



Lockdown Diaries

Editorial Team



Ms. Jacob



Ms. S. Joseph



Ms. Manchanda



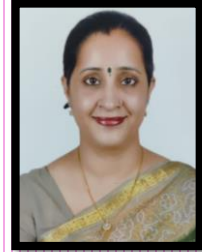
Ms. Jamesina



Ms. Desouza



Ms. Bhanwala



Ms. Pental



Ms. Mehrotra



Ms. Saini



Ms. Sonia



Ms. Drishty



Ms. Vijeta



Ms. Suman



Commit your work to the Lord, and your plans will be established.

Proverbs 16:3

From the Editor's Desk

It is with humility and gratitude that we present the first issue of our e-magazine, Loreto Delhi Digitales. This year has taught us to re-invent ourselves in more ways than we could ever have imagined be it personal, professional, social or even emotional.

The name for this issue, Lockdown Diaries, has been aptly chosen as it attempts to chronicle the journey of our adapting to this way of life. One of the most profound statements made in the movie 'Jurassic Park' is "Life will find a way." How true it is, that we have turned this period of adversity into an era of opportunity. Many of us have evolved into poets, painters and perfect artists.

This issue also presents the paradox of how the confines of a small device have opened up a plethora of possibilities of teaching and learning. This paradigm shift has introduced the students and teachers alike to new avenues, adventures and abilities. What we have endeavoured is to capture a panoramic view and to encapsulate the musings and learnings of all.

We wish to place on record our gratitude to our principal, Sr. Monica Rozario. Surely led by God, she chose us, motley of teachers with a myriad of abilities to form this Editorial Team, a cohesive, concurring concoction, if we may. For this, we are ever so grateful.

Above all, we thank the Almighty for being with us throughout this venture. We commit this, our venture into His loving hands and pray that He continue to guide us through the future issues of ***Loreto Digitales***.

THE EDITORIAL TEAM



Whatever you do,
work heartily, as for the Lord
and not for men.

Colossians 3:23

From the Principal's Desk



Congratulations to the e-magazine team in their effort to bring the school together on the virtual platform with the initiation of the quarterly school e-magazine Loreto-Delhi Digitales. What started as merely an idea has come to fruition because of the prayerful wishes of all, and the relentless efforts of the team of teachers through the pandemic.

Living through this pandemic has made us learn a lot of lessons, the biggest of all, to be grateful to the Almighty. We can never thank Him enough for keeping us alive, safe and healthy. When there were so many cases around us, is it not Divine Grace that is seeing us through? We have also learnt to introspect, reflect and value the people around us. Providence has made it possible for us to be humane in all that we do. We have learnt that humans are not superior and they are a part of the environment and it is high time we responded to the call of our duty to nature. Our lives, which had been brought to a standstill, will soon pick up pace. But in doing so, let us remember to use every day to enrich our lives, our relations and renew our faith in humanity.

I must record appreciation for the way in which the teachers and students adapted to this new way of life, with such readiness and enthusiasm. This has taught us that no matter what the obstacles, we carry on and conquer.

My personal interaction with practically all the students from middle and senior classes, through the Teams platform, has brought me closer to them than before. It is heartening to know that so many children have composed lovely poems, did art and crafts, made paintings, sketches, learnt cooking, and have learnt foreign languages. I loved listening to them and I am glad that they used their time efficiently and effectively in the quiet confines of the home.

These last few months have also given our planet to recuperate from the onslaught of human interference. It is high time we adopted a new and informed approach to the way we function. Loreto Convent School has always been at the forefront in adopting an eco-friendly approach. May this e-magazine be a torch bearer and a beacon to all sister concerns.

Sr. Monica Rozario
PRINCIPAL



Sr. Antoinette Rodrigues

Sr. Antoinette Rodrigues, the Superior of Loreto Convent School, Delhi, was transferred to Kolkata and proceeded to her next assignment on 23 September 2020 after a three-year tenure in Delhi. May the Lord keep her safe and healthy, and above all, continue to bless her with His love.





Obituary

Let us pay homage to those who served the school till the last and died in harness. The last one year has seen Loreto Convent School through great losses. We lost three members of our staff.

Ms. Lizzy Maria
School Nurse



Ms. Lizzy Maria was the school nurse. She provided immediate medical attention to the students whenever needed at the school infirmary. The students loved her for her friendly nature and comforting words. She will always be remembered for her caring and congenial attitude

Shri Roop Singh
Support Staff



Shri Roop Singh was one of the senior members of the school Support Staff and served the school from August 2008 to February 2020. He is remembered as one who believed in hard work and sincerity.



Obituary

Ms. Priya Nasir
Teacher



What Mrs. Priya Nasir was to Loreto Convent School, Delhi, cannot be captured in a few adjectives or portfolios. She is going to be remembered for any publication, diary, newsletter or magazine, concert, computers or coordinating events. There may hardly be a role that she might not have taken up. Priya's infectious smile, the last imprint on many of our minds, will never fade.

*Let us journey through the virtual world of
Loreto Delhi,
and sojourn at each milestone and musing.*





Happy Retirement



The sweet memories of love and care will dwell in our hearts forever. With hearts filled with gratitude, the Principal, staff and students organised a special online Farewell Assembly to acknowledge the contributions of Ms. Seema Raizada and Mr. Vikram Minhas for their distinguished service of 20 and 32 years respectively. A video recorded assembly was presented on MS Teams to the staff and students on 28 August 2020. The teachers were welcomed with e-cards followed by a virtual lighting of the lamp as the students sang the song 'Ananda loke'. Intercessory prayers seeking blessings of God upon the retiring teachers were said by the students. A clipping of the memorable moments of Ms. Raizada and Mr. Minhas spent in school was showcased. The Principal, Sr. Monica thanked both the staff members for their immense contribution to Loreto and wished them well as they move on to a new phase.



CLASS X

Exemietas

Sweet Smell of Success



**JAPNEET
KAUR JAGGI**
98%



TIA GUPTA
95.8%



**PRAPTI
BHARDWAJ**
95.4%

SUBJECT WISE TOPPERS

English	Japneet Kaur Jaggi, Sonal Verma
Hindi	Japneet Kaur Jaggi, Tia Gupta, Twisha Rajput
Mathematics	Prapti Bhardwaj
Science	Japneet Kaur Jaggi, Aashi Singh
Social Science	Vanalika Kalia
Basic Mathematics	Aadya Mishra
IT	Ritika Willson

CLASS XII



ADITI SHARMA
98.4 %
HUMANITIES



SRISHTI GUPTA
97.8%
SCIENCE



RAINA TOM
95.6%
COMMERCE

SUBJECT WISE TOPPERS

English	Supriya Ann Joseph, Anvita Patra, Nandini Bhusri, Shreeja Raj , Remya Saji, Arushi Nagarkoti
History	Aditi Sharma
Political Science	Aditi Sharma, Christabelle Jibby John
Economics	Raina Tom, Sakshi Tomar
Psychology	Aditi Sharma, Remya Saji, Keerti Kumar Shambhavi Dwivedi
Sociology	Aditi Sharma
Mathematics	Ishika Shrivastava, Srishti Gupta
Physics	Huny Dahiya, Kashvi Singh, Muskan, Remya Saji, Srishti Gupta, Shreeja Raj
Chemistry	Srishti Gupta
Biology	Kashvi Singh, Remya Saji, Srishti Gupta
Physical Education	Navya Kadyan
Business Studies	Raina Tom
Accountancy	Raina Tom
Informatics Practices	Shreeja Raj
Computer Science	Huny Dahiya

Student Council 2020-21



NOVELLE JIBBY JOHN
HEAD GIRL



ESTHER N. HAOKIP
VICE HEAD GIRL



Sonia Xalxo
Sports Vice
Captain



Sabina Kapoor
Sports Captain



Stuti Sareen
Sports Prefect



Tehreen Nasir
Ball House Vice Captain



Liza Ann Desouza
Ball House Captain



Nahal Anjum
Ball House Prefect



Thea Collinson
Hart House Vice Captain



Samiha Kaul
Hart House Captain



Ishita Bhatt
Hart House Prefect



Andrea Mary Domingo
Walsh House Vice
Captain



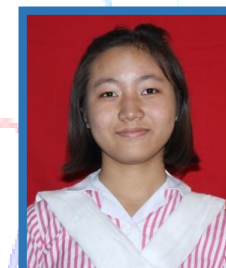
Nikita Peter
Walsh House
Captain



Bhoomika Bajaj
Walsh House
Prefect



Aditi Awasthi
Ward House Vice
Captain

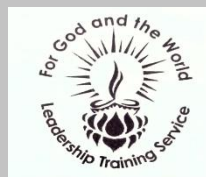


**Mary
Luanthainchung**
Ward House Captain



Devanshi Gahlot
Ward House Prefect

LTS



The new normal has put a halt to the traditional celebrations in 2020. To that effect, the events those are held annually were celebrated on virtual platform.



On the occasion of the International Labour's Day, the LTS Club organised the Support Staff Day on 01 May 2020 to felicitate the members of the domestic staff in school. It was initiated online with thanksgiving messages and handmade cards to acknowledge and appreciate their significant role in the upkeep of the school. On behalf of the staff, Ms. Shreya Bhattacharya, the Music teacher dedicated a song to encourage and to give due recognition to the members of the Support Staff.





A short prayer service was conducted to commemorate the 74th Independence Day of the country. A video comprising of the prayer service and posters, poems and articles by students, highlighting the service of the freedom fighters in pursuit of freedom was uploaded on the school website on 15 August 2020. Despite the lockdown, the students enthusiastically participated in the activities without dampening the fervour of patriotic feeling within them.



INVESTITURE CEREMONY 2020-21

The members of the Student Council 2020-21 were elected online by the students of classes IX-XII casting their votes on 05 October 2020. The winners were announced by the Principal, Sr. Monica Rozario.

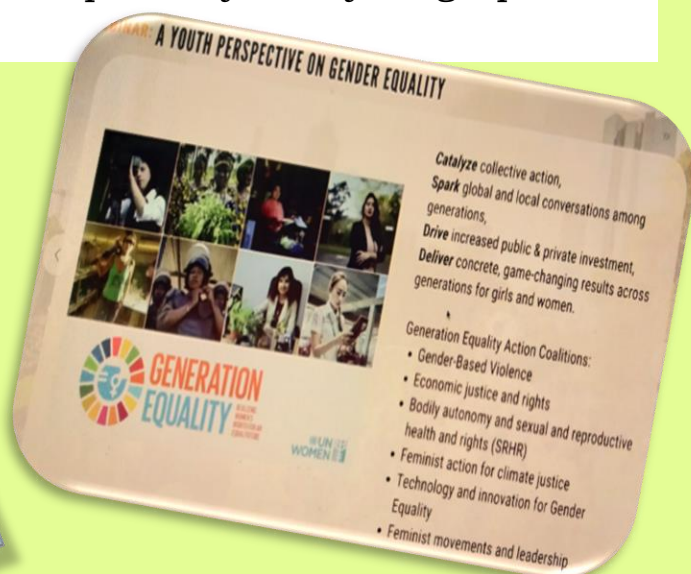
RECEIVE THAT YOU MAY GIVE

JPIC

YOUTH REPRESENTATIVE ON GENDER EQUALITY



The main aim of the webinar was to let youth voice their opinion on the development of comprehensive policy, and in taking effective action towards meeting the needs of the present without compromising the ability of future generations to meet their own needs. The host of the webinar was Ms. Francesca Torcasio Barberis, a Youth Representative for IBVM/CJ at the UN. She was assisted by Ms. Amy Maltz from Loreto Community. It was a global conversation which was inspired by five young speakers who formed the panel.



EARTH DAY CELEBRATION 2020

22 April 2020 was the 50th anniversary of Earth Day. In the midst of the recent COVID -19 global pandemic, our students wholeheartedly participated in the activities and projects to create awareness about the importance of protecting our planet.



LAUDATO SI' CELEBRATION WEEK - WEBINAR

The Mary Ward Sisters and Tarumitra celebrated the 5th Anniversary of Laudato Si' week from 16-24 May 2020. The week-long webinar sessions focused on SDG -13 CLIMATE ACTION- Take Urgent Action to Combat Climate Change and its Impact. The resource people were both religious and layman, and experts in their field of work, sharing their knowledge and expertise with our young students. The topics of discussions were Biodiversity, Act Logically-Impact Globally, Getting down to Earth and Sustainable Living. All the sessions were informative, thought provoking and inspiring. It has motivated our students to take up the challenge to become green warriors.



LAUDATO SI' CELEBRATION WEEK – ACTIVITIES

The Mary Ward Sisters South Asia and Tarumitra as part of the Laudato Si' Celebration Week from 16- 24 May 2020 encouraged young students to participate in various activities and projects to commemorate and remember that 'Mother Earth is our common home.'



WORLD ENVIRONMENT DAY

On the occasion of World Environment Day i.e., 5 June 2020, a Green Webinar was organized where many of our students from class V to class XII participated with a lot of enthusiasm and zeal.



The theme for World Environment Day 2020 is 'Time for Nature'. The key resource people for the session were Ms. Debopriya and Fr. Robert Athickal. The webinar, conducted in two sessions, was followed by a detailed question and answer round. Mrs. Swati Prasanth and Mrs. Monica Saraswat attended the webinar.



LARKS WITH LAURELS



To celebrate World Music Day i.e. on 21 June 2020, an Inter-Class Singing Competition was organized by Music Department, for classes VI to VIII. The theme for the competition was 'Music- Source of Healing'. The larks with the laurels are :



AADYA PHULERA
VIII – B



SIDDHI
VII- B



VARALAKSHMI RAO
VI-B



UN GLOBAL CONVERSATION II

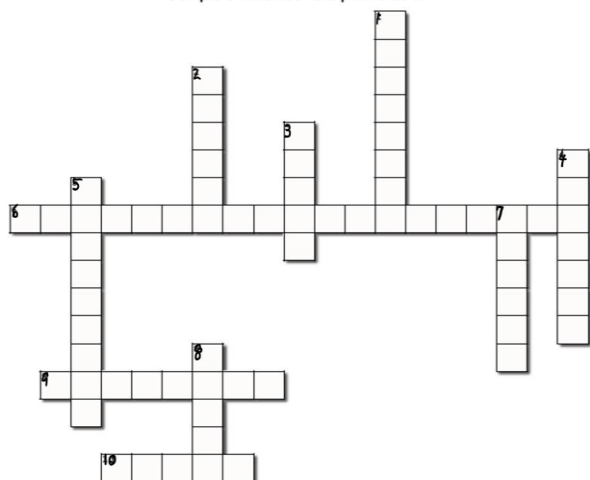
The topic of the session was Recovery from COVID -19, preparedness, building a resilient system and society through the lens of women and girls. Ms. Jyoti Johri, Ms. Veena Desouza and Simran Saini of class XII C participated in the webinar.

IPCC MODEL UNITED NATION ON CLIMATE CHANGE

The programme of IPCC Model United Nations was organised by Loreto, Dharamtala, virtually 29 July 2020. This was the first of its kind as six different task groups from 9 different Loreto Schools across India, formed policies to tackle the ever-increasing problem of climate change. There were two parts of the programme. The first part started with a debate on topics given to them. At the end, all task groups came together and stated their formulated policies and ended with the Final Meet 'Adapt Adopt Aspire'.

LET THE HUNGER GAMES BEGIN!

Complete the crossword puzzle below



Across

6. Rue point out _____ Katniss that lets her get away from the group of Career Tributes
9. Item that Katniss manages to grab at the Cornucopia when the Games begin
10. The first thing Katniss looks for after running from the Cornucopia

Down

1. She dies at the end
2. The name given to tributes from rich Districts who have trained for the Games their whole lives
3. Years before the reaping Peeta gives Katniss _____
4. Name of the character that means a plant with edible roots
5. Training station Peeta excel at ..
7. Thresh who spares Katniss's life is from district _____
8. 'Mockingjay' pin was given to Katniss by

(Answers on next page)

Webinars

LORETO DELHI JPIC ON THE INTERNATIONAL PLATFORM

Loreto Australia and IBVM NGO organized a webinar on the occasion of World Environment Day. Environment captains, leaders and students from all over Australia and India gathered to share a platform and had an enriching experience learning about the environment. Ms. Francesca, the IBVM NGO Youth representative, explained and discussed how important it is for the youth to participate in policy making and refer to the websites of UN environment programme. Anjilica Sardana of class XII A represented our school on the occasion.



WEBINAR ON SOCIAL MEDIA AND ITS IMPACT

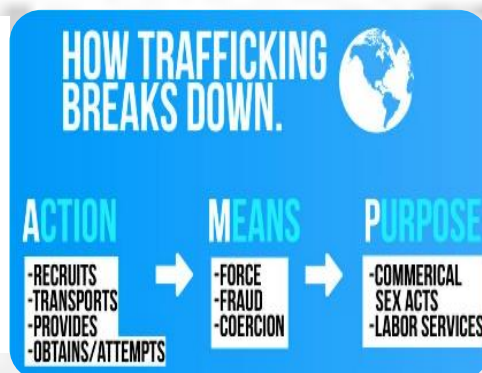
Mary Ward Youth from South Asia held a webinar on 22 June 2020 which was attended by many teachers and novices of Loreto from across the country. Ms Ratna Ranjan, Ms Rose Sebastian and Ms Stella Chakraborty had the opportunity to represent our school Loreto Delhi. The topic of discussion was 'Social Media and its Impact'. The webinar was conducted by Ms. Francesca. She spoke about social media like Facebook and Twitter and how we can use these platforms to voice our opinion, engage in interactive discussions on current and live events.

HUNGER GAMES

1. PRIMROSE 2. CAREER 3. BREAD 4. KATNISS 5. CAMOUFLAGE
6. TRACKJACKER NEST 7. ELEVEN 8. MADGE 9. BACKPACK
10. WATER

ANTI HUMAN TRAFFICKING

Committed to the cause- working on the frontline to end human trafficking, a webinar was organized by JPIC Mary Ward members. The session was conducted by Sr. Pauline and Sr. Adina. Ms. Rose Sebastian attended the session.



INTERNATIONAL YOUTH DAY

On the occasion of International Youth Day, a webinar was conducted on 12 August 2020, on the topic 'Youth Engagement for Global Action'. The webinar was conceptualized by IBVM Global Committee headed by Ms. Francesca Torcasio Barberis. It was attended by the students of Class XII.

UNITED NATIONS

INTERNATIONAL
YOUTH DAY

2020
YOUTH ENGAGEMENT
FOR GLOBAL ACTION

WORLD HUMANITARIAN DAY

A creative activity was designed to commemorate World Humanitarian Day on 19 August 2020. Creativity in the times of COVID -19 included themes like 'Heroes of COVID-19', 'Great Realization during COVID-19', 'COVID-19 and its Impact on Mental Health' and 'Humanity in COVID-19'. The categories for the event were photography or videography, drawing or doodling, and poetry or story writing.



Webinars attended by the staff

The teaching staff of Loreto Convent School Delhi attended a 3-Day webinar on the 'Nuances of Lesson Planning.' The webinar was conducted by Ms. Pongal Punitha, founder of Infini Leaders' Academy, Chennai, an educationist and a motivational speaker.

On Day 1, the webinar focussed on Bloom's Taxonomy and the Cognitive, Affective and Psychomotor domains. On Day 2, the webinar dwelt on the Theory of Multiple Intelligences and its application in Teaching and Learning Methodology. On Day 3, the discussions were focussed on catering to diverse learners, the Power of Positive Words and the importance of writing Learning Outcome in the lesson plan. Ms. Punitha shared a list of educational websites as resources for the lessons, keeping in view that online classes might be inevitable in the future.

Kolkata Guidelines (Loreto Guidelines)

A webinar on Kolkata Guidelines (Loreto Guidelines) was conducted by Ms. Marie Gaspar on 04 July. The webinar was attended by all the staff of Loreto Convent School, Delhi, and was based on a holistic and person-centered approach to education in this institution. Emphasis was laid on teaching students to be competent, not competitive, be agents of social change and the need for teachers to epitomize the values they teach.

CBSE Capacity Building Sessions

CBSE organizes various capacity building and empowerment programmes to update the professional competency of teachers in their respective subjects. The teachers of Loreto Delhi have benefited from these online sessions and are constantly updating their skills in order to enrich their teaching, thereby ensuring that effective learning takes place. At the end of each session, the teachers are awarded e-certificates.

Living the Just Soul

A webinar on 'Living the Just Soul' was conducted on 29 August 2020 for the teachers of Loreto Convent School, Delhi and Loreto Convent School, Shillong. The webinar was conducted by Sr. Sudha Arul, IBVM. The four tenets to be learnt from the life and witness of Mary Ward are to trust in God, forgiving others, loving the poor and to be joyful. Sr. Sudha also explained that holiness in our times would be to follow these: Be joyful; Caring for our Mother Earth; Forgiveness; Reaching Out. The relevance of Mary Ward's life may be perceived today as living **our** lives, but with God as the leader.

Ignatian Pedagogical Paradigm

A two-day webinar on the Ignatian Pedagogical Paradigm was organised for the coordinators and principals of Loreto schools, South East Asia on the 13-14 July 2020 for the enrichment and professional development of the educators. It was attended by the Middle School Coordinator Mrs. Ritu Manchanda and the Junior School Coordinator Mrs. Simi Joseph. The webinar conducted by Father Zenith Williams S.J., covered themes related to Educational Pedagogy by St. Ignatius. For St. Ignatius and for Mary Ward, daily life, the ordinary way of doing things, were viewed as the place where God works. The whole webinar can be summed up in the insight of St. Ignatius of Loyola as ' **Finding God in all things**'.

PLANTATION DRIVE 2020- 21

Amid the COVID-19 situation, the students of Loreto Delhi actively participated in the Tree Plantation Drive. The students planted saplings and seeds in the available space in their balconies or gardens, while ensuring self-protection.

**Loreto Convent School
Delhi**



MONSOON

THE IDEAL TIME TO GROW YOUR OWN GREENS
Join hands and participate in these:



Look for space in your home/garden/vicinity

Grow medicinal plants and vegetables in flower pots in terraces/balcony



Send a photograph, while planting the tree it would be appreciable if you could be in school uniform and speak to enumerate the medicinal or other qualities of the plant in a video not more than 30-40 seconds.



Start with introducing yourself, your class and school name.

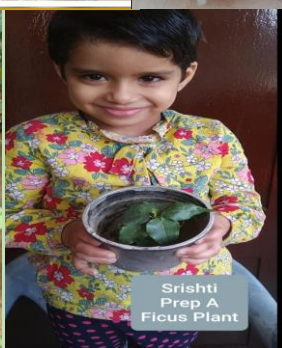
send it to jpicdelhi@gmail.com and inform your class teacher.

Wear masks- stay safe and stay home
Take self protection

Plantation Drive 2020-2021



Plantation Drive 2020-2021



G
r
e
e
n

Mission

V Thanvi
Prep A
Ridge Gourd Plant

Gursheen Kaur
Prep A
Tulsi Plant

Nayonika Lahiri
Prep A
Chilli Plant

Anjani Pachori
Prep A
Tulsi Plant

Alicia Rupak Daniel
Prep A
Aloe vera Plant

Ridhima Dangwal
Prep A
Tulsi Plant

Kavya Pal
Prep A
Mango plant

Srishti
Prep A
Ficus Plant

Paridhi Kashyap
Prep A
Lemon Plant

Prithveeka Tiwari
Prep A
Holy Basil Plant

RELEASE OF UN HANDBOOK

The United Nations Handbook was released by Sr. Sabrina Edwards, IBVM Province Leader, South Asia on 8 September 2020. The booklet is a resource for our students and children worldwide to understand the purpose, aim and the role the UN plays to create a peaceful and humane world.



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The students of Loreto Delhi participated in the event with great enthusiasm and expressed their views in the form of drawings, monologues, paragraph writing and video clips.

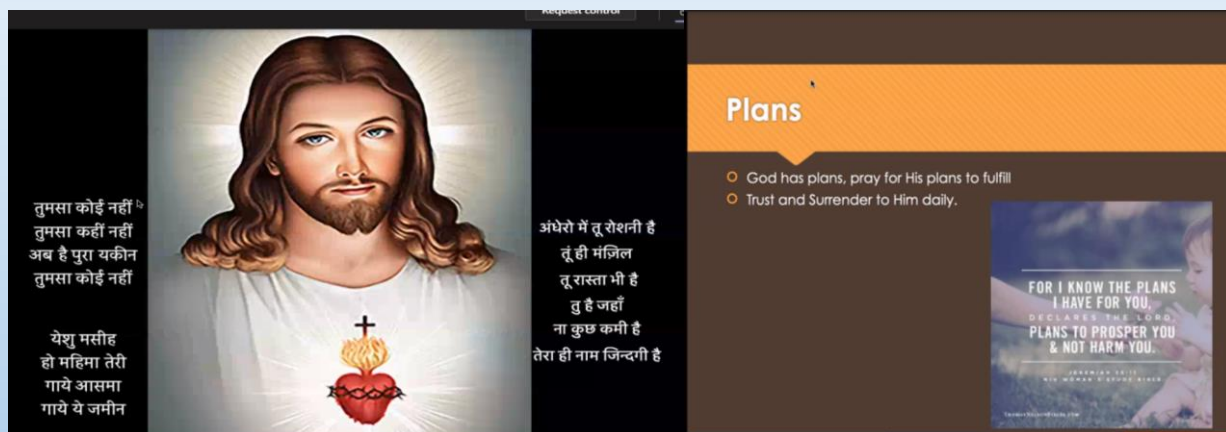


Faith Formation is a very important aspect in the life of a Christian, and Loreto being a Catholic School, it is our endeavour to instill the love for God and love for the neighbour in Catechism children, through our Faith Formation activities.

Numerous activities were conducted for the students on the virtual platform due to the ongoing pandemic. In the month of May, the 'Laudato Si' Week was observed to honour the anniversary of Pope Francis' encyclical on 'Caring for our Common Home'. Catechism students were given the opportunity to tap their talents in the form of singing, art and craft, and presentations highlighting the need to save our Mother Earth.

Videos on Crowning of Our Lady and events of the 'Laudato Si' were prepared.

Through the Faith Formation Group on MS Teams, two Retreats were organized for the students of Classes V to VIII and IX to XII in September and October respectively.



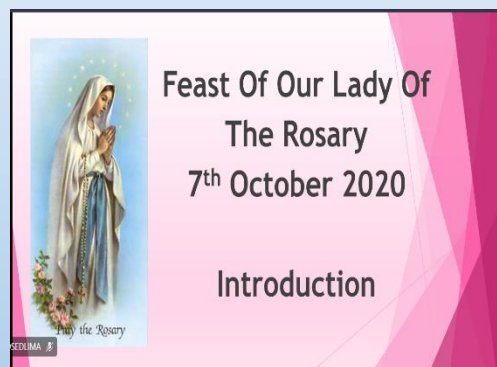
The Catechism teachers attended a Loreto Catechetical Meet hosted by Loreto Kolkata on 24 July 2020. Weekly Reflections on the Sunday Liturgy are uploaded for students, parents and teachers. Faith Formation meetings are scheduled monthly. Bible Quiz on 'Acts of the Apostles' for Classes IX to XII are also conducted monthly.

Catechism students participated in the Diocesan level Inter School Bible Quiz on 9 October 2020 and six students' names have featured in the toppers list namely Esperanza Ranga (VII), Aathira Mary Jacob (VIII), Navya Dua (IX), Maria Teresa Vittal Raj (X), Sandra Shibu and Raima Joseph (XII).



Grace Maria Francis (IX) won the second position in the 'All India Inter School Don Bosco Bible Quiz' held on 11 October 2020.

To commemorate important Feast days, events were organized. The Junior School Catechism students commemorated the Nativity of Our Lady. The other activities held were Online Recitation of the Rosary for Christian Staff, commemoration of the feast of Our Lady of the Rosary, and a Quiz on Saints (V to XII) to commemorate All Saints Day.



Lockdown

Coreto Sports Activities

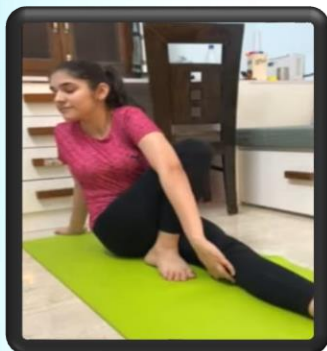
Being healthy is not a goal, it is a way of living. The pain you feel today through physical activities will be the strength you feel tomorrow.

Lockdown did not stop the students from participating in physical activities. Videos for full body workout were shared through e-care for the students to engage in physical activities along with respective demonstrations -Warming up exercises and exercises for lower extremities, Stretching Exercises and Exercises for upper extremities, Core strength exercises. Followed by this, were videos on Zumba and Aerobics for Classes IX to XII, performed by students of Class XII.



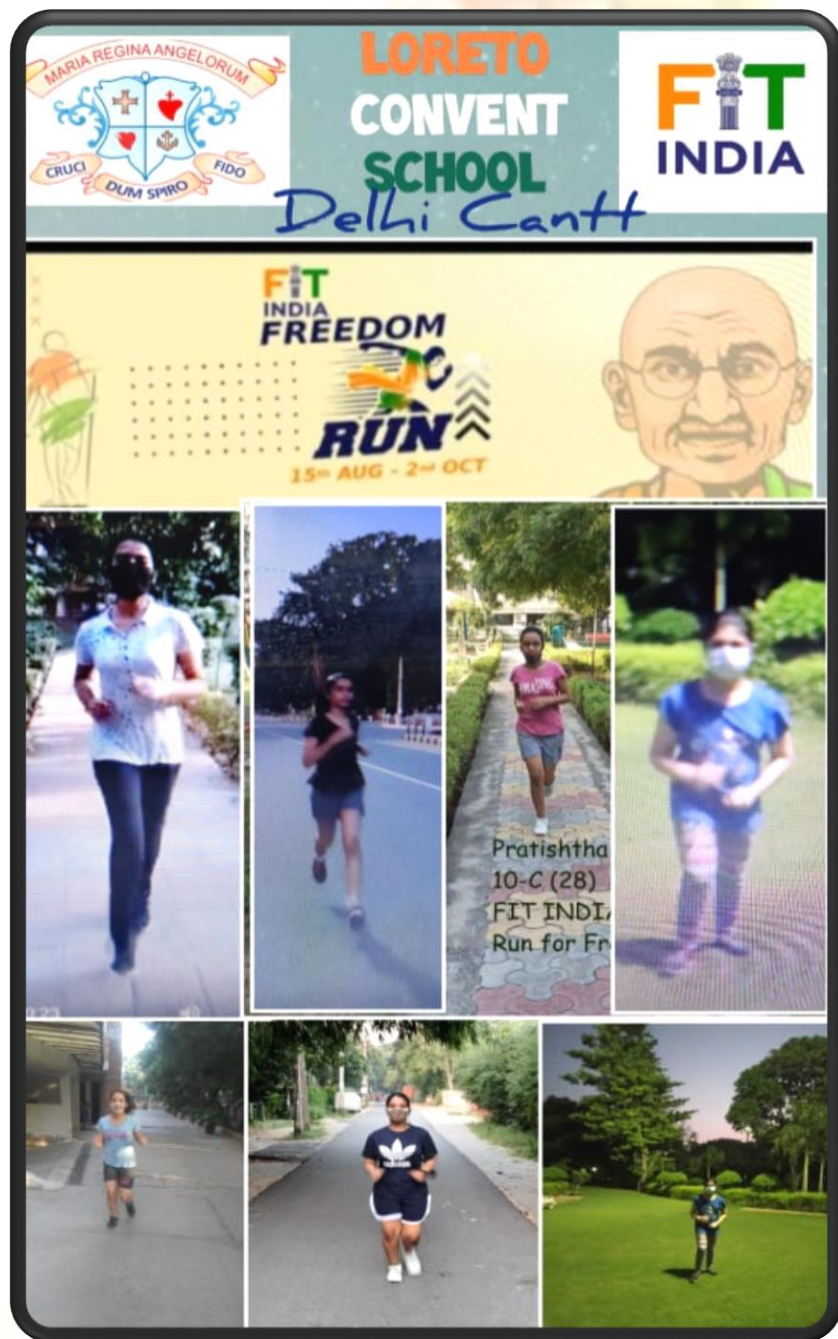
International Yoga Day

On 21 June,
'International Yoga Day'
was celebrated
with the students
organising the
assembly and
presented their
videos of
pranayama and
asanas.



A video on *Fast Walking Workout from Home* was shared on the website, prepared by students of Class XII. Online sessions for Classes IX to XII were held from 31 August to 14 September to assess Health and Fitness in which a 2-minute sequence of physical activity.

The 'National Sports Day' was celebrated on 29 August 2020. Videos for Junior, Middle and Senior sections were uploaded along with quizzes and online games.



From 15 August to 2 October 2020, the school participated in the FIT India Movement: Run for Freedom in which students and family members uploaded videos of their participation. Our school was awarded a certificate for organising 'Run for Freedom' successfully.

As part of the School Week Celebration of this movement, Inter-House activities were organized from 19-25 October.

The activities were Balloon Volleyball, Modified Jumping-Jacks, Balance Development Exercise and Simple Jumping Jacks.

Students from classes VI to XII participated in this celebration to enhance fitness during the lockdown.

Teacher's Day

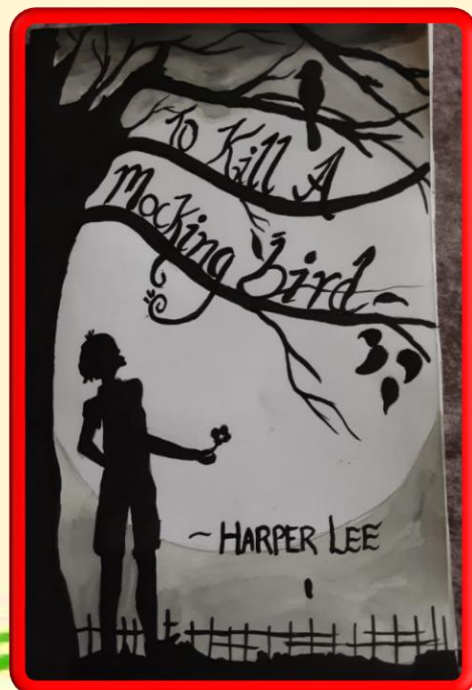
On the occasion of Teacher's Day, the students of Loreto Convent School, Delhi, put up an online prayer service and paid tribute to the teachers with a variety of performances and presentations.



Reading Week

As part of the International Literacy Day, CBSE had decided to observe '**Celebration of Reading Week**' from 8 to 14 September 2020 to promote reading habits among students.

In accordance, the Departments of English and Hindi organised a plethora of activities for the students to rekindle the flame of curiosity and to delve deep into the magical world of books. The wide range of activities included making of comic strips based on plots of famous books, a collage of book covers of a favourite author, podcasts and bookmarks with famous slogans on the benefit of reading. A list of recommended books was uploaded on the portal of students to assist them to choose for reading. Students of classes VI-XII worked on their activities at home during leisure time. The students enthusiastically participated in all the activities, which encouraged them to instill the habit of reading books.



October:



Cyber Security Awareness Month



The month of October is assigned as the Cyber Security Month. In this connection, the CBSE instructed schools to conduct activities which raised awareness on cyber security, more so, because of the prevalent, inevitable virtual classrooms. On 16 October 2020, the students of classes VI to XII were shown an informative dramatized and animated video about all cyber security measures to be taken to avoid any untoward incident. The screening of this video was followed by a questionnaire which the students had to answer to ascertain that the message of the video was conveyed effectively, and to ensure prevention of any future harm. This measure was well appreciated by the students and teachers alike.



Thrive

Mrs. Shivanshi Pathak
School Counsellor

*“Astoma sadgamyā
Tamsoma jyotirgamyā
Mrytomamrta gamyā”*

*Take me from falsehood to truth,
From darkness to light,
From transience to permanence.*

A little peek into what goes on in the Virtual Counselling Room 2020. This year we are called to face our deepest fears and weakness in all their vulnerability.

At the outset of the session and with the COVID-19 outbreak we acted proactively and took to immediately connecting to students via Tele-counselling in the morning and scheduled Life Skills/Counselling Sessions in the evening. All classes have been covered and the second round of resilience building exercises has commenced.

Counselling sessions on a variety of life skills like Irrational Thought Patterns, Discovering Myself, Procrastination, Grit, Friendship Issues, Study Habits, Building Time Efficiency etc., were conducted from July to October. Many of these topics were chosen based on the age-appropriate needs of our students and how to prepare them for the unprecedented trying times. Usually, the students would take an appointment for a chat with the counsellor but with the ‘new normal’ we shifted to online sessions now. The students have availed this opportunity effectively during this time. We shall continue to reach out to all our students in the best way we can. Parents seeking counselling support have also benefited from these sessions.



A Veritable Virtual Adventure

Ms. Gunjan Agarwal

Once upon a time.....I wished to work from home. Who would have thought that one encounter with COVID – 19 would have us all in lockdown? And then started the real action!

While the world remained still and the earth recuperated, we, the teachers, work day in and day out to learn new systems to ensure that our students grow mentally, socially and academically. From Zoom to Google Classroom, from Google Meet to Teams, we have graduated to newer levels of technology. Each day is a fresh struggle and every morning a brand-new feat is achieved. Is it PPTs that we are talking about, or Excel that we need to excel in? Podcasts, videos, online assignments, exams, invigilation, attendance, timelines and webinars...well, we have done it all! The power of the reading glasses is not the only thing that has increased. The time spent online in search of resources for reinforcement of lessons takes up a greater part of the day. The home has transformed into a work station with webinars in the afternoons and some in the evenings too. Food can wait! Searching for better devices and buying new tabs, phones or laptops have become the norm. The satisfaction at the end of the day is tremendous. We feel our contribution is no less as we continue to be connected with our dear students.

LOCKDOWN DAYS

I always felt, it would be cool,
If we didn't have to go to school;

No need to be under the hot sun,
But staying at home and having fun;

No need to listen to what the teacher says,
Instead, holding a brush and painting a bay;

But that is impossible I always thought,
Until I saw the gift, this COVID-19 brought;

Now I got the freedom I always wanted,
Still wondering, why the news readers told it haunted;

Finally, I got the time to read my story books,
or sitting in the balcony, watching birds and the Nature's beautiful looks;

I made paintings of everything in my head,
And listen to music while lying in my cozy bed;

I learnt a lot, from virtual piano, digital painting to even sewing;

While the lockdown was still ongoing;
I made facemasks from tops and pouches from jeans,
And decorated my room from the cutouts of magazines;

And when I felt I was alone,
I would call my friends through the phone;
First time I talked to my friends,
not for homework or to clear my doubts, but only because we were friends;

Now I can dance without hesitation,
And the happiest part is that,
My gymnastic class being online, is still in continuation;

Who would have thought that being at home can be so nice?
Hiding from virus, just like mice.

'You can't recognize good times if you don't have bad ones.'

'A bad day can turn out good if you smile once.'

SHIVANGI BHARDWAJ
VII – C



LOCKDOWN

Lockdown is fun time,
So, let us all rhyme.
Everyone finds lockdown boring
But it is fun to play with our
siblings.

Helping Mom is what I do,
And definitely my Dad too.
But what fun it is to play snake and
ladders and ludo!

What fun it is to have a family
movie night,
And sleep till nine without my mom
telling me it is not right.

Oh! What fun it is to call my
friends,
And tell them what I do.
And listen to my friends telling me
something very new.

I can't wait to meet my friends
And tell them about my day.
And listen to all that they have to
say.

I know lockdown is boring,
But hard times do pass.
If we stay together and strong,
Happiness will again surround us.
Krittika Bharadwaj
VII-A

MY WELL SPENT LOCKDOWN

The shelter is nice,
If at home, study thrice.

But I can't be in for so long,
I need to be strong.
Lockdown can't go down in creation,
Sit at home and listen to the boring explanation.

Can't go to the market or swim,
Because of virus, can't even go for a trim.
Everywhere I go T.V., tablet, computer, on
everyone's mouth,
It's there in North, East, West and South.

As I wake up, the birds started to chirp,
It was as quiet as a massive curb.
Wash hands a hundred times a day,
And they have become as dry as hay.

Maybe God is giving us a sign,
Let's pray and be safe.

Moupiya Jana
VII-A



STUCK INSIDE

I just opened my eyes
What's that sound?
I was surprised
It was the television in my room,
That said all sorts of different headlines.
It said all sorts of things
But all about one field:
-CORONA VIRUS

I read the newspaper to see
It said spreading overseas: COVID-19
Faster than a wildfire
The reason-The healing of nature
The same nature that we did not admire.

It started off small but ended up BIG
Grasping hold of thousands at once
Everyone was scared and no one travelled one bit
It was a war against virus and we had been hit.

"What do we do next?" everyone said.
We can do nothing
Just stay home stay safe
So, I did just like everyone else
But how long can one stay
Within four walls and away
Away from all their loved ones
And worrying about them every day.

After a while things changed
Schools started online classes
And all events took place
Webinars, chats, meetings
It was not the same but
Something is better than nothing I guessed
We saw a lot of miracles
While being stuck inside
We saw rare flowers blooming
And dolphins swimming from miles
In the ocean that became clean
One more time!

I was happy when I saw the world changing
To turn into the world that I saw while dreaming
People finally realized the value of life,
And started spending more time
With family, friends and wives.
Everybody was happy
And finally, ready to fight
This virus was going to die
Because this time our immunity was high.
We were as strong as we could be
And the virus got killed and we became free.
We were allowed to go outside and feel the breeze
But this time we didn't want to exploit
Or cut the trees.

We had learned a big lesson
And decided to keep it that way
This is the reason why 2020 hindsight
Till date

I woke up again
"What's that sound?" I said
Not so surprised
It was just the alarm clock
And nothing else in sight
Everything was back to normal for me
I think 2020 was just a dream.

DIVYANSHI GULIA
VII-B



OH! THIS LOCKDOWN

Oh! This lockdown
Oh! This lockdown
Bored at my house
Lying on my couch
Watching TV
Feeling sleepy.
This is the worst,

Which makes me feel that,
I should actually burst
Oh! God, I have surrounded
Myself with technology
Trying to understand my own psychology.
Oh! This lockdown

Oh! This lockdown
Gave me something new
I enjoyed sunrise
And its natural hues
Oh Dear! I have started to enjoy
This lockdown.

Shambhavi Sinha
VII-B

GO CORONA GO

Go Corona Go,
'Cause, you are making me low.
Giving me so much stress, with that online
flow.
Taking so many lives from mankind.
That does not rhyme, in these times.
At least, giving me family time.

Well! Corona you did some good,
By lowering all that pollution
Making the skies go so blue,
That, I see the Siberian Cranes go to the
North, so true.
Well, I wish this weather could stay,
But you should go away, that is what I pray.

Aadya Menon
VI-C

EXPERIENCE OF LOCKDOWN

This is the lockdown, I feel sometimes bored,
Counting the hours one, two, three and four.
Though I wait for my friends at the door,
But to my sadness, no one comes to my floor

I study and watch T.V. throughout the day,
And listen to what Mom and Dad always say.
Sometimes I think of going down to play,
But there is no one with whom I could play.

Sitting at home I have done something new,
And helped Mom in her chores, a few.
I helped Dad in making the house look new,
At the end of the day, no work was left due.

Saumya Singh
VII-C

POEM ON LOCKDOWN

I went to see my cousins,
During lockdown,
The police suddenly stopped us,
And said you are not allowed to roam
around!

I went home sad and disappointed,
Corona, Corona, Corona
This is what everyone's point is!

I wish Corona may leave us,
This is what I pray,
Though mask and sanitizer,
Would be essential every day.

Aprajita Srivastava
VI-B

LOCKDOWN IS A SCARY TIME

So, I thought that I could write a rhyme
To put a smile on lots of faces,
From around the world and lots of
places.

Lots of time with my family
Fills me with enormous glee
Home school teaching from my mum,
With my brother who could be my chum.

Missing my friends and playing out,
It really makes me want to shout
Uncle and Aunt can't see me,
But safety really is the key.

Watching movies on Disney Plus,
Stops us from making such a fuss
Eating ice cream in the garden,
Makes us burp but we say "Pardon."

Missing our friends and all our teachers,
Watching YouTube to see who features
In the English videos that set us
challenges,
Hope no one fails and ends up in
bandages.

One day when this will come to an end,
Hopefully we won't have driven parents
around the bend,
We will look back and cherish the
thought,
Of the lessons we learnt and the ones we
were taught.

Paavni Kukreja
VI-A

LIFE IN LOCKDOWN

The schools and offices are deserted,
Not a man to be seen.
People are working from home,
Spending hours and hours on the screen.

The desks are void,
And so are the chairs.
I miss them so much,
There's no excitement in the air.

Scientists are working day and night,
Finding a vaccine to cure this plight.
Doctors away from their families,
Treating the people suffering from this agony.

The streets are empty,
There's panic and fear.
But to bring back life to normal,
We have to stay home and be sincere

We don't know how long this will stay,
But we surely will beat Corona one day.
Life will be normal,
Life will be merry as ever.

So, stay home and take care,
And be thankful to those who love you and care!

Divyanshika Dhawan
VII-B

HOPE

When the entire world seems to be crashing down,
What is that one word that keeps us alive?

When we feel as if our entire life is breaking into pieces,
What is that one word which manages to still bring a smile?

When we feel no one is listening to our problems,
What is that word which makes us fold our hands and look up at the sky?

When we feel alone and sad,
What is that one word which makes us dust the pages of that old family album quietly at night?

When the roads outside our home are empty and the people inside seem like literal slaves with heads bowed in front of their virtual master,
What is that one word which brings the entire family together to laugh over a cup of masala chai?

When life and everything surrounding it seems to have come to a screeching halt,
What is that one word which finds us laying our head on our mother's lap asking her to sing that old sweet lullaby?

When no one seems to be enjoying what they are doing,
What is that word which brings our cricket crazy family in front of the TV and support that favourite IPL team with shouts and cries?

When nothing seems to be entertaining anymore,
What is that four-letter word which makes us all flip through the pages of this e-magazine and bring a smile?

That four-letter-word which makes us tell ourselves and our loved ones, 'This too shall pass'.

Shruti Bhattacharyya
XII-C



ONE CLASS - DIFFERENT STUDENTS

Although it's sort of rude,
Of me to generalize,
The student body of ours,
The following aren't lies.

With memes and low key excitement,
The classes began with a ton of hype,
And I have managed to sort the students,
Into kind and type.

First, we have the good kids,
Videos on, always reply with yes or no,
They're actually sweet and digital equivalents
Of kids sitting in the class' first row.

Then we have the toppers,
A very interesting and complicated species,
They ask intelligent questions and doubts,
And shine even through the screens of their PCs.

Then we have the noisy kids,
You hear dogs barking, bells ringing, a car horn,
People yelling and loud breathing,
Every time they turn their mics on.

Then we have the kids whose mics,
Work perfectly at the start,
But when asked a question,
Their mics suddenly fall apart.

Their camera stops working as they wish,
Get 'disconnected' as they like,
Then they desperately go to the chat section,
And type sadly, 'I can't unmute my mic'

Then we have the daredevils of the lot,
A leap of faith cannot equate the leap,
They take when they join just for attendance,
Then do jhaadu-pocha, or fall back asleep.

Then we have the creative peeps,
Backgrounds beaches and galaxies so the class is
enjoyable,
With aesthetic profile pictures and dynamic
statuses,
They improve the experience as well as they're
able.

Then we have the girl whose wi-fi is dead,
On hold half the time, voice's a blur,
And her face will always be frozen every time,
You have the fortune to look at her.

Then, of course, the general class,
They're happy just existing, like a rock,
Their homework's on time, and they're quite
normal,
And form the majority of the stock.

Paakhi Tiwari

X-B

LET THE PAST GO.....

To let the past go is not EASY.

Some of you may say that I sound
CHEESY.

Some moments were gloomy, some were
BREEZY.

Some were fun, some sounded CRAZY.

The past can make you feel NOSTALGIC.
Some can make you feel MELANCHOLIC.
Some moments were legendary, some were
CLASSIC.

Some were so lame; they didn't need any
LOGIC.

Some were so sad and TRAGIC.
Some were fascinating like MAGIC.

The past holds many MEMORIES.
Which are uncountable like the
CALORIES.

You won't forget it in your afterlife till
CENTURIES
even if it includes your ENEMIES.

Encaged by a gloomy PAST.
You can't let it go that FAST.
It makes your life OVERCAST
without any fun or colorful BLASTS.

Don't think or worry about your future. It
will make you anxious.
Don't get stuck in your past.
If it's a sad past, it will make you depressed.
Just live in your present. It may bring you
peace.

One day your present will become your past
and you don't know what the future holds.

Mahima Minj
XI-C

If Only I Had Magic in Me



If I had magic in me

I would have made every perfidious person in
this world an absentee,

I would have carved every person's character
just like brie

I would have healed that every hurt heart with
its key.

If only I had magic in me

Then whenever I am in a hurry, I would like to
pause the time,

And whenever I am worrying, I wish if
someone could get me the favourite food of
mine

And whenever I am irritated and annoyed, I
wish someone would have calmed me with a
few words that are kind.

In this huge, wide world, can't we get a single
person, who can teach us magic?

To erase all the moments that were tragic,
And to revive all those affectionate moments
of our life

And to fill joy and exultance in our hearts that
were rife.

I would have given every person their freedom
I would have turned this land full of people
Into a planetarium
If only I had magic in me.

Shreya Ghosh
VII-C



THE SONG WHICH NATURE SINGS

We all heard the news,
That we could no longer go outside,
And feel the morning dew,
Of flowers on the riverside.
'Cause now, our hands are tied.
We cannot feel the sun,
As it hits our faces.
Feel the green grass,
Take part in morning chases.
And, our heartbeat races.
And, as you run,
You think of one thing,
How the fresh air,
Is a song that Nature sings.
And how much joy it brings.
Mother nature is truly a blessing,
Like none other, it's one of a kind.
Then why don't we cherish it?
A thought you will ponder over in your
mind,
'Cause her roots are intertwined.
So deep, they can hear the thump,
The heartbeat of the earth,
So be kind to her.

Samaira Singh
VI-C

OH MY SCHOOL DAYS!

Do you remember how it was before?
Can you believe that we thought that school
was a bore?
Now what wouldn't I give, to go back to
school,
The fun, the laughter and, of course, the rules.

Do you remember the morning assemblies?
The fun P.E periods that we enjoyed
immensely,
Now what wouldn't I give to go back to class,
Meet my friends and have a blast.

Now let us think about the studies too,
And the home work that we sometimes forgot
to do.
Now what wouldn't I give to meet my
teachers and friends,
Well, **STAY HOME AND STAY SAFE** till
we meet again ...!!

Tanvi Whig
VII-C

SISTER



S – Sweet
I – Incredible
S – Special
T – True
E – Entertaining
R – Rocking

I am about to have a baby sister.
I can't wait to kiss her.
Dad wants to name her Joan.
That makes Mom moan.
If it were me.
I would name her Chaste.

Siya Dangwal
VIII-A



PANDEMIC



We have been locked in our houses since March 2020 because of COVID-19. Corona virus is an infectious disease caused by a newly discovered virus. The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. You can be infected by breathing in the virus if you are in close proximity of someone who has COVID-19, or by touching a contaminated surface and then touching your eyes, nose or mouth.

I miss the time when I did not have to wear a mask on my face all the time. I was in Mumbai when this pandemic broke out. I had gone there for a few days but then, the Prime Minister announced the lockdown. Those few days turned into months. I could not go out to play nor could I return to my home in Delhi. Finally I returned to Delhi after almost three months. I still cannot go out to play or even attend school. We have been attending online classes for quite some time now. I miss going to school and meeting my friends.

But there is a silver lining, even though the Corona virus has restricted us from going out, it has made our Mother Earth greener and cleaner. The number of vehicles on the road has reduced tremendously because of COVID-19, this has resulted in reduction in the air pollution. Rivers and ponds have also become cleaner. Life is limping back to normal and everyone is anxiously waiting for a vaccine to be developed to prevent people from getting infected by the Corona virus.

Till then, it is back to a virtual world with strict social distancing but as I gaze out into real world, I can see it healing. So, let us be patient while Mother Earth repairs herself and undoes the damage we wrecked on her. In the meanwhile, let us explore this online world. It has many opportunities for us even though there are some limitations. But let us not forget to spare a thought and say a prayer for those brave Corona Warriors who are risking their lives to save us from this pandemic.

Sonakshi Pant

V-B

SAFE INTERNET USAGE TIPS FOR US, KIDS

Dear Friends,

This is the time when we are having online classes so we need to be careful while using the internet. I would be delighted to share these important tips with you.

- If a stranger wants personal information from you then please do not share it.
- If someone is saying untruthful things about you on the internet, tell your parents about it and they will solve your problem.
- If someone is bullying you on internet do not worry, it is not your fault. Tell your parents and they will help you.
- Never share your Microsoft Teams password or any other account detail with anyone.
- If you are using an e-mail account always remember to log out from that account or to never share your account data with anyone.
- If you are using e-mail do not open each and every e-mail. It might be a spam mail or someone trying to send you a virus through email attachments.
- If someone wants you to click on messages that say it will help you win amazing prizes, do not get fooled as they might try to hack your device or steal your important data.
- Be careful while sharing data on social media as some people might want to use it against you.
- Always ask an adult to check whether your computer has a virus. Use an antivirus software and remember to update it frequently.

Saga
IV-A

THE THREE LITTLE PRINCESSES

Once upon a time , there were three little girls, Annie, Avishi and Ariana. They were very close friends and used to play football almost every day . Once, while playing in their garden Avishi kicked the ball very high and lost it. The three girls started searching for the ball.

Annie saw the ball lying in a large pit. She called her friends and pointed out to the ball. "I found the ball," said Annie. The three girls gathered around the ball in the pit. To their surprise they could see a shining golden light emanating from a door beneath the ball. It was a secret door. Curious about the source of light, they opened the door.

To their amazement they saw a whole new kingdom hidden behind the door! There were animals of different shapes, sizes and colors roaming in the kingdom. Adding to their surprise, they soon discovered that these animals were able to speak and talk to each other, just like humans. Anxiously, they kept moving inside the kingdom following a beautifully laid out path which was in different shades of neon green, pink and orange.

They were slowly moving forward when suddenly Ariana sneezed! The grazing animals looked up and the chattering of the animals stopped and they all looked at the intruders. The squirrel named Clock bowed down in front of the three girls and said "Salutations! My princesses. This kingdom was waiting for the arrival of the three princesses." Astonished the girls started to ask him why he was addressing them as princesses, but Clock continued, "Your time differs from our time. Your one hour is equivalent to our ten days. So, you have plenty of time before your family starts getting alarmed and begins searching for you. I'll take you around the kingdom and spread a ray of hope among its citizens."

“A ray of hope?” questioned Annie. And then they saw the suffering in the kingdom, mothers crying for their lost children, children crying for their lost parents and all this because they were being terrorized by a fiery dragon with an enormous appetite. He picked and chose anyone on a whim as his meal for the day. All the citizens lived in mortal fear because of this dragon. But now on seeing the three princesses, they were sure that it was time for the prophecy to come true. The prophecy which stated that the three princesses would slay the cruel dragon and lead them to freedom. So, the three princesses started their training. They worked hard day and night. During the training, Clock came and announced, “The dragon will be here within five days for his meal.” So, they sped up their training. Avishi trained with iron chains, Ariana trained with guns and Annie scaled up her sword drills.

The day finally came when the dragon came searching for his meal. Little did he know that this would be his last day! As he came flying down towards a terrified little pig, Ariana took a bull’s eye shot at his wings. The dragon screamed and fell with a thud on the ground. Avishi lost no time and tied his legs and mouth with an iron chain. Simultaneously, Annie charged with her sword and targeted the dragon's heart.

And this is how they defeated the dragon and freed the people of the kingdom from their terror. The three girls were crowned the ‘Princesses and the Protectors’ of this kingdom. With a heavy heart and yet with a deep sense of satisfaction, the three girls returned to their homes because their parents and homework, both were waiting. They remained the protectors of the kingdom forever and never failed to respond to the people’s cries for help, which reached them through messages delivered to them by an owl, their secret messenger.

Breeze Vashisht
V-A

"ÇA VIENT DU COEUR" STRAIGHT FROM THE HEART.....

TO LOVE TO GROW

Too big, Too small,
You have a heart installed,
Take my hand and look inside you.

Too heavy , Too light,
Each heartbeat makes you bright,
The love that you store glows inside you.

Too high, Too low,
We want to see you grow,
Make sure you love the light inside you.

Too fat, Too thin ,
It's only all about how you've been,
The good the bad is really what makes you,
you within.

Diyara Delphin
IV- A

A PRAYER

Corona- Corona why are you here?
2020 is full of fear.
Schools and offices are closed.
People have no work to do.
And I ask God-
Is that really you?

When will this all end?
When will I meet my friends?
It is going to be the end of the year.
Vaccine made or not? It's still not clear.
I hope and pray,
Once again, we all will be happy and gay.
This time will end soon,
God will change this bane to a boon.

Myra Anthony
III- B



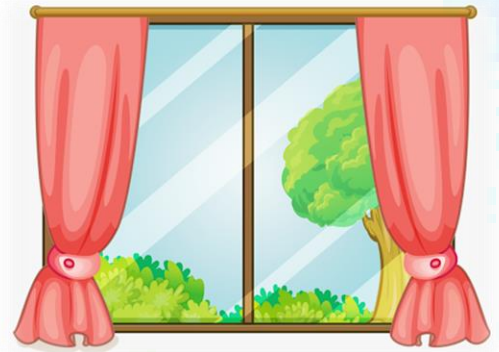
MY LITTLE WINDOW

I have a little window, through which I can peep out,
There is a grassy, shady meadow, just right near my house.

From my little window, I behold the butterflies;
And the chirpy little birds, fly high in the sky.

I love my little window, through which I gaze all day;
Watching the flowers dance, while squirrels jump and play.

There are mountains everywhere, but not any ice;
Me and my window, Oh ! So nice,
This is my perfect little paradise.



Mihika Shukla
IV-A

INSTRUCTIONS TO BE FOLLOWED TO BEAT THE VIRUS

We can be young or old,
but we must be bold,
against the enemy untold.
We can neither go to malls,
nor to waterfalls,
the virus is scaring,
leaving us despairing.
If you've to go out- you better think twice,
Do wear your mask and be wise.

And when you are back home,
Make sure you sanitize
And wash your hands at least thrice.
COVID- 19 is the name, it is playing a
hide-n-seek game.
By following these rules, we can ensure the
'End Game'.

Tanisha Talwar
III- B

LOCKDOWN! LOCKDOWN!

Lockdown ! Lockdown!
Life doesn't breakdown !

It looks a little scary,
With no burdens to carry.

During this calamity,
Spend lots of time with family.

Ludo, cooking and cleaning at home,
Doesn't make you feel alone.

Online classes from the school.
Mom's home- teaching is super cool!

One day all this will come to an end,
Hope to see you all again then.

Vasundhara Sah
V-A

STAY HOME, STAY SAFE

'Stay Home, Stay Safe' this slogan is the very best,
Or else it will be time for us to take the corona virus test.

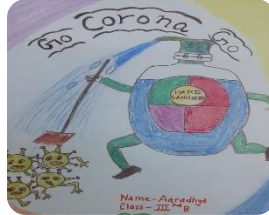
We can't go outside,
This pandemic is worldwide.

Wash your hands frequently,
Or you will have to pay subsequently.

To wear a mask,
Is not a difficult task.

Be safe and stay at home,
Only there you can roam.

We have to put up a fight,
Because the solution is just not in sight.



Ananya Sharma
III- B

NEXT YEAR

I'll have a new teacher.
You'll have a new class.
You'll read 'Charlotte's Web'
To them out in the grass.
Your students will beg you,
To read one more page!
Our class always did that
When we were their age.
I'm excited for next year,
I'll be a grade older.
But I'm keeping my notebook,
I'm keeping my folder,
I'm keeping this feeling,
That we were your stars.

When you have a new class,
Please don't forget ours.

Aanya Singh
IV- A

SAFETY MEASURES TO BEAT THE CORONA VIRUS THREAT

Don't take risks
Or you will give life a miss.
Make it a task,
To put on your face masks.
Don't take a flight,
Make sure you wash your hands right.

Stay safe, stay at home.
Don't mingle,
Try to be single.

When carelessness increases,
The population decreases.
Isolation is only the way,
To keep this virus at bay, I say.



Rashika Chauhan
V-A

WASHING HANDS

When you end your happy day
Filled with lots of work and play
There is something you should do
When you end your happy day.

Freeze! Stop! And Think!
There are more germs than you can think!
And that too creeping on your hands !
And you never even saw them land!

So, Wash! Wash! And Wash! Your hands
Let the bubbles do their dance!
Rub ! Soap! And Scrub-A-Dub!
Now you're in the 'Clean Hands Club'

Manasvi Duhan
IV- B

NATURE! MOTHER NATURE!!

Nature! Mother Nature!!
How loving you are...
Nature! Mother Nature....
How caring you are.....
You give us the warmth,
When we feel the cool breeze,
You give us to eat,
When hungry we feel,
You give us shelter,
When the hot Sun shines upon me,
You keep us healthy
Whenever sick...We feel!

Nature! Mother Nature how loving you are
Nature! Mother Nature.....
How caring you are.....
You raise our spirits,
When we see the rising Sun..
You give us strength,
When we see the mighty mountains,

You give us love and compassion,
When we are with family, friends and pets.

Nature! Mother Nature!
How cruel we are!
Nature! Mother Nature!
How sorry we are!
I lose my peace,
When I see the dirty beach....
I feel a tear drop,
When I see the naked hill top...
My heart flutters
When I see the rivers cluttered...

Nature! Mother Nature!
How guilty I am!
When I see trees turning to sand.
It's horrifying to think,
Nature could also be extinct!!
I promise Oh! Mother Nature to stop this greed,
And polish and shine the Nature indeed!
I pledge Mother Nature to give back all we took,
And make you appear just as you should look!
I vow Mother Nature to defend you with might,
And speak at all times standing up for your rights!
Oh ! Mother Nature we plead for a chance ,
To repair and restore your glory in every stance!

Nandana Chauhan
V- B



WHAT I MISS THE MOST NOW

What I miss the most now,
Is the school right now.
There was even a park to play,
When it was a sunny day.



I played with my friends all day,
We had a race at the time of play.
We tied our lace before the race,
We ran with our strength and pace.

It was a huge round, like the biggest merry-go-round.
All the people gathered around,
To see what was on around.

Now I am sitting all alone,
I can only speak to my friends on the phone.
I can play with my puppy,
Who is a bit fluffy.

If I went to school,
I would learn things new.
I pray to God to get rid of this fast,
So I can go to school at last.

Joanne Saju
IV- A

LIFE BEFORE CORONA

Waking up early in the morning for school,
Oh! How I loathed it !
Little did I know I would one day long for it.

Having friends at home or visiting a friend's
place,
Little did I know I would one day long for it.

The silly fight with friends and the unfounded
laughter,
Little did I know I would one day long for it.

The world outside my home, the heavy traffic,
Little did I know I would one day long for it.

Ridhima Gurung
V- A

COVID-19



COVID-19 be gone,
In the depths of dawn,
May we rise to be infection-free!
The isolated days so many are feeling,
Our minds sit in darkness and are in
need of healing,
Our workers work tirelessly to bring us
comfort.
As the death toll rises, we grieve such
loss,
Distancing from loved ones, we carry
our cross.
The days seem endless and so full of
despair.
Where is the light? With no end in
sight.

Aaradhya
III- B

TOGETHERNESS IN LOCKDOWN

Just when the month of March was about to end,
Little did I know that my life was going to bend,
The Corona virus had spread all around,
By the time April started we were all home bound.

At first my family and I were shocked,
The reason being , we were all locked,
Spending each day inside the house,
Makes you feel , you're inside a hole like a mouse.

What will I do and how will my time pass?
Will I be able to live with no school and no class?
With no schedule, no playing with friends , no
shopping in the mart,
Will I survive or just fall apart?

And then I realized things, I never paid attention to,
There were so many things, in this lockdown I could do
I learnt new softwares and made videos like an expert,
With YouTube tutorials, I learnt new art and crafts.

Studies, teachers, friends then, all came back to me,
In my online class, on my laptop all I could meet
and see.

My school was back with me at my home,
Everything returned, but in a new tone.

This lockdown has made our understanding even
better,
We now value things that were getting lost forever.
There is nothing better than having a family meal
together,
This togetherness we all will cherish, in our life
forever.



Angela Gayatri
V- C

MY CLASS

My class is a real masterpiece,
With students coming from North, South, East and West.
The one standing behind me is the teacher's pet,
The girl with the long hair will a scolding get.
The girl on the first bench is an attentive listener,
Sadly, one of my friends is a Math prisoner.
I admire the one who is a great singer,
Interestingly, her friend is the substitution bell ringer.
Soon the bell rings reminding us,
It is another period for studying.
Suddenly, someone announces, it's a substitution,
And the class is filled again with jubilation.

The singer is singing, the dancer is dancing,
The monitor is stopping the gang from shouting.
And there enters the substitute teacher,
Well, that's the Sports teacher.
Thankfully we will soon be off to play,
As it is the end of another happy day!

Saanvi Aggarwal
IV- A

MY TEACHER IS THE BEST



My teacher is the best.
She gives us little homework so we can rest.
She gives us much time to learn for our test.
She keeps us all in mind and is very wise.

She makes us learn many good things.
She makes us sing so we can have fun in a blink.
She is very polite, she never scolds.
She takes care and tell us to wear the winter uniform in the cold.
I love you teacher,
And that's very true.
She teaches me right from wrong,
And makes my brain strong.
If we lose, she says that it's okay not to cry,
And to give it another try.

Sarah Jain

III- A

MY FATHER - MY HERO

*My father is a soldier,
He always teaches me to be bolder.*

*He held my fingers and taught me to walk,
He imparted new words to me, so that I
can talk,*

*He picks me up whenever I fall down,
He calls me his princess without a crown.*

*He always cooks my favourite dishes,
The moments we share, he always cherishes.*

*He makes me study with fun and laughter,
He makes my everyday shine brighter.*

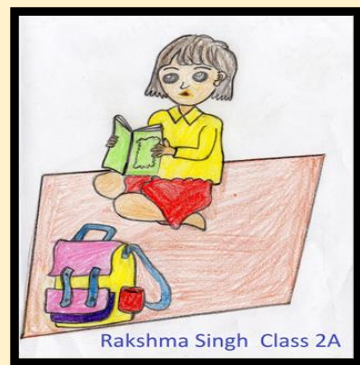
*He makes my heart glow,
My father is my hero!*

- SWARNIKA VERMA II A



MY SCHOOL

*I study in Loreto Convent School,
Where I have so much fun and feel happy when I play with my friends, smile and run.
It is a place where I learn so many things like, why birds have wings.
It is a place where we enjoy cool activities, art and craft and enjoy music and dance.
It is a place where we listen to stories and have a great laugh.*



Rakshma Singh
II -A

Class V School in 2020.....

The school has become virtual, the phone is my notebook and the keyboard is my pen. It was our first year of appearing for exams but due to the lockdown the exams were also online.

Anchal
VA

Schooling 2020 proved that our education system is extremely powerful. It can overcome any crises.

Canvin
VA

Online learning is well managed, less stressful and more fun!

Jazz David
VB

While my classes continue online, my uniform takes a long rest offline.

Ansa Maria Anil
VA

In 2020 everything changed, phones, computers, laptops etc became my book 📖. My house 🏠 became my school. This COVID-19 has changed our lives.

Riya Yadav
VA

My fingers have become my virtual pen. One Note has become my e book.

Asme Patial
VA

In 2020, school has a new norm and has no uniform. The vaccine for COVID-19 is not in sight but we have learnt how to fight the virus. I miss my class and I miss my school. I want to get back to my Loreto School.

Mrunal Deepak Patil
VA

My laptop became my classroom in 2020.

Aashi Sinha
VC

This year technology and internet protocols are used more extensively in educational institutions for online classes. Hi COVID-19! Because of you this year we are missing our school assemblies, sports activities, picnics, celebrating special occasions and meeting our dearest friends.

Annie Marlyn
VA

My home became my school in 2020.

Jazlyn Kapur
VC

It was my dream that school would come to my home. And this dream is coming true during this tough COVID-19 time in 2020. But now I wish this dream would end. I miss my school, classmates and classrooms. I want to get back to my school.

Saanvi
VA

The online classes are no fun because we can't meet the teachers, we can't play with our friends and we can't enjoy our classes. However, I am grateful that I am able to meet my friends and teachers online.

Tvisha Roy
V B

School is fun and interesting. We can make new friends, but due to the pandemic nothing is possible. Online school can get boring, I am not able to study well and make friends. I miss the blackboard, the chalk, the duster and of course all the teachers. I MISS SCHOOL!

Breeze Vashisht
V A

A mobile school without bricks, turning our home into a classroom very quick.

Vasundhara Sah
V A

I didn't stop thinking and learning but I now think and learn in a different way in 2020.

Deepangi Maitrey
V B

My schooling in 2020 is very nice. I give my exams on electronic devices! Not on paper!

Sasmita Ranjan
V A

Good old days gone – COVID-19 days on-
School bell gone - Alarm bell on- Benches gone -
Computer tables on- Uniform gone -
Masks, Pyjamas on- Blackboard gone -
Mobile screens on- Classmates gone -
Parents on- Library Books gone - E-books on-
Physical activities gone - Tummies on-
Friendly chats gone - Idle time on- School gone -
Home on- Missing my schoolmates ?
When will I be back as usual with my schoolmates ?

D Latisha Sri
V A

Our home is the new school in 2020. I don't need to wear my school uniform or rush to catch my school bus. I am a new student in Loreto Convent but I have not been able to meet my new teachers and friends. I am enjoying my online classes.

Netra Pandey
V B



RIDDLES



1. How many turns are there in Delhi?
2. What goes up but never comes down?
3. A room without doors and windows.
4. What gets wet while drying?
5. I'm tall when I'm young and I'm short when I'm old.
Who am I?
6. A driver who doesn't drive.
7. I'm a key who can't open any door. Which key am I?
8. Which month of the year has 28 days?
9. What is full of holes but still holds water?

~Ananya Shikhar
V-B



Answers

1. Every turn has a right turn and left turn,
2. Your age,
3. Mushroom,
4. Towel,
5. A candle,
6. Screwdriver,
7. Monkey and donkey,
8. All the months,
9. Asponge

Class IV

The most interesting thing I did during the lockdown was

I baked my own birthday cake and celebrated my birthday on Zoom with my friends.

Diyara Delphin

IV A

I improved in my academics and develop an interest in drawing.

Tanishtha Rao

IV B

I learnt how to sketch.

Manasvi Duhan

IV B

I spent maximum time with my parents and pursued my hobbies like singing, dancing and attending yoga classes.

Lipika Joshi

IV B

I learnt to bake a cake all by myself.

Aarna Pachori

IV B

I went to my cousin's house after a long time.

Englalchoi

IV B

I made a Barbie doll house for myself and for my little friend Rabia.

Saanvi Aggarwal

IV A

I learnt how to bake a cake and roll a chapatti all by myself, which made me feel very proud of myself.

Samrah Ali Rizvi

IV B

I learnt to use my imagination and make several interesting PPTs all by myself.

Vanshika Banerjee

IV B

I learned how to bake a cake with a little help from my mother and was able to spend a lot of time with my family.

Rashi

IV A

I nourished and took care of my puppy who is now strong and takes care of me.

Joanne Saju

IV A

The most interesting thing, I did during the lockdown was learning a new language online.

I developed an interest in learning a foreign language. The language that I found most interesting was Japanese as I have always wanted to visit Japan. So, I joined Japanese classes and learnt many new words and phrases in Japanese.

Sakalsiddhi

IV A

I learnt different dance forms.

Devanshi Goel
IV B

I developed an interest in reading story books.

Niharika Kumar
IV B

The most interesting thing I did during the lockdown was learning how to make a bracelet out of wool and sew a button. I also started cycling 10 kilometers daily to stay fit and learnt to enjoy the company of books.

Mihika Shukla
IV A

Taking online classes. I did not miss any of my classes. I followed the same routine as I had before the lockdown. I learned cooking and gardening. Sometimes sitting at home makes me bored but it's actually an opportunity for me to improve my life in some way or the other. As a student, I made the best use of this time and spent my time in learning to create value for myself and for others.

Aira Singla
IV A

I spent time with my grandparents and learnt from them how to take care of my plants and I also learnt how to bake cakes and cookies from my mother. The lockdown has taught me family values.

Adwika Singh
IV B

I spent valuable time with my family.

Tripti Jha
IV B

As I love to travel to the historical places of our country, during the lockdown I watched the Delhi Darshan video on YouTube. When the situation eased up a bit and we were allowed to move out of the house, I saw all the historical monuments in Delhi while travelling in my car with my family. We took our food along and enjoyed the sightseeing tour from our car. It was fun having a picnic inside the car!

Saanchi Whig
IV B

I learnt how to cook delicious dishes.

Amelia Chacko
IV B

I started practising yoga daily. I started preparing some simple dishes such as sandwiches and learnt how to make cookies, ice-creams etc. I did a lot of art and craft activities which helped me pass time easily. I planted many indoor plants. I started taking piano lessons from my dad.

Mayuri Kumari
IV A

Class III

During the lockdown I learnt.....

I learnt that real life is more fun than virtual life.

Gursheen Kaur
III A

I learnt skating and badminton.

Gursimar Kaur
III A

I learnt how to draw, colour and paint.

Mihika Mendhe
III A

I learnt to draw the moon, trees, birds, nature, etc . I also composed my own songs and wrote my songs in my diary.

Manya Sinha III B
&
Myra Ahlawat III A

I learnt how to play the piano and I also learnt to keep myself neat and clean by washing my face, brushing my hair and changing my clothes all by myself.

Ria Pillai
III B

I learnt painting and dancing.

Liana
IIIB

I learnt skating.

Siya Laul
III A

I got inspired by my best friend to practise gymnastics. After 4 months I became really good. And now I can do a cartwheel, flip, bridge and a handstand.

Sanskriti Sharma
III B

I learnt the hoola-hoop.

Riddhi Mehan
III A

I learnt to make complicated but yummy and delicious FRENCH MACAROONS, which is a sweet meringue based confection made with egg whites, icing sugar, granulated sugar, almond flour and food colouring.

Adwaita Thomas
III A

I have learnt cooking, drawing and dancing.

Aaradhya Mehta
III B

I learnt to play tunes on the piano.

Siya
&
Ahana Savara
III A

I improved my reading skills by reading books and also I tried to learn new words with their meanings.

Anya Vij
III A

I learnt to draw.

Anvi Pant
III A

I learnt to play chess, spent quality time with my parents, learnt how to love the quiet time alone, and increased my knowledge about computers because of the online classes .

Aanya Gupta
III A

I learnt painting, dance and helped my mother in keeping the house clean.

Anushree Dwivedi
III B

I learnt how to make a loaf of banana bread.

Samaira Shamim
III A

I learnt to follow new routines during the day, helped my mother in the kitchen and also learnt few exercises and yoga asanas at home.

Rupashi Manchanda
III B

I learnt dancing, singing and drawing . I also learnt to play badminton.

Vamika Sharma
III A

We've learnt dancing.

Tanisha Talwar
&
Vani Jangra
III B

I learnt how to grow plants.

Varalika
Sharma
III A

I learnt to make tea for my mom.

Myra Ahlawat
III A

I learnt to cook, cut fruits and organize my things.

Harsimran Kaur
III B

I learnt that we should stay clean and healthy, we should exercise in the evening and stay happy.

Aahana Tripathi
III B

I learnt to cook food and I also helped my mother in cooking food.

Pihu
&
Sharon Angel
Stanley
III B

I learnt Maths Reasoning and worked on my calculation speed because I have to appear for an Olympiad in December.

Aadhya Bisht
III B

I learnt Taekwondo, I have a Green Stripe and I learnt many craft activities.

Tanvee
III B

I learnt how to do some household chores and refined my reading skills.

Myra Anthony
III B

I learnt the Bhangra dance. Dancing keeps our body healthy and mind relaxed. And the best thing that happened to me is I got to spend time with both my parents and learnt a lot from them.

Ajoooni Kaur Jaisal
III B

I learnt to dance.

Avishka Kohli
&
Sampurna
Biswas
III A

I learnt to compose rhymes and worked on my fitness.

Sarah Jain
III A

I learnt to make beautiful things out of scrap and used materials. For example, I made bangles, phone covers and drawings. I learnt to fold clothes and currently I am trying to learn to play chess.

Sifatt Kaur Lamba
III B

I learnt Abacus.

Ridhi Chauhan
III A

I learnt to do different types of pranayams and yogic exercises. I also learnt about the Solar System.

Anika Sahni
III B

CLASS II

During the lockdown I made myself stronger and healthier.....

by exercising and sleeping eight hours daily at night.

Kashvi Agarwal
II B

by keeping myself and my surroundings clean and sanitized. I also wear a mask every time I step out.

Myrah Tripathi
II B

by trying to do some physical exercise and by following a disciplined way of eating.

Amaira Singh
II B

by cycling and doing yoga. I avoid eating junk food and always stay happy.

Shekinah Paul
II B

- Take three types of food i.e. body building food, energy giving food and protective food.
- Balancing my time equally between play and studies.
- Not eating junk food and consuming lots of green vegetables to boost my immunity in this COVID-19 time.
- Having a healthy diet so that my brain and my body can work properly.
- Getting plenty of sleep.
- Praying to God daily.
- Thinking positive.
- Doing exercise and yoga.

Saanvi
II A

by playing. Playing games and sports keeps me healthy and strong both physically and mentally.

Iva Roy Mathew
II B

by doing bits of work at home like folding clothes, watering the plants, dusting and playing with my little sister when my mother is busy.

Abigail Arun
II B

with love from parents,
guidance from teachers,
and blessings from the Almighty.
May all become stronger and
healthier,
by joining hands,
by sharing knowledge,
and taking care of each other.

Maitri Jha
IIA

by practising the art of
gratitude every day.
Renee Mittal
II B

by exercising my mind and
responding positively.
Tvisha Mahajan
II B

by drinking plenty of water,
eating fresh fruits along with
vegetables and by cycling
daily.
Gurmehar Kaur
II B

by eating right and enjoying every bite.
I drink my milk, I have my fruits.
I love to play cricket and relish my
orange juice.
I run around and jump to be fit.
I love to eat ghar ka khaana which is
always a hit!!!!

Dhvani Vijit
II B

by being positive and happy in
life, enjoying music, **playing**
the National Anthem on my
Violin and most importantly by
helping people in need.

Aleka Maria Mascarenhas
II B

A healthy body makes an active mind

I make myself stronger and healthier,
By eating healthy food with cheer.

Fruits and green vegetables are tasty to eat,
Coconut water beats the heat.

Pulses and eggs are filled with protein,
Drinking milk is a good routine.

Junk food I do not eat,

Nutritious food is a treat.

Practising yoga is my daily goal,

In the park, I go for a stroll.

I eat balanced meals every day,

To have great energy to learn and play.

I keep myself and my surroundings clean,

We should all maintain a good hygiene.

Healthy body makes an active mind,

Live happily and be kind.

Swarnika Verma

II-A

by eating lots of fruits
and vegetables so that
it improves my
immunity.
Devanshi Arora
II B

Eat fruits

Eat fruits! Eat fruits!

Bananas, mangoes, apples are very
healthy fruits,

Pears, cherries, grapes are very tasty and
good for you.

Eat these fruits each day and keep the
doctor far away.

You will be full of energy each and every
day.



Interview with Mrs. Shainy Anil, a Nursing Officer in a Government Hospital in Delhi

Q1. Good Morning! You are a nurse by profession but you are called a COVID-19 Warrior. What does it mean?

Ans: Good Morning, during this pandemic, medical and nursing professionals, health workers, police officials and social work volunteers are risking their lives selflessly without caring about their comforts so that people remain safe. They are called the COVID-19 Warriors.

Q2. What is the Novel Corona virus and how does it impact people?

Ans: It is an infectious disease called Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-COV-2). WHO has named it as COVID-19. This virus causes illnesses ranging from the common cold, fever, cough, shortness of breath, pneumonia, Severe Acute Respiratory Syndrome, kidney failure and even death.

Q3. Can COVID-19 be transmitted from one person to person?

Ans: Yes, it is transmitted from person to person. The respiratory droplets of an infected person contains the virus. Whenever a person touches a surface or an object which contains the virus droplets, the virus can be transmitted through his mouth, nose or eyes.

Q4. What is meant by the incubation period of the Corona virus in a healthy person?

Ans: The incubation period is the time between when you contract a virus and when your symptoms start. The average incubation period of the Corona virus ranges from 1 to 14 days from the date of exposure.

Q5. Is there any treatment for COVID-19?

Ans: No specific treatment is available for this disease. It is a new virus and no vaccine has been developed yet. The infected patients are provided treatment for the symptoms and given effective immunity boosting foods, exercises and protein enriched foods.



Q6. What are the best ways of preventing exposure and illness?

Ans: Appropriate precautions to prevent the infection of the virus are, wear a mask, maintain a safe distance of two metres, clean your hands often with soap and water or a hand sanitizer, do not touch your eyes, nose or mouth, stay at home if you feel unwell.

Q7. What is your advice to the students of my age?

Ans: My advice to the students is, stay at home, enhance your immunity by regular exercise, have home made foods containing fresh vegetables which are rich in vitamins and proteins rather than packaged foods. The foremost thing is to keep yourself healthy and enhance immunity to help your body fight against common diseases. Ask your aged parents or grandparents to stay at home. Ensure that your parents or elders when going out, wear a face mask and carry a hand sanitiser.

Aarna Srivastav

3A

This lockdown has been very exciting. I got to explore my talents and pick up new hobbies like skateboarding, horse riding, rockclimbing, reading new books and learning new symphonies over the piano.





Artidote- Vibrant Hues '20

Loreto Convent, Entally hosted **Artidote- Vibrant Hues '20** on **22 August 2020**. The virtual event had a wide range of spectacular events to showcase the talents of students from the fourteen Loreto schools in India. The chief objective of the event was to promote art as an antidote to stress and anxiety, giving students an opportunity to express their creativity.

The event commenced with the display of *yoga asanas* to highlight the importance of yoga in enhancing our immunity and to keep fit during the pandemic.

Our students from Loreto Convent Delhi, **Vanshika Banerjee** from class IV B and **Sakalsiddhi** from class IV A performed the asanas **shalbhasana** and **akarna dhanurasana** respectively with admirable precision and ease.

Anika Sahni from class III B kept the audience mesmerised during the live **Folklore Story Telling** event with her skillful and expressive narration of the story '**A Grain of Rice**'. The props used during the narration of the story were not only creative but impressive too.

This was followed by the '**Round Table**' event which displayed the technical expertise of the students of class V. Informative Power Point Presentations were prepared by the students after a series of group discussions on a variety of topics. **Tvisha Roy and Sonakshi Pant** from class V, ably represented Loreto Convent Delhi.

A non-fire cooking event titled 'Happiness is Homemade' was staged. **Aarna Srivastava** from class III A participated in this live event. Suitably attired with her chef cap and apron, she prepared two delectable and healthy dishes, 'The Beetroot Dip' and 'Garlic Dip'. The enthusiastic young chefs were helped in their task by their supportive mothers.

A cultural dance event '**Samanya**', signifying the rich heritage of India was staged. Our talented dancers from classes IV and V showcased the diverse cultures of the numerous states of India while presenting their dance aptly titled, 'Vibrant Delhi- The Centre of India's Diverse Culture.'

Our dancers were **Meharpreet Kaur, Aarni Dutta, Sharon Johanna** and Vanshika Banerjee from class IV and Canvin Kaur, Vasundhara Sah, Chetna Choudhury, Gloria Enoch, Venu Jamdar, Sambhavi Thakur , Jazz David, Eva Tanwar and Tejaswini Bhatt from class V.

Vibrant Hues was a truly spectacular event to witness as it left all who participated in it enriched knowing that we are all a part of one Loreto family and we can use art to bond together on a common platform . The biggest learning was to use art as an antidote and an outlet.



JUNIOR SCHOOL CELEBRATED READING WEEK

Reading has innumerable benefits, it exercises the mind, improves concentration, sparks imagination, enhances vocabulary, improves communication skills and teaches values which equips a person to lead a meaningful life.

To encourage and promote this advantageous skill, the Junior School celebrated 'Reading Week' from the 8-14 September. We had organised a series of fun activities for different classes.

Classes Prep, I and II

Students dressed up like their favourite fairy tale or story book character. They introduced the character and spoke a few lines about the character.

Class III

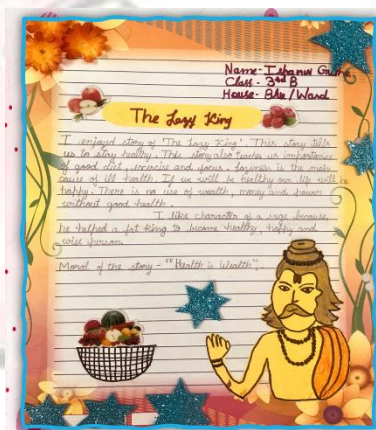
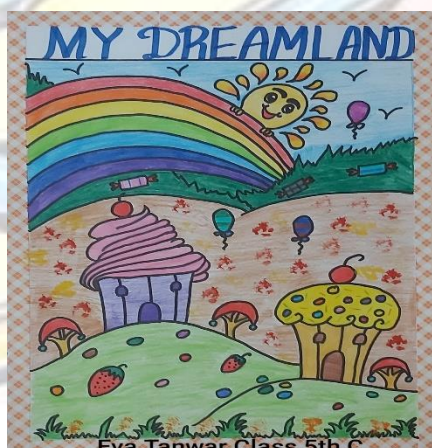
Students wrote a book review on their favourite story book and decorated it.

Class IV

Students narrated their favourite Indian folk tale using props or hand puppets.

Class V

Students looked up the internet and learnt about the various imaginary and fantasy lands written about in different story books. They then used their own imagination and creativity to recreate these lands by drawing them. Example : Hogwarts, Wonderland, Neverland, Emerald City, Gotham City ,The Land of the Faraway Tree, etc.



ONE OF THE MOST WONDERFUL OBSERVATIONS OF NATURE

Navya Ahuja IX-B

In the course of this Corona Pandemic, one morning, I saw a species of bird was flying around the house next to ours. This house was under construction. Due to the lockdown, the construction work was on hold. The bird was considered endangered in Delhi for past few years. It was none other than the sparrow.

I realised, that I have seen a sparrow, after a long period of time. The sparrow had made its nest there and it had two eggs in it. After a few days, two little sparrows could be seen chirping there. They were bright yellow and a kind of brown at first. And then, soon, one turned into a bright grey colour and the other into fluffy-brown colour. After a little bit of research, I came to know that the first one is a male and the second one, a female. It was a very beautiful scene. After 8 to 9 days of the hatching of the eggs, the little birds started flying around. One parent used to go and fetch food and the other took care of the hatchlings. In the night, both the parents used to sit upon the hatchlings to keep them warm.

Every evening, I used to sit near my window and watch them. I suddenly fell into deep thought one day. We have been trying to conserve sparrows for a very long time, but their numbers kept decreasing. But suddenly, when all the human activity was shut down, the number of sparrows started increasing naturally. Even the air felt cleaner and a lot other things felt like they got a new lease of life. Even Mother Nature seemed very enthusiastic.

It was the most wonderful window musing. After about three weeks, the little birds flew away and their parents too. But they could be seen in the neighbourhood. It was a very wonderful feeling, seeing the eggs hatch, the little ones grow, and then seeing them fly away.

1) There's a one-storeyed house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?

2) What gets wet while drying?

3) I shave everyday but my beard remains the same. What am I?

4) You walk into a room that contains match sticks, a kerosene lamp, a candle and a fireplace. What will you light first?

5) A man dies at an old age on his 25th birthday. How is this possible?

6) What has many keys but cannot open a single lock?

7) What gets bigger when more is taken?

8) I am a number. Remove one letter from me and I become even. What am I?

9) You can never dry me under the sun. What am I?

(Answers on page- 81)

Spriha Sharma

VI- A



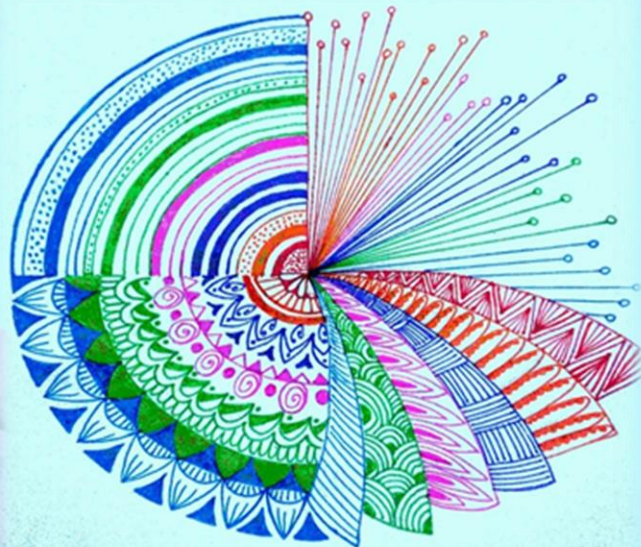
RIDDLES

THE TOUCHDOWN I SCORED THIS LOCKDOWN

Novelle Jibby John XII-C

Another mind-numbing day arrives as I navigate my way wearily through the online classes, tons of projects and assignments, news anchors rattling off 'Doomsday' news in an unbelievably chirpy voice. It is the same schedule everyday: eat, sleep, repeat! So, when I sit down with a pen in my hand to write something about the exciting, non-existent activities, I undertook in this lockdown quarantine. No wonder it is difficult to sift through mundane days to gather the flickering days that were different. Maybe it is not wise to include how some days I just slept all day, all my resolutions to make most of the day going down the well in my dream. Yup, definitely not that. But pondering deep, does dig up certain treasures- the huge chocolate cakes I spent hours making and then devoured in three minutes flat! (All you foodies out there, beat that!)

The poems I wrote on random topics, some went to the trash bin, others went for safekeeping. The Mandala drawings that drew me in their spirals and transported me to a mindful and calm place away from all the chaos (Yes, I'm really proud of them, so if you see me flaunting some, don't mind it!). The numerous books that kept me faithful company, from navigating Scottish Highlands to joining treasure hunts and romantic getaways, I have travelled the whole world in this lockdown, on paper of course! All this with a mask on and social distancing. These 'once-in-a-blue-moon' days do make-up for all those that were not so exciting. So yes, take that sleepy-eyed owl nesting inside me, I did score a touchdown after all!



(Mandala drawings allowed me to channel my inner peace guru and make it through the day with a beatific smile)

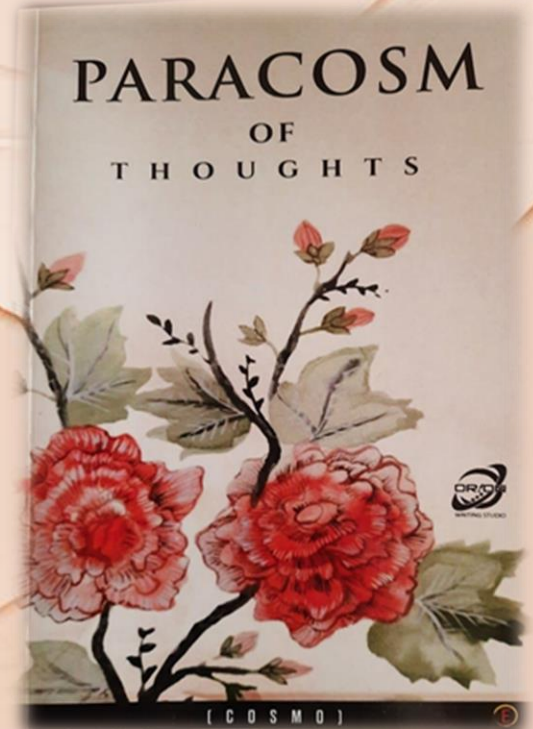
MY EXPERIENCE WITH QUARANTINE

Sushita Pal XII-C

The start of the pandemic and quarantine had made my family and I believe that all days were blurred together. My own concept of time got distorted. My father was stuck for two months in Bengal and I was at home alone with my mother. My friends would go out for walks and jogs inside the community as our community was closed off two days before the lockdown was declared. I would stay inside all the time with my mother to keep me company.

Somewhere along the way, an old friend contacted me from Jodhpur and asked me to join a community of Original English Light Novelists as he already knew that I wrote and had an interest in Anime too. I did not know what OELNs were at first, but after some guidance from experienced writers in that field and sometimes even editing for them, I wondered what it would be like to publish my own work. That wasn't the first time I thought of publishing something I had written but it sure wasn't the last.

Ever since I was a young child, I had developed ways of escapism. Most of these ways included writing and creating different worlds through those words. After a good two months into lockdown, I decided to get back to writing and decided to compile poems for my collection. Before long, I had over a hundred poems on my hands.



A young mind can do wonders to the world. And can even create their own world.

Suppressed emotions and thoughts created pages upon pages of worlds. Worlds whose stories are yet to be spoken out loud.



Cosmo is a seventeen year old person who has only one true passion - writing. However, they do have multiple interests like dancing, photography, painting, sketching, reading, listening to music and travelling. Both their parents are from an army background because of which they had an opportunity to travel country-wide and at times even to foreign countries.

They started writing as a hobby when they were in the first grade. After years of practice in different areas involving writing- articles, small letters, songs and even a random paragraph of thoughts- they started to practice writing novels in form of fanfictions and often dabbled in poetry too, by the age of twelve.

Currently, they are residing in Delhi with their parents while simultaneously working with their friends on an Original English Light Novel so that them and their friends can bring this genre to India.

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📱 [@hedonisticfeels](https://www.instagram.com/hedonisticfeels)



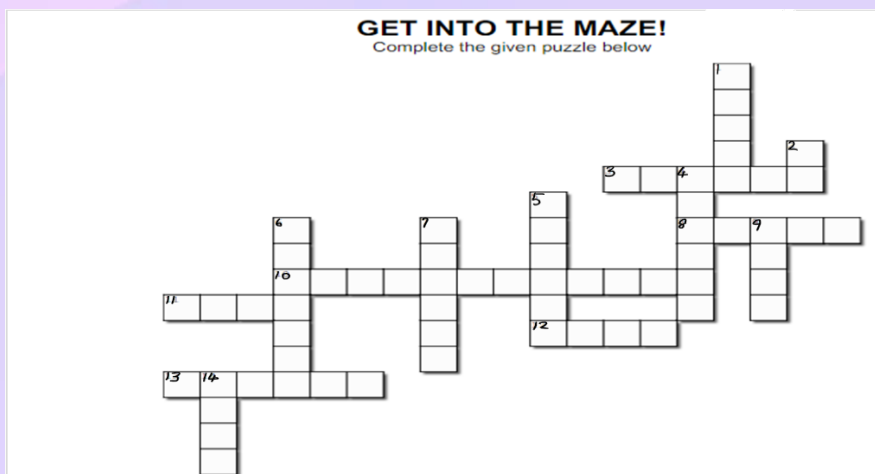
My parents have always been supportive of my writing and when I told them that I had a good number of poems piled up, they told me that I should publish them. It was almost unbelievable. I've wanted to write and publish my works ever since I knew that I could write things that inspire people and make them dream. Being presented with the reality of the idea made me second guess myself. It wasn't as if I was an extraordinary writer. Many had published their works before I had, many had never been recognised. What would make me special? That was when my father encouraged me and told me that even if I didn't get recognised now, at least I would be taking that first step towards my desired destination. He told me that I had a strong support system and that they will be with me all along the way. That was the final push I needed to approach a publisher. Within a day of contact, they asked me for a sample. Cooperating with them to make my words into a book was a wonderful experience. My father and I designed a cover art concept and they designed it for us.

My family and I reached out to people within our circle and asked them to review my work. Most of them bought it and some of my Light Novelist friends found a copy in their country! For weeks I got their congratulations and reviews. Sometimes, I forget that I am now a published writer. I hope my teachers and friends are proud of this step I have taken towards my dream.

I know some dreams fade away as we grow up, some dreams are crushed after a failed attempt. But I know from trial and error that it is futile to give up in the face of adversity or negativity; otherwise, those failures would swallow you up and leave behind a shell of what you used to be.

Writing is a part of my personality, a part of my essence. My being would have no substance without it. I will keep on writing and keep trying new things to add to my experience in it. It is because of this lockdown that I discovered what writing is to me. It wasn't something that I had pondered upon before and I am glad that I had the time and opportunity to finally achieve that first step.

Crossword Time



Across

3. Meaning of the glade word 'SHANK'
8. "You are the shuckiest shuck-faced shuck there ever was" was said by...
10. Newt was named after
11. Gladers go back here at the end
12. First in-Commander and leader in the glade
13. World outside the maze

Down

1. Epidemic that was spread in the world
2. Teresa's real name
4. Most members of the glade are _____
5. "WICKED is good" was said by...
6. Creatures in the glade are called
7. World in catastrophe: Kill zone experiment department
9. The glue among the gladers
14. Meaning of the word KLUNK

1. FLARE 2. DD 3. FRIEND 4. IMMUNE 5. TERESA 6. GRIEVERS
7. WICKED 8. MINHO 9. NEWT 10. ISAAC NEWTON 11. MAZE
12. ALBY 13. SCORCH 14. CRAP

MAZE RUNNER

The Art of Racing in the Rain

Jagriti Nambiar , XII-C

The movie, 'The Art of Racing in the Rain' revolves around the life of a successful Formula One Race car driver, Denny and his family. The fact that, this movie is narrated from a dog's perspective is what made my mother and I watch it during the lockdown. We have been fortunate enough to be loved unconditionally by our fur baby, Casper (a 5-year-old Labrador Retriever).

The smart and extremely caring dog named Enzo plays a vital role in the movie. The techniques applied by Denny on the racetrack can come in handy while dealing with real life problems such as losing a family member to illness, financial turbulences and strained family relations. Denny comes with a very significant lesson when he says: *"I skid the car, before it skids itself. When I am in a race car, I am the master of my own destiny. Create your own conditions and rain is just rain."*



With reference to the ongoing pandemic, all the difficulties that we have been facing due to the lockdown are just 'rain', if we learn to make the best out of the situation. Utilize this time to strengthen family ties, to hone one's innate skills and to find one's true self through introspection by 'creating own conditions' in the midst of the adverse situation. The movie wraps up with one of the greatest 'feel-good' notes wherein Enzo's lifelong dream to race comes true when he is reincarnated as a young racing enthusiast. The movie, thus, has a lot to offer and leaves a long-lasting impact on its viewers.

Answers to Riddles from page 77

- 1) A sponge
- 2) There are no stairs in the house because the house is a one-story house
- 3) Towel
- 4) A barber
- 5) A match stick
- 6) His birthday was on 29th February
- 7) A piano/Casio
- 8) A hole
- 9) S+ even=Seven
- 10) Sweat

Remember the year 2020?

Raima Joseph, XII-B

This year has been quite a challenge for all of us. The infamous Corona virus has considerably changed the way we live, so much so that there might be a specific chapter related to the pandemic in the History textbooks of the future generations, possibly when we would have requested Microsoft Teams to change their theme colour to 'Candy-Striped'. All students, at some point in time, wanted schools shut down; wanted, but we never really hoped for it.

Everyone feels the vexation of all the tiresome assignments, incomplete home-work and a mammoth number of dates and formulae to memorize for the numerous examinations. What is often unknowingly overlooked is that little amount of eagerness we all feel to achieve those 'herculean' tasks, and that very feeling brought us back to school every day. Notwithstanding the obstacles, our dear teachers have now found various methods of keeping that feeling of enthusiasm alive in us.

Now comes another thing that we, the students, miss immensely while in this situation; the moments of friendship with our little posse of friends. In this need of a nation-wide Lockdown, our haunts remain dull and deserted, particularly, our very own Volleyball Court. Ever so famous for diary notes that start with the words, "Kindly allow the following girls to play.", the Court was where we felt on top of the world.

Exhibiting the same amount of dedication as our teachers, we have found ways to continue creating those moments virtually as well. From, "Which period are we playing in?", to, "Which server are we playing on?", we have proved that nothing can stop us from wasting indispensable time. Quite like our current Time-Table for the online classes, we make sure to be on time to play with our friends too, after studying, of course.

Nevertheless, every challenge opens up a new opportunity. All of us collectively have made commendable use of them. No matter how gloomy the lockdown days get, our innovative minds will never cease to rest. Regardless of the slight amount of separation, in the not-so-distant future, this will be a great way of starting one of those "Back when I was a teenager..." conversations.

हिन्दी संकलन अभिव्यक्ति

लॉकडाउन

आ गया ऐसा वक्त
जिससे सब थे बेखबर
हो गया वही
जिसका था सबको डर
एक दिन हुआ लॉकडाउन
पड़ गया सब कुछ मंद
कोरोना से बचाव के लिए हो गया
सब कुछ बंद
छिड़ गई है ऐसी जंग
रहना नहीं एक दूजे के संग
रखनी है अब हमे दूरी
जो की है बहुत ज़रूरी
मास्क पहनना है हमें
हाथ धोने हैं हमें
कोरोना से बचकर
जीतनी है यह जंग हमें

काव्य गुप्ता
8-स

हमको ना सताओ

हाय ये कोरोना वायरस
इसने सबको रुला दिया,
कई लोगो की जान गयी
यह है कोरोना वायरस का जमाना
हाथ न मिलाएं नमस्ते से ही काम चलाओ
खाना खाने से पहले हाथ धोये ।
कोरोना वायरस जल्दी से दुनिया से जाओ
हमको न सताओ ...
हाय ये कोरोना वायरस !!

अशिता कुमार
6-स

हमारा नारा

कोरोना से करना हो बचाव
तो धोलो हाथ बार बार
न करो कोई ढिलाई
क्योंकि इसकी नहीं है दवाई
अपराजिता श्रीवास्तव
6-ब

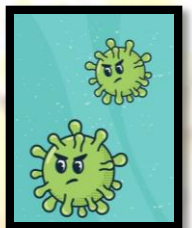
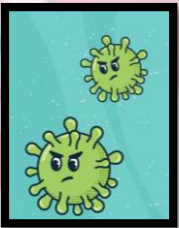
अलविदा कोरोना

होता है लोगों को कोरोना
हमेशा हमे हाथ है धोना
अगर लोग कुछ भी दे तुम्हें
और बोलते यह लोना
पर उसमें हो सकता है कोरोना

अगर तुम्हें हो जाए कोरोना
तुम बिलकुल मत रोना
और उसके बाद तुम मत डरोना
थोड़ा सा तुम सोना
अपना ध्यान रखो ना

दिन में पांच गिलास गर्म पानी पी लो ना
भागेगा तुमसे यह कोरोना
बाहर तुम मत जाओ ना
जाने से पहले भी मास्क पहन लो ना

मेरे मन में क्यों आता है ये कोरोना
इसको दूर भगाओ ना
हमें इससे बचाओ ना
इसको दूर भगाने के लिए
कोई उपाय निकालो ना
श्रीना सान्वी बोराह
6-ब



हाय! कोरोना

हाय! ये कोरोना , हाय! ये कोरोना

होगा कब इसका अंत !

लॉकडाउन जब से शुरू हुआ, लगता जैसे एक सज़ा !

जैसे ही यह होगा खत्म ,आएगा हमको बड़ा मज़ा !

न दोस्त घर आते, न जाते हम स्कूल ,

बाहर जाकर मस्ती करना , जैसे गए हो बिल्कुल भूल।

या तो अब तुम मास्क पहन लो

या फिर इस कोरोना को सह लो !

सैनिटाइज़र भी जरूर लगाओ ,

और वायरस को दूर भगाओ !

सोशल डिस्टेंसिंग का रखो खयाल ,

वरना जाना पड़ेगा तुम्हे अस्पताल !

अभी समय की यही पुकार,

कोरोना से न पड़ना बीमार !

अपना भी तुम रखो खयाल ,

और मदद करो उनकी, जो हैं लाचार !

आन्या थपलियाल

6- ब

मिलते वक्त हाथ न मिलाएं!

नमस्ते! सतुश्री अकाल!

आदाब! सै काम चलाएं।

Prabhgun Kaur 6-A



मिलकर कोरोना को हराना है

मिलकर कोरोना को हराना है,

मिलकर कोरोना को हराना है....!!

घर से हमें कहीं नहीं जाना है,

हाथ किसी से नहीं मिलाना है,

चेहरे को हाथ नहीं लगाना है,

मिलकर कोरोना को हराना है....!!

बार- बार अच्छे से हाथ धोने जाना है,

सैनीटाइज करके देश को स्वच्छ बनाना है,

बचाव ही इलाज है यह समझाना है,

मिलकर कोरोना को हराना है....!!

कोरोना से हमको नहीं घबराना है,

सावधानी रखकर कोरोना को मिटाना है,

देशहित में सभी को यह कदम उठाना है,

मिलकर कोरोना को हराना है....!!

मिलकर कोरोना को हराना है....!!

कृति सिंह

6-ब

कोरोना -सावधानी बरतो ना!

देखो चीन ने जैसे कोई किया हो जादू -टोना,
देखो पूरी दुनिया बोल रही है कोरोना कोरोना!

अपनी आंखों से जब डरा ना पाया,
अनजान बीमारी से धमकाया

अच्छा खासा इंसान देखो डोल रहा है
हाथ न मिला कर अब नमस्ते बोल रहा है।

थोड़ी सी सावधानी कर लो ,ना करो दइया
दइया...
वरना फिर करते रह जाओगे हाय! मइया
मइया...

बन्द करो कोरोना का रोना
बनो समझदार तो कुछ ना होना
तन- मन स्वस्थ तो कोई रोग ना होना

रोज करो तुलसी का सेवन

धूम्रपान मत करोना

नीम गिलोय का घूँट भरो

मदीरा पान मत करोना

देसी भोजन रोज़ करो

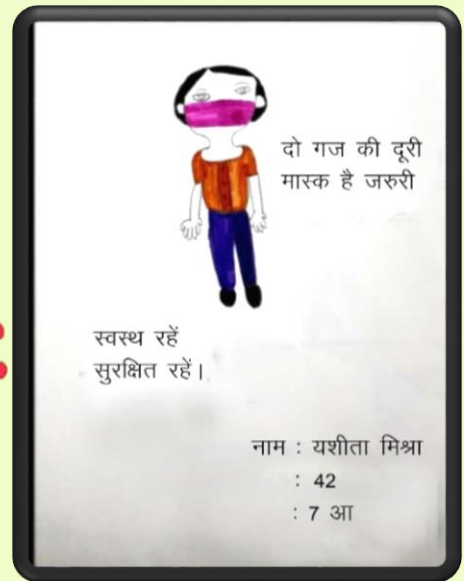
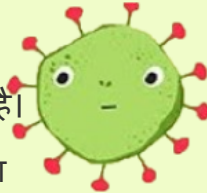
फास्ट फूड मत करोना

हाथ साफ दस बार करो

कहीं गंदगी मत करोना

कोरोना! कोरोना! कोरोना! इसके डर से तुम डरोना

रितिका
9-स



महामारी-कोरोना

महामारी है ऐसी चीज़,
जिसमें न रहना चाहे कोई जीव।
२०२० है ऐसा आया,
जिसे कोई भुला न पाया।
हर तरफ़ है एक ही नारा,
घर से बाहर तुम न जाना ।
बार बार हाथ को है धोना,
मुँह पर है हर दम मास्क लगाना।

दुनिया हो गई घर में बंद जब थे केसिस कम,
हाय रे कोरोना कब लेगा रुकने का दम।
कब तक रहे बैठें घर में,
गाएँ दोस्तो से न मिल पाने के नगमें।
पर कहना चहाती हूँ मैं यह सबसे,
स्कूल फिर खुलने के ज़रूर पूरे होंगे सपने।

चाहत सिंह बिश्रोई
5 -स

महा-महामारी : प्रकृति का सबक

बदल डाला मनुष्य जीवन ,
बन गया कलयुग का रावन ,
छीन ली आज़ादी सबसे,
मनुष्य के कर्मों का फल यह दरसे ।
दिल में डर है पल - पल ,हर पल ,
कोई न जाने क्या होगा कल ,
थी न कोई जानकारी,
ज़िन्दगी बदल देगी यह महा - महामारी ॥

है मचाया ऐसा कोहराम ,
मिल न सकते किसी से ,
खो गया सूख ,चैन और आराम,
बचपन खो गया अभी से ।
धारण कर काल वेश ,
किया कोरोना ने प्रवेश ,
प्रकृति ने दिया जवाब ,लिया प्रतिशोध ,
किया प्रदर्शित अपना क्रोध ॥

बस करो अपनी मनमानी ,
न करो दूषित प्रकृति सुहानी ,
नहीं मिलेगी कभी भी वृद्धि ,
यदि करोगे स्वार्थसिद्धि ।
बदल दो अपने बुरे विचार ,
हो गया बहुत अत्याचार ,
चलो सुधारे अपना कल ,
होकर सब एक, अटल ॥

कुंजल कुमारी
10-स

इन दिनों माहौल कुछ ऐसा है !

इन दिनों माहौल कुछ ऐसा है ,
लोग घरों में और सड़कों पर सुनसान पहरा है ।
पतझड़ का मौसम भी बड़ा गहरा है,
इन दिनों माहौल कुछ ऐसा है ।

पेड़ों से झड़ते पत्ते भी कुछ कहते हैं,
रहो घरों में यही संदेश देते हैं ।
काल सिरों पर बैठा है,
इन दिनों माहौल कुछ ऐसा है ।

ऐसा विषाणु भारत आया है,
भारत की जनता को जिसने तड़पाया है।
अस्पतालों में विषाणु से ग्रसित लोगों का डेरा है,
इन दिनों माहौल कुछ ऐसा है।

चारों तरफ सन्नाटा सा छाया है,
सपनों में भी दिल घबराया है।
ये कैसी मुसीबत का साया है,
इन दिनों माहौल कुछ ऐसा है।

देश के असली हीरो की अब बारी है,
हाथों में इनके देश की सवारी है
डॉक्टर, पुलिस का अब कर्तव्य ठहरा है।
इन दिनों माहौल कुछ ऐसा है।

सोनिया

हिन्दी अध्यापिका



यह हमारी घरती है इसे
कोरोना से सावधान रखें ।

हर्षिता यादव

मेरी प्रार्थना

जब से दुनिया में कोरोना है आया,
उसने हर जगह हाहाकार फैलाया,
स्कूल-कालेज हैं सब बंद,
घर में हैं हम नजरबंद,
मुँह पर रहता है हरपल मास्क,
बाहर जाना लगता है बड़ा टास्क,
धोते रहते हैं हम सब हाथ,
नहीं हो सकते खड़े साथ-साथ,
क्या करें कुछ समझ नहीं आता,
चीजें छूने से मन डर से भर जाता,
कब समाप्त होगा कोरोना का डर,
कब जा पाएंगे हम बाहर,
सब कुछ हो जाए पहले जैसा,
करती हूं प्रार्थना हो जाए अब ऐसा।

एनजेला गायत्री
5-स

कोरोना काल

एक बीमारी ऐसी आई,
जिससे दुनिया सारी थराई।
कभी न सुना उसका नाम,
बिगाड़े उसने सारे काम।
कोरोना कहकर उसे पुकारा,
कैसे मिले उससे छुटकारा?
हाथ हमेशा धोते रहना,
मास्क भी हर वक्त पहनना।
दो गज दूरी बना कर रखना,
देखो फिर भागेगा कोरोना।

सान्वी
2-अ

कोरोना बीमारी एक महामारी

आयी एक नई बिमारी बन गयी जो महामारी।
अपनों की दूरी का कारण बना।
एक दूसरे को छूना हो गया मना।
मास्क, दूरी और सफाई अभियान, यही है सबको देना ज्ञान।
कोरोना से हमको नहीं घबराना है।
सावधानी से इसे देश से भागना है।

अहाना त्रिपाठी
3-ब

कोरोना भगाओ

कोरोना आया, कोरोना आया
अपने संग कई परेशानियाँ लाया।
घूमने हम कहीं जा नहीं सकते,
दोस्तों से हम मिल नहीं सकते।
सब कोई पहनो मास्क,
मुश्किल नहीं यह टास्क।
हाथ धोना है जरूरी,
हमें अपनी जिम्मेदारी करनी है पूरी।
कोरोना से हम नहीं हारेंगे,
सब मिलकर इसे भगाएंगे।

अनन्या शर्मा
3- ब

कोरोना मुक्त भारत

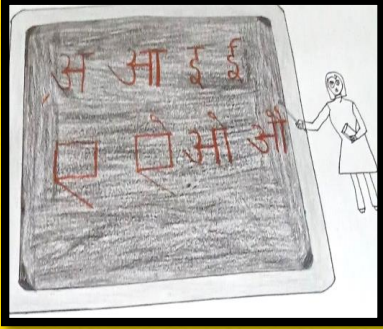
खुशियों की एक दुनिया थीं, हँसते और खेलते थे हम,
मिलना-जुलना, खान -पान, साथ-साथ करते थे हम |
एक वाइरस ने बदल दी दुनिया, मित्रों से बना दी दूरियाँ,
किए हमने कई जतन, पर यह कोरोना हुआ ना कम|
अचानक बदल गया समय, अपने अपनों से हुए दूर,
मास्क पहनना,सेनेटाइज़र लगाना, हाथ धोने को हो गए
मजबूर |
घरों में रहकर करो पढ़ाई, इसकी अब आवश्यकता आई,
मास्क बिना निकलो न भाई, वरना समझो आफत आई|
कोरोना के योद्धा जो कर रहे हैं दिन - रात काम,
ऐसे वीर योद्धाओं को हमारा शत - शत प्रणाम |
आत्मविश्वास और आत्मनिर्भरता है हमारे तीर कमान,
दूर करेंगे यह कोरोना हमने ली है मन में ठान|
खुशियों के फूल खिलेंगे, बच्चे- बूढ़े सभी हँसेंगे,
मिलने-जुलने का चलन चलेगा त्योहारों से आँगन खिलेगा|
करते हैं कामना हम दिल से, पूरा विश्व मुक्त हो कोरोना से|
जाना होगा इसे हमसे दूर, नया सवेरा होगा ज़रूर|

मैत्री झा

2-अ



मेरी प्रिय अध्यापिका



घर छोड़कर शुरू -शुरू में, स्कूल चली जब जाती थी ।
माँ को याद करके, मैं आँसू बहुत बहाती थी।
फिर प्यारी अध्यापिका ने, मुझे प्यार से समझाया,
मैं भी तो माँ जैसी हूँ कह कर मुझे सहलाया ।
अपनी प्यारी शिक्षिका को धन्यवाद चाहती हूँ कहना ,
आप हमेशा नन्हे-मुन्हे बच्चों के संग, बस ऐसे ही रहना ।

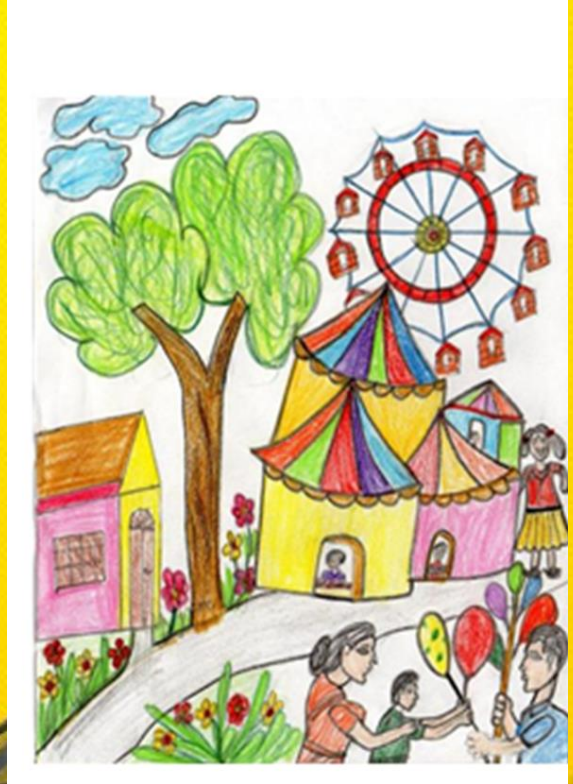
दृष्टि काश्वाँ

2- अ

दशहरे की छुट्टी

दशहरे की छुट्टियाँ आएंगी,
दादी के घर जाएंगे,
खूब मजे लगाएंगे,
हलवा-पूरी खायेंगे।
दादी मेले में लेकर जाएंगी,
झूले पर चढ़ जाएंगे,
खूब मजे लगाएंगे,
चाट-पकौड़े खायेंगे।
कैंडी हमें दिलाएंगी,
प्यार से हमें खिलाएंगी,
खूब मजा कर के आएंगे,
यादें ताजा कर आएंगे।

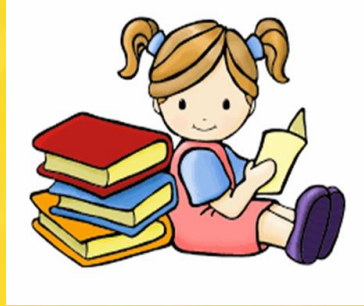
रक्षमा सिंह
2-अ



मेरी पुस्तक

मेरी स्कूल की पुस्तक में मेरा प्यार छुपा हुआ है
प्यार तो क्या मेरे दिल का दिलदार छुपा है
पुस्तक मेरी मुझको जीना सिखलाती है
हरी भरी दुनिया की छवि भी दिखलाती है
मेरी पुस्तक मुझको करती है क्षमादान
अनहोनी बातों का करती है समाधान।

परिधि विधु,
2-अ



बूझो तो जाने

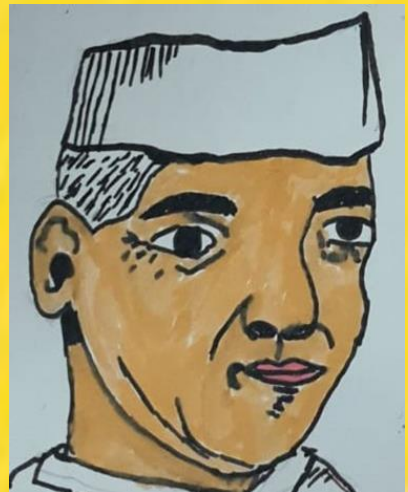
- १ ऐसे फल का नाम बताओ जो किसी देश का नाम भी है ?
- २ नल के नीचे बाल्टी रखी है, वह टूटी भी नहीं है, फिर भी वह क्यों नहीं भर रही ?
- ३ किसके आने पर लोग सामान सँभालने लगते हैं ?
- ४ ऐसी कौन सी भारतीय भाषा है जिसका नाम उल्टा - सीधा एक समान है ?
- ५ वह कौन सा लोक है जहाँ सभी घूमते हैं मगर जो देखते हैं, वह सच नहीं होता ?

अवनी छाबड़ा

5-स

बालदिवस

बाल दिवस बच्चों को समर्पित भारत का राष्ट्रीय त्योहार है, जो पंडित जवाहर लाल नेहरू के जन्मदिन पर मनाया जाता है और यह उनके बच्चों के प्रति प्रेम व स्नेह को दर्शाता है। हमारे देश में हर वर्ष 14 नवम्बर को बाल दिवस के रूप में मनाया जाता है। इसके मनाने का मुख्य उद्देश्य सभी भारतीय नागरिकों को बच्चों के प्रति जागरूक करना है, जिससे सभी लोग अपने बच्चों को सही दिशा दें सकें। इससे बच्चों का भविष्य अच्छा होगा और सुव्यवस्थित और संपन्न राष्ट्र का निर्माण होगा, बाल दिवस मनाने का यह उद्देश्य हमारे देश में हर बच्चों को शिक्षा देने और उनका भविष्य उज्ज्वल बनाने में सहायक होगा।



दीपांगी मैत्रेय

5-ब

१ मास्टा २ बास्टी उल्टी रखी है | ३ आँधी ४ मलयालम ५ स्वप्नलोक

सकारात्मक रहें

कोरोना वायरस महामारी के कारण हमारे देश के प्रधानमंत्री ने मार्च महीने में देशव्यापी लॉकडाउन की घोषणा की। इस कठिन समय और इन परिस्थितियों में घर पर रहना और सुरक्षित रहना सबसे महत्वपूर्ण तथा ज़रूरी है। ऐसे कई तरीके हैं जिनके द्वारा हम अपना लॉकडाउन बिता सकते हैं। हम अपने शौक का पीछा कर सकते हैं और अपनी प्रतिभाओं का पता लगा सकते हैं। आज मैं आपके साथ कुछ ऐसे तरीके साझा करना चाहूंगी जिनके द्वारा आप अपनी सकारात्मकता एवं मन की शांति को बनाए रख सकते हैं।

- हमें रोजाना व्यायाम और योग करना चाहिए ताकि हम स्वस्थ और खुश रहें।
- हर चीज में एक सकारात्मक पक्ष खोजने का प्रयास करें।
- अपने आसपास सकारात्मक और आशावादी वातावरण बनाएं।
- अपने अनुभव को संपत्ति से अधिक मानें।
- जीवन में जो मिला है, उसके लिए हमेशा आभारी रहें।
- अंत में, अपने परिवार और प्रियजनों के साथ समय बिताएं।



तन्वी विग
7- स

कोरोना एक
महामारी है,
मुश्किल में दुनिया
सारी है!
तभी तो दो गज की
दूरी
और मास्क भी
ज़रूरी है!

-अविका कुमार 9-ब



कोरोना वायरस



कोरोना वायरस या कोविड-19 ने 2020 में हमारे जीवन को बदल दिया है। हमने ऑनलाइन स्कूल शुरू कर दिए हैं, हमें जब भी बाहर जाना होता है तो हमें मास्क पहनना पड़ता है, हमें समय-समय पर अपने हाथों को धोना पड़ता है, हमें उन चीजों को धोना पड़ता है जिन्हें हम से बाजार लाते हैं।

कोविड के डर से हमारी स्वच्छता की आदतों में बहुत सुधार हुआ। हम सतहों को छूने के लिए घरेलू वस्तुओं के स्वच्छता के बारे में पता चलने लगा।

कोरोना के दौरान कार्य संस्कृति में एक बड़ा बदलाव आया (स्कूल कार्यालय)। लोग ऑफिस / स्कूल जाने के बजाय घर से काम कर रहे हैं। लोग इस लॉकडाउन अवधि का उपयोग अपनी कला और कौशल को बढ़ाने के लिए कर रहे हैं। हम भगवान से प्रार्थना करते हैं कि यह महामारी जल्द ही समाप्त हो जाए।

माहिका ग़ोवर

5- स

लॉकडाउन के सकारात्मक प्रभाव

हमारा देश इन दिनों एक बड़ी बीमारी का सामना कर रहा है। इस बीमारी का नाम कोरोना है। इसे कोविड 19 भी कहा जाता है। इस बीमारी में घर से नहीं निकलने के सरकार के आदेश हैं। इसे 'लॉक डाउन' कहा जा रहा है। हम सभी इस समय घर पर ही रह रहे हैं। परिवार के साथ समय बिताने के साथ-साथ, मैंने बहुत सारे अच्छे-अच्छे काम किए।

- सबसे पहले मैंने सुबह उठकर व्यायाम और योगा करने की आदत डाली।
- फिर मैंने घर के गमलों में लगे पौधों के बारे में अपने दादाजी से ज्ञान प्राप्त किया।
- रोज पौधों को पानी देती हूँ।
- मैंने घर में रह कर देखा कि माँ कितने सारे काम करती है, मैंने उनसे बहुत सारी बातें सीखी।
- मैंने देखा कि सुबह उठ कर दादी जी पूजा करती है, मैंने उनसे सुबह की प्रार्थना सीखी।
- मैंने अपनी चीजों को व्यवस्थित रखना सीखा।
- मैंने कई अच्छी किताबें पढ़ीं जो हमें नैतिक शिक्षा देती है।
- लॉक डाउन में हमने जाना कि कैसे घर में रहकर बहुत सारे काम किए जाते हैं।

आशिता तंवर

3- ब

कोरोना वायरस महामारी के कारण सभी स्कूल बंद हैं। किन्तु हम बच्चों ने इंटरनेट के माध्यम से इस महामारी के चलते अपनी अध्यापिकाओं से जुड़कर ऑनलाइन शिक्षा प्राप्त करने का एक नया तरीका तथा उससे जुड़े कई नियम सीख लिए हैं। इसी पर आधारित है यह एक ज्ञानवर्धक और रोचक कॉमिक स्ट्रिप।



मेरी प्रार्थना- मेरी उम्मीद

कुछ दिनों पहले मेरे मम्मी-पापा कोरोना से पीड़ित हो गए थे। वह समय मेरे परिवार के लिए बड़ा कठिन था। जब मुझे इस बात का पता चला, तो मैं बहुत घबरा गयी थी और मैं रोने लगी थी। मेरे मम्मी-पापा ने मुझे प्यार से समझाया और मुझे हिम्मत दी।

उन्होंने मेरे अकेले रहने की व्यवस्था अलग कमरे में कर दी थी। वे दूसरे कमरे से मुझसे लगातार बातें करते रहते थे। मैं छुप कर दरवाजे की सुराख से उन्हें कभी-कभी देखा करती थी। मैं उनके पास जाना चाहती थी, उन्हें स्पर्श करना चाहती थी, उनके साथ खेलना चाहती थी लेकिन मैं यह सब नहीं कर सकती थी। मुझे अकेलापन और डर लगता था।

अकेले कमरे में, मैं अपने सारे काम खुद से करना सीख गयी। विद्यालय के ऑनलाइन क्लासेज के द्वारा मेरी अध्यापिकाओं ने मुझे बहुत प्रोत्साहित किया और वे हमेशा मेरा साहस बढ़ाते थे। मेरे नानाजी और नानीजी मुझसे वीडियो कॉल पर बातें करते थे। उनसे बातें कर के मुझे थोड़ी खुशी मिलती थी।

मुझे रात में अकेले सोने पर डर लगता था। मुझे अपनी मम्मी की बहुत याद आती थी। मैंने एक तकिए को अपनी मम्मी का स्वरूप मान लिया था। मैं उस तकिए को अपनी मम्मी समझ कर उससे लिपट कर रात में सो जाती थी।

एक दिन हमें पता चला कि मेरे मम्मी-पापा को अस्पताल में भर्ती होना पड़ेगा। वे मुझे घर पर अकेला नहीं छोड़ सकते थे, इसलिए मुझे भी उनके साथ अस्पताल जाना पड़ा। मैं अत्यंत दुखी हो गयी थी। मुझे अस्पताल में रहना और अस्पताल का खाना बिल्कुल भी अच्छा नहीं लगा। मैं हर दिन अस्पताल की खिड़की से बाहर आसमान में तारों को देखकर भगवान से प्रार्थना करती थी कि मेरे मम्मी पापा को जल्दी ठीक कर दे। मेरी प्रार्थना मेरी उम्मीद थी।

हम सभी अब अस्पताल से घर वापस आ गए हैं और मेरे मम्मी-पापा अभी स्वस्थ हैं। मैं बहुत खुश हूँ क्योंकि हम सभी फिर से पहले जैसे एक साथ रह सकते हैं। मैं अपने मम्मी-पापा से फिर से ढेर सारा प्यार कर सकती हूँ।



स्वर्णिका वर्मा
2 -अ

कोविड-19 महामारी

जनवरी 2020 का महीना था। एक शाम मैं दिल्ली के द्वारका में अपने घर के डाइंग रूम में चाय की चूसकी के साथ खबरें देख रहा था। तभी मैंने देखा कि चीन में कोरोना वायरस की खबरें प्रसारित की जा रही हैं, जो एक नई बीमारी है। यह चीन के वुहान में गीला (समुद्री भोजन) बाजार से फैल रही है। मैं अपने परिवार के सदस्यों से इस वायरस के बारे में बात की और कहा 'लगता है कि चीन में घातक वायरस फैल रहा है जो लोगों की जान लेने वाला है'। तभी दरवाजे की घंटी बजी। दरवाजा खोलने पर पाया कि मेरा पड़ोसी जो यूपी के नोएडा में अपना नया अपार्टमेंट लिया है, वह अपने अपार्टमेंट के गृह-प्रवेश में सपरिवार निमंत्रण देने के लिए आए हैं। मैं इस वायरस के बारे में अपने मित्र के साथ भी बात-चीत की। इसके प्रति गंभीर नहीं थे क्योंकि यह वायरस चीन देश में पाया गया था और सोचता था कि यह केवल चीन में ही होगा। किसी ने नहीं सोचा कि यह कोरोना वायरस ऐसे परिमाण में फैल जाएगा जो वर्तमान में महामारी का रूप ले लेगा।

कोरोना वायरस क्या है?

कोरोना वायरस (सीओवी) का संबंध ऐसे परिवार से है जिसके संक्रमण से जुकाम से लेकर सांस लेने में तकलीफ जैसी समस्या हो सकती है। इस वायरस का संक्रमण दिसम्बर, 2019 में पहचाना गया था जो चीन के वुहान से शुरू हुआ। डब्ल्यूएचओ के मुताबिक बुखार, खांसी, सांस लेने में तकलीफ इसके लक्षण हैं। इस प्रकोप को जनवरी, 2020 में अंतर्राष्ट्रीय स्वास्थ्य की सार्वजनिक स्वास्थ्य आपातकाल और मार्च, 2020 में इससे एक महामारी घोषित कर दिया। 04 नवम्बर, 2020 तक 47.4 मिलियन से अधिक मामलों की पुष्टि की गई। इस महामारी के कारण 1.21 मिलियन से अधिक लोगों की मौतें हुई हैं। अब तक इस वायरस को फैलने से रोकने के लिए कोई टीका नहीं बना है।

कोरोना से मिलते-जुलते वायरस खांसी और छींक से गिरने वाली बूंदों के जरिए फैलता है। कोरोना वायरस अब चीन में उतनी तीव्र गति से नहीं फैल रहा है जितना दुनिया के अन्य देशों में फैल रहा है। कोविड-19 नाम का यह वायरस अब तक 200 से ज्यादा देशों में फैल चुका है। कोरोना के संक्रमण के बढ़ते खतरे को देखते हुए सावधानी बरतने की जरूरत है ताकि इसे फैलने से रोका जा सके।

कोरोना बीमारी के लक्षण?

कोविड-19/कोरोना वायरस में पहले बुखार होता है। इसके बाद सूखी खांसी होती है और फिर एक हफ्ते बाद सांस लेने में परेशानी होने लगती है। इन लक्षणों का हमेशा मतलब यह नहीं है कि आपको कोरोना वायरस का संक्रमण है। कोरोना वायरस के गंभीर मामलों में निमोनिया, सांस लेने में बहुत ज्यादा परेशानी, किडनी फेल होना और यहाँ तक कि मौत भी हो सकती है। बुजुर्ग या जिन लोगों को पहले से अस्थमा, मधुमेह या हार्ट की बीमारी है उनके मामले में खतरा गंभीर हो सकता है। जुकाम और फ्लू में भी इसी तरह के लक्षण पाए जाते हैं।

कोरोना वायरस का संक्रमण हो जाए तब?

इस समय कोरोना वायरस का कोई इलाज नहीं है लेकिन इसमें बीमारी के लक्षण कम होने वाली दवाइयाँ दी जा सकती हैं।

*जब तक आप ठीक न हो जाएं, तब तक आप दूसरों से अलग रहें।
कोरोना वायरस के इलाज के लिए वैक्सीन विकसित करने पर काम चल रहा है।
इस साल के अंत तक इंसानों पर इसका परीक्षण कर लिया जाएगा।
कुछ अस्पताल एंटीवायरस दवा का भी परीक्षण कर रहे हैं।*

कोरोना वायरस से बचाव के उपाय?

स्वास्थ्य मंत्रालय ने कोरोना वायरस से बचने के लिए दिशा-निर्देश जारी किए हैं।

इनके मुताबिक हाथों को साबुन से धोना चाहिए।

अलकोहल आधारित हैंड रब का इस्तेमाल किया जा सकता है।

खांसते और छीकते समय नाक और मुँह को रुमाल या टिशू पेपर से ढंककर रखें।
जिन व्यक्तियों में कोलड और फ्लू के लक्षण हों, उनसे दूरी बनाकर रखें।

अंडे और मांस के सेवन से बचें। जंगली जानवरों के संपर्क में आने से बचें।

मास्क कौन और कैसे पहनें?

अगर आप स्वस्थ हैं तो आपको मास्क की जरूरत नहीं है।

अगर आप किसी कोरोना वायरस से संक्रमित व्यक्ति की देखभाल कर रहे हैं तो आपको मास्क पहनना होगा।

जिन लोगों को बुखार, कफ या सांस में तकलीफ की शिकायत है, उन्हें मास्क पहनना चाहिए और तुरंत डॉक्टर के पास जाना चाहिए।

बिकाश मणि भारद्वाज
अभिभावक

प्राचीन भारतीय संस्कृति की परंपराएं और कोविड-19 महामारी की रोकथाम और नियंत्रण में उनकी भूमिका

कोरोनावायरस एक घातक बीमारी है जिसे केवल सावधानियों की मदद से रोका जा सकता है। सावधानियों में शामिल हैं: नियमित रूप से हाथ धोना, हैंड-शेक के बजाय नमस्कार, आदि। इन उपायों का दुनिया भर में पालन किया जा रहा है, लेकिन अगर हम देखें, तो हम पा सकते हैं कि ये सभी उपाय भारत का उपहार हैं। भारत इतना महान था कि तब भी, हम वैज्ञानिक रूप से बहुत निरोगी और स्वस्थ थे। यह लेख विभिन्न उपायों के बारे में बात करता है जो भारतीय संस्कृति से आते हैं :

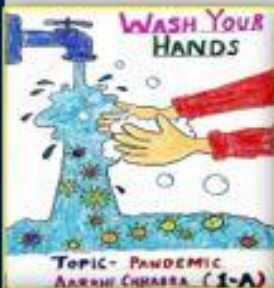
- हाथ धोना : प्राचीन भारतीय परंपराओं में स्वच्छता के नियम ने हमेशा महत्वपूर्ण भूमिका निभाई है। लोग हमेशा खुद को और घर को साफ रखने के लिए बाहर से आने के बाद अपने हाथ धोते थे और चप्पल निकालते थे, और जो भी कीटाणु उनके शरीर में आ जाते थे उन्हें रोकते थे। इसी तरह आजकल लोग नियमित रूप से साबुन / सैनिटाइजर का उपयोग करके अपने हाथ धोने पर ध्यान दे रहे हैं क्योंकि यह प्रमुख रोकथाम शिष्टाचारों में से एक है।

- आयुर्वेद : आयुर्वेद की उत्पत्ति 5,000 साल से भी पहले भारत में हुई थी और संस्कृत में इसका मतलब है, "जीवन का विज्ञान।" आयुर्वेद रोग की रोकथाम में मदद करता है और स्वास्थ्य के रखरखाव को प्रोत्साहित करता है। किसी के जीवन में संतुलन के लिए सही ध्यान, सोच, आहार, प्रतिरक्षा, जीवन शैली और जड़ी बूटियों का उपयोग आवश्यक है। आयुर्वेद ने हमें अपने आसपास के पौधों के कई उपयोग भी सिखाए हैं। आज, डॉक्टर अपने मरीजों को बीमारी से सुरक्षित रहने के लिए हर्बल दवाओं और काढ़े पीने की सलाह दे रहे हैं।
- नमस्ते - भारतीय हैण्डशैक: एक दूसरे को बधाई देने का भारतीय तरीका अब वैश्विक हो गया है क्योंकि इसमें छूने या पास आने की आवश्यकता नहीं है। नमस्कार का अर्थ है "मैं परमात्मा को प्रणाम करता हूँ।" नमस्कार दोनों हाथों को जोड़कर किया जाता है जिससे हमारे कीटाणु दूसरे व्यक्ति के शरीर में नहीं पहुँचते हैं। यह एक हैंडशेक की तुलना में अधिक सुरक्षित विकल्प है और अब दुनिया भर में उपयोग किया जा रहा है।
- सात्विक भोजन : हमारा पारंपरिक भोजन मुख्य रूप से शाकाहारी है। अहिंसा का भारतीय सिद्धांत हमें संक्रामक रोगों की पशु श्रृंखला से दूर रखता है (SARS-CoV2 का मूल कारण भी वुहान समुद्री भोजन बाजार, चीन था)। आजकल हर कोई मांसाहारी भोजन से परहेज कर रहा है क्योंकि इसे बहुत अस्वस्थ और खतरनाक माना जा रहा है।
- योग : योग कला का एक रूप है जिसमें मन और शरीर को शुद्ध और स्वस्थ करने के लिए विभिन्न आसन शामिल हैं। योग का विकास प्राचीन भारत में हजारों वर्षों से भी पहले हुआ था। आज, कई लोग अपने स्वास्थ्य को बेहतर बनाने और महामारी में सामना किए जा रहे डिप्रेशन को दूर करने के लिए योग कर रहे हैं।
- हम में से अधिकांश आज पश्चिमी संस्कृति की ओर देख रहे हैं, और अपनी महान परंपराओं को भूलते जा रहे हैं। समय आ गया है कि हम अपने देश का सम्मान करें, और समझें कि हमारा देश तब भी बहुत अधिक वैज्ञानिक था। आइए हम भारतीय संस्कृति को पूरी दुनिया में फैलाएं।



श्रुति धवन
अभिभावक

Art Couture



Art Couture





Faciendo Artes

~Performing Arts

Aleka Mascarenhas
II B



Violin Performance

Aadya Menon
VI C



Kuchipudi
Performance

Here are a few things to remember

**Stay home
as much as
you can**

**If you really
need to go out,
wear a mask**

**One of the
important
accessories
-hand sanitizer**

**Wash! Wash!
Wash your
hands**



**Observe social
distancing at
all times**

**Cover your nose
and mouth when
you sneeze or
cough**

*Now that you are on this page
We know that you have read
Through the tales and woes of every age
And the paths that we have tread*

*And now we do bid you adieu
But let us say "Thank you!"
We promise we'll be back again
Come sunshine or in rain*

