

LITERARY EXPRESSIONS

“There is a vitality, a life force, energy, a quickening that is translated through you into action, and because there is only one of you in all this time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost forever”.

(Our school not only aims at the educational fulfilment but also cares for a child's talent, personality development and leaves no stone unturned to bring about the overall development of every child).

Life is like making tea....Boil your ego, Evaporate your worries, Dilute your sorrows, Filter your mistakes and finally get a taste of happiness.

OLYMPICS: THE SPORTING EXTRAVGANZA

Olympics are multisport, multinational sporting events. They are held every four years. The modern Olympics started in the year 1896. Two separate Olympics are held for summer and winter games.

32nd Summer Olympics games branded as Tokyo 2020 was held from 23rd July to 8th August 2021. It was delayed by one year due to the COVID pandemic.

Tokyo 2020 was the best ever Olympics game for India. In these games, India won 7 medals which include 1- Gold, 2- Silver and 4- Bronze medals. For first time in the Olympics history, India won a medal in athletics. Neeraj Chopra won the Gold medal in javelin throw. He made us all proud.



Atiksh Chaudhary
3B

CHILD LABOUR

1. Employment of children below a certain age limit is termed as Child Labour, this varies from country to country.
2. In INDIA, the age limit for children for 14 years.
.
3. Any factory or industry employing children below 14 years is illegal.
4. The constituency of India does not support child labour.
5. Working non-stop for long hours makes children prone to physical and mental disorder
6. As per the child labours (prohibition) and regulation/ act , 1986," to employ a child in any kind of work, including domestic help, is a criminal offence."



Sanvi Thakur

3B



Punctuality leads to Success

It is very true that punctuality is the key to success, because anyone who does not value time and its meaning cannot achieve success in their life. Success means achieving the life goals you've set for yourself. Then only he/she will be able to deliver a quality product if all the tasks are completed on time, consistently, and regularly. People who are successful in life have a reputation for being punctual. There is no doubt that you will gain success and fame all over the world if you follow this path. People who are successful understand the value of time and how to utilize it effectively in their lives.

COVID 19 LIFE

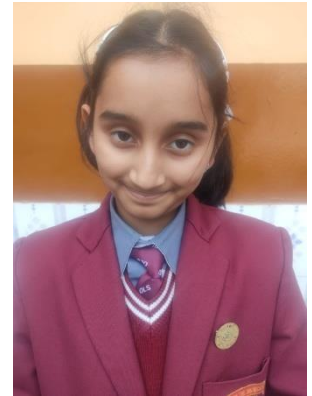
Life was always fast paced , we never slowed down,
Until everything stopped when corona came to town.
Now all is quiet and there's peace all around,
We've looked in our hearts and kindness we've found.
We learn now with mum, this is a new feature,
But we can't wait to get back to our teacher.
I am looking forward to getting away ,the beach, the hotel and a perfect holiday.
When it is? I will throw my arms open wide and shout to the world, we can all go outside !
Don't give up hope, the end is in sight,
If we all stick together ,we will all win this fight.



NILAY GUNJAN SOOD
4 B

MOTHER NATURE

I wonder how you give us such wonderful things fresh air to breathe , fruits and food to eat yet we all are filling her with litter and allowing it to spoil. We have become so greedy that we are destroying our nature for our selfish needs. We are polluting air, water and silence. Please help her restore her beauty and serenity. Every one of us should join hands together and pledge not to litter. This will be our small contribution to save our mother nature.



Samaira Chandel
3B

Fast Fading qualities of kindness, humility and Gratitude

“A Meaningful life is not about being rich, being popular, being highly educated.....
It is being kind, being humble and being able to touch the lives of others.”

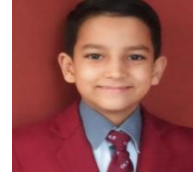
Just like we need food, water and air to service, humankind also needs traits of kindness, humility and gratitude to survive and flourish. It is a matter of great concern that in rat race of modernity, these virtues are on fast decline. We see and hear such shameful examples which show how much we have fallen. The ugliest thing that I have heard was some youth tied crackers to the tail of a stray dog and it resulted into dog's death. Likewise increasing rape incidents, murders, disrespect of parents, ill treatment with lesser privileged persons, thankless attitude towards society and environment .How shameful? Where are we heading towards? Do we deserve to be called as human? If these basic qualities of human keep on declining like this, then one thing is sure that we can be called anything but human. Think over it.



MIMANSHA BHATT
3 B

Missing You

The day you came into my life. You brought happiness in my life and love into my heart. There is no other like you Shiro. Where are you Shiro. You no longer greet me as I walk through the door. You are not there to make me smile, to make me laugh anymore. Life seems quiet without you Shiro. I miss you every day. Even in your absence, there is love. We'll meet once again to love and play again.



Sahir Rajgaur
3B

Rains of Kullu my hometown

The monsoon rain is believed to be a blessing as well as a curse. When the rain comes down in sufficient quantity, it is a blessing for us after the scorching heat of summer. It is a blessing for the farmers too because the crops grow in abundance. After the dry summer spell the rivers fill up. There is no worry of dried up riverbeds. The flow of water in the rivers is steady. The streams feeding the rivers ripple down happily. It is said, the peacock, the national bird of India, shows its appreciation by dancing during monsoon, though I have not yet seen it. When the rain is torrential the river water spills over on all sides. The river overflows and the water level of dams along the rivers cross danger level. In order to save the dams, excess water is released. This makes matters worse and causes great trouble to everyone. All the surrounding areas and farmlands get more flooded.. The farmers are not happy as their crops are destroyed in the flood. The strong current washes away any thing that comes in its way. In the process many lives are lost, as everyone cannot battle such strong currents.. Vehicles, animals and houses get washed away too in the raging river. The heavy rains in the highland regions cause soil erosion. The rain water gushes down bringing with it all the top soil and plants. This makes the river water very muddy. Sometimes big trees are uprooted and they too flow down the river. So we always hope for moderate but sufficient rainfall so that the rivers in the rainy season remain manageable.



Aarav Chaudhary
4B

Teachers

Teachers are gift of God who educate us guide us toward success. They are great source of knowledge and enlightenment. They teach students about the importance of discipline. They are the one who build a good nation and make the world better place. A good teacher is like a friend that helps us in all our problems.



Tanisha Singh 3B

Importance of discipline :

Discipline can be explained as training that corrects, Moulds or perfects the mental facilities or moral character. Discipline is an essential part of our life. A society without the proper discipline encourages the unsocial activities. The strength of a nation lies in discipline. Discipline helps to develop better character and keeps us focusing on our goals. Discipline is necessary for every achievement in any field



MIMANSHA BHATT
3B

Summer Vacations

Vacations are long breaks of school academic year. Everyone likes a break but students like this break a little more. Our schools summer vacations last for two weeks. During vacations I went to nani's home at Katrain. I had a wonderful time there. The atmosphere of the village was totally different from our town Kullu. I found a friend near the nani's home; named Gyalpo. With whom I used to play a lot. Mostly we both used to play with the pets in the courtyard of the house. Which made me love the silent creatures. Early mornings and late evenings nani and I used to go out for a walk towards fields and orchards of apples, pears, peaches. I enjoyed all the fruits. I also saw corn plants in the fields it was not ripe yet, because I can go to nani's place during vacations only she waits eagerly for vacations and I too. The food prepared by nani is amazing ,I like lahauli pasta the most. I will miss you dearly nani maa, we both look forward to next summer vacations.

Exercise Enhances Memory

It is a fact that the present generation is definitely going to be of couch potatoes and the spectacled .We see all round us children wearing spectacles and are obese .This all is due to eating the junk food and sitting for hours before TV screens, playing video games and no exercise .Such things do not bode well for human health.

Generally speaking studies and sports are indispensable for a proper growth and a good career. So physical exercises in the form of workouts, cycling, walking , playing traditional games are as important for good health as air and water for survival. An hour's daily workout ,walking, cycling etc ,done for six months to a year increase the size of crucial parts of the brain.

We need to spread awareness among the children and masses through posters and morning assembly talks. We must know that a healthy mind resides in a healthy body .So let us go out and exercise for better academic performance and live a pleasant and contented life.



Aarv Thakur
5 A

If you want to.....

If you want to admire,
Admire God's creation .
If you want to kill,
Kill your pride.
If u want to give,
Give justice to everyone.
If you want to win,
Win the hearts of others.
If u want to enjoy,
Enjoy the movements of life.
If u want to think
Think about the good of mankind.
If you want to control ,
Control your desires.
If you want to praise,
Praise the Almighty



Aastha Thakur
6A

I love animals

I am very fond of animals. There are different species of animals. I like to gain knowledge about animals. I love birds ,fish, dogs etc. In our dist. Kullu many dogs and stray animals are injured but no one cares about them. When I grow up, I will do something for the animals. Now let me tell you a little more about them. I read in books that platypus is the only mammals that give eggs and bats are mammals that can fly. My favourite among the variety of fish is the flying fish.I love to see how wild animals survive through T.V. shows. I also have a pet dog named Tozo. It is a German Shepherd. It is 3 months old. Animals are the best creatures made by God. I want to give a message that everyone should care about animals.



Reva Thakur
4A

+ **Biology** =?

Biology is the study of **life**, as we've been told millions of times, and almost 40% of students love it.! But what comes to our mind when we hear "Universe"? – Black space, a picture of the solar system, the asteroid belt, moon, the earth and much more. "The Universe" in itself is an enthralling term. It has forced mankind from ages and ages to research about it – From Aristotle to almost every second person in today's world wants to know about the "Universe". Space research is often very interesting to many, while it is completely boring to some others since it has no direct bearing on most people's lives. But actually, it does relate to everyone!

We are life on this earth. But wonder how it all began? – Science or God? How did **life** in the **universe** evolve? If talking about career, what if we like both biology and astronomy- what subject should we choose? Here it comes! – **Astrobiology**!

Astrobiology, formerly known as exobiology, is an interdisciplinary scientific field that studies the origins, early evolution, distribution, and future of life in the universe. Astrobiology considers the question of whether extra-terrestrial life exists, and if it does, how humans can detect it. Sounds interesting! How cool it might be to study life beyond earth, stars, planets, galaxies, and everything in between! But still, field of Astrobiology is very new in India. Not many educational institutions offer education in "Universe + Biology". However, the career opportunities in this field and numerous – even NASA has one separate program!

So, Universe + Biology = A very interesting field known as Astrobiology.



Keshika Verma
10B

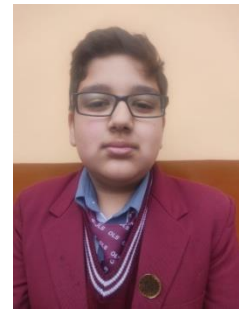
A BIRDIE OUTSIDE MY WINDOW

One morning I woke up to see a birdie weaving a nest outside my window. I was surprised because I had never seen a birdie making a nest before. Every day I used to look out of my window to see what the birdie was doing. Some days passed by and I realized that the birdie had laid eggs and was sitting on the nest for incubation and some days later I was excited to see tiny little babies of the birdie hatching out of the shells. Another day, I heard some chirping of these little ones which filled me with excitement. When I looked out of my window I saw the tiny chicks of birdie and they were so cute. Mother birdie used to give food to them everyday and was taking care of them and they were growing bigger and bigger day after day. They now had feathers on their wings too. One day, I saw that the mother birdie was training them to fly. They were sitting on the branch quietly when suddenly they flew away and never returned.

It made me feel very sad because all these days they were like a friend to me and now I knew they would never come back. But the birdie kept coming back to the nest again and again to look for her

young ones but they never came back. One day she too stopped coming back to the nest .She had accepted that her babies will never return to the nest.

It was a great experience for me to see this and it made me realize that parents take a lot of care of their children and then one day set them free to take on the journey of life. This is how life moves on when we learn to love and let go.



Aadit Bhapa
6B

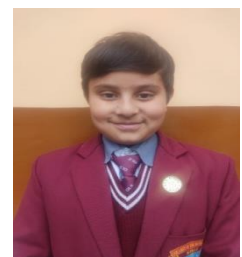
The Importance of Educating Girl Child

A mother is said to be the first teacher of the child but it's really sad in our country very little importance is given to the education of a girl child . It is said that if we educate a man, we educate an individual but if we educate a woman, we educate the entire family.

Education is essential for a girl because an educated girl can take decision which not only benefit her but also her family. She can fight against social evils like child marriage, female infanticide and dowry.

Educating a girl can change not only her life but can benefit other as well. Educated girl improves the lives of their families, their communities and even their countries .In spite of repenting, parents should give a better education to their girl child so that a girl can stand on her own feet and can face the challenges of her life.

For the wholesome progress of our society is must to educate the girl child .The government should launch programs to highlight the importance of education of a girl child.



Kavya Sood,
5B

BLOOD GROUPS

Even though all human blood looks red it has certain differences which are not visible to the naked eye. These differences are due to the presence or absence of certain proteins (antigens) on the membrane of the red blood cells (RBCs). On the basis of these antigens human blood can be classified into various types or groups. The most common blood group system is the ABO blood group discovered by Karl Landsteiner in 1900. Depending on the presence or absence of the two antigens called A and B, this system divides human blood into four types. The type A has the antigen A on its membrane. Type B has the antigen B while type O has neither antigen A or B. Blood type O can donate to all the other blood groups and hence is also known as the universal donor. The fourth blood type called AB has the antigen A and B present on its membrane. This blood type can receive blood from all the other blood groups i.e. blood type-A, B, O and AB. To avoid clumping of blood cells after blood transfusion it is necessary to crossmatch the donor's blood type with that of the recipient's. In 1940, Landsteiner and Alexander Wiener discovered another antigen called the Rh factor. Most humans bear the Rh factor on the surface of the RBCs and are said to have Rh positive blood. Those who lack this antigen have the Rh negative blood. Apart from the ABO types and Rh factor there are many other antigens and thus as many blood types.



NAISHA SINGH

8B

How To Achieve Success

Success is counted sweetest, by those who never succeed; to comprehend nectar requires sorest need. Success has become such a rare commodity that each one of us wants to attain more and more success in the least possible time. But success doesn't come so easily. One has to fight his way through in this competitive world in order to be successful.

As Arnold Glasow puts it: "Success isn't a result of spontaneous combustion. You must set yourself on fire. Success carries different meanings for different people. For some wealth, property and social status symbolize success .while some other believes that having satisfaction and mental peace is success. Whatever may be the meaning of success one thing is clear that success is such a state of mind which satisfies the human hunger for approval and recognition and gives him the strength and confidence to achieve higher goals in life. The first and foremost requirement is to have a desire for success. A person should dare to dream of things which he wants to achieve. The one who can dream can also bring his dreams into concrete reality someday. The process of success starts with the recognition of our goal. When we recognize our ambition we automatically start doing thing which will lead us to our goals. Only hard work coupled with sincerity can lead us to our destination. A key point to be remembered is that success is 99% perspiration and 1% inspiration. There is no shortcut to success and therefore instead of escaping them, one should learn to face the challenge of life bravely. Second key point is "**Patience**" to achieve success and it can't be achieved instantly. Years of planning, perservance and dedication along with patience go behind making anything successful. Last words but not least, a person should have a positive and optimistic attitude. A negative approach is the biggest hindrance in the way of achieving success. So we should always look the positive and brighter side of things.



Jenisha Malhan, 9 A

Kidney

Human body is single structure, but it is made up of billions of smaller structures of four major kinds: cells, tissues, organs and systems, and if we talk about organs then one of the vital organ of body is Kidney, Kidneys are two reddish brown bean shaped organs found in vertebrates. They are located on left and right in retroperitoneal space. In adults its about 12 centimeters in length.

Now the question arises that what is the function of Kidney? So, the answer is, kidney removes wastes and extra fluid from your body for formation of urine, its job is to filter the blood and keep right level of electrolytes. All the blood in your body passes through them about 40 times a day healthy kidney filter about half cup of blood every minute. Each of our kidneys made up of a million filtering units called nephrons.

Now again question comes that how blood flows in kidneys? So, blood flows into yours kidney through renal artery. This large blood vessel branches into smaller and smaller blood vessels until blood reaches the nephron.

Your kidneys also make hormones that help to make red blood cells, control your blood pressure and keep your blood strong and healthy.

Unhealthy living lifestyle along with unhealthy food can cause damage to kidney and can be the cause of chronic kidney disease or failure.

In case of kidney disease most of people depends on medical process of dialysis or kidney transplant. At last I would say that kidney being the vital organ of body should be taken proper care to avoid any damages and also we should drink a lot of water and eat healthy diet.



Devanshi Moudgil
10 B

The need of joint family...!

In today's world small families are common where only mother and father take care of their children, but some time the children feel lonely. They need someone of their age to play with them. The parents also are not always able to take care of their children. They are not able to spend much time with the children and teach them the good things and manners. In this way the children today do not have the qualities like respect for elders, love for the younger etc. But in a joint family a child can learn all these good habits and manners. Family members like uncle, aunt, grandmother, grandfather, along with parents in a joint family can take good care of a growing child. The child learns to play, share and enjoy with his/her cousins. So in this way a child's full development takes place. So I feel a joint family is important in today's world.



Rimsha Attri,
5 A

CHILDHOOD

- Childhood is the most fun and memorable time in anyone's life.
- It is the golden period of life in which a child enjoys every moment.
- At this age there are no worries and no stress. The only need is happiness.
- Children are like bud. They care for everyone equally without any discrimination.
- Child teaches the lesson of humanity.
- It is the best time because the memories of childhood bring smile on our face.
- Childhood is God's best gift to any individual.

Stakshi Negi
3A

Hyper Globalization-A threat to Human Prosperity

Hyper Globalization is the term used to describe the exponential increase in the international trade. The increase in trade occurs due to increase in connectedness among nations. This would lead to economic expansion. The world has been witnessing the waxing and waning of global trade in goods, services and human resource. Due to Hyper Globalization the world has been benefited in fields of jobs, lowered prices, improved access to technology, promoting peace and improving productivity. Though some developed nations like France do not trust globalization. They believe that globalization makes employers take jobs away from them and move them to overseas locations where labor costs are cheaper. Hyper Globalization is seen as a threat to national and local economies. Global companies coming into emerging and developing nations have the tendency to impose their ways, practices, and culture onto the target nations. It can lead to the implementation of foreign concepts and ideas, and expose other languages to more people and can cause some minority languages to disappear. Automation and technological advancements displaced workers, leaving them unemployed. As more communities become industrialized due to globalization, it also brought about the loss of biodiversity, growth of local population and climate change. It poses significant risks to small, family-owned, and private companies competing in the global market. They have a face stiff competition from companies with huge resources.

Current forecast indicate that international flows will start growing again as the COVID-19 pandemic comes under control. Although 2020 has been a low point for many globalization metrics, leaders are finding clues about the future of globalization and actionable implications for their companies by focusing on a few key drivers.



Aryan Mahant
ICSE BATCH
2022-23

Back To School!

Pencils, glue, paper, and books, My backpack is filled to the top! I grab my lunch and gym shoes, And make my way to the bus stop.

I get to school and walk in, Walls are decorated, it's cool! I find my desk with my name, I am ready for back to school!



Reading Habit

Happy is a man who reads ,as the one who reads is the one who leads. Books are always a treasure containing several forms of humor ,tragedy, stories , poems and a number of things.

As a student, life is the formative period of one's life and character .It is rightly said- read books every day and there will come a day when you will find a story so interesting than yours will ever be. Everyone has such stories, poems, folktale this, bent down by some famous writers that have left an unforgettable impression on our mind and soul.

A book is the only place in the world where the world's richest treasures are found . Loving the book you read is the most important part. This means, to bring into your imagination, the content, that would further interest you in reading the book.

In my opinion, reading books should not only be a habit but it should be a person's favorite hobby reading daily, is living a new life every day because the one who does not read lives only once and a person who reads everyday lives several lives before he dies. Reading enriches a person not only with values but also with different emotions thus the world now is becoming a better place to live in, by the presence of great thinkers and wise men.

In this age when information is just a click away, reading has its own charm the benefits of reading are irreplaceable, as the detailed knowledge it provides is unmatched to anything we read on the internet.

Happy reading!



Chandermoly Pandit
9B

Defining Good Students Means More than Just Grades

Many people define good students as those who receive the best grades. While it is true that good student often earn high grades, I contend that grades are just one aspect of how we define a good student. In fact, even poor students can earn high grades sometimes, so grades are not the best indicator of a student's quality. Rather, a good student pursues scholarship, actively participates in class, and maintains a positive, professional relationship with instructors and peers. Good students have a passion for learning and understand class material rather than worry about what grades they receive in the course. Good students are actively engaged in scholarship, which means they enjoy reading and learning about their subject matter not just because readings and assignments are required. Of course, good students will complete their homework and all assignments, and they may continue to perform research and learn more on the subject after the course ends. In some cases, good students will pursue a subject that interests but might not be one of their stronger academic areas, so they will not earn the highest grades. . The pursuit of scholarship and education rather than concern over grades is the hallmark of a good student. Class Participation and behaviour are another aspect of the definition of a good student, most would agree on these characteristics for defining good students.



Aditya Sharma
6B



ICE CREAM



Ice cream  always excites me.

It comes in different shapes and sizes  and my favorite is heart-shaped  ice cream.

I like homemade, plain ice cream, but my father likes orange  flavored ice candy.

My grandma prefers soft, fruity and nutty  ice creams.

Mama serves delicious, tempting and refreshing  ice cream to everyone after dinner.

I find the taste of melted  ice cream disgusting.

Local ice creams are cheaper whereas special ones  are expensive.

Everyone enjoys  creamy, yummy and cool ice cream in hot summers.



Devanshi Goel
2A

SMILE

Smiling Is Infectious
You Catch It Like the Flu
When Someone Smiled at Me Today
I Started Smiling Too
I Walked Around the Corner
And someone Saw Me Grin
When He Smiled, I Realised?
I Had Passed It on To Him
I Thought About the Smile
And Then Realised Its Worth
A Single Smile Like Mine
Could Travel Round the Earth
So, If You Feel a Smile Begin
Don't Leave It Undetected
Start an Epidemic
And Get the World Infected



Reg no. 5619

DISHEN
6A

EARLY MORNING FROM MY WINDOW

The early morning from my window was so cool,
As I was about to go to school.
While I took a cup of tea,
I hit my knee.
Although in deep pain,
I thought to get up again.
Birds chirping on the tree,
Were feeling so free.
People were rushing to their jobs,
Few were jogging with their dogs.
Suddenly I remembered I had to take bath,
As I saw the students walking on the path.
Early morning from my window was so refreshing,
And getting up early morning seemed as blessing.



Ayaana Malhotra
7A

World of Butterflies 🦋🦋

Butterflies are insects having large and brightly coloured wings. Butterflies have a four stage lifecycle of egg, larvae, chrysalis and adult butterfly. Some beautiful facts about Butterflies 🦋 are as follows;

Butterfly wings are transparent.

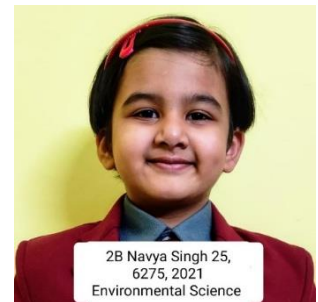
There are about 20,000 butterflies species.

Butterflies live only for few weeks.

The largest butterfly 🦋 is Giant Swallowtail butterfly.

Butterflies usually have four wings not two.

Butterflies taste with their feet.



Life without school and friends

Hmm.. here starts life without school and friends. First we all use to think that please god give us long long holidays but now we all think god please reopen school... It is difficult to stay without your friends and school but we have to stay without them. School is with us but online no enjoy no breaks. Not only me everybody is now these days that attend 5 periods than nothing we have to do but when we use to be in school it was like 3 periods we have to attend than break we will have fun no enjoy in eating our Lunch without friends.. When we all use to share our food with each other in school .. Now just eat your food and go and sleep. No activity can be held virtually in online classes. But this pandemic taught us one thing life without school and friends is next to impossible...



Vivanshi Awasthi
8B

Oh lord

Oh Lord, Oh God, the creator of this world,
You made it prettier, Then we ever deserved.
 You are the best , you protect everyone
 It won't be enough, Even if we thank you a ton
When I'm scared ,You're there with me
You care for us a lot, everyone agrees.
 From now on,Whenever I have fear
 I won't be sad , I won't shed a tear.
I will just say, with a smile
My God will protect me, just wait a while.
 My fear will vanish ,and everyone will see.
 That my God is always there , To protect me.



Aryaman Malhotra

6 A

Health is wealth

As we know that "Health is wealth" means we have to keep up our body fit and fine and healthy. If we keep our body healthy, it keeps us away from diseases. Not only to keep our body healthy we have to do, but by doing regular exercises like yoga and aerobic exercises we can lead a peace life. Yoga makes our body fresh, fit and healthy. It reduces body pain and prevents severe diseases. We do need strength to do these things. For that we have to eat healthy food which are nourishing food. Nowadays people eat junk food so they easily get fat and some even get sick. We can avoid junk food and eat nourishing food and a balanced diet. Also, in this time of pandemic when everything seems to be very difficult and full of stress and worries, we can cherish ourselves with proper diet, yoga exercises and it will lead us into a tension free life and also, we can easily cope up with this difficult time of corona period that is covid-19. A balanced diet is not only necessary for children but also to all of us and even proper physical fitness exercises, yoga, meditation will lead us into a tension free life.



Saransh Negi
7B

HEALTH – THE BEST WEALTH

The age – old popular saying ‘‘Health is Wealth’’ Is a one – line treasure indeed. Health does not mean the absence of physical troubles only but refers to a state of complete physical, mental and social well being.

In the past decade there has been on unprecedented rise in the growing problem of obesity in children, which is leading to type second diabetes. Children especially in the cities, depend on Junk or overeat have sugar sweetened beverages and include very less fruits and vegetables in their normal diet. As a result they become over weight and obese and make themselves vulnerable to lifestyle diseases like high blood pressure and diabetes,

Fortunately, the solution of this problem is simple – give the children a better option of nutritious and hygienic home cooked food, made interesting through innovations. School authorities should also take immediate steps to replace fast food items with health promoting items such as milk, eggs, bread, sandwich and fruit chat etc. Students should be taught that health is wealth, if they remain healthy they can concentrate on their studies.

JUNK FOOD WILL BRING NOTHING ONLY UNHAPPY LIFE.



AERIKA BOKARP 7B

I WISH

I wish I would be as free as a fish,

I wish I could swim and play with my friends
with a flying dish,

I wish we could explore sea a bit more, as
my mother said that Corona can't go beyond
the shore.

Daksh Malhan

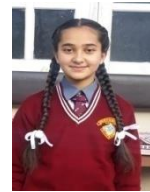


Importance Of Yoga

Yoga plays very important role in human body . In this pandemic Covid 19 all the children are busy on their mobile phones etc . This effects their eyes , and their studies . The children should play outside as well as study as contrast to mobile phones etc . All should know the importance of yoga and do also .It is very beneficial for all of us especially in this pandemic .

It brings the physical and mental discipline together to the mind and body .It also keeps you relaxed . Yoga also develop flexibility and confidence .In every school chide age the yoga is very necessary .Games and sports are integral part of every student life .It teaches the skill like teamwork , leadership and patience etc.

The covid 19 pandemic has brought fast –moving world to a standstill . This pandemic freaks our routine which results in various issues and serious fitness and health concerns .We should break this COVID chain by keeping us fit and fine . students should do because with deep breath the oxygen go through brain cells and active them.



PragatiUpadhyay, 9 A

Patriotism

1. Patriotism means loyalty of a person towards his own Nation or for the leaders of the Nation.
2. In patriotism many people dedicate their life to serve their nation.
3. Many people think that patriotism is all about sacrificing their life to the country but the real sense of patriotism is living for the betterment of your country.
4. In the past many people had spent their life for betterment of the country.
5. A person who follows patriotism is called a patriot; a patriot always supports their nation.
6. Feeling of patriotism brings people closer and inspires them to act together.
7. Those who are true patriot works towards nation building in whichever way they can.
8. Now days youth do not understand the importance of patriotism which must be explained to them.
9. Elder people, schools, colleges and institutions must come forward to make youth understand about patriotism.



Jasmine Kaur
7B

JEEVAN KA SATYA

Aao sunaun ek swayam rachit kavita
Baat hai gehri, kavita chahe chhoti hai

Sabko hai khabar khaali haath hai jana sabne
Na jane kyun yeh duniya paision ke piche roti hai

Kisi ko sone k mahalon ki kadar nahin
Kisi ke liye pani ki bunde bhi moti hai

Nakhush hai ek dusre se saari duniya
Har kadam par dusron k liye kaante boti hai

Laakhon ghar banaye hai insaan ne tere
Naumeedon k liye tu ummeed ki jyoti hai

Sawar jayega jag jab samajh jayega insaan
Ki jab sar zameen par jhukta hai, tabhi dua aasmaan mein kabool hoti hai..



MEHER KHURANA
8A

VALUE OF TIME

- Value of times means the importance of time.
- Our life is like a bubble, a short morning dream.
- Therefore, we should make the best of it.
- We should not waste our time because "Time and Tide waits for none."
- A successful person is the one who value the time.
- So, be wise and always finish your work on time.

"Time is short, not for Rest, Think about your aim and do your Best"



Lavanya Sharma
4B

Dancing Parrot

I had always wanted a pet but my parents always refused for one. However, on my 10th birthday my parents gave me a big surprise by giving me a parrot. I loved it! It was so beautiful! I named it 'Shivani'. We bought some toys, a beautiful cage and food for it. At night when we all were sleeping, I heard a noise from the living room. It sounded like "La ... La La...". I ran out and I saw Shivani dancing.

Shivani saw me, and stopped dancing. Shivani said: "Mann! Don't tell anyone, it's a secret." I agreed to keep it a secret but only on one condition. I told Shivani that I had a Dance Competition and she would have to teach me dance. Shivani said, "Fine"! We kept practicing for a week, every night when everyone was asleep.

The day of the competition arrived and I came first in the Dance Competition. I won the trophy. Everyone was surprised, that when did I practice for the competition. Then I told them the secret. Everyone said that they had heard of speaking parrots, but a dancing parrot was surely a rare one.



Manaswin7A

RIDDLES

1: I have keys but no locks, you can enter but cannot exit I have space but no rooms. What am I?

2: I can be hot or cold I can run and be still I can be hard and soft. What am I?

3: Lovely and round I am shimmery white gown in the darkness a ladies delight .What am I?

4: What has a neck but no head?

5: What has a face and two hands but no arms and legs?

6: I go in hard, I become soft you blow me hard what am I?

7: I have seas without water, I have forest without trees, I have desert without sand, I have house without brick what am I?

8: What did the doctor prescribe the lemon?

9: A Dangerous city?

10: A Letter we eat?

Ans: 1) Keyboard, 2) Water, 3) A Pearl, 4) Bottle, 5) Clock, 6) Gum, 7) A map, 8) Lemon-Aid, 9) Electricity, 10) P=Pea



**Mokshika Arora
7A**

