



DAV PUBLIC SCHOOL

UPPAL'S SOUTHEND, SECTOR-49, GURUGRAM

PRESENTS

SPANDAN

The Pulse  of  the School

Edition

XIII

April-May 2021

Resilience: The New Way of Living

"The comeback is always greater than the setback"

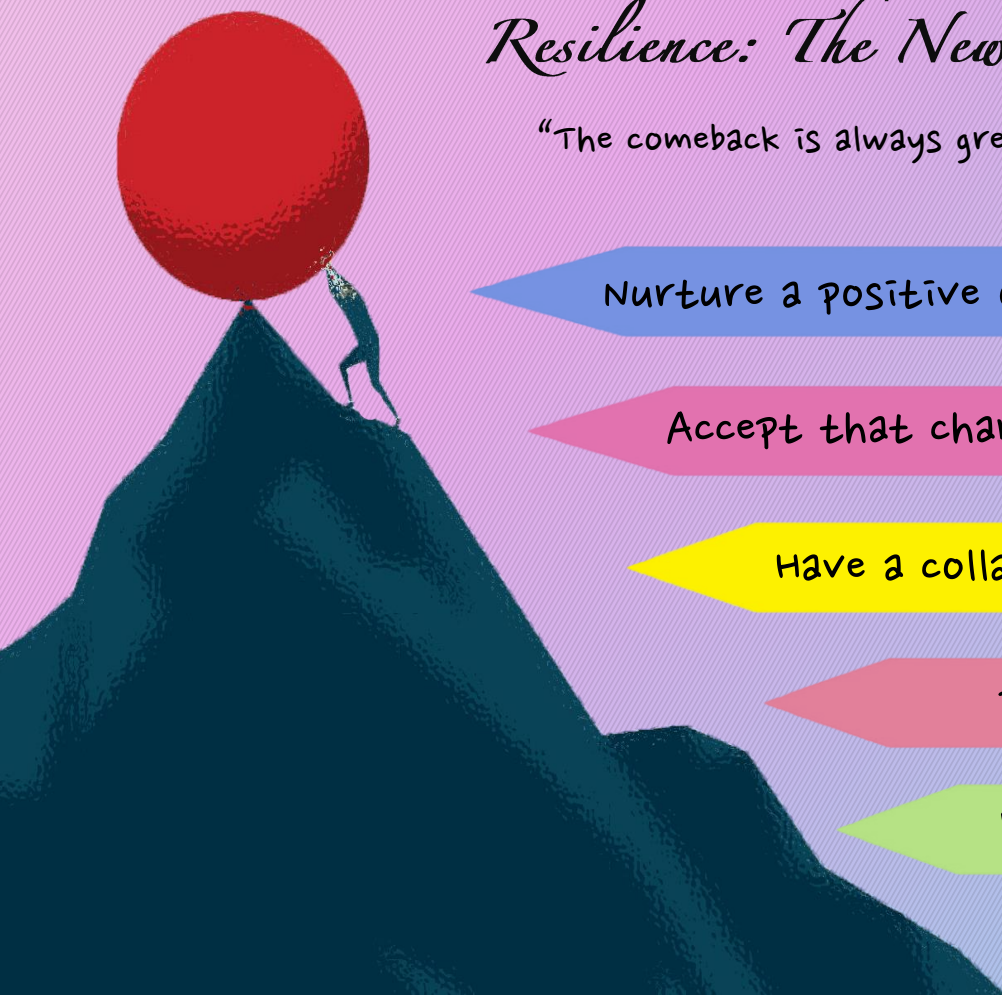
Nurture a positive outlook for yourself

Accept that change is a part of life

Have a collaborative approach

Take decisive action

Keep moving forward





Sh. Prabodh Mahajan
Vice-Chairman, DAVCMC
Chairman, DAVPS Sec-49, Gurugram

Dear All

A fresh new start with a faithful heart is a journey well begun. Although the last year has been pretty tough, it has empowered us in a myriad ways and given us the strength and courage to face unforeseen challenges with determination and hope.

I would like to congratulate the whole team of DAVPS, Sector-49, Gurugram for a wonderful start to the new academic session. As you embark on yet another academic journey, remember that it is crucial to take care of your health and hygiene during these times. A healthy body and a strong mind will enable you to fight off anything easily. So, follow all safety norms at all times. Exercise regularly to stay fit. Do yoga and meditation to keep your body strong and mind calm. Also believe in the power of prayers.

My dear students, each hurdle you face in life will strengthen you from within and fill you with renewed hope and courage. Keep the faith and fight on. Wishing you all a happy, healthy, safe and successful year ahead.

God Bless!

Dear Learners

Greetings and blessings!

The time around us may be tough but our spirits are mighty and incessant. The life is an accumulation of small moments and this hiatus has taught us to be grateful for the little blessings we have been bestowed upon. We all have that magical power of spreading happiness and lifting the dampened zeal, so let us come forward and put in whatever little service and kindness we can to sprawl smiles.

Social isolation for longer time takes toll on mental health so it is paramount to stay mentally fit. We need to overcome the feeling of vulnerability and try to curb distress. Make a regular habit of stepping away from your computer and take screen breaks. Nourish yourself with healthy meals and stay physically active. Try to stay connected to your friends and family.

I wish you all the strength to come out of this tough time more steadily, strongly and positively each day.



Dr. Nisha Peshin
Director (Academics),
PS-II, DAVCMC



Sh. Yogesh Munjal
Vice-Chairman,
DAVPS Sec-49, Gurugram
Member, LMC

Dear all

The ever-changing world demands diligence, motivation and determination to work to the best of our abilities to learn new instructions. The current situation has laid the foundation of resilience to face the difficulties in future.

I feel great to see the way the students at DAVPS, Sector-49, Gurugram, are learning in a healthy environment and developing into Resilient, Righteous, Responsible and Respectable youths. I would like to thank all the parents for their kind support and cooperation. The talented and dedicated Principal along with the staff has undertaken a lot of measures to create a continuous learning environment for the students.

Always remember, the obstacles of our past can become the gateways that lead to new beginnings. The world is looming in uncertainty, but only the positive thoughts can help in lifting our spirits.

Stay Well! Stay Positive! Keep Smiling!

Dear students and parents

In a short time the pandemic has had a far-reaching impact globally impacting all spheres of life and yet amidst all of this we have seen some magnificent examples of human resilience, solidarity and innovation.

During these challenging times, teachers reinvented themselves and promptly adapted to the new age practices. I appreciate the efforts put in by all the teacher, students and parents during the previous session. We are looking forward to move ahead with the same zeal and enthusiasm this year too.

I believe it is important to promote positivity and a sense of calm as we navigate these unprecedented times together. Let us consider this challenge as an opportunity and keep ourselves mentally and emotionally strong. Self-care, healthy eating habits, exercise and meditation will go a long way in keeping ourselves fit and optimistic.

“Strength does not come from physical capacity. It comes from an indomitable will” - Mahatma Gandhi

Being hopeful is the key!



Ms. Adarsh Kohli
Manager
DAVPS Sec-49, Gurugram



Ms. Charu Maini
Principal
DAVPS Sec-49, Gurugram

When we learn to become resilient, we learn to embrace the broad spectrum of human experience."

We, at DAVPS, Sector-49, Gurugram have always envisaged an all-round and balanced education based on sound intellectual, physical, moral and social formation. The aim is to make our students erudite, patriotic, law abiding and ceaselessly seeking excellence, with a deep concern for all.

Our students grow up in a world of constant change and information overload. One truism of this new world is life-long learning. Our youth must therefore be prepared to learn, unlearn and re-learn in order to survive and excel in this VUCA world. Therefore, we believe that this is the time to not just deal with the current testing times, but also build foundations of resilience to face any difficult events in the future. We must realise that it is the need of the hour to impart skills to our students that will incrementally raise them to adapt to phenomenal change, increase the reservoir of empathy and compassion in their hearts and embrace reimaged processes and knowledge.

It is our responsibility to infuse in our students the 21st century skills such as creativity, collaboration, flexibility, critical thinking, problem solving, innovation and many more so that they overcome any hurdle that blocks their way to success. We thus endeavour to allow our students not only to develop strong academic foundation, but also to build their resilience and hone their leadership competencies.

"Here are some tips to remain strong and upbeat the challenging times:

- ❖ Give priority to your physical and mental wellbeing.
- ❖ Stay focused, flexible, and productive, in both good and bad times.
- ❖ Feel less afraid of new experiences or an uncertain future.
- ❖ Manage and tolerate strong emotions outside your comfort zone, even those you'd rather avoid like anger or despair.
- ❖ Strengthen your relationships and improve your communication skills, especially under pressure.
- ❖ Bolster your self-esteem.
- ❖ Be assured you'll eventually find a solution to a problem, even when one isn't immediately apparent.

I am confident enough that the DAVians will make themselves stronger day by day, adding a new leaf to the grandeur of the school.

Take care, Stay safe!

NEW BEGINNINGS



[Click Here](#)

“It all happens with a small step” is a saying from the wise which describes the ripples of flow of life. We took another leap of faith and conducted the Virtual Orientation Programme for classes UKG to XII for the new Academic session 2021-22. School Principal, Ms. Charu Maini motivated the young DAVians to face the world with optimism and resilience. She also inspired one and all to spread happiness, enjoy ‘the joy of giving’ and enhance happiness hormones in order to boost immunity. The Principal also acquainted the gathering with her highly talented and competent team of educators. A peek view of upcoming academic session was also presented. The programme culminated with a picturesque presentation of significant milestones of the academic journey of the challenging yet fruitful session of 2020-2021. Everything from regular classes to sports activities, competitions and fairs were organised successfully. On the whole it was a highly informative platform that set the momentum for the new session.

REFLECTIONS

The Orientation Programme was a beautifully organised event which prepared both parents and students for the upcoming academic session. Himandri Singh and Manvendra Singh
Parents of Ira Singh,5E and Raya Singh,5E

Thanks for such an informative, interactive and friendly orientation day for my class 6 daughter ! It was such a great event. Thanks.
Nikunj Gupta
Father of Nishita Gupta,6D

The orientation was informative and relieving in a way especially after the cancellation of the boards.
Ashwani Kr. Yadav
Parent of Ria Yadav,XI-A

PARENTS' ORIENTATION

The Orientation Programme of 2021 was completely different from the other years. In these trying times, our school adopted the new normal and conducted Online Orientation Program on 13.03.2021 for the new parents of LKG. School Principal, Ms. Charu Maini accorded a warm welcome and congratulated them on being a part of DAV Fraternity. She mentioned how the school has been one of the pioneers in starting online classes in the city and how the school left no stone unturned in celebrating all the festivals and special days virtually. Parents witnessed the incredible journey of young DAVians' achievements on various national and international platforms provided by the school during the Covid era.



[Click Here](#)

I would like to express my appreciation towards Madam Principal. The presentation was well drafted and every point was covered. I really enjoyed it.
Deepika Bhalla
Mother of Samaira, LKG-F

WEBINAR SERIES: BRAVE THE CORONA TIMES

To keep everyone updated with the authentic and vital information about COVID-19, under the able guidance of Dr Nisha Peshin, Director Public Schools (II), DAVCMC, and Director Academics, DAVCAE, a nationwide webinar series - BRAVE THE CORONA TIMES was organized on 08.05.21 and 17.05.21 by DAV United, which was very well coordinated by the Principals of DAV Public School, Uppal Southend, Sector-49 and Sector-14, Gurugram .



The guest Speaker and expert, Dr Arvind Kumar, Founder of Lung Care Foundation, Chairman: Institute of Chest, Medanta shared his insight and expertise about COVID- 19.

Webinar-1.0:

- Follow 6 'M' approach which means no mixing, proper intake of medicines, meals, monitor, mind set and movement to the hospital.
- Follow Breathing Exercise Schedule and Self Proneing Techniques.
- Encouraged for vaccination and cleared all doubts.

Highlights

Webinar-2.0:

- Understanding Black Fungus and other Post-COVID complications.
- Follow 6 'M' approach post-COVID as well, but with a different meaning.
- Be positive and help the people in need.
- Announcement of DAV Web Portal by Dr. Nisha Peshin for all the DAVians in need.

YouTube Links

1. Using pulse oximeter device.
2. Who should take COVID 19 vaccine?
3. Self Proneing Techniques.
4. Breathing Exercise
5. 6 'M' Approach
6. How to use Oxygen cylinder at home

WEBINAR LINKS

- 1.0: <https://www.youtube.com/watch?v=INa1ENcxMtg>
 2.0: <https://www.youtube.com/watch?v=eR-ArWNJZs>



WALK-IN TO VACCINATE

**COVID-19
VACCINATION BOOTH**
कोविड-19
टीकाकरण केन्द्र



Inauguration of the centre on 31.05.21



The drive began in the presence of Dr. M.P. Singh, DIO, Dr. J.P. Singh, DSO, Dr. Hardeep Singh, Incharge of UPHC Tigara, Dr. Meenakshi Misri and School Principal, Ms. Charu Maini.



Centre is operational from 10:00 am onwards as per the govt. guidelines



Unbiased and uninterrupted administration of vaccine



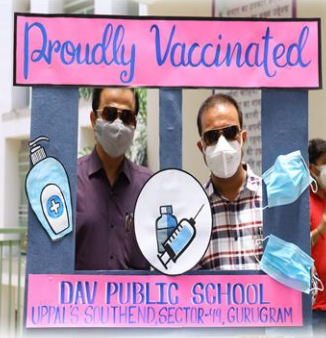
Dr. M.P. Singh sensitizing the beneficiaries



Token System



SELFIE POINT



Following COVID-19 protocols

World Heritage Day


“You don’t stumble upon your heritage. It’s there, just waiting to be explored”



18.04.21

With an aim to identify the beauty of monuments and preserve their identity from the roots, our school organized a wide range of competitions for the students of Middle and Senior wing on the occasion of World Heritage Day.

COMPETITIONS ON HERITAGE DAY




Preserve the monuments to memorize history and understand its mystery.

Archaeological Survey of India
24 Tak Marg
New Delhi

India has a rich heritage that incorporates a storehouse of archaeological fortunes and mind-blowing monuments. Many monuments in India have been announced as UNESCO World Heritage Sites. But it is not just UNESCO's or Archaeological Survey of India's responsibility to conserve them; Our cultural heritage is being spoiled by inhuman activities. The task of protecting these sites is on us too. Therefore, we must protect and conserve the monuments, to do so, we must take the following measures:

1. Awareness campaign to educate community should be launched.
2. Funds should be collected for their renovation.
3. Government should levy some taxes to preserve monuments.
4. Entry ticket should be charged from the tourists.
5. We need to volunteer for their conservation.
6. Meetings, surveys, reports, heritage clubs should be set up by schools and educational institutes to make students and youth aware to save monuments.

Warm regards,
Vansha Arora (X-A)



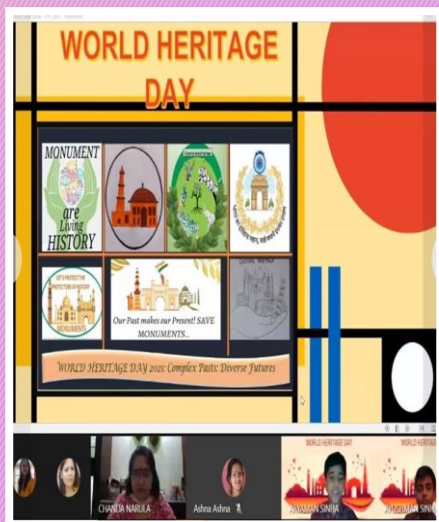
NAME OF THE COMPETITION	NAME OF THE PARTICIPANT	POSITION
Quarantine Trip	Kabir Dixit, VI-A	First
Herbiment	Shrishti Yadav, VII-A Vanika Kamboj, VII-E	First First
Bhawan Bhuvan	Srishti Singh, VIII-D	First
Logo Designing	Vanshaj Arora, X-A Rishika Arora, X-B Tishya Nayak, IX-A	First Second Third

REFLECTIONS

Logo Designing Competition helped me think out of the box to create my design. It also helped in improving my creativity. These type of competitions also provide a highly motivating challenge and develop valuable practical skills.
Aryaman Sinha, X-E

The celebration taught me the importance of rich heritage and culture of our country and we, being the future generation must preserve it.
Bhumika Thakran, VIII-A

Through Quarantine Trip, I got to know how these monuments were built, kind of material used, reason of building. Now I would like to explore more about them.
Baane Grover, VI-D





EARTH DAY : DO YOUR BIT ! SAVE EARTH

To fulfill the promise of saving our environment, we celebrated Earth Day on 22.04.21 through virtual mode. On this occasion, an array of creative activities was organized with a view to inspire children to do their bit towards making their planet even more beautiful. Our Principal, Ms. Charu Maini, appreciated the efforts of the students and teachers for celebrating this day with zeal and zest and encouraged them to be the green warriors and make a headway.



Pot making & craft work

TREE PLANTATION & CLEANLINESS DRIVE



SPECIAL ASSEMBLIES






EARTH DAY : BE 'DOWN TO EARTH' IN LIFE

INTER HOUSE BLOG WRITING COMPETITION

FEATURED



April 22, 2021

RESTORE OUR EARTH

Close your eyes and imagine Iguazu Falls, Brazil "Green mountains standing tall Water gushing down the fall Bustling birds with their candid call The feeling of bliss , natures kiss" Great Pacific Garbage Patch The experience was gratifying yet ethereal why because the green mountains turned into garbage piles the water fall turned into sewage and the birds were replaced with croaky animals gasping for air. This is what we must dread and if we still have not thought about it, today is the day to think . This year we commemorate the 51st earth day not just to preserve it but to restore it. Datta ...


Share 1 comment READ MORE

The Earth Doesn't Belong to Us. We Belong to the Earth

April 23, 2021


The window drifted open to allow raging gusts of wind inside the room, knocking the dusty porcelain vase on my bedpost over. I paced across to the window to grab it shut, but the sight outside dazed me. What used to be a glade nearly five years ago, now stood before me serving base to a grimly built condominium. The sky appeared to be bleeding crimson where the tower pierced it, or maybe it was just the sun; the pollutants shrouded everything in obscurity.

Man is a greedy animal, always has been. We would have preferred stuffing the lush meadows and the lofty mountains in our pockets if we could. But what we often repudiate is the fact that the planet doesn't belong to us, it is earth's lap that nurtures us. But, it has been subsistent lately, for the planet has been sobbing, with the tears cautioning us of the deluge that awaits us if we fail to take action.



Jadav Payeng

The Indian government recently committed to reducing the number of households dependent on a solid fuel to curb air pollution. **Jadav Payeng**, popularly known as the Forest Man of India, is single-handedly responsible for converting a sandbar into a forest reserve. And the 51st Earth Day calls for further such actions to repay the bounties of the planet. Merely beseeching won't do for our actions will always be louder than words.




Bora Bora Island

Name of Participant	Position	House
Geetika Arora,XII-F	First	Preeti
Sanchita Gupta,XII-D	Second	Shakti
Vaishnavi,XII-D	Second	Kirti
Anoushka Sharma,XII-F	Third	Jyoti


The Earth doesn't belong to us, but we belong to the Earth.

April 22, 2021



Don't blow Earth-good planets are hard to find. We are not the only sole owner of it, but a tenant who has to provide rent by practicing sustainable development and taking care of it. We must share it with our wildlife. We are the most intelligent beings on this planet, so we need to do something about declining health to be good stewards.

'Imagine if trees gave off wifi signals, we would be planting so many trees, and we'd probably save the planet too, but they are too bad as they only produce the oxygen we breathe.' We are so engrossed in the materialistic world that we don't even care for ourselves. Nobody from the universe will come and rejuvenate the planet. It is not the responsibility of one person but a collective effort.



"RESPECT EXISTENCE OR EXPECT RESISTANCE."

REFLECTIONS

To save my planet, I will not waste water. I will plant more and more trees to reduce pollution and restore ecological balance.
- Anugya Upadhyay VII D

I have taken a resolution to use 'twin-bin' system for the disposal of garbage. I will never throw plastic waste here and there -
Bhavik Kaushik VII D

I have realized my responsibility towards mother earth. I have understood that the small acts done by us to save this planet can bring a great change-
Shrishti Singh VIII D

World Book Day

When you want to travel without feet, books are your best feet



23.04.21

READING IS FUN!

On the occasion of World Book Day, the learners of Pre- Primary and Primary wing showed their love for reading by participating in various activities organized for them



Bookmark Designing



Character Parade



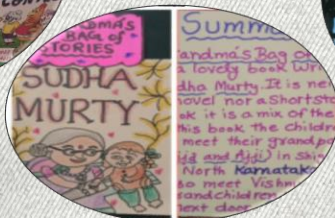
Poem Recitation



Book Reading



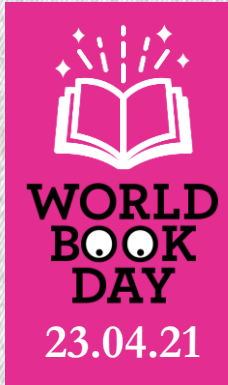
Book-cover Designing



A CHANCE TO GLANCE!



The enthusiasts of Middle wing, Senior wing and Senior Secondary wing exhibited their creative spark through various online competitions organized for them on the occasion of World Book Day.



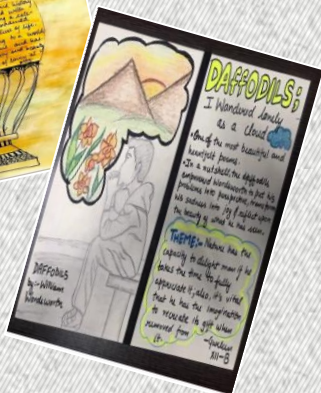
CHARACTER PARADE



NEWS READING



POEM ANALYSIS



Name of competition	Name of participant	Position
Character Parade	Aarit Dawra, VI-D Manya Roy, VI-B	First Second
News Reading	Sanviti Bhardwaj, VII-D Yashasvi Yadav, VIII-A	First Second
Poem Analysis	Meha Yadav, XII-B Vaishnavi, XII-D Gurleen, XII-B Sanchita, XII-D Prakriti Raghuvanshi, XII-D	First Second Second Third Third

REFLECTIONS

"News reading competition helped me in overcoming my stage fear." -
Yash Mittal, VIII-B

"Reading helps me to improve my vocabulary." -
Anirudh Singh, V-A

"There are so many reasons to be happy in this world, but the biggest one is to read books" - Afia Rabbani IV-E



MOTHER'S DAY

A mother's love is unconditional and only grows stronger over a lifetime. She is always there for her children through their ups and downs of life to love, protect, guide and help them. The learners of Pre-primary and Primary wing celebrated Mother's Day held on 09.05.21 and expressed their love and gratitude towards their mothers by making beautiful bouquets and cards.



IMAGIVATION

To develop 21st century skills, like creating empathy maps, what-if solutions and understanding the art of failure management, our students of Grade III to XII participated in 'Imagination'- A Global Event organized by Zenik Learning in the month of May. This event taught the learners how to convert raw ideas into innovations. Our students participated in competitions like 'Innovator's Suit', 'Innovation Olympiad' and 'The Impact Express- Extempore' and brought laurels to the school.

Event	Competition	Name	Group	Position
Imagination	Innovator's Suit	Krishvi Arora, IV-C	I	Global Rank:2
		Jiya Tony, IV-E	I	Global Rank:3
	The Impact Extempore	Srishti Singh, VIII-D	II	School Topper
	Innovation Olympiad	Aryan Lohchab, XI-F	III	Global Rank:3





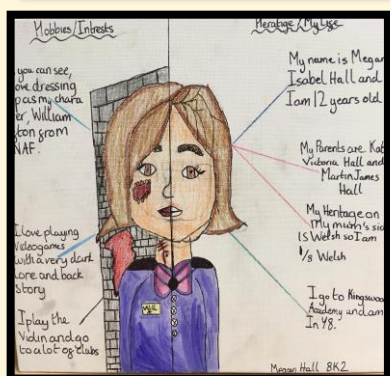
LEARNING BEYOND BORDERS



We believe in providing our students opportunities to spread their wings and soar high in the vast sky of infinite possibilities. We collaborated with Kingswood Academy, UK to instil a global dimension into the learning experience of our students.



WELCOME TO MY WORLD COMPETITION



REFLECTIONS

I learnt so much about UK through this activity.
- Dilasha XII F

I learnt about the vibrant culture of my country through this activity.
- Urbee XII D



SCHOOLS OF THE WORLD: CLIMATE ACTION PROJECT

Under this project, the students of Grade 7 and 8 learnt about how the climate change is affecting both the countries and what contribution each and every individual can make to reduce its impact.



Meet Ella and Caitlyn from the UK

Ella and Caitlyn are two sisters who made a petition asking fast food restaurants to stop putting plastic toys in kids' meals.

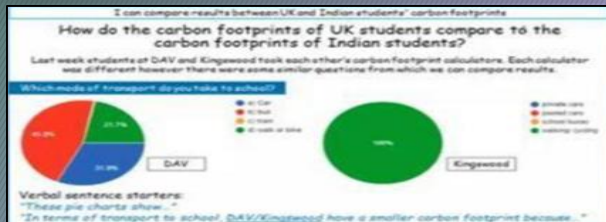
The sisters gathered more than 400,000 signatures. Since then McDonalds said its customers would be able to choose between a toy and a fruit and Burger King said it will remove the plastic toys altogether.

Ella and Caitlyn McEwen, UK

Think-pair-share:

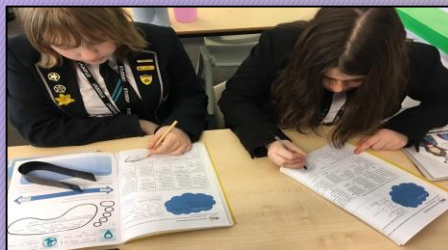
Can young people make a difference in the fight against climate change? Why is it important to take small steps to solve a global problem?

Delivering world-class learning, which places no limits on what young people can achieve, a lesson of educational excellence is that.



During the course of the project spanning over a period of 7 weeks, the students explored the various aspects of lessons and participated in different activities like Logo designing, advertisement and pledge designing for reducing climate change and framing carbon footprint calculators etc. with full enthusiasm.

This project gave me the opportunity to understand what's the current situation of our mother earth and what can be done to overcome this crisis.
 - Anika Joshi VIII C



Making of Carbon footprint calculator

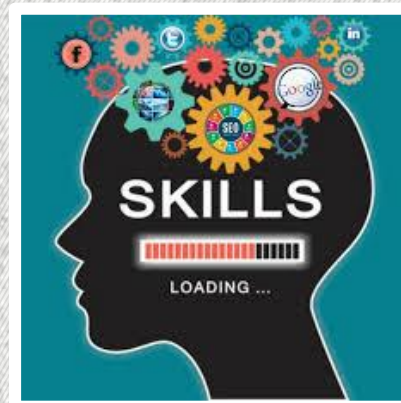


It was a great tour to know about our climate and understand the problems created by man which may cause harm to all.
 Aadhya Sinha, VIII-E



UPSKILL YOURSELVES : WEBINARS AND WORKSHOPS IN ASSOCIATION WITH TIMES NIE

'Skills will be the new currency in the post-pandemic world'

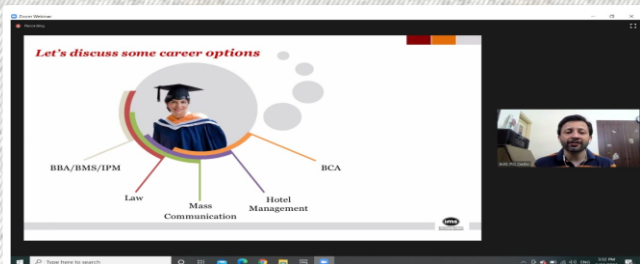
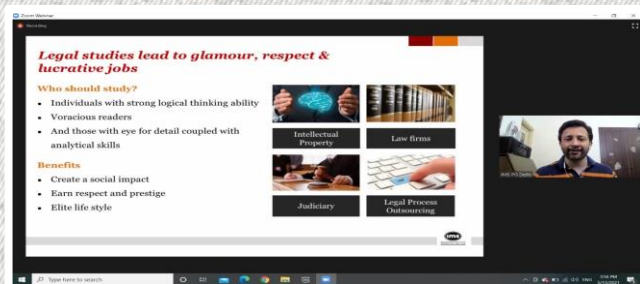


SKILLS FOR SUCCESS IN POST COVID WORLD Guidance from experts of Bennett University

The session on 28.04.2021, with Times NIE and Bennett University covered undergraduate opportunities and challenges to achieve success in the Post-Covid world. Dr. Madhusi Verma, assistant Professor who is an IITan and an expert of latest technologies, motivated the students to think critically and act smartly. The platform offered fruitful interaction on ways to chisel the skill sets required to succeed in present times.



COMPLETE GUIDE TO THE NEW UNDER GRADUATE COURSES By IMS Learning Resources Pvt. Ltd.



In the session on 13.05.2021, with Times NIE and IMS Learning Resources Pvt. Ltd, Mr. Siddharth Singhal apprised the students with government's proposal of a joint entrance exam for all the central universities in India for major UG courses being tested majorly on Aptitude, Verbal Ability, Logical Reasoning, GK etc. The students benefitted a lot and they asked plenty of queries. It was a highly informative and enriching session.

SUMMER CAMP

 [Click Here](#)

 [Click Here](#)

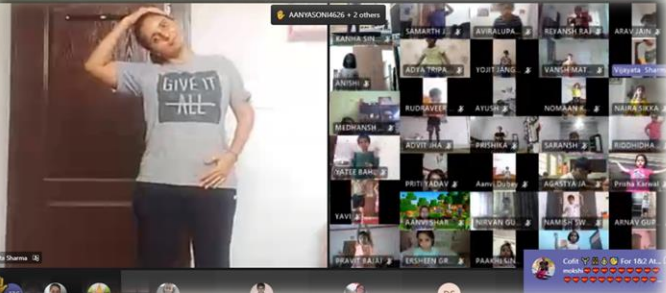
PRE PRIMARY, GRADE I & II



ART FROM HEART



**COFIT
CAMP**



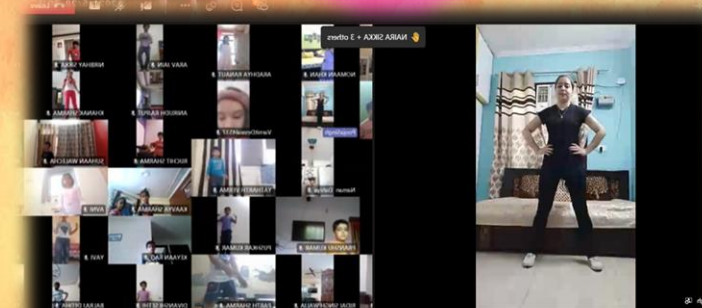
**SUNO KHAANI
MERI ZUBAANI**



**LET'S
NACHO**



BRAIN YOGA



SUMMER CAMP - GRADE III-V



**COOKING WITHOUT FIRE-
NUTRITIONAL NUTTIES**



RECYCLOMANIA

 [Click Here](#)



THE CRUNCHY FOODIES



CRAFT-CRAFTOMANIA



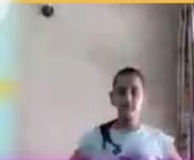
ART-LITTLE PICASOS



MUSIC MAGIC



FUNKY FEET-DANCE



HAPPY FEET ZUMBA



TREASURE TALES

SUMMER CAMP - GRADE VI-X

 [Click Here](#)

RECREATE



*Creativity - The More You Use,
The More You Have*

PAINT YOUR THOUGHTS



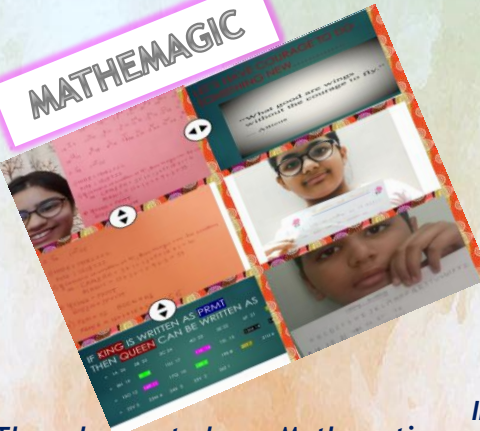
Art makes me feel happy

BLISSFUL BITES



Cooking Without Fire

MATHEMAGIC



*The only way to learn Mathematics
is to do Mathematics*

WEAVE A TALE



*Imagination and creation- "Weave a
story" where the creative minds
opened imaginative horizons*

ZUMBA SENTAI



Dancers Don't Need Wings to Fly

TAP YOUR FEET



*Dance is the hidden language of
the Soul*

SURON KI MEHFIL



*Music is the soundtrack
of your Life*

DIGI ART



*Art is not what you see, but
what you make others see*



ACCOLADES

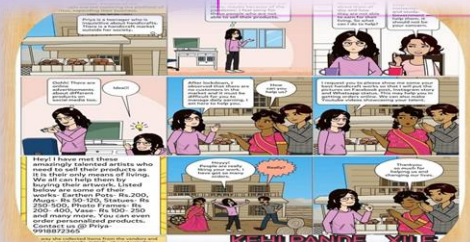


INTER SCHOOL COMPETITION

Event	Competition	Organised By	Participant	Position
Earth day	Kavita Vachan	KIIT World School Gurugram	Advika Dawara, II C	First
	Musical Earth Saviours		Jiya Tony, IV E	First
Ubharte Hastakshar	Poetry Out Loud	SBDVA, Delhi	Khanak Sharma, II E	Second
	Solo Patriotic Dance		Aaradhya Sharma, IV B	Consolation Prize B
My Interactive Story World	Digital Story World	DAVPS-14 GGN	Bhuvi Chugh, V C	Certificate of Excellence
Earth Day Contest		Ignited Mindz	Shivanshi Mudgil, III-A	Second
			Aarit Dawara, VI D Pravika Veen, VIII D	Honourable Mention

INTER CLASS/HOUSE COMPETITION

Competition	Participant	Position
Declamation	Bhuvi Chugh, V C Jashith Sharma, V D Kavya Saini, V C	First Second Third
Comic Strip Designing	Kehi, XII-F and Vrinda, XII-F (Jyoti) Jigar, XII-F and Rashi, XII-F (Neeti) Kelsy, XII-F and Sanya, XII-F (Jagriti)	First Second Third
Haasya Kavi Sammelan	Kritika Yadav, XI A Bhavya Saluja, XII D Vivek Agarwal, XI-E Nipun Sharma, XII B Jigar Chanana, XII F	First Second Second Third Third



Fitter! Healthier! Happier!

"The food we choose makes a difference." - Michel Greger



FACT OR MYTH?



Is Bed Tea a Taboo?

Caffeine should not be the first thing you consume empty stomach. Instead line your stomach with some solid food before you drink your morning tea or coffee. How about a glass of fresh juice or some fruit to kick start your day?

Does an apple a day, keep the doctor away?

Vitamin C enhances iron absorption in our body so next time you have your apple, add some drops of lemon juice to it.
Apple+Lemon Juice= Total iron absorption



Is Mango nothing but a tasty fruit?

- * Mango improves eye sight, immunity and also digestive health.
- * Mango may be high in sugar. But the best part is that unlike refined sugar, fruit sugar is balanced out by fiber and a variety of nutrients in the body.

Which secret ingredient can make coffee healthier?

- *Excess of coffee can degrade the sodium levels in your body.
- *Adding a pinch of salt to it can balance it out.



Rashi Yadav, XII-F

IMPORTANCE OF HEALTHY LIFESTYLE

"To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear." -Buddha.

In the contemporary world where there are different facets of health, for instance, a dietician might recommend you to have a wholesome meal, a personal trainer would urge you to be a robust lot or a therapist may prescribe you ways to cope up with stress, but there is very rarely, an all inclusive guidance available. A healthy lifestyle is just another way to upgrade the quality of your life. There are significant and long lasting benefits in improving the way you live to ensure that you live a healthy and long life. While the benefits of eating healthy is a healthier gut, stress and anxiety control, stronger bones, teeth and nails, happier mood and also helps you control that midnight craving of potato chips. At the same time, just a simple 60 minute workout will give you outputs like improving self-confidence, strengthening brain cells, controlling obesity and malnutrition, and augmenting your creativity. It is also important to stress on your mental and spiritual health at the same time, because your mind and soul is what keeps you going. and the full guidance package which I talked about will be as following, you should watch what you eat, workout every day, meditate, and give yourself a halt from time to time to rejuvenate. A healthy lifestyle should be way of living, not a 7-day temporary fix to shed the extra kilos you gained during a holiday. Once you start following a healthy lifestyle, you will realize its importance yourself.

Shirin Tomar, X-D

EXPLORING POSITIVITY

LET'S LEARN FROM THE GRIMMEST

From the past few months, the world has witnessed something quite unexpected and uncertain. Though these days things are not going good for the entire world, but that does not change the fact that every nasty situation has something positive. Analogous to the fact that even a dead clock shows the correct time twice a day, the grimmest times brought by the Coronavirus too have given us a lot of instances to learn new prospects in our lives. The most important thing which the micro-sized organism made us realise is that optimism is the key to happiness. Optimism reduces the stress we experience, and above that, it creates positive anticipation of the future. These unprecedented times have taught us that keeping a positive attitude will improve our physiological and psychological well-being. Apart from Corona, there is another significant issue currently addressed by the entire world - the ongoing conflict between Israel and Palestine. One might think that what can we learn from a fight carried solely to expand territory? But there is significant learning from the issue, which is primarily concealed due to its intensity. The conflict teaches us that the roads of acceptance and contentment lead you to peace and prosperity. If the two countries accept what is there with them and decide to be contented, thousands of people from both sides might live a life of peace and happiness.

Shashwat Goel, XI-D



Tanmayta, XII-F

RESILIENCE IS THE KEY!

I was that child who fell from the bike
That dear child who was petrified and she cried

When I saw absolutely no one around to help,
I stood up shivering, no matter how afraid I felt..

Now I see it as meeting the ground before I flew
Looking at the light of hope I got up and I grew

Later in school I read the story of the ant
And wondered, "If it can try again then why I can't"

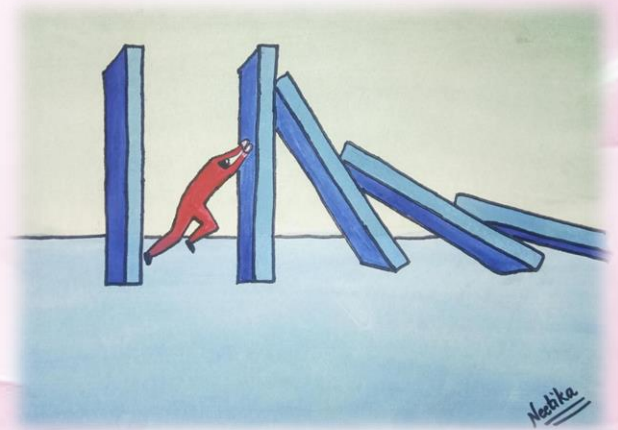
Just like the hurdles an athlete jumps
I will face all my fears and consider them as bumps..

As today I reach closer to my dream
I work hard in silence and let the success scream

Be it rich or skint ,we all face failures in our life
But only those who remain undaunted are able to fight..

Resilience is the virtue that we shouldn't let go
Remember, you will get to reap ,only that you sow.

-Mishthi Kumar ,XI-F



Neetika, XI-F

EXPLORING POSITIVITY

BEFORE DAYLIGHT

The night is darkest before the light
And the dawn is right there
Waiting for us to muster all our might
The clouds are darkest before rain comes
in sight
With the rains to wash off
The wounds of our helpless plight
Maybe all we need to do is face the day
and say
Hey I'm okay!

Gitika Arora, XII-F

THE NEW NORMAL

It all started in 2020 we say,
In march on a fateful day
Everyone stepped out gingerly,
The rules were to be followed religiously

Mask on and sanitise the whole lot,
If you want to go out just take a slot
Gradually we felt that this life wasn't so
dull,
that's why we call it the new normal

Yes, this epidemic has made us all strive,
But it also taught us many lessons of life
Patience, teamwork, sincerity and many
more,
All the qualities we didn't have before

It almost feels that it's not bad to live like
this,
So, we finally gave a sigh of bliss
At the end we think, that it's not so
mournful
that's why we call it the new normal

Hidia Sohal, VII-E

THE BALLAD OF BLOSSOMS

Winter

Through the frosty glass of the mullioned
windows,
I saw the marcescent blossoms wither apart,
Crushed underneath the veil of snow,
That drenched the world in a ghostly pallor.
As the world proclaimed in hushed whispers,
The onset of a cruel and hostile winter.

And I felt my heart shatter into pieces,
With the broken shards pricking the insides,
At the thought of the abridged florescence,
Of the flowers that would never blush again,
For they became one with the soil,
In a season that annulled all ounces of hope.

Spring

Through the lucid glass of the mullioned
windows,
I saw a nascent bud glancing furtively,
Peeking out from beneath the curtain of
soil,
Right where it had formerly bitten the dust.
As the world proclaimed through fervid
gusts,
The ebullient arrival of spring.

And my heart sang the ballad of the
blossoms,
That persevered despite the wrath of
winter,
And chose to recommence their florescence,
While echoing a sweet nectar bloom,
Transfiguring their graveyard of gloom into,
A cradle of hope and resilience.

Anoushka Sharma. XII-F

माना समय है भारी पर

हौसलों की इमारत है उंची,
उम्मीद का दीप भी जलाना है।
अरे! आस क्यों खोते हो बंधुओं?
रात्रि के बाद उषा तो अवश्य ही आना है।

कोरोना विषाणु के प्रति जागरूकता फैलाकर,
कोविड वॉरियर्स को सहयोग दिना है।
'दवाई भी और कडाई भी' को अनिवार्य बनाते हुए,
मास्क एवं सोशल डिस्टेंसिंग से विषाणु को मिटाना है।

बुराइयाँ तो निकालते ही हैं चलो गुण देखे जरा,
प्रकृति निखर गई, पेड़- पशु तथा वायुमंडल को पुनः जीवन दिना है।
माँ की गोद व भाई की किलकिनाहट से वंचित जो थे,
परिवार के साथ अभी समय थोड़ा और बिताना है।

न ही डरना, न घबराना, न ही पीछे हटते हैं,
दूर होते हुए भी आपसी प्रेम बढ़ाना है।
थोड़ा सहयोग तुम दो साथ मेरा योगदान भी लेना,
क्योंकि इस जंग में हमें विजय पताका जो फहराना है।

रुचि खर्ब, X-C

जिंदगी - एक अनोखा सफ़र

गिनती के दिन हैं,
उँगली पर गिन लो।
मुँह पर हँसी लाकर,
खुशी से जी लो।

ना जाने जिंदगी कब बाँय-बाँय बोल दे,
हमारे नए जन्म का रास्ता खोल दे।
अपने सारे ग़मों को भुलाकर,
अपनी दुखी आत्मा को सुला कर,
अंदर की मस्ती को जगा कर,
जी लो जिंदगी का ये अनोखा सफ़र।

इधर-उधर की टेंशन को बंदूक उठाकर शट कर दो,
सारे दुख ग़मों को भुलाकर सुख के रास्ते पर चल दो।

ना ज्यादा सोचो ,
ना ज्यादा चक्करों में पड़ो।
अपनी इस जिंदगी में
खुशी से आगे बढ़ो।

प्राची बत्रा, IX-D

कोरोना के समय में हैल्दी हैबिट्स

कोरोना एक वैश्विक महामारी है जिसने हमारी जीवनशैली बदल दी है। अगर हमें कोरोना को हराना है तो हमें कुछ बातों का नियमित रूप से पालन करना पड़ेगा। व्यायाम, संतुलित आहार और साफ-सफ़ाई से इस महामारी पर जीत पाई जा सकती है। सुबह जल्दी उठकर प्रतिदिन व्यायाम हमारे शरीर के लिए अत्यंत लाभप्रद हैं। व्यायाम करने से शरीर में अधिक मात्रा में ऑक्सीजन का प्रवेश होता है इससे शरीर में रक्त संचार सुचारू रूप से होता है। नियमित व्यायाम और प्राणायाम करने से पाचन शक्ति बढ़ती है तथा मज़बूत माँस-पेशियाँ, सबल और सुडौल शरीर की प्राप्ति होती है। व्यायाम के साथ-साथ स्वस्थ शरीर के लिए जीवन में संतुलित आहार का भी महत्वपूर्ण स्थान है। ऐसा भोजन जिसमें विभिन्न प्रकार के खाद्य पदार्थ ऐसी मात्रा व समानुपात में हों जिससे शरीर में खनिज लवण, विटामिन व अन्य पोषक तत्वों की आवश्यकता समुचित रूप से पूरी हो सके। सुबह का नाश्ता ज़रूर करना चाहिए, आहार में फल और सब्जियाँ, दाल, चावल, दही, रायता, सलाद, तरल पदार्थों जैसे नारियल पानी, तुलसी-अदरक का काढ़ा, नींबू पानी, सूप इत्यादि का भरपूर मात्रा में सेवन करना चाहिए। रात में हल्के भोजन का सेवन करें। गरिष्ठ, मसालेदार, तले-भुने भोजन से परहेज़ करना चाहिए। कोरोना से बचने के लिए साफ-सफ़ाई बेहद ज़रूरी है। घर के अंदर और चारों तरफ साफ-सफ़ाई रखने से कीटाणु नहीं पनपते हैं। साथ ही शारीरिक साफ-सफ़ाई भी आवश्यक है। साबुन-पानी से हाथ धोना, मास्क का इस्तेमाल और सामाजिक दूरी से इस महामारी पर विजय सम्भव है। यदि हम एक ज़िम्मेदार नागरिक बनकर इन नियमों का सख्ती से पालन करें तो संक्रमण की इस शृंखला को अवश्य तोड़ा जा सकता है।

प्रकृति: रक्षति रक्षितः

कोरोणाकाले अस्माकं जीवनस्य परिवर्तितं स्वरूपम्

अद्य संपूर्णः देशः कोरोनाविषाणुना प्रभावितः अस्ति । अस्मिन् विषमे समये मानवाय “गृहबन्धनम्” इत्यस्य विशेष-परिस्थितेः अनुभवं प्राप्तुं अवकाशः लब्धः । एतस्य सकारात्मकः प्रभावः न केवलं मानवानां अपितु वृक्षाणां, पादपानां, पशूनां, खगानां च जीवने अपि च संपूर्णे पर्यावरणे विशेषरूपेण दृश्यते । सीमित-संसाधनेषु कथं वासः कर्तुं शक्यते इति मानवः अद्य सुष्ठु जानाति, स्वास्थ्यस्य परस्परसहयोगस्य च महत्त्वम् तु जानाति एव परन्तु सङ्गणकीय कक्षा - गृहे स्थित्वा एव अन्तर्जालमाध्यमेन शिक्षा ग्रहणं जीवनस्य अविभाज्यं अङ्गं भवति इति केनापि पूर्वं न चिन्तितं इति अहं मन्ये । प्रातः आरभ्य सायं पर्यन्तं स्वकार्येषु संलग्नः मानवः पौष्टिकभोजनस्य विषये अद्य चिन्तयन् अस्ति । सर्वदा जीवने व्यस्तः मानवः अद्य परिवारस्य कृते समयं यच्छन् अस्ति तस्य अद्भुतं आनन्दं अपि प्राप्नुवन् अस्ति । प्रदूषणसमस्या केवलं मानवेन एव अधिकं भवति न्यूनं च भवति इत्यस्य एषः समयः प्रमाणः इति अहं मन्ये । प्रत्येक-परिस्थितेः नकारात्मकं रूपं पश्यामः चेत् मनः विचलितं भवति अतः सकारात्मकतां पश्यामः इति मम अभिप्रायः निवेदनम् च यत् स्वस्य स्वपरिवारस्य रक्षां कुर्वन्तु । वृथा बहिः मा गच्छन्तु । गृहे एव तिष्ठन्तु ।

कुशाग के अरोडा, X-B



आशुमा कालरा, IX-B

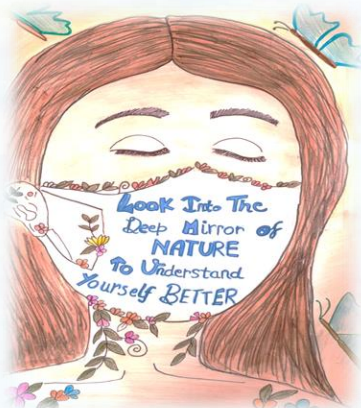
Adding creativity Through Brush



*Treu Zur
Sicherheit*



*Und Zum
Retter*



Parth Chitlangya, VI-B

Pulkit Malhotra, XI-F



Kavya Saini, V-C



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Adding creativity Through Brush



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Paavni, II-C



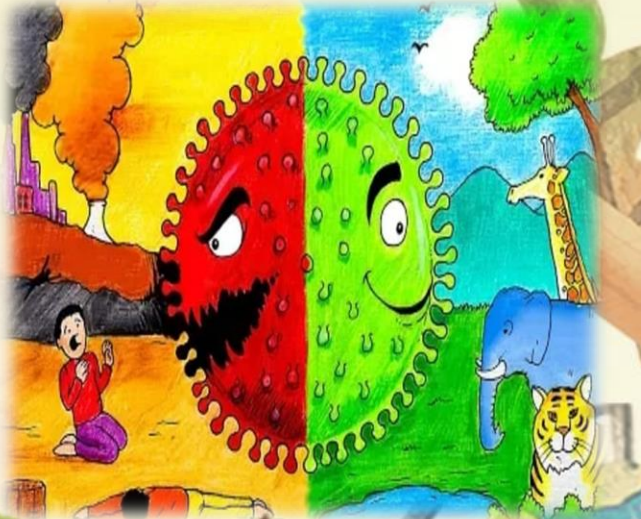
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Better Choices=Healthy Lifestyles



FOOD

EAT THE RAINBOW:
FRUITS &
VEGETABLES

CUT ON WHITES:
LIMIT SUGAR & SALT
INTAKE

STAY HYDRATED:
DRINK ENOUGH WATER

SPICE IT UP:
ADD NATURAL SPICES
LIKE TURMERIC, CLOVE,
FENNEL, CUMIN,
GINGER, ETC.

SHED THE FAT &
GAIN THE MUSCLE:
DECREASE THE
INTAKE OF FATS &
INCREASE THE
INTAKE OF PROTEINS

SKIP ROPES, NOT MEALS:
EAT 5 MEALS AT SHORT
INTERVALS.
AVOID EATING A LARGE
MEAL BEFORE SLEEPING.

ENERGIZE YOUR LIFE:
EXERCISE REGULARLY
FOR 30 MINUTES A
DAY & BE
PHYSICALLY ACTIVE.

RUN AN EXTRA MILE:
WALK 10,000 STEPS
DAILY

BURN CALORIES,
NOT ELECTRICITY:
TAKE THE STAIRS

ENGAGE IN
DIGITAL DETOX:
REDUCE SITTING &
SCREEN TIME.

RECHARGE YOUR
BATTERIES:
GET ENOUGH AND
GOOD SLEEP

IT'S FUN, IT'S FITNESS:
BUILD YOUR OWN
WORKOUT-
DANCE, ZUMBA &
AEROBICS

STAY CONNECTED
WHEN ISOLATED:
TALK TO YOUR
FRIENDS & RELATIVES
HOST ZOOM CALLS;

BE KIND TO YOURSELF:
LET YOUR SELF BE
PLEASED WITH YOUR
ACHIEVEMENTS, BOTH
BIG & SMALL

FOLLOW A ROUTINE:
ENJOY LEISURE TIME
BY LISTENING TO
MUSIC & AUDIBLE
BOOKS, SOLVING
PUZZLES

FIGHT YOUR FEARS:
SEEK HELP AND ADVICE
IF YOU FEEL
DEPRESSED.

PAUSE, BREATHE,
REFLECT:
BREATHING
EXERCISE, MEDITATION
& YOGA RELAX YOUR
MIND

UPSKILL YOURSELF:
EXPLORE
OPPORTUNITIES AND
SET SMALL
CONSTRUCTIVE GOALS
FOR YOURSELF

BODY

MIND

प्रार्थना

आशा है ऐसे भोर की
जिसमें चारों ओर प्रकाश हो
खुशियों की रोशनी से , सभी दुखों का नाश हो
हे प्रभु! हमें ये शक्ति दे
हाथ पकड़कर एक दूसरे का
तर जाँ इस संकट से
मन में ऐसा अटूट विश्वास हो...

दुनिया में शांति का वास हो
कोई कभी न यहाँ निराश हो
वसुधा बने हमारा परिवार
कभी न हो हमसे किसी का अपकार
हमको दो ऐसा वरदान
बने मानवता कृतार्थ महान!
हे प्रभु! हमें ये शक्ति दे...

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