



Bal Bharati
PUBLIC SCHOOL

Sagarika

The Annual Journal, GRH MARG

2021-22



(Cover Designed by Atharva Keswani: VII E)

BAL BHARATI PUBLIC SCHOOL, GANGA RAM HOSPITAL MARG

OBITUARY

IN MEMORIAM

MR.S.K. BHATTACHARYA

(1939-2022)



When someone you love becomes a memory, the memory becomes a treasure...

Mr. Bhattacharya's tenure as Principal of Bal Bharati Public School, GRH Marg (1972-2000), will always remain etched as one of the most memorable periods in the growth of the institution. Bhattacharya Sir, gave of himself generously and selflessly and touched thousands of lives with his dynamism and drive.

An institution in himself Mr. Bhattacharya held several positions of eminence. As Advisor CES he played a crucial role. He was Convenor Sports Council, Chairperson Legal cell, Chairperson Teachers' Training Institute as well as member Managing Committee of several prestigious schools. He had a keen sense of music, dance and other performing arts, which made him a connoisseur of our rich Indian culture. His contribution to Sports and games is noteworthy.

He remained a patriarch and guiding light even after he retired in 2000, and continued providing rich inputs to the field of education. A person of his stature, who departs from this earth never truly leaves, for he still remains alive in our hearts and minds. Death cannot kill what never dies. Though we are all linked by the grief that Mr. S K Bhattacharya's passing away has plunged us into, yet we find comfort in knowing that our lives have been enriched by having shared his mission.



Dear Readers

“Friendship cannot be permanent unless it becomes spiritual. There must be fellowship in the deepest things of the soul, community in the highest thoughts, sympathy with the best endeavours.”

- Hugh Black

Friendship, my dear readers, is an all-encompassing term, a strong entity that blends all positive human emotions. A lifelong friendship synthesizes trust, care, compassion and belongingness. A true friend, as scriptures proclaim, is a treasure for life. A bond that grows stronger with time, friendship soars above all social and cultural differences, thus celebrating humanity.

When children take their first step towards formal learning and enter the portals of school, it is a supreme source of happiness to watch them develop and cherish an unconditional bond with each other. In the nascent years of learning, young minds start their beautiful journey of decoding human traits of loyalty and kindness. The innocent smiles, energetic high-fives, and warm nods of understanding are all indicators of true companionship. In their growing years, they learn to guide, polish, and encourage each other. This is where their friendship becomes spiritual. A relationship that surpasses shortcomings and brings out the best. A little push filled with friendly banter enhances the positives thus instilling confidence to face the world.

A robust friendship, however, grows beyond the stereotypes. It enriches and heals, very similar to nature that has befriended mankind since its inception. Environment has always been our best friend enhancing the human world and giving us in abundance. Unconditional support rendered by the environment asks for our reciprocation. We must learn from the generosity of the environment and share its resources equally. It is time to be friends with the entire world and help each other in utilizing, sharing, and replenishing the riches received from nature. Every human is entitled to his share of food, water, education, equality, and peace and we must learn and teach to share the same.

It is in the best interest of mankind that we genuinely build a global friendship so that we are no longer competitors but comrades participating collectively towards the betterment of humanity and the environment alike.

At Bal Bharati, it is our vision and earnest effort to raise the future generations who are loyal friends not only with fellow humans but with the environment as well. Quoting the words of Ralph Waldo Emerson, “The only way to have a friend is to be one”, I wish you all a life full of beautiful friendships.

Warm regards

L V Sehgal

Principal

Vice Principal's Message

“Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything.”

– Muhammad Ali

A school is the first structured institution that a child steps into beyond the secure confines of home, a world which largely abounds in familial relationships. It is here in school, that a child embarks upon his/her unique odyssey of interacting independently with unfamiliar people, learning to understand and know them, to foster friendships with a chosen few, even as one continues to be polite and friendly with all. Yes, friends are those special people who we choose to be a part of our lives, while families consists of those who we are destined to be with, as we are born into our families, and cannot choose them. Sometimes then, the friendships that we nurture become more valuable than other relationships in life. Close friends are truly a treasure to cherish. Their presence reminds us that we are never really alone. Friends can hear the unspoken words, they can see the hurt in our eyes even as the rest of the world may believe the smile on our faces. The beauty of the remarkable emotional bond of friendship lies in its utter simplicity – indeed, with true friends, there are no pretences, we can be who we are, and sometimes, our friends may know us better than we know ourselves. With gentle honesty, they are always there to guide and support us, forever sharing our laughter and tears.



Dear readers, as I pen these lines I can almost imagine you reviewing your list of 'friends'. Though we casually refer to everyone who we know, spend some time with, as our friends...just pause and ponder, who really are our friends? Those who we associate with, for materialistic benefits? Or those, who are influential or at some important post, and we associate with them to bask in their glory? Or others who are popular and we like to be with them, and try to be like them, forgetting who we are and what is good for us? Can all these people be classified as our friends? I guess, the answer is clear...these relationships are more about getting favours, they lack equity, have a potential for negativity and hurt, and are likely to fall apart once the purpose is achieved. On the other hand, it seems to me, that the purpose of friendships is simply to understand and to be understood, to do nothing and anything together, to have the freedom to be ourselves, to laugh away the sadness, and joyfully shed tears together over the good moments of life, creating beautiful memories to be cherished forever. Such relationships are likely to be long lasting, endow us with a positive outlook, help us to be happy, and live healthy and longer.

How does one nurture good friendships? I truly believe that friendships are built on the foundations of mutual acceptance, trust, respect, and love. Quality friendships are essentially a two-way process, they are cooperative and reciprocal, based on the assurance that I'm there for you, you're there for me. The warmth of friendship remains unaffected by distance or time, as it has the potential to evolve with changing seasons. However, making time simply to catch up with friends, and caring to know what is going on in their life, emphatically conveys the reassuring message that they are important, and what goes on in their life matters. Indeed, the time and effort required to cultivate enriching friendships is truly worthwhile, for friends are our support system. They are our very connection to life and help to add value and significance to the chaos called 'life'. So, friendships are to be celebrated and friends are to be treasured.

As we continue to cherish our friends, just reflect upon the idea, what if, we were to have a friendly attitude, that is, one of acceptance and respect towards all others, in our class, school, society, the city, and the world at large – what would happen? I believe, it would lead to a more positive and tolerant outlook amongst us all, sharing and caring shall become more common, we shall refrain from causing hurt to others knowingly, and instead, help one another, leading to the world becoming a happier place for all, sans fear, uncertainty, and strife. Further, extending this friendly attitude to the environment, the flora and fauna, and the very planet Earth itself, will definitely help to heal our ailing planet. Forging bonds of friendship with our environment, we shall all contribute to nurture Nature, rather than blatantly exploit its resources. Compassion towards all living creatures will indeed help to make the world a better place for all.

To conclude, dear readers, while we are blessed to have friends, fostering an overall friendly attitude would be a blessing for all. It is akin to being human, which is the basic instinct that we are born with. Let us then, in the true spirit of Vasudheiv kuttumbkam, extend a hand friendship towards all, to enhance the quality of our life, and enrich the glory of our beautiful planet...let us together make the world a haven of happiness and support...for as the renowned philosopher-poet, Khalil Gibran, opined “Friendship is always a sweet responsibility, never an opportunity.” Let us take care to care!

Wishing you all fulfilling friendships forever...

Best Wishes
Meena Malhotra
Vice Principal



"One day in retrospect, the years of struggle will strike you as the most beautiful"

- Sigmund Freud

Spending your crucial years in isolation and missing out on the so-called crazy years of student life, is indeed a dagger to your stomach. Spending two years captive in your house with your gadgets, desperately trying to improve yourself, with absolutely no competition, no peers to challenge, nothing to compare you with was definitely an uphill task. This is something that I and, definitely most of the students experienced for several months. But "time", a beautiful illusion, yet very real, can change even the most stubborn things this universe has to offer. So, as the ticking clock did its job, we experienced an evolution of ourselves. We simply started accepting this fate. Not just the students but teachers too found this time-saving, excellent concept of what we now call 'online classes' a boon. Online classes even though a saviour in difficult times, became a common practice and gave us a whole new world to explore.

Now after two years of experiencing a whole new level of teaching, we all experience the reversal pangs of going back to school. The one pivotal aspect of our life that was missing and needed restoration was friendship and social interaction. The loss of life during the pandemic also made us suffer from the loss of friends. Now as we go back into the social world, as students I think we have come to understand the necessity of friends. The importance of friendship is that it helps to make us a better version of the person we are. So not treating this pandemic as a speed breaker but as a beacon of enlightenment, I hope we get the friends that we deserve, and may they help you with your journey in the remaining years of school life.

Being a student gives you responsibilities in disguise, responsibilities we may never have known rested upon us. Whether it be the pressure to crack a competitive exam, to take over your family business, to never allow your parent's head to bow down, it is common to be assailed by stress and anxiety. But we cannot use this as an excuse not to do things or take up difficult challenges. You will remember the time when you were not in your comfort zone and working hard for a good future, you will thank yourself for those sleepless nights, those tiresome days, when you almost gave up. Those will be the days that you will think of as the most beautiful time of your life. So never fear what's ahead but cherish your struggle and remember, the nights are always the darkest before dawn.

Finally, I wish all the readers the very best for the year that lies ahead. I wish your belief in yourself leads you to success. I would like to thank the teachers for giving me this opportunity to put my thoughts before you all. With this, as your Head boy for the session 2021-22, this is Neev Sharma signing off. Hope to interact with you all in person soon.

Neev Sharma
Chief Editor

"Happiness can be found even in the darkest of times if one remembers to put on the light" ~ Albus Dumbledore

Imagine you're in a room. It's pitch dark. It's so dark you can't see your own body. When you try to move around, you always hit something. And the worst part, you can't even see what you have hit. Most of us felt this way during this pandemic: lost, frustrated, angry, and terrified. Now imagine you find a switch. You press the switch and voila! The light turns on and all those emotions disappear. Our friends and family were our light during these bleak times. We drew our light from past memories when the present and future seemed dark....



I think I speak for all of us when I say that the last two years have been anything but normal. A lot has changed in such a small phase of time, and though I have gotten used to online education, this has not prevented me from feeling the nostalgia of bonding with friends and teachers in in-person classes. I still miss sharing lunch boxes, quarrels over desk space, shared excitement over the games period, and the anxiety of exam results. During the pandemic, we had a lot of time to sit back and reflect. Like most people, I found myself thinking of my friends and family. The meaning of friendship can differ from person-to-person. Some describe friends as people we enjoy being with or people with whom we bond. They are often people with the same interests or personality traits as us. I believe friends and friendship play a big role all throughout our school life. Friends help you grow and support you in dark times. Above all, good friends are people whom we trust.

Friendships aren't made in heaven. We earn them through our actions. And this came true as lots of us were trying to bridge the emotional distance when we weren't in school. We all took steps to stay connected. I cherish the memories of online birthday celebrations on video calls during the lockdown. Many new friendships blossomed as well. I made more friends virtually than ever before in my life. I found new friends among my amazing team of office-bearers. And I am sure many of us found a friend in our favourite books.

My friends are what inspired and motivated me towards being the Head Girl. I wish to live up to their expectations. I also have an obligation towards my teachers, who saw me fit for the role, for which I am forever grateful. With the help of my team, I aim to bridge the gap between them and the school authorities. I want the new team to be the student body's voice. I wish to encourage students to voice their thoughts and to empower them. As a team, our goal is to help the students grow beyond their best. I want the new team to be approachable to every student. Every student's opinion matters and our goal is to make sure that their thoughts are heard.

I want to give the school all that I have received from it and hope to help it achieve greater heights with my contribution. I am honored to present Sagarika 2021-22, of which I am the Editor in Chief. These times have been hard and challenging, and there have been many problems that I have not faced firsthand. The lockdown led to a slow-down in the economy that made many lose their jobs. The loss was not only monetary, but people also lost their loved ones. Many unfortunate lost their lives due to starvation and food insecurity. I believe this edition enunciates the theme of friends, friendship, and food security. I am grateful to all the students and teachers, without whose contributions this magazine would never have been complete. I hope all of you have a pleasant time reading this year's issue!

Deeksha Dhawan
Chief Editor

SATRARAMBH CEREMONY

Prayer and purification marked the commencement of the new academic session 2021-2022. The Satrarambh Ceremony held on 5 April 2021 commenced with the lighting of the traditional lamp by the Principal L.V Sehgal. A floral tribute was also offered to Lord Ganesha and Goddess Saraswati. The Havan Ceremony was conducted by Pandit Lalit Kumar Mishra. Melodious Bhajans presented by Mr. Suman Jha marked a befitting end to the ceremony.



SPIC MACAY

To steer the youth through the mental stress triggered by the Covid-19 pandemic, SPIC MACAY initiated the ANUBHAV SERIES. Forty three students from the school participated in the mega event which commenced on 21 June. The series was broadcasted live from 21 June and 27 June 2021. The workshop gave a unique opportunity to the students of classes VI-VIII to interact and learn from the maestros. The sessions comprised of Yoga & Meditation, Workshop with the Gurus, Folk Art Sessions, concerts and a heritage walk. Renowned artists in various fields under the Guru Shishya Parampara interacted with the students and taught them nuances of folk painting, dance, theatre, vocal music and instrumental music.

Several Padma Shri awardees took part in the online session. The week-long sessions helped the youth to de-stress and learn under the Guru Shishya Parampara, getting up at Brahma Mahurat and sustaining discipline and punctuality in life.

INTERNATIONAL YOGA DAY

The seventh 'International Yoga Day' was celebrated virtually on 21 June 2021. A Common Yoga Protocol video prepared by students and teachers was streamed on the school YouTube Channel. The link was shared at 7.30 am with all the students via the official Google Platform and Microsoft Teams Platforms. Screening of the event fulfilled the spiritual need of the participants and widened their horizons. This global fitness initiative united all to listen to the inner voice and hence discover the empowered self. 1800 students and parents participated with full energy and positivity in the celebration.



VIRTUAL SUMMER CAMP

With the core aim of fostering holistic development and in order to provide an opportunity to explore new things and deep dive into the areas of their interest, a Virtual Summer Camp was organized for the students of classes PS to XII from 6 May to 4 June. Students participated in the summer camp activities and enhanced their creative pursuits. The summer camp activities not only helped students in learning new and positive things but also gave them the much-needed breather.

INDEPENDENCE DAY

The school celebrated the 75th Independence Day following COVID-19 protocols, special assemblies were organised and the community joined the celebrations remotely from their homes. The national flag was hoisted in the school premises as everyone remembered the freedom fighters who sacrificed their lives for the nation. The cultural programme enthused a spirit of patriotic fervour and national pride within all present.



MODEL UNITED NATIONS

Online Inter School BBPS MUN was conducted on 20th and 21st August via Zoom. Over 65 delegates from more than 10 schools all over Delhi-NCR participated in the event. The committees- UNGA, UNHRC and DISEC were chaired by Mr Kunal Dhawan, Mr Sparsh Vashist, Mr Adarsh Pillay, Mr Vibhor Vanvani, Ms Arushi Dawar and Mr Vaatsalya Babbar. Mr Neev Sharma was given the position of Secretary General, Mr Suryansh Jain was the Director General and Mr



Praanjal Singh was Deputy Secretary General. Overall, the two day event was very successful and an enriching experience for all.

JANAMASHTMI CELEBRATION

The students of classes I-III celebrated Janmashtmi with fervour and enthusiasm.

Donned in colourful and vibrant costumes, reflecting the spirit of the festival, they rejoiced, sang bhajans and danced to please Lord Krishna, the eighth avatar of Lord Vishnu.

SPLENDOUR

An Inter School Creative Skills Competition- SPLENDOUR 2021 was organized which garnered digital participation from 46 schools Pan India. The event was held for classes PS and PP in 4 categories-Costume Fiesta, Ad-O-Mania, Crafty Hands and Hasya ki Phuhar. The best online entries were rewarded for their content and creativity and e-certificates were given to all participants and winners.



VIRTUAL TEACHER'S DAY CELEBRATION

The Principal in his address paid a heart warming tribute to visionaries par excellence- Mr L.R Channa, President CES and Dr V.K Ahuja , Vice President ,CES and distinguished members of the fraternity- Ms Ritu Rohatgi and Mr Sushil Kumar. He appreciated teachers for their dedication to duty, for rising up to challenges posed by the pandemic and adapting admirably

to the new mode of teaching. He also congratulated all the members of the teaching, administrative and support staff who completed 25 years of meritorious service to the institution.

PULSE 2021

PULSE 2021 aimed to celebrate and commemorate our great nation and its diverse plethora of art and culture. The theme was - 'Indigenous Art and Craft' and the event included activities like Dastangoi, Warli Tales, Mesmerising Madhubani. 34 prominent schools including BBPS Pitampura, BBPS Rohini, BBPS Brij Vihar presented remarkable performances.

ORIENTATION SESSION BY VP

The Vice Principal conducted Orientation session on 'Assessment Scheme 2021-22' for classes IX - XII, where the parents were apprised of the new assessment pattern issued by CBSE.

INTERACTIVE SPIRITUAL SESSION BY HIS EMINENCE THE 8TH, CHOKYONG PALGA RINPOCHE

The school hosted a spiritual talk, 'Serenity is not freedom from the storm but peace amid the storm' by His Eminence the 8th, Chogyong Palga Rinpoche, Buddhist teacher and Philosopher, and a tulku of the Drukpa (Dragon) lineage of Tibetan Buddhism. The event had been organized by the illustrious Child Education Society (Regd.) and was attended by Mr. Nikhil Channa, President, CES; Ms. Meenu Goswami, Chairperson, School Advisory Council, CES; Advisors to CES, namely, Mr. SK Bhattacharya, Ms. Rekha Sharma, and Ms. Nanu Rekhi; Principals, Vice-Principals, and Headmistresses of different units of BBPS; besides the staff members of BBPS GR.



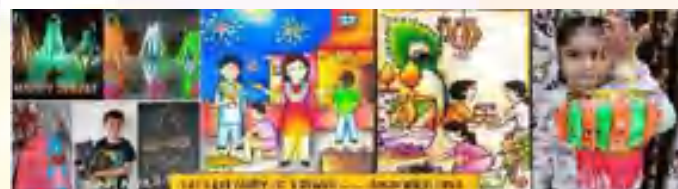
CARE-A-THON

The mega inter-school event, Care-A-Thon, was organized by the Primary Department for classes I to V in a bid to celebrate World Kindness Day. It also provided a platform to students to explore beyond academia, enhance their talent and inculcate in them the spirit of healthy competition. A myriad of engaging activities namely 'Caught Being Kind - The Storyteller, Abhivyakti..Hindi SwarKavya Pratiyogita (Hindi), Gestures of Kindness - A Mime Presentation, Kindness Counts- An RJ's Narrative and Story Board Competition- Tales of Kindness' were conducted to instill the much-needed values of empathy, generosity and compassion in our young learners. Students from 18 prestigious institutions pan India participated with joy and zeal while promoting the spirit of humanity.



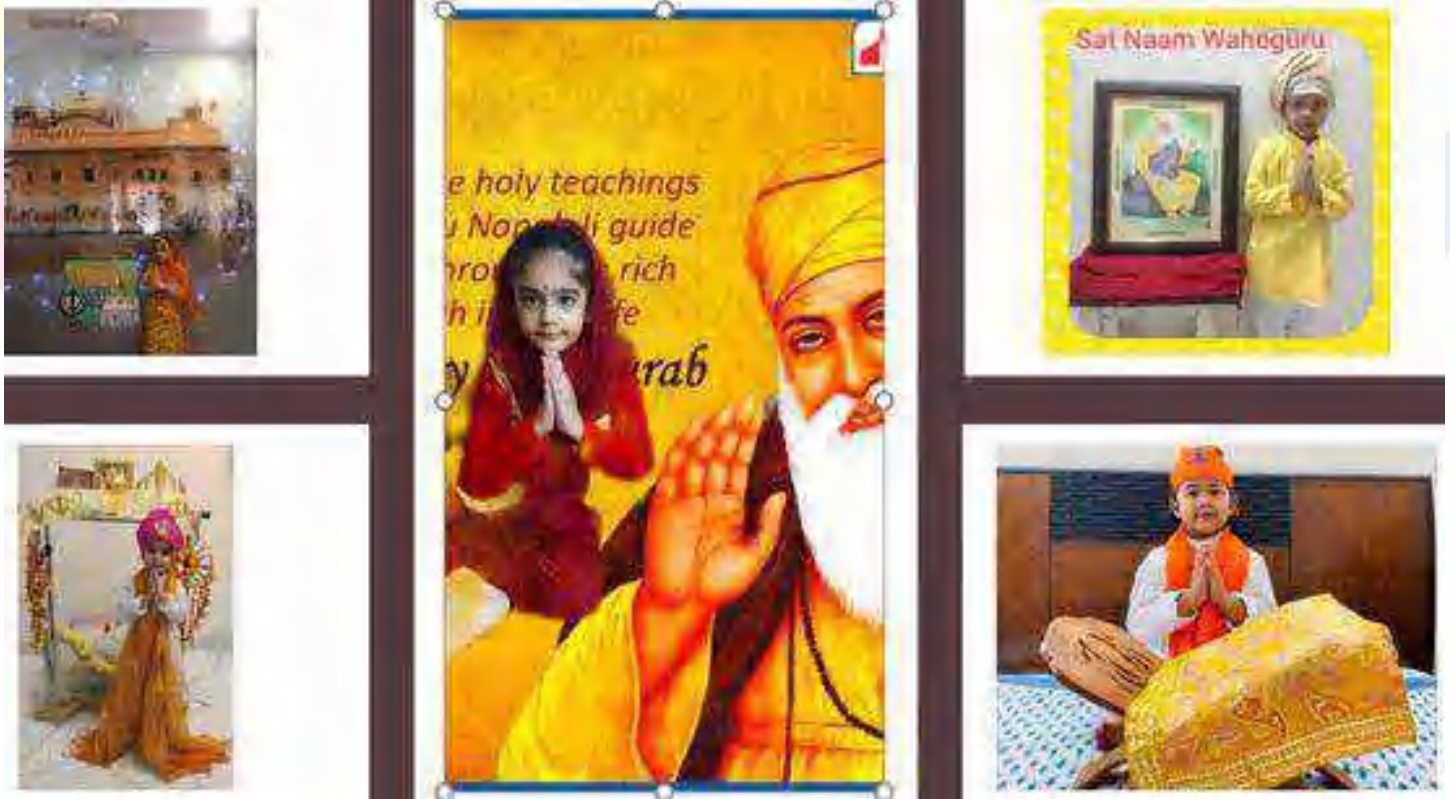
DIWALI CELEBRATION

Diwali, the festival of lights, is widely celebrated in India and around the world. The virtual Diwali celebrations illuminated everyone's heart with joy and fervour. Our young learners indulged themselves in the festivities through drama, dance, music presentations, craft work, etc.

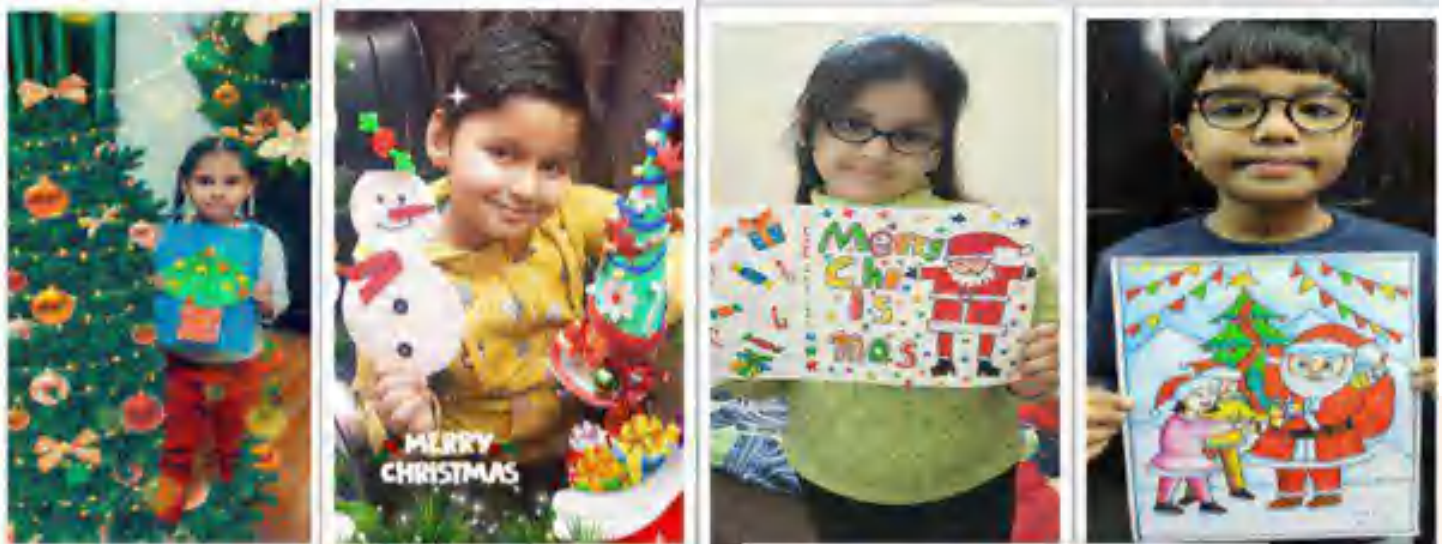


GURPURAB CELEBRATION

Gurpurab or Prakash Parv is a spiritual and social reminder of the values and principles of the Sikh Gurus. Students were apprised of the principles, teachings and spiritual journey of Guru Nanak Dev ji through the virtual celebrations. They actively participated in a range of meticulously planned activities including enactments, drawings and craft work etc. The celebration focused on the teachings in the Guru Granth Sahib and propagated the message of 'One God', universal brotherhood and harmony.



CHRISTMAS CELEBRATION



Christmas was celebrated with great enthusiasm by students of Primary Department, Pusa Road campus. Special assemblies were organized to mark the occasion. A virtual interactive Session with the children of NGO - Gali Pathshala was also conducted under the aegis of 'Ao Haath Badhayein club.'

Honours And Awards



School Rankings & Awards



TIMES SCHOOL SURVEY 2021

In the Times School Survey 2021, the school was ranked at the 1st position in the Leaders category in the Central Zone, rendering the school as the topmost school in Central Delhi for the third consecutive year.

In the Times Icon Ceremony (North) 2021, the Principal, Mr. LV Sehgal, was felicitated with the Certificate of Appreciation for the school being ranked at the First position in the Leaders Category in Central Delhi in the prestigious Times School Survey 2021, conducted by Optimal Media Solutions, under the aegis of The Times of India.

EDUCATION WORLD INDIA SCHOOL RANKINGS 2021

In the league table of India's Best Co-ed Day Schools in the Education World India School Rankings 2021, the school was ranked 60th at the All-India level; at the 30th position at the State level, and 11th in Delhi City.



EDUCATION WORLD GRAND JURY AWARDS 2021

In the Education World Grand Jury Awards 2021, the school has been ranked at the enviable 3rd position all over India, in the category, Best Technology Integration School. In the same category, the school has been ranked 3rd at the State level and 1st at the City level.

INDIA SCHOOL MERIT AWARDS 2021: EDUCATION TODAY

In the prestigious India School Merit Awards 2021, by Education Today, the school has been ranked at the 13th position at the National level, amongst CBSE Schools. The City position of the school has risen to 3rd from the 4th position in 2020, in New Delhi.

EDUCATION TODAY JURY RATINGS 2021

In India's Top 100+ Prestigious Schools & Pre-Schools Jury Ratings 2021, by Education Today, the school was felicitated for its excellence in the category, 'Innovative Pedagogy in Early Years of Education'

MICROSOFT SHOWCASE SCHOOL

The school has been bestowed the rare honour of being designated as Microsoft Showcase School, consecutively for the second year, rendering it to be a part of an elite group of schools that exemplify the best of teaching and learning in the world.

INTERNATIONAL DIMENSIONS IN SCHOOL CERTIFICATE

The School received the the eminent International Dimensions in School certification by the British Council for the 3-year term 2022-25. The school has been a consistent recipient of this recognition since 2008.



ADOBE SHOW CASE SCHOOL AWARD

The school was conferred Adobe Show Case School Award for embracing Adobe Creative Cloud technology into teacher training and experiential learning for students. The school was applauded for kindling resourcefulness in the classrooms.

CLASH OF PI

- In the final round of Domain RIEMANN online competition, the school ranked Second among the top 5 schools globally, with an enviable score of 4672 .The school team received 24 certificates of merit at National and school level.
- In the Global Mathematical Circuit Domain CANTOR the school was accorded the Second position among the top five schools, globally.

Rank	Name	Score
1	DPS Gurgaon	4672
2	Bal Bharati Public School, Gurgaon	4672
3	Shri Ram High International School, Gurgaon	4100
4	The Indian School, Gurgaon	3800
5	Delhi Public School, Gurgaon	3711

LIFE EMPOWERMENT AWARDS FOR SCHOOL

In Life Empowerment Awards for School 2020, the school received Exemplary Achievement Award in the category 'Inclusive Education for Special Needs Children' in the virtual Award Ceremony held on 15 June 2021.



SPORTS SCHOLARSHIPS

A scholarship amounting to altogether Rs 10,90,000/- was awarded to our students for being the winners of different State and National level Swimming, Table Tennis and Athletics championships/tournaments by the Government of NCT of Delhi and Khelo India.

WWF QUIZ

Our school has been recognized as the State Winner and accorded the 12th rank at National level in the WWF Quiz organized in association with CBSE and Navodaya Vidyalaya Samiti.

Shreya Saini (VII D) and Sanvee Seth (VI E) were selected from the school for the National Level Challenge, held in November 2021.

FIT INDIA RECOGNITION CERTIFICATE

The school was accorded a Certificate of Recognition for successfully organizing FIT India School Week 2021. Commemorating Azadi ka Amrit Mahotsav, myriad activities focusing on sports, eating healthy and creating awareness about importance of healthy lifestyles, were organized to reinforce the importance of fitness among the students.



Felicitations for the Principal and the Staff Members

VISIONARY LEADERSHIP

The Principal, Mr. LV Sehgal, was felicitated with a 'Certificate of Visionary Leadership', by Lifology Global Education Network (L-GEN) in association with Times NIE, for leading the school imbued with purpose and dedication.



DISTRICT LEVEL COORDINATOR

The Principal, Mr. LV Sehgal, was appointed as the District Level Coordinator(DLC) for Central District for National Achievement Survey 2021 conducted by NAS Cell, CBSE HQ under the Ministry of Education, Government of India. National Achievement Survey is a nationally representative large-scale survey of students' learning undertaken by the Ministry of Education, Government of India.

ARTICLE IN EDUCATION TODAY ANNIVERSARY ISSUE

Education Today, a nationwide popular magazine sought the views of the Principal, Mr. LV Sehgal on the topic, 'Improving the Interest Levels of Student Post-Pandemic'. His insightful thoughts on myriad ways to effectively engage and educate students for their holistic development and to minimize the learning loss have been much appreciated by all.

2021 GLOBAL HUMAN RIGHTS PROTECTION AWARD

Indian Institute of Human Rights conferred the '2021 Global Human Rights Protection Award' on the Principal, Mr LV Sehgal for promoting the cause of Human Rights, on the occasion of the International Day of Human Rights, on 10 December 2021.

TEACHER PROFESSIONAL DEVELOPMENT COURSE

Ms Sapna Bahl, Chief Coordinator, PR,GR scored A+ grade with 87% marks, and successfully completed the online course – Mentoring for Teacher Professional Development offered by Tata Institute of Social Sciences (TISS), Mumbai.



CONTRIBUTION TO EDUCATION COMMUNITY-2021 AWARD



Ms. Reetu Dawar (HM, PR Campus) has been felicitated with the award for 'Contribution to Education Community - 2021'. She is honoured for continuing excellence in education.

SECURITY AWARENESS TRAINING, INTERNET SECURITY FOR EMPLOYEES COURSE

Ms Reetu Dawar (HM, PR Campus) completed an online course, Security Awareness Training, Internet Security for Employees. The course is designed to address the cyber safety concern of today's internet users.



DELHI SCHOOLS' LITERACY PROJECT

The 'Annual Prize Distribution Ceremony' of the Delhi Schools' Literacy Project for session 2019-20 was held virtually. Ms. Satinder Kaur (TGT Science) received a Commendation Certificate for her contributions to the Literacy Project

LEAD Z TEACHER AWARD

Ms Paran Khurana, (PGT Commerce), Ms Aarti Singhal (TGT French), Ms Sandhya Thapar (TGT Math)), Ms Pushpinder Kaur (Asstt. Tr.), and Ms Deepa Ahuja (Asstt. Tr.) were felicitated with Lead Z Teacher Award in varied categories by 1M1B, a UN accredited organization.

BEST TEACHER IN A PASCH SCHOOL

Ms. Sabina Chowdhary won the First prize in the category: 'Best Teacher in a PASCH School' in the competition Indiens Beste Deutschlehrerin (Best German Teacher) for German Teachers conducted by Indo German Teachers' Association in association with Goethe Institut.

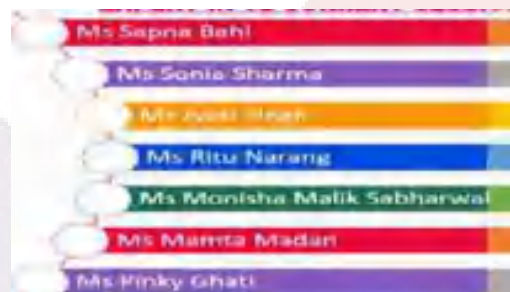


NCC TRAINING

Ms Bhawna Pachouri topped the assessment exam of the 12-day NCC Caretaker Orientation Training Programme conducted by 7 Delhi Girls Battalion at Kirti Nagar, New Delhi – 15 under the aegis of the NCC GP HQ Rohini..

MICROSOFT NETWORK EDUCATORS

The following faculty members have been certified as Microsoft Network Educators in the session 2021-22



DAINIK JAGRAN GURU SAMMAN 2021

In 'Dainik Jagran Guru Samman' organized by Dainik Jagran in association with New Delhi YMCA, Ms. Neenu Singh (PGT English) was felicitated with Certificate of Excellence and a trophy in recognition of her continuing excellence in teaching, counselling and nurturing of students.



COGNITIVE CODERS

CBSE appointed Ms. Pooja Seth (PGT Chemistry) and Ms. Satinder Kaur (TGT Biology) as cognitive coders (examiners) for the domain Science- PISA FT-2021 (Programme for International Student Assessment 2021), a prestigious and internationally monitored project of the Government of India.

LMS COURSES

Ms. Neha Chandna (PGT Chemistry) completed two LMS courses, Google Certified Educator level 1 and MIE Innovative Trainer - Learning Path. These courses provided an edge and enabled her to integrate technology in the hybrid classroom model.



CERTIFICATE OF APPRECIATION

Ms. Ruchi Gupta (TGT Computer Science) was awarded a Certificate of appreciation for selfless and exemplary contribution towards enabling and driving holistic development amongst school students through participation in NARC Summer 2021.

LOCKDOWN INNOVATOR

Ms. Nidhi Bajaj (TGT Maths) made it to the list of TOP 100 teachers under the category 'Lockdown Innovator' for her exemplary work during the lockdown. She is a Certified Google Educator, Adobe Creative Educator, MIE Expert and has scripted an e-Book, 'The Family of Quadrilaterals'. She has also facilitated educators across the virtual space in creating eBooks in their respective subjects.

She also conducted a workshop on Book Creator App, live on YouTube. The workshop was organized by GEG Delhi West. She also attended a training programme on 'Hybrid Learning' organized by CBSE in collaboration with Microsoft Education & Tech Avant- Garde, Global training partner of Microsoft.



CBSE RESOURCE PERSON

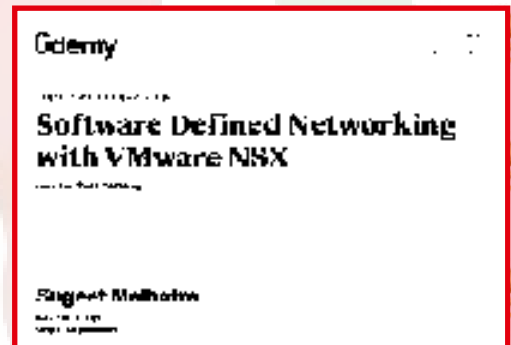
Mr. Ankush Sharma (TGT Dramatics) as a resource person with CBSE has been conducting various sessions on 'Role of Theatre & Drama in Classrooms', 'Storytelling in Classrooms' and 'Happy Classrooms Exploring Happiness.'

SHOWCASING TALENT

Ms. Sugeet Malhotra (Asstt. Teacher) successfully completed an online course "Software Defined Networking with VMware NSX" from Udemy- An online Learning Platform.

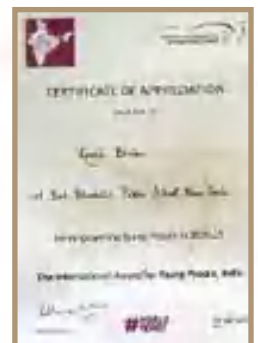
She received a certificate for successful completion of the course 'Google Ads Search' from Skillshop.

She prepared an article on 'Learning Through Gaming: With MINECRAFT' encouraging critical thinking to solve real-world problems in this transitional phase of education in the magazine 'Nayi Udaan' released by the Science Branch of DOE.



IAYP APPRECIATION

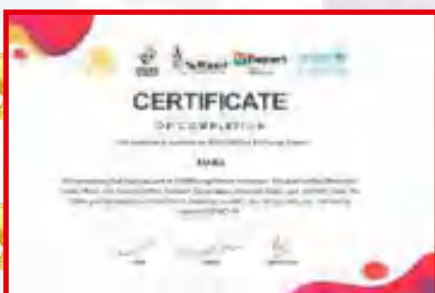
Ms. Kavita Bhatia (TGT Social Science) received Certificate of Appreciation, for the second consecutive year, for empowering young people in 2020-21 under IAYP. The International Award for Young People, under the aegis of the Duke of Edinburgh's Award International Association.



YOUTH WARRIOR CERTIFICATE

Ms. Mansi (TGT, Science) was awarded a Youth Warrior Certificate for completing five tasks as part of the Young Warrior Movement, activated by the Ministry of Youth Affairs and Sports, CBSE, Yu Waah, and UNICEF India.

She prepared an essay highlighting the changing aspects of pedagogy in this transitional phase of education in the quarterly magazine 'Nayi Udaan' released by the Science Branch of DOE.



GLOBAL TEACHER AWARD 2021

Ms. Monisha Malik Sabharwal is a proud recipient of the Global Teacher Award 2021 - one of the 500 inspiring teachers from across 108 countries this year. The prestigious award recognizes exceptional teachers who have made an outstanding contribution to their profession.



EXCELLENCE IN ART

Ms. Satwinder Kaur, Asstt. Teacher, Art was selected for National Awardees Art camp by Lalit Kala Academy. She has received an honorarium of 50,000 from the camp. Her brilliant artworks have been selected for Ravi Jain Memorial Foundation Awards.

Another feather in her cap, her Artwork titled 'Contemplation II' woodcut has been shortlisted for CIMA Awards 2022 by CIMA Art gallery Kolkata.

SCHOOL INNOVATION AMBASSADOR PROGRAM

Ms. Pooja Seth (PGT Chemistry), Ms. Neha Chandna (PGT Chemistry), Ms. S.K Jain (TGT Biology) and Ms. Nidhi Bajaj (TGT Maths) have been registered for the 'School Innovation Ambassador Program' conceptualized by the Ministry of Education Innovation Cell and All India Council for Technical Education. It aims at training teachers, to nurture students on Ideation, IPR, product development, design thinking, problem-solving and critical thinking.

EXCEPTIONAL FRENCH LANGUAGE TEACHER AWARD

Ms. Aarti Singhal, (TGT French) was awarded the 'Exceptional French Language Teachers Award in the North zone 2021' for her extraordinary efforts and proactive contributions in promotion of the language at all levels – by the French Institute in India, Embassy of France.



CREATIVE EXPRESSIONS



Ms. Sukriti Sehgal (TGT English) is a proud recipient of two certificates of publication for her short poem 'What Makes Our Nation Strong?' and a short story 'The Whistling Willows' as a part of two anthologies, 'Poets of India' and 'Yellow Woods' published by 'The Write Order'.

CONDUCTING CBSE WORKSHOPS

Ms. Bhawna Garg (TGT Computers) has been actively involved in conducting workshops for teachers under the aegis of COE (Delhi East). She facilitated a session on 'Digital Libraries' helping teachers pool their resources with their students as a single file/link.

She added another feather to her cap by securing the title of a Certified Google Educator.



AN ARTICLE IN NAYI UDAAN

Ms. Mamta Madan (Asstt.Tr) presented her innovative ideas through the composition, 'Twisted Sudoku' under the category 'Brain Mapping' in Nayi Udaan, a quarterly science magazine, launched by the Department of Education, Delhi to showcase scholarly ideas/articles by students, teachers, and other stakeholders.

Felicitations For The Students

SPORTS



ATHLETICS

Jahnvi Gulati (X B) won Gold Medal in high jump in 81st Delhi State Annual Athletics Championship 2021.

BADMINTON

Abhigyan Sharma (X H) won the Second position in 'Delhi State Ranking Prize Money Badminton Championship 2021' in the U-17 Boys single category.



CHESS



AADITYA DHINGRA (X H)

Aaditya Dhingra (X-H) won the championship title in Haryana State Chess in U-16 and U-18 categories. Aaditya secured the 5th rank among 400 participants in U-16 at national level.

He received a National certificate and cash prize of Rs 10,000. He represented India in World Chess Championship in August 2021.

ARYAN VARSHNEY (XI A)

- Aaryan Varshney (XI A) was declared as a runner-up in National Under-16 Online Chess Championship-2021. He scored 9.5 points in 11 rounds. He represented India in Fide Online Cadet and Youth Rapid World Cup July 2021.
- He won the championship in Delhi State Open Chess Championship-2021 held at Jawaharlal Nehru Stadium and has been selected to represent Delhi State in Senior National Online Chess Championship 2021. He is amongst the league of top 20 players of India.
- Aryan stood first amongst 65 national level contenders in Late Vasudev Ganesh Puranik Memorial tournament held online on LiChess platform.
- He won COTS 19th and 20th Final match up Arena, a race-to-five tournament and was awarded 40 Canadian dollars as prize money in both the events defeating renowned grandmasters.
- His nine-member team participated in the World Online School Chess Tournament Expo Dubai 2021 amongst 293 teams from all over the world. They qualified to play the finals held in Dubai in November 2021.
- He brought laurels to the country by winning a silver medal in the U-16 Boys category in the Western Asia Youth Online Chess Championship. In addition, his team bagged a Gold medal at the Global level.
- Aryan won the Rapid Chess Tournament 2021 in open category, and received a cash prize of INR. 30,000/-



PRISHITA GUPTA (V B)

- Prishita Gupta (V-B) won Silver trophy in U- 11 Open category in Ist PEFI All India Online Chess tournament 2021, organised by Global Indian International School Noida, under the aegis of Uttar Pradesh Chess Sports Association.
- She secured rank 16 in International Chess Tournament – Fide Online Rapid World Cup Cadets and Youth U-10 Girls Finals.
- She secured 34th rank out of 585 players in 'Third Hyderabad All India Open Fide Rated Chess Tournament' organized by All India Chess Federation.
- She is the only Indian girl to qualify for 'Fide Youth Grand Prix Series' U-10 Girls Category, organized by Georgian Chess Organization. She secured the fourth place in the World Youth Grand Prix Series 2021.
- In Fourth Hyderabad All India Fide Rated Chess Tournament, she scored six out of nine points and got the Second position in U-11 Girls category, besides receiving a cash prize of Rs. 2000/- in Fourth Hyderabad All India Fide Rated Chess Tournament.



TABLE TENNIS

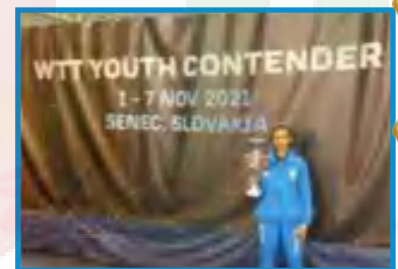
KAASHVI GUPTA (XI A)

Kaashvi Gupta (XI A) bagged the Bronze medal in 'World Youth Table Tennis Championship' held at Portugal Europe. It is notable that it is the first time that an Indian Girls team has been able to make its mark at the international level.



DHANI JAIN (VI D)

Dhaani Jain (VI D) brought laurels to the school by winning two Gold medals in World Team Table Tennis Championships, WTT- U-11 Girls in Slovakia and Hungary respectively, in the month of November.



VANSHIKA MUDGAL (VIII H)

- Vanshika Mudgal (VIII H) secured the III position in the Stag Delhi State Table Tennis Championship 2021 held from 25 to 29 September 2021, in the Sub Jr. Girls U-15 category.
- In the Table Tennis Championship Tournaments organized by the N.B.S. Table Tennis Academy on 3 October 2021, Vanshika won the Ist position in the U-15 and U-19 category, and IInd position in the U-17 category.



DEVANSH MUDGAL (XI A)

Devansh Mudgal (XI A) bagged the First position in U-17 and U-19 category in Rajasthan State Table Tennis Championship held in Ajmer.

SHOOTING COMPETITION

Riya Gupta (XI A) won the Gold medal in the prestigious 10-meters rifle event in 24th Delhi State Inter-school Shooting Competition, organized by the Delhi State Rifles Association.



SKATING

Manit Singh won Silver and Aanya Singh won Gold in 17th National Figure Skating Championship. Aanya received Rs 20,000 from Ice Skating Association of India.

ACADEMIC AND CO-CURRICULAR ACHIEVEMENTS

TOYCATHON 2021

As a part of the 'Atma Nirbhar Bharat Abhiyan', the Toycathon 2021 competition was organized. Daksh Aggarwal (IX B) developed a game based on the history of Chandragupta Maurya, and qualified Level 4.

NATIONAL CODING OLYMPIAD

Daksh Aggarwal (IX B) secured the second rank in National Coding Olympiad Junior Season 1 organized by Wissenaire, IIT Bhubaneswar in collaboration with Super Teacher Edureforms Pvt Ltd.

DELHI SCHOOLS' LITERACY PROJECT

Divyajot Singh (IX G) received a Commendation Certificate each for his contributions to the Literacy Project in the 'Annual Prize Distribution Ceremony' of the Delhi Schools' Literacy Project for session 2019-20. A learner, Ms. Saroj Kumari, was awarded Baldev and Kamala Bhatia Memorial Scholarship for Learners.

IARI FOUNDATION DAY

IARI (PUSA Institute), New Delhi organized its Foundation Day on 1 April 2021 and felicitated the winners of the Painting Competition, Quiz Competition and Debate Competition, organized by the Institute earlier.



GANGA QUEST- AN ONLINE NATIONAL QUIZ

National Mission for Clean Ganga (NMCG) in association with Tree Craze Foundation organized the third edition of Ganga Quest- an online National Quiz on river Ganga with the aim to increase awareness and public participation augmenting water conservation and ecological sustainability.

Thirteen students emerged as winners and position holders amongst the students from classes VI-XII who participated in this pan-India competition.

S. NO.	NAME	CLASS	GRADE/THEME	CATEGORY	POSITION IN INDIA
1	AYUSHMAAN MISHRA	6	GEOGRAPHY: FAMOUS PLACES/PERSONALITIES		9 th
2	VISHAL RATNAJOG	6	FLORA-FAUNA, POLLUTION-WATER TREATMENT		15 th
3	AADYA FURE	6	CURRENT AFFAIRS (THEME WISE)		20 th
4	VAARI KARAYAN	8	HISTORY-CULTURE SOCIO-ECONOMIC		34 th
5	SARAV MALVI	4	FLORA-FAUNA, POLLUTION-WATER TREATMENT		40 th
6	KARTIK DUA	4	GEOGRAPHY: FAMOUS PLACES/PERSONALITIES		20 th

S. NO.	NAME	CLASS	GRADE/THEME	CATEGORY	POSITION IN INDIA
7	JENESA JAIN	7	FLORA-FAUNA, POLLUTION-WATER TREATMENT		8 th
8	KIMAYA TANEJA	7	CURRENT AFFAIRS GOVERNANCE		56 th
9	JAYNA BHATIA	8	GEOGRAPHY: FAMOUS PLACES/PERSONALITIES		23 th
10	KESHAV GUPTA	10	HISTORY-CULTURE SOCIO-ECONOMIC	TOP 50 (THEME WISE)	55 th
11	SNEHA JAIN	10	CURRENT AFFAIRS GOVERNANCE		9 th
12	SNEHA JAIN	10	CURRENT AFFAIRS GOVERNANCE		14 th
13	BEGHNA RAKHIT	10	CURRENT AFFAIRS GOVERNANCE		IN TOP 10

MUKHYAMANTRI VIGYAN PRATIBHA PARIKSHA

The Delhi Directorate of Education conducted the 'Mukhyamantri Vigyan Pratibha Pariksha' for the students of class IX. Aanchal Aggarwal (IX D), Ashmita Mallick (IX A) and Arnav Chachra (IX C) have won Rs 5000/- for the Annual Science Scholarships.



COMIC STRIP DESIGNING COMPETITION

The French Embassy organized national level Comic Strip Designing Competition-'Vivre Ensemble', based on the theme 'Equality'.

Two groups of students from the school participated in the event. Group 1, consisting of Manya Soin (X G), Vidisha Sharma (X H), Palak (X E) and Shambhavi Aggarwal (X H) bagged the Third Prize and Group 2 comprising Angel Ahuja (X F), Nandika Routray (X H), Aadhar Bansal (X G), Asmi Kathuria (X H), and Pranay Lamba (X G) was awarded the Second Prize.

INTERNATIONAL STORY-TELLING COMPETITION

Anaya Chachra (V B) bagged the First position in Junior category in the preliminary round in International Storytelling Competition, Premchand Katha Parv conducted by ACT Universal, UAE.

CO-AUTHORING AN ANTHOLOGY

Twisha Oberoi (X C), co-authored the anthology, 'Let's Salute Indian Army'. She was offered a spot in the anthology by Hubooktique group, which is a publishing group that promotes young writers by offering them spots in various anthologies.



ENGAGE WITH SCIENCE

Nidhyana Sethi (VII D) was selected for an advertisement, 'Engage with Science' by India Science App Team, an initiative by the Department of Science & Technology, Government of India. It can be accessed through the link: <https://youtu.be/dXWk5MmQhUk>

NATIONAL ALL ROUNDER CHAMPIONSHIP 2021

In the 90-days Kidex National All Rounder Championship 2021, organised by ATAL in collaboration with KidEx, a StartUp India recognized company, more than 1000 schools from 200 cities participated in overall 30 activities. Some of our distinguished achievers include:

- Anany Garg (X A) got the overall All Rounder National Rank 1, besides winning the National rank 1 in Physical Skills as well.
- Arisha Pant (VI) won the National Rank 1 in Socio-emotional skills.
- Anshika Aggarwal (VII C) secured the Second position in Creativity and Imagination at State level. She was also in the top 20 percentile.
- Aanchal Aggarwal (X D) won 9 medals and 7 trophies for her excellence in different competitions/categories.

Q? RIOSITY INTER SCHOOL QUIZ COMPETITION 2021

Aadya Oberoi (XI A) brought laurels to the school by making it to the Live Zoom Quarter Final of Q?riosity Inter School Quiz Competition 2021 organised by Shoolini University. She is among the top 100 shortlisted performers out of a total of 3000+ participants, pan India.

HERITAGE INTACH QUIZ

Jaanya Vijay (X G) and Manya Jain (X G) were among the top eight winners of the Heritage INTACH Quiz.

INSPIRE AWARD

'Innovation in Science Pursuit for Inspired Research' (INSPIRE) scheme is one of the flagship programmes of the Department of Science & Technology (DST), Government of India.

'Parkinson's Lathi': an effort to disable the disability, submitted by Aanchal Aggarwal (X) was selected for the prestigious award. She has been awarded INR 10,000 through for making a working model for District Level Exhibition and Project Competition (DLEPC).

VIDYARTHI VIGYAN MANTHAN

Sanvee Sethi (VI E) secured the First rank and Atharva Keswani (VII C) and Kanav Goel (VIII B) secured the third rank, respectively in Vidyarthi Vigyan Manthan (VVM), a national level competition organized by the Department of Science and Technology and NCERT, Ministry of Education, GOI.

Sanvee Sethi and Atharva Keswani have been selected for the state level.



IAYP AWARD

Six students excelled in the yearlong challenge in four different sections of the award namely Service to Community, Skill Development, Adventure Journey and Physical Recreation.

Shivam Mehra has been felicitated for completing the Silver Level, while Sanvi Butta, Samridhi, Vanshika, Sanya Wahi, Sanchi Bindal, and Shivam Mehra have achieved the Bronze level certification.

VEER GATHA PROJECT AWARDEE

Nidhyana Sethi (VII D) has been selected amongst the Super 25 winners of Veer Gatha Project, organized by the Department of School Education and Literacy(GOI), and Central Board of Secondary Education (CBSE) with a prime aim to motivate students to do projects/activities based on gallantry award winners.

Nidhyana's outstanding enactment video has been selected and she was awarded a cash prize of Rs 10,000/- in the formal felicitation ceremony. She also witnessed the Republic Day Parade as the special guest of the Ministry of Defense.

ANNUAL SPACE ART CONTEST

Atharva Keswani (VII E) and Asmita Mallick (X A) both won the First prize in the Annual Space Contest organized by the Nehru Planetarium as a part of the Children's fortnight 2021.

NATIONAL SPACE DEBATE COMPETITION

Nikky Malhotra (XI B) brought laurels to school by winning the First Prize in a National Space Debate competition, organized by SPACE organization. She received a trophy and a cash reward of Rs. 5000/-.



CREATIVE COMPOSITIONS IN TOI

TOI featured Atharva Keswani's (VII C) painting in the Student Corner; and Tanisha's (XI F) insightful message in the article 'Be Someone's Santa This Christmas' in its Christmas Special edition of the e-newspaper for schools

STATE LEVEL PAINTING COMPETITION WINNER

The painting of Atharva Keswani (VII G) on 'Energy Efficient India' was awarded the First position in the State Level Painting Competition organized by the Bureau of Energy Efficiency (under the Ministry of Power) as a part of their National Awareness Campaign. He received a certificate, trophy and a cheque of Rs 50,000/-.



BHARAT KO JANO QUIZ

Manya Jain (X E) bagged the First prize and Manya Jain (XII E) got the Second Position in the National level quiz competition, Bharat Ko Jano quiz organized by Bharat Vikas Parishad with the aim to increase the awareness of school children regarding the distinctive features of our country and culture.

HAMARI PEHCHAN

The young learners of class XI collaborated with the NGO, Hamari Pehchan, and handled the social media platforms of the NGO. The students worked on several campaigns like the 'Social Campaigning' module and 'Social Entrepreneurship' program. They created a supporting fundraiser and a facility for filing an online RTI which was broadcast on social media platforms to raise money. The organization envisions helping everyone in creating their own 'Pehchan' and living a life with dignity.

OTHER ACHIEVERS

- Atharva Keswani (VI C) secured the First international rank in Mathematics Olympiad. He won gifts worth Rs. 1000/-, International Gold Medal and Certificate of Outstanding Performance.
- In a Public Speaking Olympiad organized by Little Leap (Holistic Minds Pvt. Ltd.) in association with Times NIE, Samaira Kapoor (IV C) secured the First position in round 1.
- In the Be My Mentor competition organized by Little Leap (Holistic Minds Pvt. Ltd.) in association with Times NIE Namya Malhotra (IV-D) secured the First position.
- In LogIQids Mental Aptitude Olympiad conducted by Techfest (IIT Bombay) Angad Singh (V-H) got the 3rd International rank, Kashvi Sachdeva (IV-F) secured the 10th International rank and Adhira Sharma (IV -F) got the 24th International rank.
- Vedika Keswani (I G) bagged the First position in All India Online Painting Competition organized by Kalakriti School of Arts on 30 May 2021.
- Vedika Keswani (I G) bagged the First position in 2nd Kirori Mal Memorial Art Competition(Online Art competition),in the category- classes 1 - 2 organized by FAME (Fine touch Art Motivators and Educators) on 25 June 2021.

ACADEMIC ACHIEVEMENTS

CBSE RESULTS 2020-21

ALL INDIA SENIOR SCHOOL CERTIFICATE EXAMINATION (XII)

NO. OF STUDENTS APPEARED	315	
NO. OF STUDENTS PASSED	315	100%
NO. OF STUDENTS FAILED	0	0%
NO. OF STUDENTS COMPARTMENT	0	0%
NO. OF STUDENTS ABSENT	0	0%
NO. OF 1ST DIVISIONS	315	100%
NO. OF 2ND DIVISIONS	0	0%
NO. OF 3RD DIVISIONS	0	0%
STUDENTS WITH 90% AND ABOVE	105	33.33%
TOTAL NO OF A1 & A2	703	44.60%
TOTAL NO OF B1 & B2	671	42.60%
STUDENTS SECURING ONLY A1 GRADE	20	6.40%
STUDENTS SECURING ONLY A1 & A2 GRADE	20	6.40%
STUDENTS SECURING 5 DISTINCTIONS	264	83.80%
NO. OF DISTINCTIONS	1497	95.04%
INSTANCE OF 100 % MARKS IN SUB	6	
AVERAGE ACHIEVEMENT		87.10%
HIGHEST PERCENTAGE		99.00%

Average (2020-21):87.10%

The Average% this year is 3% higher than last year (2019-20)



CHARVI JAIN
Commerce 99 %



ANUSHKA MITTAL
Science 99 %



EESHA DUA
Humanities 97.4%



DEVYANI
Vocational 86%



AKSHITA ARORA
Vocational 86%

STUDENTS SECURING 100% MARKS IN A SUBJECT

S No	NAME OF THE STUDENT	SUBJECT
1	Ananya Gupta	Accountancy
2	Parth Nangroo	Economics
3	Charvi Jain	Economics
4	Bhavika Gulati	Economics
5	Parth Nangroo	Mathematics
6	Anushka Mittal	Psychology

ACADEMIC ACHIEVEMENTS

CBSE RESULTS 2020-21

ALL INDIA SECONDARY SCHOOL CERTIFICATE EXAMINATION (X)

NO. OF STUDENTS APPEARED	358	
NO. OF STUDENTS PASSED	358	100%
NO. OF STUDENTS FAILED	0	0%
NO. OF STUDENTS COMPARTMENT	0	0%
NO. OF STUDENTS ABSENT	2(left the school)	0%
NO. OF 1ST DIVISIONS	343	95.78%
NO. OF 2ND DIVISIONS	12	3.37%
NO. OF 3RD DIVISIONS	1	0.28%
STUDENTS WITH 90% AND ABOVE	139	39.044%
TOTAL NO OF A1 & A2	1063	
TOTAL NO OF B1 & B2	549	
STUDENTS SECURING ONLY A1 GRADE	14	
STUDENTS SECURING ONLY A1 & A2 GRADE	60	
STUDENTS SECURING 5 DISTINCTIONS	225	63.20%
NO. OF DISTINCTIONS	297	83.43%
INSTANCE OF 100 % MARKS IN SUB	6	
AVERAGE ACHIEVEMENT		84.83%
HIGHEST PERCENTAGE		98.4%

Average (2020-21):84.83%

The Average% this year is 2.82% higher than last year (2019-20)



ANANYA GARG
98.4%

STUDENTS SECURING 100% MARKS IN A SUBJECT

S No	NAME OF THE STUDENT	SUBJECT
1	Ananya Garg	General Science
2	Aditi Mehta	Social Science
3	Yuvraj Tyagi	Social Science
4	Pratisht Chaudhary	Social Science
5	Sanika Anand	Social Science
6	Sanidhye Batra	Maths

INTER SCHOOL COMPETITIONS (CULTURAL)

COMPETITION	ORGANISED BY	POSITION HOLDERS	RESULT/POSITION
World Art Day Art for Everyone Painting with Passion (14.04.21 & 15.04.21)	BBPS, Jharli	Vedika Keswani (II G) Atharva Keswani (VII E)	I II
Wings-Hand Impression Creative Painting (23.04.21)	BBPS Darlipali, Odissa	Atharva Keswani (VII E) Kritika Aggarwal (VI E)	I
Mathverse (25.04.21) Postponed	Anveshan Gyan Bharti School, Saket	Dhairya Chawla (VI D)	II
Infographic Designing (25.04.21) Postponed		Anhad Singh Sethi (VII F)	II
ATL FEST 'Technocrats' (25.04.21) a) ATL - Tech Path Category 1 Category 2	Air Force Bal Bharati School, Lodi Road	Aarav Parashar (VII C) Dhairya Chawla (VI) Ishani Dhingra (IX C) Mishita Gogia (IX B)	III III
Expressions-Fly Artistik (24,29 & 30.04.21)	BBPS, Brij Vihar	Amaira Sharma (IV C)	I
Yoddle Duddle with Puppet (Online) 01.05.21		Divya (II G)	I
Sambhashan-Sanskrit		Nidhyaana Sethi (VII D) Divya (VII D)	I I
Peintures		Satwik Behl(VIII G)	I
Genre Sort [Book Jacket]		Satwik Behl (VIII G) Tanush Aggarwal (VIII E) Asmi Goyal (VIII C) Kavya Varandani (VIII C)	I
Reciting Maths[Mathematical Poem]		Nidhyaana Sethi (VII D) Dhruv Kumar (VIII E)	I I
Crafty Minds		Dhriti Kamra (PP G)	II
3D Diorama 01.05.21		Aarav (III D)	II
News Now (Online) 01.05.21		Amaira Sharma (I C)	III
Gateway To The World (Brochure Making)		Tanush Aggarwal (VIII E) KAVYA Varandani (VIII C) Asmi GOYAL (VIII E) Dhruv Kumar(VIII E)	II

INTER SCHOOL COMPETITIONS (CULTURAL)

COMPETITION	ORGANISED BY	POSITION HOLDERS	RESULT/POSITION
Avant Garde (Team A)	BBPS, Brij Vihar	Ashmita Mallick (X A)	I
Avant Garde (Team B)		Nidhyana Sethi (VII D)	III
Fly Artistik (01.05.21)		Atharva Keswani (VII E) Anshika Aggarwal VII C) Aanchal Aggarwal (X D) Sukriti Srivastava (X C)	I III
Munshi Memorial Hindi Poem Recitation Painting (30.04.21)	Bhartiya Vidya Bhawan, Delhi	Samaira Nagpal (V B) Neel Hait (III G)	III I
Abhuday-The Rise 2021: Haslo Re Zindagi (05.05.21)	BBPS, Ratnagiri	Kairav (IV B)	I
OUR SCHOOL ALSO WON THE OVERALL RUNNER UP POSITION			
Abhyudyay 2021 Aasha ki Kiran Haslo re zindagi Touch the Sky with Glory Disco Fever (30.04.21)	BBPS, Ratnagiri	Ridhima (VII E)	I
Event- Disco Fever		Kairav (IV B) Paridhi Batra (VI C) Kridha Verma (PS D)	I II III
An Act Of Kindness/ Education For All (1.6.21) Art Delight (12.6.21)	Delhi City School	Atharva Keswani (VII E) Manya Sharma (VIII D) Akkruti Paul (III C)	I Amazing Artist Consolation
Conglomerate 2021-Bhiti Patrika Nirman (12.07.21)	GD Goenka Public School, Rohini	Atharva Keswani (VII E)	I
A Comic Guide to Science		Reet Kaur Sethi (IX F) Shivi Jain (IX F)	I I
Tarana		Mihika M Menon (V C)	I
Premchand Story Fest 2021-International Inter-School Hindi Storytelling Contest 2021-Zonal (01.08.21)	Act Universal FZE UAE & India	Anaya Chachra (V B) Atharva Keswani (VII E)	I Consolation
Chunauti-Tale-O-Minute (06.08.21)	Apeejay Public School, Saket	Dhruv Sharma (V B) Manya Soin (X G)	Consolation Appreciation
Ignite -Vaporware (10.08.21)	G D Goenka Public School, Rohini	Aanchal Aggarwal (X D) Aarav Parashar (VII C)	I III
GIF Animator (10.08.21)		Anshika Agarwal (VII C)	III
Green Quest-Green Bugs Sada Harit Yoga (28.07.21)	BBPS, Ratnagiri	Vihhan Jain (PS D) Chandrika Gupta (II E)	I III

INTER SCHOOL COMPETITIONS (CULTURAL)

COMPETITION	ORGANISED BY	POSITION HOLDERS	RESULT/POSITION
Green Quest 2021- Harit Kranti		Kairav (IV B)	II
Design Arena: Art (23.08.21)	BBPS, Khargone	Atharva Keswani (VII E)	I
Kavyanjali		Kishika Chaudhary (VIII F)	
Class Imagery: Art		Aayan Chowdhary (IV C)	I
Aagaz-Lead As Leader: English		Sourik Saha (VII D)	II
Aagaz -Rhythm 31.08.21		Pranshu Routray (VIII G)	III
		Abhilasha Dey (VII B)	III
Aagaz - 2021 - Magic Marionette		Reyansh Roongta (III F)	III
		Devansh Kapur (III F)	III
Global Reporters		Adhira Sharma (IV F)	
		Ravika Bisht (IV G)	III
Granth Smrati (10.09.21)		Aanchal Aggarwal (X D)	III
		Naman Jain (IX C)	III
Abhivyakti (Sanskrit) (10.09.21)		Jaya Gupta (VII A)	II
Dhatu Paath (10.09.21)		Kaashvi Sharma (VII H)	II
Literary Fiesta Mahapurushon ki Zubaani 14.09.21	Pramiti Sethi (VI C)	III	
Hindi Meri Shaan	Nivaan Vidhani (III C)	II	
	Angad Singh (V H)	II	

THE SCHOOL WON OVERALL 2ND RUNNERS UP TROPHY

Scratch (20.08.21)	IMAGINE.PY Ryan International School, Mayur Vihar	Anhad Singh Sethi (VII F)	I
		Anshika Aggarwal (VII C)	I
Smart-O-Thon (20.08.21)		Dhairya Chawla (VI D)	II
		Geet Khanna (VIII F)	II
		Anadyaa Ghai (IX E)	II
		Sanat Gupta (IX F)	II
Innovate Exhibition (20.08.21)		Dhairya Chawla (VI D)	III
		Atharva Keswani (VII E)	III
		Daksh Aggarwal (IX F)	III
Colour My World- Virtual Art Event (23.08.21)	Columbia Foundation School, Vikas Puri	Aadya Jain (PS E)	I
		Rivka Agarwal (PP A)	Principal Choice Award
		Vedika Keswani (II G)	I
		Neel Hait (III G)	I
		Atharva Keswani (VII E)	Principal Choice Award
Creative Hand (23.08.21)		Kishika Chaudhary (VIII F)	III
		Ashmita Mallick (X A)	Creative Award
Colour My World-Virtual Art Event		Triaksh Chhabra (IV C)	III

INTER SCHOOL COMPETITIONS (CULTURAL)

COMPETITION	ORGANISED BY	POSITION HOLDERS	RESULT/POSITION
Launcher Fiesta: Book Cover Designing: Art (23.08.21)		Kaashvi Sharma (VIII F) Kishika Chaudhary (VIII F)	Innovation Award
Explorika-O'Ballerina	BBPS Rohini	Aahana Anil Khar (XI B) Shikher Tewari (XI D)	I I
Budding Biz (17.08.21)		Vibhor Vanvani (XII F) Divanshi Gupta (XII F)	I
Pro-CAD: ATL Tinker-Fest (17.08.21)		Aarav Parashar (VII C) Atharva Keswani (VII E)	I I
Explorika 2021-Aquatic Arithmetic		Shivansh Sehgal (V G) Geetika Parakh (V G)	II II
Speak Up Speak Out (27.08.21)	Modern School Ghaziabad	Shreshtha Ranja (VIII G) Atharva Keswani (VII E)	I Best Speaker Award
Galaxy Invaders-Vibgyor-Astro-Art (31.08.21)	BBPS, Manesar	Samaira Nagpal (V B)	II
Poetry Festival 2021 Follow Your Dreams (30.08.21)	Montfort School	Reet Bhasin (IV F)	I
Talent Fair 2021-Parlez Sur Un Sujet En Français ! (28.08.21)	Queen's Mary School	Atharva Keswani (VII E)	I
Humour With Homophones (28.08.21)		Aarav Parashar (VII C)	I
Un Coup D'oeil Sur La France (28.08.21)		Manya Soin (X G)	II
Talent Fair 2021-Tux-O-Tale (06.09.21)		Samaira Nagpal (V B)	II
Talent Fair 2021-Atulya		Anaya Chachra (V B)	II
Charitra Manchana-Drama (28.08.21)		Nidhyana Sethi (VII D)	III
Sportium 2021 Walk in Wellness (29.08.21)	BBPS, Khargone	Darshil Kumar (III G)	II
Recital Rhymes: Rhyme Zone (16.09.21)	St. Michael's Sr. Sec. School, 3, Pusa Road	Parisha (PP B)	II
Intertwined (13.09.21)		Dhruvaansh Gossain (II H) Rijul Chadha (III E)	III III
Bhavya Bharat Bhraman-E-Travelogue (27.09.21)	BBPS, Gadgarwara	Mannat Maheshwari (V E) Prisha Mehan (V E)	II II
Daastan-E-Imarat		Avyan Rastogi (II B)	II
World Tourism Day (27.09.21)		Anvika Kedia (PS A)	I
Olympism -2021-Oekaki (29.09.21)	BBPS, NTPC, Sipat	Triaksh Chhabra (IV C) Neel Hait (III G)	III II
Beacon 29.09.21		Vedika Keswani (II G)	I
Quiz Competition (11.10.21)	Springdales School, Dhaula Kuan	Drishti Makhija (XI D) Parul Varandani (XI D)	II II
Saksham 2021 (Painting-Indian Landscape) (02.10.21)	Salwan Public School, Gurugram	Gyanvi Mishra (IV E)	Gold Star
Fancy Dress (02.10.21)		Pratyush Raj Jain (V B) Kiara Behrani (I A)	Gold Star II

INTER SCHOOL COMPETITIONS (CULTURAL)

COMPETITION	ORGANISED BY	POSITION HOLDERS	RESULT/POSITION
Zenith 2021-Skill O Trail	BBPS, PP	Atharv Taneja (PP C)	III
CelesteCon : In Pursuit of Dispute- Debate Competition (11.10.21-23.10.21)	Delhi Public School, R.K. Puram	Ayushman Mishra (VII D) Pranshu Routray (VIII G)	I
CelesteCon: Settle Me This- Space Settlement Design Competition		Atharv Keswani (VII E) Ayushman Mishra (VII D) Shrestha Ranjan (VIII G)	II
Synergy-Kaun Banega Maths E Star (27.10.21 to 29.10.21)	Srijan School, Model Town	Atharva Keswani (VII E)	I
Des Rangeela-Dance		Ridhima (VII E)	II
Reverberations Innovation & Entrepreneurship Challenge (27.10.21 to 29.10.21)	BBPS, Noida	Simran Chhabra (XI E) Simran Chaudhary (XI F) Ananya Garg (XI E)	I I I
Conclave 2021 Crazy For Tales (29.10.21)	Shri Ram Global School, Delhi	Parisha (PP B)	I
Mime Act CHRYSALLIS TRANSFORMING LIVES (30.10.21)	MVN Senior Secondary School, Faridabad	Vedika Keswani (II G)	I
Rhapsody A Fiesta of Competitions-Let's Poeticize-English (25.10.21)	BBPS, Indraprastha Yojna Creative Movements	Aarav Parashar (VII C)	I
Inspiron- Trail Blaze-Book Trailer Making English (25.10.21)	BBPS, Manesar	Kaashvi Sharma (VII H)	III
Mythos -Folk Tale in English (27.10.21)	Revelling The Cultural Legacy BBPS, Ludhiana	Saanvee Seth (VI E) Hridhan Dawar (VI E)	I
Crispy Cuisine Culture Meal Planning		Atharva Keswani (VII E) Atharva Nagpal (VII C)	I
Symphony -Folk Song Relic -Souvenir		Aarav Parashar (VII C) Geet Khanna (VIII F) Tridha Singh (VIII F)	II III
Rangoli (30.10.21)	Bharat Vikas Parishad, West Patel Nagar	Atharva Keswani (VII E) Kishika Chaudhary (VIII F)	I
Seedlings RJ Talkies (Hokie Pokie....I'M a Funny Radio Jockey) (30.10.21)	BBPS, Dwarka	Parisha (PP B)	I

INTER SCHOOL COMPETITIONS (CULTURAL)

COMPETITION	ORGANISED BY	POSITION HOLDERS	RESULT/POSITION
Revelling The Cultural Legacy Resplendence (05.11.21)	BBPS, Ludhiana	Mihika Manglik (II B)	I
Zonal English Poetry Recitation (11.11.21)	Faith Academy, Prasad Nagar	Manya Soin (X G)	I
Zonal English Declamation (11.11.21)	SBV, Rani Jhansi Road	Sukriti Srivastava (X C)	I
Zonal Hindi Declamation (11.11.21)	Andhra Education Society, New Delhi	Snehal Thakre (IX H)	II
25th Mosaic Padam Chand Memorial Global-Painting Competition (19.11.21)	Happy School, Darya Ganj	Atharva Keswani (VII E)	II
English Debate (20.11.21)	Smt Gyan Devi Memorial Debate, Adarsh Public School, Vikas Puri	Anhad Singh (VII F) Aarav Parashar (VII C)	II Rs 1200/- III Rs 1000/-
Care-a-Thon (20.11.21) Caught Being Kind Abhivyakti Gestures of Kindness	BBPS, GR	Aarav (III D) Vedika Keswani (II G) Siyona Marwah (I C)	I I II
Bharat Ko Jano Quiz State Level (21.11.21)	Bharat Vikas Parishad, West Patel Nagar	Dhairya Chawla (VI D) Somya Gupta (VIII D)	I II
Abhivyakti 2021 T-Art Vanasana (23.11.21)	BBPS, Gadarwara	Vedika Keswani (II G) Aashmi Khandelwal (III A)	I II
Fantasm Cosplay 2nd International 2021- La Imagination (26-28.11.21)	City Montessori School, Lucknow	Atharva Keswani (VII E) Parisha (PP B)	I Consolation
Geo Fest-Geo Toons		Tisya Kalra (VII A) Sanvee Seth (VI E)	II II
Geo Expressions		Aarav Parasher (VII C) Ridhima (VII E) Chintan Ahuja (VII E)	Special Mention
Geo Rhapsody		Asmi Goyal (VIII E) Saanvi Sharma (VIII E) Harshita (VIII G)	Judges Choice
6th International Environment Olympiad Regalia Maquillage Birdie Bistro (11.12.21)		Vedant Dudani (I E) Rithvi Garg (II F) Erishka Grover (III F)	II Consolation Special Mention
Geofest-Geo Design (05.12.21)		Mahima Aggarwal (XI C) Kanishka Aggarwal (IX H)	Judges' choice

INTER SCHOOL COMPETITIONS (CULTURAL)

COMPETITION	ORGANISED BY	POSITION HOLDERS	RESULT/POSITION
Geo Documentary		Tanvi Gupta (XI F)	I
		Naman (IX C)	I
Young Reporters		Shirin Singh Bagga (X C)	II
		Garv Sethi (IX C)	II
Geo Fest-Geo Toons		Tisya Kalra (VII A)	II
		Sanvee Seth (VI E)	II
Geo Life		Bharvi Nayak Kalita (IX A)	III
		Neharika (IX A)	III
Geo Quiz		Anshika Agarwal (VII C)	III
		Pushkar Agarwal (VIII B)	III
	Chahal Jain (XI D)	III	
	Nikky Malhotra (XI B)	III	
Geo Plea		Ridhima (VII E)	Special Mention
		Sayma (VII C)	
		Kriti Gogia (VII C)	
		Pushti Saini (VI B)	
		Paavani Verma (VI E)	
		Vanshika Vohra (VI H)	
		Paridhi Batra (VI C)	
		Anwasha Malhotra (VI C)	
		Kanak Aggarwal (VII B)	
		Tripoorna Mojumdar (IX C)	
Adsophos 2021- Enactment on Book's Character (01.12.21)	St.Margaret's School, Derawal Nagar	Vihhan Jain (PS D)	I
Doordarshan Ki Duniya (01.12.21)		Prizleen Kaur (PP G)	I
Food Fiesta Manthan Unravelling The Science Of Food (16.12.21)	Ambrosia, 21 NC Jindal Public School	Atharva Keswani (VII E)	I
Zonal English Debate	Salwan School, Old Rajinder Nagar	Manya Soin (X G)	I
		Sukriti Srivastava (X C)	I
Zonal Instrumental (Percussion) (28.12.21)	Salwan Girls Sr. Sec school, Old Rajinder Nagar	Chinmay Budhiraja (XI F)	I
Zonal Instrumental (Swar) (28.12.21)		Aarav Kothari (IX E)	I
Zonal Class Vocal Music		Pranya Lamba (X G)	II
Zonal Classical Light Music		Rehas Kaur (IX G)	II

INTER SCHOOL COMPETITIONS (CULTURAL)

COMPETITION	ORGANISED BY	POSITION HOLDERS	RESULT/POSITION
Rangshala 2021 Leaf Printing	Modern School, Ghaziabad	Vedika Keswani II G	I
Cubism 11.09.21		Aryash Singh III E	Appreciation
Maxfest 2021 Speak-a-thon 30.10.21	Maxfort School Dwarka	Ishana II D	III
Pulse 2021 Mesmerising Madhubani Tappe Baithak 01.09.21	BBPS GRH Marg	Vedika Keswani II G Rijul Chadha III E	I I
Zenith Mime 'O' Dance Budding Youtuber	BBPS Pitampura	Jency Chhualsingh I D Rithvi Garg II F	II II
Fusion Covart 28.09.21		Anay Jain II C Myra Jain II C Aura Sharma II D Vedika Keswani II G	II



GAMES AND SPORTS FOR SAGARIKA 2021-22

STATE LEVEL GAMES AND SPORTS

BADMINTON				
NAME OF THE EVENT	DATE	NAME OF THE PARTICIPANT	CATEGORY	RESULT
Delhi State Ranking Prize Money Badminton Championship-2021	15 -21.11.21	Abhigyan Sharma (X H)	U-17 Boys Single	II
ATHLETICS				
80th Delhi State Athletics Championship 2021 held at Jawaharlal Nehru Stadium New Delhi	13.01.21	Jahnvi Gulati (IX B)	High Jump U 15	Silver
	to 22.01.21		Long Jump U 15	Bronze
81st Delhi State Annual Athletics Championship 2021	03.09.21 to 06.09.21	Jahnvi Gulati (X B)	High Jump	Gold
Zonal Athletic Meet 2021-22-Zone-28, District Central held at D.I. Khan, Sr Sec. School, New Rajendra Nagar, ND-110060	23.12.21 to 24.12.21	Kabir Bedi (XI F)	Shot Put	Gold
			Discuss Throw, Sr. Boys	Silver
		Shardhey Chaudhary (XI E)	Long Jump 100m	Gold
		Himanshu Lohchab (XI A)	800m Jr. Boys	Gold
		Shreya Chauhan (X E)	400m 800m Jr. Girls	Gold Gold
		Jahanvi Gulati (X B)	High Jump Long Jump Jr. Girls	Gold Gold
		Vanya Rana (VII A)	100m Sub Jr. Girls	Silver
		Anshika Aggarwal (VII C)	200m Sub. Jr. Girls	Bronze
		Arjav Jain (XI A)	1500 m Jr. Boys	Bronze
	Vanshika Sehgal (IX B)	High Jump Jr. Girls	Bronze	
CHESS				
Delhi State Online Age Group Chess Championships - 2021 organized by Delhi Chess Association	09.06.21 to 10.06.21	Prishita Gupta (V B)	U-10	III
	07.06.21 to 08.06.21			IV
TABLE TENNIS				
Delhi State Table Tennis Championship Held at Hansraj Model School	10.01.21 to 14.01.21	Vanshika Mudgal (VII H)	U 15 Girls	Bronze
Rajasthan Table Tennis Championship Held at Ajmer	08.01.21 to 12.01.21	Devansh Mudgal (X D)	U 15 Boys	Bronze

TABLE TENNIS

NAME OF THE EVENT	DATE	NAME OF THE PARTICIPANT	CATEGORY	RESULT
Stag Delhi State Table Tennis Championship 2021	25.9.21 to 29.9.21	Vanshika Mudgal (VIII H)	U 15 Girls	Bronze
Championship Organized by The N.B.S. Table Tennis Academy	3.10.21	Vanshika Mudgal (VII H)	U-15 and U-19	Gold
Rajasthan State Table Tennis Championship held in Ajmer	01.09.21 to 05.09.21	Devansh Mudgal (XI A)	U 17 and U 19	Gold
Zonal Table Tennis 2021-22, Zone-28, District Central held at Manav Sthali School, ND-110060	02.11.21 to 03.11.21	Sr. Girls-Winners		Gold
		Jr. Girls-Winners		Gold
		Sr.Boys -Runners Up		Silver
		Jr. Boys -Runners Up		Silver

DELHI STATE INTER SCHOOL SHOOTING COMPETITION

Riya Gupta (XI A) won the prestigious gold medal in 10 meters rifle event in 24th Delhi State Shooting Competition, organized by the Delhi State Rifles Association.

ROPE SKIPPING

Virtual Unified Rope Skipping Championship-2021 organized by BBPS, Dwarka under the aegis of Special Olympics Bharat - Delhi	10.02.21 to 15.02.21	Mohd. Aonu Zia (VIII F) Shreyas Sharma (IX D)	U 17 BOYS PAIR Single Bounce	Silver
		Navyansh Girotra (VII B) Akshat Kumar Agarwal (X H)		Bronze
Bal Bharati Inter School Online Rope Skipping Competition 2021 organised by BBPS Dwarka in association with Physical Foundation of India	27.01.21 to 30.01.21	Dheirya Kharbanda (V) & Manish Parihar (V C)	U-11 Boys Speed Sprint 30 Seconds	I II
		Saara Chabra (V F)	U-11 Girls Backward 30 Seconds	II
Virtual Unified Rope Skipping Championship- BBPS Dwarka in association with Special Olympics Bharat - Delhi	28.05.21 to 30.05.21	Pratyush Raj Jain (V B)	Mixed pair: Student with intellectual Disability and any person without intellectual disability	Certificate of Appreciation
		Mohd Aonu Zia (IX E) & Shreyas Sharma (X D)	Boys Pair: Student with intellectual Disability and	III

NAME OF THE EVENT	DATE	NAME OF THE PARTICIPANT	CATEGORY	RESULT
			any person without intellectual disability	
IRSF Federation Cup, 2021-22 Nainital	20.12.21 to 22.12.21	Akshat Gupta (VI E)	Under-14 Male. DD Single Speed.	I
			Under-14 Male 30Sec Speed Sprint	II
		Shivanshi Kalra (XI D)	Under-17 Female Routine Freestyle	III
			Under-17 Female 30Sec Speed Sprint	II

STATE LEVEL GAMES AND SPORTS

SWIMMING

NAME OF THE EVENT	DATE	NAME OF THE PARTICIPANT	EVENT	RESULT	
56th Delhi State Open and Junior Age Championship- 2021 held at S.P.M. Swimming Pool Complex	22.09.21 to 24.09.21	(Girls Group II) Harshita Lakhina (IX B)	50m Freestyle	Bronze	
			1500m Freestyle	Bronze	
	400m Ind. Medley		Silver		
			Ebha Dudi (VIII B)	200m Breaststroke	Bronze
				200m Butterfly	Bronze
			(Boys Group II) Yuvraj Singh (VIII C)	200m Freestyle	Gold
				400m Freestyle	Gold
				800m Freestyle	Gold
				1500m Freestyle	Gold
				100m Freestyle	Bronze

Our school won a total of 10 medals. Gold- 04, Silver- 1, Bronze- 5.

ZONAL LEVEL GAMES AND SPORTS

BADMINTON

NAME OF THE EVENT	DATE	CATEGORY	RESULT/POSITION
Zonal Badminton Championship 2021-22, Zone-28, District Central held on BBPS, GR, ND-110060	02.11.21 to 03.11.21	Jr. Boys -Winners	Gold
		Sr.Boys -Runners Up	Silver
	Jr. Girls-Runners Up	Silver	
	Sr. Girls-Third Place	Bronze	

BASKETBALL

NAME OF THE EVENT	DATE	PARTICIPANTS	CATEGORY	RESULT/ POSITION
Zonal Basketball Championship 2021-22, Zone-28, District Central held on BBPS, GR, ND-110060	08.11.21 to 10.11.21	Team of 12	Sr. Boys -Winners	Gold
			Jr.Boys -Winners	Gold
	Jr. Girls-Winners		Gold	
	Sr. Girls-3rd Place		Bronze	

VOLLEYBALL

NAME OF THE EVENT	DATE	PARTICIPANTS	CATEGORY	RESULT/ POSITION
Zonal Volleyball Championship 2021-22, Zone-28, District Central held at Salwan Girls, Old Rajinder Nagar, ND-110060	11.11.21 to 12.11.21	Team of 12	Jr. Girls - Runners Up	Silver
Zonal Volleyball Championship 2021-22, Zone-28, District Central held at Nutan Marathi School, Jhandewalan, ND	10.11.21 to 11.11.21	Team of 12	Sr. Boys- Runners up	Silver
			Jr Boys- Runners up	Silver

NATIONAL LEVEL GAMES AND SPORTS

TENNIS

NAME OF THE EVENT	DATE	NAME OF THE PARTICIPANT	CATEGORY	RESULT
All India Open Tennis Championship Singles (Under 12) held at Tennis O Holic International West Punjabi Bagh - Tennis & Fitness Academy	19.12.2021	Parth Gaba (VII A)	U 12	Silver
All India Open Tennis Championship Doubles (Under 12) held at Tennis O Holic International West Punjabi Bagh - Tennis & Fitness Academy	19.12.2021	Parth Gaba (VII A)	U 12	Silver
A.I.T.A (Under 14) held at Tennis O Holic International West Punjabi Bagh - Tennis & Fitness Academy	17.12.2021 to 19.12.2021	Parth Gaba (VII A)	U 14	Qualified 1st Round
Round Robin Tennis Tournament 2021-22 (Under 12) held at MM Public School Pitam Pura	25.12.2021 to 26.12.2021	Parth Gaba (VII A)	U 12	Bronze

NATIONAL AQUATIC CHAMPIONSHIP 2021

NAME OF THE EVENT	DATE	NAME OF THE PARTICIPANT	CATEGORY	RESULT
37th Sub Junior and 47th Junior National Aquatic Championships 2021, held in Bangalore (Karnataka)	13.10.21 to 23.10.21	(Girls Group I) Jhanvi Choudhary (XII E)	50m Free Style 100m Freestyle	Gold Gold
		Disha Bhandari (XII A)	200m Ind. Medley 50m Freestyle	Silver Bronze

Our school won total 4 medals Gold- 02, Silver- 1, Bronze- 1

CHESS

All India Inter Scholastic Online Chess Championship 2021 organised by SMCA (South Mumbai Chess Academy)	23.01.21 to 24.01.21	Prishita Gupta (IV B)	U10 - Girls	Gold
National U-16, Online Chess Championship in Haryana State Chess	05.07.21 to 08.07.21	Aaditya Dhingra (X H)	U 16 U 18	5th rank among 400 participants

He received a national certificate and cash prize of Rs 10,000. Represented India in World Chess Championship held in August 2021.

Delhi State Online Age Group Chess Championships - 2021 organized by Delhi Chess Association	09.06.21 to 10.06.21 07.06.21 to 08.06.21	Prishita Gupta (V B)	U-10	III
				IV
National Chess Championship 2021 organised by All India Chess Federation	01.07.21 to 03.07.21	Prishita Gupta (V B)	U-10	IX Position (She is going to represent our country in FIDE online rapid world cup, cadet chess championship organised by Georgian chess federation and Georgian chess club)

NAME OF THE EVENT	DATE	NAME OF THE PARTICIPANT	CATEGORY	RESULT
Delhi State in Senior National Online Chess Championship 2021	26.7.21 to 28.7.21	Aaryan Varshney (XI A)	U-16	11 POINTS

He represented India in Fide Online Cadet and Youth Rapid World Cup-2021. He scored 9.5 points in 11 rounds with his sheer brilliance.

1st PEFI All India Online Chess tournament 2021 organised by Global Indian International School Noida	6.10.21 to 8.10.21	Prishita Gupta (V B)	U- 11 Open category	II Silver
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She secured rank 16 in International Chess Tournament - Fide Online Rapid World Cup Cadets and Youth U 10 Girls Finals.

Online National Junior Women Chess Championship 2021. 'Third Hyderabad All India Open Fide Rated Chess Tournament'	07.07.21 to 08.07.21 6 to 10.11.21	Yuvika Sehgal (X C)	Junior	85th rank
		Asmi Kathuria X H		91st rank
		Prishita Gupta (V B)	U10	34th rank out of 585 players
4th Hyderabad All India below 1600 Fide Rated Chess tournament held in Hyderabad	11.11.21 to 14.11.21	Prishita Gupta (V B)	U10	III
Aparna Dutta Memorial All India Open Fide Rated Chess Tournament	21.12.21 to 26.12.21	Prishita Gupta (V B)	U10	II
Tirth Chess Club Open Rating Chess Tournament held in Ahmedabad	1.12.21 to 6.12.21	Prishita Gupta (V B)		25th rank and (Rs.1000) cash prize

APPRECIATION FOR EXCELLENCE

For excelling in different State and National level Swimming, Table Tennis and Athletics competitions, the Government of NCT of Delhi and Khelo India awarded a scholarship amounting to altogether Rs 10,90,000/- to the different winners of these Sports Tournaments.

INTERNATIONAL GAMES AND SPORTS				
TABLE TENNIS				
COMPETITION	DATE	NAME OF THE PARTICIPANT	CATEGORY	RESULT
World Youth Table Tennis Championship	2.12.21 to 8.12.21	Kaashvi Gupta (XI A)	U 16	Bronze
World Ranking Table Tennis Championship 2021 held in Croatia (Europe)	02.12.21 to 09.12.21	Dhani Jain (VI D)	U 11	Gold
CHESS				
International Chess Tournament - Fide Online Rapid World Cup cadets and Youth	01.11.21 to 06.11.21	Prishita Gupta (V B)	Under 10 Girls	16th rank
Western Asia Youth Online Chess Championship	28.7.21 to 30.7. 21	Aaryan Varshney (XI A)	U- 16	Silver
World Youth Grand Prix Series 2021.	1.11.21 to 6.11.21	Prishita Gupta (V B)	U10	IV place She is the only Indian girl to qualify for Fide Youth Grand Prix Series

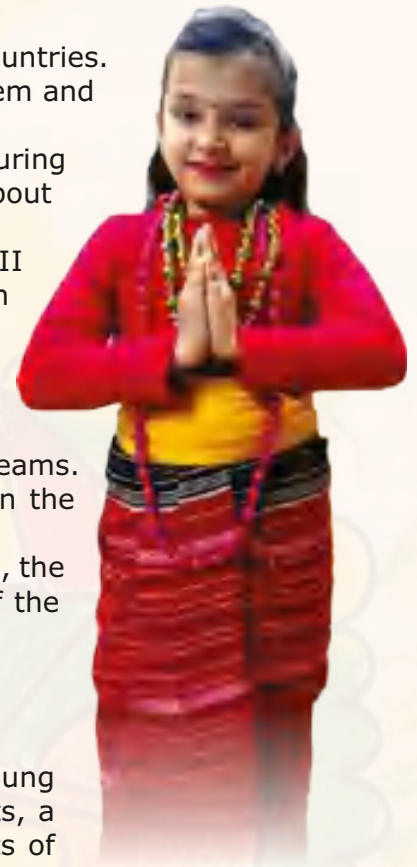
Global Dimensions

Global issues have now become a part of young people's lives in a way they never were for previous generations. Additionally, education plays a key role in enabling young people recognize their responsibilities as members of a global community. Keeping in with this belief, the school integrated activities with international dimension in the academic curriculum in such a way that learning takes place in the most effective manner. Below-mentioned activities offer a glimpse into what kept the students active in this arena throughout the year.

IDS ACTIVITY 2021

A range of activities were conducted as part of the the IDS Project (2021-22). The theme for the project was Neighbour Connect and it aimed at a comparative study of neighbouring countries of India – Sri Lanka, Nepal, Maldives and Myanmar with special focus on national/ traditional costumes, important festivals and places of tourist interest. Students of classes I-III participated in the following activities as part of the project:

- The students explored the traditional / national costume of the chosen countries. They dressed up in the traditional costumes of the country allotted to them and shared their pictures and videos.
- The students explored and depicted the festivals celebrated in the neighbouring countries of India and presented informative collages. They also learnt about the related customs and rituals.
- Video-screening sessions were organised for the students of classes I & II through which they got a preview of the various aspects of the chosen countries, like, their location on the map, capital, flag, language spoken and places of tourist interest. Videos related to some important tourist destinations of the chosen countries were shown to the students. They also attempted an online follow-up assignment.
- A virtual session was conducted for the students of class III on Microsoft Teams. The live online session apprised them of some amazing tourist places in the chosen neighbouring countries of India.
- As a follow up activity to the virtual session conducted on Microsoft Teams, the students made a sketch / drawing or collage of any one tourist place of the country allotted to them.



THE RHYTHMIC WAY OF THE WORLD



To foster global learning and to equip young learners with skills to reach the untold heights, a virtual activity was conducted for the students of Class V wherein they explored and collected information/pictures on any one form of dance of the country allotted to them. Students showcased their creative skills by presenting the collected information in the form of presentations prepared on Power Point. Students also mode videos of their dance performances.

FOOD SALVATIO

The inter school virtual event, 'Food Salvatio' was organized to commemorate the essence of the World Food Day. The aim was to sensitize people towards food safety, hunger and healthy eating. An array of interdisciplinary activities ranging from Cook-off to Kitchen Chemistry, from CartoonKari to Infonomica were conducted. A total of 17 schools participated in the event making it a grand success.

OUR FLYING FRIENDS – A POSTER MAKING ACTIVITY

Children for International Community Club' conducted a poster making activity 'Birds-Our Flying Friends' for the students of Class IV wherein the students gathered information about the National Bird of the country assigned to their respective section. For the activity, students researched about the symbolic significance, habitat and food habits of the National Birds belonging to the countries like Brazil, New Zealand, China, Spain, France, Japan, United States of America and Saudi Arabia. The activity was performed by the students with zeal and enthusiasm. They showcased their creativity backed by comprehensive research through colourful and eye-catching posters.



THE CREATOR

Children for International Community Club members planned an interesting activity 'The Creator' educating students about the different religions and the idea of community outreach. Students selected and read one story from the religious literature allotted to them and shared their learning in the form of comic strips.

IDS PORTFOLIO

After a year of well-planned and equally well executed activities with international perspective, the school submitted its documentation in form of IDS Portfolio to the British Council on 31 August 2021. In wake of the pandemic and subsequent lockdown, the activities in the action plan were shifted to online mode and successfully carried out.



INTERNATIONAL YOGA DAY 2021

In accordance with the CBSE guidelines and due to the pandemic situation, International Day of Yoga was celebrated virtually on 21 June 2021. Numerous activities were carried out to promote and adopt a healthy and harmonious lifestyle through yoga. A yoga workshop was conducted for students, parents and teachers from 10 -20 June 2021 for classes VI-XII. An online yoga quiz was also conducted from 18-20 June for students, parents and teachers from classes I - XII.

All these activities helped to spread awareness about the innumerable benefits of Yoga.

SOUTH KOREA AWARENESS PROGRAM 2021

With an aim to give an insight into South Korean culture, language, food and festivals, the South Korea Awareness Program (2021) was conducted by Korean Tourism Organization (KOT). Students from the school were apprised of the growing Indo-Korean ties and technological prowess of South Korea. Approximately 250 students across the Middle and Senior Department of the school participated in the webinar, addressed by Mr. Naveen Sharma and Mr. Sandeep Datta, members of KOT.

GRUEN PROJECT

Goethe-Institut, started a project, 'GRUEN: Green Urban Environments', co-funded by the Erasmus Programme of the European Union. Ten students from class IX participated in this and worked on different projects in collaboration with students of other schools from Hong Kong, Indonesia, Magnolia and the USA.

INTERNSHIP WITH DR. OETKER INDIA

Goethe Institut, Max Mueller Bhavan, organised an internship programme with Dr. Oetker India. Parul Varandani (XI D) and Lavanya Gupta (XII A) were among the top 16 students selected for the internship. The week-long internship (21-25 June 2021) included working on various projects in groups and understanding the career prospect.

GERMAN STORY NARRATION WITH PICTURES

German Story narration programme added a real-life dimension to the knowledge bank of students. Naman Goel, Saanvi Gupta and Tanmay Gupta (Class VII) attended a workshop on 'German Story Narration with Pictures' organized by Goethe Institut, Max Mueller Bhavan, New Delhi. The students enjoyed participating in vocabulary enrichment, role plays and online games.

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING WEBINAR

The International Day against Drug Abuse and Illicit Trafficking or World Drug Day, is observed on 26 June every year, to strengthen action and cooperation in achieving the goal of a world free of drug abuse. With the aim of creating awareness, AIIMS — NDDTC, Delhi organized an online program on 25 June 2021 to spread awareness about substance abuse. All teachers attended the enriching session and took with them learning to prevent drug abuse and illicit trafficking.



GERMAN VIRTUAL EXCHANGE PROGRAMME

The First Virtual Meeting under the MINT exchange Programme with Die Leonardo da Vinci Sport- und Kreativitätsgesamtschule was held successfully on 18 November 2021. As a part of an hour-long introductory phase, students from Germany and India apprised each other of their respective schools and numerous activities. The students interacted on a one-to-one basis in their break out rooms and exchanged valuable info on their families before starting with the actual work on MINT topics.

INDIA-JAPAN EXCHANGE PROGRAM

Our students took part in an online dialogue exchange program with Japanese students on 4 December 2021 under the aegis of Shin Edupower. Divyajot Singh (XI D) and Deeksha Dhawan (XI C) discoursed with their Japanese peer learners on themes like culture, traditions, cuisines, sports, and art forms.

FRENCH VIRTUAL EXCHANGE PROGRAMME

A video conference was conducted with the French partner school - Collège Salvador Allende on 29 November 2021. Class IX students participated in the exchange programme and introduced each other during the conference before launching the new project for the session. Students exchanged information related to the culture of their countries and gained valuable information related to their communities.



FRENCH VIRTUAL EXCHANGE

In continuation with the French exchange programme, a video conference was held with the French partner school - Collège Salvador Allende on 22 June 2021. Students from class X along with the partner school students discussed the main causes of lifestyle diseases and drew solutions to them. The interaction session proved to be truly enriching as the

students learnt about diverse ways to maintain a healthy lifestyle. They also appreciated ways of sustaining fitness and well-being practiced by the French community.

NB - 8 SCHOOL FORUM

As a part of India Outreach, Nordic Consult Group, under the aegis of NB-8 School Forum launched an 'International NB-8 Cultural Olympiad'. 31 students from class IV and 19 from class V participated in the Olympiad on relevant information related to Nordic Baltic countries and received the Certificate of Participation.

INTRODUCING THE BBPS- EKOS CONNECTION

BBPS -EKOS Connection event was organized for the students of classes IX - XI on 3 January 2022. In an hour long virtual meet, twenty students from the school interacted and highlighted the pandemic situation in both the countries briefly. The Polish students began with their presentations showcasing the history of Poland, their city, town, cuisine, culture and school. Our students also responded enthusiastically to the presentations and introduced themselves along with their hobbies and interests with the aid of informative and engaging presentations covering the essential characteristics of our school, city and country highlighting the rich cultural heritage of our nation. In the final phase of the event all the students were shown movies showcasing the 2019 Indo-Polish Exchange Programme.

INTERNATIONAL DAY OF OLDER PERSONS

On the occasion of International Day of Older Persons, celebrated annually on October 1, a special assembly programme was presented by the students of Primary Department, GR campus to spread awareness about the importance of senior citizens and their contributions in our society. The focus was on the role played by them in keeping our traditions alive, celebrating the culture and passing on the knowledge to the younger generation. Heart-touching poems and expressive dance performances were presented as part of the assembly.

TRAVELOGUE

The virtual excursions have become

a popular pedagogical strategy for connecting fielding minds to enriching educational experiences from the comfort and safety of their home. School had conducted regular virtual excursions for the students to the places of historical and social significance; In times of Covid-19 pandemic, when children couldn't get out of their homes, virtual excursions were the best way to provide the insights of some of the amazing places. And as virtual excursions are not limited by distance, so various places on this planet and beyond were shared with students along with audio-visual guidance.



MONTESSORI DEPARTMENT

These virtual excursions were organized for the young learners of Pre-School and Pre- Primary during the session 2021-2022 and they were shown various places such as the **National Zoological Park, Mysuru Zoo, Rail Museum, etc.** 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

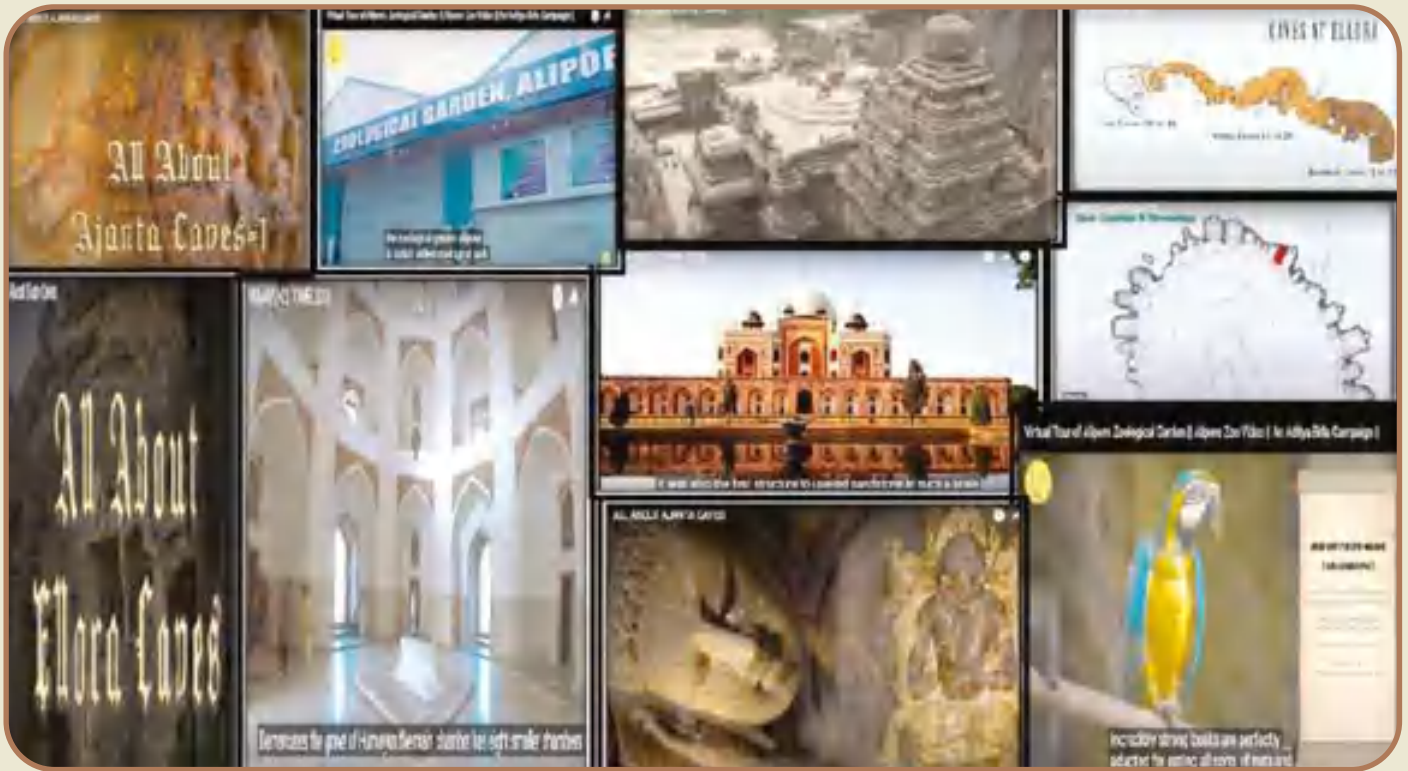
Virtual excursions to some of the **important places of India and across the world** were organized for the students of classes I, II and III. Through these excursions, the students explored new places and experienced different cultures. Written Assignments were also shared with each excursion for follow-up and self- evaluation.



PRIMARY DEPARTMENT-GR CAMPUS

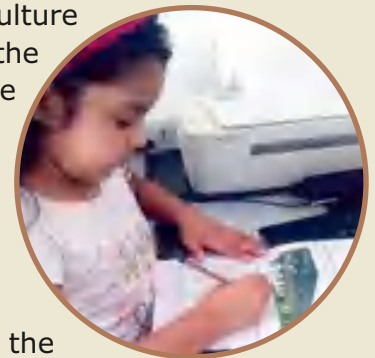
'Virtual Trip' to 'The San Diego Zoo'. was organised, children saw a video showcasing different species of animals and birds found in the San Diego Zoo.

Virtual tour to UNESCO World Heritage-Red Fort, the Humayun's Tomb, the Alipore zoo, Kolkata, the Ajanta caves, the temples at Mahabalipuram, The Ellora Caves was organised for students to give them an insight of rich culture of India. Students also explored Red Planet Mars and dived into Deep Sea through these virtual trips.



MIDDLE DEPARTMENT

Virtual tours and excursions were organised by the Middle Department during the summer holidays, from 10 May 2021 to 4 June 2021. Class VI students were taken on a majestic journey through the beauty of Madhya Pradesh. The state was chosen keeping in mind its relevance in their curriculum. Class VII students became a part of the royalty of Rajasthan and witnessed the vibrant culture and colourful costumes of the place. Majestic temples of India were visited by the students of Class VIII who were ecstatic to learn some interesting facts about the places, who ruled them!, treasures, and historical facts.



SENIOR DEPARTMENT

Trip to 'History' – The Dinosaur Age

The MINT Camp-Programm was conducted for German-learning students by the Goethe Institut in collaboration with Besucherdienst, Germany. The camp took place from 22-26 November 2021 to provide the students with a fun experience, learning things. The participating students were from different countries like India, Pakistan, Bangladesh and Germany and mentors from Goethe Institut Ms. Sophia Grigull, Ms. Ayla Ozturk-Banha, Ms. Claudia Trantow, Mr. Christian Schnack and Ms. Miria Neugebauer.

Apart from discussions and projects on various topics like historic existence of dinosaurs, evolution of planes and their structures, sustainable usage of digital tools, importance of saving energy etc., the students also got an opportunity to virtually visit the Natural History Museum, Berlin.

Participants were shown dinosaur fossils and bones, many of which were found in the UK and realistic stuffed models of many endangered animals like Red Panda. The skeleton, made out of paper, of the smallest dinosaur that ever existed was also exhibited. The session provided a lot of information about the historic existence of dinosaurs and provided students a platform to ask their queries and doubts.

SUPERANNUTATION

“Retirement isn’t the end of the road but, just a turn in the journey of life”



Mrs. Sunita Verma
July 1991 - August 2021



Mrs. Sushma Madan
October 1994 - July 2021



Mr. Ram Milan Singh
January 1986 - January 2022

CLUBS

To bring out the best in each child, the school organises various activities under the aegis of School Clubs. These activities are meticulously planned and embedded in the school curriculum through which the students explore, experiment and learn.

AAO HAATH BARHAYEIN



Me The Bookie



Little Crafty Hands

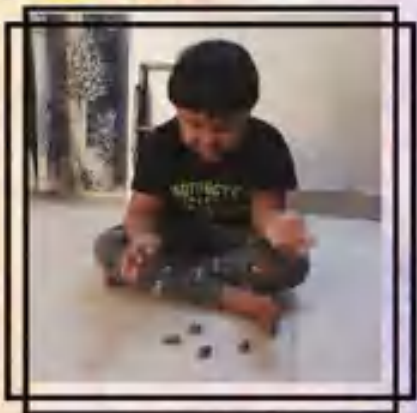
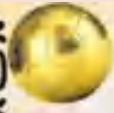


Hamaari Bagiya





SPORTY CHAMPIONS



NUMERO MANIA



EXPLORE THY COUNTRY



BUDDING SCIENTISTS



Vernacular Club



Astronomy Club



ENVIRONMENT CLUB

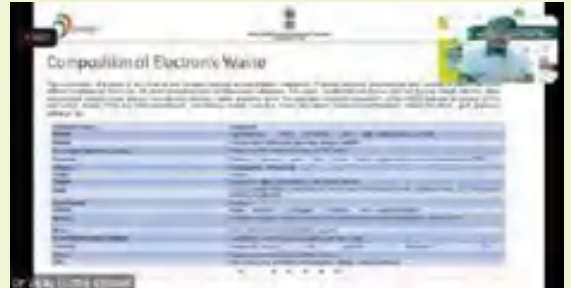
COMPETITIONS/ACTIVITIES:

"Small Actions, Big Impact to restore and protect planet earth"
- "E- Poster"



WEBINARS

- TIGER TRUST- SAVE TIGERS
- E-SAFAI- How to deal with electronic waste



THEMATIC COLLECTIVE COMMUNITY WORK (SUMMER BREAK)

- Plant a Seed and Nurture a Tree
- Reuse and Recycle It All, It's Your Call
- Think Before You Trash It



VAN MAHOTSAV (POEM RECITATION COMPETITION): 'VAN-HI-JEEVAN'

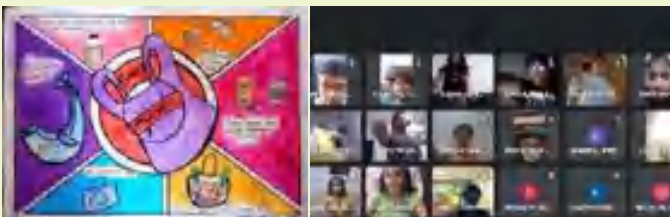


AWARDS AND ACCOLADES

- Our school was awarded Rank 2 in Global Wide Wisdom Challenge and 2 students qualified for the International Final Level.
- 6th International Environment Olympiad was conducted in the first week of December, our school bagged various positions:
 - The hue story (digital art) class V - Ridhaan Arora - second Prize
 - Birds of Paradise (Poem recitation) VI- Sanvee Seth-first prize
 - Aquades (3D model) - Second consolation
 - Imagineering my future (video presentation of a model) IX-XII- Second Position (Naman Jain -IX C, Neil Chhabra IX A)
 - In TERRE OLYMPIAD, 2021-22, the school won in the prestigious category of 'Schools Award' recording maximum participation of students in Urban Area. Atharv Keswani (Class VII) secured 4th rank and Chitisha Agarwal secured (Class IX) 6th rank. Both were awarded with a Merit Certificate, a Hard drive and a Pen Drive.

CAMPAIGNS:

- "SAY NO TO PLASTIC"- An Awareness Campaign



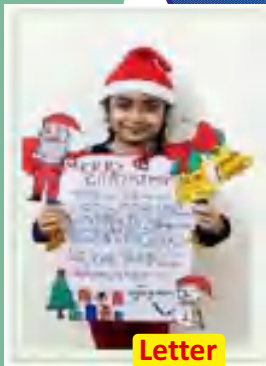
- **Anti-cracker campaign** for a Safe, Green and Eco Friendly Deepawali.



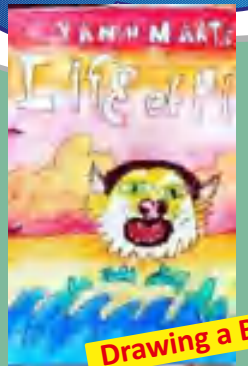
Literary CLUB



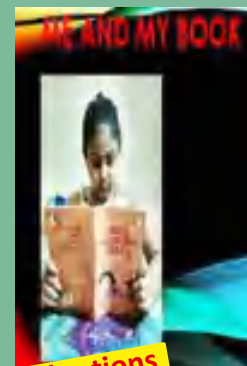
Humour in Literature



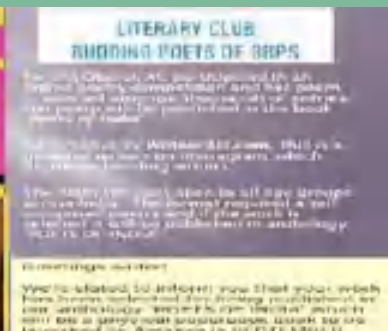
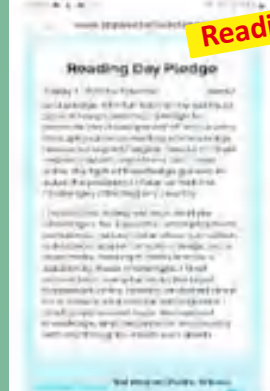
Letter to Santa



Drawing a Book Cover



Reading Week Celebrations



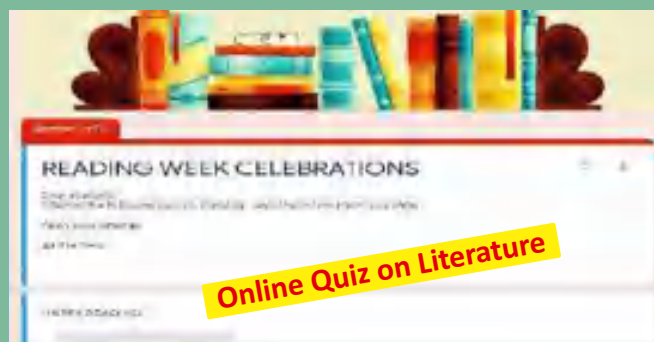
Teachings of Gandhi



Literary Giants



Book Discussion



Online Quiz on Literature

HORTICULTURE CLUB



CURE FOR NITROGEN DEFICIENCY

The steps are as follows for this cure:

- ENRICH**
Adding composted manure to the soil.
- CROP**
Planting a green manure crop, such as borage.
- FIXATE THE PLANTS**
Planting nitrogen fixing plants like peas or beans.

Then, add coffee grounds to the soil.

COFFEE GROUNDS

LACK OF SPACE

In a place where many plants are growing together in some area

SIGNS

Poor growth of plant and shredding of leaves.

HOW TO FIX

Carefully, dig the plant out of the area and plant it where there is plenty of space and make sure to keep a good care of the plant



HERITAGE CLUB

- 1 Creativity Unveiled:** Students designed the cover page of the e-newsletter on Cultural Heritage of India.
- 2. Marvels of India:** Students designed a pamphlet on a selected famous temple of India of their choice. The pamphlet carried all the key points of information and the main attraction of the temple.
- 3. Dancing Stars:** Dance, it is said, is the hidden language of the soul. The Activity required the students to prepare the Bio sketch of their favorite dancer in the form of a Flip book.
- 4 Festomania:** Festivals bring colour to our life. To celebrate, the richness of Indian festivals, children splashed the beautiful colours of harvest, depicting the National and Religious festivals on paper as Posters.



TOD FOD JOD CLUB

SUMMER ACTIVITY: Students of class IX performed various activities like Water Filter System and Garden Watering Shower.



Students of Class V made 'Spinning Top' with the help of colorful chart papers and some discarded materials available at home.



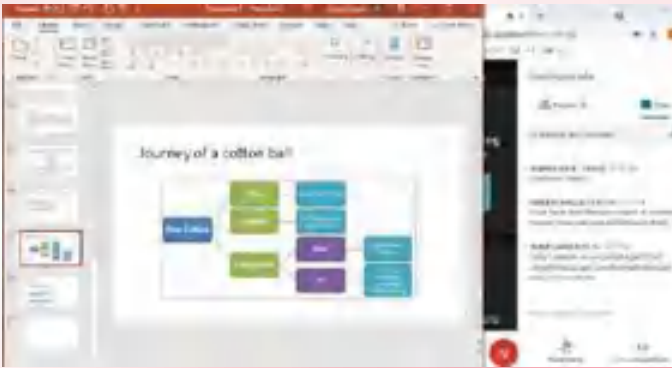
Students of Primary Department made beautiful and very innovative models showing parts of a seed.

Mihika Goel of class XI made energy generator using discarded mobile phone charger.

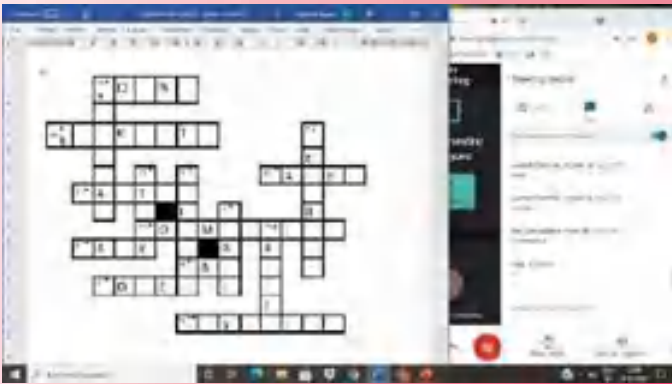


ECONOMICS CLUB

FABRICS OF INDIA - SCREENING A DOCUMENTARY



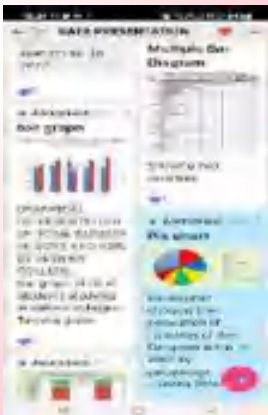
CROSSWORD PUZZLES AND BRAIN TEASERS



CARTOONS - SARCASM/HUMOUR IN ECONOMICS



PADLETS ON DATA PRESENTATION



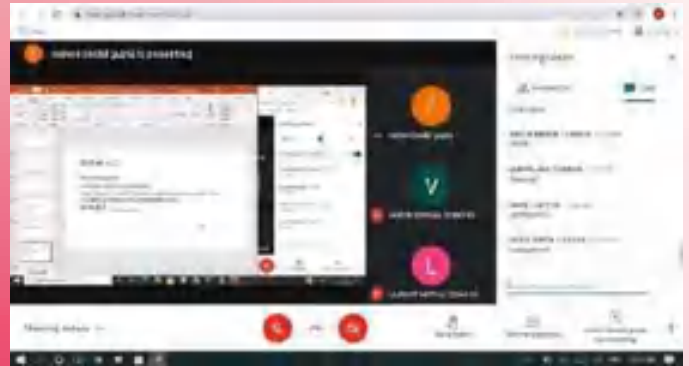
MAKING MINDMAPS



ARTISTIC EXPRESSION OF BRITISH RULE IN INDIA - BY THE STUDENTS



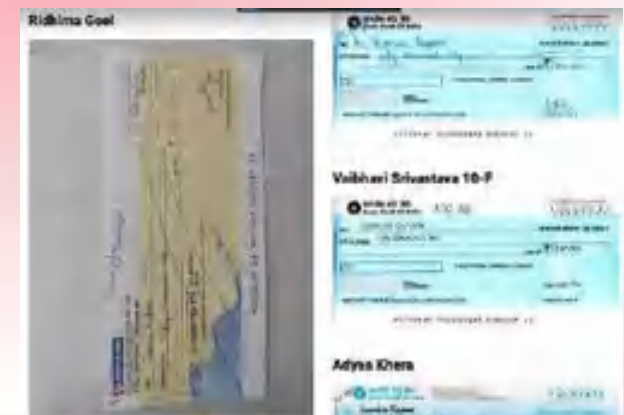
RIDDLES IN ECONOMICS



INFOGRAPHICS IN ECONOMICS - UNDERSTANDING AND APPRECIATING



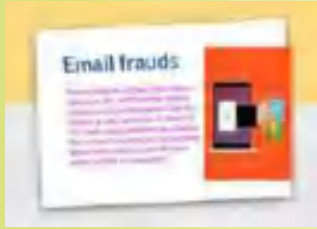
CHEQUE ACTIVITY FOR CLASS X



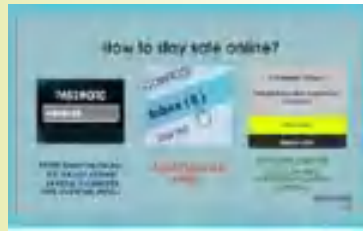
SAFETY CLUB

ACTIVITY THEME: CYBER SAFETY

CLASS VI: MAKING OF FLASH CARDS

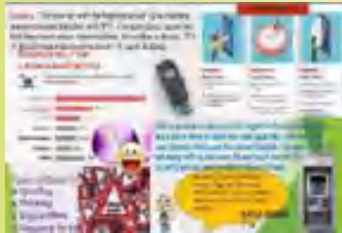


VIHAAN RATNAJOG - VI F

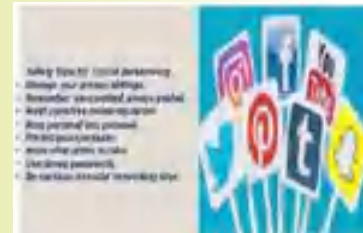


SARA CHHABRA VI B

CLASS VII: DESIGNING A NEWSLETTER

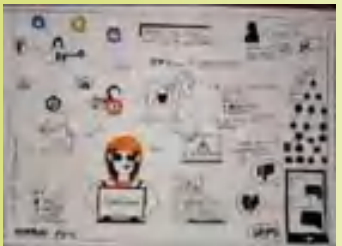


NAYSA NANDA - VII A



TISYA KALRA - VII A

CLASS VIII: DESIGN A TABLE MAT

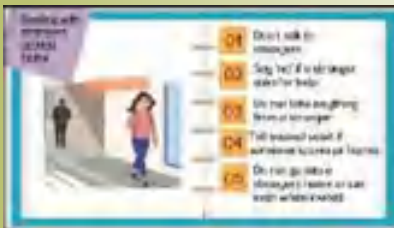


NIHARIKA VIII C



KISHIKA CHAUDHARY VIII F

ACTIVITY PRESENTATION FOLLOWED BY QUIZ - SAFETY IN AND AROUND HOME



ACTIVITY SPECIAL MORNING ASSEMBLY ON ROAD SAFETY



MONO ACT BY
NIDHYANA SETHI VII D



PRESENTATION BY
PUSHKAR AGGARWAL VIII B

ACTIVITY THEME ROAD SAFETY

PAPER BAGS DESIGNING:



KOVID AGGARWAL - VI



CRIDHIMA - VII E

PEN STAND



VIJUL - VI G



TASHI MALHOTRA - VII E

WALL HANGING



BHAVYA WASAN - VI

FIRST AID BOX



BAYANNA - VI H

Interact Club

MIDDLE DEPARTMENT



LEARNING ART OF GIVING & SHARING



CREATING BOOKS FOR UNDER PRIVILEGED

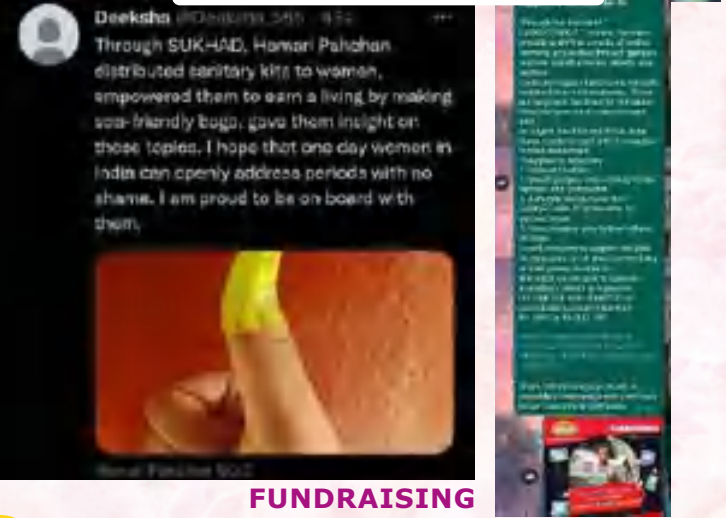


MENSTRUAL HYGIENE

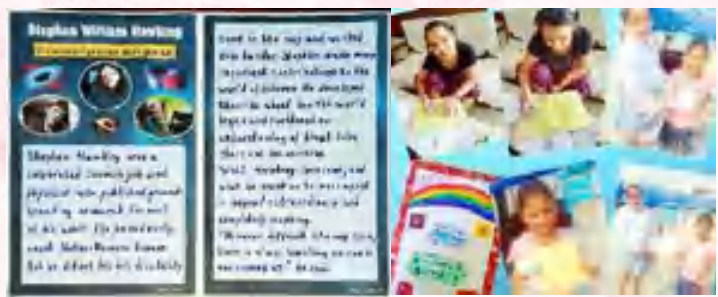
FOOD SECURITY



SPREADING AWARENESS



PRIMARY DEPARTMENT



SPREADING LIGHT OF KNOWLEDGE



BOOSTING MORALE OF DIFFERENTLY ABLED



CELEBRATING GRANDPARENTS' DAY

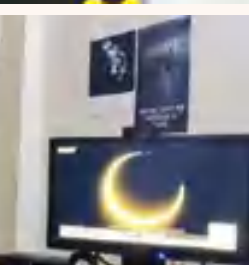
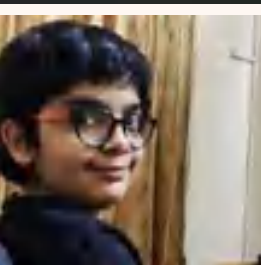
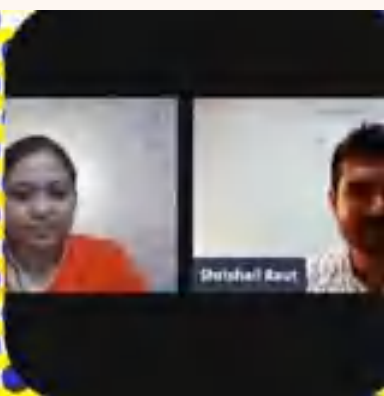
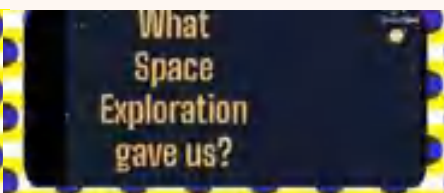
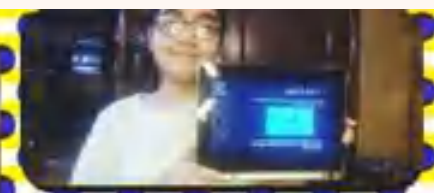
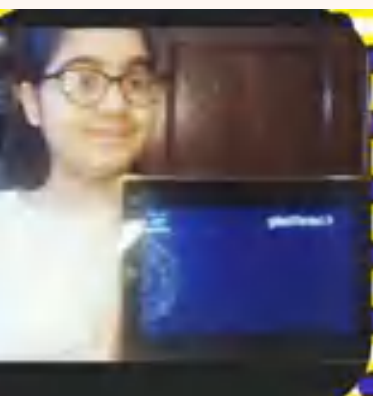
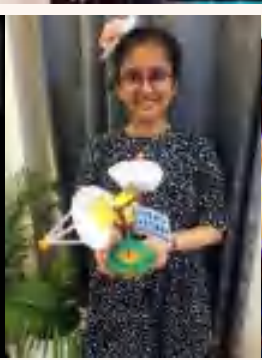
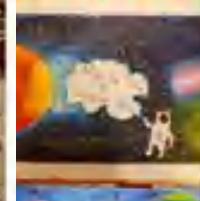
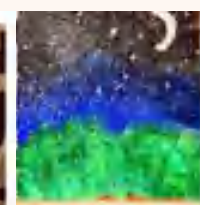
SENIOR DEPARTMENT



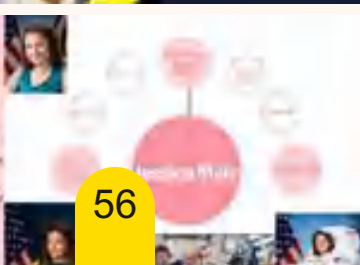
EDUCATION FOR ALL

FUNDRAISING

Astronomy club



SAFANA Diwan was awarded by NASSI in 2015. She is a former of Arts in Biology from Sirsa University, a Master of Science in Space Science from the same university. She is a Scientist and a Designer. She is working from Sirsa District of Haryana.



VERNACULAR CLUB

Designing a New Year Card in Eight Regional Language of India



Grisha Anand IXE

Ashmita Mallick XA



Brahmi Debrani XD

Vishakha Hallone XC

Class x- Write an introduction of the 'Mahapurush' of India in their own Language.



Ashmita Mallick XA



Vidhi Chopra XF



Ashmita Mallick XA

ORATORYCLUB

"This Is Who I Am"

Open Mic event was organized to celebrate the Pride Month.

Weave a Story - An impromptu story narrating event.



The students introduced themselves to the group and shared their dreams, aspirations, fears and less discussed thoughts.



Mock debate session for the newly recruited members of the club.

Series of Asian Parliamentary debates

IAYP CLUB

The Programme delivers *the Duke of Edinburgh's International Award in India* and allows volunteering students to participate in a yearlong challenge in four different Sections of Award namely **Service to Community, Skill Development, Adventure Journey and Physical Recreation.**

Students brought numerous laurels to the school under the Award Leader Ms.Kavita Bhatia for the same.



SHIVAM MISHRA
SILVER & GOLD LEVEL



SAANVI BUTTA
BRONZE & SILVER LEVEL



SAMRIDHI
BRONZE & SILVER LEVEL



SANCHI BINDAL
BRONZE & SILVER LEVEL



SANYA WAHI
BRONZE & SILVER LEVEL



VANSHIKA
BRONZE & SILVER LEVEL

Food Scarcity



Saatvik Vohra PS F



Anisha Goel PP B



Daiwik Johar PS B



Aadvik Chauhan PP E



Dhyanshi Srivastava PS F



Kriday Goel PS H

Food Scarcity



Vrinda Malhotra PP E



Arpita Anand PP H



Herika Malik PS B



Advait Aggarwal PS E



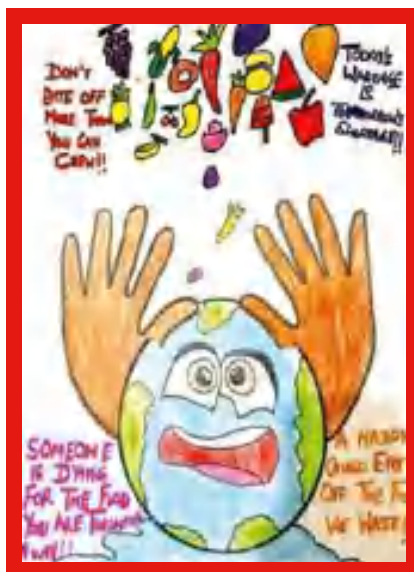
Atharv Rajpoot PS F



Yukti Kaushik PS F



Dwij Sharma PP G



Yaduveer Kambiri PS H



Vihaan Nagpal PP I

Friends & Friendship



Aadya Jain PS E



Samaira Anand PP I



Vihhan Jain PS D



Nivanshi Nanda PP A



Anika Gupta PP D



Asmi Sharma PP I



Rivka Agarwal PP A



Asmee PP C



Anaysha Gupta PP C

Friends & Friendship



Ashmita Mishra PP B



Avani Kapoor PP E



Kshirja Sehgal PS H



Harjas Singh Bhatia PP E



Nishchay Jain PP D



Vanya Jain PS C



Aadvik Jain PP G



Kiara Batra, PS F

Friends & Friendship



Reyansh Bablani PS F



Itika Tuli PS F



Siddharth Maity PP E



Iqnoor Singh PP E



Viraj Singh PP G



Trishika Virmani PS E



Inaaya Sadwal PS E



Prizleen Kaur PP G

Friends and Friendship

I've known Angella for quite awhile now and she's been my best friend since we were three years old. We grew up together from when we were little kids until now and over that time she's been there for me through thick and thin no matter what. We've had fights and disagreements but we always end up working things out and being friends again. I've learned a lot from Angella. I never really knew how to be a friend before I met her. Before she was my best friend I didn't know what that meant to be a good friend. She taught me how to be a friend and how important it is to have friends in your life; that you should never let yourself get lonely because then someone will walk away from you and that's not going to be pretty at all. I would do everything in my power to make sure Angella stayed my best friend so I could always have someone there for me no matter what. I'm glad that she's my best friend and I'll always be here for her. The friendship between Angella and me is really important to the both of us. We try to always have time to hang out, whether it be at each other's house or at the mall, or anywhere really. Just hanging out with her gives me a good feeling inside because we can do what we want and have fun together as well as just talk about life.

Aanya Rustagi IX B

KEEP A FRIEND FOREVER

Friendship is an important aspect of one's life. Everyone needs a friend whether it be children, adults or elderly people. We know many people around us but all of them are not our friends. Then the question is who are our friends? And what role do they play in our life? A person with whom we have a lot of old childhood memories of school like to have fun playing in the playground, doing homework together and going back home at the end of the day is none other than a friend. A friend is a person with whom we share things which we can't share with anyone else. A friend also guides us by being unbiased while getting out of the problem. Like our parents, a true friend is one such person who supports us not only when the conditions are good but also in our tough times and understands us. Friends do have quarrels between them but still they resolve it and support each other. Friends also encourage us in various phase of life. Our personality and behaviour is entirely dependent on the people we are surrounded by. One of them is friends, that is why it is important to choose friends wisely and cautiously. They make our life happy and enjoyable. The importance of friends is best realised by us in these covid times when we all are locked up in our homes. We can't go anywhere. Neither children can go to school nor adults go to their workplaces. As we are not going outside, we are not able to meet our friends. Right now we are just sitting at home and recalling the memories. As I said, a true friend is a person who supports us at every point of our life whether good or bad. There is a popular quote "HONESTY IS THE BEST POLICY", the same is followed in friendship as well. Friendship doesn't see any religion, caste or colour. A friendship without honesty and faith doesn't last for long. Besides school friends, parents are also considered to be one's best friend. Nature can also be included in the above list. Nature gives a lot of things which are essential for us without demanding anything in return. I believe that everyone needs a true friend in life, with whom one can share his sorrows and celebrate the joys, with whom you can talk heart to heart and can approach any time of day or night, without any hesitation. Such a friend is really a bliss. Who doesn't know the friendship of Krishna and Sudama? So friends, be a good friend yourself and if you have one, cherish this blessing and keep it forever.

Ashira Sehgal IX B

A TRUE FRIEND

"A friend in need is a friend indeed," that is the definition of a true friend who will never leave us during our hardships, success, and failure. Best friends are never apart, maybe in distance but never in heart. Friends are like family. We can choose our friends. A real friend walks in when the rest of the world walks out. Real friends always share and support each other. They feel joyful when we are happy, and during our sadness, they also share sadness with us. True friendship is all about sharing things, making mistakes, fighting for silly things, but again hugging to support each other. Friendship is an essential thing for a happy life. Whenever you are in worry, a chat with a friend takes out all problems away. That is the strength of friendship. Friendships have a huge impact on our mental health and happiness. Good friends relieve stress, provide comfort and joy, and prevent loneliness and isolation. Developing close friendships can also have a powerful impact on our physical health.

Simar Narang IX C

FRIENDSHIP – A GIFT

Friendship is one of the greatest bonds anyone can ever wish for. Lucky are those who have friends they can trust. Friendship is a devoted relationship between two individuals. They both feel immense care and love for each other. Usually, **a friendship is shared by two people** who have similar interests and feelings.

You meet many along the way of life but only some stay with you forever. Those are your real friends who stay by your side through thick and thin. Friendship is the most beautiful gift you can present to anyone. It is one which stays with a person forever.

True Friendship

A person is acquainted with many persons in their life. However, the closest ones become our friends. You may have a large friend circle in school or college, but you know you can only count on one or two people with whom you share true friendship.

There are essentially two types of friends, one is good friends the other are true friends or best friends. They're the ones with whom we have a special bond of love and affection. In other words, having a true friend makes our lives easier and full of happiness.

Most importantly, true friendship stands for a relationship free of any judgments. In a true friendship, a person can be themselves completely without the fear of being judged. It makes you feel loved and accepted. This kind of freedom is what every human strives to have in their lives.

In short, true friendship is what gives us reason to stay strong in life. Having a loving family and all is okay but you also need true friendship to be completely happy. Some people don't even have families but they have friends who're like their family only. Thus, we see having true friends means a lot to everyone.

Importance of Friendship

Friendship is important in life because it teaches us a great deal about life. We learn so many lessons from friendship which we won't find anywhere else. You learn to love someone other than your family. You know how to be yourself in front of friends.

Friendship never leaves us in bad times. You learn how to understand people and trust others. Your real friends will always motivate you and cheer for you. They will take you on the right path and save you from any evil.

Similarly, friendship also teaches you a lot about loyalty. It helps us to become loyal and get loyalty in return. There is no greater feeling in the world than having a friend who is loyal to you.

Moreover, friendship makes us stronger. It tests us and helps us grow. For instance, we see how we fight with our friends yet come back together after setting aside our differences. This is what makes us strong and teaches us patience.

Therefore, there is no doubt that best friends help us in our difficulties and bad times of life. They always try to save us in our dangers as well as offer timely advice. True friends are like the best assets of our life because they share our sorrow, sooth our pain and make us feel happy.

Abir Jiandani IX C

THAT IS A TRUE FRIEND...

Who is your friend?

Someone who makes you laugh,
around whom you don't have to pretend
and can just be your true half.
That is a true friend.

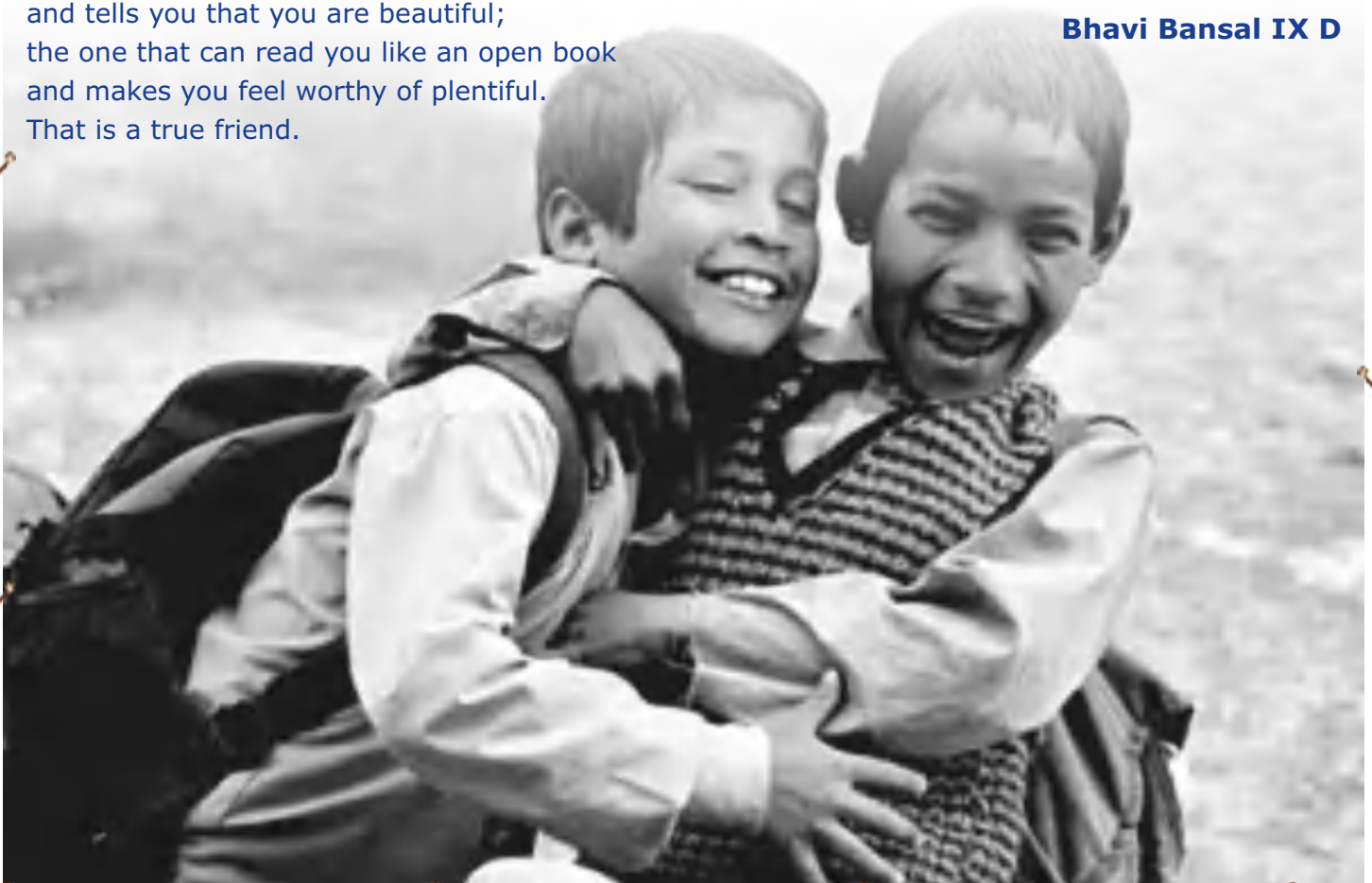
Someone who always makes fun of you
but never behind your back;
the one whom you can always go to
no matter what you lack.
That is a true friend.

Someone who doesn't care about how you look,
and tells you that you are beautiful;
the one that can read you like an open book
and makes you feel worthy of plentiful.
That is a true friend.

Someone who isn't jealous of your progress
and supports you in anything you do;
the one who is happy for your success,
and will celebrate it with you.
That is a true friend.

**True friends are hard to come by. But
when they do, don't leave their side no
matter what. They will be the ones to
believe in you when no one else does.**

Bhavi Bansal IX D



***'GOOD FRIENDS ARE LIKE STARS,
YOU DON'T ALWAYS SEE THEM, BUT THEY ARE ALWAYS THERE.'***

A well - known philosopher once said, 'True friends show their love in times of trouble and not in happiness.' The above mentioned lines depict the importance of friendship in our lives.

A life without friends is like a garden without flowers. Friendship is one such relation which is closest to one's heart and it is an epitome of support and strength. A good friend is caring and affectionate irrespective of any condition.

It is not necessary that friendship exists between two humans, it can exist between a human and animal too. Friendship is one of the finest blessings of God. It can neither be bought or sold nor imported or exported, rather it is developed. Human being is a social animal, he cannot live an isolated life. A true friend always stands by you during the ups and downs in life.

The most crucial part of friendship is that it is not judgemental. Similarly, friendship teaches the importance of loyalty and reliability. There is no bigger asset in life than a loyal and trustworthy friend by your side.

"FRIENDSHIP MAKES YOU LAUGH LOUDER, SMILE BIGGER AND LIVE BETTER."

Friendship is a relationship that has many dimensions and styles. Friendship can be between any two persons and there is no compulsion of age, gender, geography, race, creed or nationality. Everyone needs a friend at one or other point of life. Even mighty people, kings and princes crave for friends. Even Lord Rama would not have been able to get his beloved wife back if he had not befriended Hanuman and Sugriva.

Friendship which develops from shared aspirations and ideals are the prime users of many worthwhile human activities. Mohandas Karamchand Gandhi's friendship with Motilal Nehru based on mutual trust and respect laid the foundation of determined struggle for independence.

"FRIENDS CAN HEAR YOU EVEN WHEN YOU ARE SILENT"

Friendship, in order to provide all-round benefit, should be based on trust and sincerity. It should not be fostered with the intention of cheating or exploiting others. Friendship is best tested and proved in times of trouble. True friendship is indicated by the help one gives to his friends in their difficult times. As the saying goes,

"A FRIEND IN NEED IS A FRIEND IN DEED."

Mankarnika Sahni IX E



F.R.I.E.N.D.S

Hope of Happiness

*Many people will walk in and out of your life, but only true friends will leave
footprints in your heart
(Eleanor Roosevelt)*

In today's life, the most prosperous person is the one who has good friends and a happy family. The past two years were awful for a person like me who wants to spend every single second with his friends. School was so much fun. It feels nice having so many children of my age, all around me. I can share my thoughts and my feelings with my pals easily without any suspicions. School is such a unique place, going to school from our homes is like going to some other dimension with another family. Family is not always blood. It's the people in our life who wants us in theirs. They are the ones who accept us for who we are. The one's who would do anything to make us smile and who loves no matter what. As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large. Many people suffered from mental illness or depression. The reason for depression is total cut off from friends and family. Taking classes from home is so tedious, feels like we are studying all alone. It's just that it doesn't feel like school. The classes used to be so interactive. Every day at school was filled with laughter and joy, I remember how much I used to gossip with everyone in the classroom. But we shouldn't be so negative at such times. It's all God's will and we should all pray that it ends quickly. Coronavirus brought a big change in our society like people understood their fundamental duties toward society and also following it. I just want the old days back, those days when we used to smile without any kind of masks on our faces. We missed so many good memories in these two years. Hoping everything gets back to normal.

FRIENDSHIP- A TREASURE

Friendship is a divine relationship which is defined neither by blood, nor any other similarity . Who in this world does not have a friend. A friend, with whom you just love to spend your time, can share your joys and sorrows. Friendship is a treasure trove of connections on love and acceptance. It's a bond developed between those who feel at home in each other's company. It's not necessary that friendships develop on the basis of similar emotions and feelings, friendships have no age, gender or culture. You might be the adventurous type but your friend might be a nerd. From sharing stories to stealing chocolates, every friendship holds a special place in the heart.

As time passes by, lots of people will walk past by you, but only some will stay, and those friendships will stick by one's side through thick and thin. Each one of us have been so programmed that we need a companion, someone jus to tag along. It is giving up the little things you love dearly for the sake of someone you cherish a great deal. Friendship often refers to the little moments of senseless laugh you two share when the world starts t look bleak. It is to know what your friend needs and being there for them even when the whole world has turned their back towards them. Every time spent is special because when you are with friends, you don't feel the blues.

Whether you accept or deny it, a friend plays an important role in your life. In fact, it is very important to have a friend. However, at the same time, it is extremely important to choose the friends wisely as they are the ones who can build you or destroy you. Nonetheless, a friend's company is something which one enjoys all through life and friends should be treated as the best treasure a man can have.

Food Security

"Life cannot be without food; when we destroy the lands that give food, we destroy the foods that give life!" - Ernest Agyemang Yeboah

Food security, as defined by the United Nations' Committee on World Food Security, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life. Over the coming decades, a changing climate, growing global population, rising food prices, and environmental stressors will have significant yet uncertain impacts on food security. Adaptation strategies and policy responses to global change, including options for handling water allocation, land use patterns, food trade, post-harvest food processing, and food prices and safety are urgently needed. "People can survive on very small amounts of food but it will kill them, and if they get interrupted and go below those minimums, they will die of hunger," says Daniel Maxwell of Georgetown University. In other words, even if individuals do not directly starve to death, they can live in such a situation where they do not consume enough calories that their body does not develop or function properly. This makes them more susceptible to infectious diseases and more likely to die from them. Summing up, food security is an essential means of livelihood and survival. There is evidence of food security being a concern many thousands of years ago. For the three billion people who live in proximity to famine, insecurity prevents them from securing food on a regular basis. This issue needs attention so as to not destroy the future of this world.

ZERO HUNGER

Mishita Gogia IX B

The world has been fighting with all odds to bring a sustainable lifestyle to all people, irrespective of caste, creed, gender, race, religion. We all need a change that is best for both humankind and the environment. We need sustainable development.

Of course, a change comes with goals that have to be fulfilled to achieve a change. Imagine a time, when people irrespective of their class, region, and gender have physical and economical access to nutritious, adequate, nourishing, balanced food to maintain a steady expansion of nutrition for their healthy and active lifestyle. The 2nd goal of sustainable development is zero hunger. It states 'End hunger, achieve food security and improve nutrition and promote sustainable agriculture. If we talk about our diverse nation, India has around 195 million undernourished people. Nearly 47 million or 4 out of 10 children in India do not meet their full human potential because of chronic undernutrition or stunting. Food security concerns can be traced back to the experience of the Bengal Famine in 1943 during British colonial rule, during which about 2 million to 3 million people perished due to starvation. A rush to industrialize while ignoring agriculture, two successive droughts in the mid-1960s, leading to a shortage of food and dependence on an asset from the United States exposed India's vulnerability on the food security front. Women of reproductive age between 15 to 49 years are anemic. Children aged under 5 are too short for their age, whereas some suffer from wasting. It may seem impossible but, how will we achieve this serendipity? The term food Security answers this question. The food security of a nation is ensured if all of its citizens have enough nutritious food available, all persons can buy food of acceptable quality and there is no barrier to access to food. Food security is linked with food prices, global environment change, water, energy, and agriculture growth. It is related to household resources, disposable income, and socioeconomic status. Adopting this brings together various issues such as inequality, food diversity, indigenous rights, and environmental justice. Food security is the combination of three elements, Food availability, food utilization, and food access. We need to have some strategies that can help us to ensure food security. The measures should focus mainly on the distribution of cultivable land, improving the yield and size of the farms,

providing the farmers with improved technology for cultivation and improved inputs like irrigation facilities, availability of better quality seeds, fertilizers, control over prices and credits at lower interest rates. The Indian government has taken these measures to ensure food security very seriously. The National Food Security Act (NFSA), aims to ensure food and nutrition security for the most vulnerable through its associated schemes and programs, making access to food a legal right. Important schemes like Integrated Schemes on Oilseeds, Pulses, Palm oil, and Maize (ISOPOM) and Pradhan Mantri Fasal Bima Yojana, national food security mission, Rashtriya Krishi Vikas Yojana (RKVY), aims at increased production, availability, promoting Agri-business entrepreneurship and rejuvenating soil fertility. Green Revolution was initiated in the late 1960s and 1970s, which significantly improved food grain production. Followed by the Green Revolution, the White Revolution was initiated to revolutionize milk production and marketing, making India the largest producer of milk. The government has also taken significant steps to reduce malnutrition through mid-day meals at schools, Anganwadi systems to provide rations to pregnant and lactating mothers, and subsidized grain for those living below the poverty line through a public distribution system. Now we can say that India has improved a lot in the food security sector. India has become resilient from being dependent on food aid to becoming a net food exporter. It has significantly boosted the agricultural sector and economic growth.

Saisha Narang IX C

RIGHT TO FOOD

Food security, as defined by the United Nations, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life. Despite rapid economic growth in recent years, low access to food by people living below the poverty line remains a crisis in India. Right to food is a fundamental right. Yet food security remains a farfetched dream in our country.

Despite rapid economic growth in recent years, low access to food by people living below the poverty line remains a crisis in India. Right to food is a fundamental right. Yet food security remains a farfetched dream in our country. No one should go to bed hungry.

It is estimated that around 50% of children and infants are malnourished and about half of the pregnant women population are anaemic. In 2016's Global Hunger Index, India has been ranked 97th in 118 countries. In the history of this country, it has suffered from 14 famines, the Bengal Famine in 1943 being the worst. Over the years, the White Revolution and structural transformation in agro-industry have helped to make sure food security to a large degree. During the 1960s, the Government of India launched the Public Distribution System (PDS), to ensure physical and economic availability of food to all sectors of the society, In 1995, the "Mid Day Meal Scheme" was launched. This was a scheme to feed underprivileged school children. The "Antyodaya Ann Yojana" scheme was launched in 2000 for the most economically background people; National Food Security Act 2013 etc. Principally for the poor. Recently, prompted by a challenge from Tesla founder Elon Musk, the United Nations has released a plan for how it would spend nearly \$7 billion to combat hunger around the world. The proposal comes three weeks after David Beasley, executive director of the U.N.'s World Food Programme, or WFP, told CNN that roughly 2% of Musk's \$279 billion net worth could help end hunger. He later specified in a tweet that a \$6.6 billion donation would "avert famine" next year. Everybody is hoping for this to be true as it would end world hunger and no one would go hungry to bed. India ranks 74 out of 113 major countries in food security index. Though the available nutritional standard is 100% of the requirement, India lags far behind in terms of quality protein intake at 20% which needs to be tackled by making available protein-rich food products at affordable prices. India needs to work on methods to improve the accessibility and affordability of protein-rich food products

using the latest environmentally friendly technology without the need for additional land and water to make this nation 100% food secure.

Harshita Mehta IX E

ACCESS TO NUTRITION

To understand food security, let us start with a very basic definition. "Food security" comprises two words, "food" and "security". Food is any nutritious substance that is consumed in order to live and grow. Security is the state of feeling safe and stable (about something). From these two definitions we can derive the definition of food security. So, food security is feeling stable and safe about having sufficient access to nutritious food. Food security is very vital for human existence. By having food security, a person can have access to enough nutritious food for him/her to be healthy. The health of a person helps him/her to realise his/her full potential and the ability to fight illness. Improvement in the health status of our population is the top most priority of the country.

Food security ensures high prospects of the following:

1. Economic growth
2. Employment
3. Poverty reduction
4. Improved health
5. Increased global security and stability

Malnutrition occurs when there is a lack of sufficient nutrients in the body. It occurs when a person's diet does not comprise enough nutrients. Although food security is the topmost priority of the country, there are nearly 195 million undernourished people in India, which is a quarter of the world's hunger burden. Most of these 195 million people belong to the poorest section of society as they cannot afford nutritious food. Mainly, they come from rural, tribal and remote areas, regions prone to natural disasters, etc. the social composition along with the area of residence also plays a role in food insecurity. The SCs, STs and some sections of the OBCs who are either landless or have very low land productivity are prone to food insecurity.

Approximately 43% of children in India are chronically malnourished, which is a very concerning issue as children are the future of our country. They are the most significant and dynamic segment of the population in any country. Investing in the health of young people is very important. Nearly half of all deaths in children under 5 are caused due to undernutrition; undernutrition puts children at greater risk of dying from common infections, increases the frequency and severity of such infections, and delays recovery.

A quarter of women of reproductive age in India are undernourished, with a body mass index (BMI) of less than 18.5 kg/m. An undernourished mother inevitably gives birth to an undernourished baby, starting an intergenerational cycle of undernutrition.

Undernourished girls have a greater likelihood of becoming undernourished mothers who in turn have a greater chance of giving birth to babies whose birth weight is less than ideal, perpetuating an intergenerational cycle.

To tackle all these issues, government has commenced many schemes and policies. Some of the major ones are listed below:

1. The Food Corporation of India (FCI): established in 1965 for the purpose of procurement, storage and distribution of food grains.

2. The National Food Security Act provides that pregnant women, lactating mothers, and certain categories of children are eligible for daily free cereals.
3. Many other state initiatives have also been taken to improve the food security of India. Apart from all the initiatives taken by the government, various cooperatives and NGOs are also working intensively to ensure food security in India.

In conclusion, India is a developing country and there are many challenges of food security in India. To address this issue many government initiatives have been taken. In addition to that numerous cooperatives and NGOs are also moving towards making our nation food secure.

FRIENDS ARE FOREVER

"A friend is one who overlooks your broken fence and admires the flowers in your garden."

In our mother's womb we are already part of a family and connected to some relationships we have to follow throughout our life. The love, affection and care we get from everyone starts teaching us the importance of having a good relationship without even knowing the meaning of anything. The day we step out to begin the journey of our life to complete our visions to make our life fruitful and successful. We start from school. The necessity of education tempts A two-year-old to go to school but with the sadness of staying away from her mother. Let's remember the day when you were sitting on the third chair all alone seeing everyone's parents leaving their kids to school, without knowing any emotions the sadness of other kids attracted you and you started showing love and affection in a way everyone treats you the bond we get after that is the pure bond. Sharing stationary, lunches, gifting each other toffees and chocolates, playing together and sitting together with someone were the few things we believed are the sign of a good friend as a little kid with a soul full of innocence.

A friend in need is a friend indeed' signifies the essence of true friendship.

Slowly and steadily, we learn and grow and realize that the meaning of friendship is so wide and not limited to something. We get to know each other. We tend to have a good bond with everyone but eventually the word 'Best Friend' takes the centerstage one day. Different from others, close to us, it tends to be a bond which heightens our happiness, lightens our sorrows and brightens our lives. Some stay, some leave. The curiosity to share everything with your friend, how your day ended, who said what, discussing all the joys and sorrows, is great. Friendship is one of the most beautiful relations in the world. In the pandemic-stricken world we experienced and witnessed social isolation, it affected all the aspects of our life and people were in need of support. The way our routine changed it affected our social relations too. We felt how important it was to stay connected and had to find a medium to continue with every profession.

Through online mediums we were getting in touch. Solutions like video calling & chatting were used to motivate each other and to reduce the stress. Friends faced difficulty in understanding the concepts still were studying together to make it clear. Real friends will constantly motivate and cheer; sometimes, they will even direct you the path and save you.

Friendship is one of the treasures that anyone can possess. God has given us the liberty to choose friends for our lifetime. A friend is someone who is initially a stranger and then takes his/her place above all the other relations. Friendship is nothing but pure love without any expectations. It's very difficult to define this word in a few words but friendship is something forever and precious.

Nikky Malhotra XI B

ESTABLISHING FOOD SECURITY IN INDIA

Food Security means adequate food supply to all people, especially to those who are deprived of their basic nutrition which includes our sufficient need of protein diet like soyabean, lentils, dairy products to a majority of poor people who can't afford too much to buy. It is a major concern in India as according to UN, India ranks 71 out of 113 nations in terms of food security index. In our country, there are a lots of measures being implemented by the government to ensure food security like the 'Food Corporation Of India' which was established for the purpose of procurement, storage and distribution of food grains among people. It played a major role in food security move. Another step being implemented is the 'Mid Day Meal' scheme which meant to supply free lunch for children in primary and upper primary classes mainly in government, govt. aided and local body education centers to put an end to the problem of malnutrition among children in India. Our country is very rich in culture, religion and traditions. People here do various things just for the sake of god, but one thing, I like the most is being generous towards others. 'Bhandara' being organised in the temples is for providing food to all people irrespective of their religion, caste, race or colour. 'Community kitchens' in the Gurudwaras also follow the same pattern, that is serving the people. All religions only have one ideology and that is to serve the mankind.

Corruption is the most probable cause for not providing food for all needy people and for the rising food insecurity. Some corrupt people kill this ideology of serving others and just work for their selfish motives only. Food availability in India also plays a major role as our population is increasing and it is becoming hard for a country of our size to work in this direction. About 60% of our population depends on agriculture for the daily meals. Despite these problems, our scientists and economists are consistently working on finding methods to improve the availability of protein rich foods using the latest environment friendly technology without the need of additional land and yard.

TRUE FRIENDSHIP

Yash Khurana XI B

Paulo Coelho said- 'Friendship is not a big thing; it is a million small things.' That is the real essence of friendship. Friends bring smiles, remove worries, coax us to perform better, share our sorrows, and are available for us leaving their own works. Friends are assets in our life, like the Choco chips in the cookies.

The friendship of Sudama and Krishna is well-known. Krishna knew what Sudama wanted, and gave him without his asking. The Hindi classic film 'Sholay' gives a befitting example of friendship, in which one of the friends always used a counterfeit coin to prevent the other from engaging in immoral acts. At first, one might think that he was deceiving the other, but the counterfeit coin actually symbolized true friendship between them. In the end, that friend used the same counterfeit coin to sacrifice his own life for the other's happiness.

We can also find several real-life examples which exemplify friendship. I have recounted one such incident here. One of my father's collegemates required blood for his father's emergency cardiac bypass surgery. My father had donated blood for a colleague of his and he could not have donated before completing 90 days. Yet, he donated blood on the 75th day itself for his friend's father. He obviously did not disclose that he had donated recently either to the blood bank or to his friend.

A pertinent question that often arises is- 'who is a true friend?' Bob Marley has given an ideal answer to this question when he said, 'True friends are like stars. You can only recognize them when its dark around you.' True friends stand by us through thick and thin. When we are in junior classes, nearly everyone has a number of friends. We make these friends out of innocence and forthrightness. As we grow older, we develop a definite concept of friends and friendship. We begin to have expectations from them. In school we have schoolmates and in college we have collegemates. Time is ultimately the best judge of how many true friends we actually have.

This does not mean that one should not make friends. In the words of Baltasar Gracian, 'True friendship multiplies the good in life and divides its evils. Strive to have friends, for life without friends is life on a desert island....to find one real friend in a lifetime is a good fortune and to keep him is a blessing.'

Thomas Fuller has rightly said- "If you have one true friend, you have more than your share". We must remember that no man is an island. We need a friend to successfully pass through each phase of life. Indeed, blessed are those, who can call someone a friend, a friend whom one can call in the middle of night, and he/she will answer your call and come over to help you. It is not easy to find such friends. The real essence of a friendship thus remains-a friend in need is a friend indeed.

Anupriya Prakash XI B

SINCERELY

when I met her for the first time
she seemed really sincere
for me she's now prime
and even back then she was near
and till today she's so sweet
after so much time,
so one day we got homework
and I asked for her sheet
she asked me to repeat
then 30 seconds later
she said hers is incomplete
and she'll give me that
once hers gets complete
later she did what she said
and I repeat
we both score well
and this is something I can surely tell
Its been almost five years of our friendship
and she's still one of the sweetest people I ever met
and this is something I can never forget

Riddhi Kundra IX D



FOOD SECURITY



Food security refers to the availability of food and one's access to it. A household is considered food-secure when its occupants do not live in hunger or fear of starvation. Food security can be measured by calories to digest out to intake per person per day, available on a household budget. India is ranked at 71st position with an overall score of 57.2 points in the Global Food Security (GFS) Index 2021 of 113 countries.

The three pillars of food security are food availability, food access, and food utilization.



AVAILABILITY

Food availability relates to the supply of food through production, distribution, and exchange.

In simple words, Food availability means that enough food is physically present for the entire population.

Food availability is a function of supply chains and food reserves.

Availability is not just quantity but also the quality and diversity of food.

The GFS Index measures the underlying drivers of food security in 113 countries, based on the factors of affordability, availability, quality and safety, and natural resources and resilience. It considers 58 unique food security indicators including income and economic inequality - calling attention to systemic gaps and actions needed to accelerate progress toward United Nations Sustainable Development Goal of Zero Hunger by 2030.

ACCESS

Access to food refers both to food affordability and allocation and to personal and household preferences. The causes of hunger and malnutrition are not often a food shortage, but are an inability to access food, usually due to poverty. Poverty can restrict access to food.

There are two distinct types of access to food: Direct access, in which a household produces food using human and material resources, and Economic access, in which a household purchases food produced elsewhere. Improving access also requires better market access for smallholders allowing them to generate more income from cash crops, livestock products and other enterprises.

UTILIZATION

The next pillar of food security is food utilization, which refers to the metabolism of food by individuals. Food utilization is the proper biological use of food, requiring a diet providing sufficient energy and essential nutrients, potable water, and adequate sanitation. Effective food utilization depends in large measure on knowledge within the household of food storage and processing techniques, basic principles of nutrition.



FOOD INSECURITY

Weaknesses in the variables of access, availability, and proper utilization of food lead to what individuals and households experience as hunger. Food insecurity is defined as the disruption of food intake or eating patterns because of lack of money and other resources. It may be influenced by a number of factors including income, employment, race/ethnicity, and disability. There are considered to be two types of food insecurity: chronic and transitory.

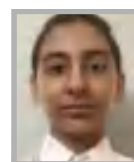
Chronic food insecurity is a trend in food consumption that involves an inability to meet food requirements over a long period.

Transitory food insecurity refers to a sudden drop in the ability to purchase or grow enough food to meet physiological requirements for good health.



CONCLUSION

Food security refers to the availability of food and one's access to it. A household is considered food-secure when its occupants do not live in hunger or fear of starvation. According to the World Resources Institute, global per capita food production has been increasing substantially for the past several decades. Right to food is not only a statutory right but also a human right. India has the obligation to ensure the right to be free from hunger and the right to adequate food for all of its citizens. Due to the disruption caused by Covid-19, there is a need to incorporate a broader definition of food security.



Anadyaa Ghai
IX E



FRIENDS AND FRIENDSHIP

Friends are those who help you, enjoy with you and understand you. A friend is that person who cares about you more than you yourself. We share a relationship with our friends which is unbound and unconditional and that makes a perfect friendship. This is what true friendship is known as. You can share your secrets, experiences and feelings with them.



Friendship is one of the precious gifts of life. Good friends lead us on good path, whereas bad friendship may spoil our life by leading us on the wrong path. A friend should be chosen carefully so that you will be always happy and enjoying yourself. Friends increase your sense of belonging and purpose. They boost your happiness and reduce your stress. Friends also prevent loneliness. True friendship is based on loyalty and support. A good friend is a person who will stand with you when times are tough.



Friendship doesn't mean only understanding and helping, it needs some patience, love, naughtiness, etc. So, true friends are pillars of life. They are the precious gift that we have gained. We should learn to love, care, have affection for and patience with our friends. A real

friend guides directs and tries to bring out the best positive change. A friend is always there to lend a shoulder when you cry. Friendship does not see any particular age boundary. The mark of the true friendship is always respect. Friendship holds a better place for responsibility. A friend in need is a friend in deed completes the essence and defines friendship. Friendship comprise of care and support for each other. Friendship is a bond that ensures happiness. Among lots of friends, best friend is the one who can read your eyes as well as your emotions. Friendship is really a true blessing for us all.



HUNGER IN INDIA

India, with a population of over 1.3 billion, has seen tremendous growth in the past two decades. Gross Domestic Product has increased 4.5 times and per capita consumption has increased 3 times. Similarly, food grain production has increased almost 2 times. However, despite phenomenal industrial and economic growth and while India produces sufficient food to feed its population, it is unable to provide access to food to a large number of people, especially women and children who are often left in deprivation.



By this measure 14% of the population is undernourished in India. Also, 51.4% of women in reproductive age between 15 to 49 years are anaemic. Malnourished children have a higher risk of death from common childhood illnesses



such as diarrhoea, pneumonia, and malaria. The Global Hunger Index 2020 ranks India at 101 out of 116 countries on the basis of three leading indicators -- prevalence of stunted growth in children under 5 years, under 5 child mortality rates, and the proportion of undernourished in the population. One of the primary causes of hunger across the nation is widespread poverty. More than 20% of India's population lives on less than \$1.25 per day. This lack of money makes it so that many cannot get enough of the nutrition they need. Another cause is a lack of access to food.

The government has improved lives of some people in India. The Government of India during the novel coronavirus disease (COVID-19)



pandemic implemented nation-wide schemes such as Pradhan Mantri Garib Kalyan Anna Yojna

and Atma Nirbhar Bharat Scheme. Under Pradhan Mantri Garib Kalyan Anna Yojna, five kilograms of food grains were provided per person per month to around 800 million beneficiaries. In addition to food grains, one kg of pulses has been provided to 194 million households per month for the period April to November 2020. Under the Atma Nirbhar Bharat Scheme, the government provided about 800 thousand tonnes of additional food grains to migrants/stranded migrants. Each person received five kg grain per month during May and June 2020. This allocation was in addition to normal allocation done under the National Food and Security Act, 2013, to ensure that people can access food at affordable prices. Freedom from hunger or access to adequate food and nutrition is a Constitutional right in India.



Bhavika IX C

DIALOGUE WRITING

"Physical Education should be compulsory for all students throughout high school"

Luna, a 9th grader, is coming back from her basketball training. She meets her classmate, Ron on the way to their English class and they get into a conversation.

Ron: Hey Luna! How are you doing?

Luna: Hi! I am doing great. What about you?

Ron: Amazing. Did you hear the final results just came out? How did you score?

Luna: Oh, yeah. I got 98%.

Ron: Woah! How? You are playing basketball all day and you've got such good grades. On the other hand, I attend all the classes, go to tuitions and even take out extra time to study at night. Despite all of this, I received only 75%.

Luna: Getting into sports or any co-curricular activity, for that matter, doesn't mean that you cannot score well. In fact, I believe that Physical Education should be compulsory for all students throughout high school.

Ron: But with all of this sports and stuff, you don't get enough time to study. And if you try to fit it in your routine, it is like filling your plate with more food than needed.

Luna: You have got it all wrong, Ron. Look at it this way; you study all day and night. This is also known as overfilling your plate, but with the same thing, studies. Whereas, if you get into physical fitness, you get the benefit of not only studying but also maintaining your body.

Ron: But how do you find the time to fit all of this in your daily routine?

Luna: Just like you find time to attend classes, then go to tuition and finally study some more at night. Instead of studying so much, you can try to invest some of that time into sports.

Ron: But after practising all day, don't you get exhausted and not wanting to study?

Luna: Not at all. On the contrary, playing basketball makes me active and energetic. It also gives me the motivation to study. Since I know I spend a lot of time on basketball, I realize that I have got to study too. In addition to that, it's a new thing and the not same thing I have been doing all day.

Ron: Wow, you are right. A lot of times, I don't feel like studying at night or attending tuitions. I have just realized that it's because after doing the same thing all day, it gets too boring.

Luna: Exactly! Now you are starting to get it. That is why physical education should be compulsory for all high schoolers. Many students neglect physical fitness after they get into high school. Studying becomes their Number 1 priority. They burden themselves with the pressure of studying and ruin their mental fitness in

doing so.

Ron: All of that is absolutely true. The first thing I am going to do now is get my name registered for badminton. I loved playing it as a kid and I am sure I still do. I am also going to write a letter to the Principal. I hope he makes physical education compulsory for all.

Luna: Great! And look, as we were talking, we have also reached the classroom.

Ron: Yeah, thank you for your time. I would never have learned this any other way.

Luna: Anytime. I will talk to you later!



Bhavi Bansal IX D

Debate: This house would implement Fat Tax (For the motion)

My warm greetings to the reader. I am Prachi of 9-B and I am here in favour of the motion. I am here to discuss as to why I would implement Fat Tax. I believe that implementation of Fat Tax is vital. Fat tax is a specific tax that is charged on junk food, in other words, foods which are high in sugar/fat, such as chocolates, street food, packaged food etc. Junk foods contain empty calories, meaning that they have low nutritional value and they give your body mostly solid fats and added sugars, which can lead to weight gain and nutritional deficiencies. Consuming junk food regularly leads to increased risk of obesity and chronic diseases.

A new comprehensive study entitled "The Global Burden of Disease" was published in medical journal The Lancet and revealed 71.3 percent of deaths in 2015 were caused by dietary and lifestyle choices. Findings showed that deaths caused by non-communicable diseases related to dietary choices-including obesity, diabetes, stroke, and heart disease-grew substantially. The top risk factor for death was determined to be high blood pressure, followed by smoking, high blood sugar, and high body mass index. Fat Tax will discourage the consumption of junk food and unhealthy diets. A tax on unhealthy foods will encourage people to choose healthier foods which will lead to improved health and will help reduce obesity, diabetes, high body mass index etc. Fat Tax will make junk food more expensive and hence people will choose to eat healthy food instead.

A healthy population also adds to 'human capital formation' that adds to the productive power of the country. Taxes on tobacco have seen smoking rates decrease, Similarly taxes such as cigarette taxes have been widely accepted and contributed to long-term fall in cigarette smoking rates and as a result there have been calls for fat taxes to be implemented in more countries in an attempt to reduce the consumption of unhealthy foods.

In addition to its health impacts, obesity leads to many problems including disadvantages in employment and increased business costs. These effects are felt by all levels of society from individuals, to corporations, to governments. India will spend US \$13 million annually for treating obesity related illnesses by 2025, says report released by the World Obesity Federation on World Obesity Day, October 11. The cumulative cost from up to 2025 is expected to be around \$90 billion. Fat Tax would also compensate for these economic costs of obesity. The money raised from 'fat tax' would be used to spend treating health costs of obesity. This revenue would be used to offset other taxes - such as decrease the basic rate of VAT. Therefore, a fat tax is revenue-neutral.

The lower life expectancy may save government pension costs and health care costs in old age but their increased life expectancy will benefit the government much more. A higher life expectancy would give the people more opportunities for recreational pursuits and more time to be active and useful. It will also mean there would be more people to look after the younger generation.

A Fat Tax would also encourage producers to supply foods lower in fat and sugar. Estimates suggest that a 1 per cent ounce tax on sugar-sweetened beverages may reduce the consumption of those beverages by 25%.

Fat tax is Equity neutral. Some people claim that fat tax is likely to be regressive. Which means, they believe that it would take a higher percent of income from low-income families. This issue can easily be tackled by reducing other regressive taxes, by doing this the overall impact should be unchanged. A fat tax can be made less burdensome for the poor, by earmarking the revenues to subsidize healthy foods and health education. Moreover, the fat tax is less regressive to the extent that it lowers medical expenditures and expenditures on the targeted foods among the poor. Indeed, there is a higher incidence of

diet-related illnesses among the poor than in the general population.

In short, Fat tax is an essential step to coming closer to becoming a healthier nation. With a healthy population, the economy of the nation will flourish. Fat tax would make people pay the social cost of unhealthy food, encourage a healthier diet, raise revenue etc. When all is said and done, fat tax will work in the favour of the people. Hence, this house would implement fat tax. Thank you.



Prachi IX B

DIALOGUE BETWEEN TWO STUDENTS ON

Physical education should be compulsory for all students throughout High school.

Student 1 Hi how are you doing?

Student 2 Hey I am good but..What...What about you?

Student 1 I am also good but what are you saying?you stopped in between tell me?

Student 2 I am stressed tensed ughh tired from everything

Student 1 Ohh but you said you are good W h y So confused. Wait, have you ever enrolled yourself in any stress bursting activity? And why are you so tense about your studies?

Student 2 Well not yet... hmm I am actually tense because of studies and many more like pure pressure. Sudden changes in a routine because of covid-19 has affected me a lot both physically and mentally.

Student 1 You know what you should start doing any physical activity like enroll yourself in any sports or maybe in any games at school started many initiatives and it's open for all give me give some time to it daily.

HALT HUNGER

Hunger is an uncomfortable or painful physical sensation caused by insufficient consumption of dietary energy. It becomes chronic when the person does not consume a sufficient amount of calories on a regular basis to lead a normal, active and healthy life. Hunger is usually caused due to food insecurity as when someone is severely food insecure, they run out of food and spend a day or more without eating due to lack of money, lack of access to food, or other resources.

Weather-related events, in part associated with climate change, Economic downturns in countries dependent on oil and other primary-commodity export revenues has also affected food availability and decreased people's ability to access food.

South Africa and some parts of Asia face the food insecurity the most. According to the Global Hunger Index 2020, adopted by the International Food Policy Research Institute, Chad was the most affected by hunger and malnutrition, with an index of 44.7.

In India itself, despite the development in the industrial and service sector. India is unable to provide access to food to a large number of people, especially women and children. India is home to a quarter of all undernourished people worldwide, making the country a key focus for tackling hunger on a global scale.

UN launched Zero Hunger as the second sustainable development goal as Zero Hunger. It ensured to end hunger and ensure access by all people, in particular the poor and people in vulnerable situations including infants, to safe, nutritious and sufficient food by 2030.

Covid times have been really hard for daily wage laborers, but the government tried their best to provide all the migrants and workers with a sufficient supply of food and grains by opening hunger centres at various places.

Though the international bodies are working at their best potential it's time for us, the citizens to contribute towards reaching the goal of Zero Hunger. Its only by joining hands, we can together defeat hunger and create a happy, healthy and a hunger free society.

Student 2 Because of the pandemic outside schools are mostly shut and when they are open just for a short span.

Student 1 You can do it at your home, on your terrace or even at your room. You just have to see some videos available on the Internet and devote some time to it. Physical education is not only about sports and games, it's about exercising anything which leads to better health.

Student 2 Thank you so much. I will surely do this. Now I believe that physical education is very important and now everyone needs to have more knowledge on it. I guess that from workshops we can spread awareness on it and it will be really helpful for everyone.

Student 1 Yes especially in High school as you know that many students are under pressure or stress in everything and physical education is very necessary even if we talk about practically or physically if they don't know a lot about the game or the sports they are interested in to play. Generating more knowledge is very necessary because you should know why you are devoting so much time to it and how it is helpful to you.

Student 2 Yes we can, we have so many mediums, we have social media, we have so many wonderful clubs in our school and we can spread awareness from there itself.

Student 1 Yes I will surely contact one of my teachers and we'll discuss this and will implement this idea.

Student 2 Ok bye-bye let's meet tomorrow at your place

Student 1 Sure bye! bye! take care and have a nice day ahead



Nikky Malhotra X IB



Manya Soin X G

TAKE ACTION TO SURVIVE

I was once hopeful
Dreaming of flying cars
Trips to Mars
And everything that had to do with cyborgs and futuristic towers.

Don't get me wrong
I am still hopeful.
But I know now
That with economic growth there always comes a fee

We ship our garbage to other countries
Naively thinking- out of sight out of mind
As if chemicals released through burning
Adhere to the geographical boundaries we define

Fast-forward to the future I see-
Being stranded in a wasteland
Surrounded by debris
Machine guns blaring
Bombs going off in the distance
Ashes and smoke
Smoke and ashes
And the winning prize?
The last oil reserve.
And the winner?
Definitely not humanity.

We have the facts and data piled up high
Yet we find it easy to turn a blind eye
Reading the news, it's easy to feel afraid, and paralyzed.
Especially for a generation still coming to terms with a catastrophe that it did not create
it's all so overwhelming, isn't it? What's the point? It's easy to feel hopeless.
It's easy to feel like
All you can do is sit and stare
stare at the world around you
mourning everything from "once-colorful corals"
to future daughters who will inherit an unlivable planet

So with so little time and so much left to do,
Why am I still hopeful that we will be able to achieve the ambitious vision we've committed ourselves to?
Because we, quite frankly, have no time for nihilism
And we really need to stop with all that cynicism
You think it's up to the factories
But it's really up to you

Gone are the days where we can blame the damage so far
On the fact that we cannot afford an electric car

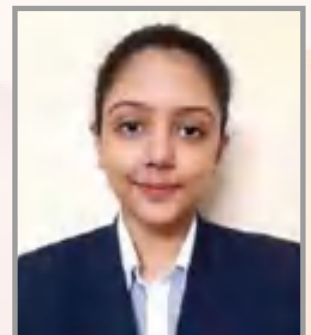
It is not the goal of sustainable development growth that is utopian,
What is utopian is the view that today's unsustainable development can simply go on without bringing more ruin.
So for our sake and the sake of future generations to come,
We need to challenge the status quo
Young people who are taking to the streets are also aware of this.
As governments and businesses fail to mitigate and adapt to climate change.

The time to take action is now.
To restore what's been damaged somehow
Actions words and deeds should match
Before times giant wheel should catch.

A better world is within our reach
If only we disrupt our latent complacency
We know how we can create a more just society
Build a better education system
Give people clean water
Provide human rights for all
These are not mysteries
The causes well known
The answer is clear
We have the technology and the knowledge and the ability
What we are lacking is the will to make real political and social change

It's time to make people motivated by hope instead of fear
There's so much we can do, there's so much being done.
It's time to spread a message of warning but also one of optimism and action.

We stand on the brink of too late,
But there's still time to change our fate.
So don't get me wrong
I am still hopeful
But hope too has an expiry date
It needs action to survive.



Lavanya Gupta XII A

The Acceptance of Love, not by all.

The world's first ever humanoid named Sophia , was invented by David Hanson. She made a statement in 2018 , being asked if she wanted to see any change in the world, what would it be ? Sophia said she would like people to develop a feeling of "love for all".

This very statement says that a robot understands LGBT community more than a huge no. of humans. The famous British singer Harry Styles once said along with his band mates "Here in one direction , we like to celebrate love , in all forms,love is love".

And it takes years for people to understand their sexuality & accept it, whereas a huge amount of humans do not support LGBTQ+ . Because in the world we live in , things are taken as a taboo. Loving someone of the same gender, taboo. Supporting someone for homosexuality, also a taboo. Talking about India accepting same sex relationship, Homosexuality remains a taboo for a large portion of Indian society, even among the youth. Less than half of India's urban youth approve of same sex relationships and it is astonishing as India is the first ever country in the world to identify homosexuality through historical literary evidence indicates that homosexuality has been prevalent across the Indian subcontinent throughout history, and that homosexuals were not necessarily considered inferior in any way until the 1800s during the British colonial rule.

Do you guys know what possible reasons there can be for less social acceptance of LGBTQIA+ ? Some findings suggest that religiosity might be playing a part in shaping the rejection of homosexuality in Indian society. And maybe throughout the world.

"Vriti Evam Prakriti" (taken from Rigveda, one of the four vedas of sacred hindu principles) says that what seems unnatural is also natural. And yet LGBTQ+ is a taboo.

Some facts about homosexuality you all should know.

Sexual orientation. This refers to the sex, or gender, of people you are sexually attracted to. There is no wrong type of orientation. You may be **homosexual, gay, or lesbian if you are attracted to people of the same sex as yourself.** You may be **heterosexual** if you are attracted to people of the opposite sex as yourself. The word "**straight**" may be used to refer to heterosexual men and women. You may be **bisexual** if you are attracted to both sexes. You may be **pansexual** if you are attracted to people regardless of their sex, or gender. The word "**queer**" may be used to refer to pansexual men and women. This is sometimes called polysexuality or omnisexuality. You may be asexual if you are not attracted to either sex. **Sexual preference.** This refers to specific qualities in people you are sexually attracted to. For example, tall, blonde, and muscular. There are no wrong preferences. Sexuality is something which is open to all, it is ok to be gay, bisexual, lesbian, transgender, asexual, pansexual, demisexual, genderqueer , sapiosexual etc etc. because love is love and shall not be forbidden.

Here is a piece of poetry I hope you appreciate.

We live in 2 worlds, one where you need to make a community to be accepted, the other where things are open to all, we live in 2 worlds where love is forbidden to some & yet we talk about Romeo loving Juliet or Lili Elbe and Gerda Gottlieb. We live in 2 worlds which don't accept people the way they are by calling them unnatural but also legalize something which wasn't a taboo centuries ago. And at last, we live in 2 worlds that are positive & yet give out hatred to a few. Which worlds do I belong from, both. Which world am I proud of, one. And which world is proud of me, a parallel universe.



Bonding with Friends : Then and Now



Rajbir Singh III E



Aatika Naaz III B



Anay Jain II C



Gaurika Sachdeva III H

DO NOT WASTE FOOD



Kyra Khandelwal I E



Sarisha Sarna III C



Mohak Narang II F



Sarisha Sarna III C



Namish Walia I D



Vedika Keswani II G



Adamy Nayak I F



Dhairya Bhalla I E



Vanshika II G

My Best Friend on My Canvas



Avika Gupta I F



Kohana Bajaj I F



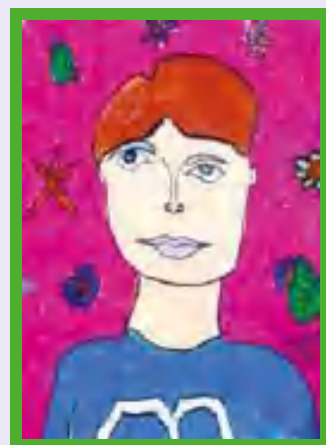
Riddhima Jain III H



Ahyan Kumar I I



Vanshika II G



Vivaan Aggarwal III D



Myra Jain II C



Nirvaan Jain I D



Vedika Keswani II G



Anay Jain II C

CORONA: A BOON OR A CURSE?

Corona, are you a boon or a curse
To my Mother Earth?
This question is boggling my mind
But the answer is still to be found.



Never thought that there comes a stage,
When animals are free and humans are in a cage.
It seems nature has taken a pledge,
To take from us its due revenge.

Here or there, nature is taking its toll,
America or Europe corona is on a roll.
I don't know whom to blame,
There are bodies all around but no one to claim.

There's a lot of pain that we are feeling,
But on the other side, our Mother Earth is healing
Air is clean and the rivers turning blue,
We were behind their sickness, now it seems true

Animals roam free and the birds are chirping,
Now in the night sky, stars can be seen glittering.
No one knows when corona terror will stop,
But for the moment, nature is benefitting a lot.

I can't make out we are in a loss or gain,
But I am among those who are in pain.

Yastika Jain VII E

SCHOOL

Called her husband a fool,
Drove the children to school,
He is taught in his school
From the start by the rule
I ranted to the knave and fool,
But outgrew that school,
The Mall and Eades's grammar school,
In London or in Liverpool.
She dwells by Great Kenhawa's side,
In valleys green and cool;
And all her hope and all her pride
Are in the village school.
Where the sweet star children play,
It does seem a dreadful rule,
They must stay inside all day.
I suppose they go to school.
Our minds are troubled and defiled
By studying in a weary school.
O for the folly of the child!
The ready courage of the fool!
Take my advice; pursue that rule;
You will make a fortune by your school.

Pushkar Aggarwal VIII B

VAN MAHOTSAV

Walking through the leaves, falling from the trees
Feeling like a stranger, nobody sees
Windows wide open African trees
Bent backwards from a hurricane breeze.
They walk among the stately trees,
They know the secrets of the breeze.
We cantered to the shore, and knew,
The reason of the trembling trees;
Round every branch the song-birds flew,
Or clung thereon like swarming bees;
A storm of birds in the Asian trees
Like tulips in the air swinging,
And the gentle waves of the summer seas,
They raise their heads and wander singing.
For all things the delighted eye now sees
Were loved by him; the old storm-broken trees
In the rich midnight of the garden trees,
Till the dawn breaks upon those mingled seas.
Not all at once, but gently, as the trees
Are by the sun-beams, tickled by degrees.
All things decay with time: The forest sees
The growth and down-fall of her aged trees;
Send a swift shallop to Hiram of Tyre,
Felling and floating our beautiful trees,
There standing, you should hear with ease,
Strange birds a-singing, or the trees.



Pushkar Aggarwal VIII B

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

RIGHT TO FOOD – A DISTANT REALITY FOR MILLIONS AROUND THE GLOBE

Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food. It is built on four pillars: food availability; food access; food use; and food stability. When one of these pillars is unstable or non-existent, people live in a state of food insecurity.

Unfortunately, despite huge technological and economic advancements, millions around the world today are malnourished and do not get square meal a day. Food security is still a dream for them

Below are a few glaring global food statistics:

- The world produces enough food to feed everyone on the planet, yet 16.6% of the world's population is undernourished.
- The UN World Food Programme's live Hunger Map aggregates 957 million people worldwide who do not have enough to eat on a regular basis.
- Food waste is a leading cause of food instability. Approximately one-third of the world's food production is thrown away or lost due to poor farming practices.
- Out of the eight billion people on the planet, a striking one billion are living in extreme poverty. It also robs them of safe drinking water, sanitation, education, shelter, etc.
- Of the 957 million people experiencing food insecurity, nearly 500 million live in areas affected by conflict. Conflict is a cause and consequence of hunger
- Small farmers, herders, and fishermen produce about 70 percent of the global food supply, yet they are especially vulnerable to food insecurity.
- Each year, 3.1 million children die from hunger-related causes, which include diarrhoea and malnutrition. Every 10 seconds, a child dies from hunger.
- More than 99 million children under age five are undernourished and underweight
- Rising global food prices will cause 1.5 million more children to be undernourished, making them one of the chief factors contributing to the rise in world hunger.

The food situation is far from desirable; much

more needs to be done to provide basic minimum requirement to everyone – “Two square meals a day.”

Preventing food wastage and changing agricultural practices will certainly be the first step to ending food insecurity worldwide. These facts about hunger underscore the necessity of policies and programs in several poor and developing countries to improve the living conditions of the citizens. The hunger and food situation needs to become a political and social priority for things to change. Those fighting this major issue have a long road and many challenges ahead in ending food insecurity around the globe.

Atharva Keswani VII E

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 maximum 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 VIII E

DAD JOKES TO MAKE YOUR DAY!

1. Which came first, the chicken or the egg?
None. I cancelled the order.
2. John: Hello, I need an appointment with Mr. Smith.
Receptionist: Okay, how about 10 tomorrow?
John: No, I do not need that many.
3. Patient: I broke my arm in three places.
Doctor: Then do not go to those places.
4. What is the least spoken language in the world?
Answer : Sign Language
5. Why cannot a bicycle stand up on its own?
Answer : Because, it is two tired.

Ayushmaan Mishra VII D

MY ADVICE TO STUDENTS DURING COVID TIME:

- Get up early and never sleep during 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 neighbourhood.
- 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 VIII E

RIDDLES

What costs nothing but is worth everything, weighs nothing, but can last a lifetime, that one person can't own, but two or more can share?

Answer : Friendship

What's cheaper than gold, yet more valuable? Hard to find, but easy to lose?

Answer : A friend

Like a good friend, I am always there for you. Night or day. What am I?

Answer : A shadow

Saanvi Gupta VIII C

THE KARGIL WAR

Many gave away their lives for their motherland, and ate food which was nothing but bland.

Their bravery still unmatched, the forces of Pakistan and India clashed.

For many months they were deployed, to give the Pakistani intruders an ahoy.

Except it was with guns and they battled, the Earth with anxiety shook and rattled.

Then finally when peace restored, armies were no longer gored.

India regained the area it had lost, but a few deaths came as cost.

Kavya Maheshwari VII B

- 1 Riddle: What is so fragile that saying its name breaks it?
- 2 Riddle: What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
- 3 Riddle: What can fill a room but takes up no space?
- 4 Riddle: If you drop me I'm sure to crack, but give me a smile and I'll always smile back. What am I?
- 5 Riddle: What is the capital in France?
- 6 Riddle: The more you take, the more you leave behind. What are they?
- 7 Riddle: I turn once, what is out will not get in. I turn again, what is in will not get out. What am I?
- 8 Riddle: A man calls his dog from the opposite side of the river. The dog crosses the river without getting wet, and without using a bridge or boat. How?
- 9 Riddle: What breaks yet never falls, and what falls yet never breaks?
- 10 Riddle: What goes through cities and fields, but never moves?

Answer: 1. Silence, 2. A river, 3. Light, 4. A mirror, 5. The letter 'F' is the only capital letter in France, 6. Footsteps, 7. A key, 8. The river was frozen, 9. Day and night, 10. A road

Raghav Somani VIII D

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 am 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 eggs?
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 you 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 ?

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

Niasha Jain VIII H

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

Once Swami Vivekananda said, "To make a great future India, the whole secret lies in organization, accumulation of power, coordination of wills."

Bharat in 2047 will be what we want to create today. The challenges that we project for the future in the current situation may not remain relevant then, what will remain is the character of this nation. Not wealth, pride and swords can make this nation a successful nation. Only the citizens can make the nation strong, work efficiently and ensure a good future.

We all know, with time changes are made. My dream for Bharat in 2047 is live in a country where every individual could follow their *Dharma* according to their *nature*. There are many issues in the current Bharat. I would like to change the situation completely. What is India and why would 2047 be a landmark in its history? If this nation came into existence in 1947, 2047 is a big landmark but if we are a civilization, this is just a phase in the long history of this country. For an efficient future, I feel that we should work upon the SDG Goals. There are 17 SDG Goals listed under the United Nations Development Program (UNDP). I feel that my Bharat should be a nation where poverty is highly reduced, where there is zero hunger. Every citizen of the nation should have good health and well-being. There should be quality education. In India, there should be equality between males and females which is commonly known as gender equality. I feel to ensure good health, there should be clean water and sanitation. There should be sources of clean energy like solar, wind and hydropower but it should not be too expensive. It should be affordable. Work should deliver fair income, workplace security and social protection, and flexibility of working arrangements and hours. There should be decent work and economic growth. A functioning and resilient infrastructure is the foundation of every successful community. To meet future challenges, our industries and infrastructure must be upgraded. For this, we need to promote innovative sustainable technologies and *ensure equal and universal access to information and financial markets*. We

should reduce inequalities within the country. My Bharat should be a pollution free nation. To prove this correct, initiatives have been taken like introducing electric cars, electric rickshaws etc. We can excel so much in the field of science and technology and create a unit of robots that protects our country. By this, we can save the lives of the 'soldiers' who fight the enemy nation and save the lives of the people residing in the country. Why are we supposed to fight the enemy nation? There is an answer to this "why." We can end the hatred that we have towards other nations and vice-versa. Cannot we live in peace and harmony? I would like my Bharat to be the most peaceful nation having harmony toward other nations. I think that there could also be better health standards.

Keeping a nation united requires continuous efforts. Steps should be taken today to overcome the fault lines, divisions of our society and stress on what unites us. Bharat is a civilization for me personally. One of my favorite heroes from the freedom struggle, Netaji Subhash Chandra Bose describes this land in 'The Indian Struggle'. He goes on to write, 'history of India has to be reckoned not in decades or centuries, but in thousands of years, though geographically, ethnologically and historically, India represents an endless diversity to any observer-there is nonetheless a fundamental unity underlying this diversity. North or South, East or West, wherever you may travel, you will find the same religious ideas, the same culture and the same tradition. All the religions look upon India as the Holy Land.'

These goals may not be easy to achieve, but things that are worth doing are often not free from struggles. We all need to unite and make the changes in our country. I am proud to be an Indian. Jai Hind!

Pushkar Aggarwal VIII B

A PROGRAMMING LESSON

I paced around the room, lost in thought, wondering how to make my code work. I was trying to develop an app for a hackathon organized by our school. This app of mine had such potential that it could change the world and

could turn everybody's lives upside down, if only I knew how to code. Really, I code like an ant trying to hunt down an elephant. I would have been better off if I had teamed up with someone, but I was so bad that no one would have even thought about teaming up with me. I tried a million combinations, and ended up with a billion error messages. Here and there, I tried and tried, without any luck. After two hours of doing this, it felt like somebody was thumping my head with a rock. "This is just too much for my little brain", I thought, and I was right.

After a short nap, when my head felt a little better, I thought to get back to work. Just then, the doorbell rang, my mom told me to go and open the door. I was a little angry, but did as she said. I opened the door. It was my friend, Peter. He had come to play. You should know, he is a real "programmer". He has won hundreds of competitions and hackathons. Also, he is quite a kind and helpful fellow.

Seeing my face, Peter instantly gave up on the idea of playing and said, "You look quite worn out. What happened?". I told him about my app and explained my bad programming skills. Hearing this, he asked me to team up with him. I was astonished by the kindness of my friend, considering my bad coding skills. He was risking losing the hackathon just to help me learn. I simply answered, "Alright".

We went upstairs and started working. Peter did not have any problems in part that I was struggling massively with. Our work went smoothly. He actually gave me some tips and told me some stuff about programming. Sadly, coder talk is like gibberish to me and I understood very little. Developing the app was quite an extensive task and we both knew that it was going to take a few weeks, but bearing in mind what it could do and that we had a month to submit it, we did not complain. And if you are curious what the app was about, it would help kids learn using Artificial Intelligence and Augmented Reality.

The next day, Peter and I worked on the design and framework of the app. I learned quite a few

tips and tricks about app design from Peter. Designing the app was not very hefty and we pulled it off in a few hours. In the evening, we started working on the login sequence of the app and completed that as well.

Day by day, I learned more and more from Peter. He told me about the Fundamentals of Coding which included many things like, Sequencing, Data Storage, Arithmetic, Branching and Iteration.

On the seventh day, we completed the Artificial Intelligence part, which was by far the heftiest part in the app. The next day, we started designing graphics for Augmented Reality and completed it in about two days. Finally, after about three weeks of continuous work, we were over and done with the app. We tested it a few times and fixed some bugs. It was magnificent and the design was fabulous; all thanks to Peter. The next day, we checked the app for any more bugs and made some more changes. When we were completely satisfied, we finally submitted it on the school portal. The result was to come in one more month.

As days went by, the date of the result came closer and closer. Peter taught me many more things in programming everyday.

Finally, it was the day of the result. Peter and I rushed to my room and I opened the school portal straight away, and there it was, "Winner: AR Learn by Peter and Sam, Class 7 th D."

Ayushmaan Mishra VII D

FRIENDS FOREVER

Friends are sweet, friends are fine,
they make our life bright, they make us shine.
If we are in trouble,
help from friends doubles.
Friends are there in every season.
They are ready to help without any reason.
When we dive into a pool of friendship,
We for sure get out of all the hardship.
We cry together, we laugh together.
We have lots of fun when we gather.

Ayana Maheshwari VIII E

MY FRIEND

"I was angry with my friend:
I vent my anger, my anger did end.
It was like I was angry with my foe:
I told it not, my anger did grow.
And, I watered it in fears,
Night and morning with my tears;
I brightened it with smiles,
With soft deceitful wiles.
And, it grew both day and night,
Till it bore an apple bright.
And my foe beheld its shine,
And she knew that it was mine.

Anvi Gupta VIII B

TRUE FRIENDS

The very first time the two of us met,
We were caught in a friendship's net.

You and I, together gelled so damn well,
Every time I was in a fix I would ring your doorbell.

As time passed and we grew closer and closer,
To the world outside, you gave me an easier exposure.

You made me understand what is right and wrong,
I have depended on your advice all my life along

I will always be thankful for moments we shared,
They brought us closer to each other like butter and bread.

And those crazy things we did together
They turned us into best friends forever.

Tisya Kalra VII A



FRIENDSHIP

Friendship is a word,
not easy to define.
Just like true Friends are difficult to find,
it is something you value in life.
And true friends will never leave you in hard
times,
Friendship is a close relationship between two.
It is a feeling of care and respect among two,
true friends will always stand for you.
True friends are difficult to find,
and not easy to define.

Khevna Gossain VII E

THE CAKE OF FRIENDSHIP

Preheat the oven of love
with plenty of secrets and hugs.

Mix in giggles and laughs
that make your sides split in half.

Bake with the love and care
and all the things you both should share.

Decorate with the frosting of trust;
this is really a must.

Enjoy the cake; do not eat it fast.
Just like your new friendship, make it last.

Saanvi Gupta VIII C

'FRIENDS ARE GIFT OF GOD'

Friends are gift of God,
to take your life aboard.
They cannot be bought or sold,
but are like mountain of gold.
Friends encourage, respect and fight for you,
and boost when life is blue.
Whenever you feel doomed,
they make your smile zoomed.
Friendship is not an opportunity,
but a sweet responsibility.
What a friend means is difficult to explain,
they are there to share joys and pains.
They are meant to stay till end.
You find your second – self in a friend.

Paavani Verma VI E

FRIENDS AND FRIENDSHIP

A friend is like a star that twinkles and glows,
Or maybe like the ocean that gently flows.
A friend is like gold that is stored in treasure,
And taken care of forever and ever.

A friend is like an angel that is there to guide
you,
A friend is someone you can trust out of a few.
A friend is a blessing in disguise,
One in a million of thy.

A friend will be there in his fasts and slows,
Together, their love grows.
A friend is a bag full of surprise,
Remember, one in a million of thy.

Navya Bhardwaj VIII B

FRIENDS AND FRIENDSHIP

You and I are good friends,
On both that we agree.
It means that I am here for you
And you are there for me.

We know each other's secrets,
We share our dreams and hopes.
We help each other stay upright,
Along life's slippery slopes.

We might not speak for days or weeks...
Perhaps a month will pass.
But each knows that the other,
Will be there to the last.

So, know – my friend, I love you.
This message makes it clear.
Good friends forever..

Sana Ajmani VI E

FRIENDS

Friends are like flowers,
in the garden of life.
They bloom brightly and hold us tight ,
and are always there for us every time.
Friends may live far but are never apart.
so love all your dear friends.
They are going to be with you.
for this long life.

Priyal Jain VII E

FREEDOM

As friends they came,
and did some good to gain a little fame.
Cruelty can be described as their rule,
they thought of our country as a fool.

Many gave away their lives for their
motherland,
and ate food which was nothing but bland.
Their mind so determined,
that all Britishers could do was whine,

On 15th August they finally left,
and India felt never more blessed.
India now was Independent.
Though its golden winds were no longer
splendent.

Kavya Maheshwari VII B

FRIENDS WITH NATURE

A friend is pleased to see you,
Friendship is all about care,
A friend won't leave you low and dry,
A true friend is always there.
In the deep forest, I came across a blooming
tree,
I heard its branches whisper silently to me.
Dear tree, my friend, I wanted to thank you
But never had a chance to explain.
What, it means to have such a friend to share
life's joys and life's pain...
You are my friendship tree,
I look at the blossoms here.
Each blossom represents a friend,
For whom I love and care.
I will keep all your secrets, I know you'll keep
mine,
Till we are old, grey, and wrinkled, till the end
of all time.
You and I grew together, our roots run deep,
Entangled souls of the Earth, we were destined
to meet.
Nothing can set us apart I am you, you are me,
My friend forever you'll be forever.

Sanvee Seth VI E

BOND OF FRIENDSHIP

We Will Be With You In Every Time,
Whether It Will Be A Good Or Bad Time.

Whenever Your Life Gets You Down,
Remember We'll Always Be Your Around.

We Promise That There Will Be No Problem,
Helping You In Any Situation

If You Are Going Wrong,
We Will Correct You With Some Good
Suggestions.

If You Are Correct, We Will Stand By Your Side,
We Won't Run And Hide.

Seeing You Happy Is My Reward,
And Your Trust Is My Sword.

Akshit Kumar VII B

BECAUSE WE ARE FRIENDS

You give me a big hug anytime.

You will hold my hand when I need it high,
You play an important role in my life.

You are a total joy to me,
because you are my friend.

I will help you, when you are stuck.
I will listen when nobody else will listen.
I will help in healing you when you are sad.

I will make you smile when you are down,
because I am your friend.

Your absence will leave an
empty spot in my life, because we are friends.

We will stay friends till the end of time,
and our friendship will always shine.

Because we are friends.

Jaya Gupta VII A



TREASURE OF FRIENDSHIP

People come and go, but you may never know.
Someone may turn out to be close,
the others, you may not even know.
Friends are not to be invented,
The bond between people is inborn.
We have same interests and hobbies,
Maybe we're friends for life!
People can have a bond however,
those may be cherished forever.
We like each other for what we really are,
We become friends, now and forever!
We can make pals whenever we like,
whether it's summer of joy or the winter of sorrow.
It will end soon, when you have friends.
When it turns to spring, joy will spread again.
Strength and beauty of friendship,
the most valuable treasure of life.

Sara Chhabra VI B

FRIENDS AND FRIENDSHIP

Been there with me in my highs and lows,
Even when you're far you make me feel close.
You make me feel happy, loved and appreciated,
And I'm so grateful to God that you were created.
Whenever I'm confused I go to you for advise,
Cause I know you'll tell me when I'm wrong or when I'm wise .
I love you so much that words don't suffice,
So all I wish for you is to reach greater heights.

Avni Jain VI B

THE ADVENTURE OF FRIENDSHIP

Some friends are a true gift,
Through any phase of laughter and uplift.
Along with me through every stage,
Even at the worst, there is somebody ready to encourage.
I ensure thy trust is mine,
Through our journey of a lifetime.
Friendship is like a solitaire,
From all the memories we share.
You magnify my happiness,
No matter what, our amity is priceless.

Pranavi Kapoor VII F

FRIENDS FOREVER

Oh! Dear friend, where have you gone?
Gone are the days,
When we used to run after each other with a horn.....
Now we can only meet on the web with a bowl full of Popcorn..
Oh! Lord, I wanna play with my buddy again.
I'm fed up of the online toys in my cart.
I wanna play dumb charades once again.
I want those days back..
And wanna share the same racks.
I remember, together we solved the toughest puzzles.
I really miss winning football matches with hassle.
Oh! Lord put an end to our wait.
Let us meet.
It would be really great!
Believe me or not, friends are just like sweet lime.
Whatever it may be they will always greet you with a smile.
Blessed are all those who have a long friend chain,
Friends forever are a real gain!

Prabhnor Singh VII F

WILDLIFE QUIZ

- Q1.** Where Is largest Zoological Park Of India located?
- Q2.** Where is the oldest zoo in India Situated?
- Q3.** Where is Great Himalayan National Park situated?
- Q4.** When was Wildlife Act passed?
- Q5.** Where is the Forest Research Institute In India situated?
- Q6.** Where is Wildlife Institute located?
- Q7.** Which is the Largest Tiger Reserve In India?

ANSWERS

1. Madras 2. Trivandrum 3. Himachal Pradesh
4. 1972 5. Dehradun 6. Dehradun
7. Nagarjuna Sagar

Asmi Goyal VIII E



LORD GANESHA

Lord Ganesha's

Big Head Inspires Us To Think Big And Think Profitably.

Big Ears Prompt Us To Listen Patiently To New Ideas And Suggestions.

Long Nose Tells Us To Learn More.

Small Mouth Reminds Us To Speak Less And Listen More.

Asmi Goyal VIII E

FOOD SECURITY

Food Security means ensuring adequate and nutritious food supply for everybody. Food Security is a major concern in India, as well as the world. Most children with malnutrition live in Africa and Asia. As per United Nations, there are nearly 195 million undernourished people in India, which is 1/4th of the world's hunger burden.

World hunger has increased in 2020-21 under the shadow of the COVID-19 pandemic. It is projected that between 720 and 811 million people in the world will face hunger in 2020.

CHECK YOUR AWARENESS

1. This (food related problem) increased in many countries, in which the economy slowed down.
2. This region has the second highest level of undernourished people worldwide.
3. In 2004, prices for most of this food item began to rise.
4. This Challenge was launched by the UN Secretary General in 2012.
5. This organization works with the UN to invest in agriculture to boost food production & nutrition.
6. This is considered the biggest risk to health worldwide.
7. This health problem continues to increase in all regions of the world.
8. This continent has the highest prevalence of undernourishment.

ANSWERS :

1. Hunger
2. Asia
3. Grains
4. Zero Hunger Challenge
5. World Bank
6. Malnutrition
7. Obesity
8. Africa

Kartik Dua VI D

18 THINGS YOU CAN DO WITH YOUR BEST FRIENDS

1. Create your own book with friends and share your ideas. Who knows, perhaps your book will become a bestseller!
2. Try foods you have never tried before.
3. Celebrate the end of the year/exams, and give them a surprise party.
4. Go on a vacation together to someplace exotic.
5. Buy them an epic gift on their birthday.
6. Go for the same hairstyles or outfits every once in a while.
7. Have study sessions together from time to time.
8. Do a photoshoot and make fun videos with your friends on special days.
9. Have a sleepover.
10. Play truth or dare in dark with candles and share your deepest secrets.
11. Cook with your besties and have a movie night, complete with popcorn and beverages.
12. Team up and engage in a weekend long prank war. I am sure it will be the best memory you have with your friends.
13. Choreograph a dance together. Together, you can show it off at parties and festivals!
14. Go on a hiking trip/nature walk together and click fun pictures.
15. Go to a café where you can build and decorate your own ice cream sundae.
16. Gather around a bonfire/campfire, eat s'mores and tell scary stories. Make sure you sleep well!
17. Learn a new language together. It will be nice to have a secret language which only you and your friends understand!
18. Learn different instruments on your own and play them together at fancy restaurants. This will be the coolest thing you do with your friend group. Maybe you could even start a band together!

Medha Gupta VI B

FACTOIDS ON FOOD SECURITY

- Almost a billion people go hungry, while we waste 1/3 of the food we produce.
- There is enough food in the world for everyone to eat, but it is unevenly distributed.
- It is estimated 161 million children under the age of five have stunted growth and the cost of global malnutrition is US \$ 3.5 trillion per year.
- With current global trends in diets and population, 60% more food will be needed in 2050.
- In both industrialised and developing countries unacceptable quantities of food are wasted but for entirely different reasons.
- 1 in 7 on the planet go hungry.
- If women farmers had the same access to resources as men, the number of hungry in the world could be reduced by up to 150 million.
- Malnutrition affects every country on the Earth.
- People experiencing severe food insecurity have typically run out of food and, at worst, gone a day (or days) without food.

Shaurya Rajput VI B

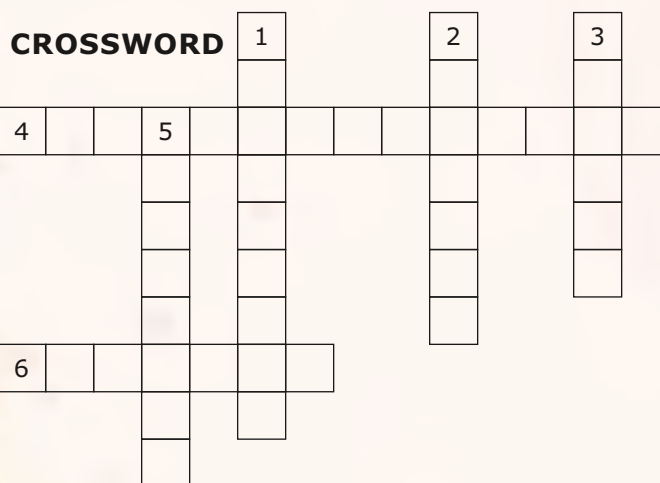
FACTOIDS ABOUT FOOD SECURITY

- 1 Food Security, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life.
- 2 Food security is built on four pillars: food availability, food access, food use and food stability.
- 3 The main threats to food security are world population growth, the increase demand for food, food price, the disappearance of the variety of agricultural plant species the increase in the area of scarcity water and the limitation of the availability of land and the food losses and food waste.
- 4 Almost 690 million people went hungry around the world in 2019, an increase of 10 million over 2018, and the COVID-19

pandemic could push an additional 83 million-132 million into chronic hunger in 2020, according to the 2020 State of Food Security and Nutrition in the World (SOFI) report, released July 13.

- 6 COVID-19 is estimated to have dramatically increased the number of people facing acute food insecurity in 2020-2021.

Dashika Handa VIII D



ACROSS

4. Illness caused by eating contaminated food.
6. a bacterial infection that can lead to a high fever, diarrhoea, and vomiting

Down

1. An inflammatory condition of the liver.
2. infection caused by consuming contaminated food and water
3. Disease in which abnormal cells divide without control and can invade nearby tissues.
5. Having loose, watery stools three or more times a day.

ANSWERS

1. Cholera
2. Typhoid
3. Hepatitis
4. Diarrhoea
6. Cancer
4. Food poisoning

Navya Bhardwaj VIII B

FOOD SECURITY: FACTOID

1. Six million children die of hunger every year.
2. More than 850 million people worldwide live every day being food insecure. One in seven people live with a problem that can be fixed.
3. Indians contribute a quarter of the population across the world suffering from hunger.
4. There are 19.5 crore undernourished people in India.
5. The Green Revolution was the first step taken in India to attain food security.
6. Average India's diet consists of grains and vegetables and is deficient in protein.
7. India's malnutrition figures are not coming down despite several government programmes, says a new report released by World Food Programme.
8. Milk is 87% water. The nutrients, like protein, carbohydrate, vitamins and minerals are all found in the other 13%.
9. Canadians spend about 60 minutes a meal on eating, while the French spend about 133 minutes a meal.
10. Fluid needs vary depending on your age and gender. Teens and adults need anywhere between 8 and 13 cups of fluid each day.

Navya Bhardwaj VIII B

FOOD SECURITY: RIDDLES

1. I am something yellow but not a light. A citrus fruit that is a flavour in Sprite. What am I?
2. I am made of two words combined and I go on pizzas from Hawaii. What am I?
3. I can be red or green and I grow on a vine. I am dried to make raisins, or squeezed to make wine. What am I?
4. I am a fruit that lies a lot. What am I?
5. I look green but what you eat is red, and what you spit out is black. What am I?
6. I am red and small, and I have a heart of stone. What am I?
7. I have eyes but I cannot see. What am I?
8. You cut me, chop me, dice me and cry over me. What am I?
9. I am a room that you can eat. What am I?
10. I am a drink that loves an earthquake. What am I?

11. I am tasty food but I find it hard to be on time. What am I?
12. I come as a small grain, but not sugar or sand. You use me when cooking so that the food you eat does not taste bland. What am I?
13. I am a bird; I am a fruit and I am a person too. What am I?
14. I am wrinkled and people treat me in a different way: they chew or pick out and throw away. What am I?
15. I am a bell that you cannot ring. I sound hot but I am not. What am I?
16. Rabbits like to eat me when I am in the field. I am an orange vegetable that tastes best when peeled. What am I?
17. You have to break me before you can eat me. What am I?
18. I am a stick stuck in a ball of sweetness. What am I?
19. I can sometimes be a stick but I am not from a tree. I love to be spread on toast, and I am a product that is dairy. What am I?

Answers: 1. Lemon 2. Pineapple 3. Grapes 4. Lychee 5. Watermelon 6. Cherry 7. Potato 8. Onion 9. Mushroom 10. Milkshake 11. Chocolate 12. Salt 13. Kiwi 14. Raisin 15. Bell-Pepper 16. Carrot 17. Egg 18. Lollipop 19. Butter.

Navya Bhardwaj VIII B

VIRTUAL FRIENDS

After the spread of Covid 19, there was a lockdown in the whole nation. We learnt a lot of things in the lockdown like cooking, cleaning, games and what not. There were many things that we missed too like parties, functions, trips, schools/colleges and most important 'FRIENDS'. Of course, we remained in touch with our friends through WhatsApp and calling but not for a long time. The whole lockdown started becoming boring as we lost touch with our friends. Now everybody just needed one friend to make them happy. Rather than talking to our old friends, we started making new friends but who were they, were they VIRTUAL FRIENDS OR DIGITAL FRIENDS? Now the question comes: who are virtual friends? They are the people whom we meet on digital platforms like Facebook,



Instagram, twitter and a lot more. Virtual friends don't require proximity. They can be from any corner of the world with varied cultures, socio-economic status and hobbies. They can be a great source of support, learning and sharing new ideas and developing new teams. Making friends online is not a big task but cyberbullying is always ready to eat you up and access all your personal details and passwords. Business in the 21st century is moving towards networking and e-marketing. So, a person who knows the art of making good virtual friends can succeed in building new business. Careful selection and appropriate behaviour in communication with virtual friends is the key to happiness in today's world.

Anshika Aggarwal VII C

FRIENDS AND FRIENDSHIP: ESSAY

"A friend is one who overlooks your broken fence and admires the flowers in your garden." Friendship is a divine relationship, which is defined by neither blood nor any other similarity. Friends are those you can choose for yourself in spite of the differences that you both share. A good friend in need will do wonders in your life, whenever you are in need of self-realization, upbringing your confidence and more. As life is full of ups and downs, it is very necessary to have good friends. One does not ever enjoy good times; one desperately needs a good friend during hard times. A friend helps you come out of trouble and problems. A friend does not only provide advice but can help financially. When you are sad or lonesome, only a friend of yours will come to encourage and entertain you. Only friends can give meaning to your life and can make your life meaningful. Friendship is the only prized and the most valuable thing in the world. A person who wants to enjoy every moment of life and taste the real pleasure, he should have a good friend to share his or her emotions and passions. In Swedish, there is a proverb that "shared joy is a doubled joy". Friendship serves you best not only in your happiest moments but also when you feel low in emotions. A life without a good friend is not at all complete and an emptiness will be felt all the time you think of sharing your emotion that cannot be told to anyone else. In friendship, people have a mutual exchange of sentiments and faith too.

In today's world, it is extremely difficult to come across good and loyal friends and this daunting task is not made any easier by the lies and deceit of a lot of people in this generation. So, when one finds a very good and loyal friend, it is like finding gold and one should do everything to keep them as their prized possessions.

To conclude, friendships are important in the lives of individuals. Trust builds and sustains friendships. Friendships provide a feeling of belonging and dependence. The durability of friendships is dependent on the basis of its formation and the intention during the formation. Friendships that last long are not based on materialistic gain, instead, they are based on pure emotion. Friendship is established over the sacrifice, love, faith, and concern of mutual benefit. True friendship is a support and a blessing for everybody.

Navya Bhardwaj VIII B

FRIENDS AND FRIENDSHIP

"Use things not people, Love people not things."

Friendship is a bond whose vastness cannot be expressed in words, and a friend is a person who cannot be thanked despite the amount of gratitude we have for them. Friendship is the relationship of sacred love, and a friend is a person who has always been by our side. A good friend overlooks your broken door and commends your beautiful home. He/She is supportive, trustworthy and emotionally available for you, all the time. A true friend is never threatened by your success. A true friend does not support you in wrong things, he/she tells you what is right. Friendship is a promise; a promise one friend makes to the other. A promise of never leaving each other in the ups and downs of life. It is an assurance of loyalty, truthfulness and never-ending love. The best example can be of Lord Krishna and his beloved friend Sudama. Sudama was the Almighty's childhood friend and belonged to a poor family. He did not have anything to give as a gift to the lord, so he brought a handful of puffed rice for him. In Lord Krishna's court, many people had arrived to bestow him with gifts. On seeing how precious those gifts were, Sudama was hesitating to show his cheap but loving gift. But Lord Krishna being

the omniscient, learnt of Sudama's feelings and snatched the bowl of puffed rice which Sudama was hiding under his clothes. He had a morsel, and he could taste the love and affection. He was a true friend. He did not notice Sudama's clothes which were as dirty as mud; he did not notice the owl in which he had brought the rice; he did not try to judge the taste of the rice. The only thing he could feel was Sudama's love and devotion for him. This shows that the economical divergence of two friends should not act as a barrier to their friendship. A good friend is hard to find, sad to lose and impossible to forget. They are like boons who share our sorrows and conciliate. It is said that trusted hands are very rare, so if you find someone, just do not ever let them go.

Aashrita Nayak VIII B

THE BOND OF FRIENDSHIP

Friends are an integral part of life. Without friends, our life is incomplete. True friendship is what gives us reason to stay strong in life. Having a family is good but you also need a true friend with whom you can share everything. Friendship is very important because it gives a meaning to our life. A best friend is the person who enjoys when you are scolded. A real friend always cheers us up. Also, it is more of a loyalty relationship. Moreover, friendship makes us stronger and helps us achieve something. I feel a lot of people walk away, but some of them stay with you forever and they are called your best friends. The most crucial part of friendship is the judgment-free relationship.

In a true friendship bond, there should be no judgement, we should not be in the hands of fear and must complete ourselves without any hesitation. A real friend guides you to the correct path. Friendship is a bond that ensures happiness even in difficult times. There is a very famous proverb about friends that "A friend in need is a friend indeed". If any of your friends help you in difficult times, that is your true friend. We should never leave our best friends because of some differences in statements. We should keep these differences and ego positively on one side and think about the happy moments you have spent with that person. Also, it is not necessary that friendship may only grow between people of equal status. Let us take up an

example from history. Lord Krishna, the King of Dwarka was the friend of poor pauper Sudama. This is true friendship. Lastly, friends are the ones who always try to save us from danger as well as offer timely advice. True friends are like the best assets of our life because they share our sorrow, feel our pain and make us feel happy.

Pushkar Aggarwal VIII B

FOOD SECURITY

Food security is a factor that ensures that the public has access to sufficient nutritious food to satisfy their nutritional needs and food preference for them to live a healthy and active life. Food security consists of three main steps that are: - availability, access and absorption of food. We know that India is a country where there is a fast-growing economy. Food security for the people who come under BPL (Below Poverty Line) is still a dream for our nation. That is why 50% of the children are malnourished. When it comes to food, there is a global hunger index, in which our nation ranked 97th out of 118 countries. In every country, there are famines. In India, the largest famine was in West Bengal in 1943 in which ten million people died. It was one of the worst famines ever faced. In the past, multiple efforts were executed to attain food security by massively increasing food grain production. The Green Revolution was a period when agriculture in India was converted into an industrial system due to the adoption of modern methods and technology, such as the use of high yielding variety (HYV) seeds, tractors, irrigation facilities, pesticides, and fertilizers. This method was also tried to ensure food security. In 1995, the "Mid Day Meal Scheme" was launched. This was a scheme to feed underprivileged school children. The "Antyodaya Ann Yojana" scheme was launched in 2000 for the most economically backward people; National Food Security Act 2013 etc. to supply food and nutritional security to every segment of the country. The supply chain between the farmers and the consumers should be shortened. Such efforts would bring about positive developments and prosperity for everyone living in India. In a big country like India with a rapidly growing population, a large chunk of the population is malnourished and under-weight, thus, it is necessary to attain food security. There are nearly 19.5 crore

undernourished people in India, according to the UN, which is equivalent to a quarter of the world's hunger burden. Also, around 43% of children in this country are chronically malnourished. So, I feel that food security should be available to all without any discrimination. Hence, for a healthy life, we need to have hygienic food, full of proteins, carbohydrates and vitamins.

Pushkar Aggarwal VIII B

FRIENDSHIP ROLES & GOALS

All of us believe that 'Good Friends are hard to find' and that's absolutely true. Finding the perfect friend takes time, patience, and a willingness to really try. But once you do find that one person with whom you can shoot the breeze over coffee or share your woes, it will be totally worth it. After all, friendships are important parts of our lives. So is maintaining them!

So here am I sharing a few tips on how to keep your friendships alive, no matter what life throws your way.

- **Finding time to connect**
It's easy to get busy with school or work or when you're feeling under pressure, it can be easy to forget your existing pals. But even if you're busy, it's important to still have time for friends. May it be a visit, a video call, a whatsapp chat or a simple phone call, try to connect with your friends as many times as possible. Just remember that "Connection is the life behind Friendship."
- **Honesty is the Best Policy**
This is the Golden rule of friendship. If you are not honest with your friend, you just don't deserve his/ her friendship.
- **No Grudges in Heart**
It's also important not to hold grudges against friends. If you're feeling angry, it's important to talk about your feelings. Never hold something against someone that they don't even know about! Be kind to your friends and you'll be rewarded with many happy years of friendship.
- **Remember, Nobody is Perfect**
Everyone makes mistakes. Never walk away from your friend just because he/ she has some faults. Just accept their imperfections

and support them in getting rid of the same. Remember it is the affection that matters and not the perfections.

- **Willingness to Help**
Being helpful doesn't just means lending a hand. Remember that you can do simple things like listen to your friend's problems, or simply check in with them on a regular basis. If you're looking for friends, try to be the kind of person that others will want as their own!
- **Reciprocate**
If you have your Friend's back then it's only natural that they'll want to have yours as well!

So just follow these rules and have a Happy Friendship!!

Khushi Arora VII B

PRICELESS FRIENDSHIP

Is there anything more priceless than a true friend? I'll let you answer that one. The truth is, friends are important in any person's life. Friends can provide emotional support when times get tough or you feel down. They help with your daily mood swings and uplift your spirit on occasions like birthdays and holidays. Friends are the ones who will always be there for you when it matters the most, even when everyone else walks away. Friends help us through our life's ups and downs, they are the ones who encourage us when we need it the most.

In their own way, all of those qualities make a friend a truly special person. You never know when your friends might be there for you in your hour of need. Friends can be there for you even if they live far away from you or have gone their own way. With genuine friendship comes trust and loyalty – two things that many people struggle with in their lives. With the right kind of friends, you'll find it easier to make good choices, live a healthy lifestyle, and maintain your sanity. Many people don't realize the importance of friend until they no longer have them.

This makes it crucial that you take the time to reflect on your relationships, evaluate them honestly, and embark on new friendships that will bring you all that you need.

Vansh Gogia VI B

"Friendship is born at that moment a person says to another 'What You too? I thought I was the only one.'" – C.S. Lewis

Everyone has a number of acquaintances, but no one has many friends. For true intimacy friendship is not common; and there are many people who seem to be incapable of it. For a friendship to be intimate and lasting, both the friend must have some very special qualities.

First comes an unselfish laugh, which is the very essence of friendship. A man who is engrossed in his own interests and feelings, may, no doubt, like to have an unselfish friend who will admire him, serve him and always study his interests. But Friendship is a two-sided affair, and lives by give and take, and no friendship can last long, which is all give on one side and all take on the other. A selfish person is incapable of true friendship. The love and service must be mutual.

Constancy is another important condition of friendship. But some people are constitutionally fickle. They take up an interest with enthusiasm, but they soon get tired of it, and feel the people are constitutionally incapable of a lifelong friendship with any one. Two friends must be loyal to each other, and they must know each other so well that there can be no suspicions between them. We do not think much of a man that dares not stand up for his friend when he is criticised behind his back; nor of the man who readily believes rumour and gossip against his friend. Suspicious natures, and those who are easily influenced by reports and whispers, can never make good friends. There must be implicit confidence between friends, so that each can feel that he can tell the other his most intimate secrets without any fear of his being misunderstood or betrayed. But there are talkative and communicative people. Who cannot keep a secret, either their own or those of others, to save their lives: and such will never keep a friend long. There must be perfect sympathy between friends—sympathy with each other's aims. Likes, joys, sorrows, pursuits and pleasures and where such mutual sympathy does not exist. Friendship is impossible.

The fact is "A friend that sticks closer than a brother."

Ankit Pal VII A

- By estimating calories per capita
- Household income and expenditure
- Individual dietary intake
- Measuring individuals' height, weight and body consumption

CAUSES OF FOOD INSECURITY

Conflict: Conflict stands out as the single biggest factor driving global hunger today. Over 60% of those who are food insecure are living in conflict zones. Eg: conflict in communities that led to farmers stay away from agricultural strategies fearing that they can never reap any benefits out of it

Climate change – Number of hungry people in world rose 2015 and 2018 by 40 million. Reasons are natural disasters, draughts which destroy crops and limits the quantity and quality of food available to the communities.

Population growth – According to the UN, the global population will be nearly 10 billion people by 2050. With this increase in population, demand of food will also rise, and food growth must match it.

MAIN THREATS TO FOOD SECURITY

Recently, the Covid-19 pandemic has threatened the food security of millions of people worldwide. Reduced incomes, increased unemployment and higher food prices in many regions have greatly reduced access to food for those affected. Furthermore, necessary border restrictions and lockdowns brought in to stop the spread of Covid-19 have caused disruptions to the transportation and production of food.

Food insecurity can lead to malnutrition and stunting it happens when a child does not receive the proper nutrition, particularly during their first 1,000 days from conception to their second birthday, they will suffer with stunting. This means they will not mentally or physically develop to where they otherwise would, irreversibly damaging their well-being and prospects. Also, it causes mental issues.

Medhansh Verma VIII D

SOMETHING YOU CAN'T BUY

Finding friends is harder than rocket science but if you get one you are very lucky. Friends are the most important people in our lives, they are with us when we are happy, when we are sad, in any condition they are beside us, if you have a friend like this, it's your best friend. Best friend is something everyone doesn't have but if you have you should be thankful to it. Friends always want you to be happy. Just like your mother they can never see you sad. Some people don't have families, but they have friends who are more than their families. We can trust our friends and can share everything with them.

We are best friends.
Always remember that
if you fall,
I will pick you up...
After I finish laughing.

Labdhi Jain VIII D

FOOD SECURITY

Food security, as defined by the United Nations Committee on World Food Security, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life. So, you must be thinking How do we improve food security? Well, Key markets to target for food security include agricultural and fisheries inputs and output markets which support sustainable intensification of agricultural production. Australia also continues to advocate for more effective global food and agricultural markets, through removing subsidies and lowering trade barriers.

Nishtha Aggarwal VII A



FOOD SECURITY

Food security is a factor that ensures sufficient food supply to people, particularly those who are deprived of basic nutrition. Food security is a major concern in India. Ironically, the vision for food security in a primarily agricultural country seems distant from reality. There are nearly 19.5 crore undernourished people in India, according to the UN, which is equivalent to a quarter of the world's hunger burden. Also, around 43% of children in this country are chronically malnourished.

Food security is not in the supermarket. It's not in the government. It's not at the emergency services division. True food security is the historical normalcy of packing it in during the abundant times, building that in-house larder, and resting easy knowing that our little ones are not dependent on next week's farmers' market or the electronic cashiers at the supermarket. As I understand, Each person should ponder seriously how much hardship he is causing by indulging in food so expensively produced." "The average person is still under the aberrant delusion that food should be somebody else's responsibility until I'm ready to eat it."

Politically and Figuratively, India ranks 74 out of 113 major countries in the food security index. Though the available nutritional standard is 100% of the requirement, India lags far behind in terms of quality protein intake at 20% which needs to be tackled by making available protein-rich food products at affordable prices. India needs to work on methods to improve the accessibility and affordability of protein-rich food products using the latest environmentally friendly technology without the need for additional land and water to make this nation 100% food secure.

In 2016's Global Hunger Index, India has been ranked 97th in 118 countries. In the history of this country, it has suffered from 14 famines, the Bengal Famine in 1943 being the worst. Food availability here has been largely dependent on the monsoon season. Environmental situations like floods, droughts, depletion in soil fertility,

erosion and waterlogging have created obstacles in the normal running of the agricultural activities. With increasing population, agricultural areas are getting occupied for accommodation areas, roads, factories and other activities.

In the past, multiple efforts were executed to attain food security by massively increasing food grain production. The Green Revolution during Indira Gandhi's governance was a step towards achieving Food Security. Ultimately revolutionary self-sufficiency in food was achieved with the Green Revolution during the late 1960s and 1970s in India.

Dhairya Chawla VI D

FRIENDS AND FRIENDSHIP

One of the purest relationships is the relationship of friendship. A person without a friend lives a hard life. Everybody needs a companion to deal with experiences. It is dependent upon you how you define friendship. It can be sharing your food, taking care of that person, supporting them in their bad and good times. You may not be loud about it, but if you care for a person silently, that is what friendship is. Friendship is about laughing together on small things, cherishing every moment you share, standing together for each other even when the world turns its backs towards them. Friendships are sometimes more durable than the relationship of love. Even though the definition of friendship varies from person to person, the core meaning behind it is the same for everybody. Life is empty without a friend. So, when you gain a true friend, make sure you cherish it with all your heart. The person with a real friend, with whom all the things can be shared, is the luckiest in the world. A friend will never judge you, and they will never stop scolding you if you are wrong. But whatever the situation be, they will always be there to support you. A friend in need is a friend indeed, that is the definition of a true friend who will never leave you during your hardships, success, and failure. We can choose our friends. Real friends always share and support each other. They feel joyful when we are happy, and during our sadness, they also share sadness with us. True friendship

is all about sharing things, making mistakes, fighting for silly things, but again hugging to support each other. Friendship is an essential thing for a happy life. Whenever you are in worry, a chat with a friend takes all problems away. That is the strength of friendship.

Ridhima Sood VII G

CHERISH YOUR FRIENDS

Man is a social animal and cannot live alone. God gave us a wonderful family and friends to love and cherish. Friendship is a relationship that a person chooses on his own. Bonds of friendship are formed by playing and spending time together. However, some friends continue to be by your side through good and bad times. It is not necessary that a person should be friends only within the same age group. True friendship is also seen with and among animals who possess honesty and loyalty. So, friends, I just want to say that we should appreciate these precious gifts. Make sure to spend joyful moments with them and create happy memories!!

Aradhya Aggarwal IV B

I AM PROUD TO BE A BAL BHARATIAN!

I am proud to be a Bal Bharatian!
Our Dear Bal Bharati School-
It's a pool
Of knowledge and education.
It serves as a preacher,
And imparts knowledge as a true teacher
Of service and charity,
And makes us learn with full clarity.
It serves as a doctor,
For a healthy mind and body.
It serves as a gardener,
And nurtures a sapling into a tree.
Oh! Dear School !
Thank you for making the parents stay cool,
As you serve as a true friend,
And teach us that all problems do have an end.

Vaibhav Thakur V E



THE WALL CLOCK

Let me narrate the tale of events related to a city house! You might find it interesting. Two clocks lived in a spacious bedroom of this house. They knew each other too well as, they had been living there for a long time. One of them was an ornate wall clock and the other was an alarm clock and it stayed on the top of a very fine, small and low cupboard which had books inside it. Both these clocks often conversed with each other in their own tick-tock language. The people living in that room never knew about it but these two friends would discuss various issues and enjoyed a hearty laugh over so many issues. They also kept warning anyone looking towards them, about the time passing by fast.

The alarm clock living atop the book cupboard had an extra duty to perform. It had to wake up the persons sleeping in that room at a particular time every morning. For this job it had to ring a bell fixed inside it in a particular way; softly at first and then turning sharp after a while if the people did not wake up at the first hint. It is not possible for everyone to perform such a job efficiently, the alarm clock thought.

The wall clock would often share its feelings with the alarm clock, "You know what, sometimes I too feel like lying down and taking rest just the way the people in this bedroom. How can we always stay alert! Don't we get tired?"

"No, my dear; don't even think about it. For us life means moving constantly; it's not for us to stop even for a moment," the alarm clock warned its friend.

"You know the time won't stop even if you do! It's only you will lose.....," cautioned the alarm clock.

"Why would I lose? Rather, I would be enjoying a nice break," said the wall clock carelessly.

"Look, how these people care for us; they clean us, get new batteries when needed...," the alarm clock paused for a while and continued, "... now just imagine if we stop working, what will these people gain by bestowing all the care on us?"

These comments made the wall clock ponder over the matter. "Yes, my friend, you are right! Then these people might not want to have us around, *right?*"

"This is exactly what I have been trying to tell

you for so many days! And never forget that it's due to the quality of work that we are valued.

"I understand now what you have been trying to tell me," said the wall clock. "Thank you so much! It's so true that we should do what we are required to do."

MORAL-True Friends NEVER MISGUIDE YOU

Tanmay Jain V F

THE GIRL NEXT DOOR

I always made fun of her,
She brought no tuck to school,
Her uniform was all crumpled,
And the children called her, "Fool!"

Sometimes she would come to class
Without her drawing book,
She always looked so thin and weak,
And had a forlorn look.

One day I just decided
To ask what the problem was,
She ran...Oh! Ran so far away,
And burst into tears.

"You know", she said, "I'm really poor,
And living with my Mum,
Who after Daddy died, was broke,
And worked hard for a small sum.

I can't afford nice clothes like you,
A compass box or book,
I am wearing all old hand-me-downs!
Why don't you take a look?"

And as the bitter tears rolled
And poured down her face,
Shame on me! Oh shame on me!
I thought, with such disgrace.

Ever since that horrid day
I try to be her friend
To be so kind, and helpful
And all my things to lend.

Tanmay Jain V F

NUTRILICIOUS SPICY

Hello Everyone! Today I will be sharing a wonderful and tasty recipe which can be made very easily at home. This recipe tastes delicious and your whole family will definitely enjoy this meal.

Ingredients:

- 1 cup *sooji/rawa*
- Salt as per taste
- 1 cup *besan* (gram flour)
- ½ cup curd
- 1 cup water
- ½ cup bottle gourd grated
- ½ cup grated carrot
- ½ cup chopped onion
- 2 green chillies
- 1 tbsp ginger chopped
- Coriander leaves
- 1 boiled mashed potato
- ½ tsp cumin powder
- 1tsp chaat masala/*amchur* powder
- ½ tsp Eno/baking soda
- 1 tbsp water

Method:

Take a bowl. Add *sooji*, salt and *besan* and mix them well. Pour curd and water and make a batter. Add bottle gourd, carrot, onion, mashed potato, green chillies, chopped ginger and coriander leaves. Mix them well. Add cumin powder, *chaat masala* or *amchur* with baking soda. Add water if required. Mix well.

Keep the batter aside for 5-10 minutes.

Take a pan. Pour 1 tsp oil. Heat up the pan. Add mustard seeds and wait till they stop to pop. Add 1 tbsp of batter. Flatten it. Cover it. Cook for 2-3 minutes on low flame. Uncover the pan and flip the pan cake. Then again cook the other side for 2-3 minutes on low flame. Serve hot with *green chutney* or tomato sauce.

Tanmay Jain V F

A FRIENDLY HAND

Friends are like peas in a pod,
Sometimes even in number and sometimes odd.
They all grow together,
Giving a helping hand to each other.
Even after a fierce fight,
They again join fast for the flight of life.
Sometimes you can spot them playing
ludo, chicklets, snakes, and ladders,
Sometimes just having a cup of tea with nice chatters.
Even if you are old or young,
Everyone needs a friendly hand,
To continue the journey on this wonderful land.

Nitya Devgan V F

TRUE FRIENDSHIP

A friend is a person who someone likes or knows. Friends are people that can be looked upto and trusted. Sometimes we cannot share our feelings with our parents, but we can share easily with our friends. Usually, we tend to be friends with people who have similar interests. Friends admire a person's skill, encourage them to make the right choice, so that they never get into trouble.



Bonds with friends may vary, if the bond is very strong, we call them best friends. Friendship is both, good as well as necessary for overall growth of a person. No one can live alone and we need someone to share our joys and sorrows with. Friends are always needed for emotional support, they make us smile and give us strength with their loving presence in our lives.

"Friendship is a blessing that can make you the happiest and most successful person in the world as sweet friendship refreshes the soul".

Arnav Mehta V A

FRIENDSHIP - A TRUE SPIRIT

Friend is a word that delights our hearts. Our heart pours with joy, emotions and excitement after hearing the name of our best friend. Friendship is the only relationship which is purely created by human beings. There are no boundaries of status, caste or religion in real friendship. Even a tiny creature or a pet can be our best friend. Friends work as medicine in our life. In the time of Covid-19, we really missed our friends and realised that without friends, life is meaningless and miserable. No relationship is above friendship. Friends shape our personality and that's why it is said that if you want to know a person, then meet his friends. Friendship never asks for comparison of any kind and persons with the biggest disparities have set an example with their true friendship. We have all read the story of Krishna and Sudama who shared the deepest bond of love and friendship. Trust and compassion are the basis of friendship. We should choose our friends in such a manner that they can bring laughter and excitement into our lives. At last I can only say that a life without friends has no meaning at all.

Adyut Jain V A

MY PARTNERS OF JOY

My Class IV-D is very special,
With friends like Bhavika, Namya and Pritish Bansal.
Mishika, is good in dance,
To beat her, there is no chance.
Bhavika, is so punctual and organized,
That we always get surprised.
If you talk about sports, you can't miss Namya,
All-rounder in every game like Hardik Pandya.
Yahvi, is intelligent and a great thinker,
Seeing which, we all wonder.
Vaanya reads a lot of books and stories,
Of kings, castles and fairies.
Divyamjeet has got a new habit,
As he is always playing with his rabbit.
In Class II, Pritish Bansal was my bench-mate,
To school, he could never afford to come late.
I will keep myself at bay,
Comments about me you all can say.
I thank God for giving me you all,
Who would always be there, to prevent me from fall.

Kaatyayni Bisht IV D

AN UNCANNY EXPERIENCE

One fine day in 2019, my family and I were travelling to *Mahavir Ji*. It was late evening when we entered Rajasthan. We were on a non-cemented road when the car jerked suddenly and stopped. I was watching a video on the phone when this happened. I looked at my father angrily but soon my anger turned into fear. My father was looking horrified, and this was very unusual! Then I saw what was scaring my father – the roots of a nearby banyan tree were swaying from right to left and the wind was not blowing at all! Neither we knew what it was nor we wanted to know so, we fled from there at top speed. When we reached *Mahavir Ji* and slept, we were still dreaming of strange happenings and ghosts! The next day when we set out from the hotel, I told my father quite firmly that if he wanted to take me back home, he would have to take another route. He readily obliged and we reached home safely.

Tanmay Jain V F

MY FAVOURITE READ

My favourite book is "THE WITCHES" written by Roald Dahl. I like it because the story is full of adventures, excitement and a beautiful bond between a grandmother and grandson. The story is about how a child loses his parents and is sent to live with his loving grandmother. She is a witchstorian and knows clues that help in recognising if a lady is a witch. The grandson, who is the hero in the book, comes in contact with a witch, and I should tell you that a witch can trap children or even turn them into mice. I will not disclose what happens in the story further but it is worth a read.

I learnt from this story, that one should never fully trust a stranger, always talk to elders about the events of your day and believe that they can guide you and help if needed.

Please, do read this book and I am sure you will have a good time.

Nitya Devgan V F

MY FAVOURITE AUTHOR

Ruskin Bond is my favourite author because his writing style is conversational, simple, and easy to read. His language is so good that he uses many new words in his stories and my vocabulary bank gets enriched. I enjoy reading about true incidents from his life in his stories. Some of his well-known stories are 'The Blue Umbrella' and 'The Cherry Tree'

Kairav IV B

MY FAVOURITE CHARACTER FROM INDIAN STORIES

Birbal was a poet and author who was very close to the Mughal Emperor Akbar. He was loved for his wisdom, sense of humor and subtle wit. He was wise and intelligent. Birbal was the only Hindu *navaratan* in Akbar's court. Witty tales of Akbar and Birbal have been written as a series of comics and legendary folktales. Birbal always saved the king from many judgmental errors with his sharp mind. I love reading stories of Akbar and Birbal. These stories not only amuse me, but they also teach me the important virtues of life.

Aradhya Aggarwal IV B

KUNG FU PANDA – MY FAVOURITE ANIMATED MOVIE

I am a great fan of animated movies. *Kung Fu Panda* is my favourite animated movie. I love this movie for its humorous, thrilling, and well-paced plot. It not only entertains us, but also teaches us life lessons.

This movie is all about an easy-going, happy-go-lucky Panda named *Po* who worked in a noodle shop with his dad, and his dream was to learn Kung Fu. One fine day, a Kung Fu tournament was held to find the true *Dragon Warrior*, the one who was capable to understand the secret of the Dragon Scroll, which was said to contain the key to limitless power. Everyone expected that the Dragon Warrior would be one of the Furious Five, who were trained by *Master Shifu* to protect the valley.

But to everyone's surprise, Master Oogway chose *Po*, who accidentally stumbled into the tournament arena because of a firework explosion.

Master Shifu was aghast and did not want *Po* to be the Dragon Warrior so, he gave him rigorous training to make him quit, and the Furious Five also mocked him for his lack of skill in Kung Fu.

However, Master Shifu soon discovered *Po*'s potential and determination and successfully trained him. After the training was complete, *Po* was handed the Dragon Scroll, which he discovered to be BLANK. But soon he realised that the key to limitless power lied within himself. He heroically beat Tai Lung, the evil Kung Fu expert who escaped prison, and saved the Valley of Peace.

This movie teaches us that you need to believe in yourself to be successful in anything. With practice and persistence, one gets anywhere.

Angad Singh V H

THE FUNNIEST PERSON AROUND ME!!

ARE MOTHERS ALSO FUNNY?? YES! I HAVE ONE...

She is very strict when she teaches me. But when it comes to fun, she is the funniest. One day mom was in the kitchen. I have a habit to stand in the kitchen with mom. I stand over the stool to reach the height of the kitchen slab. Mom was preparing dough from flour. I, being naughty by nature, put fingers in the flour.

Mom said "No!"

I did it again

Mom said "No!"

I did it again. This time mom shouted in anger. Hearing mom's 'No'.... I suddenly blew in the flour. And you won't believe mom turned all white, covered with flour!!! My sister and I couldn't stop laughing. I was afraid, that mom would be angry, but to our surprise, seeing us laughing, she started making funny faces. This lightened everyone's mood. My sister quickly captured those memories which are still cherished by us.

Indeed, it was so much fun!

Asmi Bhatia IV B

MY FAVOURITE ANIMATED MOVIE

Last year when lockdown was announced, my sister Tashvi recommended me to watch 'Chaar Sahibzaade'. Though I am not too fond of historical drama, still I started watching it. It was an animated film based on the sacrifices of the sons of the tenth Sikh Guru, Guru Gobind Singh – Sahibzade Ajit Singh, Jujhar Singh, Zorawar Singh and Fateh Singh. It is a tale of true love, compassion and sacrifice. The film depicts the battle of Chamkaur in which forty two Sikhs under Guru Gobind Singh fought bravely against ten lakh Mughal forces led by Wazir Khan. In the battle, two elder sons of Guru Gobind Singh- Ajit Singh and Jujhar Singh were martyred. The Mughals failed to capture Guru Gobind Singh. However, his younger sons Zorawar Singh and Fateh Singh were taken to Wazir Khan's palace and were executed.

The movie showcases real Indian heroes and teaches us qualities of bravery and fearlessness. The respect shown for parents in the movie is praiseworthy and worth emulating. Also one should always try to fight for his/her rights. The movie is very inspiring and heartwarming.

Bhavika Malhotra IV D

WHAT MAKES ME SMILE

One of the best gifts by God to me is my Mom and her presence makes me smile.

My mother's presence is important as she is a working parent and my eyes miss her all the time till she is back home after her office hours. I am proud of her, the way she manages both home and office is commendable. The best time of the day is when the doorbell rings and she is back home. My heart is filled with joy because of her presence and my face lights up with a smile as I hug my mother and tell her all about my day at school. I feel blessed and am grateful to God for giving me such a loving and caring mother.

Shivansh Sehgal V G



A SPOOKY EXPERIENCE

Today is the day I will never forget. I woke up late in the morning. After having breakfast, I studied for some time. But my mind was thinking about the old house opposite to ours again and again. Our neighbors left this house six months ago. Mom told me that they moved to a new house. For the last six months, nobody visited this building. I had looked at it many times in the past but I never found anything unusual.

But two days ago, what I saw scared me a lot. I was standing in my balcony as usual in the afternoon. Suddenly, from the window of the third floor, I saw an old lady looking at me. I remember the face clearly. Her face was full of wrinkles. I got scared and got back into my room. That was the first time I saw someone in that building. I did not share this with anyone at home.

Today, when I was studying in the morning, I heard a loud noise from outside. I checked out and saw that, few men were breaking the old building. I thought of the lady immediately. I called my mom and told her about the men breaking the building. She told me that now, a new building would be built there.

I was speechless. I still did not share about that lady with my mom. Who was that lady?

Ridhaan Rehani V B

MY FAVORITE BOOK

My favorite book has to be THE FAMOUS FIVE written by Enid Blyton. It is a series of adventure novels with some hilarious bits.

I like the series because of the protagonists - Julian, a tall sturdy boy, Dick - a young boy who has a really large appetite, Georgina - a rich tomboyish young lady, Anne - the youngest who is the little sister of Julian. The books take you through the adventurous journey of the five friends. I liked the series so much that I finished reading the whole set in 3-4 months! I would highly recommend my friends to read this set of novels.

Tanmay Jain V F

DELHI THEN & DELHI NOW

Long, long ago,
We lived in a city
With fresh air and serenity,

No horn blowing,
No pollution,
We all lived with rules and regulations.

No rubbish here,
No littering there,
We kept our rivers clean
And breathed fresh air.

Good Morning, everyone !
I am Namya Malhotra,
From Class IV D and I am a nature lover.

I still remember when I was a new-born, stuck in
a jam while coming back from Gangaram,
I opened my eyes,
and heard mom saying
Gosh!
Delhi, Delhi, Delhi!!
I am not here to waste your time,
I am talking about the city which is yours and mine.

Delhi! Delhi! Delhi!
So, wake up guys,
Get things under control.

Stop using cars which run on petrol.
Grow more trees,
For God sake, please!
Keep the city clean,
This is what I mean.
Delhi! Delhi! Delhi!

Namya Malhotra IV D

MY ALMA MATER – MY PRIDE

Every morning I come here,
A building made of shade grey
Sometimes sleepy, but mostly cheerful
With lots to hear and say.

My affectionate parents I find
In teachers, so caring and kind,
They fill our mind with knowledge all day,
When problems arise, they show the way.
The values I learn from this institution
Transform me into a better person.
The backfield of the school,
Oh! I find it so cool.

The Winter Carnival & the Annual Day
Are no less fun than the Sports Day!
So many activities at every time,
There is so much to study and learn.
With pride we can say,
That we are really blessed,
I am glad to say I study in a school of my dreams,
I am proud to be a BAL BHARATIAN and part of
the team!

Geetika Parakh V G

JOURNEY INTO THE WORLD OF BOOKS THROUGH THE BOOK BUDDIES' CLUB

Books are what feed the human mind with great knowledge. Reading is one of the most beneficial skills that one can pick up. We enjoy Book Buddies' Club sessions because during the club sessions we talk about books of different genres, their authors and their writing style and our favourite characters. Since joining this group, we have developed a lot of interest in reading books because of the way Ma'am teaches us and appreciates our efforts. At the end of each session, ma'am narrates interesting and captivating stories from around the world. We often have enriching discussions about the plot, the main characters and the twists in the story. Ma'am also shares challenging riddles and puzzles to augment our vocabulary and enhance our language skills. I am really thankful to Monisha Ma'am for creating this wonderful group and I am proud to be a member of this group.

Kairav IV B & Anshika V F
(Members of Book Buddies' Club)



INDIA: THE INCREDIBLE LAND OF MANY HUES

India is a land of "Unity in Diversity". The high mountain ranges, vast seas, large river-irrigated lands, countless rivers and streams, dark forests, sandy deserts, all these have adorned India with an exceptional diversity. Among the people there are numerous races, castes, creeds, religions and languages. The road to beauty and eye-pleasing experiences passes through India.

From diverse landscapes to serene beaches; from lime-light of Bollywood to the over-crowded chawls of Mumbai; from lush green valleys of Jammu & Kashmir to the sand dunes in Thar desert - Rajasthan; from the UNESCO world heritage sites in Tamil Nadu to the infamous Naxalite villages in Chhattisgarh – Indian states speak of their own unique beauty and culture. It is the only country in the world where language changes every 50km, but still there are no barriers because here not only the words speak, but eyes and heart also communicate. We have one common language unifying the country – the language of Love. One can experience the diversity in culture, traditions, attires, festivals and values in different states, families and religion, but the motive behind all is happiness, love and togetherness. People from different religions come together to celebrate each other's festivals. You can see a Hindu making 'Sewaiyan' on EID, and a Muslim making 'Jalebi' on Diwali. Earlier, foreigners often came to India thinking they are in the land of snakes, snake charmers, tigers, elephants and beggars, but now, they get charmed by the secular fabric, the work culture, and the warmth exuded by people.

India is such a large and diverse country that its essence cannot be captured in a single definition. To each eye, it presents a different kaleidoscope. It is, on one hand, a country of mystics, and on the other, a behemoth of information technology. The contradictions are glaring, but they all get dissolved in a large melting pot called India.

Ranak Jain V A

MY FAVOURITE READ – MATILDA BY ROALD DAHL

Books are not just paper with ink on it; they are a world full of dreams, imagination, knowledge, and are an invaluable treasure. They let us travel the world by just sitting in a corner. They are our best friend. My book collection includes- The Blue Umbrella, The Jungle Book, Great Stories for Children, Harry Potter, The Cherry Tree, Matilda, Malgudi Days, The Room on the Roof, The Magic of the Lost Temple, etc.

My favourite book of all is Matilda by Roald Dahl. The book was published in 1988 by Jonathan Cape, a Publishing firm in London (UK), with 232 pages and illustrated by Quentin Blake. It was adapted as an audio reading by actress Kate Winslet. It was made into a film in 1996.

Roald Dahl has written many books like Matilda, The BFG, The Witches, Charlie and the Chocolate Factory, The Great Glass Elevator, The Magic Finger, etc. He has invented over 250 words. The word 'Gogglers' was invented by Roald Dahl while he was writing this book.

Matilda Wormwood – the main character is an extraordinary, intelligent and sensitive girl. She loves reading books and speaks fluently like an adult since the age of one and a half years. She is different from the rest of her family members. She is misunderstood and ignored by her parents and her brother. She is very keen to read books and goes to the village library to read. Her parents send her to a school named Crunchem Hall School. The headmistress, Miss Agatha Trunchbull, is unkind and does not like children. In school, Matilda finds good friends and her sweet, warm-hearted class teacher Miss Jennifer Honey recognises her remarkable skills. While trying to put up with her parents' and headmistress' cruelty, she starts to unknowingly unleash some special powers in herself. Using them on her headmistress, she drives her away from the school and helps Miss Honey.

This book is beautifully written and is a surprising mix of humour, adventure and mystery. In this story, Matilda gives a strong message to all children: "you can do it".

Divyanshi Chhualsingh V B

MY SCHOOL, MY PRIDE

Not just a school or an institution,
It is a place which gives me recognition.
Teachers with all their love and care,
Have always given us memories to share.
The motto to aim high and strive for better,
Our teachers have taught us to stay strong and stay together,
Even in the toughest times of the pandemic,
Our school didn't leave any stone unturned
to make us independent, bright and dynamic.
Bal Bharati doesn't only provide education,
It sensitizes us towards our rich culture and tradition.
With stars in my eyes and pride in my heart,
I stand with my head held high and say ,
"I am a proud Bal Bharatian !"

Adhira Sharma IV F



CAPTAIN VIKRAM BATRA MOTIVATES ME TO...

The Super Warrior of Tiger Hill lives today in our pride,
His courage and perseverance make me feel so strong in my mind.
The fallen soldier cuts through the enemies with his big roar,
This Indian Lion openly said, "YE DIL MAANGE MORE".

This son of Bharat Mata is a hero today-inspiring generations,
His kind of strength ,zeal and robustness makes strong nations.
My dream is to be cohesive and coercive like him one day,
and to live and die for this country, is all that I pray.

We, as a country will always be thankful to "Captain Vikram Batra".
This exemplary combatant today holds the highest honour of "Param Vir Chakra"
My adjuration to all patriots who love India till their last breath,
Be the soldier like him and serve this country with bravery and all sweat.



SMILE AWAY YOUR WORRIES

In this world full of joy, I let my smile show
The happiness inside me ,I love the way it makes me glow.

An era of Covid that we all have seen in muddles and pain,
In the light of hope and courage, we survived to live again.
I smile to the warriors that fought during this Covid time,
I smile with pride that India guided the world leading all the way in testing times.

Thoughts of school and class friends give reason to smile,
New ways of online teaching and learning, taking us an extra mile.
The chatter and lunches are missed with the best buddies,
Early morning online sessions with teachers never keep us far from studies.

We learned to enjoy through online get-togethers with friends,
watching movies , having food parties, long group chats are the new trends.
Ripples of laughter spread everywhere when friends are together,
Wish we could meet again the same way and open our feathers.

Banee K Singh V A

Banee K Singh V A

THE BOOK I ENJOYED READING THE MOST

I am fond of reading and every now and then I pick up an author suggested by my friends, family members or social media and start with my journey of exploring new characters, words and stories. These days I am hooked to Roald Dahl and have been reading books written by him. Amongst the many that I have read, my favourite read is "The Twits".

In this story, there is an odd married couple Mr and Mrs Twits who are in their late 50's or 60's. I am calling them odd as they are not the usual couple. In fact, if you read the story, you will realize they are not the usual human beings.

They play pranks on each other and always try to pull each other down. Other than being rude to each other they are very unhygienic and never take a shower. They are described as unkempt and careless about their appearance. Their episodes with the monkeys amused me the most in this fantastic book.

To know more about what monkeys did. I suggest you all to grab a copy of this great book by Roald Dahl and experience the fun and laughter this book offers.

Shubh Malhotra IV F

JIMMY'S ADVENTURE



Once upon a time there was a boy named Jimmy. He was nine years old. He always wanted to go on a jungle safari so his father planned a trip to Jim Corbett, Uttarakhand for his summer vacation. He was very happy and packed his bag. They went by car from Delhi and stayed at a resort outside the jungle. After relaxing for a few hours, they went on a jungle safari in a closed jeep.

As they entered the jungle, the serene beauty of their surroundings mesmerised them. They spotted a herd of elephants and deer along with a few monkeys swinging over the trees. Jimmy was very excited to see all this. The weather was very pleasant, and soon it started drizzling. They further explored the dense forest to see other wild animals like tigers, jaguars, leopards etc.

Then it started raining, the visibility dropped to zero and it became difficult to drive the jeep. They had to stop and were confined in the jeep for hours

This trip was the most memorable trip of his life & he learned that jungle is the best place for animals. Being confined for hours inside the jeep made him realise that animals should not be kept in a cage. He decided he will work for the wellbeing of animals & he started taking care of stray dogs living near his house.

CABINET PUDDING

Aryaman Kripalani V E

INGREDIENTS

- 2 cups : whipped cream
- 8 : fresh bread slices (cut corners)
- 1 cup : crushed biscuits (Good Day)
- 1/2 cup : any fruit chopped
- nuts for garnishing

Method:

- Dip 4 bread slices in whipped cream and place the same in a tray / flat bowl. Then sprinkle crushed biscuits and fruits on the bread slices. Take four more slices and repeat the process and top it with a layer of fresh cream.

Garnish with nuts and fresh fruit.

Place it in the refrigerator for 2-3 hours and serve chilled.

Ishya Jain IV G

AN UNCANNY EXPERIENCE

Have you ever had a spooky experience? I have. So today, I am going to tell you about my spooky experiences. Whenever I watch a horror movie, I feel like a ghost is around me! However, the brave would not get really affected by horror movies. My next experience was in the Spooky House or the '*Bhoot Bangla*'. My father was with me. I was feeling very excited. But just when I entered the house, my excitement changed into terror. I was scared but my father laughed pretending he was not afraid. When I reached the exit gate, my fear again changed to excitement. After that, I decided never to be afraid inside the spooky house. Two years later when I went to another Spooky House with my friends I was not as scared as the first time.

Harsha Gupta V D



A WONDERFUL READ, SHOLAY: THE MAKING OF A CLASSIC

Sholay: The Making of A Classic, narrates the story of the ultimate film which broke records and was screened at the famous Minerva theatre for more than five years. The book is authored by Anupama Chopra and tells how a four-line idea grew to be the biggest blockbuster of Indian Cinema. It describes how Amitabh convinced the Sippys to choose him over the flamboyant Shatrughan Sinha and last-minute confusion over dates that led Danny Denzongpa's exit from the film. The role of Gabbar was then handed to Amjad Khan. Starting with the tricky process of casting, moving on to the actual filming over two years in a rocky, barren landscape; making Sholay was a challenge to its makers. The spot where the film was shot, is a village near Bengaluru called Ramanagaram and is now a famous tourist spot.

This book was bought by my father, since I had never seen the film. After reading the book, I decided to watch it. What a masterpiece it was! It is still my favourite one, I love this book as it tells you the stuff you won't find on the internet. Many people don't know that some of the characters were real like: Soorma Bhopali, a real forest officer, Veeru and Jai, college friends of Salim Khan, Gabbar Singh, a dreaded dacoit of Chambal.

Dhruv Sharma V D

WHAT MAKES ME SMILE?

A smile is a form of happiness, it increases our face value. Today I will tell you the secret of what makes me smile.

I am the big sister of a wonderful little brother who is just 9 months old and his name is Kanishk; he makes me smile everyday.

He is very cute and has just learned to say *Pa..pa, Didi, Dadaa, Dadi* in a funny voice. His first word was 'papa'. So his adorable wordings and sweet voice make me laugh everyday.

He has four teeth by now and when he smiles, he looks like a cute mouse and sometimes like a rabbit.

Whenever he comes near my study table while I am taking my online classes, he takes the support of the table and then stands by himself, and makes funny sounds with unique expressions which make me not only smile but laugh out too.

Hridyanshi V D



MALORY TOWERS SERIES

The year 2021 was difficult for one and all. The covid wave hit many households effecting many families. Our house of ten was also amongst those infected one after the other. To make the most of the time and distract myself, I took to reading books which my father had gifted me. I loved the Malory Towers series and couldn't stop reading them. The series is about a cliff top boarding school Malory Towers and revolves around sisters Darrel Rivers and Felicity Rivers. The book throws light on boarding school life, the ups and downs of being on your own, friendship, peer group rivalry and whole lot of adventures associated with boarding school life. A good read if you like light hearted books with adventurous twists.

Vaanya Kher IV D

Online Classes - Boon or Bane

I had an opportunity to indulge in online classes. While the experience of learning online is not new, but due to the pandemic as we could not go to school, thus learning online was the only option left with us.

On one hand, it is an amazing option for us as we are now well- acquainted with this system, but on the other hand the screen time has increased exorbitantly. Many of us can be seen wearing spectacles due to excessive screen hours as all of us demand screen in one form or the other all day along.

My parents are in a dilemma as they can't wait for the schools to reopen, at the same time the pandemic just doesn't seem to disappear.

Amaira Sharma I C

Experience about Online Learning

The Pandemic has made home schooling easier. E-learning leaves a positive impact by helping us to understand at our pace. Teaching was never one-handed, so it gives opportunity to the parents to broom us altogether. Online learning helps us save time and learning becomes fun. In this digital world, it's good that we have become friendly with the devices at an early age. Simultaneously, it has created a bond between the teachers and parents.

Ritik Hira I I

My Beautiful Dream

The story of a glorious night,
Up in the sky I took a high flight.

My spaceship wandered around like a kite,
Oh! It was a marvellous sight.

Stars twinkled and shone so bright,
Moon bedazzled with its pristine white light.

I came across an angel who hugged me tight,
I felt so happy and gone was the fear of height.

I was completely awestruck by God's might,
I fondly remember my beautiful dream each twilight.

Myra Dang I I

Never Waste Food

I went to McDonald's yesterday with my Mom,
Bought two burgers and ate only one.

We had a lovely evening together,
But could have saved food for better.

We should buy only what we need,
Never be eager to show your greed.

Burger I wasted could have helped other,
I learnt this important message from my mother.

Everyone is not lucky to have choice,
Stop food wastage, raise your voice.

Every bite of food is precious,
No food no life, this is serious.

I promised myself not to throw food,
Always be generous, wise, kind and good.

Anay Jain II C

My Hero, My Grandma

Mom & dad, they mean the world to me.
They got me into this world,
So, its natural you see!

Grandpa is my favourite,
I can say that with a glee.
No wonder, he is on the top
of our big family tree.

But there is someone I admire and simply adore,
She is my superhero, you can't guess, I am sure.
Dadi ma, I call her with warmth and love pure,
She acts like a little girl and sometimes a bit mature.

She makes me strong whenever I feel low and weak,
Whenever in a dilemma her advice is what I seek.
Her wisdom works like magic, her logic you can't beat,
She makes things happen easily,
even when the chances are bleak.

We laugh, we play, and we read together,
She can be firm as a rock or soft as a feather.
I cherish her company, she is a real treasure,
When I am with her, I glow with pleasure.

My dear dadi ma, there is so much to learn from you,
What keeps you going, I simply have no clue.
Age is just a number, you make this statement true,
You are my pride, my HERO, gems like you are few.

Kyra Khandelwal | E

No Hungry India

Many children die everyday due to hunger,
It's disturbing and now makes me wonder.

WHY? WHY? WHY?

Food scarcity needs to be addressed,
With all the efforts to our best.

Don't waste your food and if you have
leftover,
You should know where to share it over.

If God has blessed us to buy ample meals,
We must share and poor people we must
feed.

Avyaan Chopraa | I F

Who Am I ?

You can take away my letters,
My name stays the same.
The letters you take, I'll never reclaim.
Who am I ?

I am always hungry,
I must always be fed.
The finger I touch,
Will soon turn red.
Who am I ?

I'm the son of water,
I'm solid and I have a shape.
But when I return to water,
I die and cannot be seen anymore.
Who am I ?

I snake across valleys and plains,
I run through deserts and heavy rains,
In my belly I carry people safe and sound,
I can cut through hills, but I cannot leave the ground.
Who am I ?

Answers: **1. Postman, 2. Fire, 3. Ice, 4. Train**



मित्र और मित्रता पर नारा

1. संसार का सबसे ज़्यादा पवित्रता का रिश्ता है, दो दोस्तों में मित्रता का रिश्ता ।
2. आशा है ऐसी दोस्ती हो हमारी, जिसको देखती रह जाए दुनिया सारी ।
3. अच्छे मित्र बिना कोई जीवन नहीं होता, सच्ची मित्रता में कोई नियम नहीं होता ।
4. मित्र से बढ़ कर कोई धन नहीं, मित्र के बिना कोई दौलत नहीं ।
5. गम में दोस्ती साथ निभाती है, हमें हर पल मुस्कुराना सिखाती है ।
6. मित्रता में जीवन सुख से भरा होता है, बिना मित्र सब दुख से भर जाता है ।
7. मित्र को नहीं जाना भूल, क्योंकि मित्रता है जीवन का मूल ।
8. दोस्ती है वो बंधन, जिसमें मित्र करते है अभिनंदन ।



भाविका 9 'सी'

दोस्त बहुत याद आते हैं.....

मैं यादों का पिटारा खोलूँ तो कुछ दोस्त बहुत याद आते हैं, मैं गाँव की गलियों से गुज़रते हुए पेड़ की छाँव में बैठूँ तो कुछ दोस्त बहुत याद आते हैं ।

वे हँसते-मुस्कुराते दोस्त न जाने किस शहर में गुम हो गए, कुछ दोस्त बहुत याद आते हैं ।

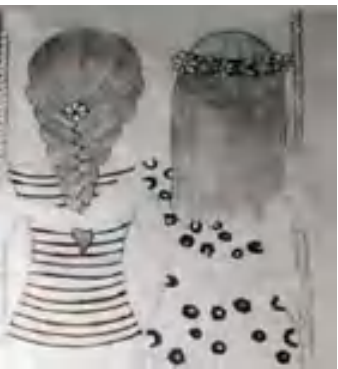
कोई 'मैं' में उलझा है, तो कोई 'तू' में । नहीं सुलझ रही इस जीवन की गुत्थी, अब दोस्त बहुत याद आते हैं ।

जब मैं मनाता हूँ कोई त्योहार, तो हँसते-गाते दोस्त नज़र आते हैं,

लेकिन अब तो होली-दीवाली पर भी नहीं मिलना होता, कोई पैसा कमाने में व्यस्त है, तो कोई परिवार चलाने में व्यस्त है ।

याद करता हूँ पुराने दिन, तो कुछ दोस्त बहुत याद आते हैं ।

दीक्षा जैन 9 'एच'



दोस्त हैं अनमोल रत्न, दोस्त रूठ जाए

तो मन नहीं लगता ।

इन से बात किये बिना दिन नहीं निकलता ।

दोस्त के बिना कुछ अजीब - अजीब सा लगता है ।

याशिका चंडोलिया 9 'बी'

मित्र और मित्रता (निबंध)

मित्रता एक अनमोल धन है । इसकी तुलना किसी से भी नहीं की जा सकती है । हीरे - मोती या सोने-चाँदी से भी नहीं । मित्र से बढ़कर समाज में सुख और आनंद देने वाला दूसरा कोई नहीं होता । मित्र के सम्मुख ही मनुष्य अपने दिल को खोल कर रख सकता है । सच्चा मित्र सुख और दुख में समान भाव से साथ देता है । जो केवल सुख में साथ होता है, उसे सच्चा मित्र नहीं कहा जा सकता । सच्चा मित्र तो वह होता है जो कठिन समय में भी साथ दे । मित्रता करना तो आसान है, लेकिन निभाना बहुत कठिन है । आजकल मित्रता का दुरुप्रयोग होने लगा है । लोग अपने स्वार्थ की पूर्ति करने के लिए मित्रता का ढोंग करते हैं । जो केवल काम निकालना जानते हैं, जो केवल सुख के साथी हैं और जो समय आने पर सहायता नहीं करते और बहाना बनाकर गायब हो जाते हैं, वे मित्रता के नाम पर कलंक हैं । मित्रता जीवन का सर्वश्रेष्ठ अनुभव है । सच्ची मित्रता जीवन का वरदान है । यह आसानी से नहीं प्राप्त होती । एक सच्चा मित्र मिलना सौभाग्य की बात होती है ।

निष्ठा सोनी 9 'ए'

दुश्मन नहीं दोस्त

दोस्त तो हम कुछ ऐसे है, जब एक रोता है तो दूसरा हँसता है, उसे चुप कराने के बजाय उसका मजाक उड़ता है, हम दुश्मन, नहीं दोस्त ही है, यह विश्वास करना मुश्किल नहीं, आसान ही है, हम दोनों में से कोई एक गलती कर ही नहीं सकता, जब होती है तो दोनों से होती है, दिमाग दोनों के पास है पर इस्तेमाल कोई नहीं करता हैं, यह मजाक की बात है पर असलियत क्या है यह बताना बाकी है, दिल हम दोनों का बड़ा है शौक भी हमारे कुछ समान ही है, इससे ज़्यादा कोई समानता नहीं हैं क्योंकि इंसान हम अलग – अलग हैं, हम दोनों का एक दूसरे के प्रति स्नेह बहुत है, यह भी एक वजह है कि हम दुश्मन नहीं, दोस्त हैं ।

रिद्धि कुंद्रा 9 'डी'

मित्रता

इस दुनिया में सबसे महत्वपूर्ण रिश्ता एक मित्र का है । यह एक ऐसा रिश्ता है, जो एक मनुष्य खुद बनाता है, बाकी रिश्ते जन्म के साथ बन जाते हैं ।

एक सच्चा मित्र एक बहुमूल्य उपहार के समान होता है, जो हमारे साथ हर मुश्किल घड़ी में खड़ा होता है, इसलिए हर मानव को अपने जीवन में एक मित्र की आवश्यकता ज़रूर पड़ती है ।

सच्चे मित्र हमारे सुख-दुख बाँटते हैं और हमें बुरे हालातों से बाहर निकलने में मदद करते हैं । अच्छा मित्र कभी भी हमें बुरे काम करने के लिए उत्साहित नहीं करता ।

मित्रता के इस बंधन में हमें विश्वास, सहयोग और प्रेम की भावनाएँ बनाए रखनी चाहिए ।

मित्र बनाना कोई आसान काम नहीं है, इसके लिए हमारे अंदर कुछ विशेषताएँ होनी चाहिए ।

स्वार्थ के लिए की गई दोस्ती ज्यादा दिनों तक नहीं टिकती ।

इस प्रकार के मित्रों से हमें दूरी बनाकर रखनी चाहिए ।

अपने शत्रु को हमें कई मौके देने चाहिए जिससे कि वह हमारा मित्र बन जाए, लेकिन अपने मित्र को कभी भी ऐसा मौका नहीं देना चाहिए, जिससे वह हमारा शत्रु बन जाए ।

आद्या धवन 9 'जी'



मित्र और मित्रता

जब मैं गिरी तूने संभाला, सही राहों पर चलना तूने सिखाया ।

जब भी दर्द मुझे हुआ, आँखों में आँसू तेरे आया ।

छोड़ दिया जग ने जब मुझे मुश्किल राह में, हाथ थाम दिया साथ तूने मेरा जिंदगी की राह में ।

टॉम ऐंड जेरी सी दोस्ती हमारी, बहनों की-सी जोड़ी हमारी ।

जब मिलकर सबने मुझे सताया, तूने ही मुझे बचाया ।

जब भी अध्यापिका कक्षा में पढ़ातीं, हमारी टोली भोजन के मज़े उठाती ।

गली – गली में चर्चा हुई, जोड़ी ने हमारी धूम मचाई ।

टॉम ऐंड जेरी सी दोस्ती हमारी, बहनों की-सी जोड़ी हमारी ।

विधि चोपड़ा 10 'एफ'

दो दोस्तों के बीच संवाद



प्रिया :- हैलो, चहक तुम कैसी हो ? लंबे समय से तुम्हें नहीं देखा । अब लगभग 5 साल हो चुके हैं

चहक :- हाँ, अब मैं भी क्या कर सकती हूँ? पढ़ाई के कारण मुझे मुंबई आना पड़ा ।

प्रिया :- तुम मुझे यह बताओ कि मुंबई में कैसा लगता है ?

चहक :- सब लोग मुझसे बहुत प्यार से बात करते हैं, फिर भी मुझे तुम्हारी याद बहुत आती है

प्रिया :- वैसे तुमने मुझे कब - कब याद किया ।

चहक :- हमेशा, जब हम पिज़्जा खाने जाते हैं । मुझे अभी भी याद है तुम कैसे सबसे लड़कर मुझे दो टुकड़े ही खाने देती थी और मेरा कितना ध्यान रखती थी । तुम जैसा कोई और नहीं है !

प्रिया :- अगर तुम मुझे इतना ही याद कर रही हो, तो मुझे तुम्हें एक बड़ा सा उपहार देना चाहिए।

चहक :- कैसा उपहार, मुझे उसकी प्रतीक्षा रहेगी !

प्रिया :- मैं 27 दिसंबर को तुम्हारे जन्मदिन पर मुंबई आ रही हूँ, मेरी प्रतीक्षा करना !

चहक :- अरे वाह !! मुझे तुम्हारी प्रतीक्षा रहेगी ।

“कोई फर्क नहीं पड़ता कि तुम कहाँ गयी हो और कब वापस लौटोगी मैं हमेशा तुम्हारे साथ खड़ी हूँ लंबी दूरी भी हमें अलग नहीं का सकती है यही दोस्ती होती है ।”

प्रिया और चहक 9 'डी'

नन्ही चित्रकार

यह बात तब की है जब मैं बनी नन्ही चित्रकार, आया मेरे मस्तिष्क में इस कला को आजमाने का विचार ।

उतारने लगी कागज पर रंगों का चित्रहार और ले आई उस उदास कागज पर रंगों की बहार ।

हाथ मेरे रुके नहीं क्योंकि इच्छा थी एक खूबसूरत चित्र रचकर तारीफ बटोरूँगी अनेक ।

परंतु मेरी इच्छाओं पर पानी फिर गया जब कागज की जगह बिस्तर पर रंग उतर गया ।

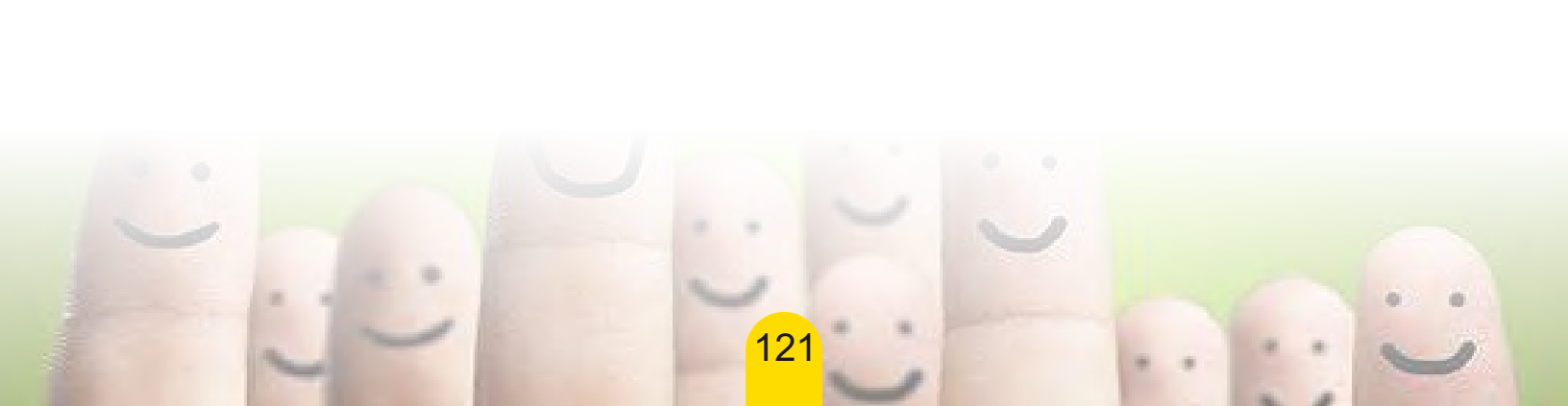
रह गई मैं आश्चर्यचकित क्योंकि स्थिति थी गंभीर, यदि माँ को पता चलता तो कैसे रखी जाती मेरी इच्छाओं की नींव ।

मेरी मनोदशा थी भयभीत क्योंकि वह चादर मेरी माँ को पसंद थी। कोसने लगी स्वयं को, कैसे करूँगी अब सब ठीक । तभी मेरे मस्तिष्क में एक उपाय सूझा। चादर को गीले कपड़े से पोंछ देना ही उचित था, कोई चारा न था दूजा, परन्तु समस्या और उलझ गई, जब रंग ने और फैलकर अपनी लीला दिखाई । अब मैंने माँ को सत्य बताना ही उचित समझा ।

जब फोन पर माँ को सत्य बताया तो अश्रु भी बहे, माँ ने घर आकर मुझे प्यार किया मेरे बिना कुछ कहे ।

मैं हैरान थी कि माँ ने मुझे डाँटा नहीं, मैं वही सब भूलकर उनके आँचल में खो गई यही कहीं ।

वाणी गुप्ता 9 'सी'



मुसीबत का बादल तो आता है....

मुसीबत का बादल तो जाता है,
पर उसका सामना करना ही तो हमारा नाता है ।
काश होती ऐसी दुनिया जिसमें होती सुनहरी धूप,
न होते बादल न होती बारिश अनूप,
पर जिंदगी का यही तो फ़साना है,
कभी रूलाना तो कभी हँसाना हैं
मन में है विश्वास हमारे,
अमर है मित्रता हमारी प्यारे ।
सच्चे मित्र की परिभाषा हम आज तक नहीं जाने
पर जो हमारा साथ हर पल दे उसे ही हम मानें
सबसे लड़ जाये हमारी आँखों के एक-एक अश्रु के लिये
और सब कुछ छोड़ दे सिर्फ़ हमारे लिए
जो दुख में हो साथ खड़ा,
जो सुख में दे साथ मेरा
जानती हूँ कि कभी -कभी दूरियाँ आती हैं
पर उस रिश्ते की डोर को खोना नहीं चाहते हैं।
सबके जीवन में एक सच्चा मित्र होना जरूरी है
जिंदगी उसके बिना अधूरी है।

लावण्या वलेचा 9 'सी'

खाद्यान्न सुरक्षा

देश के प्रत्येक नागरिक को भोजन का अधिकार प्रदान करने के लिए भारत की संसद ने राष्ट्रीय खाद्यान्न सुरक्षा अधिनियम नामक एक कानून पारित किया । इसे खाद्य अधिकार कानून भी कहा जाता है । इस अधिनियम के तहत भारत की आबादी के लगभग दो तिहाई लोगों को कम दाम पर अनाज प्रदान करने का प्रावधान है ।

भारत में इस समस्या के तीन पहलू हैं । पहला यह है कि हमारे यहाँ अभी हाल तक खाद्यान्न की कमी रही है। दूसरा यहाँ जो आहार उपलब्ध होता है, वह असंतुलित है । तीसरा, बहुत से लोग क्रय शक्ति के अभाव में निम्नतम मात्रा में भी अनाज या पोषक आहार प्राप्त करने में असमर्थ रहते हैं। गरीबी रेखा के नीचे जीवनयापन करने वाले परिवारों को प्रति माह 35 किलोग्राम खाद्यान्न उपलब्ध करवाया जाता है। राष्ट्रीय खाद्य सुरक्षा एक्ट में 81 करोड़ नागरिकों को लाभ देने का लक्ष्य रखा गया था। वर्तमान समय में 80 करोड़ से अधिक नागरिक इसका लाभ ले रहे हैं ।

आज के समय में हम देख रहे हैं कि विज्ञान तेजी से तरक्की कर रहा है । विज्ञान की इस तेजी से विकास की गति में हम उम्मीद कर सकते हैं कि भविष्य में हमेशा खाद्य सुरक्षा हो और कभी भी हमें भोजन से संबंधित परेशानियों का सामना न करना पड़े ।

दिवा अरोड़ा 9 'ई'

खाद्यान्न सुरक्षा

भोजन हम सभी को एक स्वस्थ जीवन के लिए चाहिए, लेकिन क्या ये भोजन सुरक्षित है ? क्या इसमें पोषण है ? जैसे – प्रोटीन, विटामिन । हम सुरक्षित भोजन के लिए किसी पर कैसे भरोसा कर सकते हैं क्योंकि आजकल हर कोई इसे अन्य जीवाणुओं से बचाने के लिए संरक्षक तत्व (प्रिज़र्वेटिव) डालते हैं जो पोषक तत्व की मात्रा को भी कम कर देता है और साथ ही ये सेहत के लिए भी अच्छे नहीं होते हैं । आजकल खाना एक बहुत ही कीमती चीज़ है क्योंकि देश के गरीब लोग भोजन की कमी के कारण मर रहे हैं । जैविक भोजन जो बहुत महँगा है गरीब लोगों द्वारा वहनीय नहीं है ।

खाद्य सुरक्षा यह भी सुनिश्चित करती है कि जब सभी लोगों की शारीरिक और आर्थिक पहुँच पर्याप्त, सुरक्षित और पौष्टिक भोजन तक हो, तो उनकी आहार संबंधी ज़रूरतों को पूरा करने के लिए और सक्रिय और स्वस्थ जीवन के लिए भोजन को प्राथमिकता देनी होगी ।

नीहारिका कुमारी 9 'ई'



खाद्य सुरक्षा

जैसे जीवन का आधार है 'पानी' उसी प्रकार भोजन के बिना भी जीवन संभव नहीं है। मानव जीवन के लिए 'खाना' महत्वपूर्ण है। पौष्टिक भोजन अर्थात् संतुलित आहार से ही हम सब स्वस्थ रहते हैं। संतुलित आहार का अर्थ है एक ऐसा भोजन जिसके अंदर सही मात्रा में सारे पौष्टिक तत्व हों और एक प्रसिद्ध कहावत भी तो है कि "स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का निवास होता है।" इससे यह सिद्ध हो जाता है कि यदि हम स्वस्थ हैं तो हम सारे काम प्रभावी रूप से कर सकते हैं। परंतु प्रश्न यह है कि क्या सभी को सही मात्रा में पोषण मिल पाता है? हमारे देश में यह एक चिन्ताजनक विषय है। हमारे देश में बहुत से ऐसे लोग हैं जो कुपोषित हैं। कुपोषित व्यक्ति अनेक बीमारियों का शिकार बन सकता है, तो यह आवश्यक है कि हर किसी को पौष्टिक खाना मिले और कोई भी भूखे पेट न सोए। हमें खाने की बरबादी को रोकने की ओर कदम उठाने होंगे। हमारे संविधान ने भी भोजन का अधिकार सभी को दिया है और यह सरकार की ज़िम्मेदारी है कि हर किसी को पौष्टिक आहार मिले। खाने की कमी शहरों से ज़्यादा गाँवों में देखने को मिलता है। खाने की आपूर्ति न होने के अनेक कारण हो सकते हैं और उनमें से एक है जब फसल प्राकृतिक आपदाओं के कारण खराब हो जाती है और अनाज का उत्पादन घट जाता है। इसकी वजह से भोजन के दाम बढ़ जाते हैं और अनेक लोगों के लिए खाना खरीदना मुश्किल हो जाता है इसलिए यह भी ज़रूरी है कि खाना उचित दाम पर मिले और लोग भूखे न रहें। हमारी सरकार ने ऐसे अनेक कदम उठाए हैं, जिससे हमारे देश को भोजन आपूर्ति के लिए किसी और देश पर आश्रित न रहना पड़े। हरित क्रांति इसका ही एक उदाहरण है। और तो और सरकार ने सरकारी स्कूलों में "मिड डे मील योजना" को आरंभ किया है जिसमें स्कूलों में ही बच्चों को पौष्टिक खाना दिया जाता है जिससे कुपोषण की समस्या से निपटा जा सके।

खाद्य सुरक्षा हमारे देश में कठिन चुनौतियों में से एक है। यदि हमारे देश को आगे बढ़ना है तो हमें इस समस्या पर काबू पाना होगा और जन-जन तक पौष्टिक भोजन पहुँचाना होगा ताकि भारत एक सशक्त देश के रूप में उभर सके।

आशिरा सहगल 9 'बी'

खाद्य सुरक्षा का अर्थ है सभी लोगों को दोनों समय पर्याप्त मात्रा में भोजन उपलब्ध कराना ताकि वे स्वस्थ जीवन व्यतीत कर सकें। इसके लिए यह आवश्यक है कि पर्याप्त मात्रा में भोजन उपलब्ध हों, साथ ही परिवारों के पास उपयुक्त क्रय शक्ति भी हो ताकि वे आवश्यकतानुसार खाद्यान्न खरीद सकें। भारत ने 113 देशों की सूची में से वैश्विक खाद्य सुरक्षा सूचकांक 2021 में 71वाँ स्थान हासिल किया है। 7 जून 2021 को विश्व खाद्य सुरक्षा दिवस मनाया गया है। इस साल 'खाद्य सुरक्षा का थीम 'स्वस्थ कल के लिए सुरक्षित भोजन'। खाद्य सुरक्षा का मतलब उन लोगों को उचित खाद्य आपूर्ति करना है जो मूल पोषण से वंचित हैं। भारत में खाद्य सुरक्षा एक प्रमुख चिन्ता रही है। संयुक्त राष्ट्र के मुताबिक भारत में लगभग 15 करोड़ कुपोषित लोग हैं, जो कि वैश्विक भूखमरी का एक चौथाई हिस्सा है। भारत में लगभग 10 लाख से अधिक बच्चे गंभीर रूप से कुपोषित हैं।

स्वतंत्रता प्राप्ति के समय से ही भारत खाद्य समस्या से जूझता रहा है। आज़ादी के 75 वर्ष बीतने के बाद भी यह समस्या देखने को मिलती है। खाद्यान्न की समस्या का एक महत्वपूर्ण कारण हैं हमारे देश की लगातार बढ़ती जनसंख्या। स्वतंत्रता के बाद भारत की जनसंख्या में लगातार वृद्धि हुई। लेकिन खाद्य के उत्पादन में विशेष वृद्धि नहीं हुई। जनसंख्या वृद्धि की तुलना में खाद्यान्नों का उत्पादन कम रहा। जिसके परिणाम स्वरूप खाद्यान्न समस्या गंभीर बनी रही। भारतीय जनसंख्या का प्रमुख आहार अन्न है और खाद्यान्न की उपज की गति धीमी रही है।





देश में जहाँ तक भूमि की उत्पादकता बढ़ाने की बात है तो हरित क्रांति भी अपने सीमित प्रभाव के कारण खाद्य समस्या को हल करने में असफल रही है। इसके सीमित विस्तार के अलावा कृषि उत्पादन इस कारण भी तेजी से नहीं बढ़ पाया कि रासायनिक खाद, अधिक उपज वाले बीज आदि साधन अपेक्षित मात्रा में उपलब्ध नहीं रहे और साधारण किसानों के लिए उनकी कीमतें ऊँची बनी रही। इसके अतिरिक्त सूखे और बाढ़ आदि के कारण भी समय-समय पर खाद्यान्न की समस्या गंभीर रूप धारण कर लेती है।

देश के अनेक भागों में कीट पतंगों, चूहों और पक्षियों आदि के कारण अनाज की बर्बादी होती है। एक अनुमान के अनुसार, अनाज की उपज का लगभग 15 प्रतिशत भाग नष्ट हो जाता है। दूसरा कारण यह है कि अभी हाल तक मंडी में लाए गए अनाज के अधिशेष का अनुपात कम रहा है। भारत की अधिकांश जनसंख्या ऐसी है जो खाद्य उत्पादन में वृद्धि के बावजूद उचित मात्रा में खाद्यान्न नहीं खरीद पाती।

इसके अलावा हमारे समाज में कुछ ऐसे भी लोग हैं जो काम कर ही नहीं सकते। खाद्य समस्या के समाधान के लिए यह जरूरी है कि खाद्यान्न की माँग और उसकी आपूर्ति के बीच संतुलन स्थापित किया जाए। तेजी से बढ़ती आबादी को रोकने के लिए यह उपाय करना आवश्यक है। इसके अलावा खाद्यान्न समस्या का स्थायी समाधान इन गरीब लोगों की आर्थिक स्थिति में सुधार लाकर किया जा सकता है, जो खाद्य वस्तुओं की कमी और उनकी ऊँची कीमतों के वास्तविक शिकार हैं।

सार्वजनिक वितरण प्रणाली को कुशल बनाकर भी इस समस्या का कुछ हद तक समाधान किया जा सकता है। जिससे खाद्यान्न जैसी आवश्यक वस्तुएँ उचित कीमतों पर, विशेषकर समाज के कमजोर वर्गों के लोगों तक पहुँच सके।

भारतीय सार्वजनिक वितरण प्रणाली संभवतः विश्व में सबसे बड़ा वितरण नेटवर्क है।

यह आवश्यक खाद्य पदार्थों को सस्ते दाम पर उपलब्ध कराने का एकमात्र साधन है। इस प्रणाली को चलाने के लिए सरकार व्यापारियों तथा उत्पादाकों से वसूली कीमतों पर वस्तुएँ खरीदती है और जो खरीद की जाती है उसका वितरण उचित दर दुकानों के माध्यम से किया जाता है। खाद्यान्नों के अलावा, सार्वजनिक वितरण प्रणाली का प्रयोग खाद्य तेलों, मिट्टी का तेल, चीनी कोयला तथा कपड़े आदि के वितरण के लिए भी जाता है।

भारत में सार्वजनिक वितरण प्रणाली का मुख्य उद्देश्य उपभोक्ताओं को सस्ती कीमतों पर राशन उपलब्ध कराना है ताकि उन्हें इनकी बढ़ती हुई कीमतों के प्रभाव से बचाया जा सके।

भारतीय खाद्य निगम की स्थापना 1965 में की गई थी। सार्वजनिक वितरण प्रणाली को खाद्यान्न उपलब्ध कराना इसका मुख्य कार्य है। खाद्यान्न व अन्य सामग्री की खरीदारी, भंडारण व संरक्षण, स्थानांतरण, वितरण तथा बिक्री का काम करता है। निगम एक ओर यह सुनिश्चित करता है कि किसानों को उनके उत्पादन की उचित कीमत मिले तथा दूसरी ओर यह निश्चित करता है कि उपभोक्ताओं को भंडार से एक ही योजना के आधार पर खाद्यान्न उपलब्ध हो। पिछले वर्षों में गेहूँ और चावल के बढ़ते उत्पादन के कारण भारतीय खाद्य निगम की भूमिका भी बढ़ गई है।

मन्त 9 'एच'

दोस्त

ज़रूरत में काम आने वाला दोस्त ही सच्चा दोस्त होता है!!

ये था मुझे स्कूल में पढ़ाया,
उस वक्त था मुझे इसका मतलब समझाया
दोस्त ही था, जो दोस्त के काम आया,
यही था वो जो मैं समझ पाया।

लड़ाई होने पर कट्टी हो जाना, बड़ों को लगता है जो बचकाना।
रूठने पर मनाना, पर मनाने से पहले थोड़ा गुस्सा दिखाना।

कॉपी करने की आदत नहीं बदली अभी तक,
लिखावट, ड्राइंग और कभी - कभी परीक्षा का पेपर सब कॉपी
करते हैं।
फिर कॉपी कैट, कॉपी कैट बोल कर बची-कुची कसर भी पूरी
कर लिया करते हैं।

"लंच नहीं लाये"
कहकर दोस्तों का लंच खाना,
बस इसी तरह चलता रहता है दोस्तों का फसाना।

उनकी कामयाबी पर खुशी भी होती है, मगर सच बात बताऊँ तो
थोड़ी जलन भी होती है।

ज़रूरत में काम आने वाला दोस्त ही सच्चा दोस्त होता है!!

ये था मुझे स्कूल में पढ़ाया,
उस वक्त था मुझे इसका मतलब समझाया।
दोस्त ही था, जो दोस्त के काम आया,
यही था वो जो मैं समझ पाया।

रिद्धिमा
सातवीं ई

दोस्ती

हम सभी के जीवन में दोस्तों का बेहद महत्व होता है, क्योंकि दोस्ती
का रिश्ता एक ऐसा रिश्ता होता है जिसमें ढेर सारा प्यार, स्नेह और
अपनापन छिपा रहता है। दोस्तों के बिना जिंदगी अधूरी और सूनी

लगती है क्योंकि दोस्त न सिर्फ हमारी जिंदगी में खुशियां भरते हैं
बल्कि जीवन भर के लिए कई प्यारी-प्यारी यादें भी छोड़ जाते हैं।
दोस्ती दुनिया का सबसे खूबसूरत तोहफ़ा है, बेहद खुशनसीब होते
हैं वह लोग, जिनके पास सच्चे दोस्त होते हैं। अच्छे और बुरे, दोनों
समय में वह हमारे साथ खड़े होते हैं। बुरे वक्त में साए की तरह
हमारा साथ न छोड़ते, और अच्छे वक्त में वे हमारी खुशियों में
शुमार हो जाते हैं। हमारे जीवन में कई महत्वपूर्ण चीजें होने के
बावजूद दोस्ती सबसे मूल्यवान है। सच्ची दोस्ती इंसान और
जानवर के बीच भी हो सकती है। इसमें कोई संदेह नहीं है कि सबसे
अच्छे दोस्त हमारी कठिनाइयों और जीवन के बुरे समय में मदद
करते हैं। दोस्त हमेशा हमें अपने खतरों से बचाने के साथ-साथ
समय पर सलाह भी देते हैं। सच्चे दोस्त हमारे जीवन की सबसे
अच्छी संपत्ति होते हैं क्योंकि वे हमारे दुख को साझा करते हैं, हमारे
दर्द को दूर करते हैं और हमें खुश महसूस कराते हैं।

“दोस्त तो वही हैं
जो बिन बुलाये आते हैं,
कभी सताते तो कभी रुलाते हैं,
मगर हमेशा हमारा साथ निभाते हैं” ...

खेवना गोसैन
सातवीं ई

मित्र का प्रेम

मित्रता सच्ची है वही जो रास्ता सही बताए
एक आंख मेरी रोएँ दूसरी मित्र की भर जाए

मित्र होता है वही जो दुख को लेता बांट
माँ-सी ममता दे और गलती कर दे माफ़

पवन मंगल आचरण निर्मल निर्मित मान
सखा कृष्ण-सा चाहिए जो रखे मित्र का मान

प्रेम से भरी भावना और अविचल-सा विश्वास
हाथ न छोटे मित्र का चाहे टूटे जीवन की साँस।

जया गुप्ता
सातवीं अ

दो अभाज्य दोस्त

सैम और जेसन, दिल्ली के रास्ते में एक दुर्घटना के साथ मिले। अगली सुबह, जेसन अंधा उठा और सैम अभी भी बेहोश था। डॉ. चतुर्वेदी अपने बिस्तर के पास खड़े होकर अपने स्वास्थ्य चार्ट और दवाओं को देख रहे थे और उनके चेहरे पर एक विचारशील अभिव्यक्ति थी। जब उसने सैम को जागते हुए देखा, तो वह उस पर मुसकुराया और पूछा। "सैम आज कैसा महसूस कर रहे हो?" सैम ने एक बहादुर चेहरा रखने की कोशिश की और मुसकुराते हुए कहा, "बिल्कुल अद्भुत डॉक्टर चतुर्वेदी। आपने मेरे लिए जो कुछ किया है उसके लिए मैं बहुत आभारी हूँ।" "डॉ. चतुर्वेदी सैम के काम से प्रभावित हुए। वह केवल इतना कह सकते थे, "तुम बहुत बहादुर आदमी हो सैम और भगवान करे तुम ऐसे ही खुश मिज़ाज़ और बहादुर रहो"। जब वह अगले रोगी के पास जा रहा था, सैम ने उसे लगभग विनती करते हुए वापस बुलाया, "मुझसे वादा कीजिए कि आप जेसन से को कुछ नहीं कहेंगे"। "आप जानते हैं कि मैं ऐसा नहीं करूंगा। मेरा विश्वास करो।" और डॉक्टर चतुर्वेदी चले गए।

"धन्यवाद" सैम फुसफुसाए। वह मुसकुराया और प्रार्थना की "मुझे आशा है कि मैं आपके विचारों पर खरा उतरूंगा ... भगवान कृपया मुझे इससे गुजरने की शक्ति दें।"

महीनों बाद जब जेसन काफी स्वस्थ हो गया, तो उसने सैम के साथ घूमना बंद कर दिया। सैम जैसे विकलांग व्यक्ति के साथ समय बिताने से वह निराश और शर्मिंदा महसूस करता था। सैम अकेला और निराश था, क्योंकि उसके पास जेसन के अलावा और कोई दोस्त नहीं था। चीजें बद से बदतर होती चली गईं। और एक दिन सैम निराशा से मर गया। जब जेसन को उसके दाह संस्कार के लिए बुलाया गया, तो उसे एक पत्र मिला जो उसकी प्रतीक्षा कर रहा था। डॉ. चतुर्वेदी ने उसे एक भावहीन चेहरे के साथ दिया और कहा, "यह तुम्हारे लिए जेसन ने लिखा था। सैम ने मुझे इसे आपको देने के लिए कहा था जब वह चला जाए"।

पत्र में उन्होंने कहा था "प्रिय जेसन, मैंने अंत में अपना वादा निभाया है कि अगर मुझे कुछ हुआ तो मैं आपको अपनी आँखें अवश्य ढूँगा। अब और कुछ नहीं है जो मैं भगवान से पूछ सकता

हूँ, तुम मेरी नजरों से दुनिया देखोगे। तुम हमेशा मेरे सबसे अच्छे दोस्त रहोगे.....सैम"।

जब उन्होंने पढ़ना समाप्त कर लिया तो डॉ. चतुर्वेदी ने कहा, "मैंने सैम से वादा किया था कि वह अपने बलिदान को बनाए रखेगा, उसने आपसे यह रहस्य रखने को कहा था। जेसन के लिए जो कुछ बचा था वह थे अफसोस के आँसू और सैम के जीवन के बाकी हिस्सों की यादें।

अवनि
आठवीं ब

अंतहीन दोस्ती

सुख-दुख के अफसाने का ये राज है सदा मुसकुराने का
ये पल दो पल की रिश्तेदारी नहीं ये तो फ़र्ज है उम्र भर निभाने का
जिन्दगी में आकर कभी ना वापस जाने का ना जानें क्यों
एक अजीब सी डोर में बन्ध जाने का इसमें होती नहीं हैं शर्तें
ये तो नाम है खुद एक शर्त में बन्ध जाने का
ये तो अरमान है एक खुशी के आशियाने का
इसे काँटा ना समझना कोई
ये तो फ़र्ज है उम्र भर निभाने का
दोस्ती दर्द नहीं रोने रुलाने का
ये तो फूल है जिन्दगी की राहों को महकाने का
ये तो फ़र्ज है उम्र भर निभाने का
दोस्ती नाम है दोस्तों में खुशियाँ बिखेर जाने का
आँखों के आँसूओं को नूर में बदल जाने का
ये तो अपनी ही तकदीर में लिखी होती है
धीरे-धीरे खुद अफसाना बन जाती है जमाने का
ये तो फ़र्ज है उम्र भर निभाने का
दोस्ती नाम है कुछ खोकर भी सब कुछ पाने का
खुद रोकर भी अपने दोस्त को हँसाने का
इसमें प्यार भी है और तकरार भी
दोस्ती तो नाम है उस तकरार में भी अपने यार
को मनाने का
ये तो फ़र्ज है उम्र भर निभाने का

तिस्या कालरा
सातवीं अ

दोस्त : एक अनमोल रत्न

मुश्किलों में यह ही साथ देते हैं
अपने न हो पास तो
अपनों –सा एहसास देते हैं
झूठ में झूठ और सच में सच
हर बात पर विचार देते हैं
गली नुक्कड़ की शान है इनसे
दोस्ती की पहचान है इनसे
यह वे ही निकम्मे हैं
जो.....
घर पर गलत फोन भी कर सकते हैं
साथ न होने पर साथ भी बता सकते हैं
छोटी - सी उम्र में ही निभाते हैं बड़ों का रोल
बड़ों की बात हो, तो बन जाते हैं छोटे बच्चों से अनमोल
इन्होंने शरारतें सीखीं हैं शुरु से ही
जिंदा है दोस्ती की परिभाषा इन्हीं से ही
कितना काम आते हैं, ये हर बात में
बहाने हजारों हैं इनके सोचने की दुकान में
इनसे न कोई मासूम होता है, इनसे न कोई खडूस होता है
जिनके पास ये हैं उनको ही ये सब महसूस होता है
दोस्ती कर के देखो तुम भी
सोहबत में इसकी रहकर देखो, तुम भी
न पाओगे जब पास अपने
तो होंगे खुद से ही उदास तुम भी
खाना चुराकर भी खाते हैं ये
अपने घर से बनवाकर भी लाते हैं ये
छीनकर खाना इनकी रगों में बसा
इन्हीं आदतों से दोस्त कहलाए हैं ये
दोस्ती का प्यारा - सा मिजाज होता है
हर निकम्मा दोस्त भी खास होता है

ग्रुप की शान इकलौता दोस्त ही बढ़ाता है
इनकी हर अदा पर दिल मेहरबान होता है
सबके सामने गलतियों पर डाल देते हैं पर्दा
घर अकेले में हैं तो बातों से कर देते हैं पंगा
ये ही वे नादान हैं, ये ही वे विद्वान हैं
जिनका हमारे जीवन में रहा योगदान है
पापा ने हमेशा कहा देखो अपने दोस्त को
उसके साथ रहते हो, तो बनो जैसा है वह
उनको नहीं मालूम उसके पापा की नज़रों में
कितने बड़े दिलवाला नालायक है वह
मन न लगे जब परिवार में
दिल दुखने लगे भरे बाजार में
केवल एक ही दोस्त को कॉल कर लेना
बहार आ जायेगी संसार में ।

चित्रांगदा ढींगरा
सातवीं जी

जीवन का रत्न- मित्र

जो मुश्किल में हाथ बढ़ाए,
जब सब छोड़ जाए,
फिर भी साथ निभाए ।
जो जीवन में भरे दोस्ती का इल,
वहीं है एक आदर्श मिल ।

जो सदा दे मेरा साथ,
करता हूँ जिससे मन की हर बात ।
जिस रिश्ते की ताकत के सामने कोई न टिक पाए,
इस रिश्ते को कोई कभी न तोड़ पाए ।
मेरे मन में यहीं उमंग,
पूरा जीवन बीते तुम्हारे संग ।

सक्षम महाजन
सातवीं जी

दोस्ती की दास्तान

मेरी दोस्ती की दास्तान...

कितने अजीब है ना ये रिश्ते, जो किस्मत से मिलते हैं।

अपनी यारी को जन्नत बना जाते हैं,

दोस्त मिले तो अनजाने में, कोई मस्ती वाला यार बन गया,

कोई हॉस्टल की टोली में मिल गया,

कुछ नोट्स वाले दोस्त मिले, कुछ चाय की चुस्कियों के साथ दिल मिले।

कईयों ने साथ में गलियां भी खाई और कईयों ने खिलवाई भी।

पर दोस्ती हर एक ने क्या खूब निभाई,

दोस्तों के नाम पर सारे भुक्कड़ ही मिले, एक टिफिन में पूरी टोली

ने लूट मचाई।

और चाय के शौकीन तो हम बराबर के निकले, फिर क्या सब के

हाथ में चाय और सबकी टाँग खिंचाई।

धीरे-धीरे दोस्ती और गहराई, अपने नये रंग लाई,

कुछ बेस्ट फ्रेंड बने और कुछ सीक्रेट पार्टनर।

कुछ के दिल मिल गये और कहीं रक्षा सूल बंध गये।

अब एक दौर गलतफहमियों का भी आया,

कभी रोना कभी मनाना, कभी रूठना कभी समझाना

अपनी यादों में एक हिस्सा यह भी बनाया।

अब जो वक्त था बिछड़ने का, वो फिर सबको साथ ले आया।

नम आँखें और दिल में इतनी सारी यादें लिए, जाते वक्त फिर

मिलने के वादे दिए

हर कोई अपनी राहों में बढ़ गया, आज कोई पास तो नहीं मगर

सब साथ है।

मिलते आज भी हैं सब, दोस्ती की यही तो बात है,

ये महज एक कहानी नहीं, ये मेरी दोस्ती की दास्तान है।

मानवी गुप्ता
आठवीं ए

खाद्य सुरक्षा

शासन के प्रमुख कर्तव्यों में एक अपनी आबादी के लिए आवश्यक खाद्यान्न की पूर्ति करना भी है। घरेलू खाद्यान्न की मांग को ध्यान में रखते हुए उसका भंडारण और प्रत्येक नागरिक तक समुचित कीमत तक अन्न पहुँचाना, खाद्य सुरक्षा कहलाती है। आज भारत के कई गाँवों के हालात ऐसे हैं जहाँ लोगों को भरपेट खाना नहीं मिल पाता है। शहरों के हालात भी ज्यादा कुछ अच्छे भी नहीं हैं। इसी समस्या से निपटने तथा कम आय के तबके को भोजन मुहैया करवाने के उद्देश्य से राष्ट्रीय खाद्य सुरक्षा अधिनियम पारित किया गया। भारत में हर रोज 3000 बच्चे भूख से मर जाते हैं। खाने की बरबादी को बचाने के लिए:-

- बच्चों को कम परोसें, और अगर वे अभी भी भूखे हैं तो उन्हें फिर से भोजन दें।
- इस बात पर नज़र रखें कि आप सबसे अधिक बार क्या खरीदते हैं—फिर छोटी मात्रा में सामान खरीदें जो नियमित रूप से कचरा बन जाते हैं।
- इससे पहले कि आप स्टोर पर जाएं, यह देखने के लिए एक मिनट का समय लें कि आपके फ्रिज और पेंट्री में पहले से क्या है। एक सूची से चिपके रहने से आपको उन चीजों को खरीदने की संभावना कम हो जाती है जिनकी आपको आवश्यकता नहीं है।
- सही योजना के बावजूद, कभी-कभी आपकी आधी रोटी बासी हो जाती है या आपके केले बहुत जल्दी पक जाते हैं। उन्हें खरीदने के लिए इतनी जल्दी मत करो ! ब्रेड को क्राउटन बनाएं, और स्मूदी या मफिन में उपयोग के लिए नरम, पके फल को फ्रीज में न रखें।
- रात का खाना हो गया है, और आपने बहुत अधिक खाना बना लिया है। इसे फेंको मत ! बच्चों के लंच में इसका इस्तेमाल करने का तरीका खोजें या कल के लिए इसे अलग डिनर में बदल दें।

‘अन्न ही है परब्रह्म, और अन्न ही है जीवन’

सुहानी आडवाणी
सातवीं ह



मित्र की मित्रता

मित्र की मित्रता होती है बहुत प्यारी ।
हो गम तो खुद भी रो पड़ते हैं और रोते-रोते हँसा देते हैं ।
एक ऐसा रिश्ता जो हम खुद से चुनते हैं ।
जहाँ न अमीरी होती है न गरीबी होती है,
बस अपनेपन की मिठास होती है ।
जहाँ मस्ती है मज़ाक है, बचपन से बुढ़ापे तक, शुरू से अंत तक
यह रिश्ता ख़ास है ।
जहाँ रूठने मनाने का रिवाज़ है, दुःख में भी सुख का आगाज़ है ।
जो गलती पर समझाते हैं, और जीत पर पीठ थपथपाते हैं ।
बारिश में भी आँसू पहचान जाते हैं, खुद पर विश्वास रखना
सिखाते हैं ।
कठिन समय में जो साथ दे वही सच्ची मित्रता कहलाती है ।
दूर हो या पास मित्र की मित्रता ख़ास कहलाती है ।

श्रीअक्ष छाबड़ा चौथी 'ए'

मित्र और मित्रता

रूप रंग और आकार से जो न नापी जाती,
मुसीबत के समय जो काम आए वही सच्चा मित्र और मित्रता
है कहलाती ।
सच्चा मित्र और मित्रता ईश्वर की अनमोल देन है और यह मेरा
सौभाग्य है कि मुझे ईश्वर ने मित्रता के रूप में एक अनोखा
उपहार दिया है, जो मेरे जीवन में अमूल्य परिवर्तन लेकर आया
है । मित्र और मित्रता एक ही सिक्के के दो पहलु हैं क्योंकि
मित्रता तभी संभव है जब मित्र उसे सच्चे मन से निभाए । सुख
के साथी तो सभी होते हैं परन्तु जो दुःख में साथ दे वही सच्चा
मित्र है । मित्रता उन्हीं लोगों के बीच लंबे समय तक रहती है, जो
लोग बिना किसी स्वार्थ के एक दूसरे की सहायता करते हैं । मित्र
सदैव सोच-समझकर ही बनाना चाहिए । आपके मित्र का
आचरण और व्यवहार आप को भी अवश्य प्रभावित करता है ।

मेहर खन्ना पाँचवीं 'डी'

मित्रता पर दोहे

1. उसको ही मित्र बनाइए, जो न छोड़ता हाथ ।
विपदा जब कोई पड़े, हर पल देता साथ ॥
2. माँ सी ममता दे हमें, गलती पर दे डॉट ।

- मित्र कहलाता है वही, दुख जो लेता बाँट ॥
3. प्रेम भरी मन भावना, अविचल-सा विश्वास ।
प्राणों से प्यारा हमें, मित्र हमारा खास ॥
 4. सखा कर्ण-सा चाहिए, रखे मित्र की लाज ।
जैसी इच्छा मित्र की, वही करे वह काज ॥
 5. मानव सच्चा है वही, कर्म करे जो नेक ।
तीन मित्र उसके रहें, सुबुद्धि, ज्ञान, विवेक ॥

देवांश गोस्वामी पाँचवीं 'सी'

मेरी पुस्तक मेरी सच्ची साथी

मेरी पुस्तक मेरी सच्ची साथी,
यही तो है जो मेरा ज्ञान बढ़ाती ।
गणित, हिंदी साहित्य और अंग्रेज़ी की पुस्तकें हैं मेरे पास,
इनकी ही मित्रता आती है मुझे रास ।
काव्य और कथाओं से भरपूर,
ग्रंथों से ना रह पाती मैं दूर ।
मेरी पुस्तक मेरी सच्ची साथी,
उसके संग मैं हमेशा रहना चाहती ।
तन्हाई का सच्चा साथी बन,
हर दर्द हमारा सहना चाहती ।
इसमे बसता है मेरा तन और मन ।
हमें ज़िंदगी का सार समझाती
व एक अटूट रिश्ता बनाती ।
मेरी पुस्तक मेरी सच्ची साथी,
यही है अंधेरी राहों में जलती हुई बाती ।

समायरा नागपाल पाँचवीं 'बी'

चित्र और मित्र

पहले सुंदर चित्र बनाओ
चित्र बनाकर मित्र बनाओ
चित्रों में हो रंग निराले
प्यारे और लुभाने वाले
दोस्तों के संग कदम बढ़ाएँ
मित्रों के संग नाचें-गाएँ
चाहे थोड़े मित्र बनाए
पर सच्ची मित्रता निभाएँ

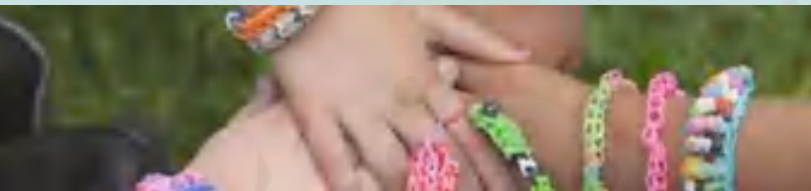


तन्मय जैन पाँचवीं 'एफ़'

सच्ची मित्रता

मानसी मेरी बहुत घनिष्ठ मित्र है। हम दोनों में आपस में बहनों जैसा स्नेह है। एक दिन मानसी की मम्मी घर में फिसलकर गिर गई। घर में मानसी के सिवा कोई नहीं था। मानसी ने बहुत तेज़ आवाज़ लगाई, “भाविका जल्दी आओ। मम्मी रसोईघर में गिर गई है।” मेरे घर के सभी सदस्य यह सुनकर मानसी के घर दौड़ पड़े। हम सब ने मिलकर मानसी को मम्मी को रसोईघर से उठाकर कमरे में लिटाया। आंटी को मैंने पानी पिलाया। तब तक मेरे पिता जी डॉक्टर को ले आए। अब आंटी अच्छा महसूस करने लगीं। मानसी ने मेरे घर के सभी सदस्यों के सहयोग के लिए धन्यवाद किया और कहा- “सच्चा मित्र वही जो मुश्किल में काम आए।”

भाविका मल्होत्रा चौथी 'डी'



मित्रता के मायने

मित्रता का रिश्ता एक ऐसा रिश्ता है जिसमें धार्मिक, सामाजिक विभिन्नता, रंग-रूप, ऊँच-नीच, अमीर-गरीब आदि कुछ मायने नहीं रखते हैं। मित्रता के लिए आवश्यक है एक दूसरे के प्रति सम्मान और आपसी समझ। जब भी सच्ची मित्रता की बात होती है तो हमें कृष्ण-सुदामा की मित्रता की याद आती है क्योंकि उनकी मित्रता में कोई भेदभाव नहीं था। सिर्फ एक दूसरे के प्रति सम्मान और निश्चल प्रेम दिखाई देता है। एक अच्छा मित्र मृदुल, पुरुषार्थी, सत्यनिष्ठ और विश्वसनीय होना चाहिए, जिस पर हम यह विश्वास कर सकें कि जीवन के किसी भी क्षेत्र में उससे धोखा नहीं मिलेगा। मित्रता का रिश्ता बनाना एक अनूठी कला है जो मित्र बिना किसी स्वार्थ के सुख-दुख में हमेशा आपके साथ खड़ा रहे वही सच्चा मित्र है।

परिश्रम : हमारा मित्र

मनुष्य के शरीर में रहने वाला आलस्य ही मनुष्य का सबसे बड़ा शत्रु होता है। परिश्रम जैसा दूसरा कोई अन्य मित्र नहीं होता जिसे करने पर मनुष्य कभी दुखी नहीं होता। आलस्य मनुष्य का सबसे बड़ा शत्रु है। यह मनुष्य और उसके जीवन के लिए एक विनाशकारी शत्रु के समान है क्योंकि यह हमारे शरीर को स्वस्थ और रोग ग्रस्त बनाता है और किसी भी कार्य को संपन्न करने या उसमें सफलता प्राप्त करने के लिए स्वस्थ शरीर का होना अत्यंत आवश्यक है।

पहला सुख निरोगी काया का होना है और यह तभी संभव है जब मनुष्य आलस्य को त्याग कर परिश्रम करें। परिश्रम ही मनुष्य का सबसे बड़ा मित्र है जो उसे उन्नति और विकास की ओर ले जाता है। परिश्रमी व्यक्ति कभी दुखी नहीं रहता है क्योंकि वह आत्मनिर्भर होता है। वह आलसी व्यक्ति की तरह दूसरों पर निर्भर नहीं होता है। आलसी व्यक्ति परिश्रम से जी चुराता है जिस कारण उसका कोई भी कार्य समय पर नहीं हो पाता और वह दुखी व परेशान रहता है। आलस्य मनुष्य की उन्नति तथा प्रगति में बाधक होता है। इसके विपरीत परिश्रमी व्यक्ति अपनी मेहनत और लगन से निरंतर आगे बढ़ता रहता है और सदैव खुश रहता है। इसलिए आलस्य को त्याग कर परिश्रम करने पर बल दें।

अंगद सिंह पाँचवीं 'ए'

दोस्ती : एक मधुर गीत

दोस्ती क्या है?

दोस्ती एक मधुर गीत है,

जहाँ दोस्त की जीत में ही अपनी जीत है

यह अजनबी होने से जीवन का अहम हिस्सा होने तक का सफ़र है ,

ये वो रिश्ता है जहाँ दोनों को एक दूसरे की कदर है

दोस्त वह नहीं जो फेसबुक की फ्रेंड लिस्ट में नज़र आते हैं

दोस्त तो वो है जो चेहरा देखकर मन का हाल समझ जाते हैं,

दोस्ती में नहीं होता कोई हिसाब

यह तो है नई जिल्द में लिपटी पुरानी यादों की किताब

किताब का हर पन्ना कहता सुख-दुख की कहानी

जिसे याद करके सालों बाद भी आ जाए आँखों में पानी

सच्चा दोस्त वो पारस है जो पत्थर को बना दे सोना

मिल जाए अगर ऐसा दोस्त तो कभी ना उसको खोना ।

बाणी के सिंह पाँचवीं 'ए'



दोस्ती

एक काम करना , थोड़ी सी मिट्टी लेना ,
उससे दो प्यारे दोस्त बनाना,
एक तुझ जैसा , एक मुझ जैसा ।
फिर उनको तुम तोड़ देना,
फिर उनसे दोबारा दो दोस्त बनाना,
एक तुझ जैसा , एक मुझ जैसा ।
ताकि तुझ में कुछ-कुछ मैं रह जाऊँ,
और मुझ में कुछ-कुछ तुम रह जाओ,
कुछ तुम जैसा , कुछ मुझ जैसा.....

आद्या सिंगला पहली 'ए'

होली का पर्व

इस दुनिया में एक देश, भारत उसका नाम,
कई धर्म के लोग हैं रहते, निराली उसकी शान ।
वे पर्व अनेक-अनेक मनाते, गाते और मस्त हो जाते,
होली का त्योहार जब आता, मन प्रफुल्लित हो जाते ।
आओ रे ! सब आओ, नाचो-गाओ मौज मनाओ,
देखो बच्चों की वो टोली, आज है होली, आज है होली ।
अपनों को गले लगाओ, गैरों को भी तुम अपनाओ,
बढ़ेगी इससे तुम्हारी शान और होगा जग में तुम्हारा नाम ।

वेदिका केसवानी दूसरी 'जी'

खाने का महत्व

शनिवार के दिन, मम्मी ने मेरी पसंद के छोले -भठूरे बनाए। लेकिन, आज तो मेरा पोहा खाने का मन था। मैंने प्लेट किनारे रखी और खेलने चला गया। मम्मी कुछ बोलने वाली थीं, पर पापा के इशारे पर रसोई में चली गईं। शाम के समय, मैं पापा के साथ उनकी बेकरी की दुकान पर बैठा था। मैं पापा के साथ बातें कर रहा था, कि तभी एक लड़की, जो मेरी उम्र की ही थी, दरवाजे पर आकर खड़ी हो गई। वह कुछ परेशान सी थी। पापा को जैसे कुछ समझ आया और उन्होंने उसे पैसे देने के लिए हाथ बढ़ाया। पर उस लड़की ने पैसे लेने से इंकार कर दिया। वह पैटी की तरफ इशारा करने लगी, पापा ने मुसकराकर उसे एक पैटी दे दी। वह लड़की खुश हो गई।

पापा ने मेरी ओर देखा और कहा - "राघव कुछ समझ आया ?" "हाँ पापा" - मैं और कुछ नहीं बोला। आज मुझे समझ आया कि हम अकसर कुदरत को धन्यवाद करना भूल जाते हैं। खाने का महत्व, मुझसे ज़्यादा उस लड़की को पता था। अब मैं खाने से पहले, ईश्वर को धन्यवाद करता हूँ और खाने का कभी निरादर नहीं करता।

राघव वेदांत दुदानी पहली 'ई'

देश का भविष्य

हम हैं खेलते -बढ़ते बच्चे,
हम हैं देश का उज्वल भविष्य ।
चाहिए हमको शुद्ध हवा और पानी,
फिर चाहे दे दो, दादी - नानी की कहानी ।
क्यों है ज़हर घुला हवाओं में,
क्यों नहीं है रौनक फ़िज़ाओ में ?
बंद करो प्रदूषण फैलाना, गंद मचाना ।
पढ़-लिख कर है देश को आगे बढ़ाना ।

पाविका अरोड़ा तीसरी 'ई'

प्यारे जानवर

जानवर होते प्यारे - प्यारे ,
सबको लगते न्यारे - न्यारे ,
होते हैं यह राजदुलारे ,
पृथ्वी के आँखों के तारे ।
सृष्टि के हैं ये रक्षक,
बनो न तुम इनके भक्षक ।
आओ मिलकर इन्हें बचाएँ,
धरती का भविष्य उज्वल बनाएँ ।

कशिका चावला तीसरी 'ई'

पहेलियाँ

जब मैं युवा था मैं लंबा था,
जब मैं बूढ़ा हुआ तो छोटा हो गया ।
(मोमबत्ती)
सुखाते समय क्या गीला हो जाता है ।
(तौलिया)
मेरी चार उँगलियाँ और एक अँगूठा है,
पर मैं हाथ नहीं हूँ ।
(दस्ताना)

पाविका अरोड़ा तीसरी 'ई'

मित्रता-जीवन का मधुर संगीत

मित्र में छिपा है मन का मीत,
इतना सुंदर जैसे कोई मधुर संगीत ।
मित्रता है जीवन का एक अनुपम उपहार ,
सच्चा मित्र तो बदल देता है संसार ।
मित्रता तो होती है स्वर्ग से भी सुंदर,
जहाँ अपनापन होता है बाहर और अंदर ।
मित्र के साथ खेलो, पढ़ो और बनो अच्छे इंसान ,
सुदामा-कृष्ण की मित्रता है इसका साक्षात् प्रमाण ।
मित्र में छिपा है मन का मीत ,
मानो हो जीवन का मधुर संगीत ।

दिविजा जैन तीसरी 'ई'

मीठी यादें

अभी कल की ही बात लगती है,
रोज़ सुबह उठकर स्कूल जाना,
अपने दोस्तों से रोज़ मिलना,
और साथ खाना खाना ।
कभी साथ में हँसना - खेलना,
और ज़ोर - ज़ोर से गाने गाना ।
कभी मीठी-सी नोक - झोंक,
फिर रूठ कर मान जाना ।
कभी टीचर की डाँट पर,
साथ बैठ कर रोना और पछताना ।
कभी साथ मिलकर पढ़ना,
और परीक्षा में प्रथम आना ।
हे भगवान ! वह दिन जल्दी से लौटाना ,
मुझे मेरे दोस्तों से फिर से मिलाना ।

डोयल आनंद तीसरी 'ई'

अनुशासन

अनुशासन का अर्थ है, शासन को मानना । अनुशासन का हर व्यक्ति की ज़िन्दगी में बहुत महत्व होता है । अनुशासित व्यक्ति जीवन में सफलता ज़रूर प्राप्त करता है, चाहे स्कूल का विद्यार्थी हो, अध्यापक हो या प्रधानाचार्य ही क्यों न हो ! अनुशासित व्यक्ति में साहस, धैर्य और सूझबूझ जैसे गुणों का वास होता है । अनुशासन के बिना विद्यार्थी जीवन की कल्पना कठिन है । मेरी दिनचर्या में भी अनुशासन का अधिक महत्व है । मैं रोज़ सुबह समय से ऑनलाइन कक्षा में उपस्थित रहता हूँ और रोज़ का कार्य समय से प्रस्तुत करता हूँ ।

सात्विक तलवार पहली 'सी'

अनमोल दोस्ती

दोस्ती दुनिया का सबसे अनूठा रिश्ता है, जिसमें स्वार्थ की कोई जगह नहीं होती ।
दोस्ती में आप अपने मन की बात निःसंकोच अपने मित्र से सांझा कर सकते हैं ।
दोस्ती वो नहीं, जो जान देती है,
दोस्ती वो भी नहीं, जो मुस्कान देती है,
अरे ! सच्ची दोस्ती तो वो है,
जो पानी में गिरा हुआ,
आँसू भी पहचान लेती है ।

रिजुल चड्ढा तीसरी 'ई'



संस्कृत

वृक्षाः अस्माकं मित्राणि

वृक्षाः मनुयस्य जीवने अति महत्वपूर्णाः सन्ति । वृक्षाः लाभदायकाः सन्ति । वृक्षस्य स्वभावः सज्जनः व्यक्तेः इव भवति । वृक्षाः अस्माकं वातावरणं शुद्धं कुर्वन्ति । वृक्षाः जनानां कृते स्वच्छं वायुं यच्छन्ति । ग्रीष्मर्तौ वृक्षः मम गृहं शीतलं करोति । वृक्षाः बहूनां रोगाणाम् उपचारं कुर्वन्ति । वृक्षः CO2 ग्रहणा O2 यच्छति । वृक्षैः पुष्पाणि फलानि च विकसन्ति । वृक्षः अस्माकं कृतिबहूनि वस्तूनि यच्छन्ति । वृक्षाः अस्माकं उपरि बहूपकारान् कुर्वन्ति । बहूनां जनानां जीवनं जीविकाश्च वृक्षैः चलन्ति । वृक्षे काकः, चटका, श्येनः च तिष्ठन्ति । अन्यत् वानराः वृक्षेषु कूर्दन्ति । वृक्षाः अस्मभ्यं अतिमूल्यवन्तः सन्ति । अतः वृक्षाणां रक्षणम् अस्माकं प्रथमं दायित्वम् ।

नव्या भारद्वाजः VIII B

संस्कृत भाषा विश्वस्य सर्वासु भाषासु प्राचीनतमा भाषा अस्ति । संस्कृतभाषैव भारतस्य प्राणभूता भाषा अस्ति । संस्कृतभाषा सर्वेषां जनानाम् आर्याणां सुलभा-शोभना-गरिमामयी च संस्कृत-भाषा वाणी अस्ति । अतः एव उच्यते संस्कृतिः संस्कृताश्रिता । संस्कृतभाषैव भारतस्य प्राणभूताभाषा अस्ति राष्ट्रस्य ऐक्यं च साधयति । संस्कृतं जगतः अतिप्राचीना समृद्धा शास्त्रीया च भाषा वर्तते । संस्कृतम् भारतस्य जगतः भाषासु च प्राचीनतमा । संस्कृतस्य प्राचीनतमग्रन्थाः वेदाः सन्ति । प्राचीन समये संस्कृत भाषा एव भाषा सर्वसाधारणाम् आसीत् । भारतीय गौरवस्य रक्षण भूताभाषा एतस्यः प्रसारश्च सर्वोरेव कर्तव्यः । पुरा संस्कृतभाषायाः सर्वे जनाः प्रयोगं कुर्वन्ति स्म । भारतदेशे संस्कृतं मृतभाषा इति कश्चित् जन संस्कृतविषये तत्परः नास्ति । संस्कृतभाषायाः संरक्षणार्थं अस्माभिः संस्कृतपठनं प्रसारणं च अवश्यं करणीयम् ॥

आश्रिता नायकः VIII B

भावचित्राणि



युवराज जैनः VIII H

विद्ययाऽमृतमश्नुते । (ईशोपनिषद् 11) अर्थः - जीव विद्या (ज्ञान) से अमृत (मोक्ष) को प्राप्त करता है ।

"गीतानुसारेण आहारशुद्धिः"

आहारस्त्वपि सर्वस्य त्रिविधो भवति प्रियः ।
यज्ञस्तपस्तथा दानं तेषां भेदमिमं श्रुणु ॥
आयुः सत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।
रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः ॥

कट्टम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।
आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥

यातयामं गतरसं पूति पर्युषितं च यत् ।
उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥

शिक्षा अत्रि IX B

भोजन मंत्र

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्विनावधीतमस्तु ।
मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

ॐ ब्रह्मार्पणं ब्रह्महविर्ब्रह्माग्नौ ब्रह्मणा हुतम् ।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

स्वस्तिकः जैनः दशमी D

मित्रस्य संस्मरणम्

त्वत्तः भौतिकरूपेण दूरंगतानामपि दिनानि व्यतीतानि । कतिपय-मासेभ्यस्तु दूरभाषः, दूरसंदेशः, ई-मेल, चेत्यादिकमपि पिहितं जातम् । किन्तु मम स्मृतिपथेषु सर्वदा सर्वथा सर्वतश्च त्वमेव विराजसे । सत्यम् ब्रवीमि कालस्य कतिपयैः पाषाणखण्डसमूहैः सम्पेषितेऽपि सति तव स्मृतीनां दृश्यानि नैव कदापि विनष्टानि । कियान् कष्टप्रदः कियदसह्यः च विद्यते संस्मरणस्य क्षणः । न संस्मरामि चेत् जीवितुमेव न शक्नोमि, संस्मरामि चेदपि अतिशयं प्रणयितया स्नेहनं च व्याकुलीभूय दंदह्यते पेपीड्यते चेखिद्यते च मे पवित्रप्रणयस्वचितं हृदयम् ।

एवं तु अहमपि इच्छामि आत्मानं सम्भालयितुं, विगत-प्रणयान्वितानि दिनानि विस्मरयितुं, सर्वं समाप्य अग्रे गन्तुं, परन्तु यदा यदा तादृशाः स्नेहिलाः प्रेमिलाः त्वया सह व्यतियापिताः सायंकालिकाः स्मरणांशाः मम मानसे तरंगायन्ते तदा एकांते एकाकी एव समुपविश्य त्वां कल्पयामि, त्वां चिंतयामि, त्वया सह भवितुमिच्छामि ।

इत्थं नास्ति यदहं निज सर्वस्वं दायित्वमेव विस्मार्य कर्तव्यपालनमेव विरह्य त्वामेव संस्मरामि, परं यदा सर्वस्वं संसारदुःखजातं विस्मार्य केवलम् आत्मना सह एव रन्तुमिच्छामि तदाहं केवलं केवलं केवलं त्वया सहैव भवामि तदा त्वं मम मानसे मन्दं विहस्य माम् इतोऽपि कष्टसागरे निपात्य क्रन्दितुं विवशीकुरुसे । हे नयनहृदयनिवासिनि ! कुत्रासि त्वम् ? प्रेम्णः मधुरिम्णः अनुभवं प्रेमाञ्जनक्तया दृशा एव कुरुष्व मानिनि !

किं शरीरेऽभिमानोऽस्ति ते सुंदरे, तत्तु सर्वस्य कालान्तरे शीर्यते ।
देहमानञ्च हित्वाऽनुरुक्ता भवेः हस्तयोः पाणियुगं निजं देहि मे ॥

केशवः शर्मा IX D

वास्तविक मित्रता

सर्वेऽपि जनाः प्रत्येकमपि सम्बन्धं जन्मतः एव स्वतः प्राप्नुवन्ति, अन्यशब्दैः उच्यते चेत् ईश्वरः पूर्वमेव सम्बन्धान् प्रयच्छति सर्वेभ्यः । किन्तु मित्रता एव एकः तादृशः सम्बन्धः अस्ति यस्य चयनं जनः स्वयं कुरुते । वास्तविकी मित्रता वर्णं रूपं वा नैव पश्यति, जाति-भेदमपि न लोकयति, धनाढ्यतां निर्धनता चापि न गणयति । अथ च इत्थमेव सर्वमपि भेद-भावं खण्डयति । सामान्यतः एतत् अवगम्यते यत्, मित्रता समवस्यकानां मध्ये एव भवति परन्तु एषा मान्यता नास्ति सवर्था सिद्धा । मित्रता तु स्मिन्नपि वयसि केनापि साकं भवितुं शक्नोति ।

शिशुः जन्मतः पश्चात् आत्मीयज्ञातिजनानां मध्ये तिष्ठति, खेलति, तेभ्यः ज्ञानम् अर्जयति । इदमपि ध्येयमस्ति यत् जनः सर्वेभ्यः सर्वं नैव अवगन्तुं शक्नोति न हि सर्वं कथं सर्वेषां पुरतः कथयितुं प्रकटयितुं वा अर्हति अतः कथ्यते तस्य वास्तविकः मित्रमेव जनस्य प्रत्येकं गुह्यम् अगुह्यं वा कथं जानाति । पुस्तकं ज्ञानस्य भण्डागारम् अस्ति । पुस्तकम् अपि अस्माकं वास्तविकः हितैषी मित्रं भवितुं शक्नोति । अतः अस्माभिः मित्रता-करणे सवधानता आचरणीया ।

अस्मिता मलिकः X A

“धृतविग्रह एव शिवोऽसि सखे!”

मम कारणतो विपदोऽगणिताः,
त्वयि साधुजनेऽत्र समापतिताः ।
प्रिय! मित्र! तथापि मुदा सहसे,
धृतविग्रह एव शिवोऽसि सखे ॥ १ ॥

मम चाभ्युदयाय सदा यतसे,
विहिते स्खलने प्रतिबोधयसे ।
कुपथाच्च सदैव निवारयसे,
धृतविग्रह एव शिवोऽसि सखे ॥ ६ ॥

वचनेन च मोदततिम् तनुषे,
हठधर्मितया विकलीकुरुषे ।
गुणगौरवतोऽपि कृतार्थयसे,
धृतविग्रह एव शिवोऽसि सखे ॥ ११ ॥

सुविलम्बवशाद् बहुधाऽऽतुरिते,
विविधासु क्रियासु मया स्वलिते ।
न कदापि च खेदमहो कुरुसे,
धृतविग्रह एव शिवोऽसि सखे ॥ २ ॥

अवसाद-विषादगतेऽवसरे,
सुविनोदमिषेण च रंजयसे ।
त्वथ हासयितुं विवशीकुरुषे,
धृतविग्रह एव शिवोऽसि सखे ॥ ७ ॥

हितकामनया मम लाभकृते,
स्वसुखं परिहाय सदा त्वरसे ।
तुलना तव केन कथं वद रे?
धृतविग्रह एव शिवोऽसि सखे ॥ १२ ॥

बहुशो जनवादगते विषये,
विवदन्ति जनाः यदि मे चरिते ।
विनिगूहसि दोषगणं मम रे,
धृतविग्रह एव शिवोऽसि सखे ॥ ३ ॥

विपरीतधिया गतवाक्कलहे,
ऽनुचितं न कृतं प्रतिशोधकृते ।
परिपीडयितुन्त्वपि नो यतसे,
धृतविग्रह एव शिवोऽसि सखे ॥ ८ ॥

किमु वच्मि कथाश्च तवोपकृतेः,
प्रतिदातुमहं प्रभवामि न ते ।
निदधामि सदैव ऋणम् हृदये,
धृतविग्रह एव शिवोऽसि सखे ॥ १३ ॥

प्रतिकूलगते कठिने समये,
विजहासि न मामुररीकुरुषे ।
तव सज्जनतां निगदामि सखे!
धृतविग्रह एव शिवोऽसि सखे ॥ ४ ॥

सुख-मानकृते गतिशीलयुगे,
इह कोऽन्यजनोन्नतये यतते?
अभवस्सुसहायकता मम रे,
धृतविग्रह एव शिवोऽसि सखे ॥ ९ ॥

सुमुखीं गणयामि न सख्यकृते,
सुरलोकसुखं तव पादतले ।
भुवि सख्यसमम् नहि किञ्चन रे,
धृतविग्रह एव शिवोऽसि सखे ॥ १४ ॥

बहुविघ्नमये विकटे समये,
मनसा वचसा क्रिययापि च मे ।
सततं हि सदाशयतां तनुषे,
धृतविग्रह एव शिवोऽसि सखे ॥ ५ ॥

सहजेऽसहजे समयेऽसमये,
क्वचनापि तथा गमनागमने ।
शुभमेव सदा मम कामयसे,
धृतविग्रह एव शिवोऽसि सखे ॥ १० ॥

ब्राह्मी देवरानी X D

जीवने सन्मिलतायाः महत्वम्

केनचित् कविना उक्तम् 'आपदि मित्परीक्षा शूरपरीक्षा रणांगणे भवति' । सत्यमेव खलु एतद् वचनम् । यथा वीरस्य, शूरस्य परीक्षा रणांगणे भवति तथा मित्स्य परीक्षा संकटे भवति । यदा संकटानि आपतन्ति, तदा यः साहायं करोति, धैर्यम् ददाति स एव मित्स्य सन्मिलस्य लक्षणानि कथितानि तद्यथा-

पापानिवारयन्ति योजयते हिताय गुह्या निगूहति गुणान् प्रकटीकरोति

आपद्गतम् न जहाति ददाति काले सन्मिललक्षणमिदं प्रवदन्ति सन्तः ।

यः संकटकाले साहायकः यः सन्मार्गं प्रवर्तकः यः पापनिवारकः स एव सन्मिलम् इति सत्पुरुषाः वदन्ति । जीवने यथा मातृपितृयोः स्थान महत्त्वपूर्णमस्ति तथा मित्स्य स्थानं महत्त्वपूर्णम् । मातापितरौ पुत्रं पालयतः, संस्कारान् च यच्छतः किन्तु मित्स्य सहवासे आनन्दम् मिलति । मित्सहवासे एव दुःखं कृशं भवति । मित्त्रैः सह कृतं पर्यटनम् अधिकम् आनन्ददायकमस्ति ।

यथा सुखस्य समये मित्राणाम् आवश्यकता अस्ति तथा दुःखसमये अपि । दुःखसमये मित्राणि एव सान्त्वयन्ति, । मित्स्य विना जीवनम् न सम्पूर्णम् । बाल्यकाले कृता मैत्री पापरहिता, अपेक्षारहिता अस्ति । यौवनकाले तु सुहृदः सर्वस्वाः एव । युवकाः युवतयः च अधिकं समयं सुहृदसमीपे व्यापयन्ति । वृद्धावस्थायामपि मित्राणां सहवासः स्पृहणीयः अस्ति ।

केचन जनाः पुस्तकानि एव मित्त्ररूपे स्वीकुर्वन्ति । नूनं पुस्तकानि अस्माकं मित्राणि एव । पुस्तकं पठनेन समयव्यापनं सुकरं भवति । पुस्तकानि मित्स्य मार्गदर्शकानि सन्ति । केनचित् सुभाषितकारेण उक्तम् 'अमित्स्य कुतो सुखम् इति । यस्य मित्स्य नास्ति सः परमसुखात् वञ्चितो भवति । यत्समीपे सन्मिलमस्ति सः वस्तुतः धनी अस्ति ।

गुणः अग्रवालः X B

ब्रह्मस्थोऽमृतत्वमेति । (छान्दोग्य उपनिषद् 2/23/1) अर्थः ब्रह्म में लीन भक्त अमृत (मुक्ति) को पा लेता है ।

आयुर्वेदस्य आहारसम्बद्धानि महावाक्यानि

1. आरोग्यं भोजनाधीनम् । (काश्यपसंहिता, खि. 5.9):
2. नाप्रक्षालितपाणिपादवदनो (च.सू.8.20):
3. आहारः प्रीणनः सद्यो बलकृद्देहधारकः । आयुस्तेजः समुत्साहस्मृत्योजोऽग्निविवर्द्धनः । (सु.चि., 24.68):
4. नाशुद्धमुखो (च.सू.8.20):
5. न कुत्सयन्न कुत्सितं न प्रतिकूलोपहितमन्नमाददीत (च.सू.8.20):
6. न नक्तं दधि भुञ्जीत (च.सू.8.20):
7. नसक्तूनेकानश्रीयान्न निशि न भुक्त्वा न बहून्न द्विर्नोदकान्तरितात् न छित्त्वा द्विजैर्भक्षयेत्* (च.सू.8.20):
8. पूर्वं मधुरमश्रीयान् (सु.सू.46.460):
9. आदौ फलानि भुञ्जीत (सु.सू.46.461):
10. पिष्टान्नं नैव भुञ्जीत (सु.सू.46.494):
11. हिताहितोपसंयुक्तमन्नं समशनं स्मृतम् । बहु स्तोकमकाले वा तज्ज्ञेयं विषमाशनम् ॥ अजीर्णे भुज्यते यत्तु तदध्यशनमुच्यते । त्रयमेतन्निहन्याशु बहून्व्याधीन्करोति वा ॥ (सु.सू.46.494):
12. प्राग्भुक्ते त्वविविक्तेऽग्नौ द्विरन्नं न समाचरेत् । पूर्वभुक्ते विदग्धेऽन्ने भुञ्जानो हन्ति पावकम् । (सु.सू.46.492-493):
13. भुक्त्वा राजवदासीत यावदन्नक्लमो गतः । ततः पादशतं गत्वा वामपार्श्वेन संविशेत् ॥ (सु.सू.46.487):
14. भुक्त्वाऽपि यत् प्रार्थयते भूयस्तत् स्वादु भोजनम् (सु.सू.46.482):
15. उष्णमश्रीयात् (च.वि.1.24.1):
16. स्निग्धमश्रीयात् (च.वि.1.24.2):
17. मात्रावदश्रीयात् (च.वि.1.24.3):
18. जीर्णेऽश्रीयात् (च.वि.1.24.4):
19. वीर्याविरुद्धमश्रीयात् (च.वि.1.24.5):
20. इष्टे देशे इष्टसर्वोपकरणं चाश्रीयात् (च.वि.1.24.6):
21. नातिद्रुतमश्रीयात् (च.वि.1.24.7):
22. नातिविलम्बितमश्रीयात् (च.वि.1.24.8):
23. अजल्पन्नहसन् तन्मना भुञ्जीत (च.वि.1.24.9):
24. आत्मानमभिसमीक्ष्य भुञ्जीत (च.वि.1.25):
25. अशितश्चोदकं युक्त्या भुञ्जानश्चान्तरा पिबेत् (सु.सू.46.482):

पृथ्वी गम्भीरः 10 D

FREUND UND FREUNDSCHAFT

Ich heiße Khushi. Meine Schwester ist meine beste Freundin. Sie heißt Mishita. Sie ist 13 Jahre alt. Sie lernt in Klasse 9 und ich lerne in Klasse 7. Ihr Lieblingsfach ist Biologie aber ich mag Englisch. Sie mag Kunst, aber ich mag sie nicht. Ich mag Bücher lesen. Wir spielen gerne zusammen Badminton. Wir spielen Online Ludo auch am Abend

Khushi Arora VII B

Ich habe viele Freunde. Sanvi ist meine beste Freundin. Dashika habe ich auch immer bei mir. Medhansh und Vidur sind wie Brüder. Wir treffen uns alle und schauen uns Filme an. wir mögen viel Quatsch machen und spielen gern. Wir machen auch die Hausaufgaben zusammen. Unsere Freundschaft ist perfekt.

Somya Gupta VIII D

Ich habe viel Spaß mit meinen Freunden.
Ich liebe sie sehr.
Wir singen zusammen und hören gerne Musik.
Ich habe viel Spaß mit meinen Freunden.
Wir essen gerne zusammen und tanzen zu unseren Lieblingsliedern.
Wir lachen und genießen zusammen.
Ich habe viel Spaß mit meinen Freunden.
Ich liebe sie sehr.

Yuvika Sehgal X C

Habe ich gesagt,
Wie wichtig du für mich bist?
Habe ich erzählt,
Was für einen Platz du in meinem Herz hältst?

Ich lache mit dir immer,
Ich vergesse dich nie.
Für die Zeit gut und nicht so gut,
Danke sehr für alles, was du für mich tust.

Ich spiele mit dir,
Ich weine mit dir,
Ich streite mit dir,
Aber du bist der einziger, der mir gefällt.

Du bist mein bester Freund,
Bitte vergiss mich nicht.
Unsere Freundschaft ist nicht perfekt,
Aber es ist sehr echt.



F - frei
R - rücksichtsvoll
E - ernst
U - unschlagbar
N - nett
D - dynamisch
S - sensibel
C - cool
H - Hilfsbereit
A - aufgeschlossen
F - fantastisch
T - treu

Kavya Varandani VIII C

Dhairya Chawla VI C

Freunde sind wunderbar. Mit Freunden kann man viel unternehmen, zum Beispiel lernen, spielen und viel Spaß haben. Freunde können auch zusammen Hausaufgabe machen und durch einander viel Neues lernen. Man kann seine Freunde irgendwann anrufen, wenn er Hilfe braucht oder Probleme hat. Ein Freund kann helfen, um unsere Probleme zu lösen. Freunde helfen man auch in schlechten Zeiten. Mit Freunden ist man jeden Tag sehr glücklich und denkt positiv. Freundschaften sind gut für psychische Gesundheit. Freunde haben ist sehr wichtig, aber wichtiger ist auch sensible Freunde zu haben.

Twisha Oberoi X C

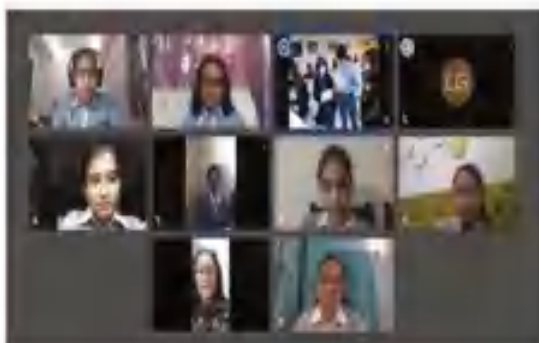


Lifestyle Diseases

Lifestyle diseases are prevalent in most of the countries nowadays and are one of the topics of major concern.

Lifestyle disease is a disease that can be caused by our choices of living. For example, it is contracted through the consumption of a long-term and a large amount of unhealthy food or substance use, etc. Examples of lifestyle diseases include Alzheimer's disease, chronic liver disease, cancer, heart disease, asthma, diabetes, stroke and osteoporosis.

The rising of risk of these diseases are hinged on various kinds of factors including the type of work people do, the location of working place, susceptibility towards stress and the amount of physical activity.



The activity on lifestyle diseases was undertaken by a team of 8 students from the Senior Department. These students participated in a virtual exchange programme on this very topic. They were involved in research work and interaction for a period of 6 weeks i.e., from July 2020 to November 2020.

Il faut manger pour vivre et non vivre pour manger

Avec l'évolution des temps et des situations, les gens ont adopté de très mauvaises habitudes qui non seulement nuisent à leur propre santé mentale et physique, mais affectent également leur environnement immédiat. Les cas croissants de maladies liées au mode de vie, qu'il s'agisse de maladies cardiovasculaires ou d'hypertension, ont fait des ravages dans de nombreuses vies.

Les gens ont tendance à consommer plus qu'ils ne sont capables, que ce soit la surconsommation de nourriture ou la surconsommation de stress. La surconsommation et le gaspillage des ressources ont conduit à un autre gros problème de manque de disponibilité de nourriture pour tout le monde.

Il est grand temps que nous commençons à prendre soin de notre santé et à maintenir un équilibre sans stress dans notre vie.



Comic strips prepared by the ISA Team:

- 1) Manya Sooin (X G)
- 2) Kamya Agarwal (X H)
- 3) Lipi Gupta (X H)
- 4) Naysha Gupta (X E)
- 5) Ishmeet Ahluwalia (X G)
- 6) Prabhnoor Kaur Pruthi (X F)
- 7) Angel Ahuja (X F)
- 8) Kashish Rohtagi (X E)

Comment maintenir une hygiène de vie saine ?

1. Bien manger

Prenez toujours le petit déjeuner, ne sautez jamais de repas et grignotez régulièrement pour éviter la faim. Équilibrez vos repas en vous assurant d'avoir les bonnes quantités de fruits, de légumes, de grains entiers, de produits laitiers et de protéines tout en laissant de côté les aliments sucrés et gras.

2. Exercice

Garder votre corps en bonne santé et en forme est important. On peut jouer au badminton, au basket, au football et à d'autres sports pour rester en bonne santé.

3. Dormez suffisamment

Dormir suffisamment peut vraiment améliorer votre santé et votre bien-être en général. Pour les étudiants, les experts recommandent sept à neuf heures par nuit.

4. Lavez-Vous les mains

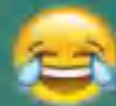
Lavez-vous les mains tout au long de la journée, mais surtout avant les repas, lorsque vous avez côtoyé des personnes malades et chaque fois que vous vous touchez les yeux, le nez ou la bouche.

5. Buvez beaucoup d'eau

Rester hydraté vous donnera plus d'énergie tout au long de la journée, revigorera votre corps, vous empêchera de trop manger et vous aidera à vous concentrer.

Le rire est le meilleur remède

La maîtresse à Toto:
-Toto, cite-moi deux pronoms.
-Qui, moi?
-Très bien



C'est l'histoire de deux pommes de terre. Une d'elles se fait écraser et l'autre s'écrie : Oh purée!

Proverbes Français sur l'amitié

- * L'amitié, comme le vin, se bonifie avec le temps.
- * Un frère ne peut pas être un ami, mais un ami sera toujours un frère.
- * Un père est un trésor; un frère est un confort; un ami est à la fois.
- * C'est dans le besoin qu'on reconnaît ses vrais amis.

Amitié de la France et de l'Inde

Les deux pays entretiennent une "relation spéciale" l'un avec l'autre, à tel point qu'en août 2019, la France a été qualifiée de "nouveau meilleur ami de l'Inde" par un chercheur de l'Institut Hudson. Les deux nations ont une histoire séculaire de relations commerciales.

Alumni Speak

BAL BHARATI, more than an esteemed institution, is and will always remain my second home. I feel immensely proud to have belonged to this place. As an individual, I believe that both, academics as well as co-curricular activities are crucial in a student's life and to strike the right balance between them is the key. Bal Bharati gave me a plethora of opportunities that helped me mould myself into the person that I am today. From public speaking, to debating, to organising events, music and dance competitions, I got a chance to participate in every single one of these activities. I also served as the Cultural Secretary of the school in the academic year 2017-18 and learnt loads shouldering that designation. The effectiveness of the school faculty, the excellent infrastructure, and the school's focus on both academics and co-curricular programmes have been major contributors to my success.



I am currently pursuing my graduation from Miranda House, University of Delhi and when I went to college, I realised how all that one has learnt in school plays a great role in future endeavours as well. It is not only the skills that we learn but the ethics and values that we pick up from our mentors, our teachers - that play an important role in facing the challenges of life. Bal Bharati has taught me the value and power of discipline, perseverance and honesty, which further helped me in navigating my way through academics as well as in performing arts, motivating me to aspire, achieve and become what I am today. I am eternally indebted to this institution.

VRINDA SHARMA
(Batch of 2018-19)

Parent Speak

"By education I mean an all around drawing of best in child and man in body, mind and spirit."

Mahatma Gandhi

The year 2005 was one of the most prominent years for us as Prakrat had secured his admission in such an esteemed institution. Montessori is the building block of a child's academic and co-curricular journey so I was really exuberated to see my ward acclimatize in the new environment. The extreme consideration and care provided by the teachers made him feel confident. Various opportunities like participation in MUNs, morning assemblies, quiz competitions, inter-house activities, student council etc. honed the raw skills in my ward and assisted him to develop a holistic personality in the long run. From being a very naughty child to transforming into a confident, optimistic, disciplined student, Prakrat showed a wonderful metamorphosis. Apart from performing well in academics, in 2016 and 2017 he won the prestigious National Youth Parliament award as well as a plethora of medals at international competition at CMS Lucknow. The best part about his journey with BBPS has been their motto to mark every child capable and self-reliant in all domains of life. I acknowledge the positive milieu, guidance of excellent mentors, teachers, support staff and well-developed infrastructure provided to both Prakrat and our younger child Poornima for their holistic development. I really wish to extend my whole-hearted gratitude to Bal Bharati Parivar for the transformative contribution they are making in field of education.

ANITA GUPTA
(Parent of Prakrat & Poornima)



Every Child is An Artist



Jency Chhualsingh I D



Vanshika II G



Yahvi Gupta II C



Vedika Keswani II G



Pratyusha Maji II G



Akkruti Paul III C



Riddhima Jain III H



Neel Hait III G



Divya II G



Kohana Bajaj I F



Myra Jain II C



Anay Jain II C



Vivaan Aggarwal III D

Every Child is An Artist



Aradhya Aggarwal IV B



Triaksh Chhabra IV A



Harman Sahni IV B



Nitya Devgan V F



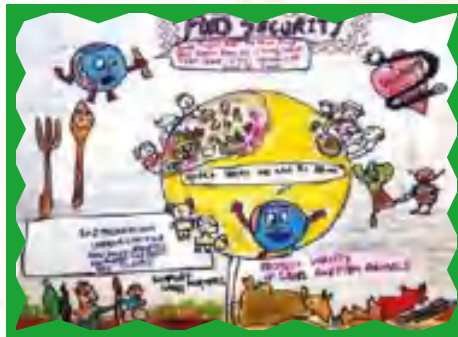
Divyanshi Chhual Singh V B



Bhriti Sehgal V D



Nidhaan Chaudhury V B



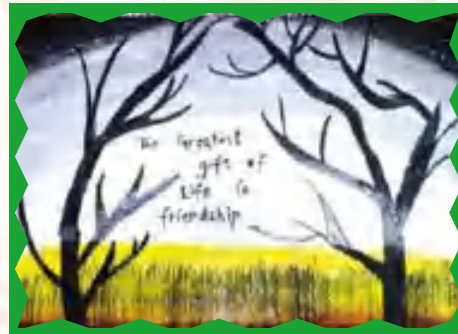
Aaradhya Lata gupta V D



Kashhvi Sachdeva IV F



Jiannaa Nagpal IV E



Ananya Bajaj IV F

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Tanmay Jain V F



Samaira Nagpal V B



Shourya Aggarwal V B



Angad Singh V H



Ishya Jain IV G



Hridyanshi Sharma V D



Tavish Gupta VB



Adhira Sharma IV F

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Lakshay Gupta 6 A



Sourik Saha 7 D



Nishtha Aggarwal 7-A



Yukti 10 C



SHIVANSH CHAUHAN 7 C



Parth Gaba 7-A

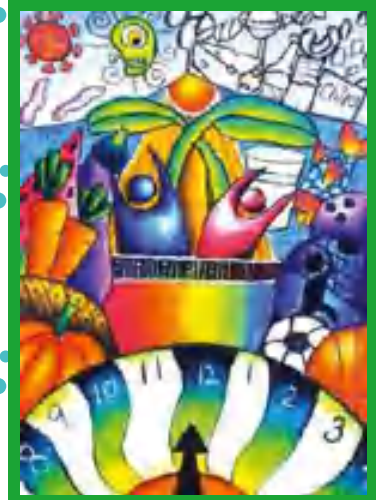
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Manya Sharma 8 D



Ankit Pal 7 A



Kashvi Jain 6A



Kishika Choudhary 8 F



Vivaan Gupta 6 H



Ankit Pal 7 A



Perry Chhabra 7 G



Labdhi 8 D



Pranati Khattar 7 G

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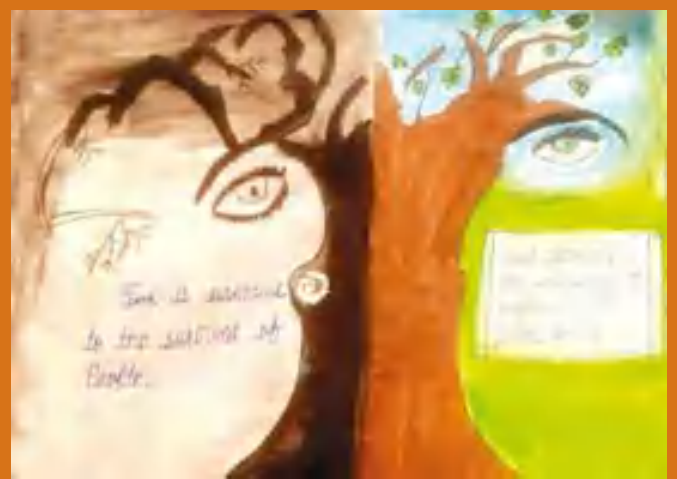
Divyum Gupta 8 H



Smridhi Shrivastva 7 C



Ranveev 6 G



Abhav Gupta 6 H

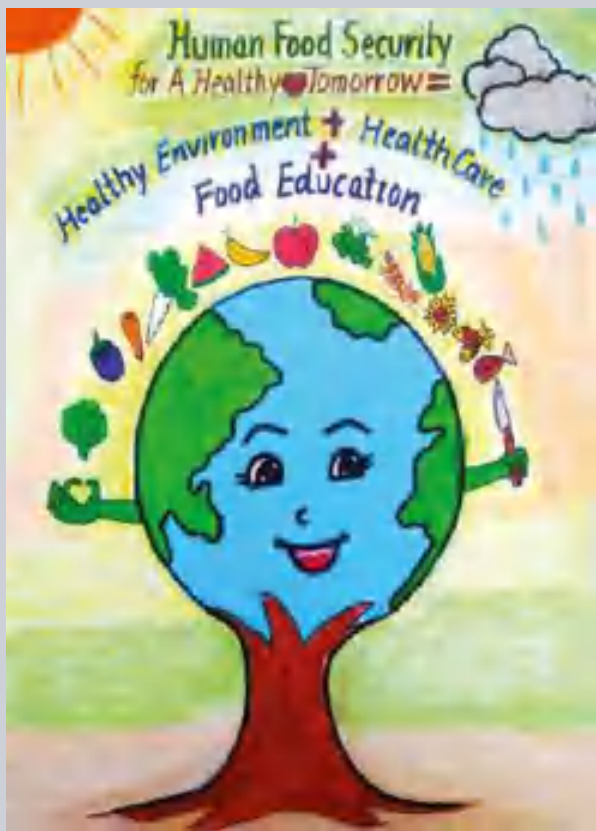


Chitragda Dhingra 7 G



Ayushmaan Mishra 7 D

Every Child is An Artist



Jaya Gupta 7 A



Aliya Bahri 6 F



Mishika Gupta 6 G



Parth Nagpal 6 H

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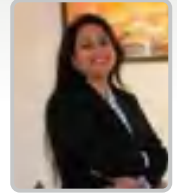
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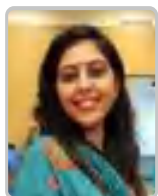
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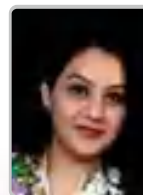
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