Kumbh Mela was the largest gathering of people with over 75 million pilgrims. The gathering was so huge that the crowd was visible from space.

2. A Floating Post Office
India has the largest postal network in the world with over 1, 55,015 post offices. A single post office on an average serves a population of 7,175 people. The floating post office in Dal Lake, Srinagar, was inaugurated in August 2011.

3. The Wettest Inhabited Place In The World
Mawsynram, a village on the Khasi Hills, Meghalaya, receives the highest recorded average rainfall in the world. Cherrapunji, also a part of Meghalaya, holds the record for the most rainfall in the calendar year of 1861.

4. Bandra Worli Sealink Has Steel Wires Equal To The Earth's Circumference
It took a total of 2,57,00,000 man hours for completion and also weighs as much as 50,000 African elephants. A true engineering and architectural marvel.

5. The Highest Cricket Ground In The World
At an altitude of 2,444 meters, the Chail Cricket Ground in Chail, Himachal Pradesh, is the highest in the world. It was built in 1893 and is a part of the Chail Military School.

Shreshtha
VII E

CHOCOLATE

Chocolate is a sweet which makes us happy,
If you share it with some other, it will make them
feel better.

Chocolate is in golgappas,
Chocolate is in paan,
Chocolate is in cake and
Sometimes in the naan.

Chocolate is in movies,
Chocolate is in songs ,
Chocolate is in ads and
It is also in corn.

Chocolate melts, chocolate freezes,
Chocolate makes us better but
Overeating turns into a disease.

Chocolate is light, chocolate is dark,
Chocolate is white and sometimes it is a spark.

I need it here, I need it there,
I need it on the land and in the air.

White chocolate, dark chocolate, mild chocolate
galore,
I knew I could eat 100 pieces and more.

Bhavika Bansal
V I B

THE UNSOLVED MATRIX

That day I was all alone in my house, mom and dad had gone shopping. I was playing my favourite video game when suddenly an electricity breakdown occurred. My game stopped as my device was connected to the WiFi. "Oh no!" I shouted. I was on the last level. I got up unwillingly to figure out what had happened as no one else in my neighbourhood was suffering from this.

When I was standing in front of the fuse board holding a torch, I saw that all the wires were entangled up. When I raised my hand to fix the wires; I got a deadly shock and collapsed on the floor. After a moment when I regained consciousness, I realized that I was not at my home, nor

I was in my city. I could see a whole new world in front of me. I was surrounded by an inhabited desert. I could see some canopies around me like they were growing in a dense rainforest. I was standing on sand but it felt like I was standing on a metallic surface.

I was totally flabbergasted and remembered a sci-fi movie which I watched last week. I got curious and started walking. After a tiring walk, I saw a whole town in front of me. I was hoping for some habitation. I tried to enter the town through a small narrow lane. Before I would get into the town, a whole army of men appeared in front of me. How could that happen! They all were wearing black tuxedos, black sunglasses and all of them had the same hairstyle too. I got afraid and started searching for my mobile phone to call dad. "Hell no! Where has it gone now?!" I murmured to myself. The whole army of men was staring at me. "Wait! They cannot be humans!" I whispered. Their behavior and actions were robotic. They headed a step towards me in chorus, as if their intention was to harm me. "No, leave me alone", I shouted. Then all the robots took their guns out to kill me.

I closed my eyes hopelessly. I was expecting the sound of gunshots but instead, I heard "Ding-dong". I wasn't able to figure out what was happening! After a moment, it repeated. I opened my eyes and then the world shrank back again! All the robots had vanished and I was back again in my home lying on the floor. "Ding-dong" rang again. I rushed to open the door in a hurry.

It was my parents. I took a breath of relief and was anxious to tell them the whole story ...

Manan Bhardwaj
VIII G

I WONDER WHAT WOULD BE IN SPACE

I wonder what would be in space.
Would planets be running an annual race?
Do aliens live,
or were they alive?
Is one of the many questions I really want to hide?
Does water float,
Or does it go through a tunnel because of some silly
note?
I wonder about this zero-gravity thing.
Is it just me or do aliens ring doorbells “ding, dong,
ding?”
The universe is an amazing thing,
where stars and comets dance and sing.

Kavya Maheshwari
VI B

DIARY ENTRY ON 'MY FIRST FLIGHT EXPERIENCE'

Dear Diary

I was tossing and turning in my bed when my mother shouted “Hurry up! We are getting late for the airport.” I got up from my bed startled and realized that we were going to Goa for my birthday celebration plus being New Year's time it was an icing on the cake. I was very peppy and high-spirited as it was my first trip by air. We left home in a few minutes and I dozed off in a cab. I dreamt of wide runways, gigantic planes and me flying in crystal blue sky with the sunrays glittering in my eyes.

We boarded the plane in time. Air hostess welcomed us very warmly and directed us to our seats. Before the take-off, the air hostess briefed us about the instructions for our safety and told us to switch off our gadgets. When the plane started running on the runway it suddenly took-off and I felt butterflies in my stomach. Then I looked out of my window, the city seemed as small as a miniature version of it.

In the plane, all things were well-organized. There were some cool magazines and screens to watch movies. A manual was kept which briefed us about the safety measures in case anything happens. The time passed very quickly and we reached Goa. After getting outside the airport, I thanked God for such a joyful and safe ride.

Pratham Taluja
VIII E

RIDDLES

1. I can shave every day, but my beard will stay the same. Who am I?
2. I'm a rare case where today comes before yesterday. What am I?
3. What breaks on the water but never on land?
4. What can be measured but not seen?
5. The Sun bakes them, the hand breaks them, The foot treads them, The mouth tastes them, What are they?
6. Soldiers line up, spaced with pride, Two long rows lined side by side, One sole unit can decide, If the rows will unite or divide. What is it?
7. I turn around once, what is out will not get in. I turn around again, what is in will not get out. What am I?
8. When liquid splashes me, none seeps through, When I'm moved a lot, liquid I spew, When I am hit, color I change, And colors I come in, quite a range, What I cover is quite complex, Yet I am very easy to flex. What am I?
9. I occur twice in eternity, and I'm always within sight. What am I?
10. I beam, shine and sparkle white, I brighten the day with a single light. I charm and enchant one and all, I can counter the darkest pall. What am I?
11. You cannot keep me until you have given me. What am I?
12. What would you be sure to find in the middle of Toronto?
13. What two words, when combined, contain the most letters?

ANSWERS- 1. A barber 2. A dictionary
3. A wave 4. Time 5. Grapes 6. A zip
7. A key 8. Skin 9. The letter T 10. A smile
11. Your word 12. The letter 'o' (Toronto)
13. Post office

Raghav Somani
VII D

RIDDLES

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What month of the year has 28 days?
4. What is full of holes but still holds water?
5. What question can you never answer yes to?
6. What is always in front of you but can't be seen?
7. There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?
8. What can you break, even if you never pick it up or touch it?
9. What goes up but never comes down?
10. A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?
11. What gets wet while drying?
12. What can you keep after giving to someone?
13. I shave every day, but my beard stays the same. What am I?
14. You see a boat filled with people, yet there isn't a single
15. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
16. A man dies of old age on his 25 birthday. How is this?
17. I have branches, but no fruit, trunk or leaves. What am I?
18. What can't talk but will reply when spoken to?
19. The more of this there is, the less you see. What is it?
20. David's parents have three sons: Snap, Crackle, and what's the name of the third son?
21. I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
22. What has many keys but can't open a single lock?

23. What can you hold in your left hand but not in your right?
24. What is black when it's clean and white when it's dirty?
25. What gets bigger when more is taken away?

Vidur Rathi
VII D

ANSWERS

- 1: An egg
- 2: A candle
- 3: All of them
- 4: A sponge
- 5: Are you asleep yet
- 6: The future
- 7: There aren't any—it's a one-story house.
- 8: A promise
- 9: Your age
- 10: He was bald
- 11: Towel
- 12: Your word
- 13: A barber
- 14: All the people on the boat are married.
- 15: The match
- 16: He was born on February 29.
- 17: A bank
- 18: An echo
- 19: Darkness
- 20: David
- 21: Your shadow
- 22: A piano
- 23: Your right elbow
- 24: A chalkboard
- 25: A hole

SPACE

Many people try to fly
Some attempted, and died
A thing of beauty, is the sky
Space rockets are heavy duty.
Some say they've flown to the sun.
I know they lied
They would have been,
Roasted like giant bun,
A big comet I have seen.

Somya Gupta
VII D

FACTOPEDIA

- In India, more than 10 million teenagers in the age group 13-17 years suffer from depression and other mental health disorders and are in need of treatment. Less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need.
- Only 3-5% of persons with mental illness are violent and unpredictable. Rather they are ten times more likely to be a victim of violence and harassment.
- India has the highest number of suicides among youth.
- Women are twice as likely to develop common mental disorders, such as anxiety and depression, when compared to men.
- Twenty percent of Indian mothers are likely to be affected by post-partum depression.
- Economic loss in India due to mental health conditions will amount to an estimated \$1.3 trillion between 2012 and 2030.
- In UN World happiness report on 156 countries, India stands abysmally at 140th position.

Anshika Aggarwal
VI C

MY LOVE OF NATURE

I love the sound of birds
so early in the morn.
I like the sound of puppies soon after they are born.
I love the smell of flowers
and the taste of honey from bees,

I love the sound the wind makes when it's
blowing through the trees.
I love the way the sky looks on a bright and
sunny day,

and even when it's rainy, I love the shades of gray.
I love the smell of the ocean, the sound of waves
upon the sand,
I love the feel of seashells and how they look in
my hand,

And when the sun is gone, I love the moon that
shines so bright,
I love the sounds of crickets and other creatures
of the night,

So when I lay me down to sleep, I thank the Lord
above,
For all the things of nature and more, all the things
I love,

Pushkar Aggarwal
VII B

SONDER – THE REALISATION

I have much to think about, much to gain.
Smelling the petrichor in the gleeful air,
A sense of pride in my veins.

Meaningless and Meaningful things,
Both an inch apart.
Yet both so different, like two works of art.

Standing in front of the tantalising horizon,
Staring back at me, as though it were encrusted with
rubies.
Dissatisfied, the Sun vanishing into the sea.

We for one don't know who we are,
Who we will be, and want to be.
And there is no one to teach us, that we can all agree.

The irony of life, so beautiful yet so agonising.
Love, a word we should use more often,
Yet it is seldom spoken.

Hate, a word with a powerful,
Though a terrible meaning.
But then why is it so common?

I think we know enough of hate,
And not enough of love.
I think we know enough of grief,
And not so much of joy.

Make this world a beautiful place,
A place worth to live in.
Then see when the magic happens,
And life comes to meaning.

Reet Kaur Sethi
VIII F

IMPACT OF LOCKDOWN ON OUR MENTAL HEALTH

“ It's the deepest pain which empowers you to grow into your highest self “

India's public landscape has transformed dramatically over the last couple of months, with the most prolonged lockdown that the present generation can remember. The lockdown ensured that hundreds of millions of people were effectively confined to homes.

While this may have been effective in helping to curb the spread of Coronavirus, it has not, perhaps, been conducive to the emotional and mental health of some groups.

As many of us are being told to hunker down in our apartments and houses, and limit trips outside and social contact, things are feeling pretty “real” at this point. Aside from the general worry people may have about their physical health as they digest the news from around the world, there's the larger toll this is taking on our collective mental health.

These unprecedented times have led to the rise of several mental health issues such as stress, depression, and anxiety in many people, especially those who are under economic stress, food scarcity, and health conditions. In such tough times, access to mental health care is not available to all. People have to fall back on activities and abilities to help them keep calm and composed.

In India people avoid talking about anxiety and depression. Under lockdown, there has been a rise in unemployment along with a grave disruption in the normal lives of people across the country. Naturally, these factors have caused a spike in mental illnesses.

The effects of this lockdown are distraught for the mental health and happiness of students as well, The enormous potential that they used in their daily life is now blocked.

The world is grappling with an invisible, deadly enemy, trying to understand how to live with the threat posed by the virus. Staying at home during quarantine is a must for one's own health, both mental and physical and thefor the safety of the entire community. The key thing to do while staying in quarantine is to recognize the necessity of this temporary measure and develop a positive attitude towards it. Once you achieve it staying at home will no longer feel like torture. Do the things you enjoy and the time will pass smoothly.

Ishani Dhingra
VIII D

SHOCKING FACTS ABOUT MENTAL HEALTH INDIA NEEDS TO ADDRESS RIGHT NOW

1. One out of every five Indians is suffering from a mental disorder.
2. WHO report suggests that India is the most depressed country in the world.
3. India accounts for 36.6 per cent of suicides globally.
4. At the moment, India spends meager 0.06% of its total health budget on mental healthcare. Actual expenditure is much lower than the budget.
5. Upto 50% of mental, behavioural and psychological problems have their onset during adolescence.
6. As per the National Mental Health Survey 2015-16, 9.8 million teenagers in the age group 13-17 years suffer depression and other mental health disorders and are in need of active intervention.
7. Only about one in ten people with mental health disorders are thought to receive evidence-based treatment.
8. And to cater to this demographic, we have less than 9,000 mental health professionals.
9. This is less than 1 psychiatrist per 100,000 population, while the desirable number is anything above 3 psychiatrists and psychologists per 100,000 population.
10. WHO estimates that, in India, the economic loss, due to mental health conditions, between 2012-2030, is 1.03 trillions of dollars.

The statistics is scary. To make the situation worse, the discovery of a mental illness is often followed by denial and hesitation to seek help. Despite its enormous social burden, mental health remains a taboo subject that is susceptible to age-old stigmas, prejudices and fears. Even though mental disorders can be cured or controlled, most people tend to sweep their issues under the carpet and suffer in silence

Atharva Keswani
VI E

MENTAL HEALTH SHOULD BE OUR PRIORITY

Mental health is the balanced development of the individual's personality and emotional attitudes which enable him to live harmoniously with his fellow men. It is not just a concept that refers to an individual's psychological and emotional well being. Rather it's a state of psychological and emotional well being where an individual is able to use his/her cognitive and emotional capabilities, meet the ordinary demand and function in the society.

More than 450 million people suffer from mental disorders. In today's world, almost every person is so much busy in his life that he cannot spare time for relaxing his mind or is having stress issues, suffering from anxiety due to one or the other reason. But one should know that courage is their strength. A person should develop the tendency to face life with an optimistic outlook and should never be neurotic. He should develop sound mental health by training himself to be calm, collected, resolute and self-confident. As you grow your self-confidence and resoluteness should grow with you and you should be a force to reckon with.

Although the general perception of mental illness has improved over the past decades, studies show that stigma against mental illness is still powerful, largely due to media stereotypes and lack of education, and that people tend to attach negative stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease. Stigma affects not only the number seeking treatment, but also the number of resources available for proper treatment. Stigma and misinformation can feel like overwhelming obstacles for someone who is struggling with a mental health condition. Here a few powerful things you can do to help:

- **Showing individuals respect and acceptance** removes a significant barrier to successfully coping with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health.
- **Advocating within our circles of influence** helps ensure these individuals have the same rights and opportunities as other members of your church, school and community.
- **Learning more about mental health** allows us to provide helpful support to those affected in our families and communities.

Nurturing our mental health can also help us combat or prevent the mental health problems that are sometimes associated with a chronic physical illness. In some cases, it can prevent the onset or relapse of a physical or mental illness. Managing stress well, for instance, can have a positive impact on heart disease. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively and make meaningful contributions to their communities. Thus, mental health should be a person's priority, because at last a healthy mind is the greatest treasure to find.

Rather it's a state of psychological and emotional well being where an individual is able to use their cognitive and emotional capabilities, meet the ordinary demand and function in the society

**Chintan Ahuja
VI E**

MENTAL HEALTH

Mental Health – one of the most important things that humans seem to leave unseen. Mental health is a state of well-being in which we can cope with the normal stresses of life and can work productively and fruitfully. It affects how we think, feel and act. It is extremely important at every stage of life, through childhood, adolescence and adulthood. Using gadgets while sitting on the couch every day for hours is one of the major reasons spoiling mental health of children and adults now-a-days. Mental health can be enhanced a lot by socializing, keeping a good hobby like music, singing, cooking, physical games, etc. Writing about your day and expressing some things which you are grateful for in your life is also a very healthy way to improve your mental health. Mental Health is greatly affected by the recent pandemic on a major basis. Isolation is a reason for mental health issues during this period. Though isolation is a major need during the pandemic, technology has paved numerous means to connect to our loved ones. In conclusion, mental health is extremely important, and we should make it our priority in order to lead a better life.

**Aaishi Gupta
VIII D**

MENTAL HEALTH OUR PRIORITY

The COVID-19 pandemic has hit the reset button in nature. With millions of people stuck at their homes, nature has taken a new birth, a new life, making its space across the world. We can actually hear those sounds which we haven't heard in years, the chirping birds, screeching owls, falling of dried leaves, the soothing voice of slow moving winds and many more. The world has definitely changed into a better place in these days of lockdown due to the coronavirus pandemic. All types of pollution whether it is air, water or sound, all have shown a considerable downfall. Moreover, this pandemic has been a boon for the wildlife as well. Twitter, Facebook, Instagram videos show us exciting scenes of wild animals walking down urban streets. Newspapers report that the air is so clean, you can see the snow-capped Himalayas from hundreds of kilometres away. So, this shows nature has actually reclaimed her lost space

LET US GATHER COURAGE AND CARVE THE BRIGHT FUTURE.

Agamjot Singh Bindra
VI G

THE BETTER NATURE THE BETTER TOMORROW

The line is very much true that **NATURE IS RECLAIMING HER SPACE**. As we all have heard the proven fact that nature finds its way in whatever man does. Nature has given us a lot but we humans don't even care or respect it. When human actions violate the natural way of performing or doing actions then nature tries to take its gifts back. There are many poems which are classic examples of this. If we look around us for a moment we will find that there are millions of things which nature has given us, but we don't even care to respect them. We all know that the way we behave with others is the same way they will do with us. We are really blessed to have the gifts of nature. So it's our prime duty to respect it as well. Today in our life we are observing drastic changes going all around. **EARTHQUAKES** are one such example. The frequent earthquakes taking place are caused mainly because of increasing noise pollution. It's mainly due to us because firstly we don't respect nature's gift and secondly humans take a toll over nature's strengths. The **forest fires** is another classic example of the same. Recently,

a forest fire occurred in **Amazon Forest**. It lasted for a long time, again this was a result of our activities only and caused a lot of harm and destruction. Tsunami, floods, droughts are some other examples for the same. Our mother nature never takes its gifts back as it's kind, helping and cooperative but yes it has some ways and methods to bring everything back on the same pace like I told. Thus, I conclude that nature and its gift must be respected for the sustenance of humanity. So, today let's all take a pledge not to harm nature.

Ashira Sehgal
VIII A

NATURE IS RECLAIMING HER SPACE

The COVID-19 pandemic has hit the reset button in nature. With millions of people stuck at their homes, nature has taken a new birth, a new life, making its space across the world. We can actually hear those sounds which we haven't heard in years, the chirping birds, screeching owls, falling of dried leaves, the soothing voice of slow moving winds and many more. The world has definitely changed into a better place in these days of lockdown due to the coronavirus pandemic. All types of pollution whether it is air, water or sound, all have shown a considerable downfall. Moreover, this pandemic has been a boon for the wildlife as well. Twitter, Facebook, Instagram videos show us exciting scenes of wild animals walking down urban streets. Newspapers report that the air is so clean, you can see the snow-capped Himalayas from hundreds of kilometres away. So, this shows nature has actually reclaimed her lost space.

Saanvi Sharma
VII E

'NATURE - A PRECIOUS GIFT'

*"There is no heaven on earth,
But there are pieces of it,
And we call it nature "*

We live on the most beautiful planet, the Earth which has a very clean and attractive nature. Nature is the basis of human life. It is a precious gift given to us by God. It plays an important role in our lives. Just like our mother, Nature keeps sustaining all the creatures without asking for anything from us. Both nature and human beings complement each other. Man is completely dependent on nature to live life. We cannot even imagine how much a small word NATURE consists of: Air, water, trees, plants, animals, birds, rivers, ponds, forests, etc. We also have pure air to breathe, water to drink, food etc. which are absolutely necessary for life. Whatever man has achieved, he has learned from nature.

We neither think positively about nature nor thank it, in this day and age man is harming and misusing nature for his benefits. He is reducing the green cover of mother earth day by day thus reducing the beauty of nature and contaminating it. Problems of global warming are increasing due to human activities. The nature that gives us benefits all the time, is being harmed in return.

Nature has a limit to endure, now that the matter has gone above the head and an initiative has been taken to balance itself! So, she periodically expresses in the form of droughts, floods, inundations, earthquakes, storms etc. and alerts humans.

In the present day, nature has forced mankind to live in the houses due to fear of coronavirus for their atonement. As soon as humans from all over the world were imprisoned in homes, nature came into its balance. The environment began to purify, the sky began to look blue, the air began to purify, the greenery increased, the animals started coming closer, the sounds of birds chirping were heard, the water started to clean in the rivers, the temperature started getting better and it started raining. Therefore, it is time to apologize to nature and thank her. If the existence of nature is in danger then the existence of humans will also be in danger.

It is a prevalent fact that nature finds its way in whatever it does. Nature and its gifts should be preserved and honored for the subsistence

Of humanity. It would not be wrong to say that now nature is regaining its place and glory. We have to be nourished by nature, not conquer it. We should make nature peaceful. This is its message.

It is a prevalent fact that nature finds its way in whatever it does. Nature and its gifts should be preserved and honored for the subsistence of humanity. It would not be wrong to say that now nature is regaining its place and glory. We have to be nourished by nature, not conquer it. We should make nature peaceful. This is its message.

**Grisha Anand
VIII A**

MENTAL HEALTH FACTS

FACTS ARE:-

1. More than 43 million Americans struggle with mental illness.
2. 1 in 5 young people (age 13-18) has or will develop a mental illness in their lifetime.
3. Youth depression rates have risen from 5.9% to 8.2% since 2012. Depression symptoms can impact performance in school and interfere with personal relationships.
4. Most Americans lack access to adequate mental health treatment. 56% of American adults with mental illness did not receive care in the last year.
5. Mental illnesses can affect people of any age, race, religion, or income. A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, and ability to relate to others and daily functioning.
6. Many factors contribute to the development of a mental health condition, including life experiences (such as trauma or a history of abuse), biological factors, and family history of mental illness.

**Mridul Gaurav Kumar
VIII H**

MENTAL HEALTH IS IMPORTANT

I always wondered what would happen if our country went into a full lock down . Now when we are in a lockdown, I saw my country's economy falling down slowly. As the economy inched down, people lost their jobs, companies collapsed, businesses were hit and many were also closed down .This pandemic and lock down has brought a sense of fear , panic and anxiety. Now the situation has improved a little bit . After surviving 7 months of lock down people are aware that if our mind is healthy then we are healthy. Mental condition in today's world is the most important thing . The factors that are triggering generation's mindsets today majorly relate to developmental age, educational status, pre-existing mental health condition , being economically underprivileged or being quarantined due to infection or fear of infection.

This has caused the mental situations we are facing today. I strongly think that we can still recover our original minds etc using some positive steps like,

- Keep the magnificent mind diverted through activities.
- Think about good things, spend time with family and friends.
- Remove fear from mind about Covid at home.
- Be rooted and spread the wings.
- Meditate, Mask and Manage.
- Be the MIND MASTER and not be a part of MIND WAR.

As per Glen Close, 'What Mental Health needs is more sunlight, more candor, and more unashamed conversation.' I think this is the real life motto for the 21st century and the unparalleled universe.

Saatvik Sharma
VIII H

ALL SEASONS ARE DELIGHTFUL

The hot-humid days are back again,
Children eat ice-cream to cool down their brain.
The sun is always shining bright,
All the birds have taken their flight.

People are going back to their homes in a haze,
Dreaming to have a cup of hot tea near the blaze.
The cold makes everyone tremble and shiver,
The world wearing the white coat now glimmers.
And the trees think their treasure is stolen by a thief.

The flowers are blooming all around,
Bees taking advantage sucks the nectar wherever it is found.

Butterflies are fluttering like graceful ballerina,
The rainbow in the sky is beautifying the arena.

Autumn is here with the rain of pale leaves,
And the trees think their treasure is stolen by a thief.

Nitika Singh
VIII H

LET'S TALK ABOUT

"Let's talk about
The flow of river
Not the blue one,
But the red one this time."

This flow is unique
Not blue, but bright red
Not a curse, indeed a gift of God
Painful today, but gives a beautiful future for sure.

This flow of river
a boon and yet taboo
Returning every month
so sacred and so true

This flow is delta
between different sexes of this orb
Granting more power to life
True - blue, beautiful and wild.

Yash Gupta
VIII H

MEMOIRS OF PRE-COVID TIMES

Hello, everyone! It has been close to 6 months now but already seems like eternity. The Covid-19 pandemic trend is still going strong in India and is not showing any signs of abetting. Surely, we are facing a lot of problems in our daily life because of the restrictions imposed due to the pandemic. It has also wreaked havoc in the lives and livelihood of many people. Salaried people are facing pay cuts, businessmen are facing losses due to lack of trade and daily wage earners are facing the maximum problems.

Our elders are facing problems too but we kids are facing a few unique problems because we are stuck in our houses for so long. School used to be so great because we could meet and talk and play.

Abhilasha Dey
VI B

MENTAL HEALTH: OUR PRIORITY

Life is like a Ferris wheel where ups and downs come but we should enjoy every moment of it. Nowadays the world is governed by competition, challenges where life has become difficult and mental health issues have taken place.

Mental Health is important at every stage of life from childhood to adulthood where our thinking, mood could be affected. Due to this suicide cases are taking place; intake of drugs is coming in practice. Mental health does not only let us be mentally fit but it also gives us the ability to learn, feel, express and manage a range of positive and negative emotions.

Moreover, in this current situation of COVID-19 people are overloaded by their work and it has been assumed that they are disturbed mentally rather than physically. As social distancing can make someone feel lonely and isolated which can increase stress, anxiety, disturb your lifestyle, and sleep disorder.

To be mentally fit we should do yoga, exercise for 30 minutes, drink at least 2-3 litres of water in a day, think positive, keep yourself calm and cool, and be social. Read often and read widely, challenge your intellect and memory. Take time to relax. Schedule regular periods of relaxation into your week. Take up a new hobby. Learning something new gives the 'grey matter' a workout and builds neural pathways in the brain.

“Mental Health is not a destination, but a process. It's about how you drive, not where you're going”

Evenings would also be great as we could go to the parks and sports clubs and have some great physical activity, not to mention the swimming sessions that I used to absolutely love. All that has stalled indefinitely. Now I do really understand how much better going to school was rather than staying in our houses all locked up. Now I almost hate staying at home. Since the schools closed, the online classes took over. I hate to say this but online classes are not the same at all like going to school. It takes a lot of perseverance to sit through the entire class on screen for hours on end. All these boring online classes make me crazy (please don't tell anyone! Shhhh!) and you know what is even crazier? The online tests! I studied so hard before the test and you know what came in the test? Probably just a fraction of what I had studied. And all the projects and assignments, online music classes too. But Yes, It's fun too doing those sometimes.

The Google meetings that we regularly have now are great though. It is fun. Although it's not like the real thing as actually meeting up; chatting and laughing all at once. I miss school, I miss all my friends. Hope this coronavirus leaves us soon and we are back in school together with each other again.

I don't have much to do at home except playing with my baby brother (Who is such a brat! Uffff! ☹) and you know what, I just finished seeing all the Disney movies too..... Ah...! I remember the sweet days of school with all my friends. Playing in the school ground with all my friends, going to the canteen and sharing tiffin with my friends. Birthday parties of my friends. Going to the movies with my parents. Weren't they just lovely!!

I spend my time doing many things. I have recently developed an interest in cycling and I cycle upto an hour everyday. I also practice my Vocal-music and am preparing for upcoming online singing competitions. I have even won an online Inter-school singing competition recently. I thank my mom and my music teacher at school for their efforts. I also listen to music and do some reading, which has become my hobby. I also exercise daily to get fit for the upcoming trek I am going to do with my father next month. So, I have my hands pretty full, these day .

Let me tell you an incident I just remembered that had happened in school last year. All my friends loved the canteen's 'Potato patties' a lot. One day I bought 2 patties from the canteen and brought them to class during my recess.

I thought that I would give this to my best friend in class, you know what happened? Just as I entered my class all my friends looked at me and the patties as if I had brought them their lives' treasure. . . And they started to run behind me screaming, 'Please give me the patty! Please give me the patty!' And I ran for my life as fast as I could. I ran faster than Usain Bolt that day. I remember the disappointed faces of my friends who couldn't catch me in the chase. And I shared it with my best friend only. Ha Ha! Such great days they were! These are difficult times of course. With the economy going down and my nation at a stand-off with its neighbours and the cases of corona patients going up everyday. But I am positive and optimistic that one day it will end, because it has to. The Bhagavad Gita teaches us that for the Sun to come out brighter, it has first to fight off the darkness. So also, we will emerge stronger and remain ever thankful to God, the supreme power! May he Bless us all. Stay safe. Stay Healthy!

**Pratham Taluja
VIII E**

THE BEST THINGS IN LIFE ARE FREE

We live in a materialistic world where we pay for what we have or what we wish to have. But actually we have ignored this fact that the best things in life come free. Sadly, these things we generally take for granted - hugs, smile, friends, family, love, laughter, memories and many more such gifts of God. Everyone here today wants to be rich, wants to be famous but does anyone here want to be happy? Just think about it. Life is meant to be happy, to laugh when you can, to be happy with yourself inside out and not worrying about what other people think of you. Always smile when you are sad, learn from your mistakes but never regret. All these sources of happiness in life are actually free of cost.

Sarisha Sharma
IV F

THINGS WE MUST BE GRATEFUL FOR

The best things in life are free,
Even the things that you may not see,
Like air is the one which helps you breathe,
The yummy-yummy fruits which nature
provides to feed.
Our body too is seventy percent water, simply
water.
Only the left thirty percent is the other matter.
Mr. Sun provides us heat and
Don't forget the land on which we keep our feet.
To have these things do we need to pay a fee?
No, these basic things are very much free.
Same for a poor, same for a king,
Same for a merchant or his sibling.
All these things equally lay,
Be it greeny grass or dull yellow hay.
When all these things don't differentiate,
Then who are we to remunerate?
Not only money but other such waste.

Aehum Khera
V B

Blessings of Life

We all know that life is precious, but it is not free. A few things in life are very precious but absolutely free! Let me tell you about a few things that are free in life –

- Parents' love
- Friendship
- Smiles and Hugs
- Blessings of God
- Goodness of nature

God presented us with –

1. Brain – to think
 2. Eyes – to see
 3. Nose – to smell
 4. Arms, legs – to do such things
- Let us all cherish , treasure and be grateful for these things !!

Saanvi Taneja
V A

FREE OF COST STUFF!

“The best things are free in life” is an ancient proverb that has a profound meaning. As money can't buy everything, the best things can't be bought with money. This proverb is closely connected to the saying “money can't buy happiness. “When we are born on this planet, we are blessed with a doting and protective family by the Almighty. We must be grateful for this blessing and spend quality time with our families.

Money cannot soothe your heart when you are left alone, it is your family, your friends; the ones you love who will prove to be instrumental in getting happiness.

Instead of crying for greater things to achieve happiness, happiness comes as a result of appreciating little things in life.

Mannat Maheshwari
IV E

MENTAL HEALTH: OUR PRIORITY

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Good mental health is characterised by a person's ability to fulfil a number of key functions and activities, including the ability to learn, the ability to feel, express and manage a range of positive and negative emotions. The ability to form and maintain good relationships with others also reflects sound mental health.

Tips for Good Mental Health:

- **Being physically active** - Regular exercise can reduce feelings of stress and depression and improve our mood.
 - **Getting enough sleep**- Sleep affects our mood. Lack of sleep impairs the ability to think and regulate emotions. Sound sleep is essential for everyone
 - **Healthy eating**- Balanced nutrition helps us feel better physically, improving our mood while decreasing anxiety and stress.
 - **Meditation** – It helps in relieving stress and improving our mood.
 - **Talk about our feelings**- Sharing one's feelings can help us stay positive in troubled times.
- To conclude, let's not neglect our mental health amid our busy schedule and adopt some basic wellness practices.

Paavani Verma
V C

NATURE RECLAIMING HER SPACE

For the first time ever, we heard and witnessed a few things during this pandemic named **COVID-19**. Lockdown is one of them. During the lockdown when all the factories were closed, vehicles were not moving on the roads and other activities were also stopped, we experienced many things for the first time. This pandemic has taken many precious lives, however we have also witnessed clearer sky with clusters of stars from our balconies, the crystal clear water of the rivers and pollution free environment. People shared different pictures of animals on social media Nilgai roaming freely on the streets of Noida, Civets in Kazhikode, Rhinos in Assam, Turtles resting on the beach in Odisha, peacocks and other birds dancing on the streets, all were a treat to the eye. These sights were clear signs that man had occupied and tried to play with Mother Nature which is now reclaiming its space everywhere across the globe because of the lockdown. God has created this planet equally for all the creatures but humans have destroyed it. This is the way by which nature has taught us a lesson that if you play with nature, it will play back with you in its own way and reclaim its space.

Banee K Singh
IV A

LIFE IS BEAUTIFUL

The famous quotes
The popular sayings
We repeat on rote
Ignore their meanings
'Health is Wealth'.
'Family is Everything'
Clichés we neglect
And treat as nothing
Smiles and Laughs
Hugs and Kisses
Are best by far
And cost zilch.



Asis Singh
IV F

MENTAL HEALTH: OUR PRIORITY



Our mental state is a very important part of our well being. If we get up in the morning and feel sad, with no desires, it affects our life, relationships with family members and friends. We should never neglect how we feel. It is the same as our physical body. If some part of our body pains or gets injured we take medicines or give proper care to that body part. In the same way, if we feel sad for a long time, angry or lonely we should pay attention to it. The feelings show what is happening inside us. My mother teaches me to talk about it. Talking about how we feel reduces the pressure, and make us more aware about ourselves and the reasons for feeling so. Humans are not machines. The same routine and present situation of pandemic restricting our movements make us feel bored. So, going to park, exercising, cycling, talking to our friends on phone bring change in our lives. Life is never the same. Sometimes it surprises us with pleasant events and sometimes places us in a dark corner. At that time, we must remind ourselves that low moments do not last forever and negative feelings would surely go away.

Nitya Devgan
IV F

NATURE - PRIDE OF EARTH

Ah ! Nature - pride of this Earth
A sight someone would love from birth,
Plants, trees, animals and more
I love all these from the core.
I dream! I dream! I dream of greenery here and there,
But wait! Mankind has forgotten to care.
Nature cries for help claiming its space back,
Posters and campaigns would help but only a bit.
It is our efforts that would make Earth fit,
By locking us down, God has given us another chance.
So, let us come together and take measures to make Mother Earth once again dance.

Ddhruvin Pujara IV E
Ddhairyan Pujara IV E

RECIPE OF RAGI AND POHA TIKKI

Ingredients for Ragi Tikki

Ragi- one cup
Poha-half- cup (soaked for 5 min and drained)
Potatoes- two (peeled and grated)
Onion- one (large)
Salt to taste
Red chili powder 1 teaspoon
Garam masala- ½ teaspoon
Chat masala- ½ teaspoon
Coriander - finely chopped
Green chili- two (optional)
Step 01- Add ragi atta, poha and potato with all above mentioned ingredients.
Step 02- Divide the ragi mixture into equal portions and give the shape of tikki but keep the shape of tikki circular and thin.
Step 03- Grease tawa or pan with 1 teaspoon oil, place the ragi tikki on tawa and shallow fry.
This is a healthy tikki with all healthy ingredients.
We can serve hot with mayonnaise and sauces.

Nashita Khanna
IV E

FREE FREE FREE FRIENDLY GREEN TREE

I am green
I am free
I am none other but your friendly tree.
I am short
I am tall
I will never let you fall.
I give everything I can give
I provide oxygen to breathe.
I give fruits and vegetables to eat
And healthy heart to beat.
Birds build their nests
And passers-by in my shade take rest
Owls stay in my trunk
Musical are the songs which sparrows sung.
So, friends please do not cut me down
I do not want to be one of the brown.
Let me be the beauty around
The miracle that nature has profound.

Ddhairyan Pujara IV E

Ddhruvin Pujara IV E

HOW CORONAVIRUS BROUGHT FAMILIES CLOSER

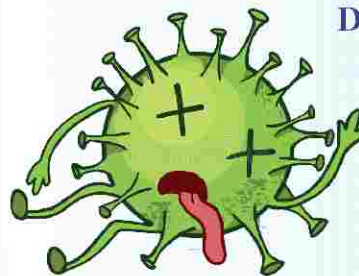
Before the pandemic people were very busy in their lives. As **COVID 19** struck, people were confined to their homes and didn't go anywhere. We do say that **COVID 19** is a disaster, but it has also brought us closer. So, it has in a way proved to be a blessing in disguise. Families have got time to sit and talk, watch TV, cook and create beautiful, joyful memories to cherish for a lifetime.

Kashvi Jain
V A

A-Z CORONA SHOULD BE DEAD

- A - Asymptomatic – The great fear
- B - Be positive
- C - Corona testing necessary
- D - Don't step outside unnecessarily
- E - Eat healthy food
- F - Fake news is the biggest devil
- G - Gatherings not allowed
- H - Help the needy, poor people
- I - Immunity – The biggest strength
- J - Job losses across the world – The great depression
- K - Kids under 10 years should stay at home
- L - Lockdown – a necessity for controlling the spread
- M - Mask is mandatory when venturing out
- N - Namaste instead of shaking hands
- O - Online classes – The need of the hour
- P - Pandemic; PPE kits – a necessity for health workers
- Q – Quarantine the infected ones
- R - Reshape the Nature
- S - Social Distancing
- T - Travel carefully
- U - Use soft words for affected people
- V - Violators to be punished
- W - Work from home
- X - Xtra precautions for elders
- Y - Yoga and meditation for better immunity
- Z - Zero face touching

Divyanshi Chhual singh
IV B



MONSTER COVID

Life in a lockdown is not easy
It is making us crazy.
Covid19 is the monster
Who is creating this disaster.
But we need to manage
To protect our country from damage.
We know its not easy
It is making all of us dizzy.
We should involve ourselves in reading, writing
and puzzle solving,
So that we protect ourselves from being dull.
Don't be a butterfly in the society
Else, the monster will make you feel pity.
Don't be greedy
Try to help poor and needy.
Pass your time helping your mother
And pray to God that **Covid 19** does not spread
further.

Vivaan Jain
V C

MY UDAIPUR TRIP

Trips, vacations or holiday with family or friends, have always been an important part of life. They are full of excitement, enjoyment and learning; and hence are most awaited.

During last winters, I went on a family trip to Udaipur. On 24th December, we reached railway station by 6pm, and boarded train at 7pm from Nizamuddin Station. This recreational trip was for five days and four nights. The overnight journey by train was great fun. We reached our destination “The Leela Palace” in Udaipur around 8:30 am. After enjoying the lavish and delicious breakfast at this magnificent hotel, we were taken to a swimming pool, where we



enjoyed hot water bath, splashing and swimming, it was the best way to relax the body. Then, we visited the City Palace Museum which is a beautiful building with varied styles of mirrors, paintings and artifacts. We were amazed to see the Royal Court which had several paintings and objects related to the Battle of Haldighati. The guide also told us many inspiring tales about the lives of the Kings (called Ranas) of Udaipur. After that, we went to Jagdish Temple which is at a walking distance from the City Palace. It is a beautiful temple built in 1651. In the evening, we went to see Folk Dance by Dharohar, and enjoyed the mesmerizing view of Fateh Sagar Lake and took a number of photographs. Next day, we went to Chittorgarh Fort. The full day excursion to this world heritage site was an enriching experience. The fort was constructed in the 7th century A.D. in the capital of Mewar. While returning, we went to see the famous historical site, Pratap Memorial. We were spell-bound to see the grand statue of the brave warrior, Maharana Pratap on his horse, Chetak and watched a short film on his life. Then, we visited a beautiful garden, 'Saheliyon ki Bari'. It has been designed as a peaceful retreat outside the old city of Udaipur. The lush green lawns looked absolutely serene. The next day, we went to see Kumbalgarh Fort, on the westerly range of Aravalli Hills, in the Rajsamand district near Udaipur of Rajasthan state in western India. It is a World Heritage Site included in Hill Forts of Rajasthan. On the last day, we went to the famous market of Udaipur to shop beautiful and colorful handloom items and sarees. We bid adieu to the historical city of Udaipur, with our heart full of joyful memories.

Ranak Jain
IV A

FORTUNE FAVOURS THE BRAVE

For success we all crave,
But “fortune favours the brave”.
If you are not enough brave,
You dig your own grave.
You yourself have to go through all pain,
As “no pain, no gain!”.
How much trauma you bear still,
You come out if you have a strong will.
You can go through all troubles,
With bravery they disappear like bubble.
Work hard to achieve your aim,
With courage your goals remain the same.
To succeed you must keep trying,
As “God helps them who help themselves” is a true saying.

Paavani Verma
V C

DAYS OF JANTA CURFEW

Warnings are raised, outbreak of a virus, they call it Coronavirus. Consequently, Tenor of everyday life is dimmed across the globe. We children are not supposed to move out. My dad collected my result. He clicked my picture as my name shone on the board among toppers. Was I happy? Yes. Was I satisfied? No, I wanted to be at school. I wanted to bid my old class teacher a final bye before I go to the new class. Soon, there was a complete lockdown. PM called it Janta Curfew. Dad and Mom too restricted themselves to working from home. And here I learnt my first lesson. Even something as miniscule as a virus can stop the world to function at the blink of an eye. Evening unrecognisable sounds were heard. From clapping hands to banging pans, we did everything to thank the Corona Warriors! Yes, we owe a big thank you to the ones who are working day and night to stop the spread of the deadly virus. Sometimes, when kids fight, parents punish them to stay inside their rooms. I see this virus as a punishment sent by mother-nature to Homo Sapiens, may be to indicate that enough is enough. Stop driving and flying. Stop emissions from vehicles now. I never thought I will experience something like this in my life but now this experience will stay with me forever. I shall narrate this to my future children and grandchildren that how helpless we Homo Sapiens are when Nature decides to punish us.

Aleesha A Kataria
IV B

HELPING HAND DURING LOCKDOWN

The whole world is suffering from Covid19 Pandemic. During these difficult times, all the people in the world have been locked down inside their homes. Inspired by the front line workers I decided to help needy people, animals and birds around me. I expressed my wish to my uncle who resides in our colony. He collects food made by us and distributes it among the poor people. During the lockdown I was moved at the sight of hungry animals lying on the streets. I fed them and felt really happy as no one was there to feed them due to lockdown. May God take this disease away from the World and make everybody healthy, happy and self-dependent.

Samaira Nagpal
IV B

WHAT I LEARNT FROM CORONA

COVID-19 came as a huge tragedy in everyone's life forcing every one to stay at home.

This is one of a kind of lesson which has never been heard of. It sounds very easy to hear 'LOCKDOWN' but, it is very difficult to stay locked in the house. It is nice to spend time with your family in your home but, it is challenging to leave all your outdoor activities. This ongoing lockdown has taught me lessons which would have been not so easy to learn.

What if we don't step out of our houses for outdoor activities/ shopping/ dining out? It is not as if life will end on Earth...!!! Nothing is indispensable on Earth. This is the most important lesson which I have taught myself during this on going lockdown.

We all have learnt to live in austerity. This lockdown has taught me to explore and learn judicious use of the given resources and make the best use of them.

This pandemic also taught us how to attend online classes and made us independent learners.

Panshul Bindal
V C

RECIPE I LEARNED

Dear Diary,

Today as I was helping my mother to make something new, I learned how to make apple pie which has now become my favourite dessert. It was very delicious and also simple to make. My mother made it easy for me and then I spread its layers in a tray. First layer was of Marigold biscuits, then a layer of fresh cream above which came the layer of boiled apple sauce and then the process was repeated. I also garnished it with nuts and fruits. Everyone relished it!

I was very happy to learn something new in these holidays and I will continue to learn more. Will soon share my next recipe!

Aanya Goyal
IV A

COVID PREACHINGS

Every part of the world has been affected, and every aspect of life has been impacted by COVID 19. During this past year, the pandemic has turned our lives upside down.

Even in the worst scenario, we as human species have been able to learn and make the most out of cruel times. I got to know that there is goodness and humanity, even in the darkness.

At the start of the pandemic, many people were having a tough time, they didn't have proper food to eat or necessary things required for their protection from the virus

However, several community members were seen rising to the occasion to help the people in need. They gave them masks and necessary items required for their survival and safety. Restaurants were donating food to hospital workers and the hungry and needy. Numerous people were volunteering to bring groceries to the elderly. These acts of kindness and appreciation from the community make me believe that humanity still exists.

Personally, COVID has changed me too. I got to know about my inner side. I was able to comprehend and introspect. I explored my hidden talents and honed my skills. I was able to try different recipes and work more actively than before.

Before the lockdown, people never knew what a halt to their life would actually be like. We kept on taking things for granted and ran from here to there just to get used to the urban life. This lockdown has brought not only a sense of calm but has also urged to accomplish our pending goals. There is a sense of realisation that we don't actually need as much as we think is necessary for us to live.

It is truly said that every cloud has a silver lining. Even though there is a lot going on all around the world, where people are left to fend for themselves in whatever way, many other, on the other hand have tried to keep themselves happy, active and occupied. They have not only enhanced their skills but have also come up with new crafts that they might cherish forever.

Sachi Manchanda
IV A

KEEP CORONA AT BAY

Dangerous is the corona virus

It can harm all of us

But, we have to fight back
Save ourselves from this attack.

Wash your hands with soap

It is not tough to cope

Sanitize and clean well

Corona virus will go to hell.

Be safe and stay indoor

Still some danger is outdoor.

Salute to Corona Warriors

They push all virus carriers

Wear a mask to stay secure,

Then we can good health ensure.

Mishika Gupta
V C



CRUNCHA MUNCHA

Ingredients-

- ☛ Monaco Biscuit-1 packet
- ☛ Mashed boiled potatoes-3 medium size
- ☛ Salt-to taste
- ☛ Red chilli powder-1/2 tsp
- ☛ Garam masala-A pinch
- ☛ All purpose flour [Maida]-2 spoon
- ☛ Bread crumbs
- ☛ Oil-for frying
- ☛ Coriander-for garnishing

Recipe -

Take the mashed potatoes in a bowl and add salt, red chilly powder, garam masala and mix them well. Place a Monaco biscuit on a clean dry surface and spread one spoon of potato mixture on it. Place another biscuit on the stuffing and press it lightly. Now make a slurry of refined flour , water and salt and pepper. Coat the prepared stuffed biscuit in bread crumbs, dip in the slurry and deep fry it. Garnish it with fresh coriander leaves. Your Cruncha Muncha is ready to be served and enjoy it with ketchup.

Saanvi Khandelwal
V B



SANTA KIDNAPPED ON HALLOWEEN

It was late one fall in Halloweenland,
And the air had quite a chill.
Against the moon a skeleton sat, alone
upon a hill.
He was tall and thin with a bat bow tie;
Jack Skellington was his name.
He was tired and bored in Halloweenland-
Everything was always the same.
"I'm sick of the scaring, the terror, the fright.
I'm tired of being something that goes
bump in the night.
My feet hurt from dancing those skeleton dances.
I don't like graveyards, and I need something new.
There must be more to life than just yelling, 'Boo!'"
And then Jack decided he had to kidnap Santa
to get his happiness back...
On Halloween everyone gathered once more,
For they had never seen a Santa before.
"My dear Mr. Claus, I think it's a crime
That you've got to be Santa all of the time!
But now I will give presents, and I will spread
cheer,
We're changing places-I'm Santa this year.
It is I who will say Merry
Christmas to you!
So you may lie in my coffin,
creak doors, and
yell, 'Boo!'"

Daksh Arora
V C



LET US TRY HEALTHY TANDOORI CHAAP

Ingredients

- ☛ 1 Kg Soya Chaap
- ☛ 1 tbsp Pudina powder
- ☛ 1 tsp Black salt
- ☛ 1 tsp Salt
- ☛ 1 tsp Aamchur
- ☛ 1 tsp Roasted cumin powder
- ☛ 1 ½ Degimirch
- ☛ ½ tsp Turmeric
- ☛ ½ tsp Kasuri methi
- ☛ 2 tbsp Mustard oil
- ☛ 1 tbsp Dhaniya powder
- ☛ 500 gm curd

Process

- Add chaap in boiled water and rest it for 15 minutes.
- Meanwhile, let's prepare batter to marinate.
- In a vessel, add curd and all above dry ingredients.
- Mix them well.
- Now, cut chaap in small 3 inch pieces and add to batter prepared.
- Now take a saucer pan and put mustard oil in it.
- Heat the oil. Once it's burning hot add it into the batter.
- Let it marinate for ½ an hour.
- Roast the chaap pieces in oven at 200 °C for 20 minutes.
- Scrumptious Tandoori chaap is ready to be served.



Mishika Gupta
V C

LESSONS LEARNT

The 5 lessons of Covid-19 pandemic:

1. School is not only about studies

I always thought, as did most of my friends, that we go to school only to study. Now that we are doing studies online, we realise there are tons of things besides academics in school and so we terribly miss school.

2. Meeting loved ones is important

Meeting family and friends is essential to be happy, although we usually take it for granted.

3. Follow the rules to help yourself and others

The rules, such as Social Distancing and Wearing a Mask may seem simple but they can have a huge impact and they are for everyone's benefit.

4. Don't believe everything on the Internet

There is a lot of incorrect and false information on the Internet, especially on social media and we should be aware of this. We shouldn't blindly believe anything we read.

Asis Singh
IV F

JUNK THE JUNK FOOD

We all know how useful is plain milk
Yet, we go for useless Cadbury's Silk.
When we see French fries and chips,
Water comes in our mouth and lips.
Those yummy cookies,
Which we consider goodies.
Are only high fat and carbohydrate,
Eating them we only gain weight.
The two-minute noodles had great taste
Otherwise they were a total waste.
Please do not become a junk food junkie,
Be a man, not a wild monkey.
Avoid junkfood,
It's for your own good. Cut on sugar and
spice, And the life is really nice.

Take proper food,
Take proper rest,
Healthy eating is
the best!



Aashna Malhotra
V B

MY GREATEST FEAR

My greatest fear was – darkness.

I was quite scared of dark, but my brother was not.

ONE DAY.....

He said, “didi, please bring me some chocolate.”

I said “ok, I will try.” {I tried } since the room in which the chocolates were lying was enveloped in darkness. But I was very scared internally and could not go to that room.

NEXT DAY... in the evening, my father told me to get a pen for him. “I cant do it as I'm afraid, Dad”, I told him. The store where the pen was kept had no light. My father enquired what was it that I was afraid of and that too at home. I sheepishly answered, “darkness”. My father made me sit and explained lovingly that

“darkness is just absence of light and it should not scare you in any way. Eradicating darkness is in our hands . Don't let your fears take control of your actions.” I understood then that

“we should be sensible, strong and brave and should overcome our fears .” *THANK YOU DAD....*

Raisa Bhutani
V A

ODE TO MY TEACHER

Whenever I think of you,
Albeit for a moment or a minute a few,
I wonder of the day when I nothing knew ,
So to learn something I came to you.
Like a mother you showered your loving smile,
And gave me love as to your own little child,
Teaching me the value of this mysterious life,
On exploring the almighty divine.
I never in my dream could have found,
A teacher in her beautiful grace,
Who taught me to win this challenging race.
Pouring in the strength and courage we need,
To become a plant from a weak little seed.
The plant which you nurtured for so many years,
Will bear the flowers of colour so rare.
To people it shall endear,
Spreading its fragrance of knowledge everywhere.
Dispelling sorrow and crying tear,
Teaching to live, love and care.
You adorned my life with happiness and cheer
Banishing the darkness and sorrowful fear.

Avni Malhotra
V A

“MY DIWALI GIFT LAST YEAR”

Last year , a day before Diwali I, along with my family had gone to my paternal aunt's (Bhua) place to give Diwali gifts. After getting out of my car in the parking area I saw a Black Mercedes SUV - GLA, one of my favourite



cars. We were moving out of the parking lot and that car's door opened and when I saw who came out... I was speechless, my eyes wide open and uhhh!! My brother said “GABBAR”. I shouted “arrey, SHIKHAR DHAWAN!”. Seeing us Shikhar Dhawan also stopped and I greeted him. He told us that he was there to meet his mother who stays in the same society where my aunt resides. Shikhar Dhawan asked me if I would like to get a selfie clicked with him. I was super excited and I nodded my head in excitement. When I took my dad's phone to click the selfie, I was unable to focus. I was too short compared to Shikhar. He smiled and took my phone, asked me to stand on the pavement and clicked the selfie for me. He hugged me and said he would meet me again next year before Diwali in the same society. This was the best gift I could get that year for Diwali!!

Rakshan Kapur
V A

TETE -A -TETE WITH AN INSPIRATION!!

I am sure most of you have watched the famous movie DANGAL. So you must know Geeta Phogat. She is the first Indian woman wrestler to win a Gold Medal at the Commonwealth Games (2010, in Delhi).

My father is a sports commentator and he helped me meet her. I was extremely excited to meet the 'real Gita Phogat. She was very sweet and humble. I asked her a few questions-

Me: Is the movie Dangal really based on your true story?

Geeta Phogat: Yes, it is.

Me: Which health drink do you drink regularly?

Geeta Phogat: I drink ALOE VERA juice to stay healthy.

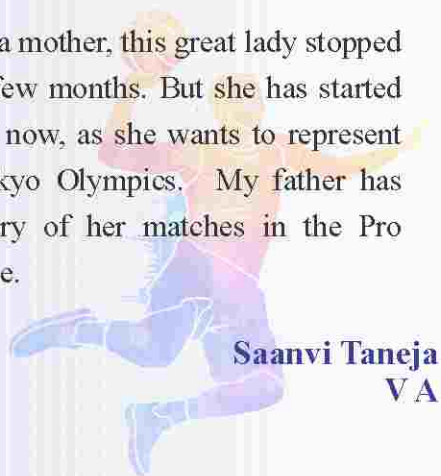
Me: Do you still exercise daily? –

Geeta Phogat: Of course , twice a day!!

Me: How can I become strong like you and Babita didi ?

Geeta Phogat: You should stop eating junk food, drink a lot of milk and exercise daily. That is the key to staying fit.

After becoming a mother, this great lady stopped wrestling for a few months. But she has started practising again now, as she wants to represent India at the Tokyo Olympics. My father has done commentary of her matches in the Pro Wrestling League.



Saanvi Taneja
V A

THE BOLD CREATE THEIR OWN FORTUNE

'Fortune favours the bold' - This statement means people who are bold get success in life.

The word 'Bold' signifies a very strong meaning.

B-Brave

O-Optimistic

L-Laborious

D-Daring

An individual who is bold is independent, courageous, positive, strong, determined and hardworking. Many people are scared of the 'fear of the unknown', or 'fear of failure'. They do not want to do something because they are afraid of its consequence.

This statement very well signifies that people who overcome the fear of unknown achieve success in every stream of life.

History is replete with examples of illustrious people such as 'Jhansi Ki Rani', Lakshmi Bai, Subash Chandra Bose and Dr. A P J Abdul Kalam. All of these people came from humble backgrounds and had achievements that have inspired nations and generations.

Lakshmi Bai fought against the British regime. She struggled and fought bravely to preserve Jhansi's freedom. In the end she lost her life fighting for her country's freedom. She is remembered to this date for her bravery and her mettle.

Avul Pakir Jainalubdeen Abdul Kalam was the 'Missile Man of India' and became the President of India. He came from a poor fisherman's family and did not have easy access to formal education. He struggled hard to educate himself and became a leading scientist.

These are a few examples of people who created history with their courage and boldness.

These great people are remembered today because they never worried about the future and were brave enough to face the uncertainties that life threw at them.

Thus, FORTUNE favours the BOLD.

Sia Kapur,
V F

NATURE RECLAIMS HER SPACE

“Save nature, it will save you.”

This quote says that if you save nature, it will save you. But, in the past few years, we humans have used natural resources in vast amounts. We have cut down forests, leaving very less space for the animals to live in. Human activities have caused pollution. We are overusing natural resources and hence, facing shortage of the same. This year, nature has begun reclaiming her space.

Because of the worldwide lockdown due to Coronavirus, the air has become clean like never before as there were no vehicles on the roads and no pollution from factories. Wild animals could be spotted in the urban jungles.

The dolphins that used to live near the coast of Italy could often be spotted in the absence of human disturbance.

These are some gentle ways by which nature is reclaiming its space but, it can be harsh as well. We are facing natural calamities like flash floods, tsunamis, forest fires, extreme heat and cold waves, droughts etc which threaten the survival of humans. A recent example is of floods in Hyderabad and Pune.

It's important that we also take steps to help nature heal, because we are the ones destroying it. We have to remember that humans don't own earth. We have to live in peace with Nature. Man has to mend his ways and take responsibility for his actions. Earth can heal itself, but man has to at least give it a chance. Remember, Earth provides enough to satisfy every man's need but not every man's greed.



Sara Chhabra
V F

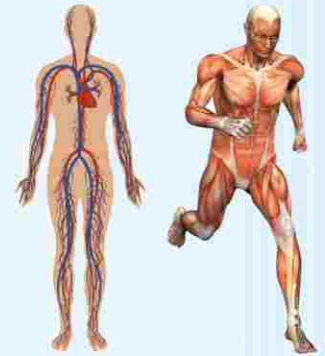
MENTAL HEALTH: OUR PRIME CONCERN

“Mann ke haare haar hai, mann ke jeete jeet”

The Hindi Proverb aptly describes how important mental health is. As mentioned in the saying, the victory is not about physical

well-being but it's all about one's mental fitness or in other words will power. A person suffering from physical illness can recover fast but a person suffering from mental illness takes lot of time and sometimes period of years to overcome. Mental health is related to one's personality as a whole. Every year World Mental Health Day is observed on October 10. It was started as an annual activity by the World Federation for Mental Health.

During the present situation of Pandemic COVID-19, when the whole world is fighting for the survival of mankind, the mental health is challenged and it has become very important to discuss its role. The nation wide lockdowns worldwide have compelled citizens to sit at home and work from home. In such tough situation when people have not come out of their homes for months and their life has been imprisoned behind the four walls, the issue of mental health has become of prime concern. Especially for those who are suffering from CORONA and are facing long isolations, it is very important to monitor their mental fitness. Thus, as an ideal member of society, It is our priority to enable them not only to fight with the disease physically but also to keep stable their state of mind. Hence, it may be concluded that mental health must be our top priority. Because if we are weak from inside, even the physically strongest person can't win any battle of life.



Adyut Jain
IV A

RECIPE - OATS VEGETABLE POCKETS

Ingredients—

For pockets

- ☛ 1/2 cup oats flour
- ☛ 1/2 cup Semolina
- ☛ 2tbsp curd
- ☛ water
- ☛ salt and black pepper as per taste



Filling—

- ☛ 1/2 cup chopped onions
- ☛ 1/2 cup chopped capsicum
- ☛ 1/2 cup chopped cabbage
- ☛ 1/2 cup chopped carrot
- ☛ 4 square pieces of paneer (2 inch)
- ☛ salt
- ☛ pepper
- ☛ Chaat masala
- ☛ italian salad seasoning(optional)

Method-

1. Mix all the ingredients of pockets in a jar, grind it and make a smooth batter.
2. Take a pan, add 2 Tsp oil. First saute onions on high flame. Let them be little brown, add capsicum, carrot and cabbage. Saute for 2 minutes on high flame. Remove from flame and add salt, pepper and chaat masala. Filling is ready.
3. Take a non-stick tawa. Let it heat on low flame. Spread batter like dosa/pancake. Let it get cooked from one side. Flip it.
4. Pour some filling in centre of the pancake. Add a piece of fresh/roasted/fried paneer. Wrap from all four sides and give the shape of a square.
5. Then roast whole pocket with little oil from both sides.
6. Healthy and tasty Oats pockets are ready.
7. Garnish with Italian salad seasoning (optional)
8. Serve with green chutney/tomato sauce.

Naitik Anand
V C

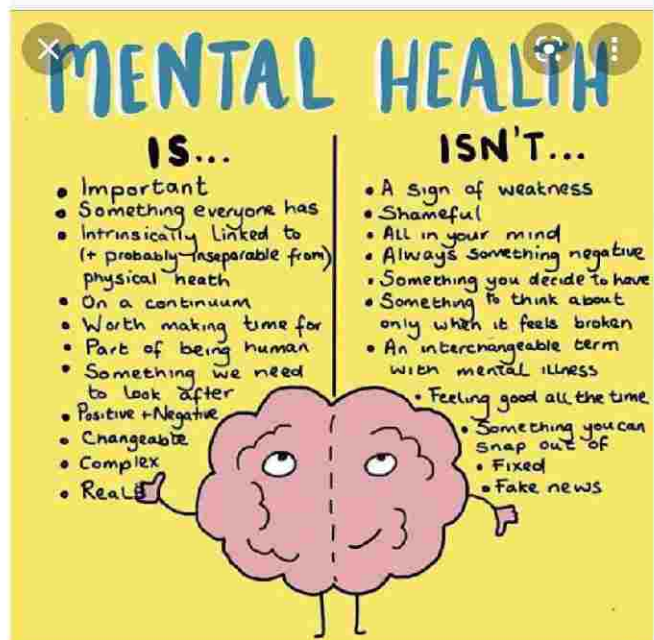
MENTAL HEALTH: OUR PRIORITY

Physical fitness is not the only measure of good health alone, mental health is equally important which includes our emotional, psychological and social well-being. Mental health is important at every step of life from childhood to adolescence to adulthood. It affects how we think, feel, act and make choices.

In today's era when there is so much competition at every step of life, everyone wants to outperform others and this stress affects the mental health of children the most.

Thus, it is important to imbibe good values and to spread happiness around.

Adhira Sharma
III B



LETTER FROM MOTHER NATURE

Dear people,

It has been almost ten months that you are at your homes during this pandemic. Today I am writing this to say thank you for contributing towards making me cleaner and greener and for putting a stop at making your country filthy. Thanks for that.

Secondly, Thanks for showing your generosity by not hunting animals for your pleasure. Earlier people used to slaughter these poor animals rudely but now thanks for becoming aware that animals also have a right to live.

My special thanks to small and cute kids who wrote slogans and poems to make people learn to love me. Thank you for everything you have done for me. Also, the most important thing is that nowadays you are not throwing plastic and garbage inside the rivers, lakes, sea, oceans and ponds.

Thank you so much for not polluting my water bodies.

Remember: I CARE FOR YOU..... SO KEEP CARING FOR ME.

Yours lovingly
Mother Nature

Asmi Bhatia
III F

RIDDLES

Riddle 1: What can you catch but not throw?

Solution: Cold.

Riddle 2: Which five-letter word becomes shorter when you add two more letters to it?

Solution: Shorter. (Short + 'er')

Riddle 3: What goes up but never comes back down?

Solution: Your age!

Riddle 4: A word I know, six letters it contains, remove one letter and 12 remains, what is it?

Solution: Dozens.

Riddle 5: Which English letter contains the most water in it?

Answer: The letter 'C'.

Riddle 6: I have a face and two hands, but no arms or legs. Who am I?

Answer: Clock.

Mishika Kalra
III D

NATURE IS RECLAIMING HER SPACE

After sunset I can hear sounds, I have not heard in years: the chorus of chirping crickets, croaking frogs and screeching owls. My backyard now has new visitors — some beautiful birds flying around the pomegranate flowers.

The world certainly became a quieter place due to COVID-19 pandemic. With cars off the streets, nature was at peace. Delhi's air quality this March was the best in past five years. Nature seems to have hit the reset button, reclaiming the spaces to heal itself. It is time that we wake up and pledge to protect & save our planet.

Shubh Saini
III G

MENTAL HEALTH – OUR PRIORITY

Health is wealth. This is a proverb we have heard from our parents and grandparents. It signifies the importance of good health. We must adopt healthy habits, eat healthy food and exercise to keep our body healthy. Along with this we must also take care of our mental well-being.

Owing to the present pandemic, we all are stuck at home. We miss school, our friends, going out to play and meeting our relatives. We all are stuck in boundaries of our houses where gadgets have started ruling our lives, be it online classes or talking to friends and relatives over video calls. These factors are bringing changes and everyone is complaining of aggressive behaviour and stress. We must take out time to please our mind, take things lightly and do little things which make us happy, be it meditation, watering and sitting with your plants, listening to calm music etc, after all, a Heathy Mind leads to a Healthy Body! So, friends! Stay Happy and Stay Healthy!

Kashhyi Sachdeva
III B

संपादकीय..



वो सुबह कभी तो आएगी,
जब बच्चों के शोर से फिर गूँजेगा
विद्यालय का प्राँगण सारा।
वो सुबह कभी तो आएगी,
जब खिलते चेहरों से महकेगा
विद्यालय का वातावरण सारा।

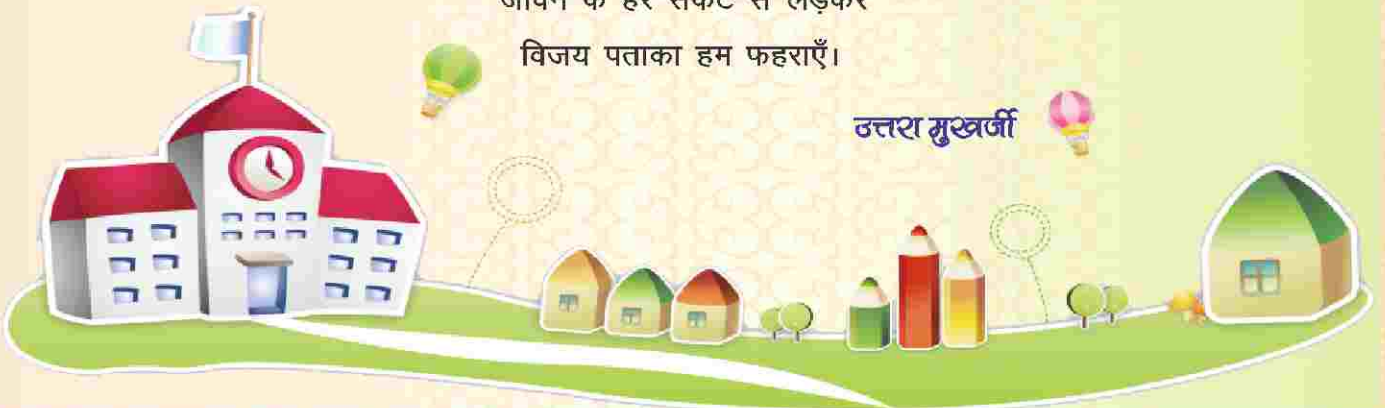
कोविड-19 महामारी ने जीवन के प्रति हम सबके दृष्टिकोण को बदल कर रख दिया। जीवन में आए परिवर्तनों को हम सभी ने बहुत करीब से महसूस किया और उनके अनुसार अपने जीवन को ढाला, जो निश्चय ही चुनौतीपूर्ण था और है। सम्पूर्ण मानव सभ्यता के सामने अपने अस्तित्व को बचाने और सैंकड़ों वर्षों के परिश्रम से ही गई प्रगति को भी बनाए रखने की चुनौती है, लेकिन मनुष्य ने हार कब मानी है! कविवर रबीन्द्रनाथ ठकुर के शब्दों में,

मेरा त्राण करो अनुदिन तुम,
यह मेरी प्रार्थना नहीं
बस इतना होवे करुणामय
तरने की दो शक्ति अनामय।

और वास्तव में ईश्वर जब एक द्वार बंद करता है तो दूसरा द्वार खोल देता है। घरों में कैद संसार ने अपने कदम नहीं रोके, क्योंकि हम सब जानते हैं... चलना ही जिंदगी है। हमारा सारा संसार जैसे कंप्यूटर की स्क्रीन पर चल पड़ा। अध्ययन-अध्यापन, परीक्षाएँ, विभिन्न प्रतियोगिताएँ, प्रातःकालीन सभाएँ, अनेकों पाठ्यक्रम सहगामी क्रिया-कलाप..... कुछ भी तो नहीं रुका। हमने चुनौतियों को अवसरों में बदल डाला, अत्यंत कठिन समय में अपने कदमों को न डगमगाने दिया, न रुकने दिया। हमारी वार्षिक पत्रिका का नया अंक विद्यालय के प्रधानाचार्य, समस्त बच्चों, अध्यापक-अध्यापिकाओं व अन्य सभी कर्मचारियों के कभी हार न मानने के जज़्बे को समर्पित है।

आओ करें खुदी को बुलंद इतना
मुश्किलें न टिकने पाएँ
जीवन के हर संकट से लड़कर
विजय पताका हम फहराएँ।

उत्तरा मुखर्जी



संघर्ष

हृदय में उमंग, नयनों में नई तरंग लिए
तू संघर्ष कर, तू संघर्ष कर ।
श्वासों की आस से, सफलता की प्यास से
तू संघर्ष कर, तू संघर्ष कर ।
मिलेगी मंज़िल तुझे जरूर एक दिन
बस संघर्ष कर, तू संघर्ष कर ।
प्रकृति हर पल देती यह संदेश
थक मत, मत हार बस संघर्ष कर
जिस तरह एक बीज जीवन पाने के
लिए लड़ता है, वही बीज बरगद
बन अपना अस्तित्व बनाता है।
तू मत हार, तू मत हार
बस संघर्ष कर, तू संघर्ष कर ।
अपने पावन हृदय पर विश्वास कर
संघर्ष कर, संघर्ष कर ।



पश्चिका ओहरी
नवम् 'डी'

लॉकडाउन और मैं (कविता)

एक दिन जब मैं उठा सोकर, क्या देखता हूँ
माँ भी है घर पर और
पिताजी भी नहीं गए हैं दफ़्तर
रोज की तरह मैं आँखें बंद कर पड़ा रहा बिस्तर पर,
लेकिन ये क्या ? कोई न मुझे जगाने आया,
न ही किसी ने बोला, "जल्दी उठो"
और न ही किसी ने बस्ता लगाया
फिर मुझे दोपहर में टी. वी. देखकर समझ आया।
लॉकडाउन नाम का शब्द
जो मैंने पहली बार सुना था
लग चुका है, कि अब मेरी समझ में आया
न सुबह जल्दी उठने का झंझट न स्कूल जाने का
यह सब देखकर लॉकडाउन मुझे बहुत पसंद आया
अब धीरे-धीरे, रोज़
लैपटॉप पर हमारी अध्यापिकाएँ पढ़ाने लगीं
जो पहले दिखती थी स्कूल में
वे मेरे लैपटॉप पर नजर आने लगीं।
मैं भी धीरे-धीरे, पढ़ाई के इस तरीके को अपनाने लगा।
सरा परिवार कभी साथ बैठ पढ़ता
कभी लूडो – कैरम, पत्ते खेलता
कभी माँ घर पर पानी-पूरी, ढोकला बनाने लगी
धीरे-धीरे यह समझ आने लगा
कि लॉकडाउन केवल मज़ा ही नहीं, सज़ा भी है।
अब मुझे मेरे स्कूल और दोस्तों की याद आने लगी।
कुछ समय और बीता, मगर मेरा स्कूल
तो अभी बंद है।
दुनिया के लिए लॉकडाउन खुला मगर
मेरा तो अब भी वही ढंग है
अब मैं भगवान से यही करता हूँ दुआ
कि जैसे खुला लॉकडाउन, मेरा स्कूल भी
खुल जाए किसी को न हो कोरोना
और संसार पहले जैसा बन जाए।

पार्थ अशवाल
दसवीं 'जी'



मानसिक स्वास्थ्य: संवाद

लावण्या: नमस्कार सान्या ! कैसी हो ?
सान्या: नमस्कार लावण्या! मेरा मन कुछ ठीक नहीं है।
लावण्या: ओह! कोई बात नहीं। कभी-कभी मन खराब
हो जाता है। क्या तुम्हें पता है कि दुनिया भर
में प्रतिवर्ष मानसिक रोगों
से ग्रसित व्यक्तियों की संख्या बढ़ती जा रही है।
सान्या: हाँ, मैने भी सुना है कि आजकल शारीरिक रोगों
से ज्यादा लोग मानसिक रोगों से पीड़ित हो रहे हैं।
लावण्या: इसका सबसे बड़ा कारण यह है कि लोग आपस
में प्रतिस्पर्धा करने लगे हैं।
सान्या: सही कहा। अधिक से अधिक धन कमाने के
लिए और एक दूसरे से आगे बढ़ने के लिए लोग
प्रतिस्पर्धा करते हैं और जब दिमाग का तनाव
बढ़ जाता है तो मानो पूरा इंजन
अर्थात दिमाग टूट जाता है।
लावण्या: बिलकुल। लेकिन मेरे ख्याल से इसका एक
और कारण भी हो सकता है।
सान्या: वह क्या?
लावण्या: आज-कल दुनिया भर में फैलती इस कोरोना
महामारी की वजह से सभी घर में कैंद हो गए
हैं! सबको बाहर निकलने से यह डर रहता है
कि कहीं वे कोरोना की चपेट में न आ जाएँ
कहीं लोगों की नौकरियाँ चली गईं, कहीं
कारोबार बंद हो गए। इसकी वजह से लोग
मानसिक तनाव का शिकार होने लगे।
सान्या: इस कोरोना की वजह से तो सभी की जिन्दगी
उबाऊ व कठिन हो गई है। पता नहीं कब यह
बला टलेगी?
लावण्या: राम जाने! चिंता मत करो सान्या।
ऐसी स्थिति में हम सबको हिम्मत व धैर्य से
काम लेना चाहिए। बुरा समय अंधेरी रात की
तरह निकल जाता है, और नए दिन के उजाले
की तरह अच्छा समय भी आता है।
सान्या: शायद तुम ठीक कह रही हो।
लावण्या: और क्या! तुम खुद ही सोचो, तुम्हें अपना
मनोरंजन करने के खूब उपाय याद आएँगे ।
सान्या: सही कहा। मेरे ख्याल से परिवार के लोगों के
साथ हमें थोड़ा समय बिताना चाहिए। उनके
साथ लूडो, ताश, आदि जैसे खेल खेलकर भी
आनंद मिलता है।
लावण्या: हाँ, तुम्हारे सुझाव बहुत अच्छे हैं। इससे निपटने
के और भी बहुत उपाय हैं
सान्या: जैसे पौष्टिक भोजन, योग व व्यायाम करना, आदि।
लावण्या: वह इसलिए, क्योंकि मन को स्वस्थ रखने के
लिए तन को स्वस्थ रखना अति आवश्यक है
सान्या: धन्यवाद लावण्या! तुमसे बात करने के बाद
अब मुझे कुछ अच्छा लग
रहा है। हमें औरो में भी मानसिक स्वास्थ्य
के प्रति जागरूकता उत्पन्न करनी चाहिए
लावण्या: जरूर! हमें सबको बताना चाहिए कि शारीरिक
स्वास्थ्य के साथ-साथ मानसिक स्वास्थ्य कितना
महत्वपूर्ण है। एक स्वस्थ व्यक्ति ही बेहतर समाज
व देश का निर्माण कर सकता है।

लावण्या:
दसवीं 'एफ'



सान्या:
दसवीं 'एफ'



चलो प्रकृति की ओर

झर-झर बहते झरने,
कल-कल बहती नदियाँ,
ऊँचे पेड़ और सुन्दर वादियाँ।
देख कर इनकी सुंदरता
मन हो जाता है भाव-विभोर
चलो प्रकृति की ओर।

रंग-बिरंगे फूल खिले हैं,
कोयल कूक रही डालों पर,
सूरज से फैला उजियारा।
पर्वत और वृक्ष, लताएँ
फैलाएँ हरियाली चहुँ ओर
चलो प्रकृति की ओर।

शुरू हुआ विध्वंस धरा का
जब नदियों पर बाँध बनाया,
खग-पशुओं का घर उजाड़ा,
पेड़ काट कर ऊँचे भवन
बनाए, सुंदर धरती बन गई कमज़ोर।
चलो प्रकृति की ओर।

ये महामारी हमारी ही देन, प्रकृति दोहन
का है परिणाम। अब भी चेत, संभल
जाएँ हम, खुशहाली भर दें चारों ओर,
चलो प्रकृति की ओर।



अनुष्का दीक्षित
दसवीं 'बी'

एक माँ ही है जो-

सरे दुखों को हर लेती है.

बीमार होते हुए भी सारे काम कर लेती है,
लाख गलतियों को माफ़ कर देती है,
खुद की जान दौंव पर लगा कर जन्म देती है,
अपनी खाहिशों को छोड़ अपने बच्चों की
खुशियों की दुआ करती है।

थोड़ी सी तबीयत खराब होने पर पूरा घर
सर पर उठा लेती है. किस्मत वालों को मिलती है.
माँ कभी कुमाता नहीं होती है।

माँ अपने बच्चे को कभी भूखा नहीं सुलाती है।

जिसका प्यार कभी कम नहीं होता है.

अपने बच्चे की आँखों में अश्रु देखना
पसंद नहीं करती. जिसके लिए पूरी
दुनिया तरसती है. वो माँ ही है जिसे
हर समय सिर्फ बच्चों की ही चिंता
सताती है।

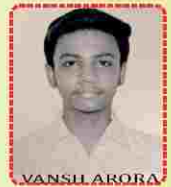


तेजेश भोजवाल
दसवीं 'एफ'

मानसिक स्वास्थ्य : आज की सबसे बड़ी आवश्यकता

मनुष्य के स्वस्थ रहने के लिए शारीरिक स्वास्थ्य के साथ-साथ मानसिक स्वास्थ्य का होना भी आवश्यक है। वैसे तो मानसिक स्वास्थ्य को परिभाषित करना बहुत कठिन है परंतु आम बोलचाल की भाषा में मानसिक स्वास्थ्य का अर्थ है मन का स्वस्थ होना एवं मन और बुद्धि का विकास। अर्थात् मनुष्य किस प्रकार सोचता है, महसूस करता है एवं व्यवहार करता है, यह इस बात पर निर्भर करता है कि वह मानसिक रूप से कितना स्वस्थ है। किंतु मनुष्य मानसिक स्वास्थ्य की ओर ध्यान नहीं देता, इसलिए दुनिया में हर साल 10 अक्टूबर के दिन विश्व मानसिक स्वास्थ्य दिवस मनाया जाता है ताकि लोग मानसिक स्वास्थ्य की ओर जागरूक हो सकें और उससे होने वाली बीमारियाँ जैसे - डिप्रेशन, माइग्रेन, ब्रेन स्ट्रोक, आदि से निजात पास सकें। इस बीमारी के ज्यादा होने के कारण कुछ लोग आत्महत्या जैसे कदम भी उठा लेते हैं।

आज कल लोग उपलब्धियाँ हासिल करने की होड़ में लगे हुए हैं, जिससे वे एक-दूसरे से प्रतिस्पर्धा करने लगे हैं। ऐसे में जहाँ मानसिक तनाव मानसिक बीमारी का सबसे बड़ा कारण बनता जा रहा है, कोरोना जैसी महामारी का आ जाना भी अपने आप में हैरानी की बात है। बच्चे और बड़े घर पर बंद रहने से और बाहर न निकलने के कारण तंग आ चुके हैं जिससे उनका सामाजिक संपर्क बंद हो गया है और उनके मानसिक स्वास्थ्य पर असर पड़ता जा रहा है। इस तनाव को दूर करने के लिए हमें ध्यान लगाना चाहिए और योगाभ्यास करना चाहिए। परिवार के सभी सदस्यों को इंटरनेट व फोन की दुनिया से निकल कर एक साथ बैठकर समय बिताना चाहिए और अपने मनोरंजन के लिए खेल खेलने चाहिए जैसे - कैरम, शतरंज, ताश, आदि ताकि वे एक दूसरे का सहारा बन सकें। मानसिक तनाव को दूर करने के लिए परिवार का साथ ही एक मात्र साधन होता है। ऐसे समय में हमें धैर्य रखना होगा और अपने मन में अच्छे समय के आने का विचार लाना होगा, जैसे हर अंधेरी रात के बाद सुबह का उजाला होता है वैसे ही हमें भी अपने मन में अच्छे विचार ला कर अपने मन को स्वस्थ रखना चाहिए एवं आशा का दीपक जलाए रखना चाहिए क्योंकि आर्थिक स्थिति चाहे कितनी भी अच्छी हो लेकिन जीवन का सही आनंद लेने के लिए मानसिक स्थिति का अच्छा होना बहुत जरूरी है।



वंश अरोड़ा
दसवीं 'फ'

जिंदगी

जानो जिंदगी का तुम मोल,
यह खुदा का दिया हुआ उपहार है अनमोल।
चाहे तो इसे हँसी-खुशी गुज़ारो,
चाहे तो इसे रो-रोकर जी लो।
जियो जिंदगी ऐसी जो हर पल हो यादगार,
किसी की मदद करके तुम बन जाओ बेमिसाल।
हमारी सोच बनती है जिंदगी में जीत और हार,
जो ठान लेता है, वह जीत जाता है।
और जो मान ले हार, वह हार जाता है।
जिंदगी में अपने हौंसलों को बुलंद
कर तुम आगे बढ़ो, मजबूरियों को
पीछे छोड़कर वक्त के साथ।



VIDHI CHOPRA
विधि चोपड़ा
दसवीं 'एफ'

अब प्रकृति की ओर मुड़ने का समय आ गया

कितनी मनोरम है ये धरती
पर्यावरण और ये प्रकृति।
कल-कल पानी के बहते झरने।
हरी-हरी सी धरती और
इस के रंगीन नज़ारे

कितनी मनोरम है ये धरती
पर्यावरण और ये प्रकृति
सबको जीवन देने वाली
प्रकृति हम सबको करना
इसका संरक्षण है।

बारिश की बूंदें भी देखो
कैसे सबके मन को भाती हैं
हरा-भरा धरती को करके।
खुद भी खुश हो जाती है।



वानिका कामरा
दसवीं 'बी'

फूलों से रस को चुराने
देखो कितने भौंरे आते हैं।
डाली-डाली पर झूम-झूम
कर देखो कैसे इतराते हैं।

चीं-चीं करते नभ में पक्षी
जीवन के गीत सुनाते हैं।
मस्त पवन के झोंकों में
यूँ ही बहते जाते हैं।

शिक्षक

जीवन में जो राह दिखाए,
सही तरह चलना सिखाए।
मात-पिता से पहले आता,
जीवन में सदा आदर पाता।

सबको मान प्रतिष्ठा जिससे,
सीखी कर्तव्यनिष्ठा जिससे।
कभी रहा न दूर मैं जिससे,
वह मेरा पथदर्शक है जो
मेरे मन को भाता वह मेरा
शिक्षक कहलाता

कभी है शांत, कभी है धीर,
स्वभाव में सदा गंभीर,
मन में दबी रहे ये इच्छा,
काश! मैं उस जैसा बन पाता,
जो मेरा शिक्षक कहलाता।



देवशी मोरपना
दसवीं 'ई'



प्रकृति-एक बहुमूल्य उपहार

“पृथ्वी पर कोई स्वर्ग नहीं है,
लेकिन इस के टुकड़े हैं,
और हम इसे प्रकृति कहते हैं”

पृथ्वी वह जगह है जहाँ मानव जीवन संभव है और पृथ्वी की सबसे सुन्दर चीज़ उस की खूबसूरत प्रकृति है। प्रकृति मनुष्य के जीवन का आधार है। प्रकृति एक अमूल्य उपहार है जो भगवान ने इस पृथ्वी को दिया है मनुष्य जीवन को जीने के लिए। प्रकृति माँ की तरह सभी जीवों का भरण-पोषण बिना हम से कुछ मांगे करती रहती है। प्रकृति और मनुष्य दोनों एक-दूसरे के पूरक हैं। जीवन जीने

के लिए मनुष्य प्रकृति पर पूरी तरह से निर्भर है। एक छोटे से शब्द प्रकृति में कितना कुछ समाता है हम सोच भी नहीं सकते। प्रकृति के अंदर वायु, पानी, पेड़-पौधे, पशु-पक्षी, नदियाँ, सरोवर, जंगल आदि न जाने कितने संसाधन आते हैं। हमें भी साँस लेने के लिए शुद्ध हवा, पीने के लिए पानी, भोजन आदि जो जीवन के लिए नितांत आवश्यक हैं उपलब्ध होते हैं। मनुष्य ने प्रकृति से बहुत कुछ सीखा है जैसे-पतझड़ का मतलब पेड़ का अंत नहीं है बल्कि एक नई शुरुआत है, इसी तरह फलों से लदे, मगर नीचे की ओर झुके पेड़ हमें सफलता और प्रसिद्धि मिलने या संपन्न होने के बावजूद विनम्र और शालीन बने रहना सिखाते हैं। हम प्रकृति के बारे में न सकारात्मक सोचते हैं और न ही उस का शुक्रिया करते हैं, आजकल मनुष्य अपने लाभ के लिए प्रकृति को हानि पहुंचा रहा है और उसका दुरुपयोग कर रहा है। वह दिन प्रति दिन पेड़ काटकर प्रकृति के सौन्दर्य को कम करता जा रहा है और उसे दूषित करता जा रहा है। मनुष्य के क्रियाकलाप की वजह से ग्लोबल वार्मिंग आदि की समस्याएं बढ़ रही हैं। हमें हर वक्त लाभ देने वाली प्रकृति को हम बदले में नुकसान पहुँचाते जा रहे हैं।

प्रकृति के सहने की भी एक सीमा है, अब जब बात सिर से ऊपर चली गई तो प्रकृति ने अपने संतुलन को बनाने का बीड़ा खुद उठा लिया! अगर प्रकृति के साथ खिलवाड़ होता है तो प्रकृति का रौद्र रूप प्रकट होता है जो धरती पर एक तांडव सा दृश्य पैदा करता है। जिसे वह समय-समय पर सूखा, बाढ़, सैलाब, भूकंप, तूफान के रूप में व्यक्त करते हुए मनुष्य को सचेत करती है।

वर्तमान समय में प्रकृति ने कोरोना वायरस के डर के कारण मानव जाति को उसी के घर में रहने के लिए मजबूर कर दिया ताकि मानव अपना प्रायश्चित्त कर सकें। जैसे ही विश्व भर के मनुष्य घरों में कैद हुए, वैसे ही प्रकृति अपने संतुलन में आने लगी। पर्यावरण शुद्ध होने लगा, आकाश नीला दिखने लगा, वायु शुद्ध होने लगी, हरियाली बढ़ गई, प्राणी नज़दीक आने लगे, पक्षियों के चहचहाने की आवाज़ें सुनाई देने लगी, नदियों में पानी साफ होने लगा, तापमान बेहतर होने लगा, बारिश होने लगी। अगर प्रकृति का अस्तित्व खतरे में आया तो हम मनुष्यों का अस्तित्व भी खतरे में आ जायेगा।

यह एक प्रचलित तथ्य है कि प्रकृति जो कुछ भी करती है उसमें अपना रास्ता खोज लेती है। यह कहना गलत नहीं होगा कि अब प्रकृति अपना सौंदर्य और वैभव पुनः प्राप्त कर रही है। हमें प्रकृति से पोषण पाना है, उसे जीतना नहीं है।

ग्रीशा आनन्द
आठवीं अ

प्रकृति की ओर एक कदम

‘प्रकृति ईश्वर की शक्ति का क्षेत्र है, और जीवात्मा उसके प्रेम का क्षेत्र।’ हाँ, मुझे पूर्ण विश्वास है कि यह पंक्ति हमारे लिए यह मानने के लिए उपयुक्त है कि प्रकृति हमारे जीवन के कामकाज में महत्वपूर्ण भूमिका निभाती है। इन सब विचारों से अवगत होने के बावजूद भी मानवता दिन-प्रति दिन प्रकृति के स्थान को उससे छीन रही है, इसलिए अब प्रकृति अपने खोए हुए स्थान को पुनः प्राप्त कर रही है। देश में लगाए गए लॉकडाउन के कारण, लोगों को अपने घरों से बाहर निकलने का अधिकार नहीं मिला, इसलिए वाहनों द्वारा उत्सर्जित प्रदूषण में भारी बदलाव का उल्लेख किया गया है, जिसके परिणाम स्वरूप प्रकृति को प्रदूषण रहित वातावरण में बदलने का अवसर मिला। चूँकि उद्योग बंद थे और जल निकायों में औद्योगिक अवशिष्ट का निपटान नहीं किया जा रहा था, इसलिए प्रकृति ने अपने जल निकायों की सुंदरता को पुनः प्राप्त किया। यह एक सिद्ध तथ्य है कि कुदरत पहले हमें चेतावनी देती है और जब हम चेतावनी के बाद भी नहीं सुधरते हैं तो वह हमारा सर्वनाश कर देती है। अंत, मैं इतना कहना चाहूँगा कि अगर हम प्रकृति से उसका अधिकार ऐसे ही छीनते रहे तो भविष्य में वह अपना अधिकार पुनः प्राप्त करने के लिए ऐसे अनेक सर्वव्यापी महामारी की खोज करके मानवता की पीढ़ियों का अंत कर देगी।

नमन जैन
आठवीं स

प्रकृति - हमारी धरोहर

हमारी प्राकृतिक सुंदरता - खुला आकाश, हरी घास, पेड़ पौधे फिर से हमारे पास आ रहे हैं। हम अपने घर से बाहर नहीं निकल रहे हैं और प्रकृति को उसके असली सुंदर रूप में वापस ला रहे हैं। नदियाँ स्वच्छ हो रही हैं। पशु-पक्षी शांतिमय जीवन व्यतीत कर रहे हैं। क्या आपने कभी सोचा है कि अगर यह एक ही रहे तो कितना अच्छा होगा? कोरोना वायरस ने जीवन में एक बड़ा खतरा मोल ले लिया है, यही वजह है कि बहुत सारे लोग मानसिक दबाव से पीड़ित हैं, लेकिन अगर हम इसके बारे में सकारात्मक सोचते हैं तो इससे प्रकृति अपने असली रंग में आ गई है। इन बुरे दिनों में प्रकृति ने हमें मानसिक रूप से बहुत मदद की है। प्रकृति हमेशा हमें मानसिक रूप से मजबूत रखने में सफल रही है। यह हमारा कर्तव्य है कि हम प्रकृति को उसके प्राकृतिक रूप में बनाए रखें। प्राकृतिक जीवन में बहुत बड़ा योगदान है, प्राकृतिक सौंदर्य के लिए हमें भी योगदान देना चाहिए।

नायशा खन्ना
आठवीं 'जी'

प्रकृति का समझो संदेश

लोग प्रकृति को तुच्छ समझते हैं। उसको प्रदूषित करना अपना जन्म सिद्ध अधिकार समझते हैं तभी तो प्रकृति अपने अस्तित्व को लेकर हाहाकार कर रही है। प्रकृति ही हमें जीवन व जीवन यापन करने की सभी सुख-सुविधाएँ प्रदान करती हैं। कोरोना महामारी के दौरान हमने अद्भुत नीला आकाश देखा, हिमालय को बहुत दूर से देखा, पक्षियों की मीठी वाणी सुनी परंतु याद रहे यह सब हमने एक बहुत बड़ी कीमत पर इस महामारी के दौरान अनुभव किया। प्रकृति अपना सौंदर्य पुनः प्राप्त कर रही है, साथ-साथ ही हमें सन्देश भी दे रही है कि आप जिस प्रकृति को दोनों हाथों से लुटा रहे हो उसका एक यह मनमोहक रूप भी है। तो अब समय आ गया है सिर्फ और सिर्फ ऐसे क्रियाकलाप अपनाएँ जो हमारी प्रकृति को नुकसान न पहुँचाएँ। प्रकृति है तो अस्तित्व है।

जरा सोचें

नितिका सिंह
आठवीं 'एच'

प्रकृति की सुंदरता

मैं घोषित करता हूँ कि यह दुनिया इतनी खूबसूरत है कि मैं विश्वास कर सकता हूँ कि यह मौजूद है।

प्रकृति की सुंदरता का हमारी इंद्रियों पर गहरा असर हो सकता है, बाहरी दुनिया से भीतर तक के प्रवेश द्वार, चाहे वह इमर्सन नोट के रूप में अपने अस्तित्व में अविश्वास का परिणाम हो, या खौफ, आश्चर्य, या विस्मय जैसी भावनाएं। लेकिन यह प्रकृति और इसे बनाने वाली संस्थाओं के बारे में क्या है जो हमें अनिच्छा से, महसूस करने या घोषित करने के लिए कि वे सुंदर हैं, का कारण बनता है?

जब हम प्रकृति में सुंदरता के बारे में सोचते हैं, तो हम तुरंत उन चीजों के बारे में सोच सकते हैं जो इंद्रियों को चकाचौंध करती हैं - एक पर्वत की प्रमुखता, समुद्र का विस्तार, एक फूल के जीवन का खुलासा। अक्सर यह केवल इन चीजों की धारणा है जो हमें खुशी देती है, और हमारी ओर से भावनात्मक या स्नेहपूर्ण प्रतिक्रिया हमारे सौंदर्य के अनुभव के लिए महत्वपूर्ण लगती है। तो एक तरह से प्रकृति के आंतरिक मूल्य के लिए यहाँ, एक सहसंबंध है।

पुष्कर अग्रवाल
सातवीं 'जी'

माँ प्रकृति

माँ प्रकृति के लाडो ने, इतना हमें बिगाड़ दिया,
माँ की ममता को हमने, कुछ ऐसे लताड़ दिया। माँ का ही आँचल तार-तार करके, खुद के महल बना डाले, पेड़ उजाड़े, धरती फाड़ी,
सुविधाओं के वृक्ष लगा डाले। अब आया है क्रोध जननी को, बहुत ही ज़ख्म भले लिए,

एक-एक का करके हिसाब, सारे आँचल में समेट लिए अब भी जागो, समझो माँ के इन अनमोल इशारों को,



वरना कुछ न हो पाएगा, समझाओ अक्ल के मारो को ।
 पुनःस्थान पाने को, प्रकृति ने कदम उठाए हैं,
 महामारी, आंधी, तूफान, भूकम्प ढेरों लाए हैं।
 सर्वनाश होने से पहले हम को ही संभलना होगा,
 माँ प्रकृति को उसका अपना पूर्व स्थान देना होगा ।
 समझाया जो गीता में हम को, उसका पालन करना होगा,
 हमें व्यक्तिगत जीवन से बाहर आकर, प्रकृति की ओर अग्रसर
 होना होगा ।
 समय की गम्भीरता समझो, अब न तुम अनजान बनो,
 माँ तो माँ है, अब तुम उसका सम्मान बनो।

रणवीर कोहली
 छठी जी

पर्यावरण रक्षा सर्वोपरि

पृथ्वी पर अपना जीवन जीने के लिए ईश्वर की ओर से प्रकृति हमारे लिए सबसे अनमोल और बहुमूल्य उपहार है। प्रकृति की हर चीज़ में ईश्वर द्वारा प्रदत्त अपनी शक्ति और विशिष्टता है। प्रकृति दैनिक जीवन के लिए सभी आवश्यक संसाधन प्रदान करके हमारे जीवन को सरल बनाती है। एक माँ की तरह हमारी देखभाल और पोषण करने के लिए हमें उसके प्रति आभारी होना चाहिए। परंतु आज मानव आवश्यक प्रक्रियाओं को बाधित करने के साथ धरती की सीमा का उल्लंघन किया जा रहा है। मनुष्य जिस तरह से जी रहा है वह प्रकृति के लिए विनाशकारी सिद्ध हो रहा है। मानव गति के नाम पर जल को दूषित कर जल प्रदूषण, वायु में ज़हरीले रसायन मिला कर वायु प्रदूषण आदि कर धरती के साथ खिलवाड़ कर रहा है। जिस तरह से हम अपने तकनीक उपकरण का निर्माण और उपयोग करते हैं— लगभग हम जो कुछ करते हैं वह पृथ्वी के स्वास्थ्य के लिए हानिकारक हैं। हम भूमि, समुद्र, हवा, जंगल, जानवर और बाकी सब चीज़ों को नष्ट कर रहे हैं। समय-समय पर जब भी मनुष्य प्रकृति के प्रति अपनी सीमा तक लांघ जाता है तो उसे मनुष्य को अपनी शक्ति दिखाने के लिए, सबक देने के लिए और अपने अधिकार को पुनः जताने के लिए अपने तांडव रूप का सहारा लेना पड़ता है।

प्रकृति जिसने हमें अपनी कोख में एक माँ के समान स्थान दिया है और हमें सभी सुविधाएँ भी उपलब्ध कराई परंतु उसका उपकार मानना तो दूर मानव उसी माँ को नष्ट करता जा रहा है। प्रकृति इसी कारण अपने तांडव रूप में आने के लिए विवश हो जाती है। उसका प्रकोप भूकंप, सुनामी, सूखा पड़ने आदि हादसों द्वारा देखा जा सकता है। यह कोविड महामारी को भी प्रकृति के रुष्ट व्यवहार की श्रेणी में डाला जा सकता है। हम जो अपने आप को इतना बुद्धिजीवी समझते हैं परंतु अब तक यह बात न समझ पाए कि प्रकृति के विनाश के साथ हमारा विनाश भी निश्चित है। इसी को अपने मस्तिष्क में रखते हुए मनुष्य में एक परिस्थिति के अनुसार जागरूकता बढ़ाई जानी चाहिए ताकि वे प्रकृति के प्रति अग्रसर हो सकें और उसके प्रति अलग तरह से काम शुरू कर सकें—

यानि प्यार, देखभाल और सम्मान के साथ। प्रकृति देती जीवन दान, हम भी इसका करे सम्मान।।

हर्षा जैन
 आठवीं स

मानसिक स्वास्थ्य हमारी प्राथमिकता

ऐसा किस लिए? जबकि खानपान अत्यंत, उत्तम है। व्यायाम है। तो फिर मानसिक स्वास्थ्य को महत्व क्यों ?

बात साफ़— सी है जी मनचंगा तो तनचंगा आप लाख अपनी जीवनशैली को संपूर्ण सुविधाओं से जिए परंतु यदि आप का मन शांत नहीं तो उसका प्रभाव सीधा स्वास्थ्य पर पड़ता है ।

मन से मतलब केवल अच्छी सोच ही नहीं बल्कि उत्तम विचार, निस्वार्थ और सद्भावना से भी है जिसमें आप हर एक व्यक्ति को अपने समान सोचते हो। किसी के प्रति भेदभाव या ईर्ष्या या प्रतिशोध अच्छी सोच से बहुत दूर है । सदैव सकारात्मक सोच ही अच्छी सोच है, उत्तम विचार है। जो लोग जीवन के इस महत्वपूर्ण राज को जान लेते हैं, वे सबसे सद्भाव रखते हैं और उत्तम स्वास्थ्य के साथ जीवन जीते हैं।

आज हमें अपनी मानसिकता को बदलना होगा। अपने विचार उत्तम रखने होंगे। निस्वार्थ सेवाभाव रखना होगा, तभी हम जीवन के प्रत्येक क्षत्र में विजयी होंगे। स्वस्थ होंगे तभी जीवनचर्या का सम्मान कर पाएँगे।

अगमजोत सिंह बिंद्रा
 छठी जी

स्वस्थ मन तो स्वस्थ तन

विश्व स्वास्थ्य संगठन (WHO) के अनुसार, भारत में मानसिक रोगों से पीड़ित लोगों की सब से अधिक संख्या मौजूद है। विश्व में मानसिक बीमारियों से जूझ रहे लोगों में भारत का करीब 15 प्रतिशत हिस्सा शामिल है। WHO के अनुमान के अनुसार, आने वाले वर्षों में भारत की लगभग 20 प्रतिशत आबादी मानसिक रोगों से पीड़ित हो जाएगी। जब शारीरिक स्वास्थ्य की बात आती है, तो लोग इतने जागरूक हैं कि उन्हें पता है कि कौन-सा भोजन खाना चाहिए, फिट रहने के लिए सबसे अत्याधुनिक वर्क आउट क्या है और अपने स्वास्थ्य के हर पहलू की निगरानी कैसे करनी चाहिए। लेकिन जब मानसिक स्वास्थ्य की बात आती है, तो जागरूकता और जानकारी की भारी कमी नजर आती है। इतने सारे लोग यह भी नहीं जानते हैं कि वे मानसिक रोगों से पीड़ित हो सकते हैं। जब तक मानसिक समस्याओं के शारीरिक लक्षण नहीं दिखने लगते तब तक हम उन पर ध्यान नहीं देते लेकिन ऐसे अनेक कार्य हैं जो विज्ञान पर आधारित हैं, जिन्हें करके हम अपने मानसिक स्वास्थ्य की रक्षा कर सकते हैं और उसे बेहतर भी बना सकते हैं।

1. **लोगों से जुड़े** - अकेलापन मानसिक स्वास्थ्य का दुश्मन है। जीवन की खुशियों और कठिनाइयों को बाँटने के लिए हमें साथ की जरूरत होती है। बेहतर मानसिक स्वास्थ्य के लिए लोगों का साथ बनाए रखिए।
2. **सकारात्मक बने**- हम प्रयास करें कि हर चीज में छुपी हुई अच्छाई को देखें। सकारात्मक नजरिया मानसिक स्वास्थ्य के लिए वरदान है।
3. **सक्रिय रहे**-सक्रियता शारीरिक स्वास्थ्य को बनाए रखती है। साथ ही कार्यों में व्यस्त रहने से हमें निरर्थक बीजों के बारे में सोचने का समय नहीं मिलता और मन स्वस्थ बना रहता है।
4. **न कहना सीखें**- कई बार हम केवल संकट में अथवा अच्छा बनने के प्रयास में कामों का बोझ अपने ऊपर लाद लेते हैं और हम अपनी सीमाओं को देख कर ही दूसरों की जिम्मेदारी को स्वीकारें अन्यथा विनम्रता से ना कहना सीखें।
5. **परफेक्ट बनने का विचार त्यागे**- सदैव परफेक्ट बनने का आपका विचार आपको गहरे तनाव में डाल सकता है। परफेक्शन के लिए लगातार दबाव पूर्ण वातावरण में कार्य करना मानसिक स्वास्थ्य के लिए जोखिम भरा होता है।

6. स्वयं का ध्यान रखें भरपूर नींद पौष्टिक भोजन, व्यायाम, योग, प्राणायाम व ध्यान से आप अपनी शारीरिक व मानसिक प्रतिरोधक क्षमता को बढ़ा सकते हैं।
7. **मस्ती करें** - अत्याधिक गंभीर होने पर हम अमैत्रीपूर्ण और अति आलोचक हो जाते हैं। मस्त एवं प्रसन्नचित रह कर हम तनाव को दूर कर सकते हैं।
8. **समस्याओं का सामना करने का कौशल विकसित करें**

उपर्युक्त उपायों से हम अपने मानसिक स्वास्थ्य की देखभाल और संरक्षण कर सकते हैं और किसी भी प्रकार की मानसिक समस्या से उत्पन्न होने से पूर्व ही उसकी रोकथाम कर सकते हैं

अथर्व केसवानी
छठी ई

अच्छा स्वास्थ्य महावरदान

विश्व स्वास्थ्य संगठन, मानसिक स्वास्थ्य को परिभाषित करते हुए कहता है

कि यह "सलामती" की एक स्थिति है जिसमें किसी व्यक्ति को अपनी क्षमताओं का एहसास रहता है वह जीवन के सामान्य



तनावों का सामना कर सकता है,

लाभकारी और उपयोगी रूप से काम कर सकता है और अपने समाज के प्रति योगदान करने में सक्षम होता है। इसलिए हमारी प्राथमिकता यही होनी चाहिए कि हम मानसिक तौर पर स्वस्थ रहें मानसिक तनाव से रहित होकर शारीरिक बीमारियों से अपने को बचा कर जीवन का आनंद लें। यह उस स्थिति को संदर्भित करता है जब हमें अच्छे मानसिक स्वास्थ्य का आनंद लेते हुए आध्यात्मिक रूप से जागृत हो कर एक उत्तम सामाजिक जीवन जी रहे हों। हमारे स्वास्थ्य का संबंध केवल इस बात से है कि हम क्या खा पी रहे हैं, बल्कि हम क्या सोच रहे हैं इस बात से भी हैं। हमारे कार्य करने की क्षमता, हमारी मानसिक स्थिति पर भी निर्भर होती है। कुशलतापूर्वक काम करने के लिए अच्छा मानसिक स्वास्थ्य बहुत आवश्यक है अगर हमारा मानसिक स्वास्थ्य अच्छा नहीं है, तो हमारा ध्यान पढ़ाई में भी ठीक से नहीं लग सकता।

1948 में विश्व स्वास्थ्य संगठन (डब्ल्यू एच ओ) ने किसी व्यक्ति की संपूर्ण शारीरिक, मानसिक और सामाजिक स्थिति को स्वास्थ्य में शामिल किया है न कि केवल बीमारी का अभाव।

निष्कर्ष: अपने स्वास्थ्य का ध्यान रखना अति आवश्यक है चाहे वह शारीरिक स्वास्थ्य हो अथवा मानसिक स्वास्थ्य क्यों कि शारीरिक और मानसिक स्वास्थ्य का निकट संबंध है और यह सिद्ध हो चुका है कि अवसाद के कारण हृदय और रक्त संबंधी रोग होते हैं और सामाजिक समस्याएँ भी होती हैं।

अराध्य भसीन

आठवीं-स

मन वंगा तो कठौती में गंगा

जैसा कि यह तो सब जानते ही हैं “एक स्वस्थ शरीर में स्वस्थ मन का निवास होता है।” अधिकतर लोग शारीरिक स्वास्थ्य पर ध्यान देते हैं। परंतु यह बहुत कम लोग समझ पाते हैं कि हमारा शरीर स्वस्थ तभी रह सकता है जब हमारा मन स्वस्थ हो।



अर्थात् शारीरिक स्वास्थ्य के लिए मानसिक स्वास्थ्य का होना बहुत आवश्यक है। मानसिक रूप से अस्वस्थ व्यक्ति कई शारीरिक बीमारियों का शिकार हो जाता है। जैसे- ब्लडप्रेशर, डायबिटीज, हृदयरोग, आदि।

मानसिक स्वास्थ्य से जुड़ी हुई समस्याओं से बचे रहने के लिए जरूरी है कि हमें इस विषय पर पूरी जानकारी हो। मनुष्य के शरीर की सारी कार्यप्रणाली उस के मस्तिष्क पर ही निर्भर करती है। मानसिक स्वास्थ्य की बात करें तो इससे इमोशनल, मनोवैज्ञानिक और सोशल वेलबीइंग

(सामाजिक खुशहाली) जैसे बिंदु शामिल है। मानसिक स्वास्थ्य हमारे शारीरिक स्वास्थ्य और जीवन पर प्रभाव डालता है। उदाहरण के लिए देखा जाए तो मानसिक समस्या से जुड़ी एक समस्या जैसे- “तनाव”। “तनाव” के कारण व्यक्ति को कई प्रकार की शारीरिक समस्याएँ हो सकती हैं। तनाव अगर लंबे समय तक बना रहे तो टाइप - टू, डायबिटीज, और हृदय रोग का खतरा बढ़ जाता है। मानसिक स्वास्थ्य से जुड़ी समस्याओं से बचे रहने के लिए आवश्यक है कि हम अपने खान-पान पर विशेष ध्यान दें। हमें ब्रेन बूस्ट फूड्स का सेवन करना चाहिए जैसे ड्राईफ्रूट पंपकिनसीड्स, ब्रोकली, हल्दी, ब्लूबेरीस मानसिक रूप से स्वस्थ बने रहने के लिए आवश्यक है कि हम अपनी दिनचर्या में योग और मेडिटेशन को अपनाएँ। किसी भी समस्या के बारे में इतना ज्यादा न सोचे कि वह बात हमारे दिमाग पर हावी हो जाए। मानसिक स्वास्थ्य की महत्ता को देखते हुए प्रति वर्ष 10 अक्टूबर को “विश्व मानसिक स्वास्थ्य दिवस” मनाया जाता है। मानसिक रूप से स्वस्थ व्यक्ति को ही अपनी क्षमताओं का आभास रहता है और वह जीवन में विभिन्न परिस्थितियों का सामना कर सकता है , और समाज के प्रति योगदान करने में सक्षम होता है।

आन्या कोहली
छठी ह

मन के हारे हार है, मन के जीते जीत

मानसिक स्वास्थ्य से तात्पर्य भावनात्मक, मानसिक तथा सामाजिक स्थिति से है। किसी व्यक्ति का मानसिक स्वास्थ्य वह किस प्रकार सोचता है, महसूस करता है या व्यवहार करता है, को प्रभावित करता है तथा उस के जीवन के प्रत्येक पहलू पर प्रभाव डालता है। हम सब अपने शारीरिक स्वास्थ्य का तो ध्यान रख रहे हैं पर हम अपने मानसिक स्वास्थ्य को दरकिनार कर एक यंत्र-सा जीवन जी रहे हैं। वर्तमान स्थिति के कारण जितना तनाव उत्पन्न हुआ है उसकी वजह से हमारी सोच ने की शक्ति पर असर हो रहा है। केवल इतना ही नहीं, ये तनाव धीरे-धीरे कितनी बीमारियों का कारण बन सकता है, इसका हमें अनुमान भी नहीं है। दरअसल हम मानसिक स्वास्थ्य का भावार्थ पूरी तरह नहीं समझते। केवल किसी विकट मानसिक परिस्थिति से दूर रहना ही मानसिक स्वास्थ्य की वृद्धि नहीं करता, अपितु अपनी काबिलियत होते हुए रोज मर्मा की छोटी-मोटी तकलीफें सहना व बेहतर रूप से काम कर समाज की मदद कर पाना भी मानसिक स्वास्थ्य का हिस्सा है। अपने जीवन के हर पहलू का अच्छी तरह ध्यान रखते हुए एक खुशहाल जीवन जीना ही मानसिक रूप से स्वस्थ रहना है। हमारे व्यवहार में, बोल-चाल में, काम करने के ढंग में हमारा मानसिक स्वास्थ्य झलकता है। इसलिए अपने मन को स्वस्थ रखना भी बेहद आवश्यक है। अपने जीवन की समस्त परेशानियों में ज्यादा गंभीरता, उत्तेजना व क्रोध करना मन के स्वास्थ्य के लिए हानिकारक है। इसके चलते क्या रोग और ज्यादा भयंकर परिणाम जन्म ले सकते हैं, यह हम अक्सर सुन और देख भी रहे हैं। अवसाद (depression) जैसी कई मनोवैज्ञानिक स्थितियों के गंभीर हो जाने से कई बच्चे व नौजवान आत्महत्या जैसा नादानीपूर्ण कदम भी उठा लेते हैं। इस कोरोना काल में जब इतना तनाव भरा माहौल है, हमें अपने मानसिक स्वास्थ्य का सुचारू रूप से ध्यान रखना चाहिए। इसके कई तरीके हैं, जैसे योग करना, ध्यान करना, शांत वातावरण में बैठना, अपने मित्रों व परिवार के सदस्यों से बातचीत करना इत्यादि। हालांकि इन सब के बावजूद यदि आप तनाव या उत्तेजना का अनुभव करते हो, तो एक मनोवैज्ञानिक की सलाह अवश्य लें। इन छोटी-छोटी कोशिशों से ही आपका मन स्वस्थ रहता है और जब मन स्वस्थ हो तो तन को स्वस्थ रखने की ऊर्जा भी प्राप्त होती है। इसलिए मानसिक स्वास्थ्य को प्राथमिकता देना परम आवश्यक है क्योंकि-



“मन के हारे, हार है,
मन के जीते, जीत।
कहे कबीर हरि पाइये
मन ही की परतीत।”

देवांशी शर्मा
आठवीं ब'

कोरोना काल में जीवन

जैसा कि हम सभी जानते हैं कि कोरोना वायरस महामारी ने पूरी दुनिया को नकारात्मक तरीके से प्रभावित किया है। हम सभी अपने घरों में बंद हैं और पूरी कोशिश कर रहे हैं कि हम सुरक्षित रहें। इस घातक महामारी के कई नकारात्मक प्रभाव हैं, लेकिन इसके

कुछ सकारात्मक प्रभाव भी हैं। इस लॉकडाउन के दौरान प्रकृति खुद को ठीक कर रही है और उम्मीद है कि हम जल्द ही



एक स्वस्थ और स्वच्छ दुनिया देखेंगे।

कई बदलाव देखे गए हैं, जैसे दिल्ली का वायु प्रदूषण स्तर नीचे गिर गया है। विश्वास नहीं कर सकते कि कुछ महीने पहले हवा इतनी जहरीली और प्रदूषित थी कि कई पशु और पक्षी ठीक से सांस नहीं ले पा रहे थे और हम जहरीली हवा को ग्रहण कर रहे थे। लेकिन अब स्थिति काफी बेहतर है, हम स्वच्छ हवा में सांस ले सकते हैं और ताजगी का अनुभव करते हैं। कार्बन उत्सर्जन और ग्रीन हाउस प्रभाव स्तर में भी कमी आई है जो पर्यावरण को स्वच्छ बना रहा है। पेड़ों की कटाई कम हो गई है और पौधे और पेड़ खुशी के कारण खिल रहे हैं। कुछ महीने पहले मछलियाँ भी जल प्रदूषण के कारण जीवित रहने के लिए संघर्ष कर रही थीं।

वे सांस लेने में असमर्थ थी और कुछ की कठोर रसायनों और तेलों के कारण मृत्यु हो गई थी। जो मछलियाँ मुंबई में मरीन ड्राइव पर तटों के करीब नहीं आई थीं, वे वहाँ सांस ले पा रही हैं। लॉक डाउन ने हमें उन मानवीय बहु संख्यक व्यावसायिक गतिविधियों को रोकने के लिए मजबूर किया जो प्रकृति के विनाश में अत्याधिक योगदान दे रही थीं। प्रकृति ने हमें कुछ शानदार घटनाएँ दिखाई, जैसे धौलाधार श्रेणी को अब जालंधर से देखा जा सकता है, और विभिन्न प्रकार के पक्षियों को देखा जा सकता है और हमारे घरों के आस-पास उनकी बहुत सी मधुर ध्वनियाँ सुनी जा सकती हैं जो पहले केवल एक पक्षी अभ्यारण्य में ही संभव थी।

यह सब सिर्फ कुछ महीनों में हुआ, अगर हम सभी अपनी पृथ्वी को बेहतर बनाने में योगदान दें, तो यह हमें एक माँ की तरह और अधिक मातृत्व से सरोबार कर देगी।

मनन भारद्वाज
आठवीं जी

भक्षक कौन

हाय कोरोना!

इस छोटे से जीव ने
निकाल दिया सब का रोना॥
क्या छोटे क्या बड़े
सब घरों में गए जकड़े॥



सोचा नहीं था, कभी ऐसा होगा।
मानव है पर प्लास्टिक का है चोगा॥
क्या देखा तुमने, सब बंद पड़ा था,
चारों ओर पहरा कड़ा था ॥

मानव कैदी, पंछी आज़ाद,
स्वतंत्र जीव, खुला आकाश।
साफ़ हवा, खुशनुमा प्रभात,
प्रकृति की थी वह आवाज़॥
जीने दो, स्वच्छंद, स्वतंत्र ।
तुम मानव हो,



पर क्या ईश्वर से भी बड़े हो!!
है अभिमान, तो जान लो -
जान है, तो जहान है।
सुंदर तभी यह विहान है॥
जियो और जीने दो।

मानवता का प्रमाण दो।
प्रकृति के शोषक नहीं
रक्षक बनो, संरक्षक बनो॥

अध्ययन शर्मा
आठवीं डी

लक्ष्मी का स्वागत

हर घर दीप जगमगाए तो
दिवाली आई है,
लक्ष्मी माता जब घर पर
आए तो दिवाली आई है!
दो पल के ही शोर से क्या
हमें खुशी मिलेंगी,
दिल के दिए जो मिल जाए
तो दिवाली आई है!



घर की साफ़-सफ़ाई से घर
चमकाएँ तो दिवाली आई है,
पकवान मिठाई सब मिल कर खाएँ तो दिवाली आई है!
पटाखों से रोशनी तो होगी लेकिन धुआँ भी होगा,
दिए नफ़रत के बुझ जाएँ तो दिवाली आई है!
इस दिवाली सबके लिए यही सन्देश है कि
इस दिवाली हम लक्ष्मी का स्वागत दियों से करें,
पटाखों के शोर और धुएँ से नहीं
इस बार दिवाली प्रदूषण मुक्त मनाएँगे!

एंजल गोयल
आठवीं डी

आज भारत देश को पटेल चाहिए

असंभव को संभव था, जिसने कर दिखाया
छोटी-छोटी रियासतों का जिसने था, एक सूत्र बनाया।
फिर से ऐसा जादूगर नेता चाहिए।
आज भारत देश को पटेल चाहिए।।
साम दाम दंड भेद को, जिसने था आजमाया।
खंडित देश को जिसने अविभाजित भारत बनाया
फिर से ऐसी संकल्प-प्रतिज्ञा चाहिए,
आज भारत देश को पटेल चाहिए।
उस लौह -पुरुष के प्रयासों ने जो भारत बनाया
था जो स्वतंत्र भारत का स्वप्न,
उसे पूरा कर दिखाया
फिर से ऐसा-दृढ़ विश्वास
चाहिए
आज भारत को पटेल चाहिए।।
फिर से हर और से, क्षेत्रवाद
की हवा चली,



ऐसी हवा ने हर ओर मचाई खलबली
फिर से ऐसी सामर्थ्य के बाद योग्यता चाहिए,

आज भारत देश को पटेल चाहिए।।
तेलंगाना - गोरखालैंड—बुंदेलखंड की मांग उठी,
भारत को बाँटने की फिर से साजिश रची
फिर से ऐसा कुशल नीतिकार चाहिए
आज भारत को पटेल चाहिए ॥

कुशाग्र कथूरिया
आठवीं स

प्रकृति

आज धरा फिर
खिल खिलाई है
आकाश ने खुशी
से झूम बूँदे गिराई
है।
खेत-खलिहान फिर
से लहलहाएँ हैं
पक्षी पेड़ों पर फिर
से चहचहाये हैं।
वातावरण स्वच्छ
है नदियाँ साफ़ हैं
धरा ने फिर ली चैन की सांस है।



प्रकृति अपना स्थान पुनः प्राप्त कर रही है
मानव के अपराधों से स्वयं को आज़ाद कर रही है।
जिसने पेड़ों को काट किया प्रकृति का दहन
जल दूषित किया, नष्ट किया पशु-पक्षियों का
रहन-सहन।

अब भी समय है मानव, संभल जाओ
प्रकृति की रचना को व्यर्थ न गँवाओ।
करो इसका सम्मान, तभी बना रहेगा
ये जीवन वरदान।

आरव पराशर
छठी सी

स्वास्थ्य संबंधी दोहे

जीवन में है स्वास्थ्य के तीन प्रमुख आयाम।
पौष्टिक भोजन, संयमी और प्रतिदिन व्यायाम।
प्रातः जल सेवन करें और दोपहर में छाछ।
दूध गुणगुना रात्रि में, व्यक्ति न आती पास।
हरी, बरी और करी है, शत्रु स्वास्थ्य के तीन।
विजय मिले जो इन्द्रियों, को रखे निज अधीन।
खाद्य पेय कुछ भी नहीं, आज मिल रहा शुद्ध
केवल माँ का दूध ही, होता पूर्ण विशुद्ध ॥
अपने शिशु को कराती, जो माँ स्तनपान।
उनके शिशु रहते सदा बुद्धिमान, बलवान।
सूर्योदय से पूर्व जल, पीता तीन गिलास।
वैद्य कभी आते नहीं, उस मानव के पास।
नकारात्मक सोचना, और मानसिक तनाव।
दे जाते बीमारियाँ, हमें थोक के भाव।

समायरा नागपाल
चौथी 'बी'

मानसिक स्वास्थ्य संबंधी विचार

- मस्तिष्क में खूबियाँ खूब होती हैं, परंतु इसका स्वस्थ होना ज़रूरी है। मन स्वस्थ होने पर ही तन स्वस्थ रहता है।
- सकारात्मक सोच रखने पर मानसिक बीमारियाँ दूर रहती हैं और जो शारीरिक-मानसिक रूप से स्वस्थ रहता है वो सुखी अवश्य रहता है।
- मन बीमार हो तो तन बीमार हो जाता है जिसके कारण उत्साह, उम्मीद, खुशी सब खो जाते हैं।
- रात को जल्दी सोना और सवेरे जल्दी उठना इंसान को बुद्धिमान, धनी व स्वस्थ बना देता है।
- शारीरिक या मानसिक अस्वास्थ्य ही जीवन की पराजय है इसलिए जिसके पास स्वास्थ्य है उसके पास आशा है, जिसके पास आशा है उसके पास सब कुछ है।

नित्या देवगन
चौथी 'एफ'

इम्युनिटी बूस्टर टी-

सामग्री -

- 2 कप पानी
- 1 कच्ची हल्दी का टुकड़ा
- 1/2 अदरक का टुकड़ा
- स्वादानुसार काली मिर्च (ताज़ी कुटी हुई)
- स्वादानुसार चीनी या शहद
- 1 टुकड़ा दालचीनी
- 1 टी स्पून नींबू का रस
- कुछ तुलसी की पत्तियाँ



बनाने की विधि-

- सबसे पहले अदरक को कद्दूकस कर लें।
- धीमी आँच पर एक पैन में पानी डालकर गरम करने के लिए रखें।
- इसमें अदरक, हल्दी का टुकड़ा, दालचीनी, काली मिर्च और तुलसी के पत्ते डालकर 1 मिनट तक उबाल लें।
- पानी को 5 -6 मिनट तक पकने दें।
- तय समय के बाद गैस बंद कर चाय को छान लें और गुणगुना होने के लिए रख दें।
- जब चाय गुणगुनी हो जाए तब इसमें नींबू का रस और शहद डालकर मिला दें।
- तैयार है इम्युनिटी बूस्टर टी।

हर्षा गुप्ता
चौथी 'डी'

सूरज की निःशुल्क सेवा

तड़के ही आकर के सूरज
हमको नित्य जगाता है,
जग में उजियारा फैलाकर
तम को दूर भगाता है।
सागर का पानी पी -पीकर
धरती पर बरसाता है,
अपनी किरणों से खेतों में
फसलें नई उगाता है।
निःशुल्क नित्य सवेरा कर
निवेदन यह एक करता है,
सौर ऊर्जा को अपनाकर
धरती को जीवनदान देने को कहता है।



ध्रुविन पुजारा
चौथी 'ई'

प्रकृति अपना स्थान पुनः प्राप्त कर रही है।

वर्ष 2020 में भारत देश में ही नहीं, बल्कि पूरी दुनिया में मानव जीवन कोरोना वायरस (कोविड-19) की वजह से बुरी तरह अस्त-व्यस्त एवं प्रभावित हुआ है परंतु कोरोना वायरस की महामारी प्रकृति के लिए किसी वरदान से कम नहीं रही है।

ज्यादातर देशों में लॉकडाउन में सड़कों पर गाड़ियों के नहीं चलने से सुखद व सकारात्मक परिणाम देखने को मिलें। पर्यावरण को दमघोंटू प्रदूषण से राहत मिली। कार्बन उत्सर्जन कम हो गया। नाइट्रोजन डाईआक्साइड गैस के स्तर में गिरावट आई। नदियों में साफ़ पानी बहने लगा। आसमान गहरा नीला दिखने लगा।

लॉकडाउन में औद्योगिक गतिविधियों के बंद होने की वजह से ओज़ोन परत तक जो संतुलन बिगड़ गया था, उसमें सुधार होने लगा।

प्रकृति हमारे जीवन का आधार है। भौतिकता के कारण लोगों ने प्रकृति को कई प्रकार से नुकसान पहुँचाया है। आज दुनिया भर में लोग कोरोना महामारी की मार झेल रहे हैं। लेकिन जिस तरह से लॉकडाउन का असर प्रकृति पर पड़ा है, उस बात से इंसान को सबक ज़रूर लेना चाहिए।

जैसा व्यवहार हम प्रकृति के साथ करेंगे वैसा ही वह हमारे साथ करेगी। समय है कि मनुष्य कोरोना महामारी का यह संकेत समझे और प्रकृति को उसका स्थान पुनः प्राप्त करने में सहयोगी बने।

अंगद सिंह
चौथी 'एच'

कोविड ने मुझे क्या सिखाया ?

भयानक वैश्विक आपदा के तौर पर दुनिया के सामने एकाएक आए कोरोना वायरस संक्रमण ने आज हम लोगों को ज़िंदगी के बेहद कटु व अच्छे अनमोल सबक सीखने पर मजबूर कर दिया



है जो इस प्रकार है- कोरोना संकट ने साबित कर दिया है कि इस दुनिया में प्रकृति ही सर्वोपरि है। इंसानी दखल कम होने से प्रकृति अपने मूल रूप में आ रही है।

इस संकट ने हमें आत्मनिर्भर बनने का मौका दिया ताकि हम अपने अंदर झाँक कर अपनी खामियों और क्षमताओं के बारे में जान पाएँ।

एक छोटे से कोरोना वायरस ने पूरी दुनिया को एक साथ खड़ा कर दिया। इससे हमें किसी भी बड़ी से बड़ी आपदा में संगठित और एकजुट होकर लड़ने की सीख मिली। लॉकडाउन के काल ने अपनी ही दुनिया में मस्त रहने वाले लोगों को रिश्ते-नातों की महत्ता का ज्ञान करवाया और उनको निभाने की सीख दी।

हम सबको इस आपदा से निपटने के लिए साफ़-सफ़ाई का महत्त्व समझ आया। इस महामारी ने हमें सिखाया कि अपने स्वास्थ्य के साथ-साथ अपने मानसिक स्वास्थ्य को बनाए रखने के लिए निरंतर प्रयास की आवश्यकता है।

सबसे बड़ी सीख जो कोरोना ने हम लोगों को दी, वह है “जान है तो जहान है बाकि सब मिथ्या है।

पावनी वर्मा
पाँचवीं 'सी'

मानसिक स्वास्थ्य हमारी प्राथमिकता

इस कोविड-19 महामारी के दौरान हम सब अपने घर पर हैं और इस महामारी ने न केवल पढ़ाई को ही ऑनलाइन कर दिया बल्कि खेल-कूद संबंधी गतिविधियों को भी सीमित कर दिया, ऐसे वातावरण में सभी व्यक्ति मानसिक तनाव से गुज़र रहे हैं। इस महामारी के दौरान कुछ महत्त्वपूर्ण बातों का पालन करने से हम सब सिर्फ़ शारीरिक रूप से नहीं बल्कि मानसिक और भावनात्मक रूप से भी स्वस्थ रहेंगे।

मानसिक रूप से स्वस्थ रहने के लिए रोज़ भगवान की प्रार्थना करें, सरल व्यायाम और योगा करें, नैतिक कहानियाँ और पौराणिक किताबें पढ़ें, वक्त पर सोएँ और नींद पूरी ले, जब उदास हों, तब अपने परिजनों से बात करें, अपने परिवार के सदस्यों के साथ वक्त बिताएँ।

संक्षेप में यह कहूँगी कि अपने सपनों, संबंधों और अपनी खुशी को प्राथमिकता देने से ही हम सब अपने आप को मानसिक रूप से स्वस्थ रख सकेंगे और किसी भी परिस्थिति का सामना कर सकेंगे।

भृथि सहगल
चौथी 'डी'

प्रकृति की लीला न्यारी

सब कुछ लुटाने के बाद, ये अहसास पाया है।

कुदरत से जुड़ने में ही सब

पाया है।

कुदरत से खिलवाड़, देख

लिया विनाश का द्वार।

हर तरफ़ बीमारी, कोरोना

ने ऐसी मार मारी।

जुड़ने में ही भलाई है, फिर से जुड़ने का वक्त आया

है।

जुड़ो और खुशहाल बनो, जुड़ो और खुशहाल बनाओ।

खुशहाल समाज, स्वस्थ भारत का आधार।

बदलते परिवेश में, सावधानी का पाठ ज़रूरी है।

मिलती हुई खुशियों को, फिर सोचना ज़रूरी है।

सब कुछ लुटाने के बाद, ये अहसास पाया है।

कुदरत से ही जुड़ने में सब पाया है।

प्रकृति हमें रूप अनेक दिखाती,

एक दूसरे से प्रेम करना सिखाती,

यही हमें जीवन का हर रंग बतलाती,

यही है एक निवेदन, मत करो प्रकृति का शोषण।



धैर्य चावला
पाँचवीं 'एफ'

कोरोना बना टीचर

कोरोना हमने तो तुझे समझा था- बीमारी लेकिन तुम तो

निकले टीचर। हर जगह देखें तो

सफ़ाई ही सफ़ाई दिखती। हाथ

न धोएँ तो मम्मी-पापा की डाँट

पड़ती। मास्क पहनना भी सीख

लिया। केवल घर पर रहकर

जीना भी सीख लिया। कहीं

बाहर जाते तो मम्मी-पापा बोलते

हैं कि किसी चीज़ को छूना मत। लैपटॉप पर कई चीज़ें सीख

लीं। अब तो ऐसा लगता है कि हम भी कंप्यूटर इंजीनियर

बनने वाले हैं। ड्राइंग खराब से अच्छी हो गई। समाचार

सुन-सुनकर दादा जी के साथ न्यूज़-न्यूज़ खेला। इससे ज्ञान

भी मिल गया और खेल भी लिया।

गमलों में लगे सुंदर-सुंदर फूलों को पानी दिया। बाहर पहली

बार ऐसा मनोरम दृश्य दिखाई दिया जो कभी न देखा। कोरोना

है तो एक बीमारी लेकिन उसने हमें बहुत-सी चीज़ें सिखा दीं।

अयांश सहगल

चौथी 'ए'

पेड़ लगाओ

धरती की बस यही पुकार,

पेड़ लगाओ बारंबार,

आओ मिलकर कसम यह खाएँ,

अपनी धरती हरित बनाएँ।

धरती पे हरियाली हो,

जीवन में खुशहाली हो।

पेड़ धरती की शान हैं,

जीवन की मुस्कान हैं।

पेड़-पौधों को पानी दें

आओ पेड़ लगाएँ हम,

पेड़ लगाकर जग महका कर,

जीवन सुखी बनाएँ हम।

आओ पेड़ लगाएँ हम।



भृथि सहगल

चौथी 'डी'

मेरी कविता

नोटिस आया, कविता लिखो।

कविता या चुटकुला कुछ तो भेजो,

नकली नहीं स्वरचित हो जो,

कठिन नहीं आसान हो जो।

कुछ तो रचो और भेजो।

मम्मी से पूछा पापा से कहा,

दीदी से माँगा भैया से टटोला।

कोई कुछ भी तो नहीं बोला,

तब अपने दिमाग का दरवाज़ा खोला।



एक विचार मन में आया,

जो मन में ही रखा किसी को न बताया।

तुक से तुक मिला कर काफ़िया मिलाया,

तरीका यही बस मैंने अपनाया।

शब्दों का कर हेर-फेर पलट दी काया,

जिसका फल है आप के सामने आया।

आर्यन जय गोयल
तीसरी डी

प्रकृति की पुकार

प्रकृति एक बहुत ही अनमोल उपहार है जो ईश्वर ने सबको दिया है पर हम इंसान इसको बहुत क्षति पहुँचा रहे हैं। इस दूषित वातावरण से यह साबित हो रहा है कि प्रकृति चीख-चीख कर गुहार कर रही है, “मुझे बचा लो ! मैं तुम्हारा ही अंश हूँ अर्थात मुझे चोट पहुँचाओगे तो दर्द तुम्हें ही होगा। कृपया करके प्रकृति को क्षति न पहुँचाएँ और इसका बचाव एवं संरक्षण करें।

अक्षिता जैन
पहली ई

प्रकृति का पुनरुद्धार

कोरोना महामारी के इस महासंकट में जहाँ दुनिया में हाहाकार मचा है, वहीं इस पृथ्वी पर जन्तुओं और पेड़-पौधों की एक ऐसी दुनिया भी है जो इस समय स्वयं को मुक्त मानकर प्रसन्न हो रही है। मात्र एक माह के लॉक डाउन की अवधि में गंगा नदी निर्मल होने लगी। नैनीताल झील की पारदर्शिता तीन गुना बढ़ गई है।

इस अवधि में उत्तर भारत का वायु प्रदूषण पिछले 20 वर्षों की तुलना में सबसे निचले स्तर तक पहुँच गया है।

प्रकृति ने हम मनुष्यों को एक से बढ़कर एक संसाधन दिए हैं परंतु हम मनुष्य अपनी सीमाएँ लाँघकर उदंड बन चुके हैं।

इसलिए कोरोना जैसा महासंकट हमारे लिए सबक है कि हमें

अपनी निरंकुशता पर अंकुश लगाना होगा अन्यथा प्रकृति अपना अस्तित्व प्रकट करने के लिए मनुष्य का अस्तित्व समाप्त कर देगी।

हिमाक्षी अरोड़ा
तीसरी एच



मानसिक स्वास्थ्य

हमारी प्राथमिकता

किसी भी व्यक्ति के लिए शारीरिक और मानसिक स्वास्थ्य दोनों ही बहुत ज़रूरी हैं। अगर वह शारीरिक रूप से स्वस्थ है लेकिन उसका मानसिक स्वास्थ्य खराब है तो

उसे अपने जीवन में कई प्रकार की दिक्कतों का सामना करना पड़ेगा। मानसिक विकार व्यक्ति के व्यवहार को प्रभावित करता है और शारीरिक रोगों के खतरे को बढ़ाता है।

मन खुश तो तन भी खुश !

आकृष्टि सिंह
तीसरी जी



गणित

जीवन का अभिन्न अंग

एक लाइन खींचो और इस लाइन को दोबारा छुए बिना इसे छोटा करके दिखाओ। बताओ ये कैसे होगा?

इस लाइन के सामने एक लम्बी लाइन खींच दो, पहली लाइन अपने आप छोटी हो जाएगी। उसी तरह जीवन 'गणित' है।

साँसें घटती हैं, अनुभव जुड़ते हैं। लगाते रहते हैं गुणा- भाग, जबकि अंतिम सत्य शून्य है।

क्या आप जानते हैं गणित के शून्य का अविष्कार भारत में ही हुआ था ? कुछ हद तक हम सब के सब गणितज्ञ हैं। प्राचीन काल से पंचांग बनाने से लेकर आधुनिक काल में GPRS की नेविगेशन तक हम अपने दैनिक जीवन में रोज़ाना ही गणित का इस्तेमाल करते हैं। जैसे खाने में कितना नमक, कितनी रोटी खाना, नाप तोल करना, हिसाब-किताब जोड़ते वक़्त, समय देखते वक़्त, खरीदारी करते वक़्त, खेल के स्कोर बनाते वक़्त, चित्र बनाते वक़्त, गीत गाते वक़्त, जलयान, वायुयान, रेल-गाड़ी, मेट्रो की दिशा-निर्धारण के लिए गणित आवश्यक है। इसलिए गणित के ज्ञान को विज्ञानों की रानी कहा जाता है। गणित जीवन का अभिन्न अंग है इसके बिना हर ज्ञान अधूरा है।



त्रिअक्ष छाबड़ा
तीसरी ए

खुशहाल बच्चे कल और आज

बदल गई यह सारी दुनिया,
बदल गया खुशियों का फ़साना।
दादी-नानी कविता-कहानी
सुनातीं,
अब आ गया एलेक्सा का
ज़माना।
दादी-नानी 60 प्रतिशत पाकर
खुश थीं,
हमारी 98 प्रतिशत पाकर भी आँसुओं
की नदियाँ
हैं बहती।
दादा-नाना खेलें गिल्ली - डंडा
हम टी.वी, मोबाईल, टेबलट के दीवाने।
मम्मी-पापा देखें हम लोग और रामायण
हमारा अब वेब-सीरीज़ का आ गया नया सीज़न।
मामा-मामी मेले ले जाते,
अब आ गया मॉल का ज़माना।
मिलना-जुलना हो गया पुराना,
अब बस ई - संदेशों का ही है ज़माना।



रिजुल चड्डा
दूसरी ई

कुदरत के रूप निराले

कुदरत के हैं रूप निराले,
कभी खामोश कभी गुस्से वाले।
कहीं बहता है झर-झर पानी,
प्यास बुझाती चली नदी मस्तानी।
तोड़ दिए सब बाँध जब बाढ़ है
आई,
जहाँ नहीं बरसा वहाँ दुविधा है छाई।
दूर पेड़ पर पंछी गाएँ,
मधुर संगीत से समा बनाएँ।
मानव को यह रास न आई,
जंगल काट वहाँ अपनी दुनिया बसाई।
जब प्रदूषण से महामारी छाई,
तब हमारी समझ में आई।
कुदरत के हैं रूप निराले,
हम भक्षक और हम ही रखवाले।



रिजुल चड्डा
दूसरी ई

प्रकृति कर रही सावधान, जागो रे इंसान

‘अति का भला न बोलना, अति की भली न चुप।
अति का भला न बरसना, अति की भली न धूप।।’

कबीरदास जी ने अपने इस दोहे से हम मनुष्यों को इतने समय पहले ही चेतावनी दी थी, कि किसी भी चीज़ का अत्यंत लालच हमारे पतन का कारण बन सकता है। इसलिए प्रकृति जिसने एक माँ की भाँति हमारा लालन-पालन किया, हमारी सभी मूल आवश्यकताओं की पूर्ति की, उसी माँ की ममता का बदला हमने उसके साथ खिलवाड़ करके, उसके अस्तित्व को मिटा कर लेना चाहा। परंतु, हम सभी यह भूल गए कि जो माँ हमें संरक्षण प्रदान कर सकती है, वही हमारी गलती पर हमें सुधारने के लिए सखी बरतकर यशोदा से काली का रौद्र रूप भी धारण कर सकती है। यह रौद्र रूप किसी भी रूप में हो सकता है, चाहे वह भूकंप, बाढ़ आदि हो या फिर कोरोना वायरस। जी हाँ, कोरोना के कारण लॉकडाउन के समय हमने यह देखा कि प्रकृति, मनुष्य के दिए

गए घावों को स्वयं ही भरने लगी, जिसका परिणाम हमने तब देखा, जब लॉकडाउन के समय हवा की गुणवत्ता में बढ़ोतरी हुई, प्रदूषण कम होने लगा आदि। मनुष्य को स्वयं पर अभिमान होने लगा था कि मुझसे बढ़कर पृथ्वी पर कोई नहीं, तभी प्रकृति ने एक झटके में पूरी दुनिया की गति रोक डाली और स्वयं की महत्ता को पुनः जीवित करके दिखाया। प्रकृति ने यह दिखा दिया कि स्वार्थ की राह आत्मघाती है, परमार्थ ही जीवन का आधार है और हम मनुष्य यह न भूलें कि जब-जब हम मानवता भुलाकर दूसरों के लिए गड़ढा खोदते हैं, तब-तब स्वयं ही उसी गड़ढे में गिर जाते हैं। यदि हमें धरती पर अपने अस्तित्व को बनाए रखना है, तो प्रकृति तथा पर्यावरण की स्वच्छता का ध्यान रखना होगा, पेड़-पौधे लगाने होंगे, प्राकृतिक संसाधनों को बचाना होगा। पर्यावरण को मिटाओगे तो खुद भी मिट जाओगे, अभी भी समय है मित्रों संभल जाओ, सुधर जाओ, नहीं तो अपनी आने वाली पीढ़ी को कैसे मुँह दिखलाओगे?

पहर
दूसरी अ



मानसिक स्वास्थ्य हमारी प्राथमिकता

मानसिक स्वास्थ्य देश की सबसे बड़ी समस्या है। मनुष्य के शरीर की सारी कार्यप्रणाली उसके मस्तिष्क पर ही निर्भर करती है। मनोस्थिति, हमारी जिंदगी में बचपन से शुरू होकर युवावस्था और बुढ़ापे तक के सफ़र को प्रभावित करती है। मानसिक स्वास्थ्य से जुड़ी हुई किसी भी प्रकार की समस्या से बचे रहने के लिए, सबसे पहले आपको अपने खान-पान पर

विशेष ध्यान देना चाहिए ताकि आप किसी भी प्रकार की बीमारी से सुरक्षित रहें। हमें किसी भी प्रकार के तनाव को दिमाग पर हावी नहीं होने देना चाहिए और अपना मानसिक संतुलन बनाए रखना चाहिए।



मानसिक स्वास्थ्य से जुड़ी हुई किसी भी प्रकार की समस्या से बचे रहने के लिए आपको ब्रेन बूस्टर फूड्स का सेवन करना चाहिए। इसके अतिरिक्त प्रतिदिन व्यायाम करें और पूरी नींद लें।



शनाया राजपूत
तीसरी एच

पत्नी – भवान् इदानीं कुत्र अस्ति?

पति – विस्मृतवती भवती, इदानीं अहं कार्यालये अस्मि। एष वित्तवर्षस्य अंतिममासस्य अंतिमसप्ताहः अस्ति। अतः शीघ्रं गृहं न आगन्तुं शक्नोमि (आ सकता)।

पत्नी – तर्हि कदा गृहम् आगमिष्यति?

पतिः – न जानामि। दशवादन पर्यन्तं गृहम् अहं आगच्छेयम्। भोजने किं अस्ति?

पत्नी — सूपः रोटिका, ओदनं, (चावल),सूरणस्य शाकं, उपसेचनं (चटनी),पर्पटरू अहं पक्ववती अस्मि। भवते पायसं बहु रोचते।

भवतः कृते पायसम् अपि पक्ववती अस्मि अहम्।

पतिः — एतत् श्रुत्वा अहं बहु प्रसन्नः भवामि प्रिये। प्रतीक्षां कुरु।

अहम् इदानीं गृहं आगच्छामि। (—वंशिका मुद्गल सप्तमी एच)

हवाट्स एप इमोजी सहायतया संस्कृतस्य शिक्षणम्

😊	- हसति
😄	- निन्दति
😁	- भ्रमति
😏	- चिन्तयति
😡	- कुप्यति
😘	- स्वपिति
😇	- क्षमां याचते
😲	- विस्मयो भवति / निर्दिष्टं पश्यति
🧘	- ध्यायति
👁	- पश्यति
🗣	- वदति
✍	- लिखति
👤	- प्रणमति
👉	- निर्दिशति

जननी

न त्वया सदृशः कस्याः स्नेहम्,

करुणा—ममतायाः त्वम् मूर्तिः

न कोऽपि कर्तुम् शक्नोति तव क्षतिपूर्तिः।

तव चरणयोः मम जीवनम् अस्ति,

जननी शब्दस्य महिमा अपारः

न जननी सदृशः कस्याः

प्रेम, जननी त्वम् संसारस्य

अनुपमः उपहारः।

पुष्पम् पुष्पम् सुन्दरम्,

अतीव मोहकम्,

पुष्पम् तस्य

भवति रे देवपूजार्थम्।

अतीव मोहकम्,

फलम् रसमयं,

तस्य फलं स्वादपूर्णम्,

फलम् हि अस्ति रे खगस्य अन्नम्॥



चन्द्रमा

चलसीह नु तारकिते गगने,

प्रभया हृदि कौतुकतां भरसि।

रजनीकर! सोम! तमो हरसि,

द्विजराज! सदा मधुरं हससि॥१

सुखदं तव दर्शनमस्ति सदा,

गिरिशो वहतीह मुदा शिरसा।

प्रकृतौ तव सास्ति सुशीतलता,

तिमिरेऽत्र चकास्सि विभासि तथा॥२

सुपुष्पसमम्

तरुपादपवल्लरिकाङ्कगतम्

मृदुकोमलकान्तिकलाकलितम्।

मकरन्दभरेण नतं सरलम्

जनमानसहारि सदा कुसुमम्॥१

कुसुमेन शिरः शिखरीभवति,

कुसुमेन मनो भ्रमरीभवति।

लसितं कुसुमं दृगियं पिबति,

कुसुमेषु कविः कवितां लिखति॥

विहगी

विहगेन समं डयते विहगी,

तरुतः तरुमेति द्रुतं विहगी।

मधुरं किल गायति सा विहगी,

सहसैव विभेति जनाद् विहगी॥१

मृदु चिरं—चिरं—नाद—निनादकरी,

मुरलीरवतः प्रियगानकरी।

विपिने नगरे क्वचनापि खगी,

मनुजांश्च चमत्कुरुसे विहगी।

अनुजस्य कथां भगिनी भणति

पठितुं न ददाति पलं, लपति,

पठनेऽपि न तस्य मनो लगति।

वदनेऽप्यरसोऽस्ति नु मां तुदति,

अनुजः खलु मामिह शातयति॥१

वचनं न कदाप्यलसो मनुते,

निजकर्मकृते मधुरं तनुते॥

कपटाचरणैरवहेलयते,

स्वहठेन च मां परिदेवयते॥२

सविधे मम तिष्ठति पीडयति,

पठने मम पुस्तकमाहरति।

स्वशरीरबलं परिदर्शयति,

मम हस्ततलं च निपीडयति॥३

ब्राह्मी देवरानी
(नवमी डी)

अस्मिता मलिकः
(नवमी ए)

काव्या किनरा
(नवमी बी)

राघवः मित्तलः
(नवमी ए)

Gedicht Schreiben

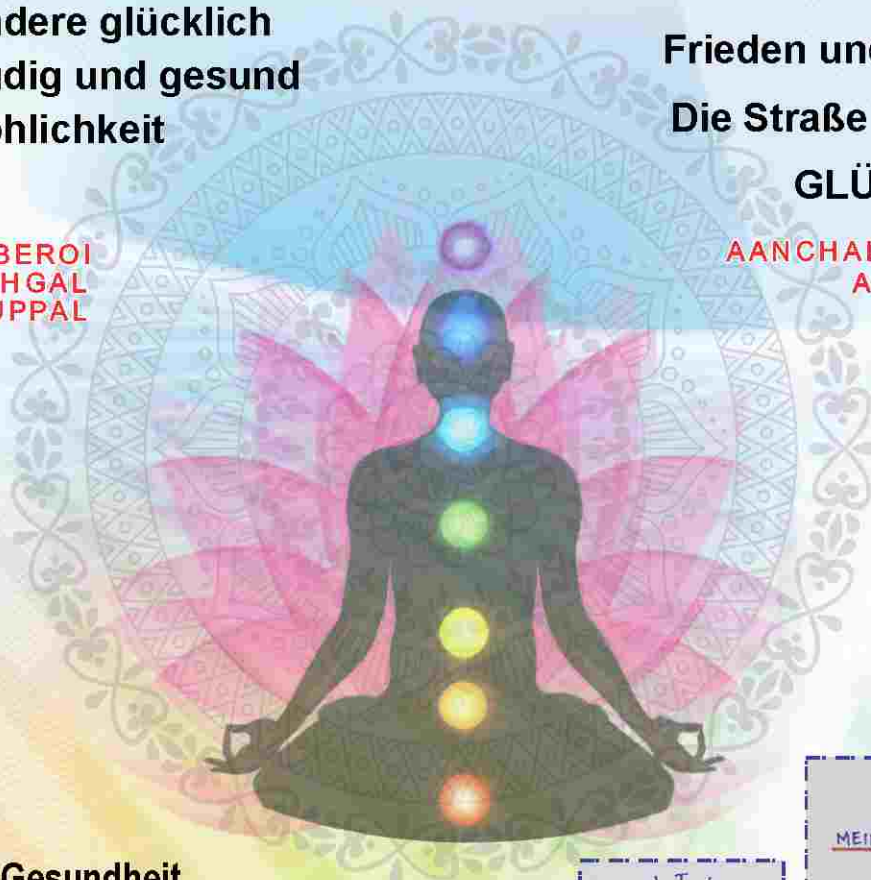
Psychische Gesundheit

Lachen
Sei glücklich
Mach andere glücklich
Bleib freudig und gesund
Fröhlichkeit

TWISHA OBEROI
YUVIKA SEHGAL
PREKSHA UPPAL

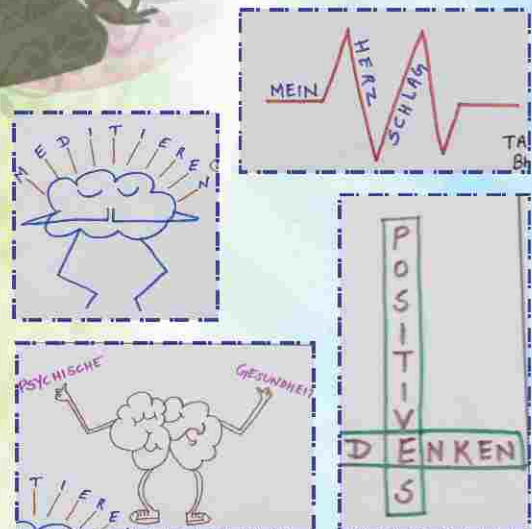
Geduld
ist Toleranz
Frieden und Weisheit
Die Straße führt zum
GLÜCK

AANCHAL AGGARWAL
ANIKA GUPTA
DIYA GUPTA



Gesundheit
Gesundheit und Wohlstand
Reichtum
Reichtum und Erfolg
Gesundheit
Gesundheit und Erfolg
Gesundheit und Wohlstand und Erfolg
führt zum Glück

DEVANGI DHAWAN
LAVANYA CHOPRA
PAKHI JAIN



TANVI BHANDARI

NATUR

Garte**N**
W**A**sserfall
Landschaft**T**
Bä**U**me
Be**R**g

- Naman Jain
Prakriti Arora
Makeerat Kaur

Natur ist überall
Natur ist wunderschön
Natur ist gottes Geschenk
Natur ist friedlich
Und ich liebe Natur

- Bhavi Bansal
Dhairya Vashisht
Krishna

Natur

Natur ist

Natur ist das

Natur ist das beste

Natur ist das beste Geschenk

Natur ist das beste Geschenk für

Natur ist das beste Geschenk für Mensch

- Aaishi Gupta • Ishani Dhingra • Simar Narang

Der Frühling ist gekommen,

Die Natur ist glücklich.

Das Wetter ist sehr angenehm,

Der Frühling ist gekommen.

Die Blumen sehen sehr schön aus,

Sie riechen gut.

Der Frühling ist gekommen,

Die Natur ist glücklich

- Angel Goel
Kriti Yadav
Saisha Narang

BYPRANAYA LAMBA (9G),
HIMANSHUKANDPAL&PRANAV RAJSOTA(9E)
AND AANYA SINGH (9F)

IMPORTANCE OF FRENCH LANGUAGE IN TODAY'S WORLD

French is a young, vibrant and an international language. It is the only language other than English to be spoken in all five continents. France is a part of the European Union. It's the official language in 29 countries and spoken by about 110 million people, mainly those who live in France and as a second language by a further 190 million people. French is currently ranked sixth among the world languages- after Mandarin Chinese, English, Spanish, Hindi and Arabic. Major destinations where French is spoken include: Caribbean, Europe, Canada, and parts of Africa and Asia. French is the official language of many organizations such as UN, NATO and many others. French is also the most taught international language in the globe.

5 REASONS TO LEARN FRENCH

- 1) Easier to understand International sports events
- 2) An asset for International Business
- 3) An ability to understand French provides access to an alternative view of the world
- 4) Speaking French opens up opportunities to study at renowned French universities and business schools
- 5) The ability to speak French makes it so much more enjoyable to visit Paris and all the regions of France, and offers insights into France's culture and way of life. French also comes in handy while travelling to French-speaking parts of the world



COLLABORATION BETWEEN FRANCE & INDIA

The development of academic, scientific and technical cooperation between France and India has been significant. The number of Indian students studying in France reached 10,000 in 2019. Scientific and technical cooperation builds on structures bringing together French and Indian researchers and scientists, such as the Indo-French Centre for the Promotion of Advanced Research (IFCPAR).

France and India are strengthening their cooperation for the environment and the fight against climate change. The Agence Française de Développement (AFD) started working in India in 2008 and has a mandate focused on the preservation of global public goods. The blue economy and coastal resilience are shared priorities for France and India, which intend to strengthen cooperation in the field of marine scientific research and their mutual knowledge of the oceans.

India and France organize reciprocal festivals, aiming to promote their culture. In France, the Namasté France festival showcased India in late 2016, while in India, Bonjour India was held in late 2017-early 2018. India will be a guest of honour at the Paris Book Fair in 2021, while France will be a guest of honour at the New Delhi World Book Fair in 2022.

BIODIVERSITY PARKS IN FRANCE

By Asmi Kathuria and Dhanvi Jain of 9-H

Biodiversity plays a vital role because its conservation maintains the fragile balance of ecosystems which provide the basic services that are crucial to life on Earth. France's geographic positions on the continent and overseas, on land and sea, have given it a highly diverse natural heritage and a particular geopolitical responsibility in the biodiversity crisis. Mainland France has the greatest diversity of amphibians, birds and mammals in Europe. It is home to 40% of the species of flora found in Europe and over 50% of the natural habitat types of Community interest. There are nine national parks, six of which are in metropolitan France (Cévennes, Ecrins, Mercantour, Port-Cros, Pyrénées, Vanoise) and three overseas- Guadeloupe, French Guiana and Réunion. The country also has 54 regional nature parks. All these parks offer a combination of remarkable terrestrial and marine areas, as well as governance and management schemes aimed at preserving their diversity. This natural heritage, combined with its cultural heritage, contributes towards making France the world's leading tourist destination. In the National Plan for Biodiversity published in July 2018, France committed to making biodiversity an environmental priority of its diplomatic network and putting it high on the world's political agenda in order to obtain ambitious and significant outcomes at CBD COP15.

Manya Soin IX G

SANTÉ MENTALE

By Meghna Rakshit of 9G



· La pandémie de COVID-19 a affecté la majorité du monde. Il a donné une telle augmentation à la perte économique et en particulier les pauvres sont confrontés à beaucoup de problèmes. La partie la plus riche de la société n'est pas très affectée en raison des privilèges qu'ils ont, mais la société pauvre subit beaucoup de pertes, beaucoup ont perdu des emplois, ils en ont fini avec leurs ressources limitées, etc. La liste des personnes qui ont contracté le virus s'allonge chaque jour. Même beaucoup de gens sont morts à cause de cela.

· Ce que je pense, c'est que cette année 2020 est assez difficile pour le monde entier. Non seulement économiquement, mais aussi mentalement. Il a causé une détresse mentale parmi la population. Cette pandémie a causé de l'anxiété chez les personnes âgées car elles sont plus susceptibles de contracter ce virus en raison de leur système immunitaire. La détresse mentale est causée chez tous les élèves qui n'ont pas les moyens d'assister à des cours en ligne. Non seulement les anciens et les jeunes, mais aussi la population active. Leurs salaires sont réduits, et donc ils subissent des pertes économiques. La situation est encore pire pour la société pauvre, où les infrastructures sont insuffisantes. Les travailleurs migrants qui sont rentrés chez eux sont confrontés à un stress mental sévère, depuis les inquiétudes au sujet des moyens de subsistance jusqu'à la stigmatisation sociale.

· Les maladies mentales ne doivent pas être considérées différemment des maladies physiques. La toxicomanie, l'automutilation et le suicide sont très fréquents et dangereux chez les personnes atteintes de maladies mentales. Certaines personnes meurent même à cause d'une maladie mentale. Pendant ce temps, les gens devraient penser positive et plutôt que de penser cela comme une responsabilité et d'être anxieux, ils devraient penser que c'est un avantage de passer du temps avec leurs familles. Ce n'est pas seulement un avantage d'aider à renforcer notre lien émotionnel, mais il a donné des avantages environnementaux. La santé mentale est notre priorité absolue. Le virus a entraîné une refonte de nos systèmes de soins de santé et de notre infrastructure en général. Il est maintenant temps de mettre la santé mentale dans le mélange et de se préparer pour l'avenir qui apportera beaucoup plus de défis sur ce front.



ÉNIGMES

By Shambhavi Agarwal of 9-H

1. Qu'est-ce qui commence par E, qui finit par E et qui ne contient qu'une seule lettre?
2. Je suis une petite pierre blanche qui tombe dans une mer noire. Un tourbillon argenté, et je disparaîs. Qui suis-je?

POÈME SUR LA NATURE BY PALAK ARORA OF 9-E

*Je regarde dans le ciel
Qui ressemble à un mensonge.
Combien de temps ça va durer?*

*Je regarde l'arbre,
Qui ressemble à un autre moi.
Combien de temps ça va durer?*

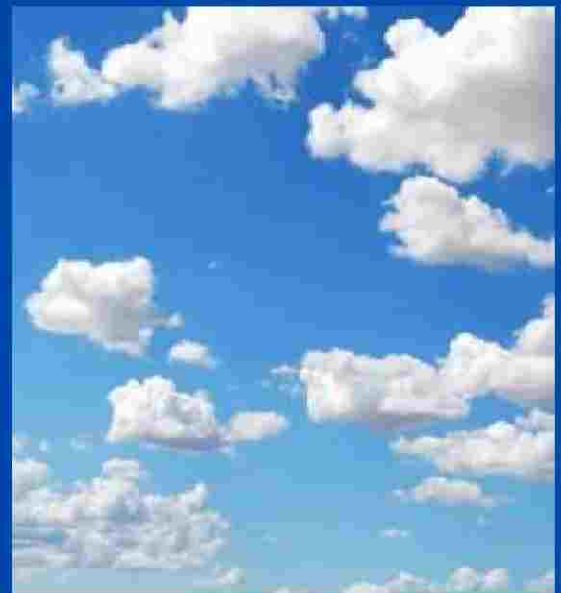
*Je regarde l'eau,
Qui ressemble à des paillettes.
Combien de temps ça va durer?*

*Je me demande combien de temps ça
va durer?
Si nous continuons à les détruire si
vite.*

*Je me demande comment cela nous
rendra-t-il encore vivants?
Si nous continuons à le détruire
intelligemment.*

*Ils ressemblent à un domaine gratuit,
Mais rappelez-vous que leur valeur a
beaucoup de poids.*

*Ne le détruisez pas simplement
parce que vous n'avez pas eu à
travailler pour l'obtenir.
Une fois qu'ils sont partis, vous
n'aurez plus d'autre temps pour le
sauvegarder.*



ALUMNI SPEAK

Bal Bharati .. every time I remember this name, memories flood my mind. I am fortunate enough to be a part of the esteemed Bal Bharati Family. If I start with it, the list of what my school and teachers mean to me is beyond infinity. The school not only focuses on academics but also provides its students a plethora of co-curricular activities whether it is drama, dance, music, etc. The amazing faculty, school's infrastructure and international expansion helped me grow and evolve as a person and become the independent young lad I am today. From my early days at school, I always had a dream to represent my school both nationally and internationally. My dream came true after a lot of effort in 2015 when I was selected for an Indo-German Exchange Programme. My happiness knew no bounds that day! Not only this, I got the honour of being the first student in the history of Bal Bharati to achieve the coveted IAYP AWARD (GOLD LEVEL). Moreover, after passing out from this institution in the year 2019, I have realized that the moral values taught to us in school are extremely important for a person to succeed in life. Currently, I am pursuing B.Tech, CSE from SRM University, Sonapat and I apply all the life-skills that I have learnt at Bal Bharati, to my new learning environment which helps me maneuver my path with sincerity and determination. Last but not the least, "A home away from home" is apt to describe this prestigious Institution. Forever Indebted!!!



Sambhav Jain
Class of 2019

PARENT SPEAK

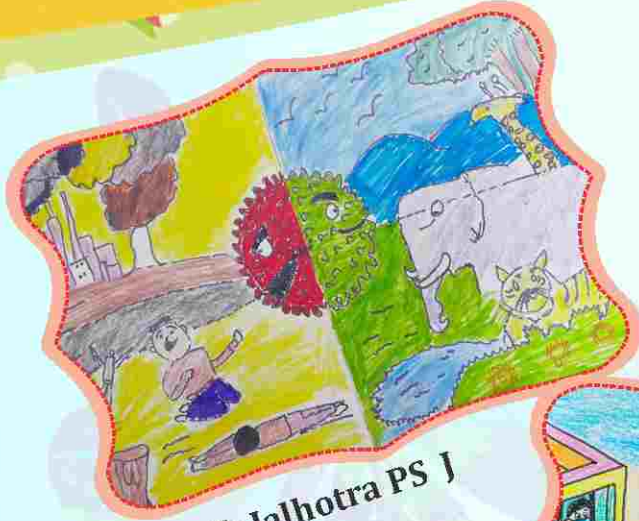
"A journey of a thousand miles begins with a single step".

2008... after sincere attempts for four consecutive years, we still remember the day when Sambhav got admission in this esteemed institute, in Class II. We were oblivious of how would he be able to adapt to new surroundings. But, to our amazement, he was constantly taken care of by the teachers and was given ample opportunities like; House-Captaincy, performing in morning assemblies, Inter School Competitions, etc. A landmark was created in our family when he went to Germany in 2016, as a part of the Indo-German Student Exchange Programme. The entire period of his student life has been a wonderful learning experience not only for him but also for us. The best part of the school is that, along with building a base in curriculum, it provides strong support and guidance in non-academic activities such as Art, Dance, Music, etc. The school's environment is extremely positive and student friendly. As we look back, we acknowledge the fact that his academic journey would not have been the same if it was not Bal Bharati. We are endlessly thankful for the precious learning and ethics, excellent mentors, well developed infrastructure given by school to Sambhav and the same is also being given to our younger child Paras. Each day, we hold abundant joy for receiving this opportunity that both our sons are a product of Bal Bharati Public School, GRH Marg!



Mr. Rajesh Kumar Jain and Mrs. Raina Jain
Parents of Sambhav Jain (2019 Batch)
& Paras Jain (IX H)

Joining Hands with the World



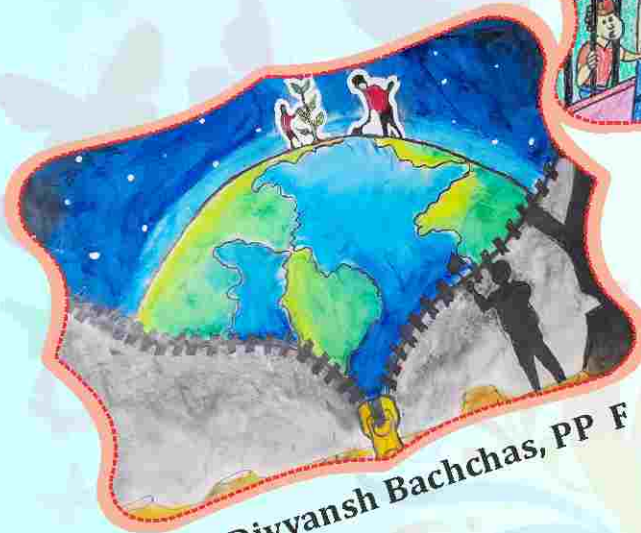
Aadvik Jalhotra PS I



Amrit Singh PS I



Anaysha Gupta PS C



Divyansh Bachchas, PP F



Ahyam Kumar PP- B



Maan Bhasin, PP F



Myra Jain PS F

Joining Hands with the World



Nairiti PP D



Nivaan Mehta PP J



Saanvi PS A



Vihaan Nagpal PS I



Samaira Girdhar PS A



Viraaj Mishra PP G

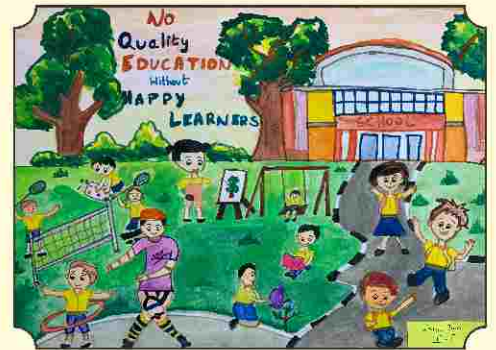
Art Gallery



Advay Gupta III F



Akkruti Paul II C



Ishya Jain III F



Myra Jain I C



Neel Hait II G



Triaksh Chhabra III A



Anay Jain I C



Jianna Nagpal III B



Vedika Keswani I G

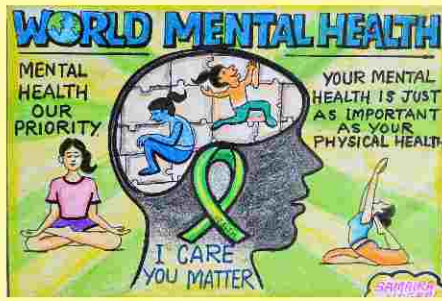


Yahvi Gupta I C

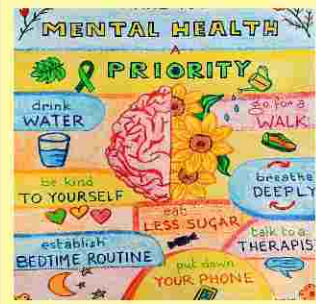


Aryash Singh II E

Art Gallery



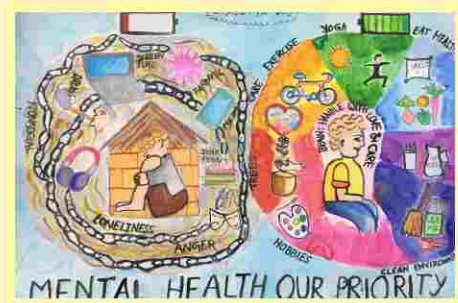
Samaira Nagpal IV B



Angad Singh IV H



Nidhaan Chaudhary IV B



Jayaditya Tyagi V D



Satwik Behl VII G



Paavni Verma V C



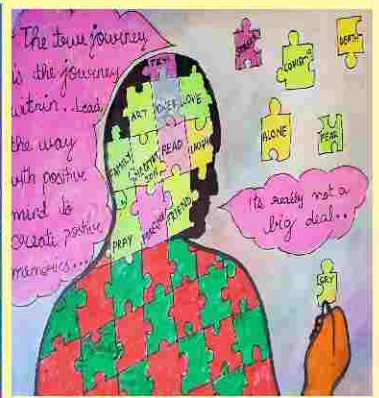
Dhairya Chawla V F



Bisman Singh Sethi V E



Adya Paul VII F



Aarna Gupta V F



Atharva Keswani VI E



Kashvi Jain V A



Tashvi Malhotra VI E



Anvi Mehta V B

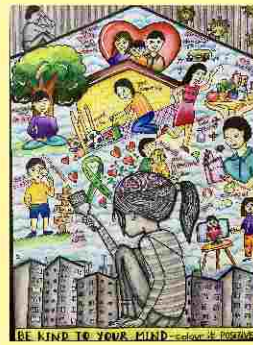
Art Gallery



Kashvi Sehrawat VI H



Bharvi Nayak Kalita VIII B



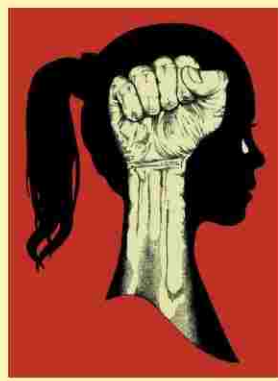
Atharva Keswani VI E



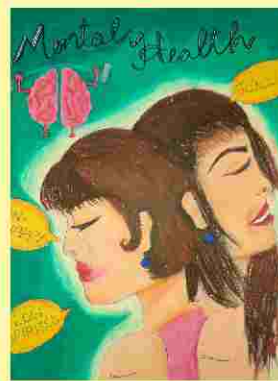
Posika Aggarwal VII F



Kriti Miglani VI C



Samricha Chawla VI H



Niharika VII C



Abadyaa Ghai VII B



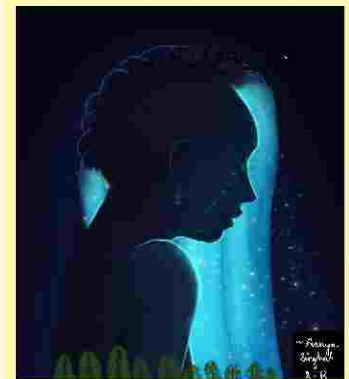
Krityanidhi Chawla VII B



Ashmita Mallick IX A



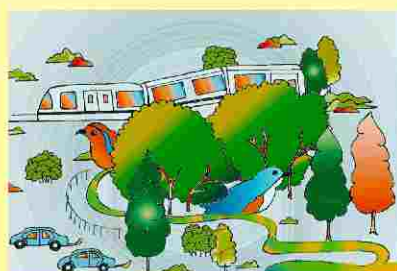
Bharvi Nayak Kalita VIII B



Aanya Singhal VIII B



Piyushi VII A



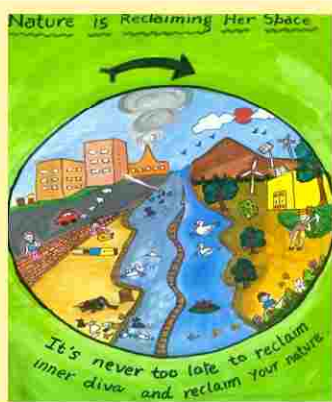
Kriti Yadav VIII B



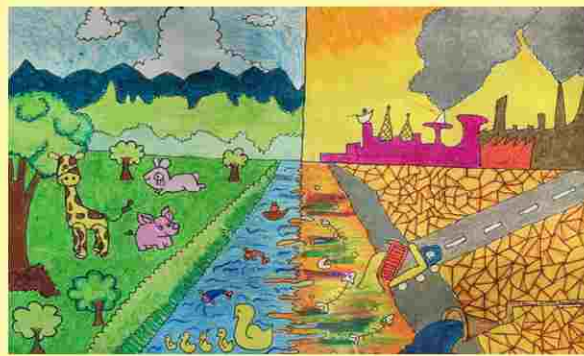
Ananya Garg X A



Art Gallery



Jaya Gupta VI A



Krishna Arora VI C



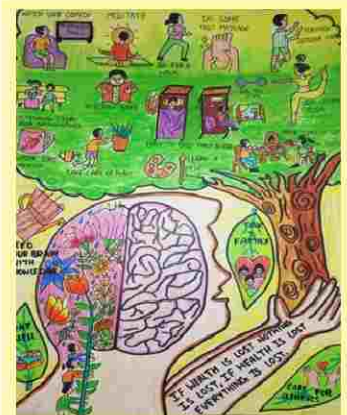
Anshika Aggarwal VI C



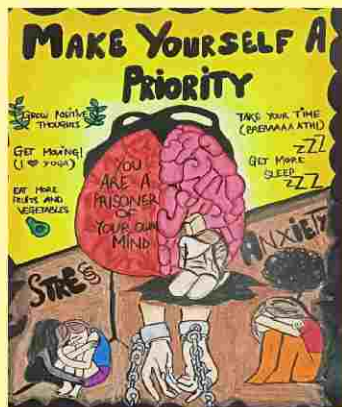
Avika VI C



Perry Chhabra VI G



Ankit Pal VI A



Neharika VIII D



Ashwika Trehan VII H



Posika Aggarwal VIII F



Manya Sharma VII D



Shrestha Ranjan VII G



Arshia Dewan VIID

Editorial Team

Senior Department



Ms. Radha Nair



Ms. Neenu Singh



Ms. Pooja Ahuja



Ms. Deepika Bhasin



Ms. Rita Sharma



Ms. Sanya Dang Beri



Ms. Uttara Mukherjee



Mr. Yuvraj Bhattarai



Ms. Sabina Chowdhary



Ms. Aarti Singhal



Ms. Soma Gangully



Ms. Suchismita Sahoo

Middle Department



Ms. Shubhi Juneja



Ms. Sukriti Sehgal



Ms. Sonia Sharma,



Dr. (Ms.) Jyotsana Srivastava



Ms. Tripti Makin



Ms. Rajni Rathore



Ms. Shilpi Poddar Das

Primary Department (PR Campus)



Ms. Deepshikha



Ms. Rachna Chaudhary



Ms. Sapna Chugh



Ms. Sheetal Puri



Ms. Monisha Malik Sabharwal



Ms. Suruchi Dingra



Ms. Lipika Kalra



Ms. Gopika Kareer



Ms. Purvasha Jain



Ms. Humaira Khan



Ms. Satwinder Kaur

Montessori Department (PR Campus)



Ms. Jeevika S Kumar



Ms. Hittu Anand



Ms. Neha Gupta



Ms. Perna Sharma



Ms. Meetika Gogia

