

# SCIENCE HUNK

Science is everywhere, right from cooking *to how the human* body works. Science can literally explain everything for all the curious cats! And this is what mesmerizes us to study the subject even more. Science helps us in inventions and discoverings. Without it, our society would not have been where it is today.

# EDITORIAL..... EDITORIAL.....

## THE INDICATOR OF LIFE

Ciao lovely people. Hope you are all doing well in your life and even if not, I hope this small piece written by me might change your attitude towards your life. Well, that's unfortunate that some of you aren't doing well. The reasons can be the stress and pressure of studies, or your office or anything else. "Life is a game" is what everyone says, what do you know its hidden meaning. Let me tell you. Life is a live 3D game where you are the players, playing and striving hard to reach your destination.

But do you think it will be easy? Even while playing a game on your PC or mobile phones, can you finish the game hands down without having to face any hurdles in the way? Well, we all know that the answer to this very easy question is a NO!! But do you get stressed out or depressed or lose your mind if you aren't able to win in that game? The answer is again a NO!! You might lose the game, feel frustrated for a while, play a game, lose again, and keep playing until you win in that game. The feeling that you get after winning the game, after striving so hard is nearly incomprehensible. After some years, when you look back in your memories at your younger self getting frustrated over a game, you feel kind of silly. A game isn't such a big deal that you will get frustrated over! Same is the game of life. You might be a student, struggling with the ancient education system and trying to score grades which the society, teachers and parents expect you to score. This might be frustrating and depressing at times. You might find it difficult to cope up with all the things in life which seem to be messed up. You might find yourself crying alone in a dark room. But remember what you would do if this was a game. Would you give up so easily? Would you stop playing the game even if you lost a million times? NO!! But why? This is because the game is challenging you and your skills. You have to prove your skills by winning the game. Once you are capable of doing so, you get a feeling of triumph. You are now ready to go for an even more challenging game. The previous game you played helped in boosting your skills and developing some new skills as well. Same is the case with life. Life is like a game, it's not about giving up, it's about striving harder and harder every time you lose, it's about reasoning why you failed in the first place rather than giving up. Once you know the reason, develop new skills and tactics to improve yourself. Give your best the next time. It might take a few tries but in the end, you will find yourself higher than all people around you. This helps in making you stronger a better version of yourself. Now fast forward to the future and you look back in memories to find yourself frustrated over getting grades. But as you know in real world, grades don't hold a position as high as talents do. This was a big deal for you in the past but not anymore in the future. Now you know what matters in life and what doesn't. Now think if you are depressed just over grades, the story

would have been very different then. You know this is what life is. It's about happiness sometime but sometimes about gloominess, it's sometimes about peace, sometimes about war but you don't have to over react in this situation. Try to maintain a positive attitude towards life. **Now as a chemistry teacher I would like to give you an example of pH paper. It is a paper meant to check the acidity or basicity of the solution. Compare pH with your life and solution with what you have in your life. Take a beaker and add conc. HCl (Hydrochloric acid) in it and check the pH, where HCl stands for Heartbroken & Cheerless individual Lacking energy and enthusiasm. The pH paper turns red. Obviously, you don't want your life to be red which signifies anger, frustration and danger right! Now add NaOH (Sodium Hydroxide) solution where NaOH stands for Nurturing & Optimistic Human. The pH will show a deep blue colour which signifies elegance, authority and intelligence. I am sure most of you want to add some NaOH to your life and become amazing and cheerful individuals. To do so, you just have to stop being gloomy over little things and realize that life will keep on going. So, you have to stop worrying about little things in life and have an optimistic approach. Always remember, pain is temporary, and gain is permanent. Therefore, live your life to the fullest without worrying about small things.**



Mrs. Namita Sinha  
Chemistry teacher

# What is fear and why is it such a crippling emotion?

If you search the meaning of 'Fear' in the Merriam Webster Dictionary, it is, "An unpleasant, often strong emotion caused by anticipation of danger". In other words, our fear is always about what's going to happen next. That means fear is about that which does not exist. Why do our blood pressure and heart rate increase thinking of something which is a hundred percent 'non-existent', in other words, 'imaginary'?

Fear is a product of a hallucinatory mind. Negative thoughts and imagination are the root cause of fear. We fear because we are rooted not in reality but in our mind, which is constantly eating up on the past and excreting into the future. If we are rooted in reality, there is no fear.

We can plan our future but we cannot live in our future. But when we fear, we try to live in our future. Even the 'Future' will come to us in the form of 'Present'. The only thing we can do to fear is, come down to the present, the reality. If we just respond to what is there right now and not imagine something that does not exist, there is no room for fear!



-Shalini Verma  
Biology teacher

# STUDENTS CORNER

# The wonders of the Universe

Whenever I look upon the sky  
The shade of the stars foreshadow my eye  
There is something of great mystery  
Something of great history  
This is the realm of wonder  
Where I could think and ponder  
This is truly the marvelous creation of god  
Of impossible and implausible odds  
The beauty of the nature refines my soul  
Just like a sieve for my heart to console  
I want to explore the horizons  
Even if I am believed by none  
So what more does it take to see it clear  
What more does it take not to fear  
Standing on my feet I'm here to explore it  
Not just to sit and to adore it  
This is the beauty of the sky  
This is the beauty of the sky



## Relations between Teacher and Student According to Science

a) **Chemistry:** Hard work + luck  $\rightarrow$  Success.

Where teachers act as a catalyst. Without the use of catalyst reaction may proceed but rate of reaction is very slow

b) **Biology:** Teacher is like a semi permeable membrane by nature that allows only necessary and important things to enter into students' mind and rejects all unnecessary things.

c) **Physics:** Student is pulley attached to one end of rod, while teacher is a weight attached to it at other end. The weight (teacher) provides a suitable momentum (guidance) to machine (student) while the energy felt immediately.

d) **Mathematics:** Teacher is like operator i.e. (+) add the knowledge, (-) subtract the problems, ( $\times$ ) multiply the student's level and ( $\div$ ) divide the queries

e) **Computer Science:** Teacher is like a program or coding and students are like input (msg. box, input box) and result is output (running of program)



Kavya Sharma

## An accident which changed the world

Everyone has probably cut their finger at some point in their lives, it is surely painful but no big deal. Well imagine if that minor cut became so infected with bacteria that it killed you .Before the 1940s that really did happen. The most minor infection could be deadly, and then a discovery was made that changed the world. Penicillin, it was discovered by an accident. In 1928, Scottish scientist Alexander Fleming left his lab to go on vacation without cleaning up .When he came back he found mold had developed on a contaminated sample of staphylococci. Remarkably, the mold had killed the surrounding bacteria. He decided to name the substance released from the mold Penicillin. It is an antibiotic that fights bacteria by stopping the cell wall from renewing during its growth. This weakens the cell wall until it bursts killing the bacteria. It wasn't until the 1940s that America and Britain funded the mass production of penicillin. Hailed as a ' miracle drug ' that saved countless lives during World War II , it allowed the Allies to patch up a soldier and have him ready to fight again in a matter of weeks . By the end of World War II U.S. Companies were making 650 billion units a month. Its discovery sparked the hunt for other antibiotics that are used today. While the widespread use of penicillin has been a huge benefit to people across the globe, it might not be effective for ever. Some bacteria have become resistant to it due to its overuse and misuse. In order to defeat these superbugs, scientists around the world are hoping to make a medical breakthrough, just like Alexander Fleming did 94 years ago.



Yashwant Singh Bharti

# Caring for the Environment is Caring for Ourselves

In this vast universe, the earth is so far the only planet known to be endowed with an environment that can support life-forms, with which we are familiar. What sustains life on our splendid spaceship is a thin cover of air and water encasing the earth and known as the biosphere. Without that, our planet would have been just another lifeless, desolate form, spinning around in the murky depths of space.

Most of the time, man took the most priceless gifts of nature for granted. This may not, however, be taken to mean that the possibilities and dangers of environmental pollution never attracted man's attention. The homa ritual institutionalized by the ancient Aryans were basically meant to purify the air. It is thus evident that the hazards of environmental pollution have been known for a long time.

In the ultimate analysis, by caring for the earth we care for ourselves .By embracing our own nature as an expression of humanity, we can become a conscious force of healing. We can begin to humbly contribute to the flourishing of nature . As nature is in no mood to stand any more abuses. Man must realize that we need to save our environment.



Chandermoly Pandit

# How Acid Rain Affects Plant Growth

Acid rain is the result of chemical reactions that start when compounds like sulphur dioxide and nitrogen oxides are released into the air. They rise to a very high height into the atmosphere where they come in contact with water, oxygen and other chemicals and acidic pollutants. These acidic pollutants then fall down with rainfall and make it acid rain. Acid rain has harmful effects on ecosystems such as fish, wildlife & plants and trees. Acid rain has been implicated as being directly phytotoxic. Although there are several mechanisms by which acid rain could influence plant growth, the evidence suggests that plants are probably not being directly affected by ambient acid rain. Rain acidity may affect soils with poor buffering capabilities and thus indirectly influences plant growth in some regions. But acid rain doesn't make harmful effects on indoor plants as they don't come in contact with acid rain. Dead and dying trees are a common sight in areas affected by acid rains. Acid rain leaches aluminum from the soil. That aluminum may be harmful to plants as well as animals. Acid rain also removes minerals and nutrients from the soil that trees need to grow. At high elevations, acidic fogs and clouds might strip nutrients from trees' foliage, leaving them with brown and dead leaves and needles. The trees are then less able to take and use sunlight, which makes them weak and less able to withstand freezing temperatures.



MahimaThakur  
8A

# “How does water get polluted?”

Water is essential to our life .Water pollution happens when toxic substances enter water bodies such as lakes ,oceans ,rivers etc. Water pollution can be caused in a number of ways .Pesticides applied to farmland, enter surface water and groundwater .Human or animal waste also cause water pollution .Water also gets polluted by oil spills which is not only risk for human life but also for marine life .The industries on the banks of the rivers also discharge their waste into the rivers .This makes the water impure for use .

So ,we should always keep in mind not to pollute any source of water by our careless actions .The sources of water are the greatest gift of nature to us .Our life ,without clean water ,will be very difficult .

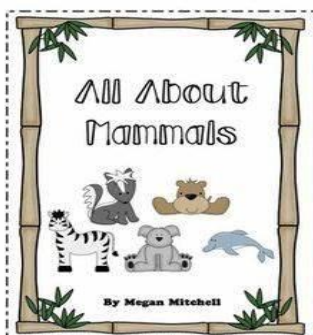
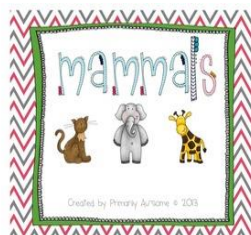


Atiksh Chaudhary  
4 B

## Intelligent Mammal

Mammals are the most intelligent animals. The mammals are those whose females carry their young ones in their wombs and then give birth to them. They feed on their mother's milk. All mammals are vertebrates. Most mammal babies stay close to their mother after birth. Once mammals develop their teeth, they begin to eat solid food like grass , leaves and meat. For example , the papa wolf hunts for meat, chews it up then spits it out for his babies. The babies first play with meat ,eat it and then never go back to milk.

Some mammal babies are very weak when they are born. Some are born with their eyes shut. Some are born without the ability to work out as they grow up , they have already learnt about many things. Baby mammals learn these things from their parents. When the bear eats berries and catches fish ,the baby bear watches and then slowly tries it . If the baby elephant tries to leave its mother, she will push it with her big trunk. This teaches the baby elephants to be with its herd. They learn from one another innovative solutions to ecological or social problems. In short, I suggest that culture promotes intelligence.



Kanan Chaudhary

## **IS PERFUME A LIQUID OR GAS?**

Many substances that exist lack some or the other kind of property their respective state of matter has.

For example-An apple, a sponge and a rubber band all are considered to be solids but, the apple has a definite shape whereas the sponge is compressible and has no definite shape. A rubber band has elasticity and is stretchable which tends to change its shape. Both the sponge and rubber band somewhat differ from the properties of solid.

All of this is because there aren't only three states of matter that we know- Solid, liquid, gas. Matter also exists in other forms like- Plasma, BEC, Superfluid, Degenerate matter, Strange matter, Fermionic condensate etc.

Between the change of matter from one basic state to another it goes through some other changes too and also experiences some other state that is present between a solid and a liquid.

Answering to the earlier question, perfume when added to the bottles is in the liquid state but inside the bottle, due to heat the liquid gets evaporated and changes into gaseous state.

## Plastic is plastic, paper is fantastic

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You hear this saying almost every time you go to the grocery store, there every where landfills, the oceans and lakes hanging on trees around our neighborhoods, and suffocating wildlife. This is because plastic bags are not biodegradable, so where ever people leave them, they will stay forever, unlike paper bags. Paper bags are environment friendly. It can decompose and be a part of the soil in few months. It can be recycled and can be made from recycled paper too. There are also some companies that buy old paper bags to be recycled. There are governments that encourage the use of recycled Paper bags decreasing the taxes that are implemented on the business. And therefore it is less likely to be a source of litter and pose a risk to wildlife. Paper is also more widely recyclable, while plastic bags can take between 400 and 1,000 years to decompose.

But of course when there are advantages there are disadvantages. If a person is buying wet things like meat, fish and other produce the paper will stick to the meat or fish and the paper will break soon before one can reach home. For business owners usually paper bags are more expensive than plastic ones. But there are businessmen who prefer to help the environment and charges additional fees for plastic bags if the client would prefer those.



Ridhani Kaistha  
8A

# ROLE OF SUNLIGHT AND GRAVITY IN WATER CYCLE

On Earth, water can exist as a liquid, a solid or a gas. It changes between these states of matter when it exists it gains or loses energy.

Water plays a versatile role in the functioning of the biosphere. It is essential to all forms of life, plants, animals and man. The Water Cycle depends on reciprocity of evaporation and precipitation.

## **WATER CYCLE**

When water absorbs sunlight or makes contact with something warmer than itself, it heats up. This causes it to turn the states from solid to liquid, liquid to gas. When it makes contact with something cooler, it changes from gas to liquid or liquid to solid.

The cycle of processes by which water circulates between earth's ocean, atmosphere and land, involving condensation and precipitation as rain or snow, drain in rivers and return to atmosphere by evaporation and transpiration is called Water Cycle.

### **Role of Sunlight**

The sun provides what almost everything earth needs to go – energy or heat. Heat causes liquid and frozen water to change to liquid or vapour gas which rises high in the sky to form clouds..... clouds that move over the globe and drop rain and snow. This is large part of the water cycle.

While sunlight is an energy source, it helps the water to evaporate.

### **Role of gravity**

The greatest force propelling the water is gravity. It is the force of attraction between two objects, earth's gravity pulls matter downwards, towards its centre. It pulls precipitation down from clouds and pulls water downhill. Gravity also moves air and ocean water. Cool, dry air is denser and warm is not that dense. Gravity pulls denser air and water downwards, forcing less dense air, water to move upwards. The warm water near the surface of the oceans heats up with sunlight and evaporates, keeping the water cycle in motion

**THUS, SUNLIGHT AND GRAVITY PLAY AN IMPORTANT ROLE IN WATER CYCLE.**



Suryansh Singh Pal  
9A

# Save the animal: Stop animal testing

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People have different feelings for animals some look upon animals as companions while others view animals as a means for advancing medical techniques or furthering experimental research. However individuals perceive animals, fact remains that animals are being exploited by research facilities and cosmetics companies all across the country and all around the world. What many people tend to forget are the great numbers of animal subjects that have suffered serious harm during the process of experimentation, the pain, the suffering, and the deaths of animals .In my opinion animal testing is cruelty therefore I strongly believe it should be banned.

In conclusion, animal testing should be banned. Humans cannot justify making life better for themselves by randomly torturing and executing thousands of animals per year to perform laboratory experiments. Today animals are exploited by humans for their selfish gain. After all, we should not forget that humans are also social animals.



***Ridhani Kaistha***

**8A**

# TREES OUR BEST FRIENDS

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**“When you plant a tree you plant a life.”**

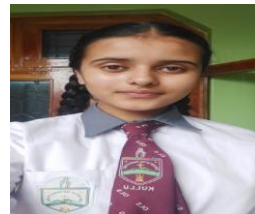
Trees are one of the greatest gifts from mother nature. One thing we need to remember is that trees don't need us, we need them. Apart from countless benefits they give, trees are certainly our best friends. They are the friends who always give us without expecting a single thing in return.

Trees are the guardians of our environment. They control global temperature by releasing moisture in the air. This moisture turns into clouds shielding us from the UV rays.

The Amazon rainforest is the lung of this earth, controlling oxygen, and carbon dioxide. The rainforest supplies around 6% of the world's oxygen and absorbs the same amount of carbon dioxide from the atmosphere. According to the **World Wide Fund**, this forest is the habitat of ten percent of the world's species.

We usually tend to forget that we are continuously exploiting them even when knowing the fact that we cannot live without them. Nearly 5,600 trees are uprooted in a minute. Every year, 3.5 million trees are cut down. If we continue deforestation, all the rivers on the earth will dry up.

We must accept the fact that, trees are beautiful creatures that make the world a better place. Trees are a gift of God that must be respected by us. Thus, it is our responsibility always to support trees and never let them fall down. All friends will come and go, but trees will forever stand by our side.



Tanysha Sood  
8A

# WHAT IS THE FULL FORM OF SCIENCE ?

**S** - Systematic and  
**C** - Comprehensive  
**I** - Investigation and  
**E** - Exploration of  
**N** - Nature's  
**C** - Causes and  
**E** - Effects

## **WHO IS THE FATHER OF SCIENCE ?**

**GALILEO GALILEI** pioneered the experimental scientific method and was the first to use refracting telescope to make important astronomical discoveries. He is often referred to as the “**FATHER OF MODERN ASTRONOMY**” and the “**FATHER OF MODERN PHYSICS**”. **ALBERT EINSTEIN** called **GALILEO** the “**FATHER OF SCIENCE**”.



Saransh Gautam

7A

# Why Smoking in public places should be banned.

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Imagine having your favorite dish at your favorite spot with your family or friends, just then somebody enters and starts smoking. Won't it just ruin your day? The nasty smell of the smoke and the person smoking neglecting the 'No Smoking' sign just gets on my nerves.

Public places are the places that are accessible to the general public. We visit these places usually to entertain ourselves or to soothe ourselves after a hectic day. But because of the unwanted smoking it is just hopeless to do so.

Wearing the shameful tag of the second largest consumer of tobacco in the world, India is a home to 267 million active tobacco users. According to WHO studies, tobacco causes over 1.35 million deaths in India every year. Woefully, the deaths also include passive smokers like us, who never chose to consume the cigarette smoke.

Tobacco is not only dangerous for active smokers but also harmful for the passive smokers. The cigarette smoke contains an awful lot of harmful substances such as tar, nicotine and carbon monoxide. Tar and nicotine are lethal enough to cause lung cancer or even can kill a person in a split second. While carbon monoxide disturbs the heart's function resulting in heart attack. The cigarette smoke contains many more toxic substances such as ammonia, hydrogen cyanide and acetone.

Even though there is a ban on public smoking, rarely have I seen someone receiving a harsh punishment for it by the law enforcement agencies. The tobacco producing companies continue to get profits while the government, playing with our health, continues to get its revenue.

We, the passive smokers, never opted to die because of it; we never chose to consume it. Standing up for all the people who have due to second-hand smoking, I would like to pose a question for the government, if these smokers are ruining their lives by smoking, why do we, the innocent non-smokers have to pay for it?



Aashwi Sharma  
8A

## **Why the production and selling of cigarettes and tobaccos should be banned.**

“Smoking is a habit that drains your money and kills you slowly, one puff after another.” People nowadays are addicted to smoking cigarettes and consuming tobacco. The production of these things is still there because there is an absence of strong rules and regulations. Smoking cigarettes is really for everyone’s health and even then people are ignoring the negative effects it is going to have on them. A lot of organizations are working to convince people to stop smoking but it is really hard because people are already addicted to it.

Smoking and tobacco consumption causes diseases like cancer, heart disease, stroke, lung diseases, diabetes and chronic obstructive pulmonary disease (COPD) , which includes emphysema and chronic bronchitis. It also increases the risk for tuberculosis and certain eye diseases. Moreover, these cigarette smokes contain more than 400 chemicals in it and out of these 250 are very harmful to the body. This results in many deaths per year.

People should themselves understand all these negative impacts. They should voluntarily come out and demand to stop the production of tobacco and cigarettes. As it is rightly said “ Even one drop of water in the ocean, can make a big difference”.



Aadhunika Mohan  
8 A

## **Water**

Life on earth cannot be imagined without water.

Water is the basic need of our life.

We get water from many sources like rivers, wells, rain etc.

We use water for drinking, cooking, food, bathing and many others purposes.

Water is the best gift from God to human.

We should not waste water and should always save it.

Only 4 percent of all available water is fit for drinking.

Hence it is rightly said “water water everywhere not a drop to drink”.



Dhanya Bhopal  
1 B

# How to apply traffic rules in life

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Traffic rules tell us what must or must not be done on the road and save us from accidents and injuries. We must apply traffic rules while being on the road. Obeying all the traffic rules is an essential civic behaviour. We often see and read about many accidents and it is seen that in most of the cases the reason is disobeying the traffic rules.

It is our duty to always wear a helmet when on a two wheeler and to always avoid inappropriate parking.

We should be very careful while taking a U-turn. Always keep a control on your speed and always use a zebra crossing to cross a road.

All of these will prevent any accidents and injuries, and help us lead a safer life.



Mimansha Bhatt  
4B

Traffic rules play a very important role in the system of a country. These rules are made for avoiding traffic jams and accidents in a city or a town. Generally, traffic rules are implemented by showing different coloured light signals in the road like red light, yellow light and green light. We have to “STOP” our vehicles when the red light is on and move when the green light is on. Driving on the left side of the road, following traffic signals, not blowing horn while passing through hospitals or schools are also a part of traffic rules. There is also a traffic policeman to supervise the rules and for easy going of the vehicles.

It is our duty to follow the traffic rules to maintain a sound traffic system.



Tanzin Chhoszom  
4B

It is very important to know the traffic rules to be safe on the road. We should never walk hurriedly on the road and should always obey the traffic signal Red light signal means "stop". Yellow light signal means "wait" and Green light signal means "go". We should always walk on the left side of the road. We should wear a seat belt in a four wheeler vehicle and wear helmet while riding two wheeler. We should never attend to any phone calls while driving as it can lead to an accident we should never put our hands and head out from a moving vehicle and always walk on a footpath. By doing all this we can be safe and prevent accidents.



Piyush Thakur  
4B

## **How to keep yourself safe from pandemic infections.**

1. Wash your hands often with soap and water always use Maintain at least one meter distance and avoid physical contact.
2. Use face masks while going outdoor.
3. Eat healthy food to have a strong immune system.
4. Stay at home to avoid contact with people.
5. Avoid crowded places.
6. Open doors and windows at home to breathe fresh air.
7. Avoid touching your eyes, nose and mouth.
8. Keep updated with the latest news to get information with the situation.
9. Keep everyone safe.



Divyam Thakur

# How does water get polluted ?

Once famous British writer W.H Auden said “Thousands have lived without love not one without water.”

Water is man's basic need for survival. Life without water is unimaginable. Water is a significant element that cannot be replaced with any other elements. Water pollution is a serious environmental issue around the world and has lead to severe implications.

Water pollution occurs when contaminants like agricultural and toxic industrial wastes or other residues, mix in water bodies like lakes, rivers, underground water, and oceans. The contaminants dissolved in water becomes unfit for consumption. The toxic components emitted from factories make the surrounding water warm, and the atmosphere hotter as well.

Polluted water bodies, whether clean or dirty, contain chemicals, toxic substances, and germs that cause illness, such as cholera, dysentery, Tuberculosis, and other abdominal diseases in humans. Contaminated water also carries worms such as roundworms and tapeworms that causes various diseases inside the human body. Many countries are now facing crises due to water pollution, and portable water is now a long run commodity.

Many multinational companies are taking the appropriate measures for marketing potable mineral water in tropical countries.



SANVI THAKUR .

# 10 simple steps to contribute in the war against pandemics.

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The word pandemic once an obscure word buried in the pages of dictionary is now a hard reality. From the swine flu pandemic of 2009, the Covid19 pandemic of 2020 to the looming threat of monkey pox pandemic, the world community is under attack from the microscopic viruses like never before. As individuals we can help stop the spread of these pandemics by some simple steps.

1. Stay well informed and away from rumours.
2. Hand hygiene, cough hygiene, proper mask wearing and social distancing are the corner stones to prevent person to person transmission of these diseases.
3. At peak of pandemic avoid unnecessary travel.
4. Cashless transactions avoiding physical currency helps to stop transmission of the disease.
5. Keep your immediate surroundings clean with proper garbage disposal and avoiding littering on the streets.
6. Isolate yourself, seek immediate medical attention and get yourself tested if you are suffering from fever, cough or other symptoms related to these diseases.
7. Help the people suffering from the disease by performing chores for them like grocery shopping etc. which they are not able to perform.
8. Do not discriminate against people who are sick.
9. Proper nutrition, daily exercise and yoga will help boost your individual immunity thereby helping prevent the spread of pandemics.
10. Get yourself and your family vaccinated as and when the government makes it available.

With these simple measures we can productively contribute to the ongoing war against pandemics .



Alankrita Chandel

## **Will junk food help our body to remain healthy**

Junk food is the food which is high in salt, fat and calories but deficient in nutritional content.

Eating junk food on a regular basis can lead to obesity, high blood pressure, diabetes and some cancers.

Junk food can also affect our brain by reducing the brain capacity to store experiences and memories.

Excess junk food consumption can lead to constipation due to lack of fiber content in it. Junk food contains high salt and can cause fluid retention in our body. Junk food can cause respiratory illness like asthma and allergy.

Eating excess Junk food increase acid in mouth and such acids may remove tooth enamel which cause tooth cavities.

From various researches it has been proved that consumption of junk food has bad effect on our health.

To prevent this, we should limit intake of junk food.



Amyra Anand

3B

# Importance of plant for Humans

## Plant a TREE

Plant a tree

Get oxygen free

Plant a tree

Get grass free

Plant a tree

It costs no fee

Plant a tree

You will never be hungry,

Plant a tree

Get environment, pollution free

So please plant more tree

And live free.



**IDHANT SINGH KALRA**

**3B**

## **IMPORTANCE OF PLANTS FOR HUMANS.**

It is impossible to imagine our lives without plants or trees. Plants and trees are the reason why are we living. We get oxygen from them, fruits, flowers, veggies also. We use wood to make paper and many other things. Because of plants our eco system is balanced. Without tress, there is no boundary between us and wild animals, no rain, no seasons, no beautiful colours. In short, there will be no life. Unfortunately, we are destroying the trees for our own selfish motive. But without trees, every species will die due to the lack of oxygen. Therefore, we should try to grow more and more trees because it is the only way for our survival.



**NISCHAY TANDON**

**3B**

# Five Little Astronauts

Five little astronauts, flying in the stars.

The first one said, "Let's go see Mars!"

The second one said, "There are comets in the air!"

The third one said, "There's an alien here!"

The fourth one said, "Let's fly up in the sky!"

The fifth one said, "Let's go up really high!"

Then, "Whoosh went the spaceship"

"Buckle up tight!"

And the five little astronauts

Zoomed out of sight!



Saanvi Thakur

3A

## **Topic: Importance of Plants**

The importance of plants in our life is huge. We just need to understand it. They give us oxygen, food, wood and, many other things that we need for our survival. Let's understand it with this short essay on the importance of plants for humans.

It is impossible to imagine our lives without plants or trees. Do you know that how much we owe from plants? We can't even calculate and our thanks are also not enough. Plants and trees are the reason why we are living. We get oxygen from them, fruits, flowers, veggies. We cut the wood to make papers, rubbers etc. Plants the reason why our ecosystem is balanced. Without trees, there is no boundary between us and wild animals, no rain, no winters, no proper summers, no diversity, no beautiful colours, no life in short. Try to grow more and more plants because it's the only way for a better living.



Name Navya Singh

Class -3<sup>rd</sup>

Sec – A

Roll no =25

House - Gandhi

# AIR POLLUTION

Pollution! Pollution! Pollution!

Is there no solution ?

Illusion ! Illusion ! Illusion !

Of green earth re-evolution !

Buses and cars ;Autos and bikes

to ride them ,everyone likes

but to breathe the dust and smoke

people get their throats choked.

Use of chemicals and CFCs

Pollutes the air ,land and even seas.

The ozone layer keeps tearing

resulting in fierce global warming !

Friends !wake up !

Each one ! plant one !

Help in making our planet greener

and let' s lead our lives much better and nicer !



Rudra Thakur

## **Plastic Pollution**

Plastic has become an integral part of our lives. We begin our day using mugs and buckets made up of plastic for bathing. The wide use of plastic has resulted in a large amount of waste generated. The accumulation of plastic products in a huge amount in the earth environment is called plastic pollution. Everyday thousand of tones of pollutants are discarded in to the air by natural events and human actions. It adversely affects the wildlife habitat, and humans, which has become a major concern.

To save the environment from plastic waste, we should minimize and ultimately end the use of plastic by reusing plastic products as much as possible before disposing them off and reduce the use of plastic in daily life. Apart from that, we should educate other people around us.

**“Be a part of the solution  
Not part of the pollution”**

## **Stop Plastic Pollution**



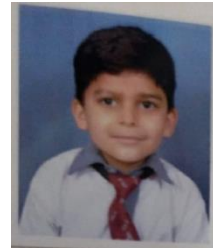
**Shiven Koundal**

**3A**

# WATER

Water is a very essential thing in our life. Without water we cannot survive, even for a day. Knowing the importance of water, human beings are still polluting it by throwing wastes and rubbish in the ponds, lakes, rivers, seas etc. if we do not take care of it and keep polluting the sources of water, then one day we will have no safe drinking water. It will lead to various water related diseases, making it difficult to survive.

So we should not pollute water but conserve it for future use!



Aarav Fakay

1A

Every drop of water say, Save me for your next day. Drop of water says to us, Wastage of water is a curse. Water helps in growing of seeds. Water is essential part of daily needs.

“SAVE WATER, SAVE EARTH”

AarinMirupa

1A

# Air

- Air is everywhere we live.
- We need air to breathe.
- Air has many useful gases in it.
- We can not see and touch air.
- Air helps birds to fly.
- Clean air is good for health.



Rabani Goswami

1 A

# Importance of Trees

- Trees are our best friend.
- Trees gives us fruits, medicines, wood, rubber, gum etc.
- Trees provide us shade and protection.
- Trees keep the environment cool.
- Trees gives us oxygen.
- Trees are green gold.
- Birds make their nest in trees.

Sanvi Cheapapa

1A

# Trees

- Trees are living beings.
- Trees are of many shapes and sizes.
- Trees have roots, trunk, branches and leaves.
- Trees live for many reasons.
- Trees give us oxygen to breathe.
- Trees give food and shelter to birds and animals.



Zunaira Singh

1 A

# Trees

. Trees, trees, trees!

Trees give us oxygen and then we breathe. Trees also give shelter to birds and these birds cheerp so sweetly. Trees give us wood. We make houses, almirahs, chairs etc from wood. Trees give us many more things like timber and rubber also. These things never end. So, we should save and plant many many trees to save our MOTHER EARTH!!



Kavyam Sharma

1 A

# Trees

- Trees are very important to our environment.
- It produces oxygen.
- There are various types of around my house.
- Trees provide us fruit, flower, wood etc.
- Trees are our never falling friend.



Ahan

1A

# Wild Animals

- Wild animals are the animals who live in the jungle.
- Some wild animals are dangerous.
- They move here and there in search of food.
- They kill different animals for their food.
- Lions, tigers, elephant etc are some of the wild animals.
- We should preserve animals to preserve biodiversity.



Prajwal Rangra

1A

## **“ Nature”**

Green is the nature,  
It has many features,  
It provides us food to eat,  
And gives new friends to meet.  
Still people are destroying nature,  
Without thinking of their future.  
Trees give us oxygen,  
But we are cutting them  
For our own betterment,  
We are destroying nature.  
People are causing different type of pollution,  
They aren't having any other solution.  
Please, don't destroy nature,  
It's our Future!!!  
It's our Future!!!



Arshit Thakur

3A

# The modern drug :- Mobile Phones

Smartphones are very important and wonderful communicative tools used by all age group people especially Young generation. Without smartphones, one feels incomplete and it has become the need of hour. It has brought a lot of information resources within the palm of ones hand and has bridged the communication gap via social networking sites. People remain in touch and come to know every development in all walks of life within no time on social Media. The impact of Smartphones is visible in all areas of life including business, education, health, marketing, social life etc.

But it is not out of place to mention here that every technology has its pros and cons within. It has also caused various health hazards and brought miseries to people especially children which include Eye strain, Neck and back pain, Hypertension, etc. The present study is an attempt to explore and examine the impact of Smartphones on the life of young generation. Now days we see that how a person is in directly taking his own life by spending day and night watching into his rectangular box. Average teenager nowadays prefers to just lie all day on his bed and scroll all his Facebook and Instagram feed until someone comes and asks him to stop his mobile phone and do some work. It certainly feels that it's a high time that people should realize this drug and keep their children away from harmful effects of mobile phones.

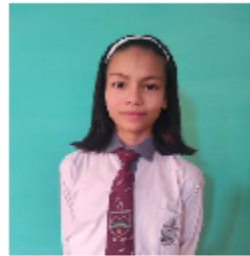


Arjun Salhuria

10 A

## **Life on Mars**

Many stories are revolving around the fictitious concept of life on Mars. People were intrigued by the idea of life of Mars because of its proximity and similarity to our planet Earth. Scientists claim that there was once a massive ocean on Mars, making it seem very similar to earth. Because of the traces of liquid water on Mars in the past and the high temperature at that time, researchers wonder about the possibility of life once on Mars. It is said that bio signatures on the surface of the Red Planet indicate the possibility of life on mars. One such news was disclosed in 1996, that a group of scientist discovered some bacterial evidence inside a Mars meteorite that came to earth. People keep their hopes up about finding life on mars because it would mean that we are not alone in this vast universe.



**Mythili Rana**

**8<sup>th</sup> A**

# Friends of trees

Trees are one of the most precious gifts from Mother nature. They are called best friends of humans. People and animals get many things from trees. Planting a tree is a very valuable thing to the world,

Trees absorb Carbon di-oxide what we leave through breath and give us oxygen to live. There is the best example of dependency you can see in the world. Trees give us flowers, fruits, shade, herbs, wood for livelihood.

Mother Earth gifted trees as a blessing to the environment. We think we are doing a favour by planting trees. But the main thing one must recall is that trees needn't brother with us, rather we need them. Planting trees are essential for our living as it is said plant a tree means to plant a life. Trees are our closest companions. They are those best friends who consistently give us everything without anticipating anything consequently.

To sum it up, as life gets hard without our best friend, the same will happen with the lack of trees too. The least we can do for trees is save them from being cut down. Without trees, this planet will turn into a desert. While various governments of different countries are taking measures to conserve them, we must do it too individually. Encourage planting of trees and join campaigns that do the same. Make the world a greener place and protect our best friends.



ParthUpadhyay

8A

## Save Animals

I am Tiger, I am Elephant;

I am Orang Utan, I am Lion.

I lost my fur, and I lost my tooth;

I lost my family and my best friend.

I am big Shark, I am Rhino.

Mr. Hunter! Don't kill us!

Save Our Life and save our kids!

Save all God's creations and Save Mother Earth!



Ridvika Sharma

1B

## SAVE WILDLIFE

Save the wildlife, Save them from harm,  
For they are God's creations only charm.  
Keep them free, keep them safe,  
Have some kindness in your place.



Tanveen Kaur

1B

## The Aurora Borealis

The Aurora Borealis, or it's commonly known as the Northern Lights, is an ethereal phenomenon of extraordinary beauty, spectacular display happening above. The celestial display of coloured lights across the night sky is both beguiling and inspiring in equal measure. It's a dazzling spectacle of ribbons and sheets of green, yellow, purple and pink light, which looks magnificent from earth. But do you know, how do they occur?

Here's a story: Imagine there's an invisible force field around our planet. Now imagine that for billions of years, that force field has been protecting us from a beam of supercharged plasma that would otherwise wipe out life on Earth as we know it. Now you might think it is some kind of science fiction, but it's true. And it's what gives us – the Aurora!

These dazzling lights are actually telling us a story, the story that began on the sun, travelled all the way to Earth, had a series of interactions in the magnetic field and led to this beautiful display overhead.

The Auroras are one of mankind's oldest mysterious, and we've come up with some theories of how to explain it along the way.

Astronomer and physicist Galileo Galilei actually coined the term "Aurora Borealis" in 1619. Until 1600's scientists figured out two key things that helped us explain the aurora. One, the Earth is really just one big magnet, and second, it turns out the sun gives off a lot more than just light. The Aurora Borealis are caused by particles – electrons and protons – blasted out from the sun in all directions and colliding with the gases in the Earth's atmosphere. These energised particles, after leaving the sun, travel at a whooping 400 kilometres per second, then they reach Earth. But luckily, we've got a secret weapon on our side: Earth's swirling molten core. It creates a magnetic force field around us that deflects the solar wind up and away, making life much more enjoyable down here. Because of that magnetic field we have nice things like an atmosphere and we're less burnt-to-a-crisp, thanks to wave after wave of planet sterilizing radiation. When the energised particles smash into the gases way up in our atmosphere. They "excite" them, which means the gas atoms grab on to a bit of energy in a bright little burst of light. Different atoms in our atmosphere each give us different colours. Excited oxygen is what gives off that familiar green and red that most of us think when we hear 'aurora'. But there's also nitrogen up there, and it gives off a really cool mix of red and blue light that makes the sky glow incredible purplish-pink.

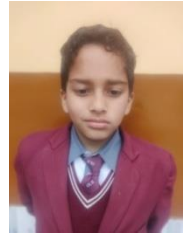
When those rare violet storms hit our magnetic field and ride up to the polar atmosphere, we are treated to an aurora show like no other. This celestial light show has been burning bright for perhaps billions of years, it's more than Earth's private art show. It's painted by this invisible force surrounding our living planet, a force that catches the wind from the sun, and turns it into light. It gives humans a constant reminder of the beauty of the night sky, and it's right there in our planetary backyard, that's pretty awesome, which once seen can never be forgotten.



Bharvi Kaundal

## Our Earth

1. Earth is our planet
2. It revolves around the sun.
3. Earth is circular in shape.
4. Earth is the only planet that has life and the atmosphere for survival of living beings.
5. It is the one of the eight planets of our Solar system.
6. It is the third from the sun.
7. We should take care of our mother earth planet so that our future generations could survive on this planet
8. By planting more trees, reducing pollution and global warming we can protect the earth



NakshNag,2A

## Science in everyday

Science is a systematic and logical study towards how the universe works. Science is one of the greatest blessings to the mankind. It has played a major role in improving the quality of living of the man .In every inch of our body science is the protagonist.

Science is involved in cooking , eating, breathing, driving, playing, etc. Life is unimaginable without science, it is a necessity.

### **Basic science concepts behind few daily applications of science:**

*\*Cooking:* Heat energy is transformed to the cooking vessel in the form of radiation, conducting and convection.

*\*Vehicles:* The concept involved in burning of the fuel is combustion.

*\*Mixer/Juicer:* It converts the electrical energy into mechanical energy.



Vaivswat Mahant  
2A

**FACTS**

## *Fun Facts About Food*

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- *Apple gives you more energy than coffee.*
- *An egg contains every vitamin except vitamin C.*
- *Pistachios are actually fruits and almonds are seed.*
- *Banana are berries... and strawberries aren't.*
- *Green, yellow and red capsicums are not the same vegetables.*
- *The only fruit that has its seeds on the outer skin is the strawberries.*
- *Apples are more effective in waking you up in the morning then coffee.*
- *3 carrots give you energy to walk 3 miles. They were first grown as a medicine not food.*



AARADHYA SHARMA  
4 A

## **Fun Facts**

- *Hot water will turn into ice faster than cold water.*
- *The Mona Lisa has no eye brows.*
- *The strongest muscle in the human body is tongue.*
- *"I am " is the shortest complete sentence in the English language.*
- *TYPE WRITER is the longest word that can be made using the letters only on one row of the keyboard.*
- *Minus 40 degrees Celsius is exactly the same as minus 40 degrees Fahrenheit.*
- *It is impossible to lick your elbow.*
- *People say "Bless you" when you sneeze because when you sneeze your heart stops for a millisecond.*
- *"Rhythm" is the longest English word without a vowel.*
- *All polar bear are left handed.*



**Abhinav Thakur**

## **SOME AMAZING SCIENTIFIC FACTS**

1. It is impossible to burp in space.
2. Hot water freezes faster than cold water.
3. The human eye has a resolution of 576 megapixels.
4. The Great Barrier Reef is the largest living structure on earth.
5. Human body carries more bacterial cells than the human cells.
6. Killer whales are actually Dolphins.
7. It can rain diamonds on other planets.



***Compiled by :  
Pratyush Thakur  
3 A***

# Interesting facts about Science

- Over one million earths could fit inside the sun.
- Horses and cows actually sleep standing up.
- Strawberries are the only fruit that have seeds on the outside.
- A shark doesn't contain any bones in its body.
- Some types of Bamboo can grow by a meter in just one day.



Stakshi Negi

3 A

**HOBBY LOBBY**

## ***Gardening and Mental Health***

“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.. “

In today's world, many people are seen suffering from mental illness due to the stress taken up by them and due to their inability to give proper time to themselves which consequently results in dementia and other mental issues. Taking care of one's mental health is really important, by definition “Mental Health means keeping our mind healthy”. But it's mostly seen that the people tend to ignore their mental health and are primarily focused on keeping their body healthy; In reality maintaining both mental and physical health is the key of living a healthy life so one should not only focus on building themselves physically but also mentally and this can be easily achieved by practicing various mind exercises, meditation and most importantly spending enough time with nature by going out for walks and gardening. Nature is rightly said to be the best healer, the curative power of nature is unparalleled and one of the finest and the easiest way by which we can all stay connected to nature at our home is gardening and it won't be wrong to say that gardening is our one of the favourite pastime activity. Gardening makes us feel peaceful and refreshing, just being surrounded by bountiful nature, rejuvenates and inspires us. It is an alternative to gym, the activities like weeding, digging and raking are good exercise which tends to improve both physical as well as a mental health. Focusing the attention on the immediate task and observing the nature elements closely, helps to reduce the negative thoughts and feelings which are processed by our mind. But we are all guilty of spending most of our time glued to various screens while our body and mind craves for the gifts that the nature has to offer ~ A little time given to nature gifts us thousands benefits. The nature has the restorative power to makes us come out of our melancholy and it even shows us the way out of the prison of our own mind. Thus a step towards nature can make a huge difference in improving our physical as well as mental health.



Sharnya Sood

# LIFE HISTORY OF SCIENTIST

## **Celebrating the 103rd birth anniversary of Vikram Sarabhai Who**



### **initiated India's Space program**

“He who can listen to the music in the midst of noise can achieve great things.” This is stated by a visionary scientist who took India beyond the skies and contributed extensively to building the future of the country. Dr Vikram Sarabhai, the father of the Indian space program who helped develop nuclear power in the country, was born on 12th August 1919. On his 103rd birth anniversary, we take a look into the incredible journey of the man who not only is credited for putting the first Indian satellite but also, for taking education to remote villages through satellite communication.

### **Celebrating the birth of a Genius**

Do you know, it was APJ Abdul Kalam who once famously called Vikram Sarabhai the ‘Mahatma Gandhi of Indian Science.’ It must have been his genius that made him India's most admired scientist. Born in Ahmadabad, into a family of industrialists, Dr Sarabhai's father – Ambala Sarabhai used to build Calico Mills, one of Ahmadabad's oldest textile mills that ran for over a century. Most of his educational years were passed in Ahmadabad at Gujarat College but later, he shifted to the University of Cambridge, England, where he took his tripos in natural sciences in 1940. Upon returning to India, Sarabhai undertook his first research in cosmic rays under physicist Sir Chandrasekhara Venkata Raman at the Indian Institute of Sciences, Bengaluru. In 1947, he wrote a thesis named “Cosmic Ray Investigations in Tropical Latitude” in Cambridge, before finally returning to India to lay the foundation stone of a Physical Research Laboratory in Ahmadabad. He was only 28 at that time.

## **Tracing the Success thereafter**

India has witnessed innumerable milestones and successes of the Indian Space Research Organization (ISRO) since its inception. After its establishment, in 1962, Dr Sarabhai was given ISRO's charge. It was Sarabhai's efforts that led to the establishment of the Indian Space Agency as he made the government realise the importance of a space programme for a developing country like India after the Russian Sputnik launch. From ISRO's archive, Dr Sarabhai emphasized the importance of a space program in his quote: *"There are some who question the relevance of space activities in a developing nation. To us, there is no ambiguity of purpose. We do not have the fantasy of competing with the economically advanced nations in the exploration of the moon or the planets or manned space flight. But we are convinced that if we are to play a meaningful role nationally, and in the community of nations, we must be second to none in the application of advanced technologies to the real problems of man and society."*

In his endeavor to do something extraordinary for his nation, Dr Homi Jahangir Bhabha, regarded as the father of India's nuclear science program, joined Sarabhai's quest! With each other's support, they set up the first rocket launching station in India. This centre was established at Thumba near Thiruvananthapuram on the coast of the Arabian Sea, primarily because of its proximity to the equator. After a remarkable effort in setting up the infrastructure, personnel, communication links, and launch pads, the inaugural flight was launched on November 21, 1963, with a sodium vapour payload. As a result of Dr Sarabhai's dialogue with NASA in 1966, the Satellite Instructional Television Experiment (SITE) was launched from July 1975 – July 1976 (when Dr Sarabhai was no more).

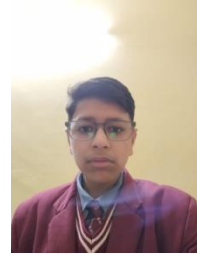
Dr Sarabhai started a project for the fabrication and launch of an Indian Satellite. As a result, the first Indian satellite, Aryabhata, was put in orbit in 1975 from a Russian Cosmodrome.

## **The Genius who was Born**

Whether it was the SITE project which in 1975-76 used a NASA satellite to beam educational content to 2,400 of India's poorest villages, or his plan for building agricultural complexes serviced by atomic power and desalinated sea water, all of his projects were a product of an imaginative zeal that just wanted to see India grow and prosper. He worked round the clock every day with a passion to transform India of his vision. Even with everything on his side, he did have his share of critics. There were some who found his ideas wildly impractical and others who did not appreciate his complex and highly nuanced approach to the sensitive issue of

nuclear weapons. But despite his passing away on 30th December 1971, at the age of 52, India lost one of its most dynamic and endearing visionary.

Compiled by-



Jatin Kaushal  
9A

**DO YOU KNOW**

# Why do we forget?

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We have all at least once forgotten an answer in an exam. We all tend to forget things every now and then. Why do we forget certain things so easily? What the answer to the unforgettable question – “Why do we forget?”?

Memories are little snapshots or mental records from our experiences from the past. When we perform certain activities, those all are stored in the ‘Short term’ memory. Then, our brain makes a decision on which memories are important and which are not. Important stuff is transferred to the ‘Long term’ memory through the Hippocampus, the part of the brain that processes memories, and the rest is ditched and left in the ‘Short term’ memory. To remember something, sometimes, we do have to repeat it to ourselves a couple of times so as to not forget it! Unimportant stuff is eradicated from our brain and the information important for us is transferred to the ‘Long term’ memory, and thus, remembered longer. For example, recall a family function or your friend’s birthday party you attended last year, and now try to recall the outfit you wore a week ago. Many of us will find it challenging to recollect the latter!

To improve our memory and keep our brain healthy, it’s necessary to stay physically active by exercising. Also, don’t forget to eat healthy food and, finally, give your brain a good workout session by solving puzzles and exposing it to new challenges!

# Why do we get angry?

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Anger is a complex emotion we all struggle to deal with. Have you ever felt so angry that you felt like screaming or throwing things away just because something didn’t go your way? Maybe your sibling ate your share of chocolate, your friend didn’t return the book they took from you or the last season of your favourite series didn’t live up to your expectations.

Imagine yourself walking on the street, amazingly dressed for your friend’s birthday party, when a car swiftly cuts you off and splashes mud on your dress, which ultimately turns you from a peace-loving creature into an incredible Hulk! Changes begin to happen in your body – Amygdala, a part of your brain releases chemicals that prepare you for some crazy physical activity. Also, hormones like Adrenaline are released into the body, which cause your heartbeat to increase.

Very fortunately, another part of our brain called Prefrontal Cortex, responsible for making judgement, also gets activated, thus, making sure that we don’t react illogically.

Constant chronic anger can significantly increase our chances of getting heart diseases like high blood pressure, heart attack or even a stroke. Although, it’s completely okay to get mad at times, we must always keep our emotions in check and adopt a healthy lifestyle. If we prefer discussing about our anger with

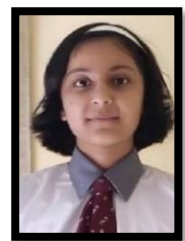
some adult, like a teacher or parent, it usually goes away...! To completely prevent anger, one must practice meditation and breathing exercises regularly.

# Can we live without a brain?

Our brain is one of the most important parts of our body which controls almost all body functions. How much of a brain do you think you could live without? – Quarter? Half? No brain at all?? That does sound really wired, but that's possible!

Our brain is a really complex organ, even though it is divided into parts like the cerebrum, which controls our emotions and learning ability, and cerebellum, which controls muscle movement and balance. But our brain's function isn't just towards the body, but it also determines our personality. The best example for this is Phineas Gage. Phineas Gage, a railroad worker, once while loading his gun accidentally impaled his skull with a 43-inch-long rod! – And yet, he survived. After this, his social behavior changed drastically, that he was no longer – Gage! Another case in 2014- a 24-year-old Chinese woman went to a hospital, complaining about dizziness. With the help of a CT scan, the doctors found out that she was born without a cerebellum! – And yet lived a good part of her life normally, without even knowing anything about it! And now, talking about extreme conditions, in 2001, Trevor Waltrip was born without a forebrain and his cranial cavity was filled only with cerebrospinal fluid! Even without a brain, he lived for 12 years. Even though, he did not have basic brain components, he had his brain stem intact, another part of the brain, – which helped him to breathe, maintain a heartbeat, and of course, do some very basic functions.

So, in conclusion, living with half a brain is possible because the other parts of the brain can adapt to the functions of the other missing parts, over a period of time, due to neuroplasticity. In fact, you'll be surprised to know that things as simple as reading and gaming can all shape and reshape our brain...!



Keshika Verma

# SCIENCE EXHIBITION

## SCIENCE EXHIBITION 2022-23

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This year science club organized science exhibition for classes 7 to 10 on 6<sup>th</sup> of August, 2022 after a gap of 2 years. It was conducted successfully under the able guidance of Rev.Fr Antony Solomon, Principal, OLS Kullu, Mr. Shashikant Pathania and Mrs. Ashmita Sharma, the moderators of science club. This time classes were given topics related to rain water harvesting, electronics, science, astronomy, renewable resources etc. Although due to the danger of COVID the exhibition was not with the same pomp and show as it used to be earlier, but still it was conducted with full zeal and zest. Every student contributed in the exhibition with full potential and hard work as it was displayed clearly through their exhibits. The exhibition was opened for everyone from 9:00 am till 1:00 pm. The budding scientists of our school presented their exhibits in the form of 3D models, charts and working models. The principal being the chief guest encouraged everyone present in the exhibition to know the importance of science and how it has served the humanity for many years and will continue the same with the hope that many future scientists from our school will be establishing their firm presence all over the world.



**Alankrit Thakur**

President, Science Club(2022-23)

**YOUR HEALTH**

## BODY'S INGREDIENTS

| CHEMICAL ELEMENT | PROPORTION OF TOTAL WEIGHT (%) | GRAMS IN AVERAGE ADULT BODY |
|------------------|--------------------------------|-----------------------------|
| 1. OXYGEN        | 65                             | 39,000                      |
| 2. CARBON        | 18.5                           | 11,100                      |
| 3. HYDROGEN      | 9.5                            | 5,700                       |
| 4. NITROGEN      | 3.2                            | 1,900                       |
| 5. CALCIUM       | 1.5                            | 900                         |
| 6. PHOSPHORUS    | 1                              | 600                         |
| 7. POTASSIUM     | 0.4                            | 240                         |
| 8. SULPHUR       | 0.3                            | 180                         |
| 9. CHLORINE      | 0.2                            | 120                         |
| 10. SODIUM       | 0.2                            | 120                         |
| 11. MAGNESIUM    | 0.1                            | 60                          |

Other main elements are: Iodine, Iron, Cobalt, Copper, Fluorine, Manganese, Zinc, and Silicon.



Akshat Thakur

# DOES MUSIC HAVE ANY EFFECT ON YOUR BRAIN?

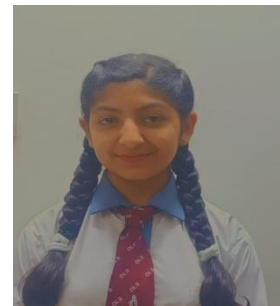
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**If you want to firm up your body ,head to gym.  
If you want to exercise your brain, listen to music.**

Music has been a part of people's everyday lives for so long. Not everyone knows how much it actually affects the human mind and body. It doesn't only make us dance and groove, but also have some amazing scientific and medical effects.

There are few things that stimulate the brain the way music does. If you want to keep your brain engaged throughout the aging process, listening to music is a great tool. It provides a total brain workout .Mainly, listening to music has an ability to boost up a person's mood instantly, affecting a person's inner mind where different negative thoughts feed on person's abhorrence.

Research has shown that listening to music can reduce anxiety, blood pressure, pain as well as improve sleep quality, mood, mental alertness and memory. Also patients suffering from several diseases sometimes help them recover faster.



AlishKundraClass  
8A

## IMMUNE SYSTEM

**The immune system is a complex network of cells and proteins that defends the body against infection. The immune system keeps a record of every germ (microbe) it has ever defeated so it can recognize and destroy the microbe quickly if it enters the body again.**

### ❖ IMMUNE SYSTEM OF HUMAN BODY

- ❖ Immune system is the network of tissues, cells, and organs first tries to keep out germs like bacteria, viruses, fungi, and parasites and then deals with them if they manage to get in. If it senses something in your body that could be bad for you, it triggers the release of special cells. These travel to where the trouble is, attack the intruder, and help get rid of it. Your body has to be able to stop invaders that come from a lot different places. Germs can come from contact -- touching skin, and breathing in drops

from someone else's sneeze or cough, for example. They can travel through blood that comes from a shared needle or an insect bite. You can also get germs from contaminated food or water.

As you know that the pandemic COVID-19 has been a worldwide threat from past 2 years and is still not yet over. The second wave of this pandemic was the most horrible time period for the whole world, people were suffering with oxygen problems and the doctors regarded this pandemic to be a disease that is caused to the people with low immunity. So all the people realized the importance of high immunity in the body. Basically immunity is the ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells. People started to take necessary precautions for boosting immune system for example-

- Maintaining healthy diet
- Exercise regularly
- Keep yourself hydrated
- Get 6-8 hours of sleep
- Do not take stress etc....

Not only COVID-19 but you should be aware of other diseases like Diabetes ,Rheumatoid arthritis, Lupus etc..That are cause by lack of immunity.

**DEFENSE AGAINST GERMS:** It blocks invaders from getting into your body in the first place. Other blockers are the clear layer over the front of your eye (cornea) and specialized tissue that lines your lungs, bladder, and digestive system. A cut, sore, or burn can make an opening in any of these for a germ to get in and infect you.

- Sweat on your skin, tears in your eyes, and mucus in your nasal passages, digestive system, and a woman's vagina can stop invaders from getting in, too. These liquids your body makes not only push away dirt and germs but also have enzymes that can kill bacteria.

**Just like the rest of your body, your immune system needs nourishment, rest, and a healthy environment to stay strong. Certain lifestyle changes can boost your immune system and help you avoid illness. So keep yourself healthy and take necessary precautions to boost your immune system.**

STAY SAFE STAY HAPPY



Mridul Bhalla

## Importance of Fruits and Vegetables



Each one of us knows that fruit and vegetables are important and essential since they contain a variety of nutrients including vitamins, minerals and anti-oxidants which are essential for our health and body. They boost our immune system and regularly protect our any diseases. Furthermore, fruits and vegetables intake keeps us physically and mentally fresh than ever. Along with all of these health benefits, eating fruits and vegetables prevents chronic diseases such as heart disease, cancer and diabetes. The higher the average daily intake of fruits and vegetables, the lower the chances of developing cardiovascular disease. Compared with those in the lowest category of fruit and vegetable intake, those who averaged 8 or more servings a day are 30% less likely to have a heart attack or stroke. The **DASH** study examined. the effect con blood pressure of a diet that was rich in fruits, vegetables and low-fat dairy products and that restricted the amount of saturated and total fat. Numerous studies have revealed how there is a strong line between eating fruits and vegetables and protection against cancer. Fruits and vegetables contain indigestible fibre, which absorbs water and expands so it passes through the digestive system. This helps to calm symptoms of irritable bowel and can relieve on prevent constipation. Most of the vegetables have anti-aging properties and regular consumption ensures a young look and healthy feeling to our body. Vegetables and fruits keep our biological cycle. very regular and keep us mentally and physically fresh. The more the vegetables and fruits we consume, the more the healthier we become. As in the saying, "**Prevention is better than cure**", having fruits and vegetables today will reduce the risk of many unexpected diseases in the future.



Bhavyashree Jamwal

# HERBS & SPICES

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We all are aware of the spices that we use in our daily life to add taste to our food and herbs are used for medicinal properties since prehistoric times. Herbs are small flowering plants and are of many varieties, each having its specific properties. Usually herbs are mostly found to be just leaves but some are present as flowers and stems. For example we can say basil and oregano that are used to flavour food. In case of fever it is used for medicinal purposes --- like treatment of fever, headaches, stomach aches, tooth aches, insect bites and migraine.

On the other hand spices are strongly flavoured seeds, roots and bark that are usually powdered to add taste to our food. Examples can be black pepper, cinnamon, turmeric and cardamom that are used in every household for satisfying the taste buds by improving the natural flavour of the cuisines.

## FACTS : About tea and coffee

**TEA :** It is the dried leaves of small camellia bush growing on the hillsides are especially in India and Sri-Lanka, Japan and China. The tea has stimulant caffeine. Similarly compounds like theophylline and theobromine. The tea plant creates these chemicals as away to ward off insects and other animals.

**BLACK TEA & GREEN TEA :** There are two main types of tea: green tea and black tea. Green tea is popular in China. Black tea is only partly dried before it is crushed in rolling machines, giving a much stronger flavour. Black tea is preferred in Europe.

**COFFEE :** Coffee is made from the ground and roasted beans of the coffee bush. The beans collected and soaked, then the husks are removed and the beans are dried, sorted and roasted. The longer roast, the stronger and darker the coffee preventing from naps.

**INSTANT COFFEE:** Coffee can be made into instant coffee powder by boiling coffee dry, or into instant coffee granules by plunging ground beans into liquid gas to freeze-dry them.

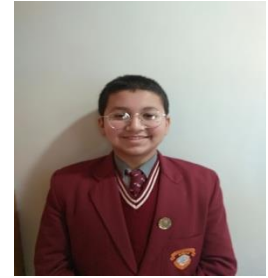
## FACTS : About herbs

Many of today's medicines came originally from plants like aspirin, morphine and quinine. They are as one of the dietary supplement. They are also used against childhood cancer. In early days Egyptian pyramid builders ate garlic as they believed it would give them strength. Bay leaves were used to crown poets and heroes in Ancient Rome. The Ancient Greeks called basil 'KING OF HERBS'. The Latin name for sage is Salvia which means healthy and sage is thought to have healing qualities.

## FACTS : About spices

It takes 400,000 hand-picked crocus flower heads to make 1kg of saffron. Ginger is the root of tall grass-like plant which is harvested after flowering. Even though it is a hot spice, chilli can cool you down because

it makes you sweat. Cinnamon comes from the bark of a tree. Nutmeg is the seed of a tree. Star anise takes 15 years to grow. Black pepper was known as the 'black gold'. Over 5000 thousand years ago, salt was produced in India. Once salt was paid as a salary to roman soldiers. This gave birth to term such as 'worth his salt'.

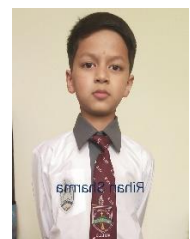


Alankrit Thakur  
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### **Importance of Good Health and Fitness**

*Good health is an essential aspect of human life. Fitness is the cornerstone of good health. 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. Good health and fitness imply both mental and physical well-being. Regular exercise, a proper routine diet, and peace of mind can help one attain good health and fitness. We should always remember that a healthy mind can only be gained by being healthy. 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.*

*As time goes on, we have changed, our lifestyle has changed, and we are more prone to eating junk rather than eating healthy home food. At some point in time, our schedule or the hectic lifestyle hampers our diet and physique. Thus we must find alternate ways to keep ourselves healthy. We can walk using stairs instead of lifts or walk to nearby places instead of taking a vehicle. Maintaining a proper sleeping hour is also very important in forming a healthy lifestyle. School-age children or teens should sleep for at least 9-10 hours, and adults should get at least 7-9 hours of sleep on daily basis.*



Rihaan Sharma

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