Loreto Delhi Digitales

Soul Talk



Nov'20- Mar'21

Editorial Team



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Ms. Suman



Ms. Tehreen Nasir

(Design of Cover Page)

Editorial Message

I can do all things through Him who strengthens me. Philippians 4:13

We are proud to offer to you the second edition of Loreto Delhi **Digitales- Soul Talk**. We are grateful for the encouraging response received for the pioneer edition and are hopeful that this edition is just as well received.

It is not unknown that all of this academic session has been online. Our students have amazingly adapted themselves and evolved into adept and aware netizens. Their resilience and reincarnation are commendable. Their recent achievements reinforce our belief that we are the custodians of those who will affect change and make a difference in the world.

This edition Soul Talk defenestrates the myth that learning is just about academics, and at school. Our students have carved a niche for themselves in avenues where their ingenuity is challenged and charged. In doing so, they have found a way to reinvent themselves and, in the process, have been able to find inner peace and strength. It is these personal achievements that we wish to highlight in this magazine.

The e-magazine Team wishes to express gratitude to our principal Sr. Monica for giving us this opportunity to help showcase Loreto Convent School, Delhi through this humble endeavour of ours.

Above all, we thank the Almighty for giving us the strength and succour at all times.

The Editorial Team



Principal's Message

I have fought the good fight, I have finished the race, I have kept the faith.

2 Timothy 4:7-8

As we bring this historic academic session 2020-21 to a close, there is nothing but gratitude to the Almighty who has kept us safe in the palm of His hands. God is the creator and the master of our lives. He will never give up on us. He will always be faithful and love us immensely. Truly, we need to count our blessings and lessons of this last year. We have learnt to never lose hope, never to step back in the face of challenges and above all, to fight and finish the race. We have learnt that we all work towards winning the trophy of life, no matter the strife, no matter the struggle, and emerge stronger and better.

I quote the words of the poet Shelley, 'If winter comes, can spring be far behind?' Let us not dwell on the year gone by, but look to the future. I firmly believe that the days ahead will only be better.

While we prepare for the next session, we shall endeavour to live by the quote by Hans Margolius, '***Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world.***' I am content with my perception of the reality that this world, this creation will forever be beautiful. We are all an indispensable part of it.

I thank the e-magazine team for the theme chosen for this issue of **Loreto Delhi Digitales- Soul Talk**. How apt it is! This is the time for quiet reflection, a time to train our thoughts and minds, a time to make sense of the tumult and turmoil the world has had to face. And truly, this is the time for *soul talk*.

Life is an endless journey between perception and reality.

Ms. Kaveri Dutta's Message



Dear Sister Monica,

Thank you for sharing the maiden copy of the Loreto Convent, Delhi e-magazine with me. It is a most commendable initiative and provides a digital platform for the students to express their feelings of fear, apprehension and hope regarding the pandemic, which they have done in a very creative manner. Congratulations to you and the editorial team for the excellent conceptualisation and presentation- it is professionally done! I love the name of the e-magazine and look forward to reading future editions of the LC Digitales.

Thanking you,
Love and prayers,
Kaveri
Province Coordinator, Loreto Education Board.

SUPERANNUATION.....SUPER REJUVENATION!

Loreto Convent School bids adieu to two very dynamic teachers, Mrs. Ratna Ranjan and Mrs. Sheela Kancharla, who are to proceed on retirement on superannuation. A virtual Farewell Prayer Service was conducted on 05 March 2021 to honour their services to this institution. The prayer service attended by all the students and staff, was followed by the testimonies of students for Mrs. Kancharla and Mrs. Ranjan, both present and alumnae. After the said teachers expressed gratitude to the students, staff and the management of the school, the principal in her address wished them the best in the second innings of their life. A very special song was dedicated for them by the Principal. The farewell fellowship by the staff was held on 26 March 2021.





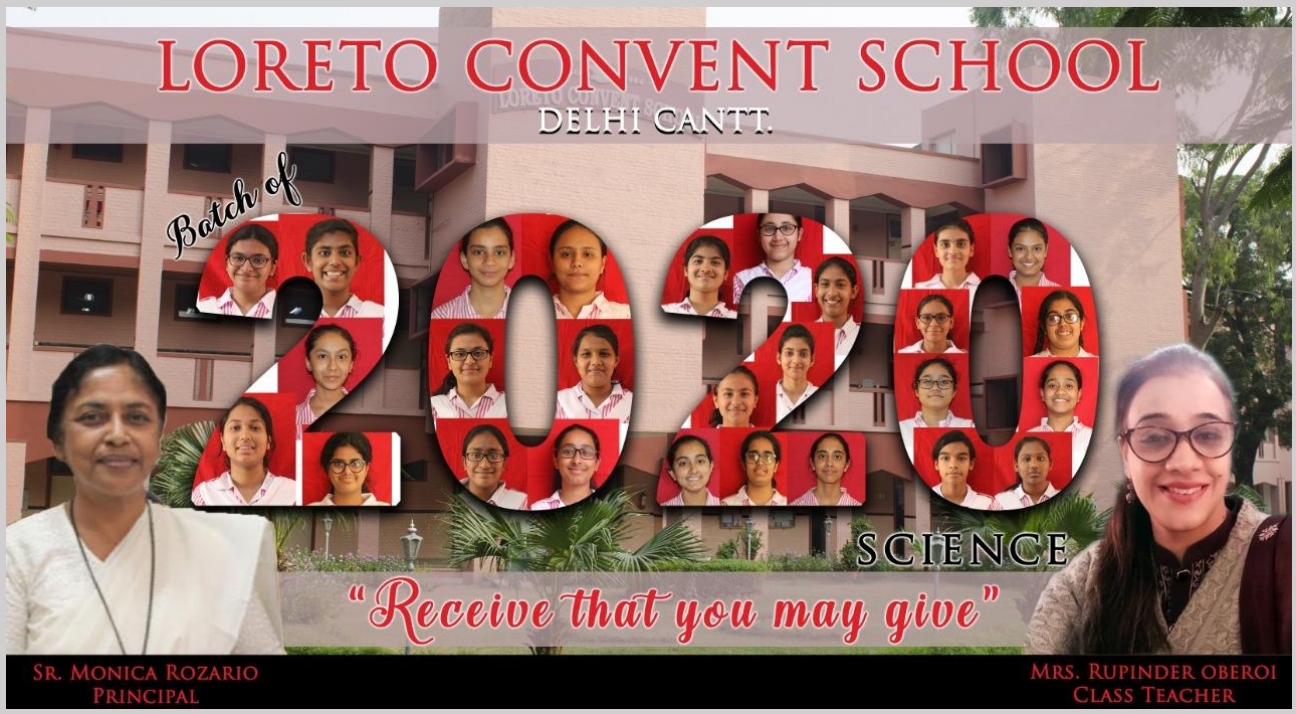

STAR
ICONS
OF
LORETO
Just
Retired

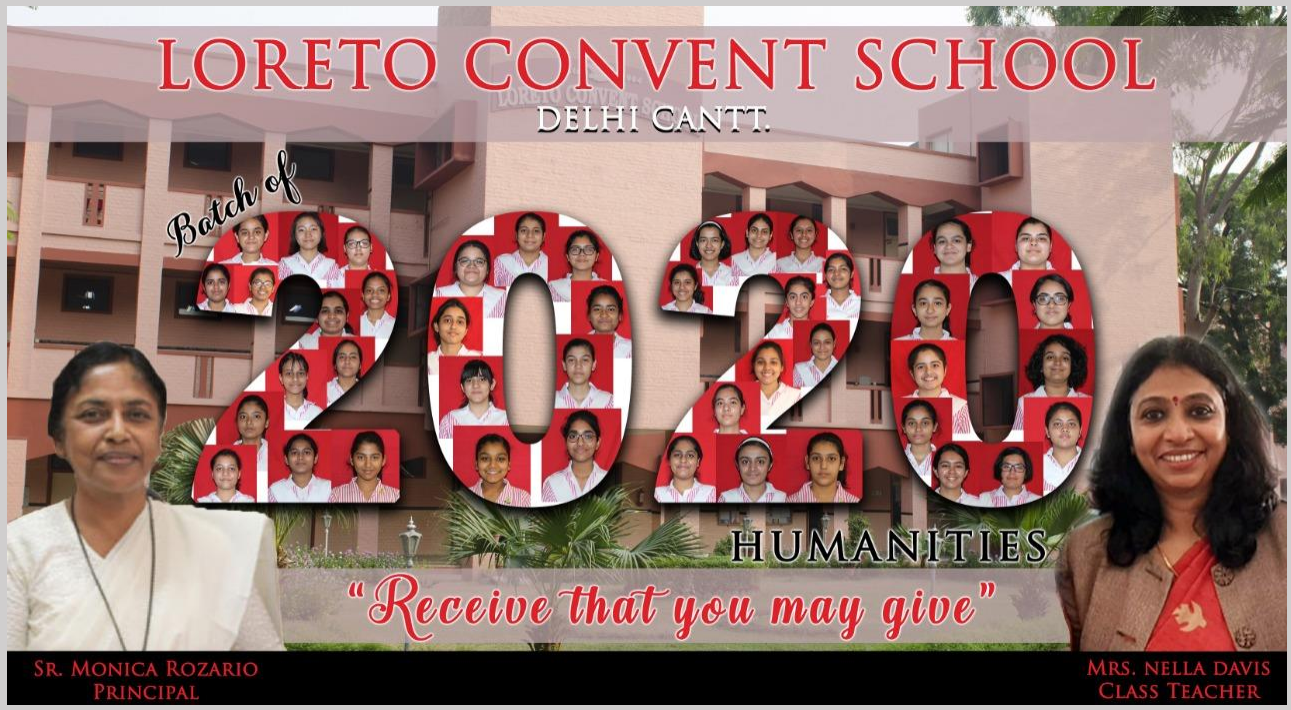
FINE FABULOUS PHOENIXES FIRED UP FOR THE FUTURE



The Class XII batch of 2020-21 was given a ceremonial farewell by the school on 09 March 2021. The much-awaited event for class XII was held on the virtual platform. The event began with a solemn ceremonial Candle Light Service in which the outgoing batch was prayed for by their teachers. This was followed by an entertainment programme by the students of Class XI, based on the phoenix, a mythical bird that reincarnates from its own pyre. The motivational skit inspired the students to look within and find their wings and strengths. The programme was further tempered with the quintessential medley of popular songs. The principal, Sr. Monica, addressed the students and urged them to carry forth the values of this institution.


LORETO CONVENT SCHOOL
DELHI CANTT.
Batch of
2020
COMMERCE
"Receive that you may give"
SR. MONICA ROZARIO
PRINCIPAL
MRS. VANDANA GROVER
CLASS TEACHER


LORETO CONVENT SCHOOL
DELHI CANTT.
Batch of
2020
SCIENCE
"Receive that you may give"
SR. MONICA ROZARIO
PRINCIPAL
MRS. RUPINDER OBEROI
CLASS TEACHER


LORETO CONVENT SCHOOL
DELHI CANTT.
Batch of
2020
HUMANITIES
"Receive that you may give"
SR. MONICA ROZARIO
PRINCIPAL
MRS. NELLA DAVIS
CLASS TEACHER

Achievements

Psychology Fest CJM

Four students of our school registered for an online psychology fest on 20.11.2020 at Convent of Jesus and Mary School. All four students performed very well in their respective events and were awarded. The result are as follows:

1st place - Theatre Drama Event
Jagriti Nambiar-XII C
Anindita Chatterjee –XII C

2nd place- Documentary Film Making
Lisa Ann Desouza XII C
Arushi Rawat XII C

Music and Art Competition

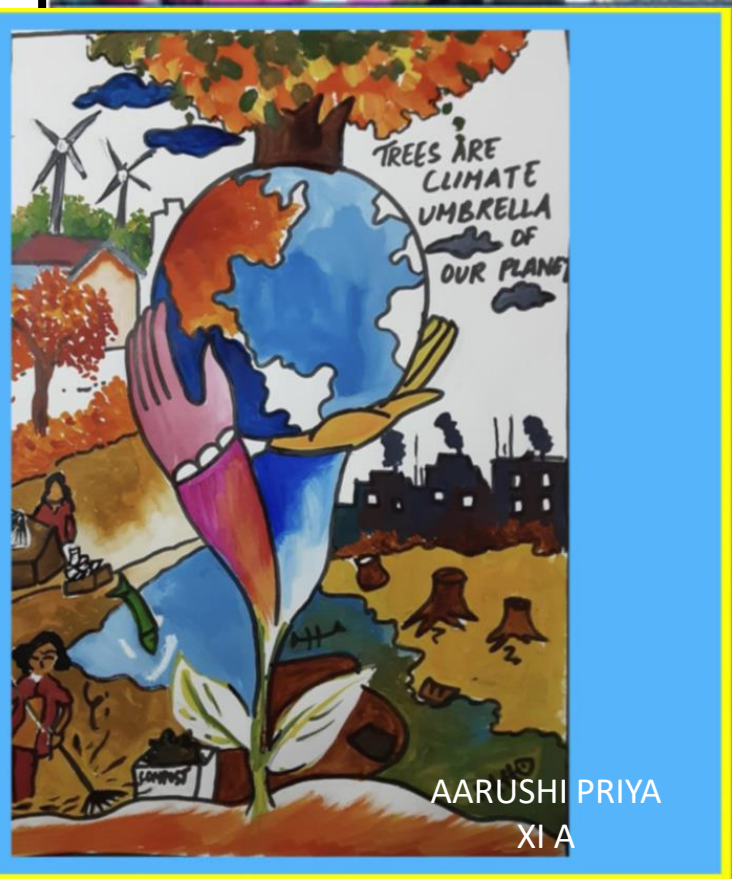
A Music and Art competition was organized for the students of classes IX to XII in the month of November.
There were 2 categories:
1. Self-composed Song
   Theme: Nature, Believe in Yourself,
   Friendship, Hope, Be a role model

2. Instrumental : Any song (English/Hindi)

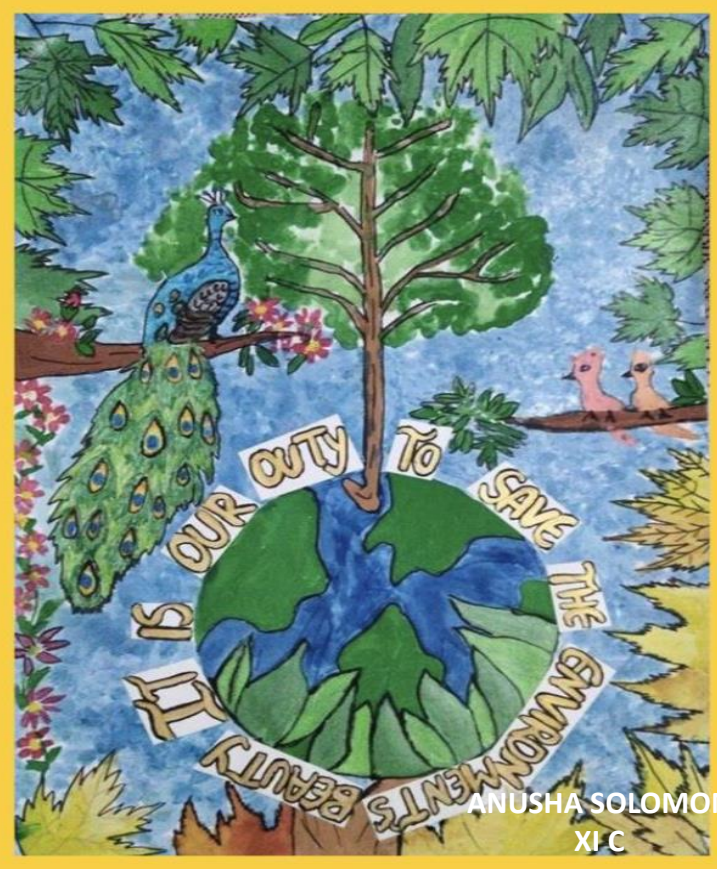
The Winners are as follows:
Singing:
First position : Rashi Pandey X B -
Second position : Ananya Ann Mathew IX B
Third position : Aakanksha Chaubey XII B

Instrumental:
First position : Amishi Rajan IX B
Second position : Esther N. Haokip XI C
Third position : Raima Ann Joseph XII B



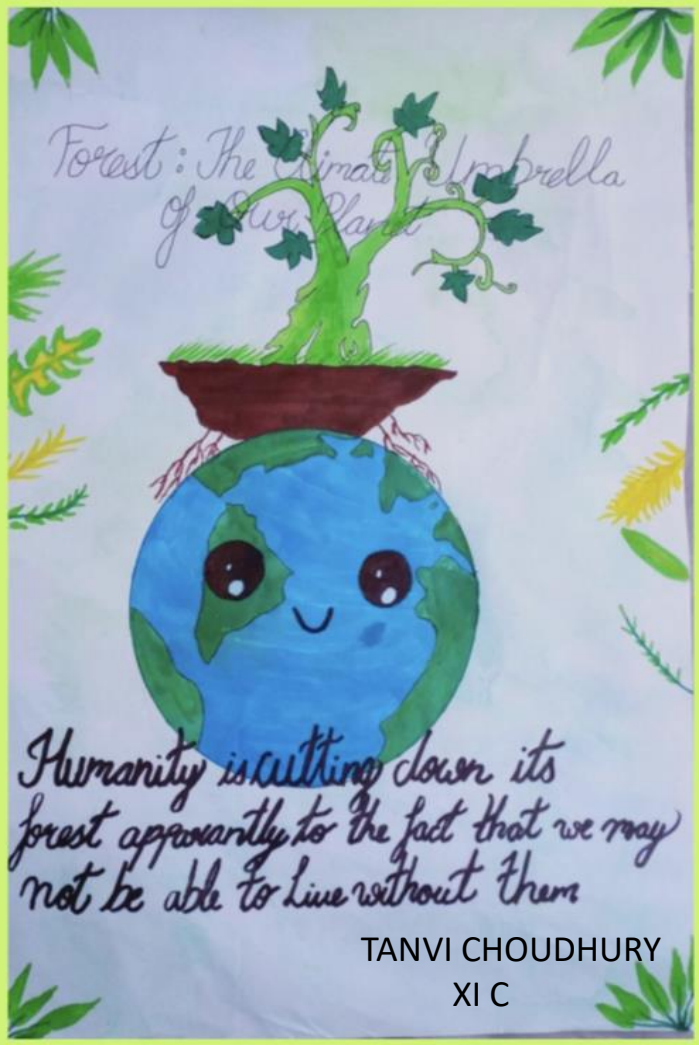


AARUSHI PRIYA
XI A



ANUSHA SOLOMON
XI C





TANVI CHOUDHURY
XI C



Anushka Paul
IX C



Jia
IX C

Sunbeam Lahartara Round Table

'Sunbeam Lahartara Critical Thinking Round Table' dedicated to the 125th Birth Commemoration of Netaji Subhash Chandra Bose was held on 21st and 22nd of January 2021, as an initiation by the Sunbeam School, Lahartara. This competition with 50 schools participating, had four categories, viz, Public Speaking and Writing Challenge, Quiz Challenge, Visual Arts Challenge, Radio and Drama Challenge requiring participation of students from VIII- XII.

The renowned Quiz Master, Mr. Parnab Mukherjee conducted the event. This opportunity was crucial for the students to learn lessons in teamwork, taking initiative and putting forth each other's strengths. The girls were proud to represent the school on such a platform. We are happy that the Radio and Drama Challenge Category bagged the first Prize. The girls were ecstatic to win such a tough competition.



Award Winning Poster

Radio and Drama Challenge

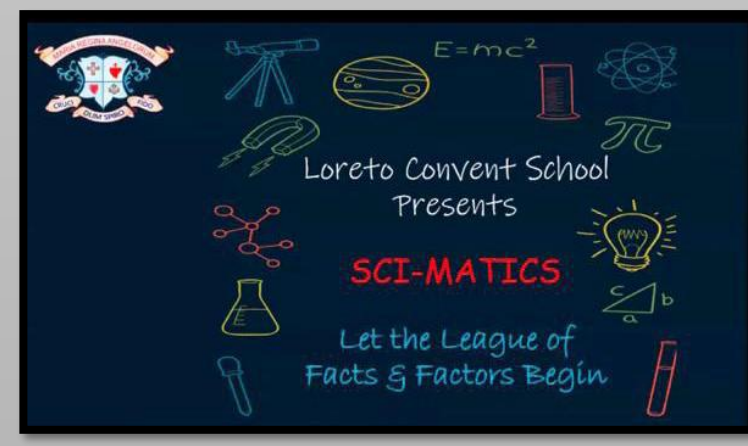
- **Shristi Sinha IX A**
- **Nahal Anjum XI C**
- **Tehreen Nasir XI B**

Mini Mathemagician

Samaira Singh of class VI-C participated in the 19th National UCMAS Abacus & Mental Arithmetic Competition 2021. She participated in Term 8 Group H2 and secured the 5th runner up position and trophy.







Sci-Matics

MATHEMATICS IS A SCIENCE WITHOUT LIMITS.

Loreto Convent School, Delhi, initiated a collaborative endeavour of the Science and Mathematics departments to tap inquisitiveness, ingenuity, insight and innovation in the students and to infuse and nurture the interest for Mathematics and Science. The comprehensive event encompassed a series of activities for the students of Classes V-XI.

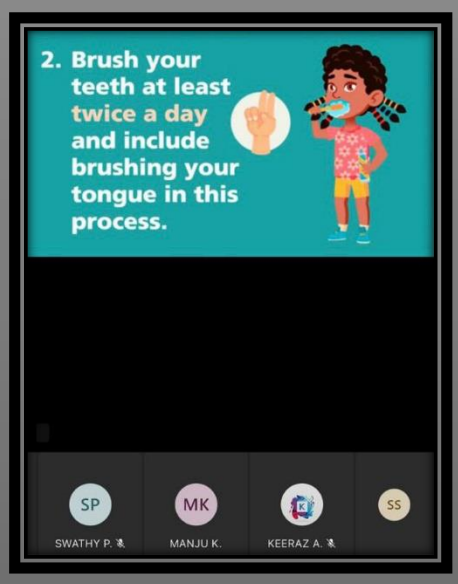
The following events were conducted with panache and utmost perfection even after technical constraints:

1) Classes V-VI: 'Little Mind Sparkers'- JAM Activity and 'Beauty in God's Creation'.

2) Classes VII-IX: 'Shooting Stars' - Quiz had the ingredients of Mathematics, Science, Technology, Environment.

3) Classes XI: 'Lights, Camera, Reaction!' – A movie making activity to explore their creative and communication skills and to sensitise the young generation about their responsibilities towards environment and society.

'Passion is the genesis of Genius.'







RESULTS OF SCI-MATICS COMPETITIONS

JUST A MINUTE ACTIVITY 'BEAUTY IN GOD'S CREATION' - MATHEMATICS- CLASSES V & VI

POSITION

1. VASUNDARA SAH Class VA - First Position
2. VANI SHARMA Class VC - Second Position
3. MRUNAL DEEPAK PATIL Class VA - Third Position
4. VENU JAMDAR Class VB - Fourth Position

1. AANYA THAPLIYAL Class VIB - First Position
2. AASHIRYA BHURIA Class VIC - Second Position
3. ARYAKI BAHRI Class VIA - Third Position
4. SABRINA Class VIA - Fourth Position

LITTLE MIND SPARKERS JUST A MINUTE (JAM) ACTIVITY CLASSES V & VI

	POSITION
SONAKSHI PANT CLASS VB	I
VASUNDHARA SHAH CLASS V A	II
NIYATI MITTAR CLASS VC	II
AVNI CHABRA CLASS VC	III
RISSAH VINEET CLASS VB	IV
VAANI JAIN CLASS 6A	I
KRITI SINGH CLASS 6B	I
AKSHITA PRIYA CLASS 6B	II
KEERAZ DESAI CLASS 6C	III
SAMAIRA THAPIYAL CLASS 6A	IV



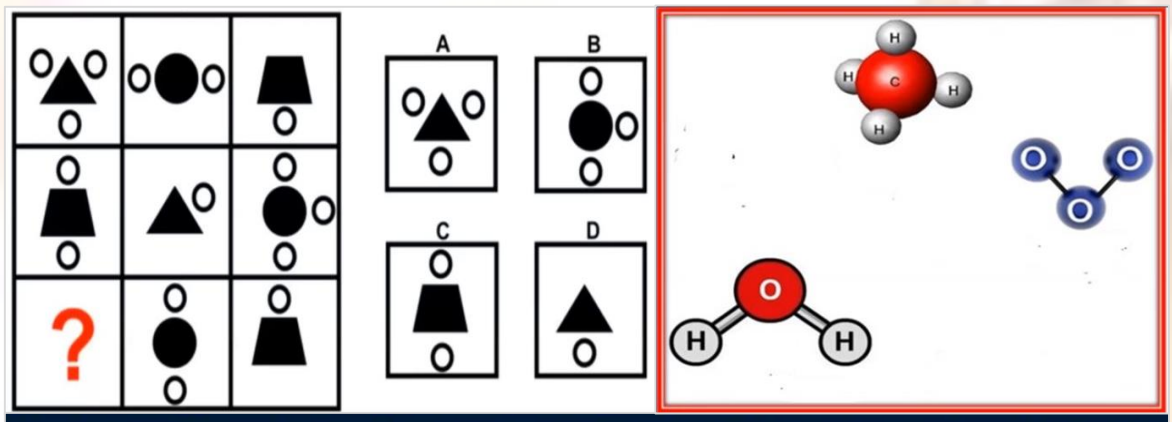
SHOOTING STARS

POSITION	HOUSE	PARTICIPANTS
FIRST	BALL	SAMPURNA SHANIA, ADVITA HITENDRA, MEGHAL MANDHOTRA
SECOND	HART	ARSHIA JOSE, ZAINAB KHAN, ANANSHYA PANDEY
SECOND	WARD	SHAMBHAVI SHARMA, SUCHISMITA CHATTERJEE PARNALI DEBSHARMA
THIRD	WALSH	HARSHITA YADAV, KAASHVI MALHOTRA ADITI CHATTERJEE

SCI MATICS-LIGHTS CAMERA REACTION

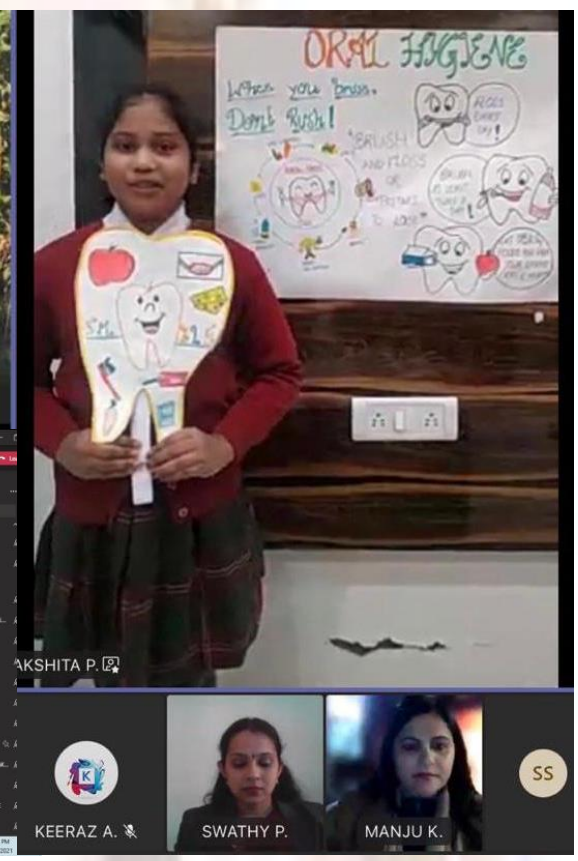
Hart House Team 2 movie, A Day after Tomorrow- Speaking for the Planet was judged the best movie by the judges.

Sci-Matics


A
B
C
D
?
H
C
O
THIS BEAUTIFULLY CARVED LAMP IS MADE OF BRASS, WHICH IS AN ALLOY OF




Meeting in "General"
Participants


ORAL HYGIENE
When you brush.
Don't Rush!
AKSHITA P.
KEERAZ A.
SWATHY P.
MANJU K.
SS



MOOD BUDDY

ABOUT MY APP

The name of my app is Mood Buddy. It acts like a friend to a child and serves as a bridge between the parent and the child.

USE

We live in a busy world and have very little time for each other. In cases where both parents are working, they are able to spend very little time with their children. Therefore, they remain unaware of their children's feelings, fears or any other issues. As a result, many children sometimes hesitate to share their problems with them instead they keep their feelings bottled up. Mood Buddy acts like the child's friend so they can share their feelings with it at any time. If the child has any issues and needs help Mood Buddy communicates with the parents too.

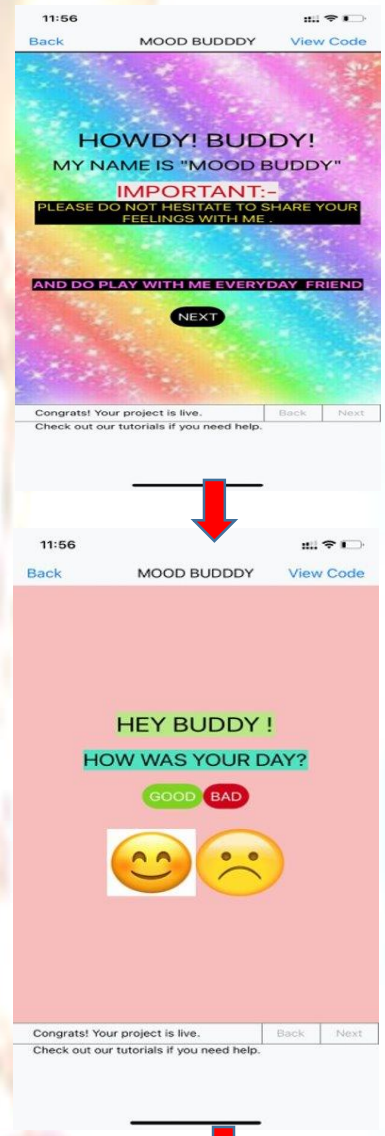
My inspiration to make Mood Buddy

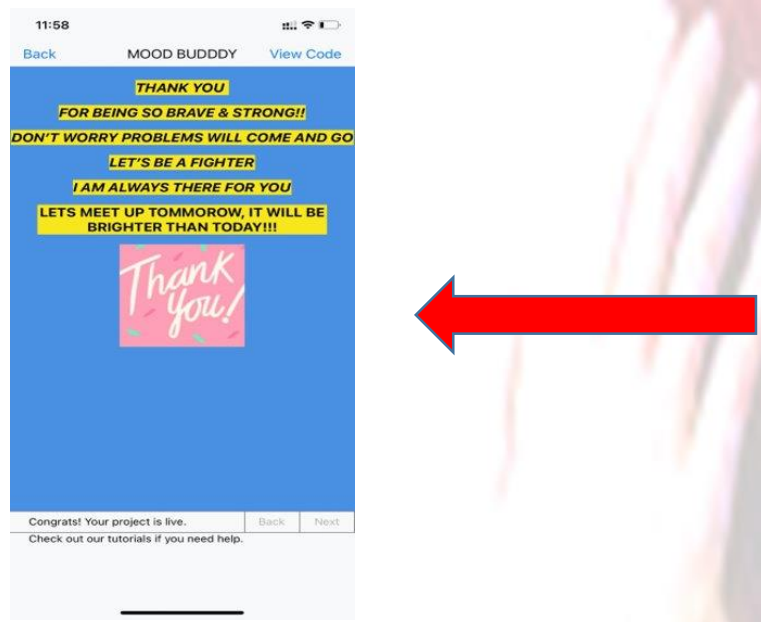
I was inspired by the movie 'Taare Zameen Par' in which a boy, despite being very close to his mother was unable to share the problems he faced in reading and writing. I felt there must be many children like him. My parents helped me in framing questions. After several days of meticulous work, my app was up and ready to be used.

How my app works

My app starts with a simple question, "How was your day?" If the answer is 'bad', the app asks a series of questions. If the child needs additional help, the app sends the pre-fed message, 'Your ward needs help' to the parents' mobile number which the child had entered while using the app.

I hope my app can be buddy for children at all times.





Celebrations

ECO CARNIVAL VIRTUAL FEST

Our school participated in a virtual fest, ***Eco Carnival*** that was organised on 10 November 2020 by Loreto Convent Elliot Road, to celebrate the significant role that the environment plays in our lives. Students of Classes II-V participated actively and enthusiastically in the event.

1. Environistas – Fashion Show – Kashvi Agarwal of Class II B wore a traditional Japanese Kimono made using an old curtain, to promote the 2 R's – reuse and recycle to save Mother Earth.

2. Botanical Healers- Myra Anthony of Class III spoke about the tree Amaltas and all of its medicinal properties and its health benefits.

3. Nature Vibes- Song and Dance for Classes IV-V. Shanaya Singhal (Class V C) sang a Sikkimese folk song appreciating nature, while a few students danced to it.

4. Recite to Preserve-Poetry for Class V. Nandana Chauhan recited a self-composed poem on 'Mother Earth' about how mankind has exploited the resources and that the beautiful varieties of flora and fauna are becoming extinct.









ECO CARNIVAL VIRTUAL FEST















Children's Day

Children's Day special assembly for Middle and Senior school was conducted on 12 November 2020. A video comprising of a special prayer service for our students, teachers' childhood memories and messages for the students, followed by the song 'Heal the World' was shown.

The Junior School Children's Day, '**Fun n Frolic'** was packed with fun and surprises for the students. After a prayer service, the programme began with a relaxing yoga session called '**Spiritual Bliss'**, a cookery show '**Veggie Tales'**, an enthralling, and an amusing puppet show, '**Sesame Street'** where they learnt of safety measures during the pandemic. The children were then ferried to the rhythmic world of poetry called '**Wordsworth'**, held spellbound by '**The Wizards of Loreto'** a magic show, and then transported to the enchanting world of fairyland to see their teachers transformed into their favourite characters. From Red Riding Hood, to Cinderella the children got to watch a host of popular fairy tale characters from Disneyland in '**Loreto Fairies'**, a fairy tale with a modern twist.

Our Principal, Sister Monica then delivered a warm message of love and blessings for the students and assured them that they were indeed very precious to all of us thereby bringing to an end a morning on a caring and loving note.





Republic Day

A short celebration was organised on the eve of Republic Day, on 25 January 2021 on a virtual platform under the aegis of LTS. The Student Council presented an assembly highlighting the significance of the day. The students paid tribute to great leaders like Pt. Jawaharlal Nehru, Bal Gangadhar Tilak and Dr. B.R. Ambedkar who framed the Constitution of India. The students of Middle and Junior School performed classical dance and sang patriotic songs, giving a glimpse of diversity in unity of the nation. A short prayer was said, remembering the brave who laid their lives for the freedom of the country. The recitation of the iconic poem of Rabindranath Tagore, 'Where the Mind is without Fear' invoked hope in the minds of the students. The students of class XII shared their vision for the country, while class XI spoke of their memories of this auspicious day. Attired in traditional wear, the students of classes IX and X greeted the school 'Happy Republic Day' with a profound sense of joy and nationalism.

Sr. Monica Rozario, the Principal addressed the school by inspiring the young citizens to be true and responsible in their deeds. The programme was able to instil patriotic ardour in students and staff as well. The Republic Day programme ended with singing the National Anthem. The instructive assembly was an enlightening experience to the students of Junior, Middle and Senior School.

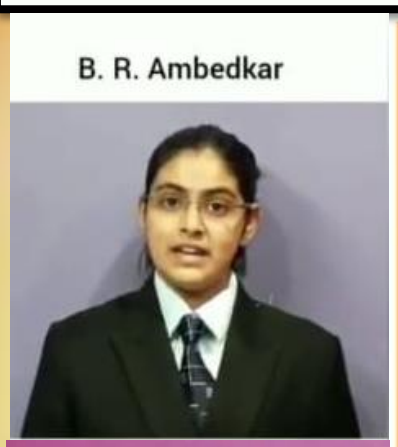









Bal Gangadhar Tilak


B. R. Ambedkar















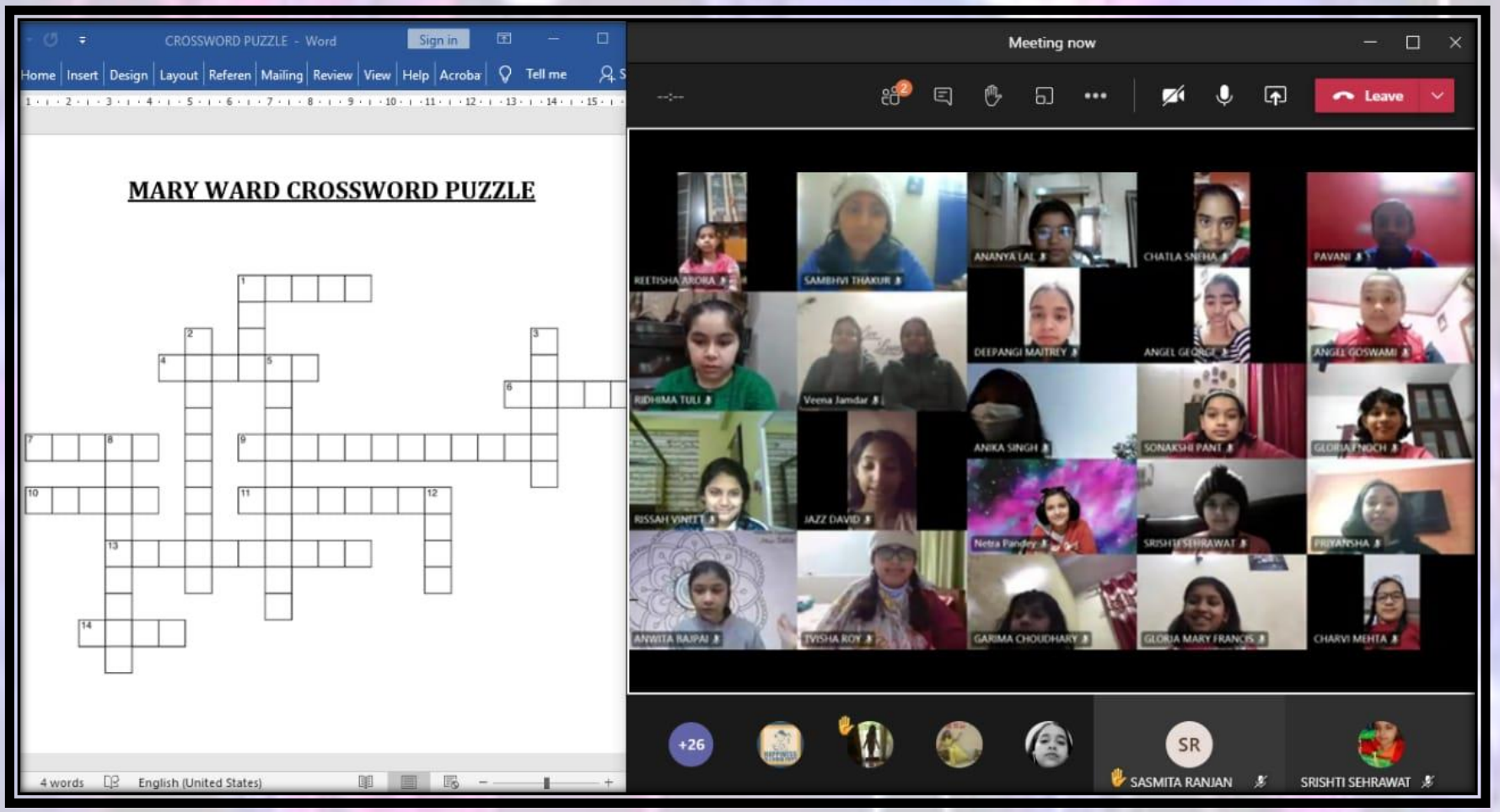
Mary Ward Week

30 January is celebrated as Loreto Day in commemoration of our Foundress Mother Mary Ward. We celebrated Loreto Day with a special assembly dedicated to Mother Mary Ward, her maxims and their relevance even in present times.

The students of the school had prepared a special assembly on this day. A short skit was presented by the students of Ward House on the 'Effect of Pandemic on School Going Children'. The students recalled the week-long Ward House celebrations of every year and how much they miss them. They also expressed their gratitude to the school management and their parents. After the skit, various powerful maxims of Mother Mary Ward were taken up and correlated with the present times. The assembly ended with one of the most powerful maxims of Mother Mary Ward about perseverance and patience: BE MERRY AND DOUBT NOT YOUR MASTER. The Principal, Sr. Monica Rozario congratulated the staff and the students on being patient and walking confidently on the path shown by Venerable Mother Mary Ward.




Mother Mary Ward
Mother Mary Ward
Mother Mary Ward
Mother Mary Ward

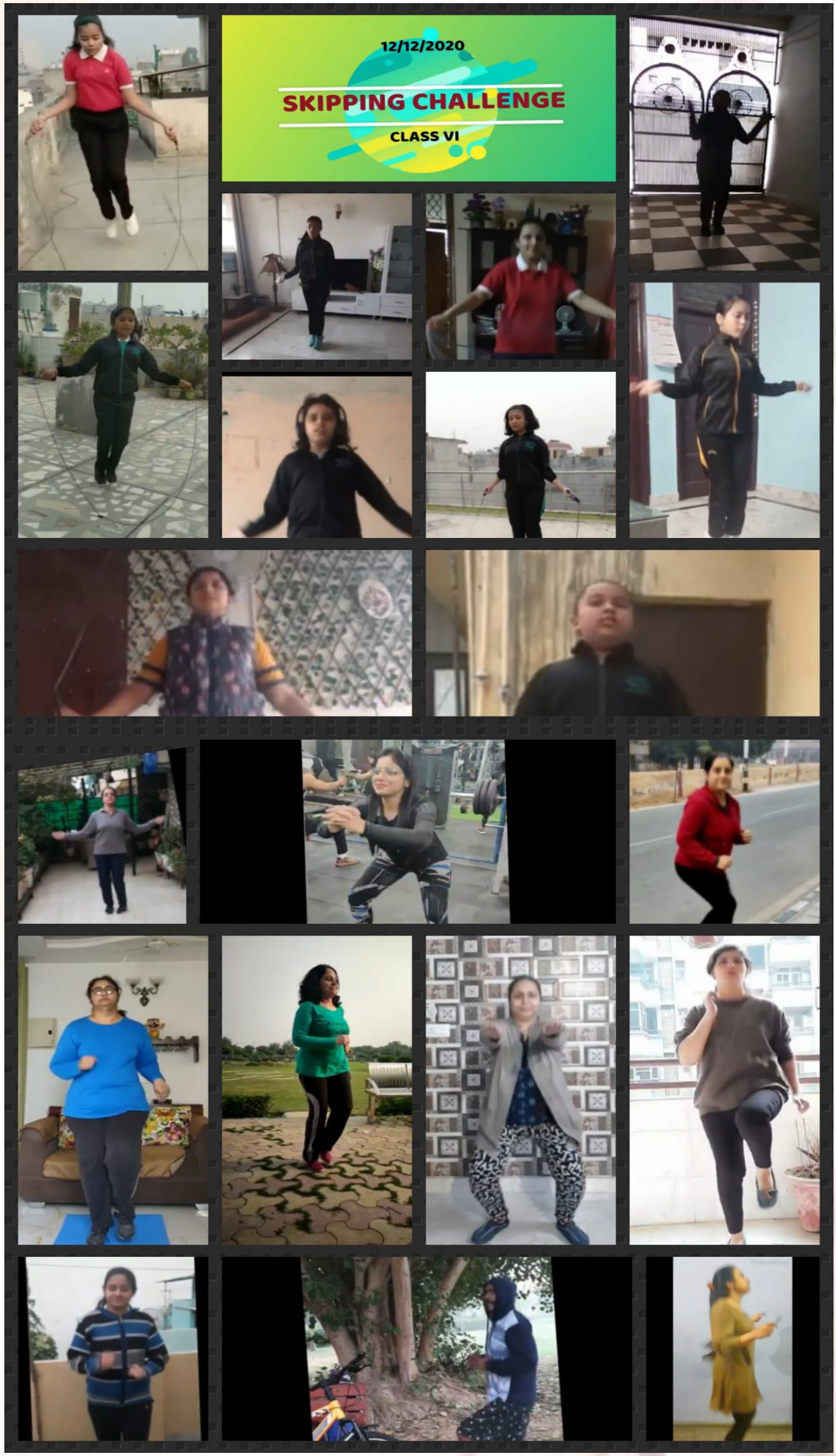

CROSSWORD PUZZLE - Word
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MARY WARD CROSSWORD PUZZLE
4 words
English (United States)
Meeting now
Leave
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SAMBHVI THAKUR
ANANYA LAL
CHATLA SNEHA
PAVANI
DEEPANGI MAITREY
ANGEL GEORGE
ANGEL GOSWAMI
RIDHIMA TULI
Veena Jamdar
ANIKA SINGH
SONAKSHI PANT
RISSAH VINITT
JAZZ DAVID
Netra Pandey
SRISHTI SEHRAWAT
PRIYANSHA
ANWITA RAIPAI
TVISHA ROY
GARIMA CHOUDHARY
GLORIA MARY FRANCIS
CHARVI MEHTA
+26
SR
SASMITA RANJAN
SRISHTI SEHRAWAT

Fit India Movement

Fit India School week 2020 was celebrated from 9 - 12 December for students, staff and parents.
Following are the activities organized for the event:
Yoga, Free hand exercises, Poem Writing, Skipping, Poster Making, Scarf Juggling, Quiz, Extempore, Movie making.



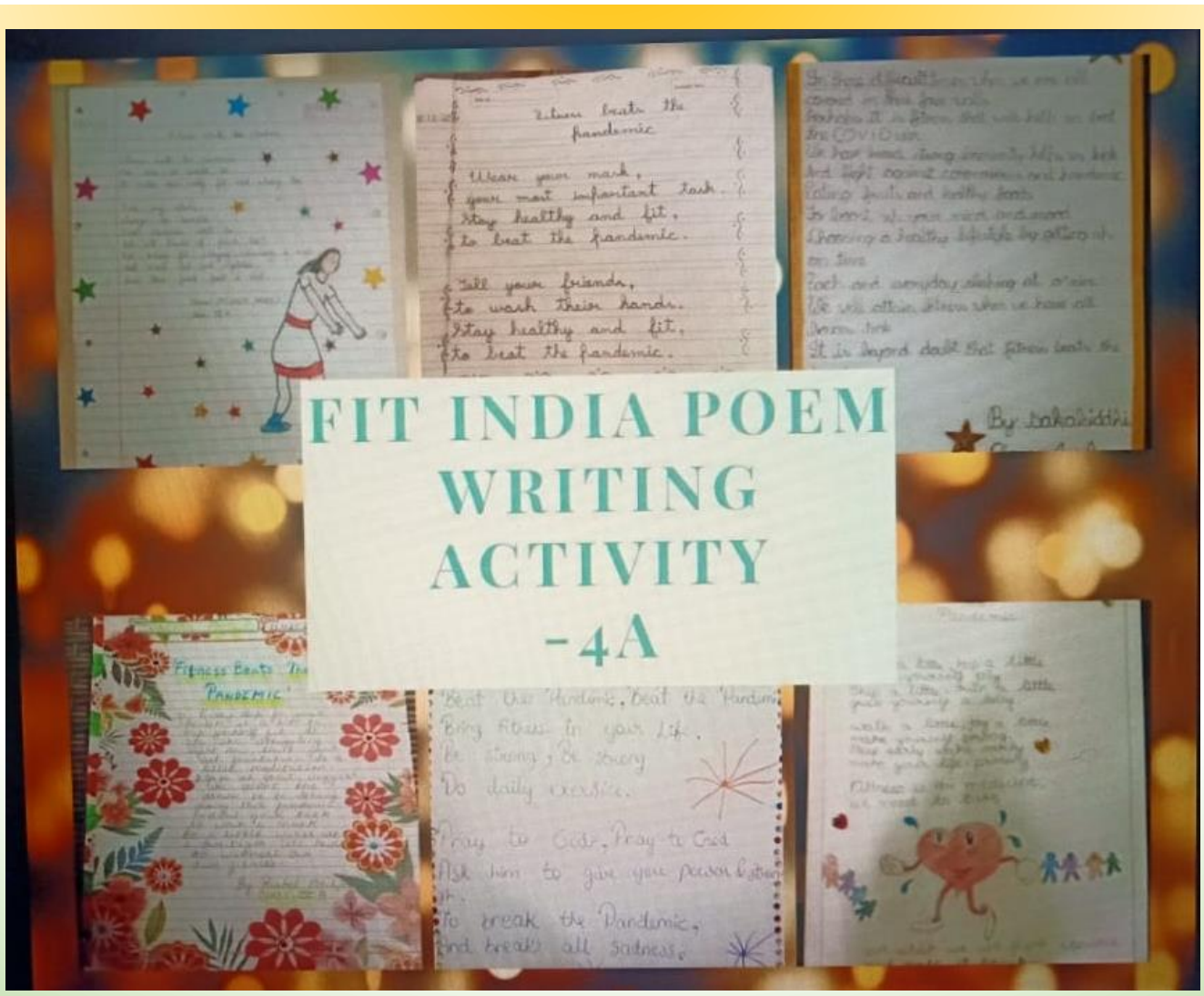
For Better Life


12/12/2020
SKIPPING CHALLENGE
CLASS VI



Fit India Poem Writing Activity for Classes IV&V

The students of classes IV and V enthusiastically participated in a poem writing activity conducted on 11 December, 2020 on the topic FITNESS BEATS THE PANDEMIC to observe Fit India Week.



HUMAN RIGHTS DAY

On the occasion of Human Rights Day i.e., 10 December 2020, a special assembly was organized by JPIC, Delhi. The assembly was conducted on virtual platform by the students of Classes VII and VIII under the guidance of JPIC teachers. The objective of Human Rights Day assembly was to create awareness about cultural, social, and physical rights and to corroborate the welfare of society in all possible contexts. The day commemorates the United Nations General Assembly adoption of the Universal Declaration of Human Rights (UDHR) in 1948.

One Billion Rising, 14th February 2021- Rising Gardens Campaign

To make a garden grow with love is to rise for women and Mother Earth. The students of Junior School participated by planting organic plants in pots at home and in community gardens. To care for a garden – to nurture it to bloom and grow – deepens our relationship to Mother Earth.

We must RISE to value, protect and uplift those who are doing essential work. We must RISE for the Earth, which is the most essential to all life. The students of Middle and Senior school supported the cause by making beautiful paintings, drawings and putting their thoughts in the form of poems.

JPIC

The students of class Prep enthusiastically participated in the Plantation Drive. The little ones are our inspiration to make this world better and greener.



Click the image



Click the image

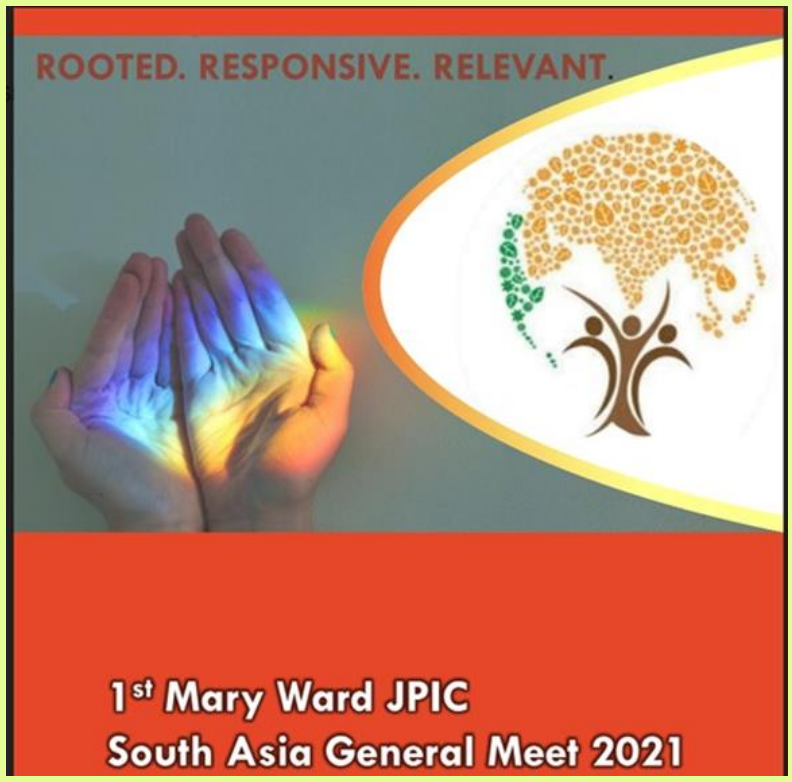
FIRST MARY WARD JPIC SOUTH ASIA GENERAL MEET 2021

ROOTED. RESPONSIVE. RELEVANT.

The First Mary Ward South Asia General Meet, held from 15 to 17 January 2021, is historic as the first joint venture to the step toward the merger of the two congregations of Mary Ward. Loreto Convent School Delhi is proud to have participated in the Meet with 10 students from classes IX and XI with two teachers, Mrs. Jyotikiran Johri and Mrs. Rupinder Oberoi. The Meet received immense support from Sangat, Nine is Mine and TERI School of Advanced Studies, from where knowledge and expertise were shared to enlighten and inspire the young minds to overcome the challenges and find solutions to achieve Sustainable Development Goals 5 and 6, Gender Equality and Clean Water and Sanitation respectively.

After a session of prayer and a beautiful traditional dance presentation by Mary Ward schools, Nepal, Sr. Kiran, a senior Provincial of CJ gave the inaugural speech. Sr. Sabrina Edward, IBVM, the Provincial, Loreto South Asia, stressed on how important interaction is for human beings and gave her blessings for the programme to be a success. The students and teachers also attended a session on Gender Equality headed by Ms. Kamla Bhasin an Indian developmental feminist activist, poet, author and social scientist. Her thought-provoking words, "God makes differences and the society is the one that discriminates," impacted the students.

The sessions on 16th January were conducted by TERI School of Advanced Studies. The students of Class IX had a valuable awareness session on 'Hidden Water', which was followed by a session for Class XI students in the afternoon where they talked, discussed and shared views on 'Gender Equality'. Finally, the closing ceremony on 17th January, was a fulfilling event. To watch and observe the students becoming confident and open, discussing and bringing forward Action Plans was gratifying. This event made the students and teachers realize the strengths they hold and that they have to believe in themselves to affect change. All the students were very enthusiastic and participated whole heartedly.



The History Unfolds and Unfurls…

The Loreto JPIC holds every two years its National General Meet, India. This year, 6th NGM, came together to collaborate with another unit of the Mary Ward family, the Congregation of Jesus to host this edition.

Thus, WE, **the Congregation of Jesus(CJ) and the Institute of the Blessed Virgin Mary (IBVM) are together as one, with strong ROOTS; we are RESPONSIVE, *LEARN and GROW TOGETHER* to be that RELEVANT change. This will be a monumental conclave as, for the first time, two Congregations have come together to create history under the South Asia Justice Peace Integrity of Creation(JPIC).**



Visions of the ninth & eleventh grade activists

We Are The Change

RAIN WATER HARVESTING

SANITARY NAPKIN VENDING MACHINES

TEACHING PROGRAMMES FOR THE LESS FORTUNATE (JEEVAN REKHA PROGRAMME)

Adrija Mitra Class IX , Loreto Delhi



HUMAN RIGHTS AND CAREERS WITH THE UN: A CONVERSATION WITH MS TARA SADASIVAN, UN OFFICER

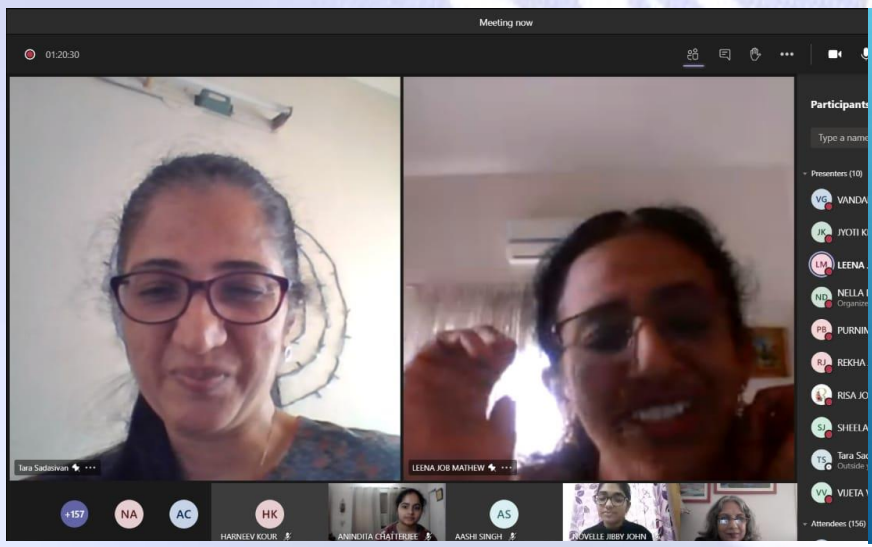
Ms. Tara Sadasivan, who has served with the UN for 15 years as Human Rights officer and Women protection advisor, is with the Human Rights division of the UN Mission in South Sudan. The talk by Ms. Tara Sadasivan on 17 December 2020 for the students of Senior School addressed major topics related to the work of UN personnel, especially:

•UN Security resolution on issues of sexual violence as a serious human rights violation,

•International crimes in conflict and post conflict areas

•Human rights themes including civil, political, economic, social and cultural rights

The speaker enthralled the students and presented the details of the vast organization that is the UN. The complex was made simple with gentle skill and several interested students asked about the prerequisite qualifications, the nature of work and travel. A truly wonderful exposure to educational, career and personal achievement possibilities for our students, this has revealed that personal interaction with a cross-section of professionals is the best means of providing motivation, information and life-skill guidance.





STREAM SELECTION

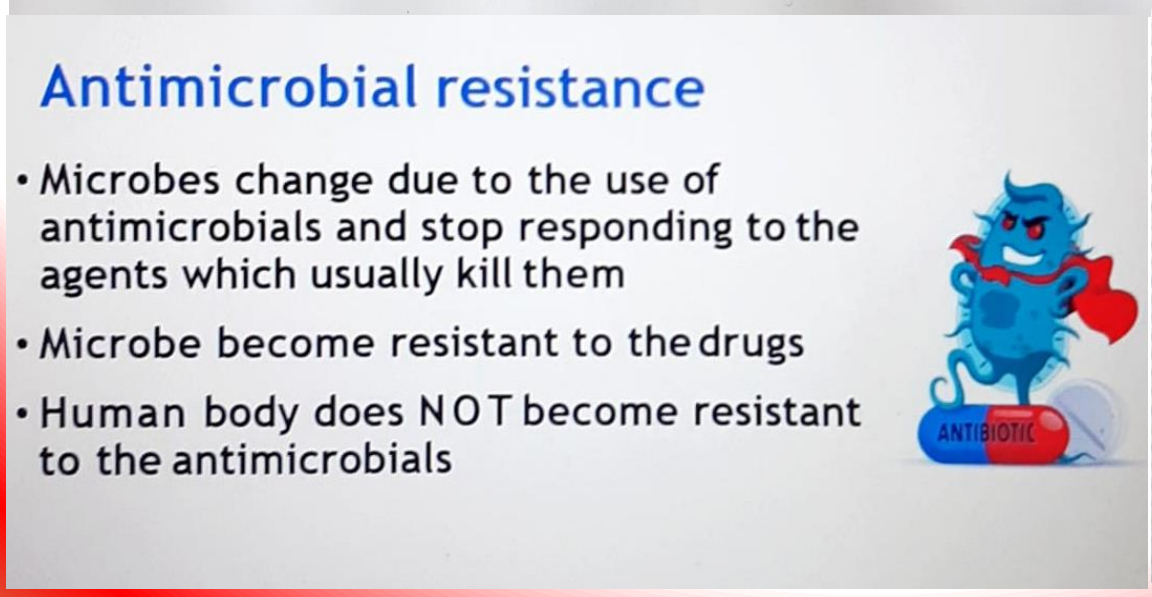
A familiarization session was conducted for the students of Class X on 18 January 2021, in order to guide them in the process of selection of the subject streams for the senior secondary level. The session began with an opening prayer by Ms. Rekha Jacob. This was followed with a presentation by Ms. Leena Mathew, the Senior School Coordinator. The students were informed of various combinations of subjects available to students in the Commerce, Science and Humanities streams. The PowerPoint presentation ended with a video to guide the students on the various avenues possible for the streams available. Thereafter, the teachers explained about their respective subjects, the requirements and expectations, and the future of their respective subjects. The students were given an opportunity to seek clarifications about the subjects.

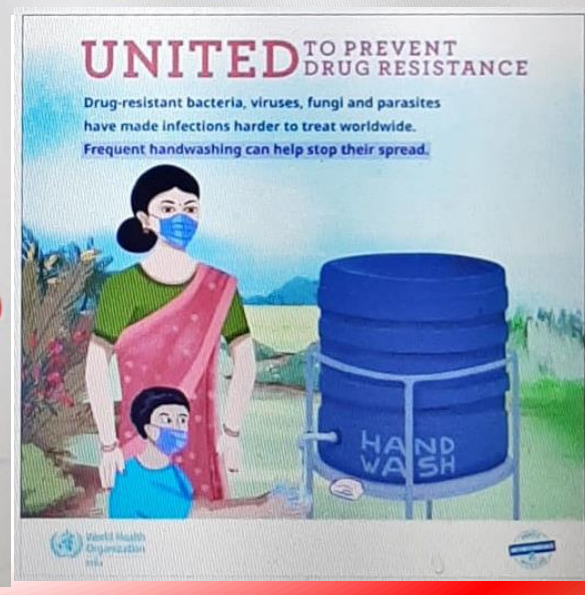


HEALTH TALK

Mrs. Rupinder Oberoi and Mrs. Ani Parameswaran had attended a Seminar on 28 November 2020 on World Anti-Microbial awareness campaign week. This webinar was organised by Delhi Government Directorate General Health Services jointly with WHO country office for India, National Centre for Disease Control (NCDC) and Delhi Society for Rational Use of Drugs. Thereafter, the said teachers organised an Online Health Talk, on 05 December 2020, for all the staff members of the school on the topic 'ANTIMICROBIAL RESISTANCE '. They also highlighted the various sanitation procedures and hygiene methods to be followed by our students in the school. The talk was so well received that a prerecorded PowerPoint presentation was shared with the students of classes IV-XII.







Webinars

My Ten Favourite Grammar Lessons: Scott Thornbury

The well-known publishing house, Orient Blackswan organised a webinar by Mr. Scott Thornbury, a world-renowned author on 7 November 2020. This webinar, attended by Ms. Michelle Domingo, Ms. Juby Chandran and Ms. Veena Desouza, highlighted the difference between how grammar is taught and how grammar is learnt. With the aid of practical and simple activities he demonstrated how grammar can be taught in a fun but effective manner.

Empowering Your Team

C.B.S.E organised a webinar- Empowering your Team on 25 November 2020. The speaker of the session was Ms. Kalyani Nayak. The webinar was attended by Ms. Rose Sebastian. The teachers were encouraged to involve all members of the team in decision-making processes for various insights and ideas. The best way to build trust in the relation is to delegate projects and tasks and to ensure open communication.

JPIC: Best practices to strengthen the prevention process of Human Trafficking

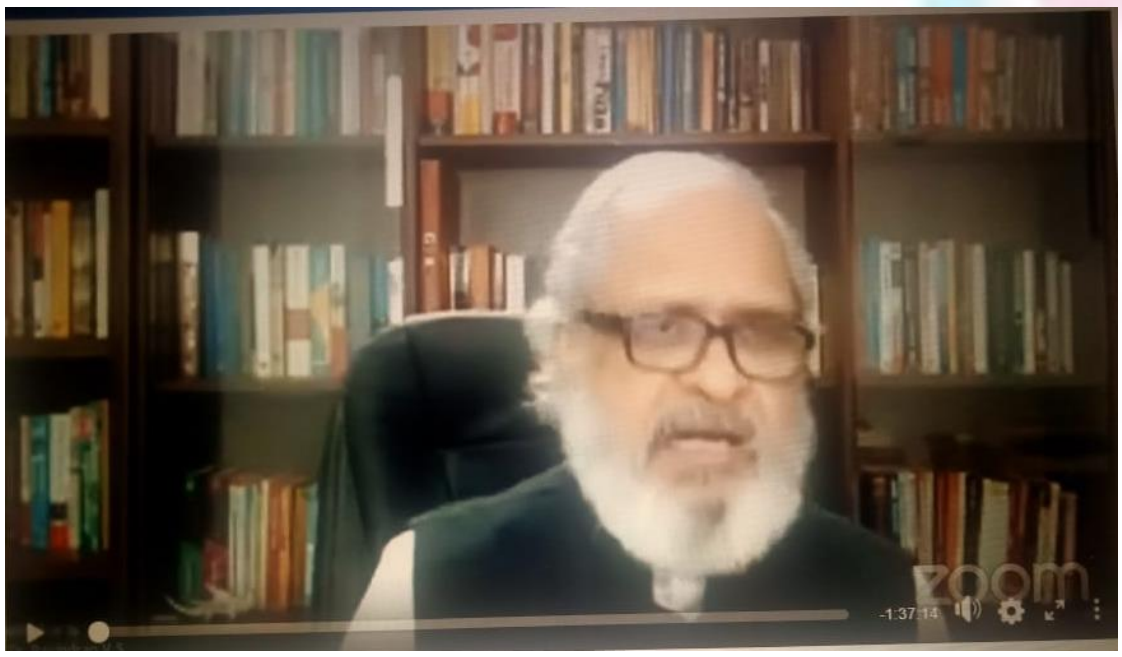
A webinar attended by Ms. Rose Sebastian, was conducted by Mary Ward Social Centre on 2 December 2020 on the best practices to strengthen the prevention process of Human Trafficking. The vision of Kolkata Mary Ward Social Centre is to ensure that the values of love, freedom, sincerity and justice are experienced and lived out by all. As a mission they want to empower person who is touched by their work to live a life of social and economic dignity anchored in values of love, freedom, sincerity and justice. They have a right based participatory approach. Within this they cherish a special bond and commitment to the poor, especially women and children.

ENGAGING WITH THE NEP IN THE SOCIAL STUDIES CLASSROOM

A webinar conducted by Orient Blackswan on 4 December 2020, was attended by Ms. Rose Sebastian and Ms. Michelle Domingo, of Loreto Convent School, Delhi. The topic-Engaging with NEP in the Social Studies classroom by Dr. Tapasya Saha elucidated that the aim of the NEP is to nurture a child holistically to become an informed Indian and global citizen, in every aspect. It was emphasised that critical thinking and experiential learning be brought in through various activities in the class.

Transacting Transition: New Age Challenges

A webinar was conducted by the ICTRC, headed by Dr. V.S. Ravindran, Dir Gen of ICTRC, an educational psychologist, a renowned figure in counselling workshops for our teachers on Zoom. The staff attended the workshop in two batches on 23 and 24 February 2021, respectively. The aim of the seminar was to prepare the teachers to various probable situations in the event of the students returning to school. The session based on a question answer format was dealt with by Dr. Ravindran and Dr. Azim Khan, Academic Director at SIT Study Abroad-School for International Training (USA). The session, attended by 1000 teachers from various cities, was very productive.



Mind Matters the Most

SHARING OF LEARNING- LIFE SKILLS, COUNSELLING AND MENTORING

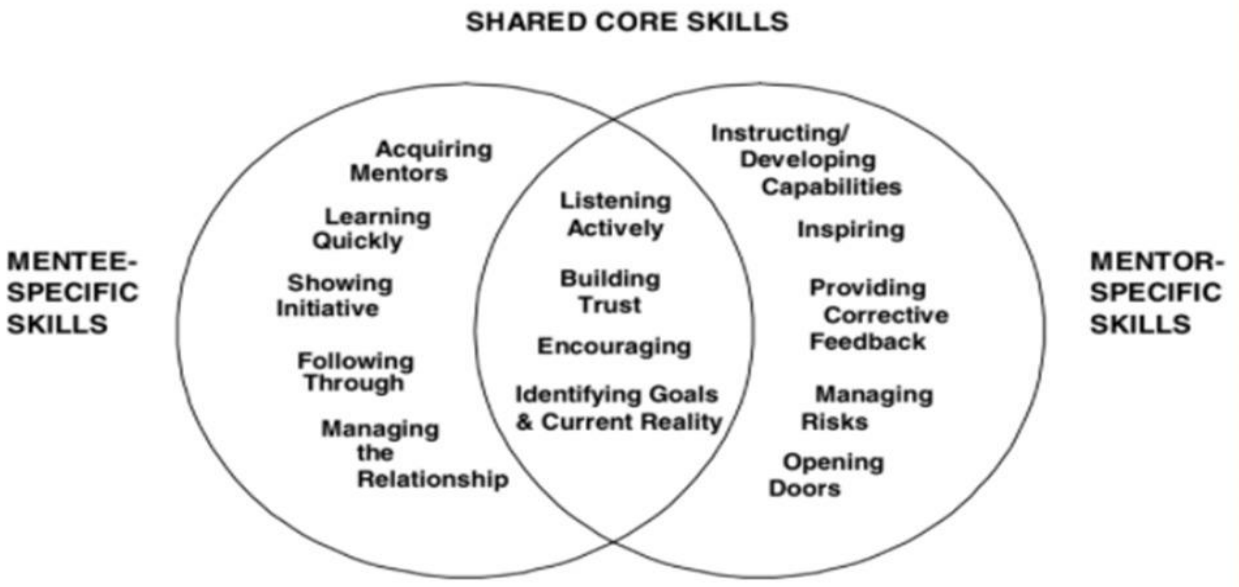
Three teachers, Ms. Sarita Dadwal, Ms. Sonia Toby and Ms. Sheela Jamesina had attended an online course on Life skills, Counselling and Mentoring and Coping with the Pandemic, conducted by the Central University of Kerala. Consequently, a session of sharing was held for all the teachers on 23 January 2021. The hour-long session which began with a prayer, covered various life skills, coping skills and mechanisms, the role of the teacher as a counsellor and as a mentor. Moreover, the indicators of anxiety and distress the mentors /teachers are to look out for when the students return to school and about the way to deal with them were also discussed.

POST COVID

- **The COVID outbreak has caused disruptions to daily life and the children are profoundly affected.**
- **The return to school will be exciting for many. But some may feel anxious and even frightened after the long break.**



THE MENTORING SKILLS MODEL



SHARING SESSION ON SAFEGUARDING CHILDREN

An online session of sharing was hosted by Ms. Nella Davis and Ms. Alice D' Lima for the Loreto Delhi teaching staff in which they shared the inputs they had received on attending a workshop on Safeguarding children and vulnerable adults. The session which included a TED talk helped teachers in gaining insight into dealing with children with adverse childhood experiences. The talk also covered the POCSO Act and the Juvenile Justice Act and how teachers can identify and report abuse.



FAITH FORMATION
A JOURNEY FOR LIFE

CHRISTMAS ASSEMBLY AND NATIVITY PLAY

On 18 December 2020, the last day before the winter break, the YCS students of Classes VIII-XII prepared a Christmas assembly, which was shown to all the students on MS Teams. After the assembly, the Nativity play prepared through a puppetry show by Mrs Sheela Kancharla, was shown to the students. The video received a lot of appreciation from the staff and the students.



CHRISTMAS EUCHARISTIC CELEBRATION

The Christmas Eucharistic Celebration was held for the Christian parents on 20 December 2020 on the Faith Formation Team. The celebrant for the Holy Mass was Fr. Stanley, Director of Ish Vatika the Eco Spirituality Centre at Najafgarh. The programme began with the introductory message by the Head Girl, Ms. Novelle Jibby John followed by the Eucharistic celebration. Fr Stanley in his homily encouraged the congregation to follow the footsteps of St. Teresa of Kolkata who focused on doing ordinary things in extra ordinary ways. It was heartening to witness the whole hearted participation of the families in readings, choir and adoration. The Principal, Sr. Monica thanked Fr. Stanley, the teachers, parents and the students for all their efforts towards the programme and wished them all the very best for Christmas and the New Year 2021.



Twinning of Schools, a special project for 'Gender And Equity' organized by Samagra Shiksha

On 5th March 2021, Loreto Convent Delhi partnered with SKV School for a special project on the 'Twinning of Schools for Gender and Equity' organized by Samagra Shiksha, a society under the Education Department of the Government of Delhi. Taking note of the marked reduction in interaction among students due to the prevailing pandemic, one of the objectives of this project was to give the students an opportunity to interact across schools. The participants from Loreto Convent Delhi were students of Classes V and VI. The various participating schools were allotted another school to partner with. The students were then divided into breakout groups, consisting of students from both the schools. A healthy and lively interaction took place in all the groups as students conversed on a range of topics after introducing themselves to each other. It is important to mention that two students are to receive a certificate and a cash prize.



Constant Care and Counsel: For You and for Me

The online mode of education this academic year has been a challenge for students and teachers alike. However, one must not forget the other very important 'players in the game' so to speak: the parents. The counselling sessions by Ms. Pathak have been so effective that the feedback from the parents has been positive and encouraging. Parents have responded with how the sessions have brought about changes for the better in their parenting and in the behaviour and relationships with their children. While one feels content on such feedback, it is surely overwhelming when alumnae write back about the benefit of the sessions with the counsellor.

Ms. Pathak has also conducted sessions to empower the teachers with an understanding of the transactional nature of their role and how their state of mind might reflect on their negotiation of this journey they take up with the children in their care. Ms. Pathak emphasised on the importance of making education relevant for students and enable them to turn knowledge into wisdom. In doing so, the students will be able to develop their ethics and values which form the basis of all education.

It is imperative to remember that counselling and being a mentor is a dynamic skill and field. Therefore, while being always available to students through Microsoft Teams, Ms. Pathak updates her knowledge and awareness by attending various sessions herself, thereby setting an example for all.







A TRUE BOND

Explore more places
And meet more people,
Know their trends
And just make friends!

You need to meet them,
And know their names.
Don't forget to play with them
More and more games!

Always talk to them and share,
You need to know
What they eat and also what
they wear!

Friendship never ends
So keep on making friends.

Spriha Sharma
VI A



FEAR :FRIEND OR FOE?



Like a perennial river,
It never ends.
But more like an ocean,
Its waves can transcend.

Sometimes it is quiet---
But other times, it roars.
It envelopes you inside a box,
Which somehow, keeps you ashore.

In **fear**, you can drown,
And shout or scream.
But one will never know,
If it is just a bad dream.

It could be true too,
And it might lurk in the dark.
Or it could ignite,
Into the tiniest spark.

But at time, you can attain peace,
Because fear is just like an ocean or river,
Never-ending it seems, but---
Something you WILL consider.

Samaira Singh
VI C



THE PIER OF LIFE

I am lost
Falling down,
On a rocky road
Everyone said come aboard,
The ship sailed;
I stood by
Thinking, I'll take the next one,
But here I am
On the pier of life
Still waiting,
Hoping the ship will pass by
One more time,
Take me with it.

The ocean is spread out everywhere,
Maybe I'll wait
Maybe the ship will come again;
And when it comes, I'll know
Because I'll regain my strength.

From the pier
I go to the shore,
Hoping the ship will pass
Just once more.

Devika Duggal
XI A



SELF - BELIEF

Difficulties tests my capabilities,
Problems take away all my relief,
But I know I will turn victorious,
Because I face them with self- belief.

It's never easy for me to accept failure ,
Especially when I have really not tried,
Drops of sweat always tastes better,
Than drops of tears which I have cried,
I will taste the sweetness of success,
With a smile, I will win all my grief.
Because I face them with self-belief.

Dreams are what makes my future,
I will achieve success I am sure,
It's hard work that is my prevention,
Against failure, luck is my cure,
All my dreams will come true,
My struggles are hard yet very brief.
Because I face them with self- belief

Diana Thomas
X A



I DESPISE FAIRY TALES

It all started
In a crummy old room,
With a big brown book
And a slow HDR zoom.

A magic mirror,
An abandoned slipper,
A curse forever,
It all began right here.

Once, there was a damsel in distress
Until an old hag with a stick
Shimmered and glimmered
On things that made her life, sick.

All decked up she goes to a ball
And finds herself a Royal fella.
Dreams that she wished for
Finally came true for Cinderella.

Little did she know that
Life's not a ball for everyone.
'Bibbidy Bobbidy Boo'
Won't work in reality, honey-bun.

Then there's the old prune
Who created a pernicious pippin,
All because of some insecurities
She had with the colour of her skin.

This one's of a curly haired maiden
Who finds her true love
While singing to a well
And giving vocal lessons to a dove?!

Such a drag
Was the tale of Snow White.
Accepting food from a creepy stranger
Is what is shown to kids, am I right?

Now comes a dame,
who falls prey to a spindle.
To keep her highness from sleeping forever,
They all try to burn the wheels in a kindle.

Gift of beauty
Gift of song
A gift of self-control
Could have saved her all along.

In Aurora's life, far from reality
There isn't such a thing as morning breath.
Girlie got married to a prince
who saved her from a sleep like death.

Dear, oh dear!
That's a whole lot of rhyme
Can you believe all this took place once upon a time?

Raima Joseph
XII B



A METHODICAL SOUL TALK

My heart starts to tremble
Light too starts to fade away from my vision
As dawn starts to resemble
To give way for the darkness in addition.

This all seems so hurtful and dark
Which makes me sozzled and flat
But the epiphany is that
It's all happening in my heart.

These sombre surroundings are not dragging me apart
But it's the mind that's deranged
And it feels unfeasible to restart
A journey of the soul and the heart.

So I decide to let myself like this
But just take a finer path
And just forever resist
My mind to perpetually think of the past.

I am now in a bruised affliction
Trying to recover the pain
But also not forgetting that it is not a wound
But a bruise that will occur now and again..

Arpita Sinha
X B



UNITING GIRLS TO CHANGE THE WORLD

Vishakha Shivprasad XII C

She woke up at dawn when the rays of the sun hit her eyes. Her mother was sitting outside the hut stoking the *chulha* when she called out “Payal” to her. Every morning Payal and her mother would walk miles just to go and fetch clean water. A year ago, when she was 11 years old, she had to drop out of school to learn the household chores and start helping her mother. She often dreamed of still being able to go to school but now as her mother told her she was to learn the role of a woman as a homemaker and prepare for marriage. The same fate is shared by millions of girls across the globe, who dream of breaking free from the clutches of societal barriers.

Girl Up aims to make these young women come one step closer to this dream. It was established in September of 2010 by the UN foundation, serving as a platform for female empowerment with nearly 4000 clubs across 125 countries. Her majesty, Queen Rania Al Abdullah of Jordon has quoted succinctly, “We know that girls are the most influential, the most transformational, the most untapped currency in our world today. Just what will it take to unleash this power? A global community that says WE CARE”.

In July of 2020 I had the opportunity of being chosen as the Vice President of the Delhi based Girl Up club, 'Girl Up Unite!'. My experience with Girl Up has been nothing less than fruitful. I have gained profound awareness about not only the sexism targeted towards women but what I can do to play my role as a responsible member of society and as a woman to help curb it. We have launched various successful campaigns such as 'All the flaws in our laws', 'Young, broke but not dumb’, etc. Moreover, we have launched our own magazine, 'All about body positivity'.

One can become a part of any existing Girl Up club by applying as a volunteer and contacting the core team regarding the application process. Most of these clubs have their own social media accounts on various platforms such as Instagram, Facebook, Twitter, etc. You can even start your own club by choosing a core team and selecting volunteers by registering as a club on the Girl Up website.

There is no country in the world where women are equal. Since time immemorial women have had to face social, political and economic injustices irrespective of their country or social status. It is time we did something about eliminating this rampant inequality from our lives and the lives of other women.

PHYSICAL FITNESS AND WELLNESS

– Sabina Kapoor XII C



Take care of your body today and it will take care of you tomorrow.

Physical fitness is a crucial factor for maintaining both physical and psychological wellness. Proper exercise coordinated with healthy food results in a longer life span and less health risks.

With our contemporary lifestyle, we are all guilty of binging on excess junk food and lazing around. We are in an era where recreation solely includes electronic activity- be it social media or video games. This problem has been aggravated because of the pandemic. With our education being shifted online, the number of hours we are desk-bound are outrageous. People as young as in their 20s and 30s are facing heart problems. Children nowadays tend to spend more time playing electronic games which isolate them from the group fun of playing outdoors. In such situations it is imperative that we include physical activities in our daily routine for at least 60 minutes.

Research has shown that computer games slow down brain development in addition to harming vision. Engaging in some form of physical activity enhances will power, concentration, decreases risk of obesity, improves sleep and results in better coordination and balance. They not only learn a variety of useful skills, but also learn to express themselves, go on a journey of self-discovery and grow into adulthood with an authentic set of values. Team games sharpen cognitive abilities, build tolerance for others, develop social skills and inculcate abilities of cooperation, compliance and friendliness.

With this pandemic most of us have been experiencing lack of motivation when it comes to regular exercising and taking care of our health. I tried to overcome this by fixing a workout routine for myself, six days a week but there were days when I felt unwilling to exercise. On those days it was just a simple walk with my dog or cycling or playing badminton. The key point is not to force yourself into something you are not comfortable with. Do what you like, listen to your body and take good rest. If you have been sitting all day, exercise for some time. If you don’t like to work out, pick a sport. If you are too tired for sports, take a walk. Just be active. Start with 30 minutes daily, you will see the difference.

So, pledge to exercise every day, play outdoor games, eat healthy and keep yourself fit because your body is the only place you have to live.



MY MEMORIES OF 2020

Parnali Debsharma IX A

As we have approached the New Year, 2021 and have left the unprecedented year 2020, there's a collective sense of mixed emotions. On one hand 2021 is finally here and things are getting back to normal slowly while 2020 had its difficulties.

After finishing my final term paper on March 2020, my family and I had gone for holidays to Kolkata, our hometown. We got stuck there at my grandparent's house as the government had declared a lockdown on the whole country due to COVID-19. It was a hard time for everyone especially for the roadside vendors and daily labors who meet their daily ends by selling goods on roadsides or by earning daily wages as no one could go out. As if the lockdown was not enough to cripple us, I witnessed the fiercest cyclone Amphan which hit West Bengal and Odisha. Cyclone Amphan which affected more than 10 Million and killed 86 people was the strongest cyclone to hit West Bengal in a decade. Before the cyclone was to hit Bengal, the local government of Bengal had started warning people and telling everybody to take precautions for the upcoming cyclone. On the day when the cyclone had hit Bengal it was a really scary scene as Amphan made landfall with ferocious wind and heavily rainfall. Thousands of trees were uprooted in the gales, electricity and telephone lines brought down and many houses flattened. The roads were flooded and there was no electricity in our area for three days. Those 3 days without electricity was a really tough time as without electricity there were no water supplies also. The people had been pleading the local councillor and the electric officials to do something about the electricity.

This whole phenomenon taught me a good lesson that we humans have become so dependent on technology these days. Human became the slave on hand of technology. Before also people lived without electricity but they always stayed happy and not cursing the nature. There is a saying:' What you do comes back to you'. We need to realize that if we keep destroying nature it will eventually destroy us one day. We should have taken care of nature rather than over-using and destroying for the sake of our comforts and having better technology.

OUR FUTURE WARRIORS



Navya Ahuja IX B

"It is the supreme art of the teachers to awaken joy in creative expression and knowledge in a child."

•Albert Einstein

We have heard a lot about our brave soldiers, fighting for their country, no matter what happens, they even sacrifice their lives for the mother land. In the past year, we witnessed another set of people doing estimable work, whom we call as the 'Corona Warriors' which include doctors, nurses, scientists, police officers, sanitation workers and many others as well. But apart from them, we have a group of people, though not at the forefront, who work tirelessly, even during the corona pandemic, and still working incessantly. The year gone by was a challenging one for them too. They are none other than our educators across the globe. Teachers are our future warriors. They are the ones who can bring out the true potential of a student. They help in shaping the future generation for a better world.

We too have our teachers who work endlessly to teach us. They play many roles in this unprecedented crisis, a mentor, counsellor, guide, guardian etc. Teachers who were trained for a chalk and blackboard teaching method adopted laptops and whiteboards to keep the learning continue. They toil day and night to make presentations, prepare resources, worksheets and assignments so that our chapters would not only become interesting but also, easier to understand them.

Even when we were at our homes, the teachers organized competitions and quizzes so that our studies would become more interesting and we could do co-curricular activities as well. Whether it be dance, singing or sports, the teachers organized activities for us so that we could keep-up with our interests and be fit. The teachers always try their level best to make us comfortable during this corona pandemic by conducting various counselling sessions for parents as well. Just like the normal school days, Parent Teacher Meetings have also been organized so that the learning process goes on.

Sincerely, I would love to thank all the teachers for their effort to shape our future. Without teachers, the progress of the students would be impossible.

FAMILY TIME DURING THE PANDEMIC

Prep -A



We had a family picnic in a nearby park to enjoy our time together in the best way possible.
Anjani Pachori



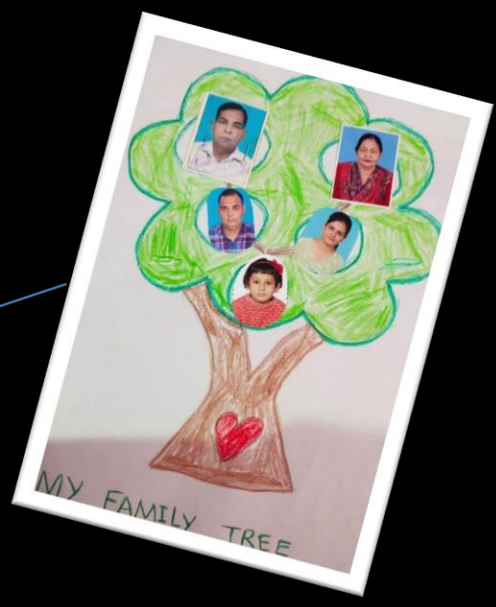


During the pandemic, my family and I enjoyed our stay in our farmhouse in Bihar.
Ifra Shadab

During the COVID-19 pandemic, I focused on following a healthy diet and did fun activities with my family.
Sidra Butool Rizvi



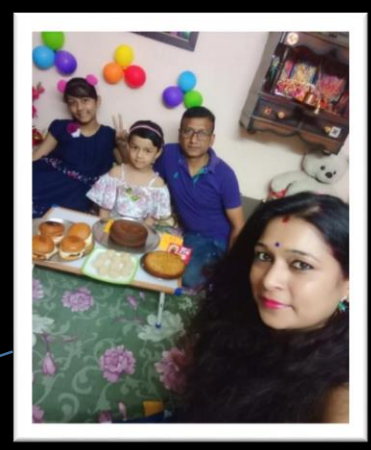
COVID-19 brought us close to mother nature.
V Thanvi



During the pandemic, I spent time with my family at home and learnt how to attend online classes.
Paridhi Kashyap



I spent my time usefully during the pandemic learning drawing, painting and playing indoor games.
Prithveeka Tiwari





This year I celebrated all special occasions with my family with homemade food because of COVID-19.
Samriddhi Singh



November 20- March 2021/ Issue-2/ Soul Talk

FAMILY TIME DURING THE PANDEMIC

Prep -A



I did many indoor activities with my family.
Arghya Savi





In 2020 the pandemic disturbed almost everyone in some way or the other. However, it gave me a good opportunity to spend quality time with my family.
Bhavya Gargi

I spent my 'Family Time' during the COVID-19 pandemic, painting and recycling old bottles and cardboard boxes into planters. We planted a number of indoor plants as well.
Nayonika Lahiri



I watched my mother cooking new and delicious dishes and all of us enjoyed our meals together. I learnt, that the family that dines together stays together.
Pihu Kukreja



During this pandemic I realized that the soul is healed by being with family!
Sangya Kukreja



I learnt the importance of helping one another in a family.
Navya Jangid





I have the most supportive and caring family in the world and I love my family.
Alicia Rupak Daniel



FAMILY TIME DURING THE PANDEMIC

Prep -B



The key to staying healthy is having fun with the family.
Tisha





We enjoyed every moment together.
Aanshi

Playing badminton with daddy.
Tejaswi





Travelling and having fun with the family during the pandemic.
Elina Chinmuanhoih

VI

In touch with nature!
Juriel Simick Lepcha
Shiloh Simick Lepcha





This pandemic gave me the opportunity to enjoy doing many activities like singing, gardening, playing dress up and making craft items with my parents and siblings.
Daniella Joan Domingo





Having fun with mummy and papa.
Dhvity Sambharwaal





Enjoying an indoor game of carrom with my family.
Ishita Dutta

FAMILY TIME DURING THE PANDEMIC

Prep -B



We spend family time by playing games, baking, cleaning and arranging the house.
Christina Philip





Playing, laughing, celebrating together and staying away from negativity helps us to bond strongly.
Tanishka Sreenivasan
Tanushka Sreenivasan

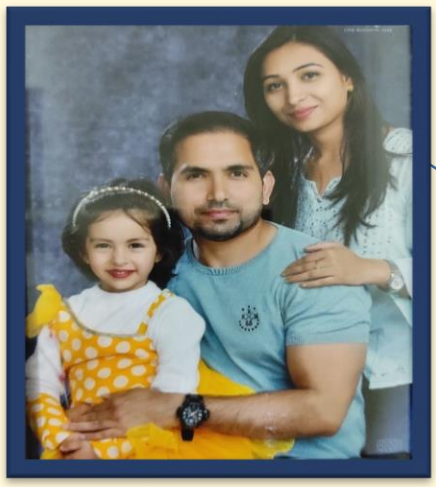
Enjoying ourselves in the Deer Park with family!
Mante Sumhoinei Kom



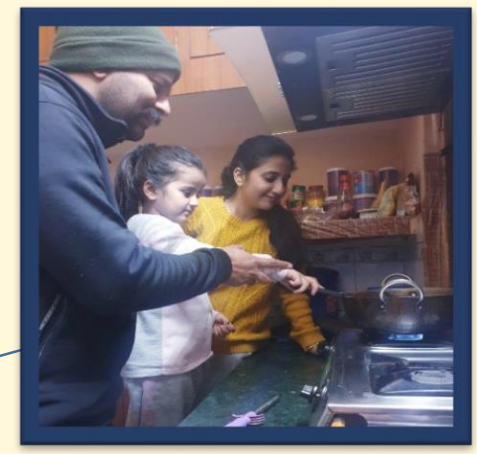
Spending happy times with mummy and daddy!
Yana Yaduvanshi



Celebrating the festival of Diwali with family!
Snigdha Rao



All my life's problems have just a simple solution, a hug from my daughter.
Pranaya Mishra



Cooking and relishing different dishes with mummy and daddy!
Aashi Singh



Helping my family prepare dinner!
Pari





When I dressed up like a Sikkimese...

I-A

I felt like a princess.



Akshita Yadav



Dorothy Masih



Lunmoikim Hangzo

I felt I had really visited Sikkim.



Shakti Arunprasad



Aishani Gupta



Amaira Vashisht

I looked cute and beautiful.



Saanvi Sherawat



Janhavi Yadav



Akshara Khatri



Aaradhya Kumar

I could go there, play in the snow and learn to dance like them.

I was a real Sikkimese girl wearing a beautiful dress.

When I dressed up like a Sikkimese...

I-A

I felt that my country is beautiful



Heba Fatema



Nishika Sain



Tanishka Dhingra

Their dress is beautiful and colourful. I looked splendid and felt as if I was going to perform the 'Cham' ,their ritual dance.



Aarohi Chabbra

I felt very happy , pretty and content.



Nayonika Menon



Taisha Chinda

I felt like eating the delicious dishes of Sikkim.



Siya Dadhwal



Gurupreet Kaur



Harsimar Kaur

When I dressed up like a Sikkimese...

I-B

I felt very happy, lovely, excited and beautiful.

I felt like a real Sikkimese.

I felt very happy wearing the Bakhu dress. I got to learn about the art, culture and living style.

Ananya Jha



Ishika Das



Naamya Grover



Srishti Pandey





Varidhi Bhardwaj



Blessing



Dityaa Khatri



Kyra Arora



Aarna Rajoriya



Manasvi Tyagi



Helina

When I dressed up like a Sikkimese...

I-B



Avavya



Anvika



Sofiya



Hannah Sachdeva



Advika



Samaira Malik



Paavika Rauthan



Aalia Syed



Lavanya Srivastava

I learnt more about the variety and beauty of India. I wanted to eat their delicious momos.

I felt like visiting Sikkim to learn more about their culture. I love their attire.

The Sport That I Enjoyed The Most During The Pandemic ....

II-A



One game uplifted my dread,
That was Ludo with colours of Green, Blue, Yellow and Red.
Played Ludo with my parents with a big smile.
The rolling of the dice and the
race to HOME was done in great style!
Swarnika Verma



I enjoyed
playing badminton the
most.
Prisha Sharma



Yoga makes me strong
and keeps me healthy
and fit.
Aakrati Agarwal



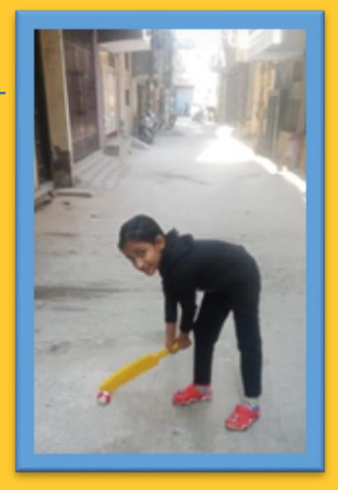


Football is my favourite
sport because it is a
perfect balance of mental
and physical fitness.
Paridhi Vidhu

I practised doing a headstand
(yoga) as it strengthens the
upper body, spine and core as well
as calms the mind.
Saanvi



Cricket helps me make
new friends and keeps
me fit.
Ayona Roby



I enjoyed cycling. It
keeps me fit and active.
Drishti Kashwan



I enjoyed cycling. It
helps me to grow and
keeps me healthy.
Aranya

The Sport That I Enjoyed The Most During The Pandemic ....

II-A



I spent the entire lockdown period at my Grandparents' home. playing cricket.
Samiya Fatima



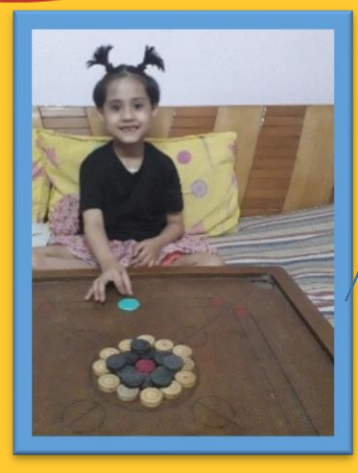
I played tennis with my family and enjoyed a lot.
Shreya Pal



Yoga keeps me fit and flexible.
Joanna George



I played badminton with my mother.
Avishii Srivastava



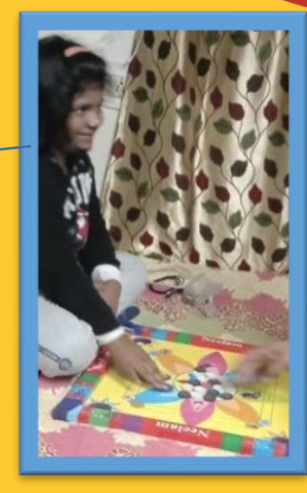
Carrom helped me to develop patience and to enjoy the company of others.
Oviya Bhardwaj



My favourite sport is football.
Asiya Puri



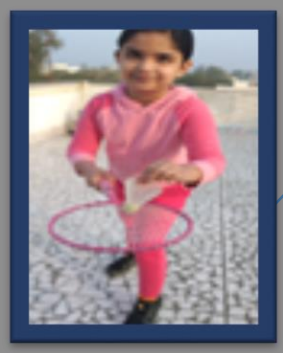
To keep myself healthy and energetic, I played badminton
Maitri Jha



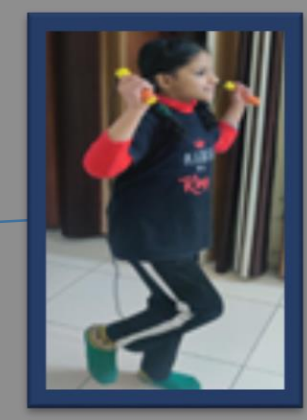
I love playing carrom because it is a very interesting game.
Elina Peter

The Sport That I Enjoyed The Most During The Pandemic ....

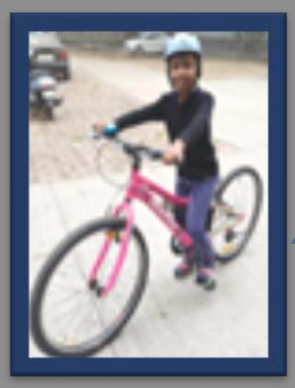
II-B



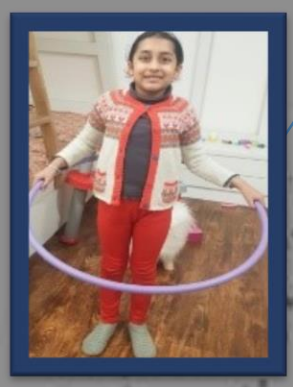
The sport that I enjoyed the most during the pandemic is badminton.
Aleka Maria Mascarenhas



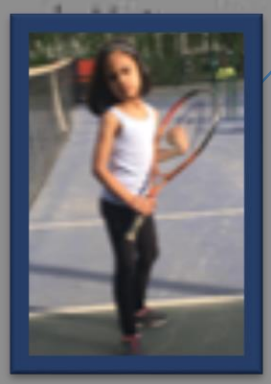
I decided to skip everyday to remain fit and active.
Dhvani Vijit



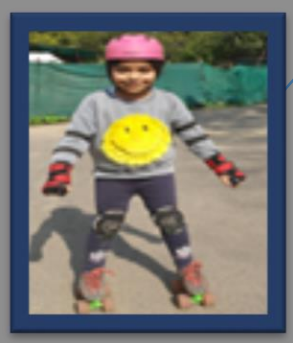
I took up cycling during the pandemic as an activity to keep me fit.
P. Dafny Nadeldha



My favourite sports during the pandemic have been skipping and hula- hooping.
Shaaron Panaisar



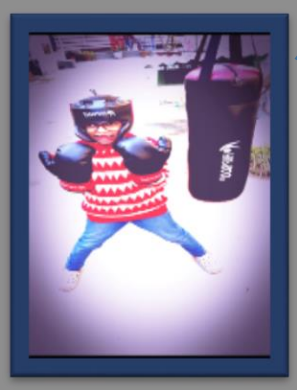
I played lawn tennis during the pandemic because it could be played by following social distancing norms.
Renee Mittal



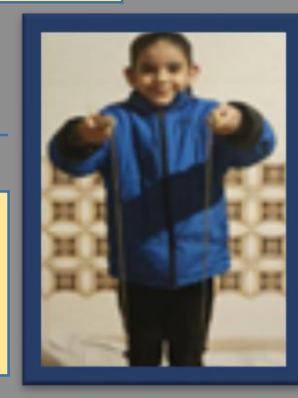
My favourite sport is skating which is good for our health.
Taani Khera



The sport which I enjoyed the most during the pandemic is cycling.
Iva Roy Mathew



The sport that I enjoyed the most during the pandemic was boxing.
Avni Bhatia



My favourite activity during the pandemic has been skipping.
Taranpreet Kaur

The Sport That I Enjoyed The Most During The Pandemic ....

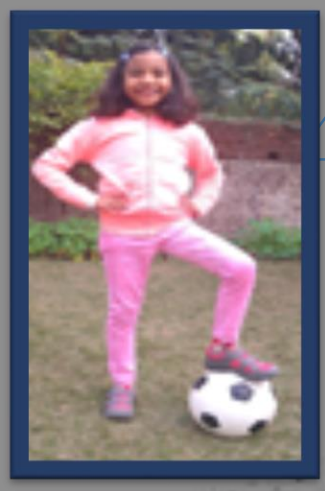
II-B



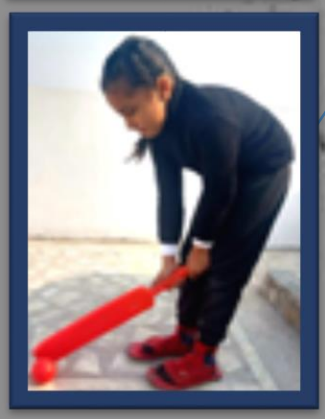
I love to play cricket. We always follow the social distancing norms while playing the game.
Sara Shakya



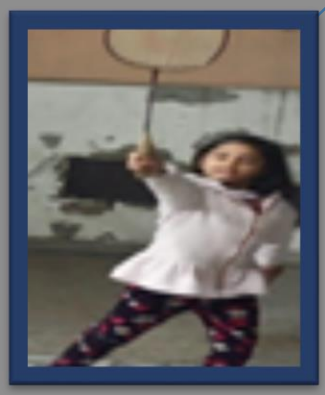
Badminton is the fastest racquet sport in the world.
Kashvi Agarwal



My favourite game is football. I love this game because it is fun to play and is a very good form of exercise.
Michelle Iyer



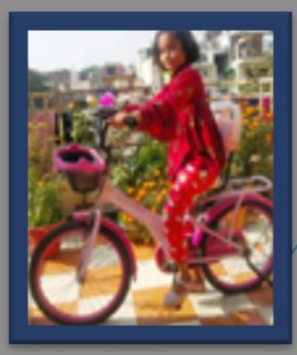
The sport I enjoyed the most during the pandemic is cricket. I enjoyed playing the game with my brother.
Aanaya John



During this pandemic, I learnt many outdoor and indoor games, one of them is badminton.
Devanshi Arora



I developed a new talent for skating during the pandemic and it has become my favourite sport.
Pragya Khanna



Cycling has been my favourite activity during the pandemic.
Aaradhya Kumari



I thoroughly enjoy playing chess with my father.
Shekinah Paul

If I were an online teacher for one day....

III-A



I would tell all my students about the power of the internet.
AGNYA VIG



I would conduct educational games for my students.
VARALIKA SHARMA



I would use my phone to hold classes, help my students during the pandemic by teaching them the use of technology.
RIDHI CHAUHAN



I would give students the freedom to express their thoughts and the space to let their imagination soar.
SIA LAUL



I would teach the children by narrating a story based on a lesson from their textbook.
ADWAITHA THOMAS



I would be a sincere teacher who is friendly, kind, polite as well as strict with the students.
SAMANTHA TEJUS



I would love to make the children laugh and to ignite the light of knowledge in them.
ISHA PAL



I would conduct fun filled activities for the students and would encourage everyone to take part.
GURSHEEN KAUR



I would divide my teaching time into two parts. In the first half I would conduct fun activities and in the second half I would teach the students from the textbook.
DEVANSHI



I would teach my students things that would discipline them.
SIYA



I would like to be a Maths teacher and would try to make my classes interesting by doing a lot of fun activities.
ARNA SRIVASTAV



I would take the students on a virtual picnic.
SAMAIRA SINGH

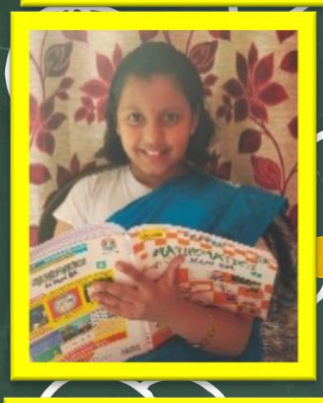
If I were an online teacher for one day....

III-A



I would help my students in whatever way I could..

SAMPURNA MARIYA BISWAS



If I were an online teacher for one day, I would like to teach my favourite subject, Maths.

AHANA SAVARA



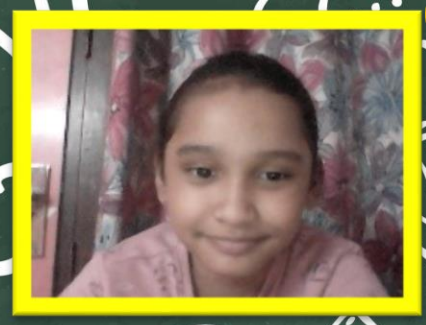
I would teach the students different forms of art like abstract art, shading and painting.

MIHIKA NISHANT MENDHE



I would teach the students by using examples from their daily life like their favourite cartoon characters, family members, etc.

GURSIMAR KAUR



I would teach the students, Environmental studies.

SAMAIRA SHAMIM



I would make every student feel comfortable to talk to me and try to answer all their questions . I would teach them by telling them interesting stories.

ADITI ARORA



I would teach my favourite subject science.

IRA SRIVASTAVA



I would teach English to the students.

ABHITI AGARWAL



I would be kind to them and listen to what each student has to say.

AVISHKA KOHLI



I would give my students the freedom to express their thoughts and the space to let their imagination soar so that they learn to think for themselves.

ANVI PANT



Teach children new and different things which they don't know about.

MYRA AHLAWAT

If I were an online teacher for one day....

III-B



I would play games and do interesting activities in my class which would allow every student to get a chance to speak their mind.

MYRA ANTHONY



I would conduct quizzes and I will send an e-card to the student who gets the maximum number of correct answers.

TANISHA TALWAR



I would organize my class in such a way that the students would have the most fun.

RAJNANDANI TRIPATHI



I would teach children the importance of honesty, kindness and generosity.

TANVEE



I would choose to teach Mathematics. I love doing addition, subtraction, multiplication and division. Calculating answers in Maths is fun.

RIA PILLAI



I would conduct many fun and interesting activities for the children to keep them happy and engaged.

VANI JANGRA



I would encourage my students to participate in the online activities conducted by the school.

SARAH MARIN



I would like to teach my students moral values. I will also allow them to play some games like puzzles and teach how to solve them.

SIYA ARORA

I would teach my students to be good citizens. I would do so by teaching them morals and values in life.

ANANYA SHARMA

If I were an online teacher for one day....

III-B



I will try to solve students' problems by sharing interesting stories because children can relate and connect to stories easily.

AADHYA BISHT



I would adopt new and innovative ways to make learning interesting and enjoyable.

ANIKA SAINI



I would be able to see for myself and understand the hard work and determination involved in organizing online classes.

AAHANA TRIPATHI



I would encourage my students to develop their creativity and imagination so that they can adapt to different situations and find solutions in a crisis.

ANOSHREE DWIVEDI



I would teach them about the diversity of India by showing them videos, pictures and by interacting with all the students.

HARSIMRAN KAUR



I would try to make my classes as interactive and practical as possible through live depictions and presentations.

AARADHYA MEHTA



I would use jokes and stories to ensure students pay attention during the class.

ISHANVI AMIT GUHE



I would do many fun things for the children. I would make them laugh and play and be happy the whole day.

AASHITA TANWAR



I would make all the subjects fun and interesting for my students.

MANYA SINHA

November 20- March 2021/ Issue-2/ Soul Talk

Brushing Up My Culinary Skills
IV-A



I invented this biscuit icing recipe on my own.

Amisha Verma



Flavorsome Paneer and Broccoli Pizza
Broccoli is a No!
But in Jo's kitchen,
It's a big Yo!
Smell it, lick it, fill your tummy because its yummy.
Delicious food on your mind?
In Jo's kitchen you will always find!

Joanne Saju



I have learnt how to bake cakes and make ice creams, kulfis, pizzas, etc.

Bhabya Mishra



I learnt to whip up a delicious Coffee.

Mayuri



I tried my hand at preparin g a yummy fruit salad!

Cathrine Jiby



My favourite dish is a pancake,. It should be served hot with delicious chocolate syrup.

Vishruti Bhatt

Brushing Up My Culinary Skills
IV-A



I learnt to make a 'Vegetable Sandwich' with the help of my mother.

Sakalsiddhi



I made a fudge-style chocolate brownie!

Rachel Philip



I decided to make doughnuts with a fusion twist called 'Indian Doughnuts' (Gulgule).

Saanvi Aggarwal



I baked a chocolate cake for my father's birthday.

Alankrita



I learnt to make Banana Milkshake.

Rashi



I learnt how to bake cakes and brownies with my aunt, to make momos with my grandmother and doughnuts in different shapes with my mother.

Mihika Shukla

Brushing Up My Culinary Skills
IV-B



I enjoyed preparing a 'Prune Banana Smoothie' all by myself.

Naubhya Tamuli



I tried making a 'Pinwheel Sandwich' and I had a lot of fun doing so.

Saanchi Whig



I have learnt to make vegetable pasta.

Devanshi Goel



Grilled cheese sandwiches are my favourite sandwiches.

Samrah Ali Rizvi



It was such an amazing experience to bake a chocolate walnut cake.

Aarna Pachori



Bean salad is my favourite snack.

Priyanshi Naurvi

Brushing Up My Culinary Skills
IV-B



I made chocolate fudge.

Tanishtha Rao

I made grilled nutritious salad.



Adwika Singh



I made butter corn today.

Ella Shibu

I learnt how to make stuffed Paranthas.



Vanya

I put in my best efforts to make 'Spicy Bread Crumbs'.



Jasmine Massey

My new experiences with technology

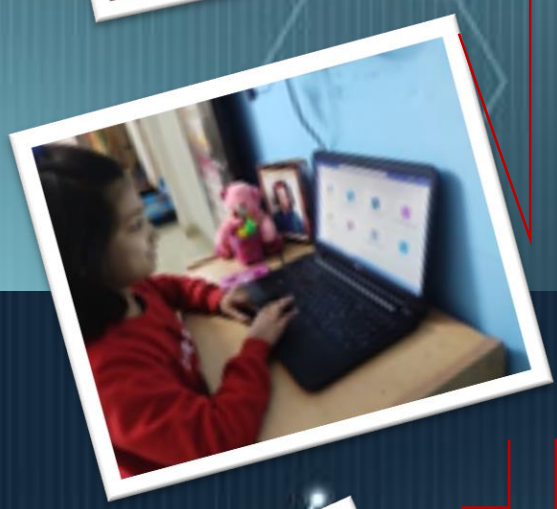
V-A



Technology has made us more productive. It may in fact have limits, but we often do not know what they are.
Bhavya Jangid



I have learnt about the numerous functions and possibilities gadgets can offer. Learning to adapt to these different technologies has resulted in some positive and negative outcomes.
Srishti Kaushik



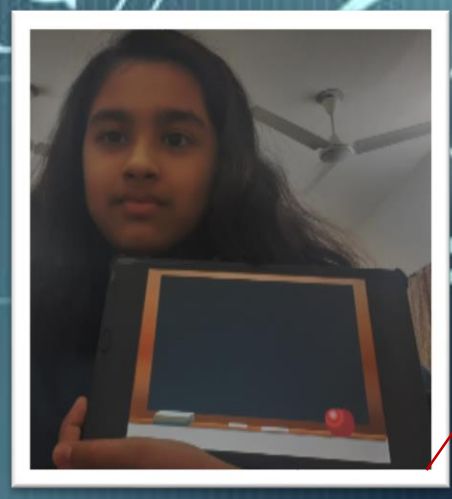
I feel that the internet is the best tool to build knowledge, awareness and for developing the latest innovations in our world.
Anushka Rawat





It involves my using the smartphone apps. It makes it possible for me to study in such convenience, simply by using my smartphone while sitting at home.
Canvin Kaur

It is only through technology that we have been able to connect with each other for the purpose of education. I think technology is a blessing, if we use it wisely.
Freda Sarah George



As I am a new student, I feel online classes cannot teach us all that we could have learnt in school. At school we can get to know and interact with our classmates. But the same is not possible with online classes.
Breeze Vashisht

My new experiences with technology

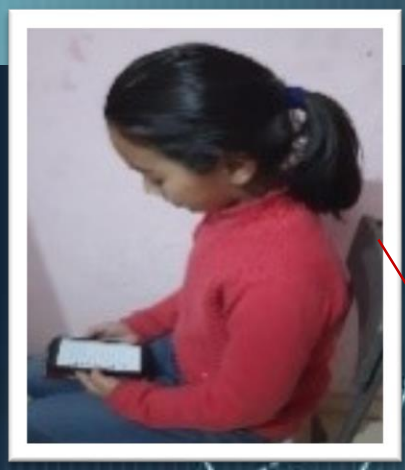
V-A



From school time to screen time,
From offline to online,
From pen to mouse,
From bane to boon,
Technology has advanced,
In these complex Corona times.
Divyata Singh



Deprived of the school environment and spending time with friends, I started behaving like a zombie at home. Thanks to my wonderful teachers, the school was brought to my study room and learning continued which soon lifted my spirits. All this was possible because of technology and with its help I was able to develop new ways of communicating with my friends and family.
Adrita Chaturvedi



I can proudly say that I am almost perfect in handling this online platform. In fact, I can even teach others how to use this platform
Yashika



Technology has a way of bringing the world closer together and it helps to solve some of our greatest challenges.
I believe technology has the ability to enhance the relationship between students and teachers.
Mrunal Deepak Patil



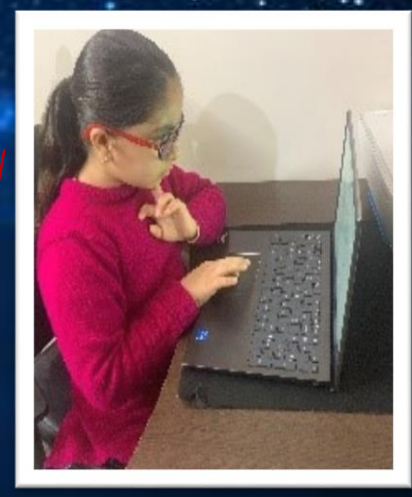
My new experiences with technology during the pandemic has been an eye opener for me. During the lockdown we were introduced to online classes which has given me a new and better experience in using technology for enhancing my knowledge and helping me in my studies.
Dhanya Singh Karki

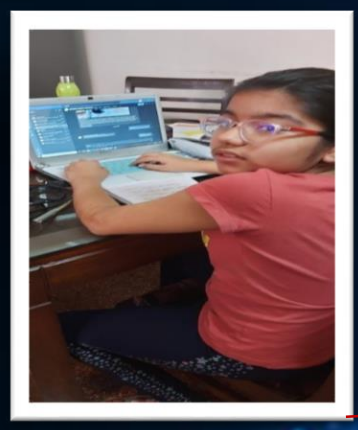
My new experiences with technology

V-B



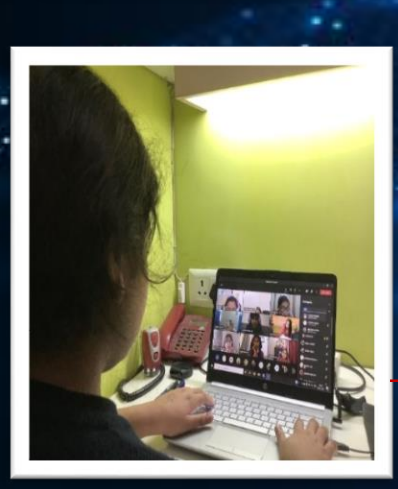
We learnt how to use a secure platform to converse with our near and dear ones. This was done with the help of the amazing technology of Artificial Intelligence .
Deepangi Maitrey





I learnt how to apply a ' background effect' on Microsoft Teams. I also learnt how to insert a voice recording in a PPT. Using Microsoft Teams we were able to attend online classes. I was also able to use the Zoom App and meet my cousins online.
Ananya Lal

Software like Microsoft Teams helped me to connect with my teachers and classmates. Although our classes are virtual, they are no less than the classes we had in school.
Ridhima Tuli



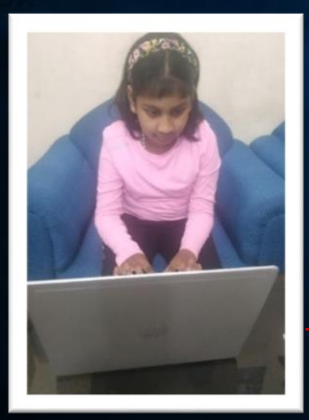
As a student it has made me technologically more aware, conscious, and alert. I have been bitten by the google bug, who now has become my 'go to friend' for most queries.
Rissah Vineet





Just as my diary was used for noting the homework, now I use my laptop. People have begun to write in their phones instead of a notebook.
Tvisha Roy

Technology is energy- saving as I don't have to carry my books around and so I can concentrate better in my online classes.
Jazz David



I find technology both interesting and exciting so I have joined online classes to learn coding. I am currently working on creating my own app.
Gloria Francis



It has helped me a lot with my studies and online classes. For the past one year I have been using both a laptop and mobile phones for my studies.
Srishti Sehrawat

My new experiences with technology

V-B



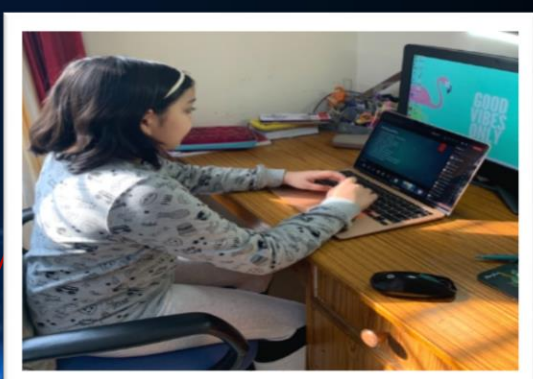
It can help us connect with our teachers and friends even though we are far away from each other among the many other things it can do.
Khushi Yadav

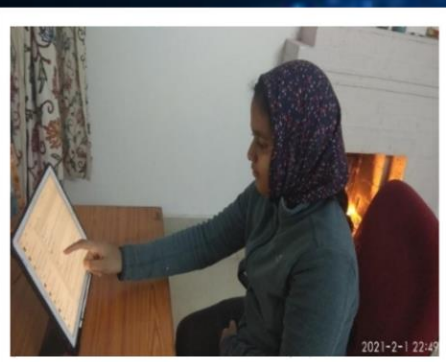




I have learnt to do a number of things online such as:
communicating with my friends online and attending online classes, studying, doing art and craft activities and writing poems online. I have also learnt to download educational videos among many other things.
Meghana Vashisht

My first exposure to technology was when our online classes started. It was very challenging because there were many new options to learn.
Venu Jamdar





Technology has helped us to remain connected during the pandemic but most importantly, it has helped us to continue with our learning.
Veena Jamdar

I see my mother shopping online for groceries for the house. If anyone at home is unwell, technology is used to consult the doctor. I also use technology to stay fit by following the various fitness videos available online.
Sonakshi Pant



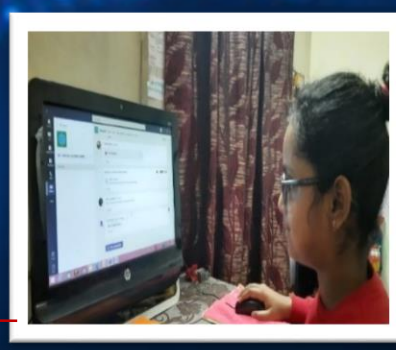
I have learnt to enjoy the virtual classroom and the various online tools that help me to engage with my teachers and my friends just like in a real classroom
Sambhvi Thakur

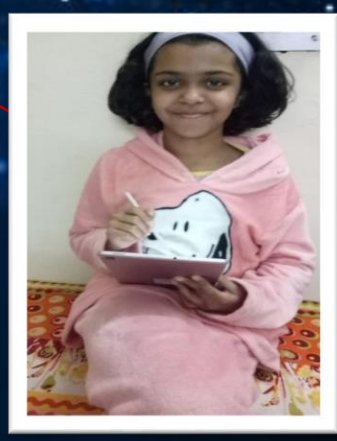
I have been able to discover many interesting features of Microsoft Teams besides using it for online classes.
Nandana Chauhan

Mobiles, laptops and tabs have helped me during my online classes. During the lockdown I got to do many things using technology.
Garima Choudhary



The online classes during COVID-19 helped me to learn new things and to enjoy this new mode of education.
Sasmita Ranjan





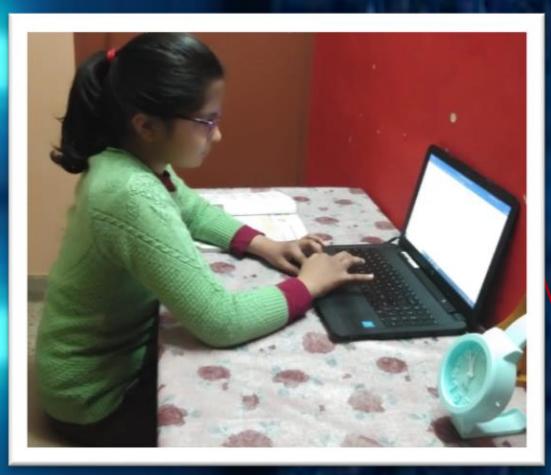
My new experiences with technology

V - C



I was able to research topics, communicate with friends and family and solve some of the problems I was facing.
Surbhi Jain





I never imagined that I would be able to continue my schooling during the pandemic. Technology, however, has brought my school classes to my home
Anushka Dabas

Technology helped us in celebrating festivals online and holding meetings on Teams, Zoom, etc. Shopping for clothes, groceries, recharge of mobiles and television DTH packs, all happens online, thanks to technology.
Aashi Sinha



I was able to attend my online school classes, dance classes and I was able to hold a video conference call with my cousins.
Avni Chhabra



Even though I am at home, I can connect and talk to my friends but I still miss going to school.
Chahat Singh Bishnoi

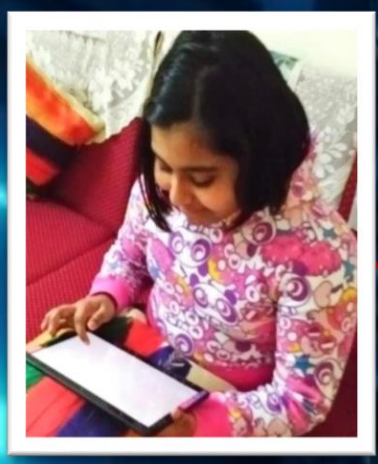
November 20- March 2021/ Issue-2/ Soul Talk

My new experiences with technology

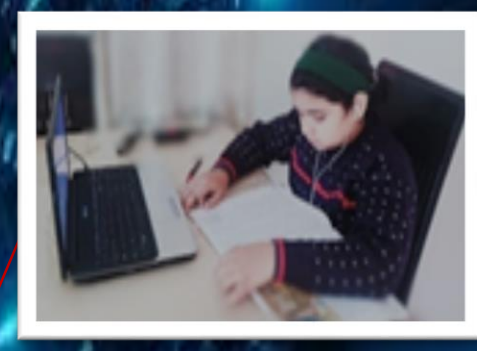
V - C



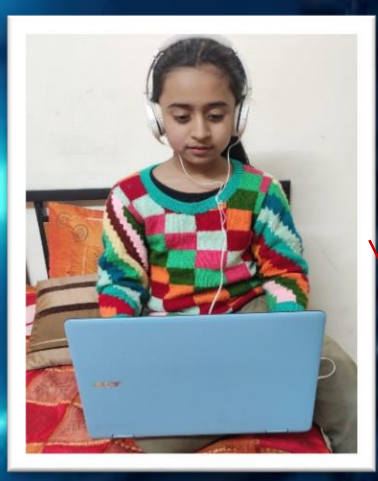
It is helpful because I can revisit the notes and information given by the teachers. Tools like diagrams, pictures, and even movies enable us to understand and visualize concepts in subjects like science.
Eva Tanwar



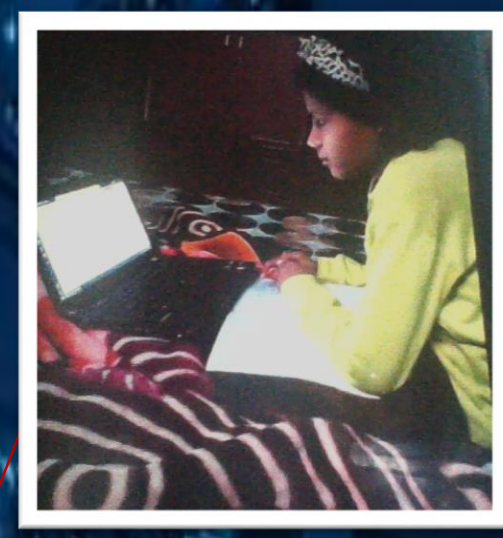
I realised that using these apps was not as difficult as I thought. In fact, it was surprisingly very easy. Today, I am very confident about using these apps thanks to the online classes we attend.
Jessica Varghese



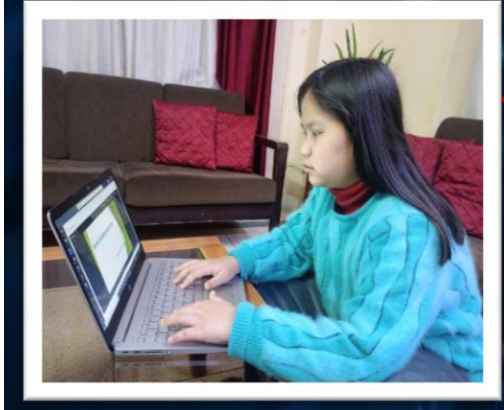
Studying has become more interesting because of the different and creative methods of online teaching.
Mahika Grover



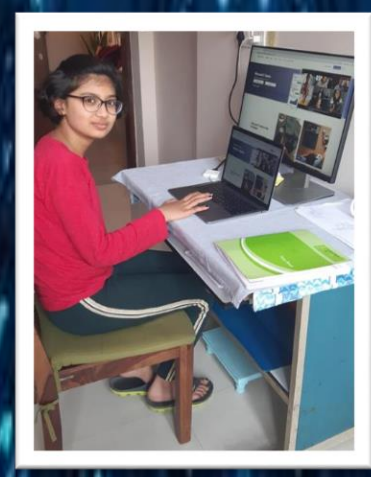
Technology is handy so we can use it anywhere or anytime we want. One can also have fun using technology by playing games, watching videos, etc.
Pranshi Aggarwal



My technical skills have improved beyond my imagination because of the online classes we are attending. I no longer depend on my parents and seniors to help me to use the internet.
Scarlet Gangte



Technology has made us more productive. We are at a stage where changes in technology will be very rapid.
Ridhi



When I started using technology, I was scared that I wouldn't be able to use it correctly. But I need not have worried. With my father's help, I soon became good at handling technology.
Udisha Goyal

HOW I DEVELOPED MYSELF DURING THIS PANDEMIC

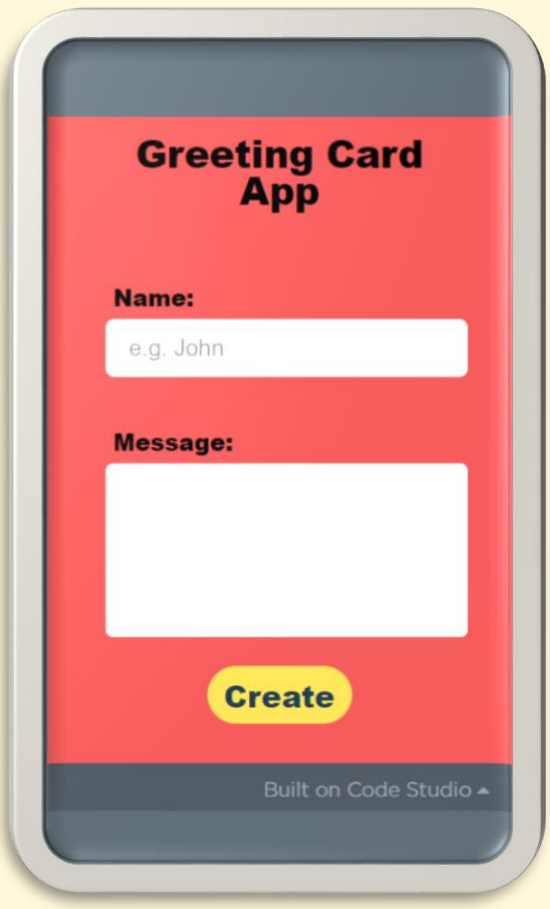


I utilized my time at home drawing, sketching, gardening with the help of my grandparents, baking my favourite cookies and cakes with my mother, quilling, etc. I also spent time practising to improve my capabilities in singing and in playing the keyboard. I also devoted time to improve my handwriting. Currently, I am learning doodling, it is fun!

Adwika Singh
IV B

Charisma through Coding





I joined Junior Coding Program. I enjoyed a lot in these classes. I like to create different types of apps. You know, I am one of the youngest app creators and am really proud of myself. I have created many apps like: Wishing Cards, Racing Car app and Flight Games.

JENITA ROSE MARIA BIJO
II A



THE MANY THINGS I HAVE LEARNT WHILE AT HOME

The nation is dealing with a major disease called COVID-19 these days. For some time, the government ordered us not to leave our homes. This was called the 'lockdown' period. So, we had to stay at home. During this time along with spending time with the family, I learnt a number of things.

- **I watched my mother doing many chores and learnt many things from her. I learnt to how keep the house neat and clean.**
- **I learnt a number of indoor games.**
- **I learnt to keep my books, clothes and toys in an organized manner.**
- **I learnt how to make work items and toys out of waste materials.**
- **I read many interesting books which taught me moral values.**



Aashita Tanwar
III B



VIOLIN RECITAL

Aleka Mascarenhas
II B

Violin Performance

DELHI'S ICONIC MONUMENTS THROUGH AARNA'S EYES

Hello everyone,
I am Aarna Srivastav from class 3A and I love History!! I especially love learning about people's way of life in the past and comparing it to how we live nowadays. During this "NEW NORMAL"to use my time more constructively I decided to visit and do VLOGS on historical monuments of Delhi for my Youtube channel, while taking all necessary precautions. Not only did I thoroughly enjoy this experience but I also hope that my VLOGS would help all of you to learn more about the history of Delhi from the comfort & safety of your homes.



SAFDARJUNG TOMB

- Safdarjung's Tomb is a sandstone and marble mausoleum in Delhi.
- It was built in 1754 in the late Mughal Empire style for Nawab Safdarjung.

CLICK HERE TO SEE AARANA'S VIDEO TOUR

PURANA QILA

- Purana Qila formerly called Shergarh Fort is one of the oldest forts in Delhi, India.
- The site is often identified as Indraprastha, the capital of the kingdoms of the Pandavas from Mahabharata.

CLICK HERE TO SEE AARNA'S VIDEO TOUR





JANTAR MANTAR

- 'Jantar Mantar' literally means 'instruments for measuring the harmony of the heavens'.
- The primary purpose of the observatory was to predict the times and movements of the sun, moon and planets.

CLICK HERE TO SEE AARANA'S VIDEO TOUR

QUTUB MINAR

- The height of the Qutub Minar is 72.5 meters, making it the tallest minaret in the world built of bricks.
- It contains a spiral staircase of 379 steps & it was completed by Qutub-ud-Din Aibak's son-in-law Iltutmish.

CLICK HERE TO SEE AARNA'S VIDEO TOUR





HUMAYUN TOMB

- Humayun's tomb is the tomb of the Mughal Emperor Humayun in Delhi.
- The tomb was commissioned by Humayun's first wife Haji Begum.

CLICK HERE TO SEE AARNA'S VIDEO TOUR

AARNA SRIVASTAV 3A

LIFE DURING THE PANDEMIC



Some children are not able to attend online classes, as they do not have a computer or an internet connection. I would like to help them in their studies or in any other way possible. This pandemic has made me realize that we need to think beyond ourselves and help one another in times of difficulty. It has taught me to appreciate what we have and make the most of life.

My parents have taught me the importance of sharing with others. There are many who are not as lucky as me. I want to make a difference and make this world a better place. I want to teach people the importance of cleanliness, washing their hands, bathing and looking after the environment.

ALEKA MASCARENHAS
II B

HOW I DEVELOPED MYSELF DURING THIS PANDEMIC



I started to discover hobbies for myself. I tried things I had never tried before. I made a bird's nest as a part my project work and hung it in my balcony. A sparrow laid eggs in it. It was an exciting and novel experience for me.

I found I had the time to read books for which I never seemed to have had the time for before. Also, I have to admit that for me, online learning is easier, more flexible and stress-free.

Anushree Dwivedi
III B

HOW I DEVELOPED MYSELF DURING THE PANDEMIC



From reviving my hobbies, finding time for family, to cherishing home-cooked meals, I am grateful for the many things I was able to do during the pandemic. I am grateful for the quality time I spent with my family, for the clear blue skies because of lower levels of pollution and for the yummy home cooked food turned out by the quarantine chefs. I am grateful that the lockdown taught us to be empathetic. I also got a chance to work on improving my skills in art and craft and to read many story books. I consider myself very fortunate to be safe and to have a place to live, food to eat, clothes to wear but above all I am grateful for the gift of my parents.



Yashika

IV B

The Race to make a Case



One day a rabbit made a bet with a tortoise that he would beat him in a race, to decide once and for all who was the fastest between them. Since the outcome of the last race, the tortoise had claim to the sought-after title. The crow was to be the referee. A day prior to run, the route and distance were decided. The start and finish line were also drawn.

On the day of the race, both the rabbit and tortoise stood at the start line. The crow was ready with his whistle. He asked his friend parrot to assist him by following the racers to the end and to help him judge and declare the winner. Exactly on time, the crow blew the whistle and the race started. The rabbit set off, he was both fast and determined. He had learnt from his parents that in the last race, his forefather, despite being faster, lost the race because he was over confident and took a break to rest.

The tortoise like his usual self, started slowly but steadily. He was confident that the rabbit would rest again just as his ancestor had done many years ago and then he would win comfortably.

The rabbit ran faster and faster. He was ahead. He got a little tired but he was resolute not to stop and rest. And so, he won the race!

The moral of the story is:
EACH RACE IS A NEW OPPORTUNITY TO PROVE YOURSELF.

Adwaita Thomas
III A





Adrita Chaturvedi
V A

AT A DISTANCE…

Indoors for days,
Outside morbidity prevails.
Edgy and distressing it makes me feel,
The contagion is a big deal.

Won't you just let me be?
Oh Corona! I want immunity from thee.
You have made me stay at home,
And locked down my school for an eon. `

Social distancing is very annoying,
Mother and I are always grumbling.
I have to spike my immunity limit,
But quarantine is taking the merit.

Transmission and contamination go hand in hand,
But isolation and well-planned restrictions have the upper hand.
Insulate yourself from the epidemic and pandemic,
Stay safe, stay healthy and be energetic



THAT IS WHAT I WILL DO TO SAVE THE PLANET

Some of the biggest problems the world is facing are pollution and global warming. It means that the Earth and the air that we breathe are becoming hot and dirty which is not good for us. Every year, the Earth is becoming hotter and the air is getting more polluted. All of us should do something to make this better. I have already started doing my bit during the pandemic. I have made a list of things I will do to make my planet clean and beautiful.

- I shall conserve water and electricity. I will switch off the lights and fans when I leave a room.
- I will check to see that the taps are not leaking.
- I will not use plastic bags as they are not good for the Earth.
- I will not burn leaves or garbage in my garden because smoke causes pollution.
- I will not travel by car unless necessary. I will ask my father to conserve petrol.
- When I am older, I will always use my bicycle.
- I will plant at least one tree every year so that the world becomes green and clean.



If we do all this, our planet will become greener, more beautiful and healthier once again.

Michelle Iyer
II B

Thanksgiving Prayer Service

A Thanksgiving Prayer Service was conducted on 26 March 2021, the last working day of the academic session. The assembly was conducted by Ms. Shivanshi Pathak, Mr. Ashish Kerketta, Ms. Devika Agnihotri, Ms. Drishty Bose. Ms. Pathak, in her opening remarks, commended the students for their grit, unity and all their ingenuity. She urged the students to ride the merry-go-round of memories and feel the power of gratitude. After a hymn to invoke the Almighty's presence, a short video on gratitude was shown to the students, to remind them to be more empathetic and be grateful for all the blessings through the tumultuous year. The prayer service also included teachers' messages on how to be grateful for each aspect of their lives. At the end, the principal, Sr. Monica Rozario thanked all the staff, the coordinators, the parents and the students for so readily reinventing themselves, and facing the challenges with courage and resilience. The prayer service ended with the Loreto Chorus.

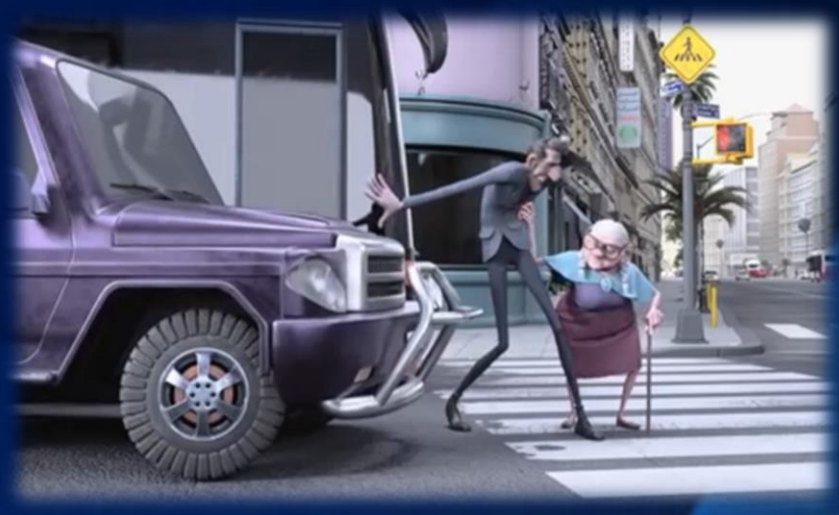


Thanksgiving Prayer Service













हिन्दी संकलन

अभिव्यक्ति



प्यारी नानी

मेरी नानी बहुत प्यारी, इस दुनिया में सबसे न्यारी |
सभी से प्यार करतीं है, इच्छा सबकी पूरी करतीं |
गोरे गोरे गालों वाली, जैसे कश्मीरी सेब की हो लाली |
दयालु है वे, सबकी मदद करने वाली,
ऐसी है मेरी प्यारी नानी, इस दुनिया में सबसे न्यारी |
बढ़िया खाना पकाती है, सबको प्रेम से खिलाती है।
कड़ी मेहनत करती है, भगवान में आस्था रखती है |
मुझे कहानियाँ सुनाती है और चुटकुलों से हँसाती है |
प्यारी नानी, प्यारी नानी, अलेका की है आप दुलारी नानी |
मेरी नानी बहुत प्यारी, इस दुनिया में सबसे न्यारी |
करती हूँ ये प्रार्थना, हमेशा स्वस्थ रहें नानी हमारी |

अलेका मारिया मस्करैन्हस
दूसरी 'ब'



मेरी माँ

माँ तू कितनी अच्छी है ,
मेरा सब कुछ करती है |
माँ तू कितनी प्यारी है ,
मुझे खुशियाँ सारी देती है |
चलना मुझे सिखाती है ,
मंज़िल मुझे दिखाती है ,
माँ तू कितनी न्यारी है |
जब मैं रोने लगती हूँ ,
हँसना मुझे सिखाती है |
जग में मीठा बोल है माँ ,
दुनिया में अनमोल है माँ ,
माँ तू कितनी अच्छी है |

रिद्धि चौहान
तीसरी 'अ'

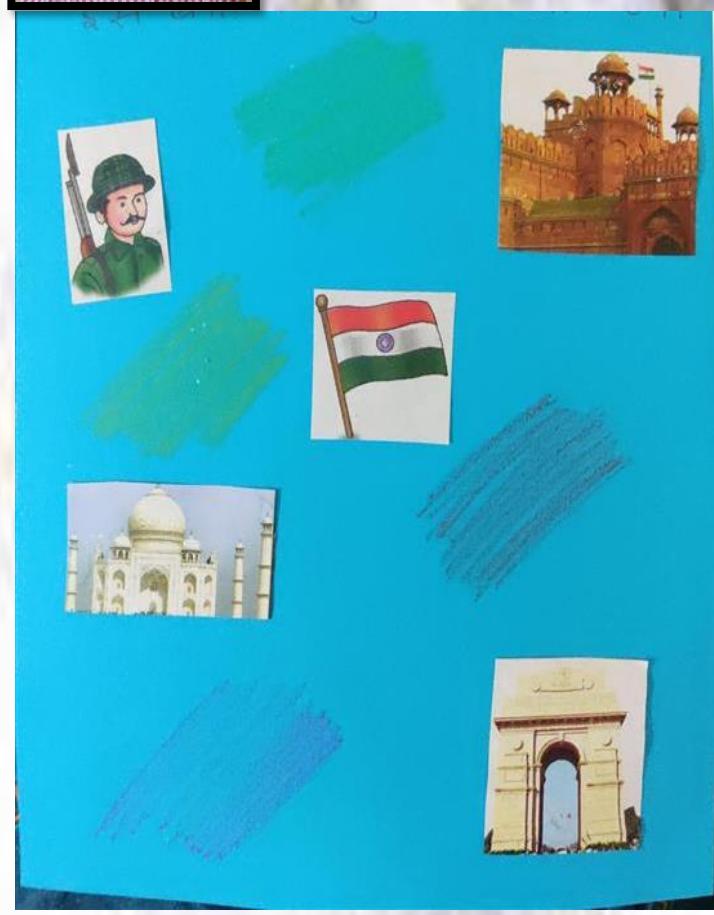




मेरा देश,मेरा अभिमान



भारत मेरी जन्म भूमि, भारत मेरी शान है,
इस मिट्टी में जन्म लिया, इस बात पर मुझे अभिमान है।।
अलग -अलग प्रांत के लोग यहाँ, अलग वेशभूषा में रहते हैं,
ईद, दिवाली या हो क्रिसमस,हर त्योहार एक साथ मनाते हैं |
हर्षोल्लास की लहरों में बहते, एक आवाज में हैं ये कहते,
यहाँ के कण- कण में वीरों का बलिदान है,
यह देश जान है मेरी, इस बात पर मुझे अभिमान है।।
जहाँ न कोई लड़े, न हो कोई भेदभाव,
जाति- पाँति से ऊपर उठ, हम बच्चों को नई राह दिखानी है,
पढ़ लिखकर, आगे बढ़कर, समानता की दुनिया बसानी है|
हर बच्चे का सपना हो पूरा, छूना उसको आसमान है,
यह देश जान है मेरी, इस बात पर मुझे अभिमान है।।



ध्वनि विजित
दूसरी 'ब'



बड़ा खज़ाना

आया, वायरस आया,जिसने सब कुछ बंद करवाया,
पर खुला एक बड़ा खज़ाना,घर परिवार के महत्त्व को जाना।
साफ़ सफ़ाई घर की जानी,मटर छीले और पिलाया पानी,
चित्र बनाए,सीखी नई कलाएँ,पढ़ी कहानियाँ जो मन को भाएँ।
नाना- नानी संग समय बिताया,ढेर सारा आशीर्वाद पाया,
कोरोना को हमने मज़ा चखाया,अपना जीवन खुशियों से महकाया।

नौभ्या
चौथी 'ब'




केला बड़ा टेस्टी था।
नोवीता, तुमने यह केले का छिलका सड़क पर क्यों फेंका।
सभी लोग फेंकते हैं तो मैं इसे लेकर कहाँ जाऊ।
जो देखे कूड़ादान कहा हमेशा कूड़ा-दान में ही डालना चाहिए।
तुम ठीक कहते हो डोरेमोन, मुझे अपनी गलती का अहसास हो गया है।
जैसे हम अपने घर को साफ रखते है, उसी तरह हमें भी अपने आसपास सफाई रखनी चाहिए।
आध्या बिष्ट
III - B

अनोखा जन्मदिन



आज मेरा जन्मदिन है, लेकिन यह जन्मदिन थोड़ा अलग है।कोरोना वायरस की वजह से बाहर लॉकडाउन है। मम्मी ने मेरी पसंद का चॉकलेट केक बनाया है।सभी दोस्तों और रिश्तेदारों ने मुझे उपहार भेजे है और पापा उन्हें सैनीटाइज़ कर रहे हैं ।मैं बहुत खुश हूँ। जल्दी से तैयार होकर मैं लैपटॉप के आगे बैठ गई।मेरे सब दोस्त और रिश्तेदार मेरी 'ज़ूम पार्टी' मे आए हैं । मैंने खूब मज़े किए और केक काटा। यह जन्मदिन मुझे हमेशा याद रहेगा |

गुरशीन कौर
तीसरी ' अ '



नानी का घर

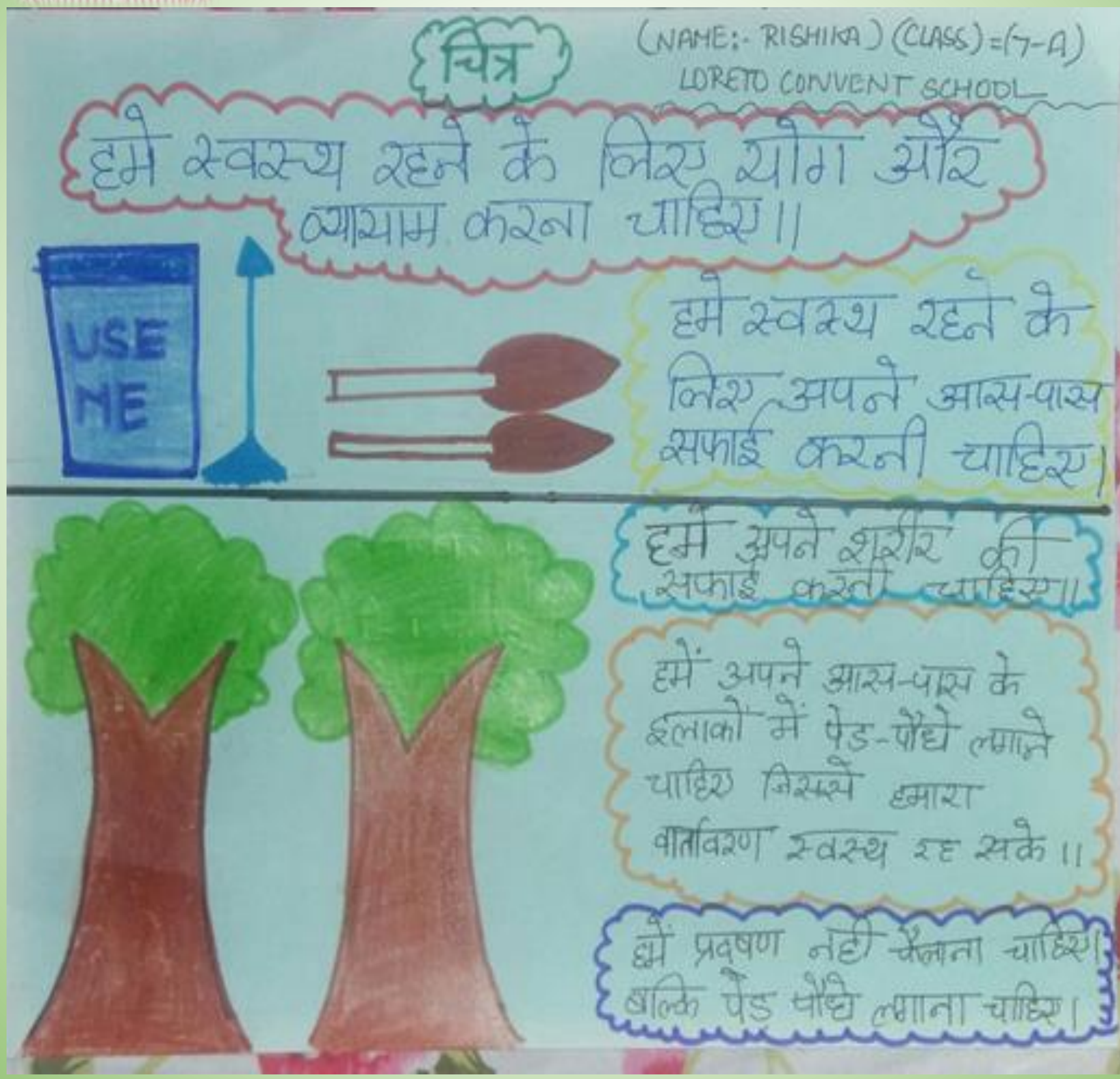
जब लॉकडाउन शुरू हुआ तो मैं कुछ दिनों के लिए अपनी नानी के घर गई थी।वहाँ पर मैं सुबह अपनी ऑनलाइन कक्षाएँ लेती थी और दिन में अपने पड़ोस में रहने वाले बच्चों के साथ खेलने जाती थी। दिन में मैं छोटे-छोटे पिल्लों को और गाय को खाना देती थी। मैं अपने नानाजी के साथ खेतों में काम करती थी। मेरे नानाजी ने मुझे बिजाई करना सिखाया। मैं पौधों में खाद व पानी डालती थी। मैं अपने बर्तन खुद धोती थी ।शाम के समय मैं थोड़ी देर के लिए टी०वी० देखती थी। नानी के घर की यह यात्रा मुझे सदा याद रहेगी |

वरालिका

तीसरी ' अ '



करोना से बचाव



ऋषिका
सातवीं ' अ '



इंटरनेट का सदुपयोग

कोविड - 19 के कारण हाल ही में मुझे इंटरनेट का अधिक से अधिक उपयोग करना पड़ा। मैं इंटरनेट के माध्यम से स्कूल और अन्य कक्षाओं में भाग ले रही हूं। कुछ रविवार को मैंने ऑनलाइन चर्च सभा` में भाग लिया। मैं और मेरे दोस्त ऑनलाइन हैंगआउट करते थे और एक दूसरे के साथ बिताये हुए दिन की कहानी साझा करते थे । मैंने केक काटकर और डांस करते हुए दोस्तों और परिवार के साथ अपना जन्मदिन ऑनलाइन मनाया। सब कुछ ऑनलाइन करना एक अनोखा अनुभव था|

एलिना पीटर
दूसरी ' अ '



एक सीख

लॉकडाउन में परिवार के साथ मैंने बहुत अच्छे-अच्छे काम किए। मैंने सुबह उठकर घर की साफ़–सफ़ाई में अपनी माँ की मदद की। मैंने दादी जी से प्रार्थना करना सीखा।घर में रहकर हम सबने नए खेल सीखे। मैंने अपनी चीज़ों को व्यवस्थित करना सीखा । पुरानी और बेकार चीज़ों से खिलौने बनाना सीखा। मैंने कई अच्छी किताबें पढ़ी। लॉकडाउन में मैंने जाना कि घर में रह कर कितने सारे काम किए जाते हैं।

एला शिबू
चौथी ' अ '



मेरा प्यारा परिवार

कोरोना काल के दौरान जब सब कुछ बंद था, तब सभी को अपने
परिवारवालों के साथ समय बिताने का मौका मिला।
हम सब घर पर रहे और एक साथ हमने बहुत सारे अच्छे काम किए।
मैंने अपने परिवार वालों से बहुत सारी अच्छी बातें सीखी।
मैंने सुबह जल्दी उठकर अपनी माँ से पूजा करना सीखा।
कोरोना ने हमको जोड़ा, मैंने परिवार के महत्त्व को समझा ।

मेहरप्रीत कौर
चौथी ' अ '



स्कूल है ज़रूरी

जब से आया कोरोना काल,
हो गया सबका बुरा हाल।
कोरोना से मच गया बवाल,
बच्चे घर में हैं खुशहाल ।
पार्क भी बंद,स्कूल भी बंद,
बच्चे घर में नज़रबंद।
दुकानें भी बंद,दफ़्तर भी बंद,
हमें खेलना पड़ा बड़ों के संग ।
अब ऑनलाइन कक्षा का ही है सहारा,
पर स्कूल के बिना नहीं हो सकता गुज़ारा।
रखनी है हम सबको दो गज की दूरी,
स्कूल खुलना भी है ज़रूरी ।

समन्विता तेजस
तीसरी ' अ '



मैं और मेरा परिवार

कोरोना महामारी के कारण आज हमारा देश ही नहीं पूरी दुनिया में लॉकडाउन का पालन किया जा रहा है। ऐसे में जब स्कूल व कॉलेज सभी बंद हो गए हैं तो हम सभी को परिवार के साथ समय बिताने का मौका मिला है।मैंने अपने दादा-दादी ,नाना-नानी, बुआ और माता-पिता के साथ अच्छा समय व्यतीत किया। अब हम सबके साथ ज़्यादा समय बिता पा रहे हैं। इस दौरान मैंने कई प्रकार के व्यंजन और केक बनाना सीखा। सबके साथ कहानियाँ सुनी। एक साथ बैठकर टी० वी० में रामायण और महाभारत जैसे धारावाहिक देखे। परिवार के साथ रहकर हमने बहुत अच्छे –अच्छे काम किए।

लिपिका जोशी

चौथी 'ब'



जीवन- एक सीख

मैं रोज घर को गंदा करती थी, परन्तु लॉकडाउन में मैंने साफ़-सफाई करनी सीखी। मैने सुबह उठ कर पूजा करनी सीखी। मैंने अच्छी किताबें पढ़ी। स्कूल के दिनों में मैं जो खेल खेल नहीं पाती थी,घर मे रहकर वह खेल सीखे। अब मैंने अपनी चीजों को ठीक से रखना सीख लिया है । हम सब को अपनी जिंदगी में कुछ न कुछ करते रहना चाहिए। चाहे कोई भी मुसीबत आ जाए, हमें उसका समाधान खुद ढूँढना चाहिए और हर हाल में खुश रहना चाहिए।

अमायरा बत्रा
दूसरी 'अ'



मदद

आज मीना स्कूल नहीं आई थी। उसकी सहेली सीमा बहुत उदास थी। वह कक्षा में बैठी मीना के घर जाने के बारे में सोच रही थी। स्कूल की समाप्ति पर सीमा उसके घर गई और जाकर उसने दरवाजा खटखटाया। मीना की माँ ने दरवाज़ा खोला। सीमा ने पूछा, " मीना घर पर है?" उसकी माँ ने कहा, "नहीं, वह बाज़ार गई है| उसे कुछ सामान लेने भेजा था।" सीमा ने सोचा, वह भी बाज़ार जाकर मीना से पूछती है कि वह आज स्कूल क्यों नहीं आयी|जब सीमा बाज़ार जाने लगी तो उसने रास्ते में देखा कि मीना सड़क पर लेटी हुई है। पास जाकर देखा तो पता चला कि वह पत्थर से टकराकर गिर गयी थी और उसके पैर में चोट लग गई थी, परंतु रास्ते में निकलने वाला कोई भी व्यक्ति उसकी मदद नहीं कर रहा था । सीमा को बहुत दुख हुआ। वह तुरंत मीना के पास गई और उसकी मदद करी | मीना को उसके घर छोड़ा। छोटी सी सीमा यह सोचते हुए अपने घर वापस जा रही थी कि काश! कोई आकर उसकी मदद कर देता। मीना के इस व्यवहार से आस-पास के लोगों को सबक मिल गया कि उन्हें भी मदद करने के लिए आगे बढ़ना चाहिए।



मान्या सिन्हा

तीसरी 'ब'

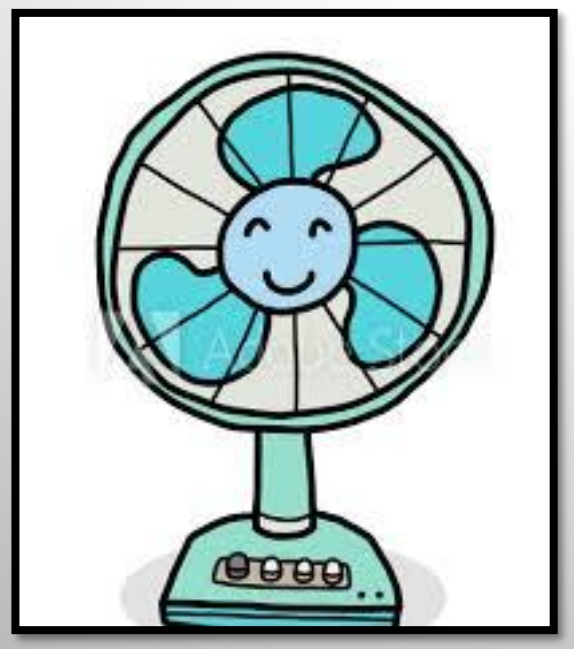


कहानी - दो पंखे

एक लड़का था। उसका नाम था रमेश । एक दिन राहुल रमेश से मिलने उसके घर आया। राहुल ने देखा कि उसके घर में दो पंखे हैं । एक पंखा थोड़ा गन्दा था और एक पंखा साफ था। उसने अपने दोस्त से पूछा, "तुम्हारे घर का एक पंखा साफ है और एक पंखा गंदा?" रमेश को बहुत अफ़सोस हुआ। उसने सोचा, "काश! मैं आलस नहीं करता और दूसरा पंखा भी अच्छे से साफ कर देता, तो आज राहुल मुझ से यह सवाल नहीं करता।" उस दिन रमेश ने तय किया कि वह अब कभी आलस नहीं करेगा और अपनी तथा घर की साफ-सफाई पर और ध्यान देगा ।

शिक्षा- हमें हमेशा मेहनत करनी चाहिए और आलस नहीं करना चाहिए।

नंदिनी यादव
तीसरी 'ब'







स्वच्छता



झाड़ू पोछा अपने हाथ,
स्वच्छता में देंगे साथ।
नहीं करेंगे दूषित कुछ भी,
हर घर, गली, सड़क हो पवित्र।
होगी दूर सभी बीमारियाँ ,
शुद्ध हो तन-मन संग चरित्र।
धरती माँ करो हमें माफ़,
भूमि जल, हवा रखेंगे साफ़ |
कूड़ा डालेंगे कूड़ेदान में,
धरती धमकेगी शान से।
खाते है आज कसम हम,
अब न गंदगी फैलाएंगे,|
निभाएंगे ये कर्त्तव्य हम ,
मिलकर दुनिया चमकाएंगे|

मायरा एंथोनी
तीसरी ' ब '

स्वच्छ भारत, सुंदर भारत, यही है मेरा सपना।
चलो आओ, हम सब मिल के करे सफाई ,
कर्तव्य निभाए अपना।

कचरा फेंकना कूड़ेदान में ,
न फेंकना यहाँ-वहाँ।
तभी तो दिखेगा सबसे प्यारा,
सुंदर मेरा ये भारत जहाँ।

आओ मिलजुल कर करें हम सब सफाई,
पर्यावरण को स्वच्छ रखने में है हम सबकी भलाई।

ईशान्वी गुठे
तीसरी ' अ '



पृथ्वी है अनमोल



पृथ्वी है गोल-गोल, नहीं है इसका कोई मोल|

कितनी चीज़े हमको देती , फिर भी हमसे कुछ नहीं लेती|

कलयुग में लोगों ने इस पर कितना प्रहार किया,

लोगों ने पेड़, पौधे, जीव-जंतुओं का संहार किया।

फिर भी यह सब कुछ सहती, हमको कुछ नहीं कहती।

पृथ्वी है अनमोल, मान लो लोगों इसका मोल,

जल ,पृथ्वी पर है सबसे अनमोल रतन,

लोगों, नहीं कर सकते तुम इसका हनन ,

मान लो मेरा ये कहना, पृथ्वी के लिए करो जतन|

राशिका चौहान
पाँचवी ' अ '



नया दौर

मेरे जीवन में आया कोरोनाकाल है, कुछ ही दिनों में हुआ सबका बुरा हाल है,
यह मानव की गलती है या प्रकृति का पलटवार है, हर तरफ़ देखो तो लगा आपातकाल है।
माँ जब सुबह उठ रसोई में जाती, मैं उनके संग काम में उनका हाथ बँटाती,
जब मैं रोटियाँ बेल कर देती, माँ बड़े प्यार से उन्हें सेंकती ।
पापा के जोगिंग शूज़ मैं साफ़ करके देती,दीदी को सुबह उठाकर मैं चादर तह करती,
फिर कपड़े धोने में मैं मम्मी की मदद करती,सूखे कपड़े उठाकर मैं उनको भी तह करती।
पापा-मम्मी के मोबाइल चार्ज करने रखती, पापा बाज़ार जाते तो उनके साथ जाती,
बाहर से लौटती तो साबुन से हाथ भी धोती,
इस बीच, समय के अनुसार मैं अपनी ऑनलाइन कक्षा में पढ़ाई-लिखाई करती ,
दीदी को पढ़ाई के बीच नाश्ता भी देती, फिर अपनी किताबों और गृहकार्य में खो जाती।
परिवार के साथ मस्ती का भी खूब समय मिला,
शायद लॉकडाउन में रहने का यह था अच्छा सिला।

अदवैता
तीसरी ' अ '



मेरा अनुभव

लॉकडाउन जब शुरू हुआ था तो किसी को कुछ भी नहीं पता था कि क्या करें? सारे स्कूल और ऑफिस बंद कर दिए गए। तब हमारी ऑनलाइन कक्षाएं शुरू हो गई। हम सब घर से ही पढ़ने, लिखने और सीखने लग गए | तब मैंने सोचा कि इस समय का सही सदुपयोग करना चाहिए। तब मैंने कुछ अलग तथा नया करने का विचार किया। मैंने इस समय के दौरान पेंटिंग, कविताएँ लिखना और व्यायाम करना शुरू किया, जिसकी वजह से धीरे-धीरे मेरे कामों में निखार आता चला गया और मैं बेहतर होती चली गई। इस लॉकडाउन की वजह से मैंने अपने आप को पहले से बेहतर बनाने का एक सफल प्रयास किया। कठिन समय में निराश ना हो कर, हमें उसमें अच्छाई ढूँढ कर सीख लेनी चाहिए। मुझे यह अनुभव जीवन भर याद रहेगा।

साराह जैन
तीसरी ' अ '



निराशा में भी आशा

देखते-देखते बीत गया एक साल
कोरोना ने बिछाया ऐसा जाल
जैसे छाया हो कोई काल
पूरी दुनिया हो गई बेहाल
यादों के सहारे बीता यह साल

बहुत याद किया दोस्तों को
किताबों से भरे स्कूल के बस्तों को
स्कूल के कपड़ों और जूतों को
खामोश पड़े स्कूल जाते उन रास्तों को

बहुत याद आई स्कूल घंटी की टन-टन
दोस्तों की अन-बन
कक्षा की चहल-पहल
शिक्षक की डांट और प्यार
संगीत की कक्षा में बजते गिटार
यही तो था हम बच्चों का संसार

पर होती है, हर बुराई में अच्छाई भी
सीखा कोरोना काल में बहुत कुछ नया भी
टेक्नोलॉजी के बारे में कुछ नया जाना और पहचाना
टेक्नोलॉजी ने कई बार हमें स्कूल में होने का एहसास दिलाया भी
टेक्नोलॉजी के सहारे नही रुकी पढ़ाई और लिखाई भी|

सौम्या सिंह
सातवीं ' स '



लॉकडाउन की सीख

इन दिनों मैंने बहुत कुछ जाना,

बहुत देखा और बहुत कुछ पहचाना,
सीखा मैंने चाय बनाना कैसा होता है,
समझा परिवार का साथ निभाना क्या होता है।

शाम को योगा सीखा,
शांति की सीख मिली,
फिर खाना खाकर जल्दी सोने पर,
आराम की नींद मिली।

एहसास हुआ मैं
क्या-क्या कर सकती हूँ,
पता चला कि मैं मुश्किल दिनों को भी सह सकती हूँ,
अब मालूम हुआ घर कितना प्यारा है,
अब मालूम हुआ यह घर अपना रखवाला है।

अपने घर में रहकर ही,
खुशी हुई की ये जंग जीत ली,
इन दिनो बहुत कुछ समझा,
सीखा और पहचाना।

पावनी रौथण
छठी 's'



लॉकडाउन पर मेरा दृष्टिकोण

किसे पता था यह सब होगा?
किसने सोचा था कि हम घर में कैद हो जाएंगे?
किसे पता था कि सड़कों पर खेलने की जगह,
गली-मोहल्ले ही सुनसान हो जाएंगे?

लॉकडाउन में थोड़ा कष्ट सहना तो पड़ा,
पर सोचो जरा क्या-क्या करने का समय मिला!
चित्रकला, बागवानी, या हो पाक कला,
हर कौशल को सीखने का भरपूर अवसर मिला।

जीवन में अवांछित परिवर्तन आ तो गए,
जीवन शैली का मार्ग भी बदल गया,
पर मन में सकारात्मक विचार व दिल में मददगार भाव लिए,
हम आखिरकार कोरोना वायरस महामारी से जीत ही गए !!

हमें लॉकडाउन को केवल नकारात्मक नजरिये से ही नहीं, बल्कि सकारात्मक दृष्टिकोण से भी देखना चाहिए। लॉकडाउन के, हमारे जीवन पर नकारात्मक प्रभावों के बारे में बात करना गलत होगा।
लॉकडाउन हमें अपने परिवारों के और करीब ले आया है। हमें अपने शौक को पूरा करने का अवसर दिया है, जो हम चाहते थे, हमें वही तो मिला !!
स्कूल बन्द हो गये, घर से पढाई की, और क्या चाहिए था हमें? इस संदर्भ में लॉकडाउन ने हमें यह भी सिखाया है कि हमारे पास जो भी है, हमें उसमें खुश रहना चाहिए!

तन्वी विग
सातवीं ' स '



2020-2021 की डायरी

मेरा नाम सुहानी है यदि आप मुझे इस वर्ष का वर्णन करने के लिए एक शब्द में कहेंगे तो मैं कोरोना वायरस या लॉकडाउन कहूँगी ।

मेरे पहले 21 दिन किसी स्कूल की तरह नहीं थे, कोई अध्यापिका नहीं, कोई पढ़ाई नहीं, कोई गृहकार्य नहीं था । हर रोज देर से उठना, सोना, खाना मानो जैसे सब अचानक से बदल ही गया हो । एक महीने बाद जब मैंने ऐसे बच्चों को देखा जिनके पास सुविधाएं न होने के बावजूद भी वे कुछ न कुछ करने में लगे हुए हैं तो मैंने उनसे प्रेरणा ले कर स्वयं में बदलाव किया l उस दिन से मैंने भी नई–नई गतिविधियाँ करना शुरू किया । मैंने भी कामों की सूची बनाई जो मैं घर पर आसानी से कर सकती थी और सामान की सूची बनाई जो मेरे घर के आस-पास आसानी से मिल सकते थे l घर पर रहने और नियमों का पालन करने के कारण मैंने ये गतिविधियाँ की, कुछ महीनों के बाद मैंने स्वयं में एक सकारात्मक बदलाव पाया |
याद रखना हर समय एक सा नहीं होता लेकिन हम चाहें तो खुद में मौजूद प्रतिभा को पहचान आगे बढ़ सकते हैं |

यदि आप अगले अनुच्छेद को पढ़ेंगे तो आप समझ जाएंगे कि दुनिया को वास्तव में कोरोना ने क्या सिखाया ?

इस कोरोना काल ने हमें सिखाया है कि हम सभी अपने धर्म, संस्कृति, रीति-रिवाजों के साथ भी एक ही हैं, चाहे हम ग़रीब हों या अमीर,वायरस जात और पात नहीं देखता । इसने हमें सिखाया कि हम सभी को एक साथ रहना चाहिए। बहुत से लोग कोरोना के कारण डरे हुए थे । परंतु सभी ने कोरोना पर बने नियमों का पालन कर एकता का परिचय दिया। यह हमें याद दिलाता है कि हम एक हैं। ध्यान देने योग्य मुख्य बात यह हैं कि हमें परमात्मा के द्वारा दी गई वस्तुओं से खेलना नहीं चाहिए बल्कि प्यार करना चाहिए । आइए, हम अपनी पृथ्वी के प्रति सचेत रहें और दयालु बनें ।

सुहानी गुप्ता
सातवीं 'स '



जीवन में बदलाव

कोरोना काल को संतोष का काल कहना गलत नहीं होगा क्योंकि इस मुश्किल समय में प्रत्येक व्यक्ति ने बंद घर में रहते हुए अपनी ज़रूरत को सीमित करना सीख लिया है। बच्चों से लेकर बड़ों तक ने अपनी जीवन शैली में परिवर्तन कर लिया। बंद घरों में रहते हुए भी लोगों ने इंटरनेट की मदद से बहुत सी कलाओं को सीखा लिया। बच्चों ने तो ऑनलाइन कक्षाओ के साथ-साथ कोडिंग(संकेतीकरण), चित्रकारी, नृत्य तथा अन्य कलाओं को सीखा है। वहीं महिलाओं ने घर बैठकर पाकशाला में निपुणता हासिल की। बुजुर्गों ने बगीचों में समय न बिताकर अपने घरों में नाती पोतो के साथ समय बिताया। उनको खेल-खेल में कई रचनात्मक चीज़े सिखाई जिससे उनका नैतिक विकास हो सके। इस प्रकार कोरोना काल समय जिस तरह बहुत सी मुश्किलें लेकर आया पर साथ-साथ वह हमारे जीवन में कई अनगिनत सुखद परिवर्तन भी लाया।

कली बेदी
आठवीं ' स '



मन कहता है

निकलें न बाहर
वातावरण संक्रमित है
हतप्रभ है जन-जन
देश में विदेश में
छाया बदलाव है

मानवता का संदेश है
तन-मन और जीवन को
नए रास्ते पर लाना है
"घर में रहो, निकलो न बाहर"
यही जीवन का अब मंत्र है|

मायरा आनंद
आठवीं 'स'



दैनिक जीवन में पर्यावरण सक्रियता

आओ हम सब करें एक प्रण,
जलवायु को न होने देंगे परिवर्तित ।

हमारे आस पास की सभी वस्तुएँ प्रकृति के अनोखे जाल का हिस्सा है। तरह-तरह के जीव प्रकृति में कैसे रहते हैं और एक-दूसरे पर उनका क्या असर होता है इसी अध्ययन को पारिस्थितिकी (यानी इकोलॉजी) कहते हैं। प्राकृतिक आवासी को जीव-तन्त्र कहते हैं। इनकी भी विशेषताएँ होती हैं लेकिन क्या हम इकोलॉजी और इस जीव-तंत्र को सम्भालने के लिए कुछ करते हैं?

हमे अपनी मिस वर्ल्ड को बचाना होगा। यह मानुषी चिल्लर या एश्वर्या राय नहीं है। यह हमारा संसार है जिसके काले बाल बादल हैं जिनसे बारिश होती है। उसकी आँखे बड़ी प्यारी सी नीले रंग की हैं जो समुन्द्र है और उसके कपड़े हरे रंग के हैं जिस पर सुन्दर-सुन्दर लाल, पीले, हरे, नीले, गुलाबी आदि रंगो के फूलों वाली लेस है। वह बहुत सुन्दर है।

परंतु अब उसके बादल वाले बाल धुएँ से भर रहे हैं जिनसे रसायनिक वर्षा हो रही है, उसकी आँखे गन्दी हो रही है क्योंकि समुन्द्र में कचरा ही कचरा भर गया है और उसके कपड़े भी गंदे हो रहे है क्योकि पेड़-पौधों से भर जंगल तो मरुस्थल में बदलता जा रहा है।

मानव प्रकृति का सबसे बड़ा विकसित प्राणी है। मानव की गतिविधियों से प्रकृति का सन्तुलन बिगड़ रहा है। हमे आकृति के बदलने से पहले कुछ करना होगा। इस कोरोना काल के दौरान, जब हम सभी अपने घरों में बंद थे, तब हमने पृथ्वी के वास्तविक और सुंदर रूप को देखा, जिसमें बहुत अधिक प्रदूषण नहीं था और पृथ्वी बहुत अधिक आकर्षक दिख रही थी। कोरोना अवधि के दौरान, हम सभी को पता चला कि अगर प्रकृति में मानव जाति का कम हस्तक्षेप होगा, तभी पृथ्वी बेहतर तरीके से निवास कर पायेगी। और अगर पृथ्वी बेहतर स्थिति में होगी, तभी हम बेहतर स्थिति में रह पाएंगे और एक अच्छा जीवन जी सकेंगे।

नव्या आहुजा
नवी ' ब '

कल रात सपने में आया कोरोना

कल रात सपने में आया कोरोना ,उसे देख जो मैं घबराया, तो वह मुस्कुरा बोला

मुझसे डरो ना .....

उसने कहा- कितनी अच्छी है तुम्हारी संस्कृति, ना चूमते ,ना गले लगाते,

दोनों हाथ जोड़कर स्वागत करते।

मुझसे डरो ना .....

कहाँ से सीखा तुमने रूम स्प्रे, बॉडी स्प्रे?

पहले तो तुम धूप, दीप, कपूर, अगरबत्ती और लोबान जलाते थे,

वही करो ना,

मुझ से डरो ना.....

शुरू से तुम्हें सिखाया गया, अच्छे से हाथ पैर धोकर घर में घुसो,

मत भूलो अपनी संस्कृति, वही करो ना,

मुझसे डरो ना .....

उसने कहा -सादा भोजन उच्च विचार, यही तो है तुम्हारे संस्कार,

उन्हें छोड़ जंक फूड के चक्कर में पड़ो ना,

मुझसे डरो ना .....

उसने कहा शुरू से ही प्रकृति ने पाला पोसा, प्यार दिया,

रक्षण की है तुम्हारी संस्कृति, उसका संरक्षण करो ना

मुझसे डरो ना .....

कल रात मेरे सपने में आया करोना ,

बोला मुझसे तुम डरों ना।

सुमन कंवर

(अभिभावक)



कोरोना वायरस: अभिशाप या वरदान

कोरोना वायरस एक अभिशाप नहीं परन्तु एक वरदान है।कोरोना वायरस महामारी ने हमे कई चीज़े सिखाई। साल २०२० में मैंने बहुत सी नई बातो को जाना और अपने जीवन में उन्हें अपनाने की कोशिश करी। दृढ़ता , धीरज, कृतज्ञता और कई ऐसे मूल्यों को और अच्छे से समझा जो पहले सिर्फ शब्द लगते थे। सबसे पहले मैंने यह सीखा कि हमे हर छोटी चीज़ के लिए ईश्वर को धन्यवाद कहना चाहिए। मेरे और मेरे परिवार के ऊपर छत है, खाने को अन्न है , पहनने के लिए वस्त्र है इन सभी का महत्व अब कहीं और बेहतर समझ आया। कोरोना काल सभी मनुष्य के लिए कई सबक लेके आया । उनमें से एक परिवार के साथ समय बिताना , उनको और अच्छे बेहतर तरीके से जानना, एक सकारात्मक पहलू था । मैंने अपने परिवार के साथ खूब अच्छा समय बिताया । इस बार अपने आप के लिए भी समय निकाला और अपने आप को अच्छे से पहचाना। अपनी रुचियों को समय दिया जो शायद मैं भूल सी गई थी । इसके अलावा मैंने कई नई आदतों को अपनाया। स्वास्थ्य का ध्यान रखा , बागवानी सीखी , पशु - पक्षियों को चारा खिलाया, संगीत सीखा और चित्रकारी भी करी। कोरोना ने हम सभी को अलग अलग चीज़ों में विकास करवाया है। इस साल मैंने एक ऐसी चीज़ में तरक्की भी करी जिसके बिना अब किसी का कोई काम नहीं बनता- प्रौद्योगिकी । इसमें मैंने कई नई चीज़े सीखी और मेरे साथ मेरे पूरे परिवार को भी सिखाया । इंटरनेट और कंप्यूटर पर सिर्फ हमने चर्चा सुनी थी लेकिन अब दैनिक जीवन में इसे बखूबी सीखा। छोटे बच्चो से लेकर बड़ों तक सबने इसका खूब सदुपयोग करा। पढ़ाई से लेकर खरीदारी तक सबने इसका खूब फल पाया। इससे छोटे से छोटे और बड़े से बड़े बच्चो की शिक्षा पूरी हुई। एंटरटेनमेंट से लेकर नियुक्ति तक सब इंटरनेट का ही खेल बन चुका है। यह साल हमने ऐसे मूल्य सीखे जो शायद हमने ना कभी भूत काल में सीखे थे और ना ही कभी भविष्यत काल में सीखने का अवसर मिलता। यह साल कई नए मूल्य सीखा गया जो शायद कहीं गुम हो गए थे।

वैष्णवी रावत
दसवी स

महा – महामारी की सीख



उसने यह दुनिया बनाई
तुमने अपनी मर्ज़ी चलाई,
यदि नहीं बनोगे स्वार्थी,
वासुदेव बनेंगे सारथि ।।

सुलझ गई रिश्तों की डोर,थी जो उलझी,
पहली बार परिवार का महत्व मैं समझी ।।
कुदरत से सीख मिली,
कई मुस्काने फिर से खिली ।।

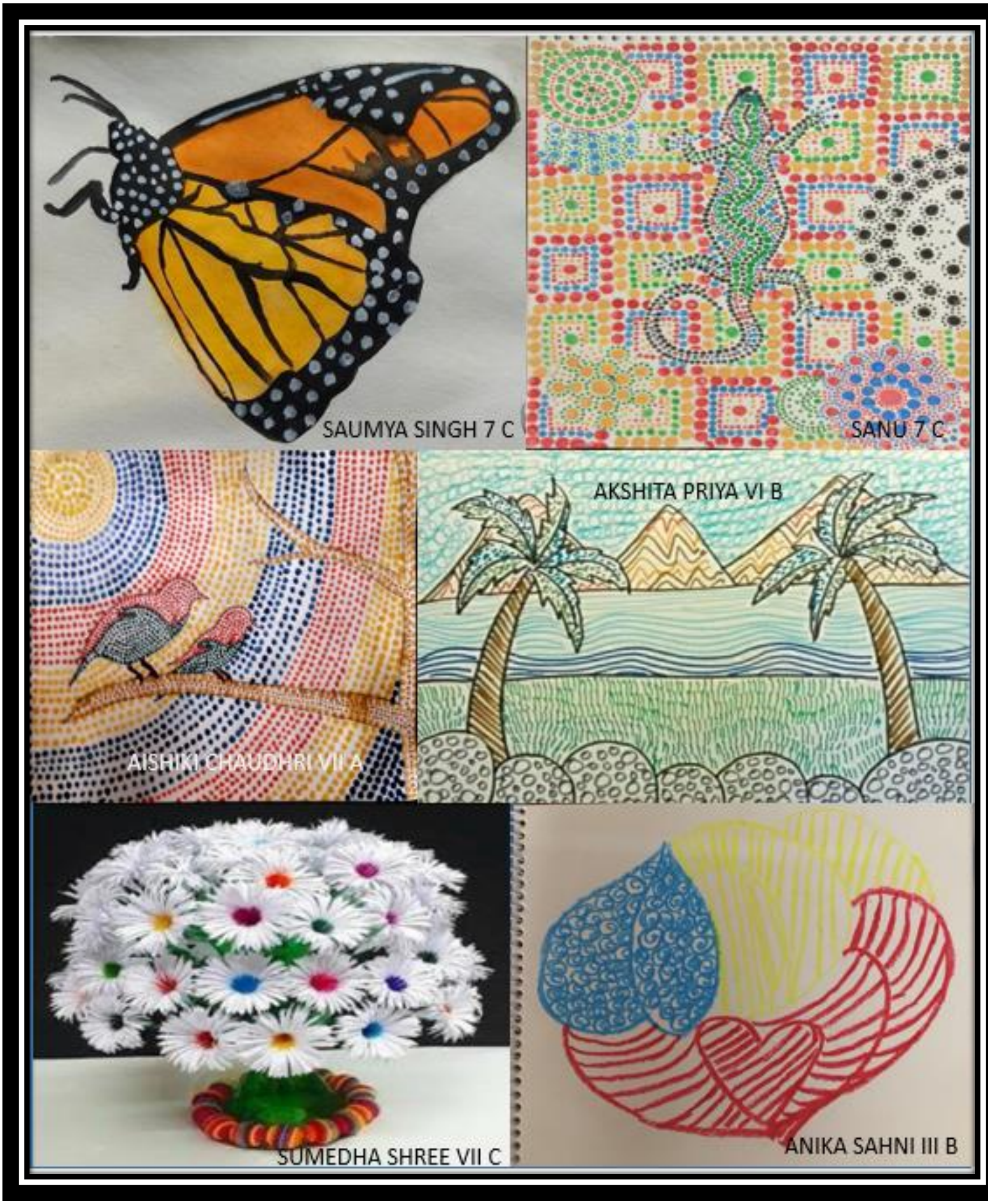
हर पल परिवर्तित प्रकृति सुखद ,
बन रही है समस्या दखुद ।।
कारण इसी जन्मी कोरोना,
अब सतर्क मनुष्य को है होना ।।

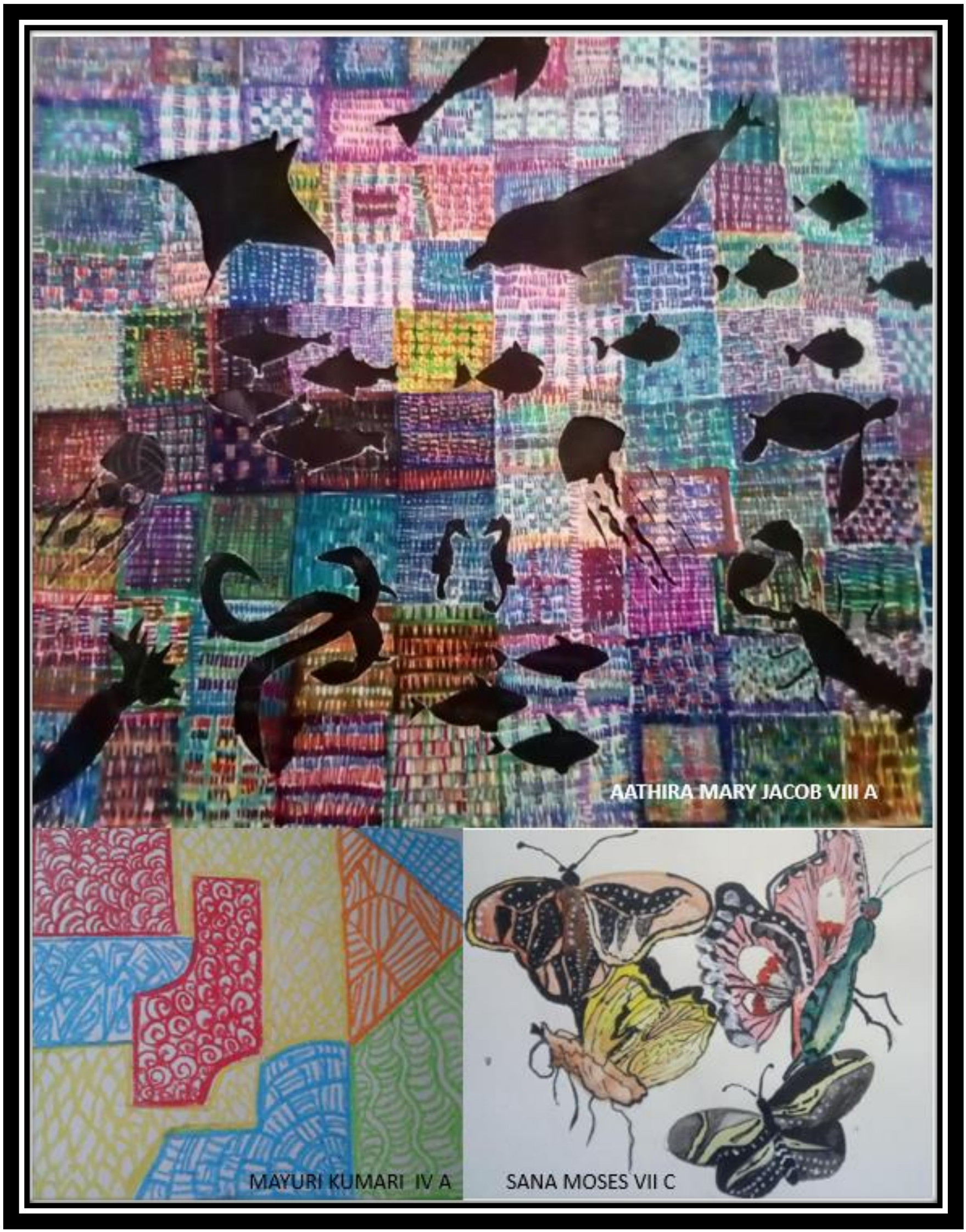
मनुष्य ने की पशु प्रवृत्ति ,
दूषित की सुहानी प्रकृति।।
मत करो लालच, लालच है बुरी बला
महा महामारी का कोरोना फल है मिला ।।
मत करो भ्रष्ट अपनी बुद्धि,
बंद करो स्वार्थिसिद्धि ।।

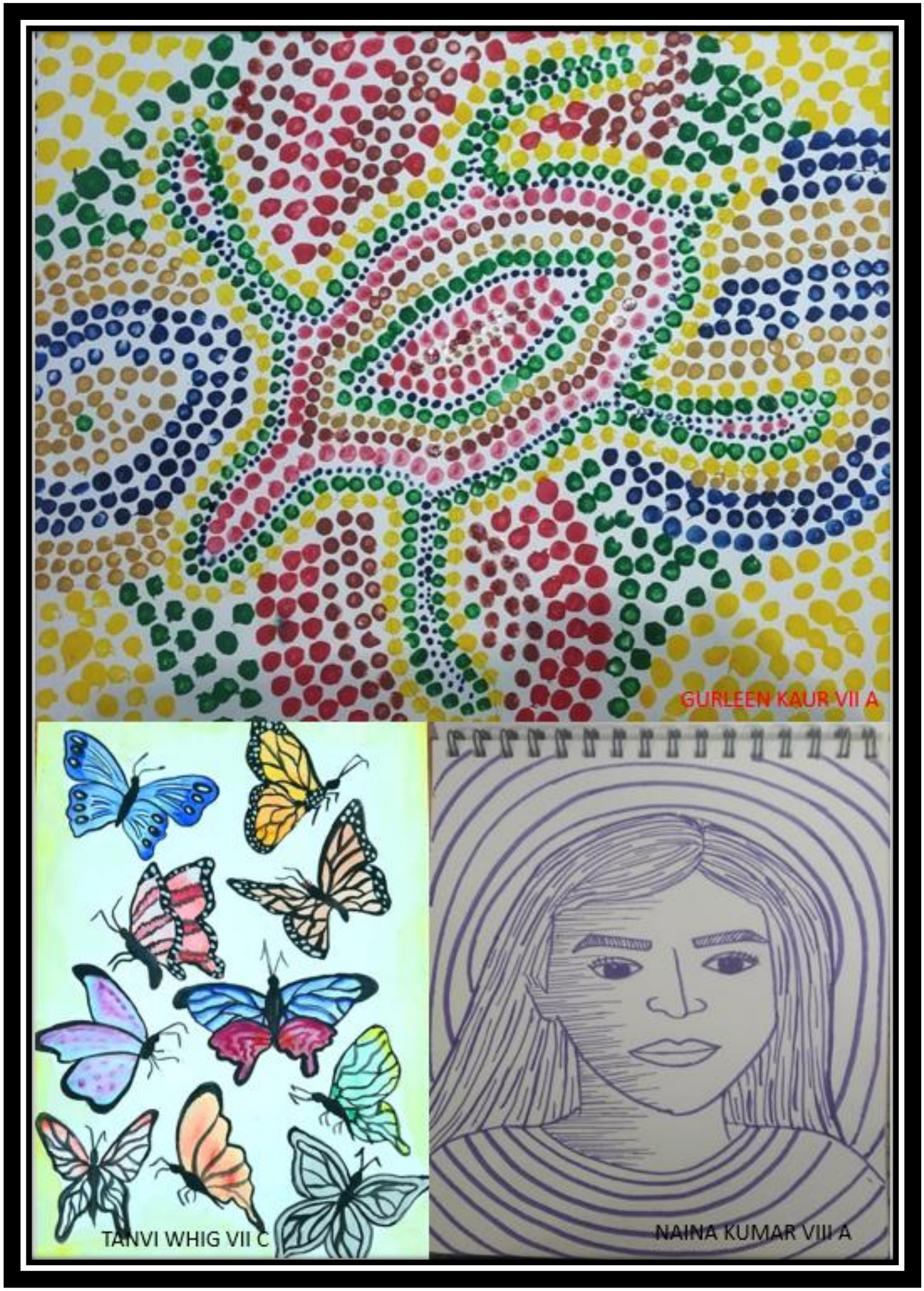
व्यक्तिगत स्वच्छता और शारीरिक दूरी बनाएं,
आओ कोरोना को मिलकर हराएं।।
तोड़ दो मज़हब, जाती, धर्म की दीवारें ,
आओ ! अपनी धरती को सवारें।।
सर्वोपर 'मैं' की भावना को छोड़ो,
एकजुट होकर कोरोना से लड़ो ।।

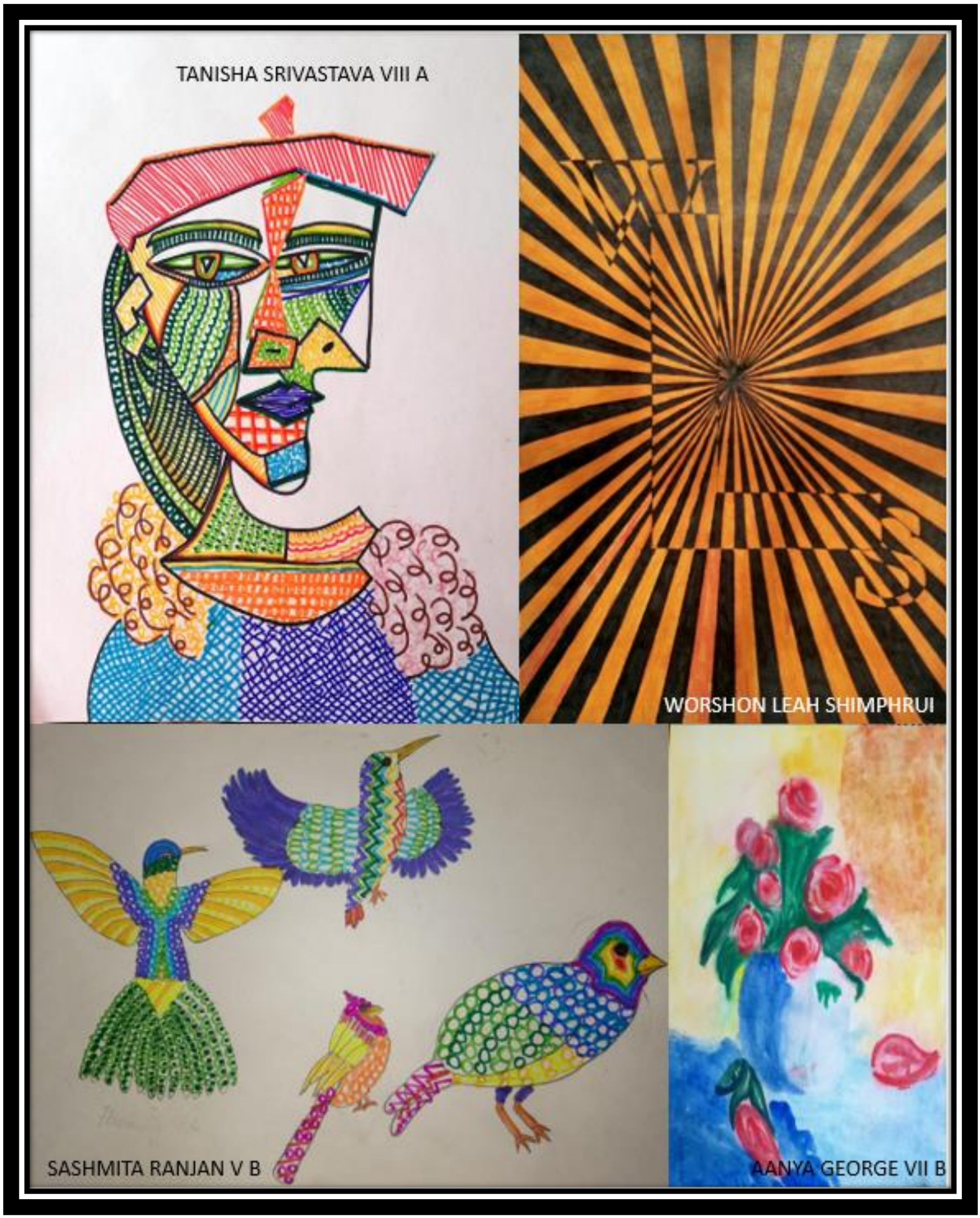
– कुंजल कुमारी,
दसवी–स

Art Corner


SAUMYA SINGH 7 C
SANU 7 C
AKSHITA PRIYA VI B
AISHIKI CHAUDHRI VII A
SUMEDHA SHREE VII C
ANIKA SAHNI III B


AATHIRA MARY JACOB VIII A
MAYURI KUMARI IV A
SANA MOSES VII C


GURLEEN KAUR VII A
TANVI WHIG VII C
NAINA KUMAR VIII A


TANISHA SRIVASTAVA VIII A
WORSHON LEAH SHIMPHRUI
SASHMITA RANJAN V B
AANYA GEORGE VII B

TEHREEN NASIR XI B

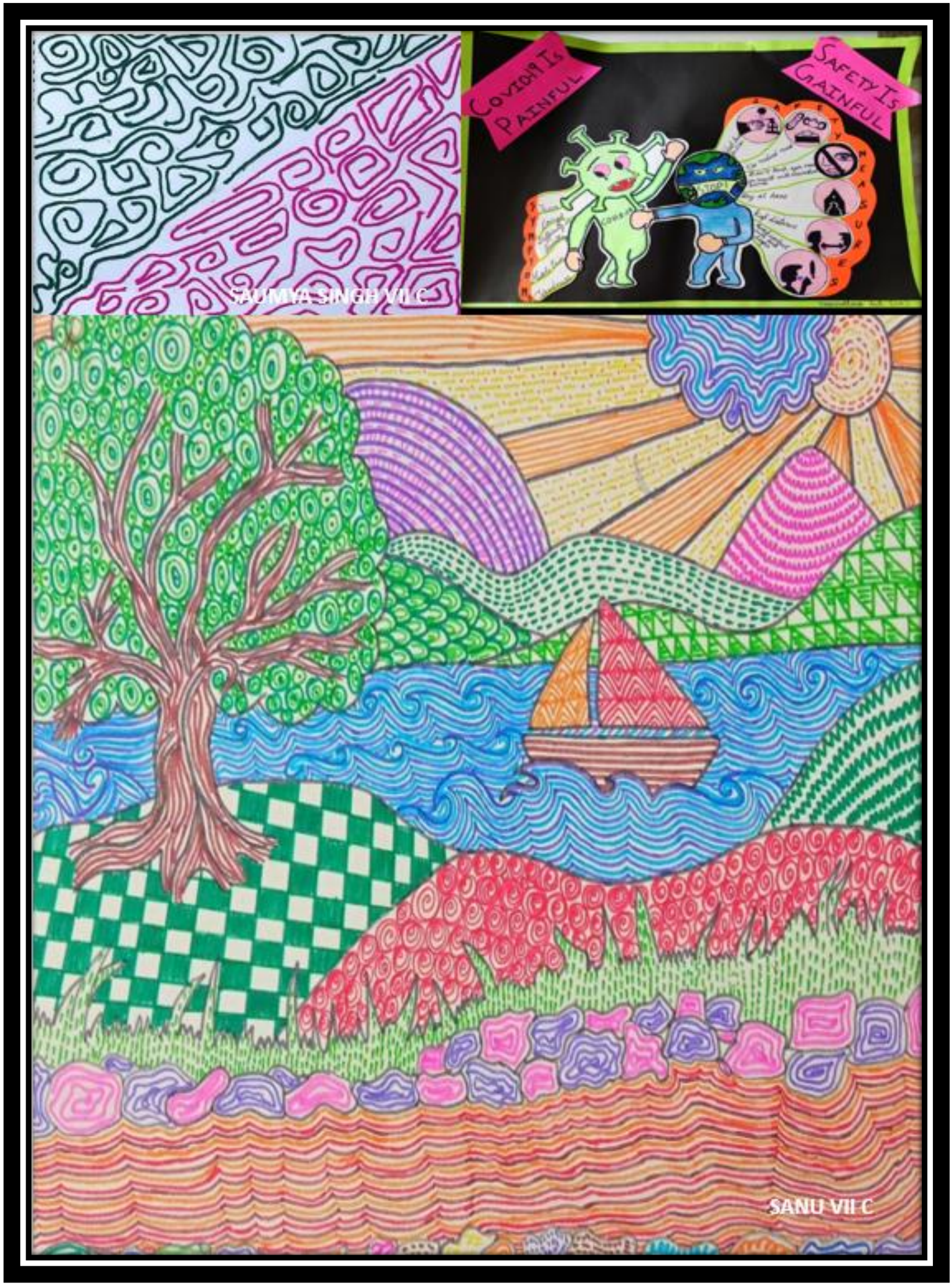


Rakshma Singh Class 2A





Myra Anand VIII


COVID19 IS PAINFUL
SAFETY IS GAINFUL
SAUMYA SINGH VII C
SANU VII C





UNTIL WE MEET AGAIN....