



# सृजन

2021



Dear Readers,

This is a time of great changes. In education too, we are witnessing fast changes. The student today is an individual, is a real person with feelings of self-respect, sensitivity, responsibility and compassion. We need to recognize, appreciate, applaud and foster the fine blend of sensibilities in a child - and thus **Srijan**, the school magazine is to be viewed as a launch pad for the children's creative urges to blossom naturally. As the saying goes, 'the mind is like a parachute that works best when opened'. This humble initiative is to set the budding minds free allowing them to roam freely in the realm of imagination and experience to create a world of beauty in words.

**Srijan** not only chronicles the time gone by, but also espouses the spirit which is built up within the school through the collective actions, thoughts and aspirations. All these, we believe, would spur higher growth and enterprise in children. As put in by Sherlock Holmes, "To a great mind nothing is little...even small ideas can make life-changing articles."

With technology surrounding us from all corners, we at Holy Hearts School, have always been conscious of our most precious environment. Thus, the initiative to make our magazine **Srijan** an e-copy, is another genuine effort in this direction.

We are happy to bring the first edition of **SRIJAN** to you. We hope you enjoy reading this magazine as much as we enjoyed in breathing life into these pages.

With best wishes for a successful year ahead!

# MESSAGE FROM THE FOUNDER



It gives me immense joy and feeling of pride to inform you about the opening of our newest institution Holy Hearts School Kabir Nagar. In line with the demand of the parent community, we decided to expand this branch into a more elaborate and state of the art campus. The new campus at Kabir Nagar is being developed keeping in mind our dream of creating intellectually stimulated, nationally motivated and morally developed students who will shape the future of this great nation. The teachers in the school have created a great environment of learning and I am sure they will take it to new heights in this brand-new campus. "Holy Hearts" had started 31 years ago and we have had the good fortune of having the trust of the parents of more than 25,000 students who have passed out from our institutions.

We strongly believe in the ideals of Swami Vivekanand and Shri Rabindra Nath Tagore. An ideal education is one that prepares a student for life. At Holy Hearts we believe that education is not preparation for life but it is life itself. I look forward to great academic year for your child.

**SURENDRA PRATAP SINGH**

# MESSAGE FROM THE PRINCIPAL



In today's world, we need people who are seeker of knowledge and wisdom. Today children need to start off early to match steps with others in society but they need pace for their development. The teachers and parents face the challenge of teaching their children to the needs of the day. It is possible by learning to know; learning to do; learning to be authentic and learning to live together.

Holy Hearts provides the best of the modern and the traditional education to prepare every child to become a genuine world citizen. We aim to inculcate ethical and moral values in a child. It is my firm belief that a child's mind is a universe full of possibilities. It needs the right environment to develop to its maximum potential at school and at home. As the saying goes, "A Child's mind is like a dry sponge, ready to soak; all you need to do is to take it to the water." All the students, alumni, wards and well-wishers are welcome to not just browse through what we post on this site but hope that they shall be a part of this pursuit, intellectually and technically, to the best of their knowledge.

Best Wishes.

**Mrs. HEMALI SINGH**

# MESSAGE FROM THE PRESIDENT



People see Success as Positive and Failure as Negative. Failure isn't a bad thing. You can learn, grow, and evolve from your past mistakes. Failing once, twice or even hundreds of times doesn't mean you've hit the end of the road. It means you've taken another turn and you're one step closer to success. As you go through life and encounter failures, you will learn valuable life lessons from those mistakes. It's almost impossible to find a story of success that doesn't have a trait of mistakes behind it. Nearly everyone experiences failure at some point in their life. The key to overcoming obstacles and becoming successful starts with learning from your mistakes. One of the ways to learn from our failure is by embracing change. In this way you're encouraging healthy mental growth and development. If you want to be healthy, entrepreneur you have to be a mentally healthy human being\_ Realize that every idea that pops up in your mind isn't going to work. Take the time to organize your thoughts after a failure and realize what you did wrong. You focus on what you're Good At. Failure helps to redefine your priorities in life. Failure will either make you or it will break you. But it can't make you until it breaks you. That's the tricky part. It's hard to go through failure alone. We generally default to create deeper connection with our community. It's funny through each successive failure in my life my values were reshaped. Over the time they completely morphed. We all know the power of the mighty ego. Before we fail in a major way the ego runs your life, you're more concerned with what people think of you. Major failure causes the ego to shatter. As a result, you become more compassionate. You become more in touch with your fellow human beings. It forces you to look deeper at things, understandings and caring more about others rather than society focusing on yourself they made me kinder, gentler and more giving than had ever been and more over you develop new ways to cope up with your emotions. We learn how to refocus and retrain our mind to see positive things rather than negative ones you also look to your faith in a higher power. With our failure we figure out ways to better plan your day.

There are various positive aspects which we can learn while handling our failure:

- You should take your biggest most impactful activity first in the day.
- You begin to look at obstacles differently.
- You learn not to take "No" for an answer.
- You become more passionate about your mission.
- We recognize our bad habits.
- From failure you learn to never give up.

At last, I would like to say that Success isn't everything.

**MS. SHALINI AGRAWAL**  
**PRESIDENT**  
**HOLY HEARTS EDUCATIONAL SOCIETY**

# MESSAGE FROM THE SECRETARY



It takes a little stream of water to cut through a mountain, given that the stream of water is consistent. Some of the biggest things we see around are the result of gradual yet persistent changes. Such is the working of our mind as well. A lot of our experiences and in turn our life is created in the same way, through small and trivial things that we do. These small and repetitive things are what makes our habits. For example, some people prefer sleeping on the right side of their beds; it is a habit that they have developed; some people wake up early every day, it is a habit that they have developed. Many people lie when they are stressed, it is also a habit that they have developed. Habit itself neither good nor bad. Habits are just habits. It is our choice to understand whether our habits serve us or do we serve our habits. For a student it is very important to know the power of good habits and the dangers of bad habits. Our habits help us to survive when we are not sure of what to do in life. This is why cultivating more and more of good habits will always ensure that we react in the best way even when we are not in our best times. Did you know that an average human spends most of his day in semi consciousness? meaning that they are not completely present in the moment. If you think this is not true, then I invite you to think about your day so far, how much of your day so far do you completely remember? Do you remember thinking about brushing your teeth this morning? Did you have to think about eating your breakfast? No. Most of you would have brushed your teeth (unless mom reminded you) without putting much thought. So how did you still remember to brush and eat? The answer is habit. Your habits are constantly guiding you to do whatever you do. So, my dear reader, I urge you to work on your habits. Because no matter what you do, you will be slaves of your habits. And if such is true, then one would rather be a slave of good habits. What are good habits? Good habits are those that make you healthy in mind body and soul. Good habits are your guiding light when life becomes difficult. How do we create good habits? Practice, Practice and Practice. To create a good habit, one must practice it diligently. It will be very difficult at first but if one keeps to the task then even the worst of bad habits can be transformed into good habits. There are many examples of people transforming anger into creativity, jealousy into perseverance etc. If you feel excited about this topic, you can read a book called *The Power of Habit* by Charles Duhigg. It will definitely give you a lot more insight into the subject.

**SIDDHARTH PRAKASH SINGH**  
**SECRETARY**  
**HOLY HEARTS EDUCATIONAL SOCIETY**

# NTSE

## National Talent Search Examination



### Focus NTSE

ALL STUDENTS OF CLASS VIII  
AND IX ARE BEING COACHED  
RIGOROUSLY BY OUR  
TEACHERS

• Mental Ability Test (MAT)

• Scholastic Aptitude Test (SAT)

The National Talent Search Exam (NTSE) is a national level scholarship program in India since 1963. The purpose of the scheme is to identify talented students & nurture their talent. It covers areas like Science, Social Science, Engineering, Medicine, Management and Law. The scheme is open to students of Indian nationality.

The exam is conducted once in a year by NCERT at two stages. Stage I exam is conducted at state level by SCERT or other state authority. Stage II exam is conducted at national level by NCERT. The NTSE paper consists of Paper I – Mental Ability Test (MAT) and Paper II – Scholastic Aptitude Test (SAT).

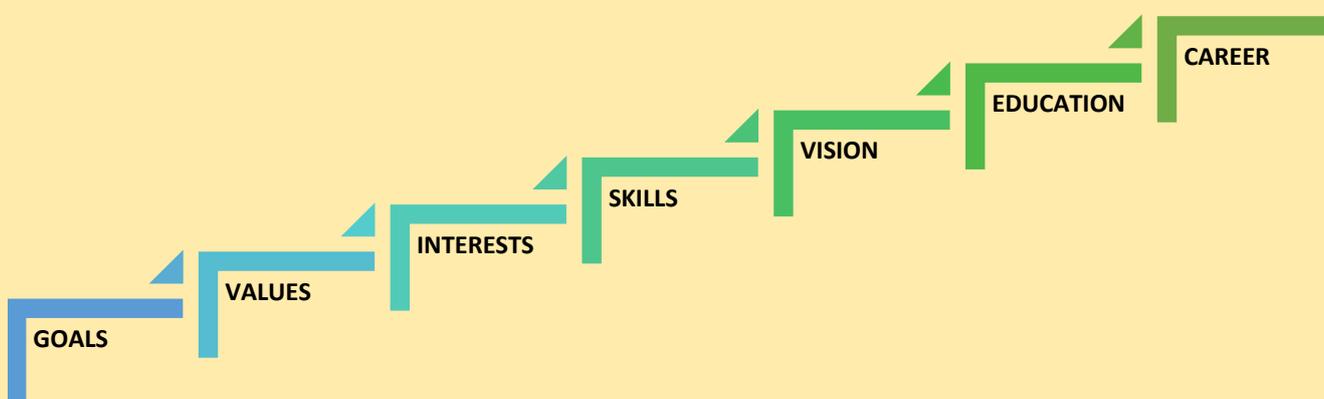
The program is introduced in our school as **Focus NTSE** for the students of Class VIII & Class IX so as to prepare them for offline (OMR based) scholarship exam in Class X. This will encourage the students for higher studies in the field of Science, Social Science & Maths.

# FROM THE TEACHER'S DESK

## NAVIGATORS

Career counseling is a guidance provided to the students as per their skills and interests. It helps a student to know their strengths and weaknesses.

A Career Counselor acts like a navigator to the ship (students) to help them sail through the ocean smoothly by selecting a subject or career. They also guide the students to enhance their skills in a particular field of their choice.



Students who are confused between various interests can go for **Psychometric Assessment** which acts as a tool to figure out their capabilities towards each of their interests.

Due to lack of awareness about career counseling, many students usually select a subject or a career just on the basis of the marks scored in Class 10<sup>th</sup> & Class 12<sup>th</sup> even though if not of their interest or due to parent's pressure or peer pressure and they may end up dissatisfied with their choice.

Career counseling helps a student to reach the final destination just like Google Map, which guides a person to reach their destination. Thus, right guidance at the right time can help a student to reach their goal and achieve success in life.

**Ms. Sonam Garg**  
(Supervisor)



# FROM THE TEACHER'S DESK

## HEALTH AND FITNESS

"Health is Wealth"

Good health is an essential aspect of human life. Fitness is the cornerstone of good health. The best way of living a good life is by maintaining good health and fitness. One can live life to the fullest only by maintaining good health and fitness. Good health and fitness imply both mental and physical well-being. The basic way to good health and fitness is doing workouts. We should always remember that a healthy mind lives in a healthy body. Good health is a boon to your body. It helps you physically and mentally. Good health can be maintained by doing regular exercise and maintaining a well-balanced diet. It is imperative to eat proper meals at the appropriate time. The maintenance of being fit and healthy requires regular physical exercise with a balanced diet. It is very necessary for all to maintain order to be fit, healthy, fearless of diseases.

GENTLE YOGA AND MEDITATION: -

We live in a world where our life is stressful. We have to go to schools, prepare for exams, tuitions, etc. And for maintaining this daily routine, we need a healthy mind and focused mind.

**Mr. Surojit Sardar**  
(P.T.I.)



## DAILY AFFIRMATIONS:

I am a happy soul.

I am a pure soul.

I am a powerful soul.

I am a fearless soul.

My body is perfect and healthy and will always be.

God's blessings and powers are a circle of golden light around me.

Nothing can enter this energy circle.

I am protected with God's energy.

I am safe... My family is safe... My country is safe... The world is safe.

Om Shanti

**Mrs. Sreekala Sudish**  
(Pre-Primary Teacher)

# FROM THE TEACHER'S DESK

## NOMO PHOBIA

The term Nomo phobia or no mobile phone phobia is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity.

Do you have trouble putting down your mobile phone or feel anxious when you know you'll lose service for a few hours? Do you panic when you can't find a smart phone near you?

If so, it's possible that you could have Nomo phobia, an extreme fear of not having your phone or not being able to use it.

Most of us depend on our devices for information and connection, so it's normal to worry about losing them. Suddenly not being able to find your phone probably sparks worries about how to deal with losing photos, contacts, and other information. But Nomo phobia, describes a fear of not having your phone that's so persistent and severe that it affects your daily life.

Various psychological factors are involved when a person overuses the mobile phone, e.g., low self-esteem, extrovert personality. The burden of this problem is now increasing globally. Other mental disorders like, social phobia or social anxiety, and panic disorder may also precipitate.

Some steps to cope up with Nomo phobia on your own:

- Turn off your phone at night to get more restful sleep. If you need an alarm to wake up, keep your phone at a distance, far enough away that you can't easily check it in the night.
- Try leaving your phone at home for short periods of time, such as when you make a grocery run, pick up dinner, or take a walk.
- Spend some time each day away from all technology. Try sitting quietly, writing a letter, reading a book, taking a walk, or exploring a new outdoor area.
- Encourage friends and loved ones to have in-person interactions, if possible. Host a meet up, take a walk, or plan a weekend getaway.
- Try to have more in-person interactions with people physically near you. Have a short conversation with a co-worker, chat with a classmate or neighbour.

Nomophobia might not be classified as an official mental health condition however experts agree this issue of the technology is a growing concern that can affect mental health, nomophobia is most common in young people and could improve with treatment and Lifestyle changes.

**Ms. Aishwarya Garewal**  
(Science Teacher)



# FROM THE TEACHER'S DESK

## शिक्षक तू सागर से भी गहरा

शिक्षक तू, सागर से भी गहरा  
जो मौसम की तरह, कभी ना ठहरा  
धूप, पानी, ठंड, तूफा का  
तुझ पर ना है, किसी का पहरा  
शिक्षक तू सागर से भी गहरा  
तू ही डॉक्टर, तू ही कलेक्टर  
तू ही इंजीनियर, तू ही एक्टर  
तुझसे ही, है बने यह सारे  
और बहाया ज्ञान की धारा

शिक्षक तू है, सागर से भी गहरा  
कहते हैं ब्रह्मा ने, रची है यह सृष्टि  
पर तूने दी है, इसे जानने की दृष्टि  
तुमसे ही जाना, सच धरा का  
हमें घुमाया, आसमान सारा  
शिक्षक तू है, सागर से भी गहरा  
तूने कराया, खुद से, खुद का,  
सामना

डटकर रहना, कभी न डरना  
लक्ष्य देकर कहा, बनो सदा तुम  
बेबस और कमजोर, का सहारा  
शिक्षक तू है, सागर से भी गहरा

**Mrs. Kavita Sullere**  
(Hindi, Sanskrit Teacher)



## ज़िंदगी

चलो हंसने की कोई, हम वजह ढूंढते हैं,  
जिधर ना हो कोई गम, वो जगह ढूंढते हैं!  
बहुत उड़ लिए ऊंचे आसमानों में यारों,  
चलो जमीन पे ही कहीं, हम सतह ढूंढते हैं!  
छूटा संग कितनों का ज़िंदगी की जंग में,  
चलो उनके दिलों की, हम गिरह ढूंढते हैं!  
बहुत वक्त गुजरा भटकते हुए अंधेरो में,  
चलो अंधेरी रात की, हम सुबह ढूंढते हैं!

**Mrs. Meena Dhillon**  
(Pre-Primary Teacher)



## मेहनत

“खेल कूद से ही आती है,  
हिम्मत कुछ करने की,  
मुझे बताया करती थी,  
यह हँस हँस प्यारी दादी”

जो तेरे अंदर के साहस को पहचान लेता है,  
कोई है जो तेरे हौसलों को उड़ान देता है  
छूप नहीं सकता किसी फ़नकार के अंदर,  
हर फन परिश्रमी को मैदान देता है  
सिर्फ वही बदल सकता है सपनों को हकीकत में,  
जो शख्स ज़िंदादिल रह कर अपनी जान देता है  
किस्मत भी कांप उठती है उसकी कोशिशों से,  
जो शख्स ज़िंदगी को क्रमों का तूफ़ान देता है  
कहने को तो इंसान है सिर्फ मिट्टी का पुतला,  
हीरा है जो तराशने वाले को शान देता है  
यूँ तो कितने इंसान है यहाँ एक ही नाम के,  
अमर है जो मेहनत से नाम को पहचान देता है।

**Mrs. Pragati Chauhan**  
(P.T.I.)

## कोरोना वायरस

चीन से आया वायरस है कोरोना  
इसको हल्के में तुम लो ना  
बस सावधानियां तुम बरतो  
अपने कर्तव्यों से तुम हटो ना  
बाहर से आने पर  
आप अपने हाथ पैर अच्छे से धोना  
किसी के पास खड़े होकर बातें तुम करो ना  
गंदे हाथों से अपने नाक मुंह तुम छुओ ना  
भीड़ में तुम जाने से बचो हां  
खांसी या छींक आने पर  
मेडिकल टेस्ट कराओ हां



**Anaisha Sharma**  
Class II

## MY MOM

My Mom is the one who works for us without pay.  
Who give us food without fail.  
Who is my best friend as well as a guide.  
Who travels a long distance just to see and hug me.  
Who motivates me in my sad times.  
Who treats me like a princess.  
Who sacrifices her needs and desires only to see me happy.  
I am her lifeline and she's mine.



**Anisha Yadav**  
Class I

## EDUCATION

Education is a key medium to gain skills and knowledge.  
Education of a child begins at home. The mother, the first teacher can play a vital role in imparting knowledge and education to a child.

Education brings positive changes in a child's life and helps him/her to become a useful member of society.

The importance of education cannot be explained in words. Its importance can be known after gaining the knowledge.  
It creates the ability to take right decisions. Knowledge gained through education opens the door for a lot of opportunities and betterment.



**D Sagar**  
Class I

# STUDENTS SPEAK

## मेरी मम्मी

मेरी मम्मी प्यारी है,  
 लगती सबसे न्यारी है।  
 चलना हमें सिखाती है,  
 पढ़ना हमें सिखाती है।  
 मेरी मम्मी प्यारी है,  
 लगती सबसे न्यारी है।  
 खाना भी खिलाती है,  
 लोरी गाकर सुलाती है।  
 मेरी मम्मी प्यारी है,  
 लगती सबसे न्यारी है।

**Kavya Sah**  
 Class II



## PERFECT TEACHER

Someone who is wise,  
 Who cares about the students and has  
 no disguise.  
 Too honest, open and shares from the  
 heart,  
 Not just lessons from books, but life  
 where you are.  
 A teacher takes time to help for future,  
 With English or maths or on a computer.  
 It's a teacher who's patient,  
 Even in stress,  
 Who never gives less than the very best.  
 Not that I was the perfect student,  
 But you were the perfect teacher for me.

**Dashmeet Kaur Bains**  
 Class II



## ONLINE CLASSES

In the year 2020, our schools were closed due to COVID-19. Since then, we have not attended the classes in the school building. I miss my school days; I miss my tiffin break and I miss seeing my teachers and friends. I studied in Philippines before and now I am back to India, studying in Holy Hearts School, Kabir Nagar, Raipur, C.G. The teachers have helped me, my brother and other students to study online on laptop and mobile. This is different from school days, but we learn the same thing, thanks to our teachers. Our teachers and school are supporting us in every way. It's difficult for teachers to teach us without seeing us in front of them like school days, and it's difficult for us also. But we study together and try to learn in this online school. I love my teachers.

I pray all are safe and healthy always. COVID-19 should go soon, and we can again go to school like before.

**Swara Kesor**  
 Class I

# FROM THE TEACHER'S DESK

## बचपन

खिलखिलाते, मुस्कुराते से चेहरे दिल में समा जाते हैं,  
छोटे-छोटे से ये बच्चे मेरा बचपन याद दिलाते हैं।  
कभी पापा के डर से, मां के आंचल में छुप जाना,  
कभी भाई के सिक्रेट छुपा उसकी चॉकलेट खाना।  
स्कूल में टेस्ट के नाम से अच्छे भले बच्चे को,  
अचानक पेट दर्द पर रोना आना।।  
याद कर उन बातों को बैठे-बैठे ही मुस्कुराते हैं,  
छोटे-छोटे से ये बच्चे मेरा बचपन याद दिलाते हैं।  
टीचर के ना आने पर कितना खुश हो जाना,  
होमवर्क की कापियां स्टाफरूम तक पहुंचाना।  
दोस्त के बर्थडे पर उसके साथ टॉफियां बांटकर,  
बच्चे खुशी से फूले नहीं समाते हैं।।  
छोटे-छोटे ये बच्चे मेरा बचपन याद दिलाते हैं।  
आंखों के तारे होते हैं बच्चे, ये हर आंगन मुस्कुराएंगे।  
हम सबका कल है ये, आओ ज़रा इन्हें गले लगाएं,  
खुशियां इनसे ही है हमारी, साथ में हम इनके  
मुस्कुराएंगे।।  
इनके छोटे-छोटे सपने, हमें जीना सिखाते हैं।  
छोटे-छोटे ये बच्चे मेरा बचपन याद दिलाते हैं।।

**Mrs. Kiran Choubey**  
(Hindi, Sanskrit Teacher)



## करोना काल में शिक्षा

था टीचर का ब्लैकबोर्ड कभी ज्ञान का खज़ाना,  
हुआ यह किस्सा पुराना, अब मोबाइल का ज़माना।  
मिल जाते हैं मोबाइल पर ही गुरुजी,  
कहते वहीं से तुम पढ़ाई करो शुरुजी।  
अब मोबाइल में टीचर, टीचर के पास मोबाइल,  
देखते-देखते सारे बच्चे करने लगे स्माइल।  
बच्चे अब कर लेते हैं, वहीं से आज्ञा का पालन,  
पढ़ाई के नाम पर होता गेम का संचालन।  
ऑनलाइन पढ़ाई से मम्मी-पापा भी खुश बेशूमार,  
नहीं पता वहीं से लूडो खेल रहा है उनका राजकुमार।  
अब टीचर की डॉट से बच्चे होते बड़े प्रसन्न,  
क्योंकि टीचर को चुप करने का उनके पास है बटन।  
टीचर मोबाइल से थोड़ा ही पढ़ाएँगे,  
नहीं तो बच्चे मोबाइल बंद करके भाग जाएँगे।  
अब सारे टीचर मोबाइल पर ही पढ़ाएँगे,  
मम्मी-पापा भी खुश कि बच्चे कुछ कर दिखलाएँगे।

**Ms. Anjali Soni**  
(Hindi Teacher)



# FROM THE TEACHER'S DESK

## GRATITUDE

Learn to say thank you

To your limitations,  
They teach us to push yourself.

To your problems,  
They teach us to do hard work.

To your griefs,  
They teach us the value of happiness.

To your pains,  
They teach us to keep ourselves motivated.

To your sufferings,  
They teach us to be strong.

To your challenges,  
They teach us not to stay back.

Be grateful to Life.

**Mrs. Archana Pashine**  
(Social Science Teacher)



## MATHS - A MYSTERIOUS GAME

Maths is just not about numbers,  
It's about playing with numbers.

'Maths is great' is something I would say,  
But some people hate it & wish it'd go away.

It gives the path to take your turn,  
And it makes you use your brain.

Everything around you is all about 'Maths',  
Whether you eat a chapatti or play chess.

Arithmetic is fun,  
But it takes time to learn.

Geometry helps us to create a new world,  
It's up to you how your creativity is curled.

Algebra has a big history,  
But it helps to solve all the mystery.

Maths is necessary in life,  
Without it, it is difficult to survive.

**Ms. Hetal Ruparelia**  
(Maths & Computer Teacher)



## HOW COVID CHANGED LIFE

Pandemic changes our lifestyle in many ways. Healthy home cooked meals replace junk food. It teaches us simple and healthy lifestyle. During the difficult times families were working together to protect all members from harm. Rather than going outdoors, people chose to relax and unwind with their family members. Thus, the lock down brought the importance of family into the focus. It also focused to improve our health care system. It also improved the hygiene. During pandemic, parents are home schooling their children and schools are taking classes online. Virtual classrooms might take over conventional teaching methods. Work from home, meeting through video conferencing is the new normal work culture. Now people have realized the need for precautions and are taking steps against future contingencies, to keep the coming generation safe.

**Ehimay Dewangan**  
Class II



## SAVE WATER, SAVE EARTH

Right from my childhood my mother has taught me the value of water. So, I have always been aware of saving water. But most of the people do not value the importance of water, because either they are ignorant or unaware.

One day, when I was going by cycle, I saw someone throwing water bottle. I felt so bad. Then I went ahead and saw someone throwing a bucket full of water. Then I reached my friend's home, I saw his servant wasting water while washing clothes. Then I went into his bathroom. I saw the tap leaking and I immediately told his mother, and she called the plumber to repair the leakage. People should understand the value of water. Water is important for life on earth. Water is used in everything like washing clothes, brushing teeth, industrial purpose, electricity generation, etc. So, let's promise that we will save water.

**Arush Maheshwari**  
Class III

# STUDENTS SPEAK

## STOP FOOD WASTE: BE FOOD HEROES

At a wedding reception, at food counter, many people pile up their plates with food and then dump half of it in the garbage bins. It was horrifying to see so much food being wasted. At home also we tend to waste a lot of food we don't finish during our meal and discard it in a bin. We don't finish our tiffin bags too. Most homes have similar story to tell. Some have less waste, and some have more. But the fact is - food is wasted.

Imagine the waste in your area, your city, your state, your country and lastly the global waste! Top 5 foods which get wasted are - bread, milk, potato, vegetables & meat.

The majority of wasted food ends up in landfills and then break down to produce methane and carbon dioxide, which contribute to climate change. Instead, composting food helps to prevent the creation of global greenhouse gas emission and protect the environment. Wasting food is equal to wasting water because agriculture uses almost 70% of fresh water.

Food wastage is wastage of all resources that were used to produce, transport and cook food. Food wastage ultimately results in food shortage. For more food production, more land is cultivated by cutting forest. This destroys natural habitat of several species of flora and fauna. It affects biodiversity. This opens our eyes about food waste that happens around the world how the climate, the flora and fauna is directly or indirectly being altered because of it.

Oh! So, what can children do? The time has come to become food hero and encourage others.

1. Serve yourself and serve only what you can eat.
2. Finish off food you don't like first.
3. Eat local and eat seasonal.
4. Leftovers from tiffin should be consumed first during dinner time.
5. Keep a record of food waste at home and find out ways to reduce it try to have a small kitchen garden.
6. Try composting leftovers that have gone bad.
7. Donate extra food of good quality to charity.
8. Visit a farm, cook with mom, you will realize the efforts.

We must arise, awake and act today if we desire a hunger-free and healthy future. United Nations Environment program (UNPE) set a goal 0 hunger world by 2030. To highlight the importance of reducing food waste, 29 September is known as the International Day of Awareness of food loss and waste.

Let us take a pledge to minimise food waste and help the world become hunger free.

**Uday Sawarbandhe**  
Class III



# STUDENTS SPEAK

## IMPORTANCE OF STATES IN INDIA

Punjab for fighting,  
Bengal for writing.  
Kashmir for beauty,  
Andhra for duty.  
Karnataka for silk,  
Haryana for milk.  
Kerala for brain,  
Tamil for grains.  
Orissa for temples,  
Bihar for minerals.  
Gujarat for peace,  
Assam for tea.  
Rajasthan for history,  
Maharashtra for victory.  
Himachal for cold,  
Jharkhand for bold.  
U.P. for rice,  
Arunachal for sun rise.  
M.P. for diamond,  
Sikkim for almond.  
Mizoram for glass,  
Manipur for dance.  
Nagaland for music,  
Chhattisgarh for physique.  
Uttarakhand for river,  
Tripura for singers.  
India for all...  
The land for culture  
Proud to be an INDIAN

**Avni Dubey**  
Class IV



## I AM GLAD TO BE ME

I look in the mirror  
And what do I see,  
I see the me, no one else can be.  
I am precious,  
I am glad to be me,  
My hair, my face,  
My personality.  
My size, my shape,  
The colour of my skin.  
All make up me outside and in.

**Advika Tiwari**  
Class III

## जाने कहाँ गए वो प्यारे दिन

दोस्तों के साथ खेलने  
और खेल-खिलाने के दिन,  
याद बहुत आते हैं प्यारे वो दिन।

हाँ-हाँ का मज़ा  
वाई-फाई में कहाँ आता है,  
सच कहूँ यारों स्कूल  
बहुत याद आता है।।

वो प्रेयर, वो रिसेस, वो प्ले ग्राउंड में जाना,  
दोस्तों के कानों में फुसफुसाना  
और टीचर को देख गुड गर्ल बन जाना।।

स्कूल की छुट्टी के बाद भी चैन कहाँ आता था,  
शाम होते ही, बैडमिंटन और बास्केटबॉल  
हम को बाहर बुलाता था।।

जाने क्यों आ गए मास्क के पीछे छुप जाने के दिन,  
याद बहुत आते हैं प्यारे वो दिन।।

**Snigdha Saripalli**  
Class V

# FROM THE TEACHER'S DESK

## BEYOND REOPENING SCHOOLS: HOW EDUCATION SYSTEM CAN EMERGE STRONGER THAN BEFORE COVID-19?

The COVID-19 pandemic led to surprising and unexpected experiences for students all around the world. Precautionary and preventive measures taken to contain this pandemic impacted the social and educational aspects of students in many ways.

But every dark cloud has a silver lining. The one positive thing that this pandemic has resulted in, is a greater appreciation for the importance of schools. As parents struggle to work with their children at home due to school closures, public recognition of the essential caretaking role, the schools play in our society, has skyrocketed. As young students struggle to learn from home, parents' gratitude for teachers, their skills, and their invaluable role in a student's well-being, has risen.

The pandemic turned the whole education sector into online mode. Before the year 2020, did we ever imagine not going to schools and still be able to study or give exams from the comfort of our homes? This big change from in-person education to online education was difficult for students, parents and for the teachers to cope up with. But still, in these harsh times, online learning proved itself as an efficient tool.

Initially, the education institutions adopted online learning as a temporary measure. Everyone hoped that things would return to normal after a while. But little did anyone know that returning to classrooms to study and to interact with teachers personally is not going to happen for a while now and we still do not know when.

Online classes have their inherent advantages and disadvantages. The learning resources and platforms make education a more engaging experience. However, due to lack of personal interaction with the teachers, it becomes very easy for the students to get distracted. By extending the lesson plan beyond traditional textbooks to include online tools, teaching becomes more efficient. But it also results in an increased screen time which may eventually lead to headache, anxiety and exhaustion in students and teachers alike.

The debate regarding the pros and cons of online and offline education might be endless. But the one thing we know for sure, is that this pandemic has forever changed the education system. Let us be honest, for better or worse, our perception of schools, teachers, studies and many other things have changed. We now very well know that both online and offline classes have their own limitations. But strategically developing and adopting an intuitive education system that incorporates the best of both worlds, can result in an overall transformation of the learning experience for the students.

If the integration of technology in the classroom is seamless and thoughtful, students will not only become more engaged, they will begin to take more control over their own learning too. With just a computer, an internet access and a white board, a teacher can create an interactive teaching environment, encouraging student centered learning. Interactive websites like extramarks and sketch fab, help in a better understanding of topics in a quicker and more efficient way. By integrating technology and online tools in a classroom, the teacher might no longer be the center of attention.

This refocused attention along with in-person interaction with the teachers will promote a healthy teacher-student relationship, reduce the boredom of routine education and foster a genuine interest in the students towards learning.

**Mrs. Hansa Gangadharan**  
(English Teacher)



# FROM THE TEACHER'S DESK

## UNSEEN CORONA WARRIOR - OUR SCHOOL TEACHERS

The outbreak of covid-19 has left the country shut its doors to contain the spread of the corona virus leading to disruption in the lives of people. There's a large number of 'corona warriors' going the extra mile to battle the pandemic. Along with all 'corona warriors' stand our Teaching community. Teachers have embraced the current situation with positivity and used it as a growth opportunity. Teachers have been incredible as they leapt with zeal, commitment and creativity into this new way of online curricula, all while dealing with their own quarantined families. As the corona virus multiplies exponentially, so do the demands on teacher's schedules as many schools across the country implement distance learning. Teachers are facing time management as constant challenges. During lockdown they are confronted with ever increasing obligatory meetings and training sessions. These demands are encroaching more than ever on a personal time. Teachers are working late night preparing lessons, by planning that how they can make virtual classes more interactive and attractive. Too much screen time have affected their vision. Teachers are already overburdened. Psychologists say lockdowns can not only adversely impact the economy and employment opportunities but also one's state of mind. It is the teacher who builds the nation, they only make doctors, police, nurse, engineers and all other professions. It is because of the teachers only, today our frontline workers are contributing to fight against this pandemic. Teachers are also 'Warriors'. Let's take a minute to thank all the worldwide teachers who are giving their best to transfer the education via online platform. Teachers have proved that "Teaching will never stop" whatever situation may arise.

"A teacher is a candle who spends the whole life lighting up the lives of students".

**Mrs. Shilpa Sanjeev**  
**(EVS Teacher)**



# STUDENTS SPEAK

## TEACHER – A SUPER PERSON

I have so many teachers in my school. They are always ready to help us. They never teach us wrong things. I believe that the school is our second home and teachers are our second parents. They have to manage a lot of different tasks like managing their housework, taking care of their kids & family members, performing their outside works (banking, marketing, social responsibilities etc.) and most importantly nation building (or I can say era-building) by teaching and guiding students. Therefore, I say that a teacher is a super person.

A student learns different things during the journey of education. So, getting education is not a tiring or boring work for the students. But a teacher has to teach the same topics repeatedly every year and it is a very boring and exhaustive work. But teachers always try their best to teach the students by using different, interesting and easy techniques. They do their job with smile and positive energy. They never complain that they have gone through all those topics so many times. During the pandemic situation of Covid-19, these super persons have set an ideal before the society and have proven themselves.

My school's name, "Holy Hearts", very well explains the relation between the teachers and students, as their hearts are sacred and pious. Under the guidance of teachers, we learn and move towards our goals. They teach us about our responsibilities and perform the most important role to make us good human being. In the words of Dr. A.P.J. Abdul Kalam, "the teachers are the backbone of any country, the pillar upon which all aspirations are converted into realities."

A teacher understands everyone's handwriting, which is quite a tough task. Some students are too much naughty and only a teacher can handle them, because they have the ability to manage and direct their energy to the right direction. Most of the time the teachers are very loving, supporting, caring, helping; but sometimes a teacher must be strict also for the sake of students.

In ancient days, there was guru-shishya parampara, where a student lived with his/her guru (teacher) at Gurukul, which were called Brahmacharya Ashram. Now, in present era, the role of Gurukul is being performed by schools. I remember that I was very scared and nervous on the first day of my school. But as the time passed, I realized that teachers are like our parents and sometimes friend also. If on a common topic, there are two different thoughts of parents & teacher; most of the time a student goes with the thought of the teacher, because a student trusts and believes on his/her teacher the most.

In the life of a student, around 40-50 teachers come, and we students can't remember all of them. But in a teacher's life, 40-50 students come in a single section of a class in a year and thousands of students come across their journey of teaching, but they still remember everyone. I want to become such a student who makes my teachers proud and smile forever. Shree Guruve Namah.

**Rishita Sharma**  
Class V



# STUDENTS SPEAK

## WHAT IS THE ACTUAL FREEDOM FOR WOMEN?

A woman is the essence of humanity. She is a mother, a sister, a daughter and a wife. But first, she is a human. Her own identity as a human being is often forgotten under the immense weight of all the roles she has to fulfill.

For women to be empowered, they need to be educated. Kofi Annan said, "Empower women and empower a Nation." Currently, only 65% of women in India are educated. Education of women is of utmost importance. The right to education makes elementary education free and compulsory for all; Beti Padhao, Beti Bachao. As Gandhi ji once said, India will be known as a free country when women here can walk freely during the night hours. This may still be a possibility, but are women truly free and independent to exercise their choice?

Many prominent women personalities and commoners have shared their views about women being free to make their own choice in any given situation. As women we are bound to so many restrictions from society, family, friends and many more. While giving out views on the same topic, actress Bhumika Chawla said, "We are privileged to be able to make our own choices in India, as long as we are a part of a family that is liberal and easy going. But we still have honour killings, unfortunately; thought it's a bit less now." So I would say that we are in a much better place, but there is still a long way to go. I would say that each one of you start respecting every woman in your life whether it is your mother, sister or daughter. If every man starts respecting every woman in his life and her freedom to decide on what she wants to do, then I think we don't have to discuss this a few years from now.

Today, Indian women shout out for freedom that they want in order to make choices and decisions without being questioned or mocked. Being a woman, one does not always have to be bound to certain restrictions. Suppressing women's choice is not anyone's business, and it's time they enjoyed freedom in its true sense.

**Avika Singhania**  
Class VI



## THE FUTURE OF FOSSIL FUELS

Today we all are worried for crisis of coal in our country. We all know that coal and petroleum are non-renewable sources of energy and a day will come sooner or later, when there will be shortage of these fossils.

It's time now for all of us to contribute as much we can by saving electricity, petroleum and all fossil fuels. There are options available of renewable sources of energy which should be given importance and used in our day-to-day life like solar energy, hydro energy and wind energy. In future, major dependency will be on hydroelectricity rather than thermal electricity. Similarly, to save petrol, option of compressed natural gas i.e., CNG is available.

Let's use all fossil fuels to fulfill our minimal requirements and stop wasting it.

**Kumar Shaleen**  
Class VI

# FROM THE TEACHER'S DESK

## WOW, THAT'S MYSTERIOUS!

Radio waves are generated artificially by radio broadcasting stations, cell phones, satellites and radar. Naturally-occurring radio waves are emitted by lightning and astronomical objects.

In 1931, Karl Jansky, an American engineer working for Bell Telephone Laboratories, was given the task of tracking down the source of the background static that accompanied radio broadcasts. Jansky had a strong interest in physics. He built a directional antenna which enabled him to pinpoint the source of two of the background noises, one source being nearby thunderclouds and the other, distant thunderclouds. They were generating radio waves that were causing part of the radio noise. There was a third source of radio noise he could not readily identify. The noise, a steady, hissing sound rose and fell each day. He tracked it for months together and finally zoomed in on the source — the center of the milky Way, near the constellation of Sagittarius. Radio waves were emanating from that region.

Karl Jansky thus became the first person to detect radio waves outside the solar system. His discovery led to the development of radio astronomy, a branch of astronomy that studies radio waves from stars and other celestial bodies.

One of the most intriguing radio signals received from space is the 72-second burst of radio waves captured by Ohio State University's Big Ear radio telescope on 15 August 1977.

At that time, big ear was used to support the search for extraterrestrial intelligence. The signal appeared to come from the direction of the constellation of Sagittarius. Astronomer Jerry Ehman, reviewing the data a few days later was so impressed that he circled the reading on the computer printout and wrote the comment "Wow!" on its side, and it came to be known as the Wow! Signal. Many at that time thought an alien civilization was trying to get in touch with us but as the signal was never repeated, it is now generally believed that it was emitted by a comet.

**Mrs. Garima Srivastava**  
(English Teacher)



# FROM THE TEACHER'S DESK

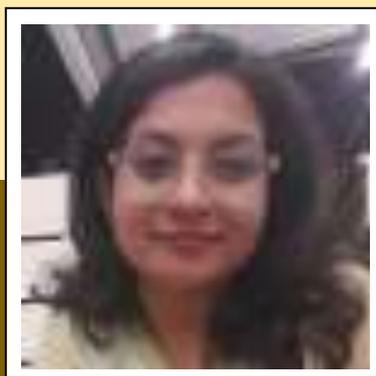
## **GAMIFICATION - THE NEW PEDAGOGY**

Gamification helps in effective engagement of the learners. It is an approach to design learning activities incorporating gaming elements.

For an effective remote learning experience during this lockdown period, It becomes important for a teacher to add some fun. Gamification is a tool which comes into frame and helps in effective engagement of the learners. It is an approach to design learning activities incorporating gaming elements.

Today we have a smart generation which is technologically advanced. Thus, the advantages that this advanced world offers has to be channelized in a way that nurtures the learning ability of students. Using this tool in teaching process allow students to participate more in their own learning. It allows students to explore and enjoy what they are doing and as a result an increased engagement towards the learning activity. It promotes skills such as collaboration, decision-making, mastering the content, problem solving, optimism, creativity and increased productivity to name a few. Hence one may say that 'A game can be a distraction' If not related to a learning objective/outcome. The prime focus is learning and it must take place as decided by the educator.

**Mrs. Monika Gangwani**  
**(Maths & English Teacher)**



# STUDENTS SPEAK

## HELPING OTHERS

One day, I saw a well-to-do man having a grand meal sitting in his sprawling lawn. There was a poor man standing in front of the gate, looking for some food. But the rich man shooed him away. On that day, I realized that there are many people in the world, who don't have money and can't buy food for themselves. Many people struggle to get two-time meals for themselves. Even after knowing this, we all waste food. We never realize that the food we are wasting can be used to feed poor people.

So why do some people have to suffer for their food and shelter? It's because they have very little or no income. This is called poverty. The reason behind poverty, I think, is that people don't get opportunities to get educated enough or they study very less. I think, the most important thing in this world is for the people to get good education opportunities, so that they can lead a good life and take care of themselves. Therefore, I thought that I will study nicely and also help other poor people.

For removing poverty from our country, all of us have to do our contribution. As students, we need to fulfill our duties towards others; helping those who are in need. We should never waste food. We should respect our farmers, who grow food for us. Government can take few steps, such as:

- They can create job opportunities, so that people have job and get food.
- They can reduce the fees of all the schools so that children would study easily.
- They can reduce the medical charges so that poor people also can be treated by the hospitals.
- They can provide subsidized ration to all the needy people.

We students should study well. By this, we can contribute something from our side and we all can save our future by removing poverty from our nation.

**Priyansh Gardiya**  
Class VII



## NOISE POLLUTION

Pollution, also called environmental pollution, is the addition of any substance (solid, liquid or gas) or any form of energy (such as heat, sound or radioactivity) to the environment at a rate faster than it can be

dispersed, diluted, decomposed, recycled or stored in a harmless form. The major kinds of pollution are air pollution, water pollution, noise pollution and land pollution. Here I will tell you about noise pollution.

Noise pollution is an invisible danger. It cannot be seen but it is present nonetheless, both on land and under the sea. Noise pollution is considered to be any unwanted or disturbing sound that affects the health and well-being of humans and other organisms. Noise pollution is commonly generated inside industrial facilities and some other workplaces, but it also comes from highway, railway, airplane traffic in sky, from outdoor construction activities and in any festivals, weddings or parties. Noise pollution impacts millions of people. It causes Noise Induced Hearing Loss (NIHL). Exposure to loud noise can also cause high blood pressure, heart disease, sleep disturbance and stress. These health problems can affect all age groups, especially children. So be safe.

**Rajveer Chopra**  
Class VII

## CORRUPTION

Corruption is dishonest behaviour by those in positions of power, such as managers or government officials. Corruption can include giving or accepting bribes or inappropriate gifts, double-dealing, under-the-table transactions, manipulating elections, diverting funds, laundering money, and defrauding investors. The important role of the Indian states in providing services and promoting economic development has always created the opportunity to use public resources for private purposes.

While government regulation of business was extended in the 1960s and corporate donations were banned in 1969, the trade of economic favours for sub-table contributions to political parties has become an increasingly prevalent political practice. During the 1980s and 1990s, corruption became associated with occupiers at the highest levels of India's political system.

Ways to prevent corruption- People usually stay silent in such situations, but one must remember that mere silence leads to acceptance. We must unite together and try to reduce corruption. Enlisted are the various ways in which we can reduce corruption to a greater extent:

- People should start reporting cases of corruption without any delay.
- All the government, non-government, public, private, educational institutions must unite together and stand against corruption.
- The media and advertising sector should educate people against corruption regularly.

Corruption has long lasting impact on the people in our country. Corruption has affected the Indian economy very badly. To get rid of corruption, Indian judicial system and every individual should take efforts. The Government should launch a vigorous campaign against this social evil of Corruption. So, lets join our hands and make India a corruption free country.

**Tania Bohre**  
Class VII



## OBSTACLES ARE AN OPPORTUNITY

Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle. No man has ever achieved success without failure. Obstacles and challenges are a part of what makes life interesting. They play a vital role in the journey of life. They bring out your true potential, talents and the best in you. The important part is not the number of failures, but how you tried again and again to achieve your goals. This is what makes many great personalities in today's world unique; their perseverance towards their goals.

“A challenge only becomes an obstacle when you bow to it”. Challenges and obstacles appear in many different forms obstructing you from your goal, whether temporary or permanent, depending upon your personality. The determination to overcome them, shape the characteristics of a person.

“Obstacles are those frightful things you see when you take your eyes off your goals”. Before becoming successful, some of the world's biggest leaders experienced epic failures. While we all know of their success, what's overlooked is the path that got them there; a path that is often marked with failure. Drive and determination are what leads to success and some real inspirational success stories proves just that.

Who doesn't know the name Reliance today? But do you know that Dhirubhai Ambani, the founder of Reliance, was perhaps controversy's favourite child? Ambani had a humble beginning, and he was not from an affluent background. He moved to Yemen at 16 years of age where he worked as a simple clerk. However, he knew he had to follow his calling and risking everything, he returned to India to set up his business with his close friend Champaklal Damani. Though Damani was different from Ambani in his views and decided to split, Ambani did not give up hope and continued his trade, deciding to even enter the stock market. His stock market dealing and success have often been questioned but the man rose to power through sheer grit and determination. Dhirubhai Ambani is a role model for all youngsters' real-life inspiration.

This is not the only real-life story of obstacles and challenges, which teaches us not to be afraid of obstacles and challenges we face in our life. We see so many people succeed in their life after facing obstacles and challenges because they never give up and accept obstacles and challenges as an opportunity in their life. Each obstacle we face is an opportunity to take ourselves to another level.

“Opportunities can become obstacles and the same obstacles can become opportunities; it all depends on how they are being interpreted by a person”.

**Pulak Dewangan**  
Class VI



# FROM THE TEACHER'S DESK

## DIGITAL LIBRARY

A digital library, also called an online library, an internet library, a digital repository, or a digital collection is an online database of digital objects that can include text, images, audio, video, digital documents, or other digital media formats or a library accessible through the internet. Objects can consist of digitized content like print or photographs, as well as originally produced digital content like word processor files or social media posts. In addition to storing content, digital libraries provide means for organizing, searching, and retrieving the content contained in the collection.

### Features of digital libraries:

Digital Libraries are the new face of traditional walk-in library. Although their service has been prevalent since the last few years, the recent pandemic has made the users more aware of this service. During lockdown, when people stayed in their houses, they started exploring the digital platforms. Thus, popularity of DLs rose amongst other digital services, thanks to the amazing features. DLs certainly have a much broader scope; there are no physical restrictions and have low maintenance costs compared to the old school libraries. Let's explore the features of a digital library features, its characteristics and what makes them different from traditional libraries.

### No Physical Restrictions-

With the traditional libraries, one has to physically make arrangements and go to a library to access books or other documents. There are no such physical restrictions in the case of digital libraries. One can access it from anywhere, even from the comfort of their homes! All that is required is a good Internet connection. That's it!

### Multiple Access-

One main problem in traditional libraries is the restriction in using the same resource by multiple people simultaneously. It is not a problem in the case of digital libraries. Several individuals and institutions can access the same resource at the same time.

### Easy-to-Use-

DLs are more comfortable to use as compared to physical libraries. All you have to do is search for the title or the author, and you'll get your book in no time. You don't have to go from shelf to shelf looking for a book. Moreover, their digital libraries are customizable. Such DLs can be easily customized with your business requirements by getting integrated with your setup.

### Conservation and Preservation-

Physical books get damaged after being used and reused again. Their pages get torn, and print disappears with time. Thus, DLs have an advantageous position in this area. No matter how many times a resource is being accessed, it will not affect its condition. However, it is still debatable whether DLs are the ultimate preservation solution for physical books.

### Types of digital libraries

- Institutional repositories.
- National library collections.
- Digital archives.
- Software.
- Metadata.
- Searching.
- Digital preservation.
- Copyright and licensing.

**Mr. Bhupendra Kumar Sahu**  
(Librarian)



# FROM THE TEACHER'S DESK

## ANXIETY IN CHILDREN

Just like adults, children and young people feel worried and anxious at times. But if child's anxiety is starting to affect their wellbeing, they may need some help.

**What makes children anxious?** Children can feel anxious about different things at different age. Many of these worries are a normal part of growing up. From the age of around 6 months to 3 years it's very common for the children to have separation anxiety. They may become clingy and cry when separated from their parents or care takers. This is a normal stage in a child's development and should stop at the age of 2 to 3. It's also common for preschool children to develop specific fears or phobias. Common fears in early childhood include animals, insects, storm, heights, water, blood and the dark. These fears usually go away gradually on their own. Sometimes child feels anxious when they go to a new school or before tests and exams. Few children feel shy in social situations and may need support from this.

**When is anxiety a problem for children?** Anxiety becomes a problem for children when it starts to get in the way of their everyday life. Sometimes during exams, children are so anxious that they don't manage to get to school that morning. Severe anxiety like this can harm children's mental and emotional wellbeing, affecting their self- esteem and confidence.

**What are the signs of anxiety in children?** When young children feel anxious, they are not able to understand or express what they are feeling. You may notice that they:

- Become irritable, tearful or clingy.
- Wake in the night.
- Have bad dreams.
- Have difficulty at sleeping.
- Start bedwetting.

In older children you may notice that they.

- Find it hard to concentrate.
- Have angry out bursts.
- Lack confidence to try new things or seem unable to face simple, everyday challenges.
- Have problems in sleeping or eating.
- Have a lot of negative thoughts.

**How to help an anxious child?** If a child is experiencing anxiety, first and foremost it's important to talk to your child about their anxiety or worries. Reassure them and show them you understand how they feel. If your child is old enough, it may help to explain what anxiety is, and the physical effects it has on our body. It may be helpful to describe anxiety as being like a wave again. As well as talking to the child about their worries and anxiety will also help them to find solutions.

Ways to ease anxiety in children:

- Teach child to recognize signs of anxiety in themselves.
- Encourage child to manage their anxiety and ask for help when they need it.
- Turn an empty tissue box into a 'worry' box get child to write or draw their worries and 'post' them into the box then they can sort through the box together at the end of the day or week.
- Try not to become overprotective or anxious.
- Distraction can help the young children. For example, if they are anxious about going to nursery, play games on the way there, such as seeing who can spot the meet red cars.
- Practice simple relaxation techniques with child, such as taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3.

**Mrs. Alka Tiwari**  
(Special Educator)



# STUDENTS SPEAK

## IMPORTANCE OF EDUCATION

Education provides a vision of future. It is a tool to tackle many problems like poverty, unemployment etc. Education means learning, studying. Teachers are helpful for providing better education. Education imparts knowledge for being a good human being. I am very grateful to be a part of HOLY HEARTS SCHOOL as a student.

Thanks to all my teachers for building my future.

**Divyansh Dewangan**  
Class IV



## YOUR BEST

If you always try your best  
Then you'll never have to wonder  
About what you could have done  
If you'd summoned all your thunder.

And if your best  
Was not as good  
As you hoped it would be,  
You still could say,  
"I gave today,  
All that I had in me."

**K Mahitha Reddy**  
Class III



## शिक्षा का महत्व - सुनहरा भविष्य

कंधे में लटका के बस्ता स्कूल चलें हम पढ़ने,  
स्कूल चलें हम पढ़ने देश का भविष्य गढ़ने।  
पढ़-लिखकर एक अच्छा नागरिक बन जाएँगे,  
आजाद, शेखर, रानीलक्ष्मीबाई सा राष्ट्र का हम भी मान  
बढ़ाएँगे।  
कहत स्नेहल सुनों भई मित्रों खेलेगें-कूदेगें पढ़ेगें-  
लिखेगें,  
माता-पिता, शिक्षक सबका नाम रौशन करके हम  
दिखलाएँगे।

**Snehal Saripalli**  
Class III

## A TEACHER'S WORK LIFE DURING LOCKDOWN

For the first time ever, our schools have moved to online classrooms. It was a struggle for both students as well as teachers. Here is how they are coping with the new normal.

From the first lockdown in March 2020, we have been witnessing the fear building up whenever we switched on the television. We came across the news of people dying everywhere. We all had the most dreaded question in our minds, "Are we all going to die?"

Our teachers advised us to stop watching such news and focus on the better things around us. They made us understand that this pandemic is here to teach us that we should focus on the positive things. Teachers were struggling to overcome the hurdles presented by the lockdown; from counselling students to keeping them engaged amidst lock down.

For teachers it was a difficult task. Along with the traditional way of teaching, they had to learn some more. Despite the availability of content, it was a challenge how to use it and deliver it to the students effectively. It was difficult for a teacher to build a connection with the students online. They made huge efforts to keep us engaged in different tasks. We are still not aware as to when things will be back to normal. So instead of leaving everything to the future, teachers planned ahead, keeping everything aside and one thing in mind - learning should not stop.

The pandemic has radically changed the concept of traditional education and virtual learning is now the new future of education. Keeping teachers and students engaged has become a priority since the lockdown and virtual classes have proved to be helpful in these difficult times. This powerful medium has diversified the field of teaching. This difficult situation has taught us that online learning is more an opportunity than a challenge for teachers today.

Teachers are the next level of COVID warriors, not only focusing on the academics but also building 21<sup>st</sup> century skills such as resilience, ability to cope with limited resources, flexibility and critical thinking.

**Kirat Barmota**  
Class V



## CHILD LABOUR

Child labour is when a child or teen works as an adult. It is a crime. It affects their childhood and education. Child labourers not only work in shops, industries, but also in unhygienic places. As per data, there are over 82 lakh child labourers in India. Child labour is banned because every child deserves his/her enjoyable life. They have a right to be educated like everyone else. Children are the ones who lay the foundation for world's brighter future. That's why it should be made sure that this foundation does not get weak due our society's present ignorance. According to the law, no child below age of 14 should be employed to work in shops, mines, industries etc. There are a lot of ways to prevent child labouring. We should spread awareness for preventing child labour and discourage people to do this act. A child deserves all the happiness and rights because a child is meant to learn, not to earn.

**Atulya Dev Jha**  
Class V

# STUDENTS SPEAK

## A GETAWAY TO ODISHA

I want to share my experience with you all about my recent visit to Puri, Odisha. After finishing my term exams, I went to Odisha to spend some days as a vacation with my family.

On day 1 of the trip, we reached Puri by afternoon. So, we got into our room and freshened up. Then, we went out and took a late lunch in a restaurant very close to the hotel. We had a typical Bengali Fish Thali.

After lunch we went to visit the famous Lord Jagannath Temple. After submitting our mobiles and camera, we washed our feet and entered the 8000 years old temple carved out of hillocks. The place was very crowded. We entered the main temple and took the Lord's blessings. Later, we went to the sea beach and enjoyed the cool sea breeze and had some local sweets - Chhanapoda, Khaja, Papodi and Modon Mohan.

On day 2, we woke up early in the morning and went to the office of travel and tourism. We boarded a bus and headed for the day tour. First spot on the tour was Chandrabhaga beach. It is about 3 kilometers away from Konarak temple and a beach worth watching. The bus stopped there for around 15 minutes.

Next spot was Konarak - The Sun Temple. It is a beautiful and neatly embellished temple. The wheels or chakras all over the temple maintain its uniqueness and sharpness in structure. Our guide said that the name Konarak was an amalgamation of two Sanskrit words 'Kon', meaning 'Corner' and 'Arka' referring to the dedication of the temple to the Sun God.

After around 40 minutes we proceeded to the next spot which was the Lingaraj Temple. Lingaraj Temple is one of the oldest Hindu temples in Puri which is worshiped by Hindus from all over India. It is built of deep red sandstone. We were given only 1 hour to see the four sections of the temple.

Next spot was Nandan Kanan Zoological Park. It is located in Bhubaneswar. It is the first zoo in India with a white tiger safari. It was a splendid experience to watch all the animals, specifically the white tiger.

After all these spots we were totally exhausted and returned to Puri. On our way, we drank very tasty coconut juice and ate its pulp. Then we returned to our hotel and had our lunch. After taking a nap, we went to the main beach of Puri, Swargodwar; meaning gateway to heaven. The beach was very crowded and all the prominent hotels were on the road adjacent to the beach. It was already sunset when we went there, so we couldn't enjoy much. We sat on the sea beach for some time and I made a sand castle.

Day 3 started with a beautiful sight of sun rise from our hotel balcony. After breakfast, we planned to visit the famous Chilka lake. We rented a car from same tour office to visit that place. Chilka Lake is a brackish water lake. It is the largest coastal lake in India. The driver told us that Chilka is famous for its crabs.

The fun part of Chilka visit consisted of boating; my mother and I enjoyed it a lot. We just roamed a little, took snaps and sat in the adjoining park, eating chips and feeding crumbs to crows. In evening we went to Swargodwar again and enjoyed a lot. Even mom went to wet her feet in the waves crashing on the shore.

Day 4 was sadly our last day in Puri. All of us went for a morning walk on beach. The ocean at each time of day has different sights and effects. I did water sports also. In the afternoon, mom and I went for our last view of the Bay of Bengal, to take in the vastness of the elements of earth before we left for station.

Next day we reached our home with the memories of a wonderful trip.

**Aabir Chatterjee**  
Class VI



# PARENT'S ARTICLE

## LIFE'S BIGGEST INVESTMENT

Covid in the last two years has taught us an important lesson as parents. In our fast moving and busy lives, the education of children had gradually become more and more dependent on schools and private tutors. As a child, like me many of you will also have memories of our parents sitting with us in the evening and helping us with our studies. But as an adult, it was surprising for me to see a child of nursery packing her bags at 4 or 5p.m. ready to go for tuition. By the twist of fate or virus however, many of us, parents have been sitting along with our kids learning and helping them to learn over the last two years. We have revised our elementary grammar, brushed up our arithmetic and are roaring to answer every question of EVS. I even learnt to read Oriya with my daughter and with a little help from her, can fluently read aloud her chapters.

But the poignant question remains, what had we forgotten? What did a situation like Covid and lockdown reminded us gently? Invest time in your child. My five-year-old daughter first scribbled the picture of an amusement park on the wall and she kept drawing short stories one after another in her notebook. Looking back, I remember narrating her stories and meanwhile sketching them as I did so. When I was teaching in school, she had in her treasure, attendance registers of her imaginary school, copies of children and report cards with remarks. During Covid, I had to make a lot of video lessons and my daughter also became proficient in it.

Children just don't emulate their parents; they learn from them. Not just hobbies, mannerism but behaviour, life skills and values. Investing in our children is so important. Our serials, parties, meetings, phone calls can always wait for a next time, but the time once lost with our kids is lost forever.

A paediatrician once asked parents of his patient, "What can you do for your child?" and the prompt reply was, "Everything in this world." Most of our replies would be the same. But just give it a minute and think, are we really doing "Everything"?

**Mrs. Indrani Gupta**  
(Guest Writer)



# PARENT'S ARTICLE

## जो समझो तो कहता हूँ

जो समझो तो कहता हूँ  
ऐसा मैं नहीं, किसी ने मुझसे कहा  
उस तेज धूप वाली दोपहर में  
जब थके पाँव बैठ गया था मैं

बस बूढ़ा बरगद था  
हाँ मैं ही हूँ, उसने चिताया  
मैं डरा कि कोई भूत हो शायद  
वो हंसा और बोला मैं भूत नहीं भविष्य हूँ

मैं ही प्राण वायु सा बहता हूँ  
मैं ही अन्न जल भरता हूँ  
मैं ही औषध मैं ही समिधा में रहता हूँ  
मैं पिता सा पालता, मैं ही माँ सा दुलारता हूँ

तुम्हारी सर्व गति का शरण हूँ  
तुम्हारी हर आवश्यकता का उपाय हूँ  
पर तुम्हारे लोभ के आगे निसहाय हूँ  
तुम्हारी तरक्की का हर तीर

सच हर बात तोलता हूँ  
ज्यादा नहीं कुछ तुम्हें करना है  
बस हर काम के पहले ये सवाल करना है  
क्या ये हवा ये पानी ये बरगद की छाँव

तुम्हारे विवेक में रहता हूँ  
ये सवाल तुम्हारे कल का जवाब होगा  
तुम्हारे पुरखों के कर्मों का हिसाब होगा  
तुम भागीरथ बन सवाल करते जाना

उस बड़े बरगद के नीचे  
लू की सांय सांय थपेड़ती आवाज़  
के बीच साफ साफ सुना था मैंने  
आस पास कोई और नहीं

पर छोड़ो जाने दो,  
तुम हर कदम तबाही तलाश रहे हो  
मेरी बातें क्यूँकर समझोगे  
सो जो समझो तो कहता हूँ

पालने से चिता तक व्याप्त  
मैं तुम्हारे चारों ओर बसता हूँ  
मैं प्रकृति का स्वर हूँ  
मैं परितः तुम्हारे आवरण हूँ

बेधता है तुम्हारे ही कल को  
मैं तुम्हें सच संभाल लूँगा  
पर कैसे सम्भालूँ तुम्हारे छल को  
सुनो मैं जो बोलता हूँ

बचेगी कल तुम्हारे बच्चों के लिए  
बस बाकी तुम खुद संभल जाओगे  
सो जो समझो तो मैं कहता हूँ  
मैं इस बरगद में ही नहीं

मैं गंगा सा तुम्हारे संग चलूँगा  
सो जो समझो तो मैं कहता हूँ।

**Mr. Rex Mehta**  
(Proud Parent of Ranya Mehta-Class V)

# PARENT'S ARTICLE

## PERSEVERANCE

Life is a precious gift. It must be handled with care. We must be thankful to God for sending us on Earth and giving us such beautiful surroundings to live in. Each and every moment of life brings us an opportunity. An opportunity to act to develop and express our virtues. There may be tough times, but the difficulties which you face will make you more determined to achieve your objectives and to win against all the odds. Tough times never last, but tough people do. We all are WARRIORS, because over the time we've stopped living in fear, rather we believe to live with faith. Life is not always in our control, life gives us pain, trauma, experiences, heartbreaks and lessons, but it equally gives us love, beauty, possibility and new beginnings. Embrace it all because after every storm there's a clear sky. These are the trying times and when we come out of it together, we'll have a better world and a cleaner heart. After this pandemic slows down, we will realize that no degrees, big houses, branded things, status, money in bank and your titles never have, never are and never will be more valuable than life.

We can get through this and we will.  
Until then, be your own guest and stay safe!

**Mrs. Shaheen Ali Khan**  
**(Proud Parent of Abeer Khan-Class VIII)**



# STUDENTS SPEAK

## SOCIAL IMPACT OF COVID-19 ON EDUCATION, SOCIAL LIFE AND MENTAL HEALTH OF STUDENTS

The outbreak of COVID-19 affected the lives of all sections of society as people were asked to self-quarantine in their homes to prevent the spread of the virus. The lockdown had serious implications on mental health, resulting in psychological problems including frustration, stress, and depression. In order to explore the impacts of this pandemic on the lifestyle of students, a survey was conducted on a total of 1182 individuals of different age groups from various educational institutes in Delhi - National Capital Region (NCR), India. The article identified the followings as the impact of COVID-19 on the students of different age groups: time spent on online classes and self-study, medium used for learning, sleeping habits, daily fitness routine, and the subsequent effects on weight, social life, and mental health. Moreover, research found that in order to deal with stress and anxiety, participants adopted different coping mechanisms and also sought help from their near ones. Further, the research examined the student's engagement on social media platforms among different age categories. This study suggests that public authorities should take all the necessary measures to enhance the learning experience by mitigating the negative impacts caused due to the COVID-19 outbreak.

**Mithil Sahu**  
Class VI



## MY SCHOOL

My school is my pride. It is so because at my school I learn so many things. My school is in Kabir Nagar Raipur. Our school is so big. There are so many facilities in my school. In my school, there are many teachers who are very friendly. They all are sweet. I know that teaching is not an easy job but our teachers are very helpful. I have met enlightened teachers who impart me the light of knowledge and thus illuminate my world which would otherwise remain dark. In this pandemic too, our teachers are teaching us nicely and we understand all things online because of our teachers' hard work. In our school we do co-curricular activities. We get prizes, medals and many certificates. We have annual function. That is my most favourite thing. We celebrate all festivals in school like Christmas, Diwali, Holi, Janmastami. Sometimes, we also have garba competition, rangoli making and many more. Whatever I do in my school, it has a moral and educational aspect to it. I feel that my school is one of the best schools in the world. I love my school very much.

**Prachi Dhariwal**  
Class VII

# STUDENTS SPEAK

## IMPORTANCE OF SCIENCE LAB IN A SCHOOL

Science generates solutions for everyday life and helps us to answer the great mysteries of the universe. Science is essential for solving major problems that affect millions of people. Science also plays a major role in our daily lives and in our collective future.

Scientific knowledge can improve the quality of life at many different levels. Without science, there is no human growth, no technological advances and no knowledge generation. Science is knowledge and without an investment in science, the world as we know it would not be possible. We study science because teaching science offers students an opportunity to increase their overall understanding of how and why things work. Because of this, a science laboratory is considered as one of the most important sections in any school and institute. School labs are a great place for students which help them enhance their learning by practically understanding the theoretical concepts which are taught in classrooms. Well-designed labs not only make science experiments fun but also help students in achieving good academic results. The equipment in a science lab allows students to interact directly with the data gathered and help develop skills necessary for more advanced study or research.

Hence, it is extremely important for every school to have laboratories where students can perform researches, experiments and learn new things for the benefit of the world and mankind.

**Abeer Khan**  
Class VIII



## HOW TO MAKE FRIENDS?

Friends are our partner in our life. Some are temporary and some are permanent. Some are life saviour and some are life seeker. So, it is on us to test them and to make sure they will be our mates for our whole life. So here are some tips on how to make friends.

If you are new to an organization or you are a student in a high school, it feels awkward to talk to someone as they are all stranger to us. But we should observe them as to how they live and how they behave. It helps us form an opinion about that person. Then we should start a short conversation with them. Introduce yourself and ask them about their hobbies and interests. After talking to them, you will get a better idea if that person can be your friend or not. Then slowly start being familiar and spending more time with them. Start studying together and go to visit them or call them somewhere where you can talk and express your feelings. After sometime, feelings of mutual friendship and respect will start to grow. Do the same with other people too, with whom you want to be friends with. And who knows, you will get a friend for life. And yes, conflicts will happen. But that won't matter because true friends don't hold any grudge and let go of silly things.

**Sanyam Raj**  
Class VIII

# STUDENTS SPEAK

## NATURAL CALAMITIES

Natural Calamities are not in the control of human beings. Like the other countries of the world, India, too, faces many natural calamities because of its environment and geographical location. Over the last few decades, the temperature in Indian subcontinents has arisen. We are already viewing the change in weather. A natural calamity is considered a disaster when it affects the people or properties on a large scale. Floods, droughts, landslides, earthquakes and cyclones frequently occur in our country. We are also facing abnormal warming, which is endangering marine life and slowly affecting the overall climate.

However, the effects of natural disasters can be controlled by proper planning and active damage control measures. We cannot control the disasters, but we can take precautions and be ready to face these disasters with proper planning.

There are different kinds of natural disasters in India that happen frequently and leave painful effects on our lives.

- **Earthquake:** Earthquake is caused because of high internal pressure between huge rocks within the Earth's crust. It causes them to break apart. It shakes the land. If the intensity is high, houses, apartments, etc. collapse or get damaged. India faces mild earthquakes frequently. However, the country has faced multiple severe earthquakes as well.
- **Drought:** Drought is caused by the absence of rain. There are three types of droughts – meteorology, hydrology, and agriculture-related. More than 10% of area in India is prone to drought. The north-western part of India is particularly prone to dryness.
- **Cyclone:** Cyclones occur in India mainly because of the Bay of Bengal and the Arabian Sea. Some states like West Bengal, Orissa, Tamil Nadu, Maharashtra, Gujarat etc. are prone to it. Every year, India faces five to six cyclones. It happens because of the variation of temperature and pressure in oceans.
- **Wildfire:** Wildfire or forest fire is also frequent in India as India has dry and warm forests prone fires. It is dangerous for wild animals, nearby local people, and the environment as well.

Apart from these, other natural calamities like floods, landslides and avalanches also occur in India.

### Human Activities and Natural Disasters:

Several human activities are aiding natural disasters. Growing population and consumerist tendencies are the main factors behind it. With the increasing population, the demand and use of natural resources are increasing. As a result, unwanted environmental change is increasing. Water scarcity and global warming are some effects of it. Apart from these, the never-ending desires and wants of humans are aid in natural disasters. Industrial solvents are polluting the rivers and the seas. Hazardous gases from industries and vehicles are polluting the air. Many man-made creations are destroying wildlife. Further, excessive cutting of trees has contributed to environmental deterioration. The more people will exploit the nature; the more natural calamities will occur.

**Prachi Dewangan**  
Class VIII



## SHOULD STUDENTS GET LIMITED ACCESS TO THE INTERNET!

Students need to focus on their studies and not pay attention to useless and unnecessary things. There are various kinds of websites that are not appropriate for them but these are available in large numbers. This is the most serious problem among the students today. They spend maximum part of their day on internet and hardly have any interaction with their family members. The students who spend most of the time surfing the internet end up with an unhealthy body due to lack of physical exercise, low grades in academics and a distance from family members.

Students ignore their health, wealth, social, and personal life. The only thing they bother about is being online. A student needs to have a social life, make friends, and have face-to-face interactions but due to the overuse of the internet, these interactions have lost somewhere. The Internet is famous for meeting new people and making new friends but they have nothing to do with the people around us. Students get addicted to messaging and virtual communications rather than going out and meeting friends. This affects their social life and they no longer find it comfortable to have face-to-face interactions. The students are lacking communication skills and going away from their relationships. If we observe, we can find endless such cases near us where students are risking their future. It is important to limit the internet access for the students to save their social life.

Dangerous games like Blue Whale, Momo, etc are also part of the internet. They target students and young children to lure them to do useless tasks and harm themselves. They do friendship with the students and after getting all the information and understanding their weaknesses, attack them emotionally, and blackmail them.

There are many uses of internet in a student's life. E-tutorials, college projects, exam preparations any many more activities can be done on the internet which can help students in their studies. But students should always use it in an effective manner so that it does not affect their personal and social life.

**Saharsh Rajput**  
**Class VIII**

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## THE ART OF TEACHING!

Teaching? You might be thinking, how could I call teaching an art. But, a work which could not be done by everyone is known as art. Now let me tell you a short story which will help you get my point in an effective manner.

Once upon a time, there were a group of 5 students who were graduated. They used to do some social experiment and then they used to write articles about the results. Once, in the local newspaper, they thought to do something different, for which they asked their readers to give some ideas. One of them was an experiment about teachers. After reading many topics, the topic of teachers was selected. Then the experiment took place. It was based on 2 people, 1 of them was a local journalist who passed his 12<sup>th</sup> 2 years ago and the other 1 was a great scientist who cleared his IIT with AIR 2, worked in ISRO for 5 years, his physics, maths and chemistry were excellent. So both of them were given 5-5 students of class 9 and were asked to teach them for 1 week, after which, they will conduct an easy test. The IITian was very confident. For 1 week, both of them taught those 10 students. When the test was conducted, the students of the IITian barely passed but the students of the journalist performed very well.



With this experiment, the conclusion came that though you could be good in your studies; it is not true that you could be a great teacher too. Conveying the message is a big task that our teachers do for us. In this story too, the journalist was able to become a good teacher and that is why the students of the journalist performed good.

**Yuvraj Singh**  
Class IX  
(Head Boy)

## IMPACT OF COVID-19

No one would have guessed that a virus like Covid-19 would come and without differentiating, will alter the lifestyle of people. Due to Covid-19, many changes came to our world and it took some time for everyone to adopt the new normal.

The Covid-19 impact was everywhere, which resulted in the closure of schools and other educational institutions.

Initially, most governments decided to temporarily close the schools to reduce the impact of Covid-19. Later it was reopened for a few grades, which increased the number of infection rates and then they were closed again.

Though the schools are closed, students are attending their classes through various education initiatives like online classrooms, radio programs. Though it is a good thing, on the other side, there are lots of students who didn't own the resources to attend the online classes and suffered a lot. Many students are struggling to obtain the gadgets required for online classes. Teachers who are all experts in blackboard, chalk, books and classroom teaching are really new to this digital teaching. But they are adopting the new methods and handling it like a pro to aid the students in the current situation.



But on the negative side, many teachers are looking for an alternative job to support their families. Educated parents are supporting their children throughout the pandemic, but we need to understand that there are some unfortunate parents who are helpless to get a good education for their children.

There are students in India who come to school just because they can get food. The great midday meal scheme has helped many children who couldn't bring their food from the home to get their nutrition. Because of the closure of the schools, many students were suffering from not having enough food for their survival. There is always a delay or cancellation of exams, which leads to confusion for many students. Most of the school-going children are involved in child labour to support their families. Many people have lost their jobs and because of the Covid-19. We can only pray and hope that all of these will soon come to an end.

**Khushi Varu**  
Class IX

## SELF ESTEEM

Having a good self-esteem can influence your motivation, your mental well-being, and your overall quality of life. However, having self-esteem that is either too high or too low can be problematic. Better understanding of what your unique level of self-esteem is, can help you strike a balance that is just right for you. Self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances.

Your self-esteem is defined by many factors. Self-esteem tends to be lowest in childhood and increases during adolescence, as well as adulthood, eventually reaching a fairly stable and enduring level. This makes self-esteem similar to the stability of personality traits over time. Self-esteem is shaped throughout one's life, it will increase and decrease throughout life. But will essentially remain at the same level. Self-esteem has both positive and negative effects, depending if an individual has low or high self-esteem. How can we help people all around the world who suffer from low self-esteem? Why should people care about what other people say to them?

Relationships with those close to you - parents, siblings, teachers and other important contacts - are important to your self-esteem. Many beliefs you hold about yourself today reflect messages you've received from these people over time. If your relationships are strong and you receive generally positive feedback, you're more likely to see yourself as worthwhile and have healthier self-esteem. If you receive mostly negative feedback and are often criticized, teased or devalued by others, you're more likely to struggle with poor self-esteem. But past experiences and relationships don't have to be your destiny. Your own thoughts have perhaps the biggest impact on self-esteem - and these thoughts are within your control. If you tend to focus on your weaknesses or flaws, working on changing that can help you develop a more balanced, accurate view of yourself.

**Mankiran Kaur**  
**Class IX**  
**(Head Girl)**



# HAPPENING COLOURS OF HOLY HEARTS

## MOTHER'S DAY

Of all the gifts life offers, mother is the greatest of all. She might be a mother to the world, but she is the world to her family. With a view to imbibe family values in the tech -driven 21st century our students made a Mother's Day collage using leaves to extend their gratitude to their pillars of strength.



**Ranak Kurrey**  
Class PPII



**Arjun Singh Rajpoot**  
PPH



**Riyanish Kedia**  
PPII



**Raajiita Sharma**  
PPII



**Saanchi Kanodia**  
PPI



**Sarvika Tiwari**  
PPI



**Reyanjeet Singh Bal**  
Nursery



**Rakshit Chouhan**  
Nursery

## YELLOW DAY

One of the primary colours was celebrated with much enthusiasm by Pre-primary kids on 12th May. Kids dressed up in the vibrant colour of yellow. Few activities like making mango shrikhand & sun were held for the kids.



# HAPPENING COLOURS OF HOLY HEARTS



**Dhyara Rai**  
PPII



**Raajiita  
Sharma**  
PPII



**Riyansh  
Kedia**  
PPII



**Ishika Jain**  
PPII



**Dhyara Rai**  
PPII



**Ranak  
Kurrey**  
PPII

## DOCTOR'S DAY



**Rakshit Chouhan**  
Nursery



**Atharv Bhushan  
Kharkar**  
Nursery



**Shruti  
Shukla**  
Nursery



**Mayra Bhatnagar**  
PPI



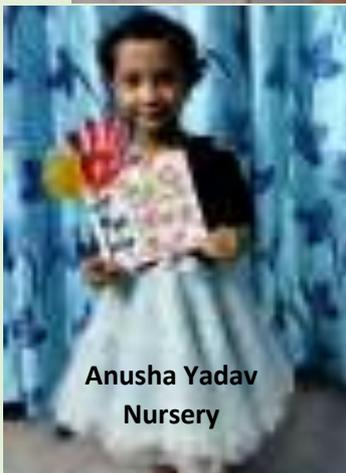
**Arshdeep  
Singh Nagi**  
PPI



**Aarav Roy**  
PPI

# VIBRANT COLOURS OF HOLY HEARTS

## FOUNDER'S DAY



# VIBRANT COLOURS OF HOLY HEARTS



Mayra  
Bhatnagar  
PPI



Arshdeep Singh Nagi  
PPI



Seyyassa  
Goel  
PPI



Ayansh  
Raman  
PPII



Raajiita Sharma  
PPII



Asniya Rahim  
PPII



Virat  
Namdeo  
PPII



Antriksh  
Kumar  
PPII

# HAPPENING COLOURS OF HOLY HEARTS

## GREEN DAY

The colour green, the symbol of prosperity and the colour of life, nature and energy was celebrated on 7th August by Pre-primary kids. The kids dressed up in green colour attire. Seed germination activity and collage using leaves were also made by the kids.



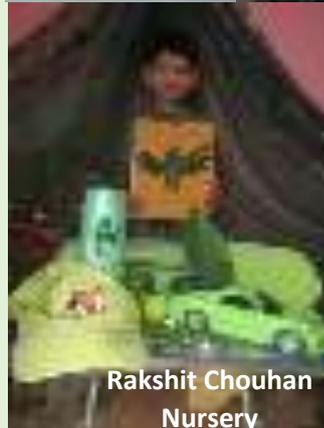
Arshdeep  
Singh Nagi  
PPI



Mayra  
Bhatnagar  
PPI



Aarav Roy  
PPI



Rakshit Chouhan  
Nursery



Anusha Yadav  
Nursery



Shruti Shukla  
Nursery



Ibrahim Salim  
Nursery



Raajiita Sharma  
PPII



Riyansh  
Kedia  
PPII

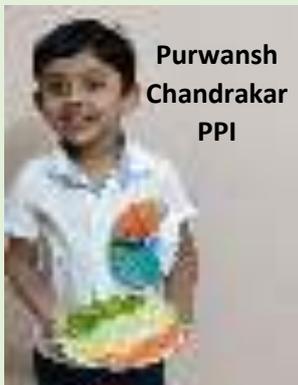
# HAPPENING COLOURS OF HOLY HEARTS

## INDEPENDENCE DAY

Independence Day was celebrated with great patriotic fervour. From 11th to 14th August few activities were held for our Pre-primary kids. They made tricolour badge, tricolour fruit salad & flag using pulses.



Ashmita Thakur PPI



Purwansh Chandrakar PPI



Ashmita Thakur PPI



Saanchi Kanodia PPI



Purwansh Chandrakar PPI



Seyyassa Goel PPI

# HAPPENING COLOURS OF HOLY HEARTS



Ishika Jain  
PPII



Aanvi Pandey  
PPII



Raajiita  
Sharma  
PPII



Dhyara  
Rai  
PPII



Aanvi Pandey  
PPII



Ayansh  
Raman  
PPII

# HAPPENING COLOURS OF HOLY HEARTS

## RAKSHABANDHAN

Rakshabandhan is a festival which celebrates the love & affection between brothers and sisters. The kids participated in Rakhi making activity. They enjoyed \*fun click\* activity with their siblings & \*tied a Raksha -Sutra to a tree\* to protect it.



Saanchi Kanodia  
PPI



Abdul Aarish  
Khan  
PPII



Seyyassa  
Goel  
PPI



Mayra  
Bhatnagar  
PPI



Rajdeep  
Chakradhari  
PPII

Atharv Sahu  
PPII

Shorya Jyotishi  
PPII

Virat  
Namdeo  
PPII

Antriksh  
Kumar  
PPII

### Vriksh bandhan activity

Aanvi Pandey  
PPII

Divyansh Tiwari  
PPII

Pragyan Chourasia  
PPII

Raajiita Sharma  
PPII

Ayansh Raman  
PPII

Arjun Singh Rajpoot  
PPII

Dhyara Rai  
PPII

Shreyes Popat  
Khot  
PPII

# HAPPENING COLOURS OF HOLY HEARTS

## NAVRATRI & DUSSEHRA

Dussehra was celebrated by the kids with great excitement. Raavan making activity was done followed by Dussehra quiz & dandiya by kids.



# HAPPENING COLOURS OF HOLY HEARTS

## WORLD ENVIRONMENT DAY – 05<sup>TH</sup> JUNE

World Environment Day was marked with various activities based on the motto of 3R's i.e., Reuse, Reduce, Recycle.

List Of Activities for various Classes:

### Class I & II

- Make Paper Bag Using Old newspapers, magazines or packing papers.

### Class III & IV

- Make Bird Feeder using old plastic bottles and plates.

### Class V & VI

- Make a Bird house using cereal or shoe boxes.
- Make plates by using leaves.

### Class VII, VIII & IX

- Make a poster on Save Environment/ Dream Environment/ Nature around Me
- Natural Fertilization using kitchen waste.



# ACTIVE HOLY HEARTIANS

## INTERNATIONAL YOGA DAY

“Health Body gives Healthy Mind”, to apply it in our daily life, the ancient mantra is “Exercise”. It is said that best exercise is Yoga. Therefore, to implement the habit of yoga in our day-to-day life we celebrate International Yoga Day On 21<sup>st</sup> June every year all over the world.

To Celebrate International Yoga Day, we conducted one-week online Yoga sessions.



# ACTIVE HOLY HEARTIANS

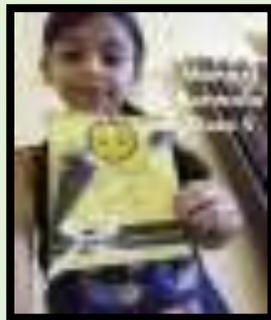


# HAPPENING COLOURS OF HOLY HEARTS

## FOUNDER'S DAY

Founder's Day, a day to show our gratitude towards Mrs. Amita Singh Ma'am on her birthday i.e., on 21<sup>st</sup> July, because of whom Holy Hearts came into existence.

To celebrate this special day, we organized Respect Card Making Competition.

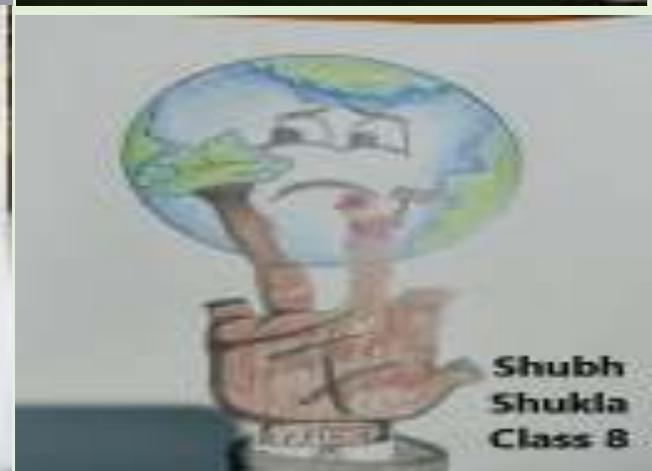


# HAPPENING COLOURS OF HOLY HEARTS

## WORLD NATURE CONSERVATION DAY & INTERNATIONAL TIGER DAY

World Nature Conservation Day is celebrated every year on 28<sup>th</sup> July to create & increase awareness about the importance of natural resources. As well as International Tiger Day is celebrated on 29<sup>th</sup> July to raise awareness for Tiger Conservation.

We had planned a Painting Competition For classes VI - IX to mark these days.



# HAPPENING COLOURS OF HOLY HEARTS

## INDEPENDENCE DAY

Independence Day is celebrated annually on 15<sup>th</sup> August as a national holiday in India commemorating the nation's independence from the United Kingdom on 15<sup>th</sup> August 1947. This day was celebrated in Holy Hearts, online and offline both ways.

In online celebrations many competitions were conducted and a special session with the students was organized.

The offline celebrations were done in the school premises, in which our chief guest hoisted the national flag and addressed the children.



# HAPPENING COLOURS OF HOLY HEARTS



# HAPPENING COLOURS OF HOLY HEARTS

## WORLD PHOTOGRAPHY DAY

'World Photography Day' was celebrated on 19<sup>th</sup> August, to bring forward all the talented photographers of the school by organizing a photography competition.



# FESTIVITIES @ HOLY HEARTS

## RAKSHABANDHAN

The sweet bond of brother and sister is celebrated in the form of Rakshabandhan. To make the day special our children made handmade rakhis and sweets and also decorated pooja thali.



# FESTIVITIES @ HOLY HEARTS

## JANMASHTAMI CELEBRATIONS

Krishna Janmashtami, also known simply as Janmashtami or Gokulashtami, is an annual Hindu festival that celebrates the birth of Krishna, the eighth avatar of Vishnu.



# HAPPENING COLOURS OF HOLY HEARTS

## TEACHER'S DAY

Teacher's Day is a special day for the appreciation of teachers and to appreciate our teachers the students had prepared thank you card, stationery storage box, bookmarks, etc.



# FESTIVITIES @ HOLY HEARTS

## GANESH CHATURTHI

The festival marks the birth of Lord Ganesh, the god of wisdom and prosperity. To celebrate Ganesh Chaturthi our students made a handmade eco-friendly Ganesh idol.



# LEARNING HOLY HEARTIANS

## RAASHTRIYA POSHAN MAAH

An initiative was started by honourable Prime Minister to create awareness towards malnutrition in our country. To better understand the nutrition and its importance a webinar was organised for the students and was motivated to participate in the quiz competition conducted by the Government.



# LEARNING HOLY HEARTIANS



## SWACHHTA DIWAS

Remembering the two great leaders- Mahatma Gandhi & Lal Bahadur Shastri, on occasion of their birth anniversary 'Swachhta Diwas' is celebrated. To celebrate this occasion, we invited the students to prepare a video and speak on the life of ideologies of Gandhiji and Shashtriji, display slogans or recite a poem. Also, a painting competition was conducted.



# FESTIVITIES @ HOLY HEARTS

## NAVRATRI & DUSSEHRA

This festival is the joyous celebration of the victory of good over evil. So, on this auspicious occasion we conducted various competitions like dandiya sticks decoration, making salad Ravan, garba competition, Dusshera card making competition, etc.



# COMMITTED TO CRAFTING EXCELLENCE



LEFT TO RIGHT (STANDING) : MR. BHUPENDRA SAHU, MR. ANMOL BAGGA, MRS. SHRADDHANJALI MEHAR, MS. HETAL RUPARELIA, MRS. FATEMA HUSSAIN, MS. ANJALI SONI, MRS. MONICA GANGAWANI, MRS. SREEKALA SUDHISH, MRS. KAVITA SULERE, MRS. SUPREET WALIA, MRS. RASHI SHARMA, MRS. JYOTIKA SHRIVASTAVA, MRS. ARCHANA PASHINE, MS. SHALINI MISHRA, MRS. PRAGATI CHAUHAN, MR. SUROJIT SARDAR

LEFT TO RIGHT (SITTING) : MRS. SHILPA SANJEEV, MRS. HANSA GANGADHARAN, MRS. MEENA DHILLON, MRS. TEJAL SANGHVI, MRS. HEMALI SINGH (PRINCIPAL), MS. SONAM GARG, MRS. KIRAN CHOUBEY, MRS. GARIMA SHRIVASTAVA, MRS. ALKA TIWARI



**EDUCATION IS  
OUR PASSPORT  
TO THE FUTURE,  
FOR TOMORROW  
BELONGS TO THE  
PEOPLE WHO  
PREPARE FOR  
IT TODAY**

**MALCOM X**



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