

# Review

The Pinnacle School 2018

Senior, Junior and Tiny Tots

"It is time that we all see gender as a spectrum instead of two sets of opposing ideals."

Emma Watson



**GENDER**

**EQUALITY**

# The School Song



D-Block, Panchsheel Enclave, New Delhi 110 017  
Phone: 011 26490952 / 26498609, Fax: 41749202  
Email: [thepinnacleschool@gmail.com](mailto:thepinnacleschool@gmail.com), [www.thepinnacleschool.com](http://www.thepinnacleschool.com)

'To learn is to lead' is the motto we believe  
And the hand of God in all that we see  
It's a secret that we know  
And forever we will grow  
In peace and in harmony.

Chorus:

Pinnacle, Pinnacle  
It's a peak that we pledge to reach  
Every challenge that we face, every ideal we  
embrace  
Our School's name forever be praised.

We make no compromise  
in the tasks we undertake  
Our quest for excellence never ending  
Chasing dreams, making plans  
Reaching out to needy hands  
In adversity, we're never bending.

All the steps that we take and the choices  
that we make  
Are there to help us grow and evolve  
For our school, for our nation  
And our parents' aspirations  
Is a pledge of our firm resolve.

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# Time for Change



Marcus Aurelius, the Roman philosopher and Emperor compared the passage of time to “a river made up of the events that happen, and a violent stream; for as soon as a thing has been seen, it is carried away and another comes in its place, and this will be carried away too.”

The past twelve months have been mercurial at best, with the ravages of climate change and worldwide economic upheaval.

Is this what the next academic year holds for all of us? Hopefully not, but time will tell.

The good news is that finally, the world has woken up to the subject of gender equality. We are well aware of the pervasive discrimination against women and girls in Indian society. Crimes against women have escalated. Parental preference for sons and the dowry system continue to disempower women.

However, policy changes on the anvil promise much for gender equality. Initiatives to train and recruit young women from rural areas in order to provide them with economic independence and social autonomy

have been put in place. There are many similar initiatives, but attitudes have to change if women are to be considered as the equal of men in their homes and in society. We hope this happens soon.

Another significant issue that is being addressed is the one against sexual harassment and assault, otherwise known as the #Me Too movement. India has been the latest country to raise its voice. Many allegations have been levelled against prominent political, film, media and corporate personalities.

After the horrific Nirbhaya case a few years ago, it was heartening to see this issue being spoken about openly. However, we need to be judicious and careful in judging these accusations and ensure that only the guilty ones are brought to book. Men

also have a voice to be heard and the innocent should not be condemned.

This issue of the Pinnacle Review discusses these issues amongst others, and the previous years' activities at the Pinnacle School are detailed for your perusal. Our students have excelled as always and our loyal Teachers continue to impart the same quality of education that has made our school one of the best in India. It has been my privilege to see them shine and grow in stature.

Warm regards,

Gail DeMonte

*“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”*



When we mention education, it weaves a simple picture in our minds of a student learning and a teacher teaching, but education is beyond the classical pen-paper blackboard theory. Nowadays, true education is all about nurturing developing minds which grow up into enlightened human beings who achieve success yet are firmly grounded on earth.

Today, the role of a School is not only to pursue academic excellence but also to motivate and empower the students to be critical thinkers and productive members of ever-changing global society. Students need to be provided with a platform to think, express and exhibit their skills.

We, at The Pinnacle, strive hard to make the best possible efforts to inculcate strong values like honesty, respect, sense of community etc. in our students. We believe in giving them a set of wings which may carry them far and wide.

To make our students self-reliant-responsible citizens of society, our aim is to empower their minds so that they are able to differentiate between right and wrong. They are able to choose the right opportunities that help in building them up.

Our Annual School magazine is a mirror that reflects the events and activities undertaken by the school and marks its achievements in the academic year.

My best wishes to the Editorial Team of the ‘Review’ which brings the students and teachers of various disciplines on a common platform every year to share and display their ideas and creative talents.

My dear students, each one of you has distinct qualities and abilities. Utilize them to achieve your goals and follow your dreams. Work hard with full dedication. Do not allow yourself to deviate from the path of truth and righteousness.

I wish you “All the very Best” for your future endeavours.

Good Luck!

Jasmeet Kaur

Principal

# GENDER EQUALITY IS A HUMAN RIGHT, NOT A FEMALE FIGHT



Dear Readers,

First of all, I would like to wish everyone a good year ahead.

Being a proactive school, our endeavour has always been to keep the children in the limelight as well as to present a better version of our work while trying to be different. The Calendar and the Review are proof of our earnest efforts. In the past, we have dealt with topics like Delhi, Eating healthy and the previous periodical being Technology.

Once again, we present the Review 2018 with the theme, 'Gender Equality'. In today's world, men as well as women, are at equilibrium, at home and the workplace. Women are no longer cocooned and sheltered.

They are on equal footing with the men -be it in the forces or the Corporate world. So the entire work front becomes a war zone where one plunges into the unknown and faces challenges, problems and tricky situations which have to be dealt with on a daily basis.

The Pinnacle attempts to keep pace with the changing times and so tries at all times to keep the children abreast with all the burning issues and current happenings. In the process, we mould them into becoming more knowledgeable and they learn to voice their opinions and the Review is proof of this.

We have included interviews with The Principal of K R Mangalam and

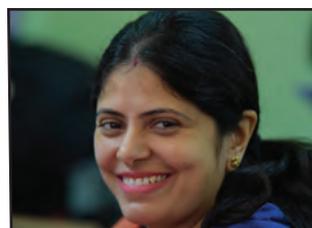
also an ex-student who is a Clinical psychologist. Besides these, a parent, another ex-student and some teachers have spoken their hearts out on Gender Equality. There are topics of varied interest too which I'm sure will lighten your mood.

These baby steps have been taken with the goal to bring about a change in the students' attitude and thinking as they are the youth of today who can bring about a transition in the society as 'Gender Equality is a HUMAN fight, NOT a female fight.'

I would like to extend my heartfelt thanks to the Editorial Team who have always been very supportive and without whose help and expertise, this issue would not have been possible.

Rose Ann Braganza, Editor

## EDITORIAL TEAM



**A leader is one who knows the way, goes the way and shows the way. Millions saw the apple fall but it was Newton who asked the question 'Why?'**

**Why do we need a School Council? The answer is just simple and here it is...**

**A** House Mistress gets to work with a whole bunch of children who have been chosen after a rigorous series of interviews and tests. They are greenhorns for sure but the exuberance with which some of the student council members do their duty covers up for others who wear the badge and are hardly seen in action. It sure takes all sorts to make up a Council.

This year many House Activities were held in subjects as well as Outdoor

Activities. Such Inter House Competitions not only make children responsible towards their House but encourage a cohesive working spirit to ensure their House is on the top.

Inter House Competitions also make for a change from the confines of the classroom and brings out a camaraderie that is heartening to see. It is Activities such as these that are a training ground for the future competitions the children will face in the world outside the cocoon of school.

Here at The Pinnacle School, we aim to produce leaders,

the kind who leads for sure, has a vision for the future and the humility to take his or her team along with him or her and when the job is done, sit back and say; 'We did it!'

A school is recognized by its uniform as sported by the children and if a child is not adhering to the uniform as prescribed by the school, he or she is not paying due respect to his or her Alma Mater.

The Council Members must at all times, lead by example and ensure that the uniform by him or her is neat and clean and more importantly correct

and also seeing that the school is in complete uniform for the day, as set in the Time Table which requires no first or second warning. The wearing of the proper uniform leads to fewer truancies and is attributed to favourable student behavioural changes and a significant drop in school discipline issues. We hope all Student Council Members will pay special note to the issue just mentioned.

Thank you to the Members of the Council who were dutiful and sincere in carrying out their responsibilities.

**Stephanie Ellis**



# HEAD BOY

I'll never forget the moment when I walked up to Jasmeet Ma'am and received the Head Boy's badge. That was a moment I've always dreamt of and it was finally a memorable experience indeed. I'm very thankful to Gail Ma'am, Ray Sir, and a long list of teachers who guided me throughout my school life. Without them, I would never be the person I am today.

My first badge in 2014, brought about a complete change in me. I was no more the kid who always sat in one corner of the class keeping to himself. It gave me the courage to try new things, make new friends and so much more.

This year's council had many newcomers who were all excited to be part of the team. Guiding the new team was a bit terrifying at first but gradually, I found it easier. It was also an amazing learning experience.

My school life is coming to an end and I have amazing memories to hold on to and cherish. I've had wonderful classmates and faculty members. I'm going to miss all my wonderful friends. The lessons learnt and the experiences gained will help me move forward in life. I hope other students are inspired to do great things too. This school has made me a better person and I will always be thankful for that. Au Revoir Pinnacle School.

**Rohan Joseph Lal**



# HEAD GIRL

Being the school captain and leading everyone is not an easy task. It involves a lot of challenges to be dealt with. Leadership cannot be described in words but experienced with responsibility and authority.

Getting this post was extremely special for me. The constant support of my co-school captain, Rohan Joseph Lal, made things easier for me. We worked as a team and tried to perform our duties well. We both tried to help our fellow badge holders in every possible way.

I realised that patience is the only way to keep going. One has to analyse the situations and find amicable solutions rather than overreacting. Compromises were made to restore peace. This badge really taught me so many lessons that have helped me and will continue to help me shoulder other responsibilities.

I would like to thank our House Mistress for guiding us throughout and the whole Student Council for their cooperation. It was an honour performing all the duties.

**Quincy Sadh**



Being selected as the captain of the Nehru House was a moment of honour and joy. Our main aim as captains was to develop 'team spirit' among the members of the House and bridge the gap between the office bearers and the students.

Leadership isn't about what you have done; it's about what you have helped other people to do. The continuous support from our prefects and monitors has been a major boost for the growth and success of the House. We tried to motivate our Housemates for maximum participation in various co-curricular activities.

The motto of our House is "Lead by example" and from our point of view, it means to achieve something first and then motivate others to achieve the same.

**Priyanka Dandona (Captain)**

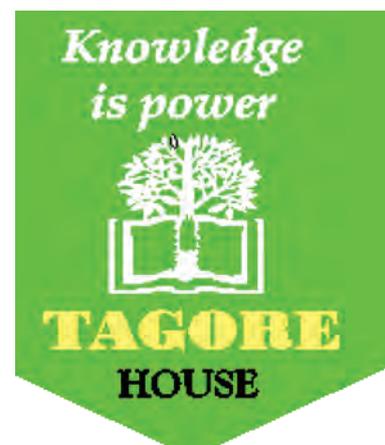


When it comes to leadership, there are massive responsibilities on one's shoulders but a leader's role is to take responsibilities with a positive attitude and in a constructive manner. Being the captain of Tagore House, my aim was to keep the members of Tagore House united and to explore new talents.

This year Tagore House has focused more and more on participation in different activities, and so the seniors and juniors participated in academics and sports activities with full ardour. With the support of our prefects and monitors, we were able to build a sense of unity and the members showcased their talents and executed them on various grounds. Though we didn't succeed in all our tasks, we tried to give our best and learn from our mistakes so that we didn't repeat them in the future. Teamwork means, more 'US' and less 'ME' and keeping this in mind, all the members of Tagore House cooperated and faced the tough competition to achieve success.

In the end, I would like to thank all the badge holders and members of Tagore House for their support and cooperation and I hope that Tagore House will set an example for others in the future.

**Mannat Singh Anand (Captain)**





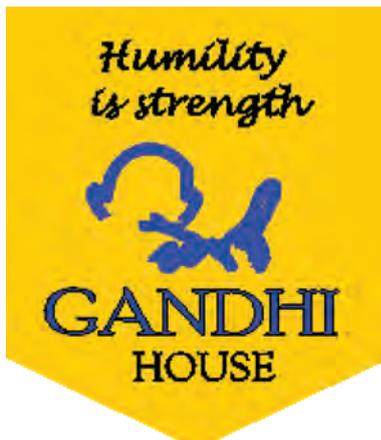
The colour 'blue' symbolizes trust and loyalty. This year our motive was to increase the participation of our Housemates in different activities.

During the year, blue flags were unfurled in all activities- s from dance competitions to sports day activities. Our House gave a tough competition to other Houses and stood against all odds.

Dedication and hard work was the motto of our House. All Teresa Housemates showed their hidden talent and were ready to help each other.

We worked as a team to achieve our goal. I would like to thank all the badge holders and wish all Housemates best of luck for the coming year.

**Tushar Kalra (Captain)**



This year brought a great amount of luck and joy for Gandhi House along with an aura of optimism. Working alongside this year's Student Council helped us a great deal to achieve our goals.

All year long, our spirits were high and we were ready to face challenges as a cohesive unit. Our goal was clear that we had to put in all our efforts to be the best House in 2018. After facing failures in the past years, we started out with a blank slate. We came with no fear of failure and wanted to achieve success.

Sometimes we failed, at other times, we stood tall but our confidence was never less than 100 %. We stayed optimistic until the very end. We accepted our flaws and moved on to attain success. Our motive to keep the spirit of optimism alive paid off and we believe that from our House it will spread to the whole school, in the years to come.

**Tanmay Siani (Captain)**





## In Service to Humanity

*“Generally speaking, the most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others... By and large, I have come to see that if we complain about life, it is because we are thinking only of ourselves.”*

~ Gordon B. Hinckley

Working in an NGO is hard work but it is satisfying. It broadens one's perspective. It is said that social workers are not paid in money, but in smiles and blessings.

I want to see India move forward and develop. I see poverty everywhere and am concerned about it. Researchers and economists say it will take around 25-30 years to bring everyone in India above the poverty line and eradicate it. It depends on us - we can speed up the process or slow it down.

Working for an NGO provided an opportunity to make a difference, support others in need and create a positive change in communities over the world.

I feel one should always donate part of his earnings. Giving has never made anyone poor and it's the greatest act of grace. And as Mother Teresa has said, 'If you can't feed a hundred people then feed just one. It doesn't matter how small your donation is but how much love you put into it, is what counts.'

I want to make a difference in society and be an agent for positive change. I wish to join the Missionaries of Charity when I am more mature and capable. With the special projects SUPW in school, I have started really small but I'm sure that I will progress slowly.

**Arushi Sharma, XB**

## Bringing Joy into the lives of people

Daan Utsav is known as the joy of giving week. It starts on 2nd Oct and ends on 8th Oct. It aims to spread joy among those who need help and support. This special week is an effort to help the unprivileged. Individuals, groups and institutions participate by making contributions and volunteering to help. Here, the members of the Special Projects Club go to the classes every day to make a collection of items.

Students experience the joy of sharing by contributing various items which need not be monetary. Students contribute books, toys, clothes, blankets, various stationery items and other things to those who cannot afford them. The act of giving brings happiness among students.

The items contributed by the students in our school are segregated for easier distribution. Students try to make an effort to bring a smile to other people in need.

**Shreya Verma, XI**

## FRIENDICOES- MAKING US BETTER HUMAN BEINGS



There is a saying that 'A dog is man's best friend'. They give us all their love and loyalty and in exchange just expect a bit of love and care. When we go to Friendicoes, we meet dogs and even small puppies suffering from a number of problems. Despite all their problems, the happiness on their faces when they play with us is priceless.

They teach us to be happy with the small things in life. We've also seen a number of monkeys, cats and rabbits all fighting for their lives. Friendicoes is home to many abandoned animals and contributing something to make their lives better, feels

really good. We've met puppies of about a month or two old that had severely fractured legs. Despite the fractured legs, they were all very playful and extremely happy to see us.

When we go to Friendicoes, on one hand, we feel sympathetic for the dogs and on the other hand, we are filled with a sense of cheerfulness and responsibility. We go there with the motive of giving something to the animals but come back with innumerable memories and life lessons. A trip to Friendicoes is always memorable!!

**Saiba Kathpalia, X-B**

## DIGNITY, NOT DESPAIR. HOPE, NOT HOPELESSNESS.

I longingly wait for the day when we finally collect enough material to donate to some NGO because it means a visit!

A picture that comes to mind when we hear 'old age home' is a stuffed room, charpaais and

of course-neglected, poor, old people with nowhere to go.

I was glad to see a pathology lab, modern machines and facilities, a physiotherapy unit plus many doctors and nurses. But the thing that warmed my heart the most, was the number

of people present. There were many young people from some corporate company, which funded the old age home, namely, Guru Vishram Vridh Ashram in Aligarh, Badarpur. Many girls AND BOYS (boys in the capital because boys are supposed to be stereotypically strong and never cry) were teary-eyed.

It shook me out of my belief that the youngsters of today do not care about the old. They actually do. Those youngsters were not there just because they had to go because their companies supported the old age home.

I was surprised at myself; I don't know where I found the guts to start dancing on my own in front of so many people. And then the absolutely unexpected happened - **A LOT OF OLD PEOPLE STARTED GETTING UP AND DANCING!** Believe me - they had some moves!!! An old lady was crying and beating her head - how could we let that happen?

Harshit and Prateek danced in front of her and lip-synced to the lyrics. She was so bewildered it was almost comical.

## Guru Vishram Vridh Ashram



They were genuinely making an effort at interacting with the oldies; painting with them and making them feel happy. I heard this girl telling a crying old lady who was sad because her kids had left her - "Hum bhi toh aapke bache hai." (We are also your children). There were many more emotional outbursts, more so when we played music and danced because it brought back bitter-sweet memories for the old people.

All in all, it was a very enriching experience despite the crumbling houses, goats and mosquitoes all around and our amazing bus driver who made us wait on the road for a good half hour without water or food. It brought me back to the ever-present reality and poverty in India that I sometimes forget during my comfortable life provided to me by my parents and God.

**Arushi Sharma, X-B  
Asst. Team Leader**

# Earth Saviours Foundation

On November 3rd, students of The Pinnacle School went to THE EARTH SAVIOURS FOUNDATION. It was founded in 2008 by Mr Ravi Kalra. He is a well-known Karma Yogi, a social activist and environmentalist. The dedicated team runs an old age home and rescue centre. Presently, around 450 less privileged people are living permanently in their shelter home. As we enter the shelter, we see many senior citizens sitting and talking to each other. One of the volunteers told us that most



of the people are abandoned senior citizens, mentally disabled, bedridden and people suffering from incurable diseases. All of them have been rescued from roads as they were homeless and living in miserable conditions. People living there are provided with accommodation, food, medical care and other day to day amenities. We are told that relatives of some people do not visit them in the ashram, they abandon them. Ravi Kalra visits Haridwar and performs the last rites (asthi visarjan) of unclaimed and unidentified dead people. We are given a tour of the ashram where they introduce us to some of the people living there. When it was the time to leave the ashram, they gave us certificates and trophies along with halwa prashad and chana prashad. They also presented each one of us with a tulsi plant.

Some of their ongoing missions supported by the Foundation and Mr Kalra are:

- The old age home to look after homeless – abandoned senior citizens
- Rescue centre to look after people with learning difficulties
- “Do Not Honk” campaign to reduce noise pollution by educating drivers not to honk unnecessarily while driving
- Jai Nari Niketan shelter to look after deprived females
- The battle to save the environment and its habitats.

Shreya Verma, XI

# BLENDING TOGETHER WITH NATURE IN ARAVALLI BIODIVERSITY PARK

Nature has been man's best friend. But with the passage of time, man neglected nature for the sake of development. With spreading awareness, some people have started to conserve nature. So Aravalli Biodiversity Park is the place of such people working to conserve nature.

A nature trail was initiated by KIDS FOR TIGER. Many schools participated in this nature trail.

When we reached there, we experienced the diversity and the richness of the Aravalli Biodiversity Park. Our guide explained to us how the park came into existence. He even said that the place was a hub for smuggling, thefts and all other criminal activities we can think of.

Later, our guide led us to the medicinal conservatory where we learnt about different plants and their medicinal value. He then explained the use of the Devil Tree, which was bought by the Britishers.

Then we moved to the mining areas. He told us that there were 150 pits for mining. He showed us the pieces of quartz spread all around and provided information on it.

Then we learnt about the poaching of animals. He told us about an animal known as Pangolin. He told that it is dangerous looking but is actually harmless. They can spray a foul-smelling liquid, just as a skunk does.

Then we got to know that earlier there were 13 to 15 butterfly species but now there are 96 species of butterflies in

Delhi. He explained to us the different species of butterflies and he even showed them.

Our guide wanted us to persuade people not to use animal goods or

animal products so that we could save these endangered species. With this, our nature trail was over with a highly educative experience. This was a unique experience. I am happy to have been a part of this wonderful event.

Yashvi Bharal, VII-A



# Becoming Environmental Leaders



On August 20, 2018, there was a Teachers' Environmental Leadership Workshop.

The Chief Guest inaugurated the ceremony by offering water to the Tulsi plant in place of the normal tradition of lighting a lamp. It connected us to our ancient and pure culture of India. The Chief Guest was Mrs Neha Sinha. The Theme of the workshop was to take care of nature which would be a fitting tribute to Mother Nature. During the Audio Visual show and through various activities, they discussed

problems faced due to climate change and the solutions that lie in Nature itself.

In order to help us pass this message on to our children, we, as teachers, need to inculcate the Environmental Studies Curriculum in school as an important aspect of education today.

This was a very informative session as they spoke about the conservation in the 'real world'.

We should conserve our Nature otherwise a day will come when all the natural resources will be

exhausted. Nature has been man's best friend. But with the passage of time, man neglected nature for the sake of development. With spreading awareness, some people have started to conserve nature. The Aravalli Biodiversity Park is a place of such people

working to conserve nature.

A nature trail was initiated by KIDS FOR TIGER. Many schools including ours participated in this nature trail.

**Manavta Kaushal**





# > YOU BETTER WATCH OUT. Drones can takeover the world!

An unmanned aerial vehicle or an aircraft without a human pilot aboard is called a drone. These unmanned aerial vehicles are taking over the world but with any technology, there are certain inflection points when it goes from being something perpetually in the near future to becoming a part of everyday life.

This period of drone taking over the world and being used for everything from delivering medical supplies to smuggling drugs is referred to as the drone age.

The US military ushered the drone age in 2001 when it began using the unmanned, remotely piloted technology to target Al-Qaeda leaders in the wild of Afghanistan. Drones since have become a key part of the military's arsenals.

Drones are a cheap, versatile first step toward that future. According to the new PwC report, they're also a solid cost-cutting measure. Economists seem to agree that robot automation poses real threats to human labour within the next few decades. Some evidence even suggests that today's technology could feasibly replace a little less than half the total jobs right now.



But as everything has a good and a bad side, drones also have a bad side — they are being used by the bad guys to smuggle drugs, obtain illegal weapons and much more. ISIS militants attacked the American forces in Iraq with fleets of small drones carrying grenades and miniaturised explosives. But fortunately for them, no casualties were reported because they were shot down by the forces with rifles

Drones are also being used to re-establish communication system like in the case of Puerto Rico where all the communication systems were ruptured when hurricane Maria hit the island nation in September of 2017. Drones are saving lives too. A little girl, the daughter of Delphine Hamwe, was at the verge of dying because of malaria. She was admitted to a faraway hospital where the supplies weren't as easily accessible because of its remote location, it was practically in the middle of nowhere. The only thing that could save her was blood but blood banks were not nearby and the blood could only be brought

in after a long drive of three hours, which could mean the little girl's death. That's when a technician at the hospital lab with the help drones ordered blood and saved the little girl's life. She had become the first person who owed her life to drone delivery. These drones are slowly becoming an irreplaceable part of our lives, where a future without these seems inevitable. Whether we like it or not, the sky is about to become far busier.

Ananya Arora, X-B



# The Housemaid who leaves an indelible impression

An entrepreneur is a person who sets up a business, taking on financial risks in the hope of profit. Before the 1900s, the term entrepreneur was reserved for men. All of the businesses were owned by men and even if there were any women who ran a business it was alongside their husbands. Back in the days when women ran businesses, it was to support their family and it didn't really fit the definition of entrepreneur. It was in the 20th century, with the emerging idea of feminism, that female entrepreneur became a term that was widely accepted by everyone. These females have changed the rules for women in society.

In India, Subhasini Mistry won a Padma Shri Award for her social work. She was born in a poor family and spent most of her life as a housemaid. When she lost her husband at the age of 24 due to an ailment, she promised that no one would die just because they are poor. She started working in 5-6 houses earning a little more than Rs100.

She opened a savings account and deposited in it, all the money she would save. She even spent some money on her children's education. Later on, she bought a piece of land and told the villagers she was going to build a hospital and asked them to contribute money for the same. In 1993, she built 'Humanity Hospital' which treated more than



200 patients and has a team of doctors who don't charge money. Her eldest son became a doctor and helped in opening the second hospital in the Sunderbans.

She is one of the many examples of female entrepreneurs. There are many women all over the world bringing a change through their work.

Aleena Ahmed, X-A



## Faux Men's Rights Movement on Whatsapp

So you believe in equal rights for men and women. Well, then read this.

A philosopher husband said, "Every wife is a 'Mistress' of her husband... 'Miss' for the first year and 'Stress' for the rest of her life..."

*Did your cringe level just escalate to the level of Mt. Everest? If not, then read this*

**Wife:** Dear this computer is not working as per my command.

**Husband:** Darling it's a computer, not a husband.

These sexist, husband-wife jokes adorning the walls of Whatsapp groups represent a lopsided image of men and women. Husbands are portrayed as the victims while the wife is shown as the victor. This self-victimization of men can be rightly called the 'faux men' movement.

On the one hand, women are shown as tyrants who often misuse their power and on the other hand, they are shown as dumb heads who need men to save them. Such jokes also portray the institution of

marriage in a bad light. They make it seem as if men have been forced into marriage and the matchmaker earned her bread at the cost of the freedom of the husband.

These so-called jokes can make even a happily married couple rethink their relationship. All these jokes being circulated on WhatsApp send a clear message, which is, men cannot live in marriage. However, studies show that the opposite is true. Men cannot live without marriage while women cannot live in marriage. But I would not say that these jokes are not funny. They are indeed hilarious. They portray husbands as beings who are always in mortal fear of their wives in a time when we need special laws to protect women from domestic violence, which are often not even implemented properly.

'A wife constantly nags her husband and spends HIS money who is obviously the sole provider of the family.' This is a general picture of women painted by these jokes. But what is more unfortunate is that such jokes are forwarded by women and most people find them really funny. It also shows the social mindset, which accepts such humour, finds it funny and is not offended.

The bottom line of these jokes sometimes reads "Share it if you found it funny."

But we should also remember that with each joke we share, we endorse and legitimise sexism and misogyny.

Maryam Ahmed, XII

## Weird new holidays



With globalization at its peak, humans have developed in terms of technology and they have also been injected with a disease called social media. With billions of accounts, this disease has rooted itself deep inside. We never miss a chance to share even the most minuscule things and show off our so-called lavish lives. As a result of which we've been gifted weird new holidays that literally make no sense in the first place.

Every day when I log in to my social media accounts to get my daily dose of what's cooking, I see posts about some hashtag or the other. Recently, a friend of mine posted a picture featuring her with the #NoMakeUpDay! I mean, do you really need a day not to wear makeup?

The idea here clearly is to get a little bit of attention and some likes of course. Remember what happens in February? The whole month is flooded with posts about being in love and celebrating #KissDay, #HugDay, #BreakUpDay and I don't know what not.

You don't need a month to celebrate love, do you? But where does this weird stuff come from? Thanks to Chase's Calendar of Events, a reference book with over 12,500 verified special events, holidays and state observances in the US.

Another one from Chicago is Adrienne Sioux Koopersmith who has invented more than 1,900 'holidays' in 25 years. Giving every day a weird name does not really help you. Rather, it leaves you with a question--- Whether any day is really special or not? I, as an active member of social media, feel that such weird new holidays do us no good. They waste our time, effort and money (data charges). We do not need a specific day to be happy. All we need to do is make every single day special at an individual level and stop tweeting about baseless celebrations.

Anjali Dhyan, XI



'My life my rules' does not endanger our society as long as the individuals are sensible and they know the difference between right and wrong. It is a very safe concept and only develops society. For a girl to wear a short dress is not bad but for her to show off in an obscene manner is, for a child to watch violent videos isn't bad but for him to act accordingly is, for a person to follow a particular religion is not bad but for him to be homophobic in the name of religion is and the list is more than a mile long. It all depends on the individuals if they know how to act, how to judge and prevent themselves from harm through their own actions then they can protect their individual freedom from those who want to destroy it. It is the core of our society. If an individual can't be free on a personal level, if he can't make his own rules/choices, then we can't be free as a society because after all the society is made up of individuals.

For some, the concept would seem utopian because truly we are bound by social, cultural, societal rules (formal or informal) to a great extent and people generally hesitate to change the already prevailing norms. For example, it is widely accepted informal law that boys can't wear skirts. And boys prevent doing so but that does not and should not mean that if tomorrow a boy expresses a desire to go against the norm, we should boycott him or mock him because if we do so then we are undermining his personal freedom. If people are taught how to act, then 'my life, my rules' is a beautiful concept that allows us as humans to explore diverse options and in turn, change the society.

Waliya Hasan, XI

## 'MY LIFE, MY RULES' –

Clearly, when we talk of 'my life my rules' we mean individual freedom. That is, a person must be allowed an area in which no other outsider can control him. But such individual freedom should not come at the cost of others. For e.g. we cannot apply the concept of 'my life my rules' when listening to loud music, as it disturbs the neighbours.

This famous and increasingly becoming popular notion is quite harmless when we apply it to actions that have the consequence for us and not others, like, the dress I wear,

## Is this draining our moral values?

the music I listen to or the friends I choose. Many people, however, do believe that such sort of freedom shatters the basic 'norms' of the society and makes the society immoral. Like if a girl is wearing a short dress, many elders might consider it as immoral and immediately associate it with an undesirable and unwanted consequence of 'my life, my rules' even though the girl in question is harming no one in particular. Take another example, parents and other people may not like it if a child is watching violent videos. It is just not right, many would say, even though the action has consequences for the child only. Again the child might say 'my life, my rules, to the questioning adults.



# The age-old debate: Parents Vs Teenagers

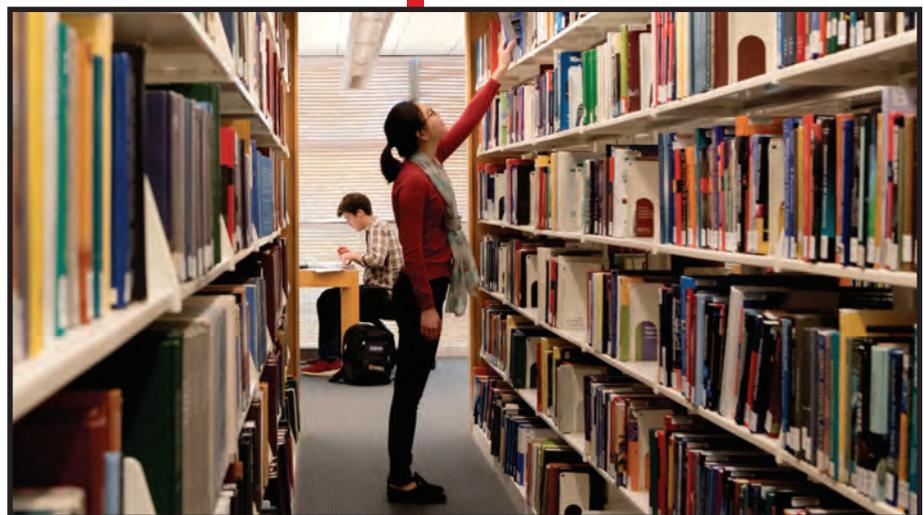
It's every kid's fantasy to enter the teenage years. When someone turns thirteen they feel like they're old enough to make their own decisions. They want privacy and a space of their own. Parents are given negligible importance and life revolves around social media and friends. Parents should always have a say in their kid's life. A parent's duties does not end with just giving birth to a child and paying for luxuries. A parent always has the right to know when the kid is going through a problem. There is stuff a teenager would not be comfortable talking to his parents about, like changes in hormones, feelings, heartbreaks etc. Having their own personal space is fine but throwing their parents out of their life is wrong. One major issue that every twenty-first century parent is worried about is their kid's studies. Education now works as a business.

Parents put in money in the form of input and expect good grades as the output. Having a say in your kid's life and forcing your expectations on your children is differentiated by a very thin line, and

this difference has to be maintained throughout life. Both parents and teenagers have to give each other importance and some personal space for life to work out in a good way.

**Saiba Kathpalia, X-B**

physical or digital access to material and may be a physical building or room, or a virtual space, or both. This article just touches the experience of reading books in a physical room. Libraries have existed since the late seventeenth century. These have been used for reading books, working on assignments and many miscellaneous activities in silence and solace.



## Shhhh... Silence, please!!!

A library is a collection of sources of information and similar resources made accessible to a defined community for reference or borrowing. It provides

These libraries have been known as a peaceful abode for geeks and nerds but they are not the only ones to enjoy the beautiful experience of libraries. Many people young and old, geek and non-geeks have been visiting these so-called rooms known as libraries. They just love the feel of a book in their hands and the smell of the pages of the books. Its more or less like an addiction to them. Many famous books, one of which being Matilda by Roald Dahl

portray the protagonist Matilda having an immense love for reading books. They serve as a source of knowledge to her. She starts reading them in the library because of her lack of knowledge that she can issue the books and take them home. She makes the library her second home. She goes there until she gets enrolled in a school. She loved reading books there and couldn't stop doing that. Many people from the late 20th century have said that their experience of reading books in the libraries have been exceptional. My friend's paternal grandmother, who is an educated lady, quoted about her experience of being in the library. she said, "I started going to the library when I was 14. The library served me as a place away from the pandemonium of the world outside and a peaceful place to read my favourite books. Once I started going there, there was no coming back."

The libraries now have been deteriorating. The experience of reading books in these libraries isn't the same as it used to be. My friend visited a library for the first time in her life, three months ago. She told me that the books hadn't been updated. They were the same books that were there twenty years before. The place was as dusty as it could have been. The people now prefer to read their own online ordered books at their own houses. Still, some students go to the library to study for their IAS, CAT and other competitive exams. The old buildings we call library are regular haunts for these students. The library 'membership-free' reading rooms are also regular haunts for senior citizens.

Even though people have mixed feelings about being in a library and reading books, there are still a plethora of libraries in our country and many more are still in the process of being built.

**Ananya Arora, X-B**



*The universe as we know it may be a simu*'The universe as we know it may be a simulation created by programmers from the future.' -Rich Terrile

After I watched the movie Matrix, the theory of us being just a part of a big simulation or a big game really caught hold of me. Is our experience real? Or is it a fabrication of reality that we have been made to believe in?

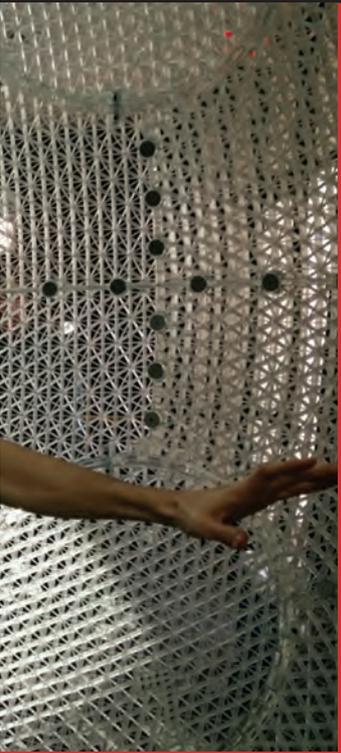
Many scientists believe that we all may simply be a part of a higher designed video game or simulation which is created by a race with technology beyond our imagination. There is also a high possibility that these entities are controlling our conscience.

But why would someone want to create such a thing? Well, there can be two reasons as I can think of. First, the developers just want to

study the behaviours of their past ancestors (we living here on earth right now) or just want to learn the reactions of species here on earth under controlled conditions. Well, this makes sense because scientists here as well create simulations to study different organisms under different atmospheres and conditions.

The second theory is that we all are just a part of a big game out there to entertain our developers.

Let's take an example. There are many games like farm ville or the car parking simulator crush to which people are hooked on. These games are similar to everyday life yet a lot of people play it. Similarly, no



# What if we were all a part of a virtual world after all?

matter how dull an average person's life appears to be, when its translated into a game, there will always be someone to play it.

If for a moment we believe that we are characters of a big game, then there must be a player who is playing us. There can be a creature or a group of similar creatures playing us who have a second conscience. We could also very well be the controllers of a character, but then why don't we have any memory of the life through which we are playing the game?

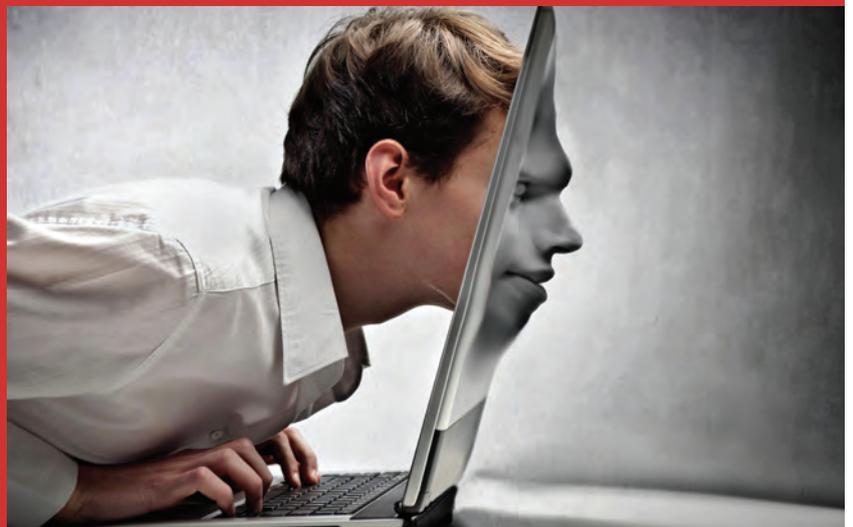
How is it that we have the memory of only one reality while in actuality we are living 2 realities –parallel realities. Well, technology could be so advanced that it temporarily erases our memories and leaves us with only one memory. This means that when we actually go to sleep and dream, we are logging out.

That's why most of the time we can't remember what we dreamt of. When we do remember, it usually feels as though we have lived a whole day in itself [ I have personally felt as if I was dreaming for 3-4

days] while in reality we only slept for 7-8 hours. It's really an interesting concept, if you think about it. And if we are in a simulation and we suddenly come to know about it, there will be a lot of disturbance and everything will come to an end.

Imagine the protagonist of GTA trying to get off the simulation!! The game would just come to an end and if it didn't, well I am damn sure he'll kill us all.

Ishan Dewan, XII





## A WORTHY WINNER GETS ACKNOWLEDGED

# And the Nobel Peace Prize goes to...

## Nadia Murad Basee Taha

The Nobel Peace Prize is one of the five Nobel Prizes established by the will of Alfred Nobel along with the prizes in chemistry, physics, medicine and literature. One of the two winners of the 2018 Nobel Peace Prize is Nadia Murad (full name is Nadia Murad Basee Taha).

Born in 1993, Kocho, Iraq, she is an Iraqi Human Rights Activist who lives in Germany. She was kidnapped by the ISIS in August 2014 and sold into sex slavery.

Her first attempt to escape failed and she was gang-raped as punishment, after which she decided never to attempt to escape again, but in November 2014, she saw that a door had been left open and she used it to escape. She was taken in by a Muslim family that wasn't connected to the ISIS and helped her cross the border. After escaping, she began speaking out about human trafficking and sexual violence.

In 2015, Murad left for Germany as a part of the refugee program for survivors of ISIS.

In December of that year, she was asked to speak before the UN Security Council on human trafficking, an appearance that prompted a number of requests for interviews. Her testimonies threw light on the fact that sexual violence as a weapon of war is far from unique to ISIS.

IN 2016, the UN appointed her Goodwill Ambassador for the Dignity of Survivors of Human Trafficking. She wrote a memoir on her capture and escape, "The Last Girl: My story of captivity and my fight against the Islamic state". She also founded Nadia's Initiative, an organization advocating for the rights of women and minorities and assisting in redeveloping minority communities facing a crisis.

**Ravjot Singh Gujral, X-B**



## Making cherished memories

Pictures are a way of capturing priceless memories. Every time we go out, we click pictures so that the valuable moments spent with our loved ones stay with us forever. This means of clicking photographs has revolutionized.

The camera and telephone have combined and has been termed as the mobile phone. The mobile phone has won the hearts of the youth. Now we can click as many photographs as we want.

Earlier just one picture expressed a thousand memories. Cameras with 36 pictures in a roll were the prized possessions of the youth back then.

After every outing, people would get their pictures developed and store them in albums. But now, with the mobile phone, we click away!

We click pictures not to capture a memory but to brag about our luxurious lifestyle on social media. It's time we value and cherish the small moments of life and the people in it!

**Vanshika Choudhary, IX-A**

# A GOOD HEAD AND A GOOD HEART

**N**elson Mandela once said that a good head and a good heart make a formidable combination. Here, the heart does not refer to the pumping organ or the physical structure in our bodies but to the metaphor.

The heart is a symbol of love. It is the locus of compassion, kindness, loyalty and passion. It is often known as the seat of emotions. The head, on the other hand, is a symbol of intellect. The head engages in reasoning, deducing, philosophizing. While the heart is affective and emotional, the head is practical and rational. That is why the two cannot make a formidable combination.

One can either go through the way of the heart or the way of the head. Both lead to two different directions. The head cannot understand the way of the heart, it cannot love, it is insensitive. Similarly, the heart cannot be rational. It cannot understand the logic of the head. That is why the two have always been in conflict. The two have always been at odds. The basis of this conflict is the question of who will lead- the head or the heart.

Hamlet's internal dilemma of 'To be or not to be' is a paradigm of the conflict between the head and heart. Hamlet hates his uncle Claudius for killing his father but at the same time the powerful oedipal complex that he experiences makes him admire his uncle and push aside logical behaviour.

The physical structures are only a few inches away but the metaphor of head and heart are miles away. They are polar opposites. They are like the North and South pole and the compass needle, at a point of time, can point in only either of the two directions.

A good head and a good heart are like the two ends of the same continuum. They may have the same sources but remain two very different extremes.



Maryam Ahmed, XII

## LET'S DEBATE!

**W**e live in a time where people give more importance to either the head or the heart i.e. they are either logical or sensitive. What they do not realize is that they need both, the head as well as the heart to succeed. No man on this planet can think from either of the two alone because what you think is what you emote and vice versa. I, as an individual, can't think of a person highly and then express nasty emotions towards him.

First of all, the reason is the foundation of truth. So, if we do not use reason, then the entire basis of our knowledge is erroneous. Secondly, emotions tell us about what we want and alert us of our realizations. If, let's say, I meet someone who is very charming and apparently I find out that he is a violent and an oppressive man, my head would say that I should stay away from him but my heart would want me to stay with him.

If you rely too much on your heart, you could be making dangerous and impulsive decisions, with harmful consequences. Similarly, if you rely too much on your head, you are nothing more than a human being, walking dead.

It's a fact that people who think only from the heart end up making their own lives miserable.

I mean, you just can't be like the nightingale who as usual, thought from the heart and ended up bursting her veins. You need to be like the cunning frog who thought and felt and ended up becoming the undisputed king of the Bingle Bog again.

When it comes to your head, it only consists of knowledge. But there is a thin line of difference between knowledge and wisdom. Being knowledgeable means knowing facts whereas, being wise means knowing debated facts.

Unlike the head, the heart is a mixture of emotions. Both speak differently but they try to guide you, of course. Emotion without reason is irrational and can't be dealt with properly. But, reason with emotion is very limited. Therefore, both reason and emotion are needed to make truly rational decisions. It's purely up to you to know how to listen to both and make a wise choice.

Anjali Dhyani, XI

“ INFUSE YOUR LIFE WITH ACTION. DON'T WAIT FOR IT TO HAPPEN. MAKE IT HAPPEN. MAKE YOUR OWN FUTURE. MAKE YOUR OWN HOPE. MAKE YOUR OWN LOVE. AND WHATEVER YOUR BELIEFS, HONOUR YOUR CREATOR, NOT BY PASSIVELY WAITING FOR GRACE TO COME DOWN FROM UPON HIGH, BUT BY DOING WHAT YOU CAN TO MAKE GRACE HAPPEN... YOURSELF, RIGHT NOW, RIGHT DOWN HERE ON EARTH.”



## Take your pick - DC or Marvel? Spiderman or Superman?

This is one of the most argued topics today. So here are some of my views. There are millions of stupid people in this world who call themselves a fan and just criticize DC for its dark movies just because they have seen all the MCU movies and DCEU movies. But these so-called 'FANS' haven't watched the T.V shows, cartoons, animated shows, read the comics or played the games of both. If a person would have done all of the above then he/she could easily say that DC is far better than Marvel. However, when it comes to movies, Marvel does a much better job.

### Why has Marvel better movies?

1. Marvel makes their movies in such a way that anybody new would understand it, unlike DC whose movies are only for core fans. Batman vs Superman has been the most criticised movie because everyone slept by the interval because the movie was 3 hours long and very confusing. But I loved the movie because I understood every part of it and whenever I watch it again, I find something new in it.

2. Dc has long scripts which they are not able to convey in a 2-hour film which is why their T.V shows are way better than their movies.  
3. Dc Movies are really serious in comparison to Marvel's which are funny and light-hearted.

### Why is DC better than Marvel in other things?

#### 1. TV SHOWS

These T.V shows are light-hearted and funny. They show how much potential DC actually contains. They show every particular detail/power of the person whose TV show it is and it is very easy to understand. Even the Dark character Arrow has a funny TV show. People enjoy watching DC TV SHOWS while the Marvel shows are very boring, confusing, dark and serious. They're not long enough because of the short scripts, the whole story can be covered in a 2-hour film. They have just ruined some characters by making a TV show.

#### 2. Games

Marvel's mobile games are very boring and more people play it because it is known more than DC. But the truth is that DC games are addictive and interesting in comparison to Marvel.

#### 3. Movies other than Cinematic Universe

DC has just ruined itself in 2013 when it made a man of steel and decided to compete with the Marvel Cinematic Universe. Before that, it made amazing movies that were other than its cinematic universe like Constantine, Watchmen, v for vendetta, THE DARK KNIGHT TRILOGY, and many others while Marvel made some really really bad movies like Daredevil.

Now that we see that DC has better TV shows, games, comics, cartoons and movies other than DCEU, we can easily maintain that DC is better than Marvel.

# MOVIE & BOOK REVIEW



## Avengers: Infinity War

has been the highest grossing movie of all time. The total budget of the movie was \$400 million ( ₹ 27,40,60,00,000 ) while its box office collection was \$ 2.041 i.e. ₹ 13,98,39,11,50,00,000 . The highest earning actor was, of course, Robert Downey Jr. ( IRON MAN ). This movie turned many non-marvel/ non- Hollywood fans to Marvel lovers. They have fitted almost the whole MCU ( apart from the villains ) in one movie without making it awkward which is an amazing job. It broke records for the biggest cliffhanger in the century. It showed the true potential of many characters like Wanda, Tony, Mantis, Cap. , Thor, Dr Strange and Groot but not Hulk which is quite unfair, making every normal viewer think that he got scared from The Mad Titan.

The core Marvel fans like me know that it isn't true at all as in Avengers 4 he will return as professor HULK.

This is the 19th movie of the MARVEL CINEMATIC UNIVERSE and the most unique and different one as it is the most shocking movie, the one with most deaths, more than one permanent death and the saddest.

The Russo brothers ( directors of A: IW ) left millions of fans in grief and shock, and in deep thoughts and almost brought tears to our eyes with spiderman's death. But we should keep ourselves calm, and wait for Avengers 4 because we know that the damage done by his snap will be recovered by Captain MARVEL.

Overall this was a complete action-packed movie, full of comedy and loved by all.

Md. Dawar, X-B

## To Kill a Mockingbird

To Kill A Mockingbird is a novel by Harper Lee published in 1960. It revolves around a single father and lawyer, Atticus Finch and his children Jem and Scout Finch. They live in a town in Alabama which is steeped in racial and other prejudices. Atticus Finch takes up a case to defend an innocent black man who had been falsely accused of raping a white girl. As a result of this, the family faces hostility from their friends and neighbours.

The book gets the reader thinking about not only how people were

treated in the past but also how we treat people today.

My favourite character is Atticus Finch. Atticus is a very idealistic and moral character. He stands up and fights for what he believes in. He does not follow the crowd. Even though his neighbours and friends were against him, he continued to fight for what he believed was right. Atticus' character makes us realize that in order to change society, small changes have to be made. His strong sense of conviction makes us want to stand up for what we believe in.

The novel tells us about how we are quick to judge people. The word 'Mockingbird' symbolises innocent people. Boo Radley and Tom Robinson were innocent but were unfairly judged based on what people thought of them rather than what was true.

The book also tells us the importance of compassion towards others. It makes us think and ponder about the realities of life and therefore becomes a must read.

Vanshika Taneja





# SHOULD MONEY BE SPENT ON SPACE EXPLORATION?

July 20, 1969: Neil Armstrong took that historical step of 'one small step for man, one giant leap for mankind', and everything changed. This revolutionized the understanding of the outer world. Since that time, scientists have carried loads of outer space missions not only to the Moon but also to Mars. Many people would say that spending all that money is a waste because there are other issues such as poverty that need to be solved. But, in my opinion, all

these expenses are worth it.

It is only due to these explorations that technology has touched the sky. Most importantly, scientists can predict the fall of meteors, preventing any sort of damage. It's only due to these explorations that we can watch our favourite TV shows all day long and chat with our friends non-stop.

Yes, poverty and climate change are topics of great importance. They need to be discussed and resolved too. But

we cannot stop growing and researching, as these very researches lead to new ideas and solutions.

With the actual change in climate, we humans have very less time to bring things into action. The pace with which we've spent all our resources, we really need an alternative and that is what these explorations will lead to.



# The fad of the Bad

Now stop for a minute and imagine. Imagine that you have the perfect figure. Your kind of perfect. It can refer to Nora Fatehi's belly in Dilbar or Hritikh Roshan's all-time built. Whatever is your fantasizing spree's theme.... Now stop. Take a turn.

Anjali Dhyani, XI

Change the slide once again. Imagine being in a car, driving with your friends all night long, talking about how you have not yet prepared for the exam that is due tomorrow because you're the master of procrastination. Imagine yourself spending the whole night with them and not going to bed until 3 and at the end just "embracing the mess you are"...

Now stop for real. Don't skip to another plot. Just do one thing for the finale.

Delete all the people excluding yourself out of these scenarios.

And ask yourself -

Would you really want a six pack abs or a zero figure if there was no one to compliment you? If you were to get no likes or comments or appreciation on Facebook or Instagram for it...

Would you forcefully chug another whole pint of liquor down your throat if there was no sound of cheering in the club but just the sound of silence while you sit with yourself all alone?

And finally, ask yourself if you would



ever brag about going to sleep at 5 in the morning or having insomnia if others didn't think it was cool or if terms such as the 'night owl' or 'sleep' are for the weak was not popular.

Trust me, if you honestly introspect, the answer would be a no. In, all these situations you are minutely or intensely hurting yourself unconsciously and the only thing that is encouraging you to do so is "people will like me". This

is because most of the trends or the fads that are so popular have to do with "impressing" others. They're about showing off, about being encouraged to take the easier way to feel validated. Have you ever heard a friend boasting about waking up on time for a week straight or eating a proper diet or doing "pranayama" every day?

I have n't because it is hard. It's hard to actually clean the mess rather than embracing it... It's hard to understand that validation from others would never help you to be more content until and unless you stop hurting your mind, your body or your soul to attain it.

So if the next time you go on to pick up a trend that is not necessarily healthy for you but will definitely make you seem "cool" to the others. Ask yourself just one simple question. How will romanticizing dysfunctionality help me? And the retaliation would be of one simple answer It won't.

# What exactly is the hullabaloo about the #Me Too Movement?

Is it female chauvinistic? Is it a scam? Is it wrongly interpreted? Is it a media stunt? It is complicated for sure.

The #MeToo wave started in the US and flared up when Harvey Weinstein was brought into the centre and accused by more than a hundred women of sexually harassing / molesting / assaulting them. The wave arose from a platform and then splashed and spread all over.

Thousands of women came out and shared their #metoo stories all over the world.

The movement entered India too and got intensely highlighted when Tanushree Dutta accused an Actor of sexually assaulting her a decade before. The wave spread and jumped and soon became a mix of contradictions. Some praised Tanushree for coming out and speaking up; for collecting the strength to stand up for herself. Others questioned and criticized.

It's commendable that the woman came forward and spoke for herself but if she lied, the man gets sucked in a spiral of integral – justification for the rest of his life.

The #MeeToo movement is also accused of being highly 'centralized' with respect to the urban educated class. This shows in the fact that it is a hashtag. What about women who don't have the means of Twitter or media?

What about women who get slapped or abused or mentally scarred every day believing that it is natural because nobody spread

a hashtag where they come from. This makes the movement pointless as it itself is regionally discriminatory?

I don't know.

Others believe the # MeeToo movement is that it is highly misinterpreted and chauvinistic. There have hardly been any # MeeToo stories about the harassment and assaults that men have to face. Chauvinism in itself is toxic and it affects men too. There was no talk about faux masculinity. How boys are being touched in the wrong way. How they are compelled to suppress their emotions.

So is this movement sexist?

I don't know.

It is not black or white, it's grey. Ten different people have ten different opinions and all are accepted to be pondered upon. Most importantly when you hold the courage to stand up for yourself, you pass it on to others. That I know. This I'm sure of.

Cheena Taneja,XII

"Is this a publicity stunt? Because it seems like one. " Why wouldn't you come up and share your story when it happened? Why would you suddenly spring up after ten years in a fit of wanting to share?", " It seems like you are not hungry for justice but hungry for attention." What is right and what is wrong? I don't know.



# Documentary based on Period Taboo in India has won an Oscar!



## MOVIE REVIEW

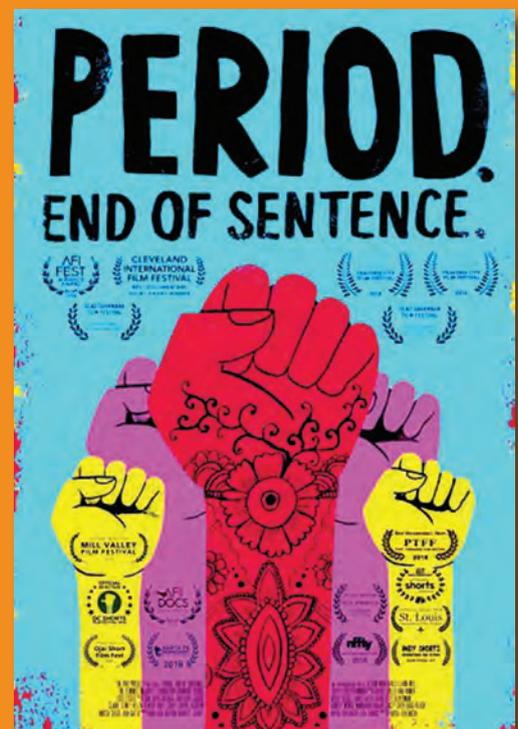
### Period. End of Sentence.

The sleepy, distant Hapur village woke up to the unexpected spotlight when a short documentary 'Period. End of Sentence', based on a group of women of this village starting a small unit producing sanitary pads, won the 91st Oscar for the Best Short Documentary.

The 25-minute documentary is based on the sanitary pad-making unit based in Hathikheda in Hapur.

Directed by a young 25-year old Iranian-American director Rayka Zehtabchi and co-produced by an Indian producer Guneet Monga (of Masaan and Lunchbox fame), the film documents the many challenges faced by a group of women of this village to produce low-cost sanitary pads.

These low-cost bio-degradable pads were then sold under the brand name FLY. The documentary attempted to break the stigma and taboo surrounding the menstrual cycle which still holds women back from staying in education, going for work or socializing. It also highlighted the unavailability of hygienic sanitary pads. The movie came into being as a part of The Pad Project started by the students at the Oakwood School.



The exhilarant young producer said in her speech after receiving the Oscar "I'm not crying because I'm on my period. I can't believe a film about menstruation just won an Oscar!"

**Neha Sharma**

# What's the controversy about?

It's common knowledge that sexual harassment has been the order of the day and women have mostly kept mum about it. It's a very progressive step initiated by the women, for as we know, for so many years women have carried this pain and frustration in their minds and their hearts. Arunoday Mujumdar, says, "We shouldn't judge this movement because it's the first step that the women have taken to voice their grievances in a patriarchal society like ours. The fear of being judged might stifle another cry for help."

Though we are all celebrating the new found voice that this movement has given to women, we can't shut our eyes to the loopholes of this movement. Like many men, Anurag Singh, a teacher of Political science feels that it's a little late in the day to shout about something that was done to women 15 maybe 20 years ago. It seems like a sham, where women back then took advantage of the situation and are now shouting "wolf". And one can't help but wonder that if things were so unpleasant, why did these women not remove themselves from the scene there and then. Why hanker after success that comes at such a price? In fact, the fact that women give in to get where they want to perpetuates this trend.

Many of the accused have had their public careers ruined totally based on unconfirmed sexual allegations and no due process behind them at all. The VP of a multinational company committed suicide in Noida. over accusations of sexual harassment. He wrote in a suicide note: "I am going as everyone will look at me with that eye even if I come clean." When you see such things happening don't

you feel a tinge of unfairness in this whole #Me Too business? Why do some women want to be anonymous when they are so openly naming the perpetrators? Atul Kukreja, an Economics teacher said, "It's right for women to raise their voice but the judiciary should actively and quickly investigate what really happened before the men are penalized without proof, for justice delayed is justice denied, for both the men and women."

Don't tell anyone they are wrong until you have proof. At least labelling men and defaming them should be stopped until we have enough reason to do so. We have to act in a balanced manner and make the society inclusive, not exclusive. A society where there are bonhomie and freedom to be for all.

Deepti Madan



# #METOO MOVEMENT

## Is Feminism taking a wrong turn?

Equal rights should be given to women. Who doesn't support it? Everybody does, right? It's really the talk of the town. Everyone seems to be harping on how women are powerful and its high time we recognized that. But does that mean that we have to forget about the other gender ??? Men!!!!

Picture this, a poor, innocent husband who one day gets a notice saying that his wife would see him in court because he physically, emotionally abused her while asking for dowry. But the poor guy has no recollection of even touching his wife.

Our country is evolving, it is changing in many ways. Earlier this country suppressed women. True. Now to change that, our country conveniently established so many laws that it is difficult to keep track of who is right and who is wrong. These laws while helping women have given them advantages that some women use to the disadvantage of men.

What does feminism actually mean? Society is trying to establish the fact



Men have their own movements. Feminism was originally made because women didn't have equal rights. There are still a few things that aren't equal. Men need equal rights too on many topics.

that women stand equal to men. Men have already accepted that. True some men still try to suppress women. But that doesn't mean that all men do this. However it's not right on the part of women to assume power over men just because they have certain rights. I can't help but feel unhappy about the fact that women are indeed beginning to use this to have power over us. For eg, a woman can hit a man and it's all in good nature. But if a guy even by accident touches a girl, he will be surrounded by a crowd ready to beat him in seconds. Women first. Why? Where's THE feminism now?

Making laws to protect women isn't wrong, but I think that the court

should hear both sides and demand proper evidence before they make a decision. The number of false rape and dowry cases have increased than the number of real rape and dowry cases.

Now let's come to social matters. Nowadays women and men both work. In some households, a woman does the job of a homemaker which frankly is a big job, but she doesn't get money

for this. But nobody frowns upon this form of a household. These are the only two households that we see. Why? Because a man cannot be a homemaker. Because he's the bread winner. Where's the equality now? Don't we have a choice? Why is it such a crime for a man to live off his wife's money?

When a man and a wife get a divorce, why is the woman who gets an allowance? Why doesn't the husband get an allowance? In the court it's very obvious that the wife is supported. And for custody, it's very obvious that the children will stay with their mom and the dad has to pay for that too?

If we want women to stand equal to men, we should support them, not empower them to misuse their rights.

**Sahil Dewan, X-A**



## INTERVIEW



We thought it would be good to talk to the Principal of K.R.Manglam, Mrs.Sangeeta Arora and get her views on the widely changing equations in a young Indian's life.

**Saiba:** What do you think is the role of a principal in the school?

**Principal:** The role of a principal has changed. Earlier the school's focus was primarily on academics but now it is more about catering to the emotional needs of children. The school is no longer an instrument for imparting only bookish knowledge.

**Ananya:** What made you take up educational work? For how many years have you been teaching?

**Principal:** When I was a little girl, I loved to act as a teacher. As I grew up, I fell in love with mathematics and wanted to pass on this treasure of knowledge to younger people. I have been teaching for the past 30 years and I enjoy interacting with children. It's amazing when I can make students see how studying can be fun. The journey from being a teacher to being a principal has been full of learning and I feel that I am growing with every passing year.

**Saiba:** What more would you like to add to your resume?

**Principal:** I want to complete my PhD. in Psychology as my role as a principal requires me to act as a counsellor not just for the students but for the teachers and parents also. I also wish to go back to painting landscapes one day, as I thoroughly enjoy painting.

**Ananya:** What do you think women need to do to accomplish their goals?

**Principal:** Women need to respect themselves and accept who they are and what they want. This alone is the mantra to get where they want to in life.

**Saiba:** Who is your inspiration?

**Principal:** My mother is my inspiration. She is the one who has forever supported me and advised me to go after my dreams.

**Ananya:** What is the hardest thing about your life?

**Principal:** There have been tough phases in life but I feel there was nothing that could hold me back or I couldn't handle. Roadblocks are there in everyone's life but they provide an opportunity to grow.

**Saiba:** What's the best thing about your life?

**Principal:** My parents and my children are, without a doubt, the best thing to have happened to me. My world is beautiful because of them.

**Ananya:** What are you proud of doing in your life?

**Principal:** I feel very content and proud when I can give a child a reason to smile.

**Saiba:** As a mother of 2 sons do you feel that first, we were prejudiced towards boys but now we are prejudiced towards women. Do you feel we need a more balanced approach rather than the extremist approach?

**Principal:** I completely agree with what you are saying. Gender is being given too much importance. Every human can become successful, irrespective of gender. It's the talent that matters not the gender. We shouldn't allow people to stereotype jobs and let everyone do what they want to.

**Ananya:** Schools are female dominated workplaces. The number of female teachers is more than male teachers. Do you think females are better teachers than males?

**Principal:** Again, as I already said, let's not stereotype. Schools are female dominated places because of economic reasons. If school jobs pay better, you will see a larger number of men coming into teaching.

As far as the question of being better arises, I have seen both men and women do a fantastic job inside the classrooms.

**Interviewed By: Ananya Arora and Saiba Kathalia**



*Psychology is a word that fascinates everyone and it has found its way in our lives in innumerable ways. We all are intrigued by the way the human brain works and want to know more about it. However some of us are so passionate about it that we take it up as a profession, just as Hebah Siddiqui, an ex-student of The Pinnacle School did.*

Hebah, a petite looking, soft-spoken girl has had the daring to venture into clinical psychology. Ask her why and she quips, “She finds it exciting”, for she feels that psychology can help build people, make people stronger and hence strengthens their immune system. Clinical psychology she adds is more than “treating people with disorders”.

Clinical psychology is a branch of psychology that deals with the treatment of mental illness and behavioural problems. Hence it can be quite damaging to the doctors themselves. While training as doctors, they are taught how to distance themselves from their patients. They are supposed to bear in mind all the time that they are dealing with a client as sometimes patients fall in love with the doctors and vice versa, which isn't healthy at all. As an intern, she has observed how doctors become mechanical and immune over the years.

Growing up in a society driven by men, she feels she has it easy as she has a very “chilled” mother who supports her in all she wants and doesn't pressurize her at all. Also, she feels that the time she spent in the school has added to how she interacts with people and her attitude towards life. She goes out of her way to know everyone around her and loves working for kids and old people.

Currently working with NGOs like CRY, Hebah confesses that she feels disturbed to see such small children suffer and wants to do her bit for the community and spread as much happiness she can.

Eventually, this young and enterprising lady wants to get into neuropsychology and delve into the functioning of the human mind and find out how the brain affects different parts of the body.



Deepti Madan



## RISKING DEATH, ONE MAN IS SWIMMING THE WORLD'S COLDEST OCEANS TO TRY AND SAVE THEM FROM HUMANITY.

**I**t's high time the world sat up and took notice of one of the most intrepid and courageous environmentalists of our age. Endurance Swimmer and Ocean Advocate, Lewis Pugh, has taken it on himself to keep the oceans clean and pollution free.

He does this by swimming the world's most deadly cold oceans and water bodies in the most inaccessible areas, to draw attention to his campaign to keep the oceans clean and free from any pollution.

Lewis Pugh is an ocean advocate and endurance swimmer. He pushes his body through unimaginably difficult conditions in freezing temperatures - with no protective gear other than his favourite "speedo" swimming trunks and has been rightly nicknamed "The Human Polar Bear".

He lives in Cape Town with his wife, 2 step-children and 3 dogs.

Lewis Pugh is the UN Environment's Patron of the Oceans and a staunch advocate of the organization's 'Clean Seas' campaign.

He periodically undertakes death-defying swimming challenges and is presently training for the toughest swim of his career- preparing to swim the length of the English Channel in just swimming trunks, goggles and a cap to urge governments to commit to protecting 30 percent of the world's oceans by 2030.

He aims to swim five hours each day, averaging around 10-20 km (6-12 miles) each day. Pugh knows the swim will take a heavy toll on every inch of his body: he will endure chafing under his arms, his tongue might swell and there is the very real risk of contracting hypothermia. If he manages to swim around six hours a day, he will need around 10,000 calories. "I'll spend a lot of time eating and swimming," he said.

"I've been swimming for 30 years, which is a long time in human life but in ecological terms, it's such a short period of time, and I've literally seen the ocean change. From the Arctic to the Antarctic and the coral reefs, everywhere, I've seen the oceans change," he said.

"Our oceans are neither clean nor are they healthy. Every single year, I'm seeing more and more plastic pollution ... I'm seeing it on the surface and at the bottom of the oceans. I'm seeing the fish eating the plastic and the birds eating the plastic and they are dying and if we eat the fish, we are also eating the plastic," he said.

We need to get these two issues under control very quickly: eliminate the use of avoidable single-use plastics and stop overfishing because if we don't do that our children and our grandchildren will not have a sustainable future and it will devastate all the incredible wildlife in our oceans, which it is currently doing."

You may watch the video on this issue on

[https://www.youtube.com/watch?v=WNmY\\_EAoXnU](https://www.youtube.com/watch?v=WNmY_EAoXnU)



## What might be the consequences of creating a 'thinking robot'?

It's been quite some time that the revolution of technology has made immediate progress. From the non-antenna-catching radios, we now have self-driving cars. These cars are not launched in many countries but still, have significant importance to their existence. These devices use the method of 'artificial intelligence (AI)'. If you haven't come across the word ever, 'artificial intelligence' is a type of intelligence demonstrated by machines, in contrast to the natural intelligence displayed by humans. Some examples are autonomous vehicles (like drones and self-driving cars), face recognition locks, online assistants (like Siri), and so on. If you look carefully into the situation, you will notice that artificial intelligence is a threat to human life.

The machines using AI actually have their own mind with some control of the human mind, and they are capable of doing whatever they want due to AI.

Using this technology, a few robots have also been developed across the globe that can function full-automatically, and can do their jobs

humans have designed. Scientists are now developing robots that can function fully and automatically like humans. Therefore, AI has a lot of power. It enables the machine to do what it wants, without any command. Human help will not be needed in future as everything that the human does now will be done by the robots. Humans will always be resting as they will have no work to do. Robots will take the place of doctors, teachers, servants, cooks etc. Gradually.....Robots will gain power. They will have their own army. They will fight against humans, their creators. Humans will have no control over them. And one day, the condition will worsen. Robots will be ruling over the Earth.

This all may sound like a cartoon story, but if we don't pay attention to the pros and cons of a 'thinking robot', this is what will happen.

Technology is very useful if used wisely but if you use it beyond all the limits just for your comfort, it will one day result in the destruction of the human world. That is why thinking robots have their own disadvantages. So, think and respond to the changes that will occur in the field of technology.....

Harshit Gupta, VIII-A

# Do away with plastic

Plastic is very harmful. Plastic pollutes our environment. It even pollutes oceans and seas. Plastic is made up of harmful chemicals. It is very important to avoid the use of plastic. Plastic takes years to decompose.

Decomposition means when any type of organic material breaks into smaller particles by the bacteria present in the soil. Plastic never decomposes in the soil. It just decomposes in water. When we throw plastic in rivers and oceans, some animals drink that water and die.



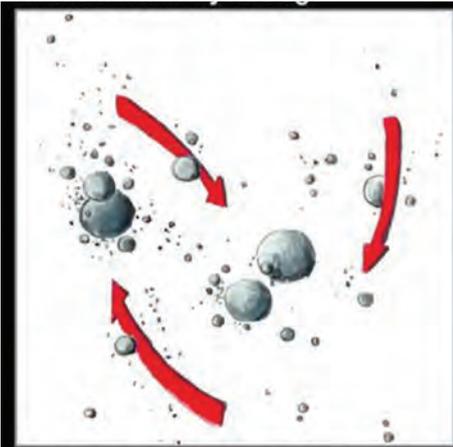
We should stop or reduce the usage of plastic. We can use cloth bags when we go to buy some vegetables and thus we can reuse cloth. We can reuse many things. We use plastic because it is not expensive. It can even be given any shape or size.

Global Warming is caused because of pollution and one of the main reasons of pollution is plastic. We have to stop using plastic to save our environment. It is our responsibility to save our environment so we should not use plastic.

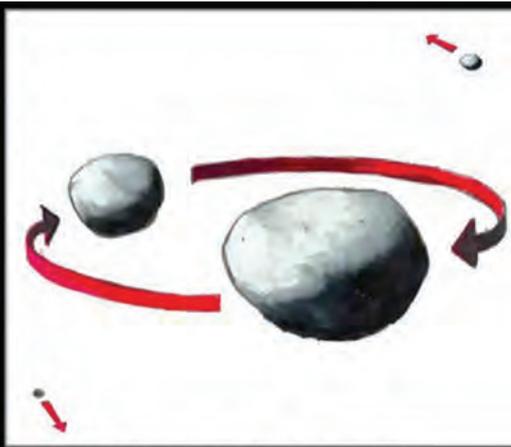
Aliasha Verma, VII-B



# THE FORMATION OF ULTIMA THULE



A rotating cloud of small, icy bodies starts to coalesce.



Eventually two larger bodies remain: Ultima and Thule.



Ultima and Thule slowly spiral closer until they touch, forming the bi-lobed object we still see today.

Very early on New Year's Day 2019, NASA's New Horizons spacecraft encountered its second major mission target — a Kuiper Belt object nicknamed Ultima Thule, after a classical and medieval name for places beyond the furthest known lands. Ultima Thule is truly the furthest known "land" ever visited in the solar system. With a semi-major axis of approximately 45 AU, it is nearly 50% further from the sun than Neptune and a full 5 AU further than Pluto's average distance.

Ultima Thule is small, only 30 km long, but it is likely to be representative of other primitive objects in the solar system, and so has potential to resolve some long-standing questions about the early solar system. For example, close-up images of Ultima Thule show that it is a contact binary — two separate, mostly spherical objects touching each other. The cores of many comets (like comet Halley) are elongated or bi-lobed, and Ultima Thule could represent the original states of these comets. With the New Horizons space probe's flyby at 05:33 on 1 January 2019, 2014 MU69 became the

farthest object in the Solar System visited by a spacecraft, and is believed to be the most primitive, both bodies being planetesimal aggregates of much smaller building blocks.

A NASA spaceship is zooming toward the farthest, and quite possibly the oldest, a cosmic body ever photographed by humankind, a tiny, distant world called Ultima Thule some four billion miles (6.4 billion kilometres) away.

## How was Ultima Thule formed?

2014 MU69 is thought to have originally been two objects, nicknamed "Ultima" and "Thule", that formed over time from a rotating cloud of small, icy bodies. Eventually, loss of momentum, caused by momentum shifting to other bodies in the cloud, caused the pair to slowly spiral closer until they touched — where over time the joints fuse together, forming the bi-lobed object visible today.

A close examination of Ultima Thule should provide us with a window into our past that we've

never peered through before: a window into the earliest stages of planet formation in our Solar System. For the first time, we'll view a leftover planetesimal from before the first planet in our Solar System ever formed, and we'll view it from up close.

Ultima Thule makes an incredible opportunity for anyone interested in how the Solar System formed, evolved, and grew up. When Earth-and-space-based telescopes combined to scour the post-Pluto flight path of New Horizons for suitable targets, there was a special set of criteria in mind. The ideal target would be:

- reachable in just a few years,
- in an orbit that required the expenditure of minimal fuel,
- and discovered in sufficient time to make the required manoeuvres.

The New Horizons team did an incredible job of finding Ultima but got even luckier than they expected.

Nameeta Chandel



**“Live the questions now. Perhaps then, some day far in the future you will... live your way into the answer.”**

**Rainer Maria Rilke**

The ability to make a good observation is essential for the development of scientific skills i.e observing, classifying, quantifying, predicting, interpreting, communicating and forming conclusions. It should be inculcated in the students at the school level for any branch of science such as chemistry, botany and physics. Students not merely memorize the scientific methods but see it at work and practice it daily.

**Skills**

**1) Observing** – We can encourage students to describe what they see in detail. This will make them knowledgeable e.g. In botany, not just looking at the colour and shape of the flower children can count the petals, draw pictures of leaves, they can also look at pollen under a magnifying glass.

**2) Classifying** – Once children have understood the details and properties of the material they can separate and sort them on these details. At the lower grade, children can sort them on one principle e.g. a spider has eight legs and insects have six legs. They can learn to increase their scientific vocabulary by writing them in their science notebooks.

**3) Quantifying** – They can be taught the ability to measure accurately at the lower grade how to use a ruler and a measuring cup.

**4) Predicting** – How much does this weigh? What will happen if we add something else? These type of questions help the students gain critical thinking and they learn the art of predicting.

**5) Interpreting** - We should make them understand not only to record the results of the experiments but why and how we got those results.

**6) Communicating**- We should make sure that children communicate clearly with teachers, parents by using the terms that are defined well.

**7) Forming conclusions** - You can't reach a conclusion directly so we have to conclude by careful reasoning and experimentation.

**A good science lesson must enable these skills and help children move from the concrete to the abstract or complex.**

Richa Zandu

# HUMAN GENOME PROJECT (HGP)



We all have heard about “Dolly the sheep.” Well, it’s a thing of the past. But have you heard about “John the human”? No? It’s absolutely ok not to know him because even I haven’t heard about him and am still waiting for such a superhuman who might not have any disease, who might be able to live as long as he would want, who would have all the answers in his body which science could not answer till 1990. Let’s understand how.

Every living organism on this earth has got something that makes that organism unique and different from others. And that is a strand called DNA – deoxyribonucleic acid.

It bears genes that are further coded by the nucleotide pairs of DNA and these nucleotide pairs are different for different species and organisms. The Human Genome Project (HGP) was an international scientific research project with the goal of determining the sequence of nucleotide base pairs that make up human DNA and of identifying and mapping all of the genes of the human genome from both a physical and functional standpoint. It remains the world largest collaborative biological

project. It was launched in 1990 and was declared complete on April 14, 2003. Mapping the genome involved sequencing a small number of individuals and then assembling these together to get a complete sequence of the chromosome. (There are 23 pairs of the chromosome in humans). Therefore the finished human genome is a mosaic, not representing any one individual as numbers of people (of European origin) were used as the sampling units for this project, but neither the scientists nor those people ever knew about whose DNA was being used.

HGP holds benefits for many fields, from molecular medicine to human evolution and many diseases can now be understood better. Other such applications of HGP are – identification of mutation linked to different forms of cancer, advancement in forensic applied sciences, biofuels and other energy applications, agriculture, animal husbandry, bioprocessing, anthropology and evolution. Another proposed benefit is the commercial development of genomics research related to DNA based products, a multibillion-dollar industry.

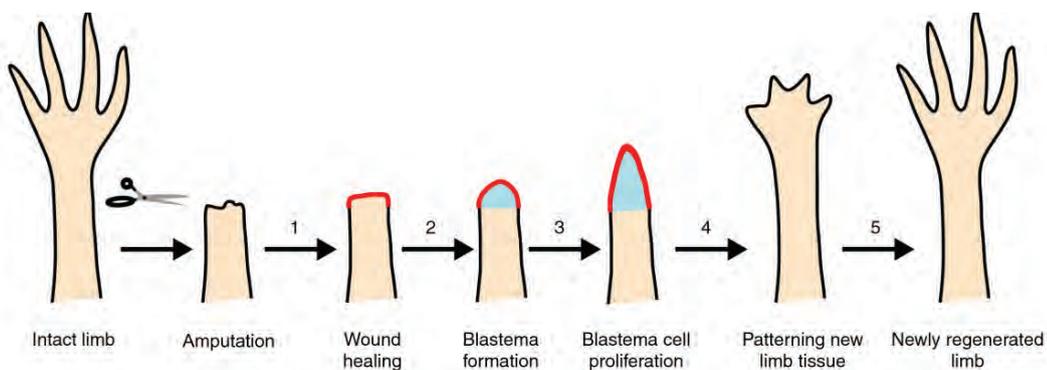
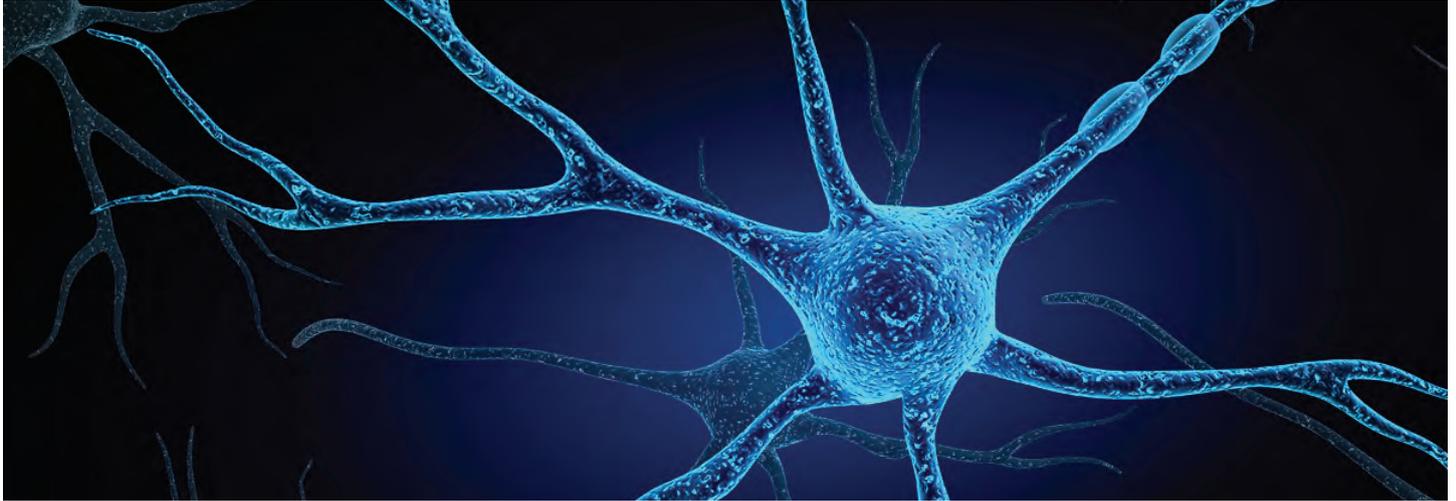
At the onset of the HGP several ethical, legal and social concerns were raised in regards to how increased knowledge of the human genome could be used to discriminate against people. One of the main concerns of most individuals was the fear that both employers and health insurance companies would refuse to hire individuals or refuse to provide insurance to people because of health concerns indicated by someone’s genes. Now it would be clear why John the clone could never be created.

Along with identifying all the approximately 20000 – 25000 genes in a human genome, the HGP also sought to address the ethical, legal and social issues that were created by the onset of the project. For such implications, a program (ELSI) was founded in 1990 and 5% of the annual budget was allocated to address the ELIS arising from the project.

So, mapping of the human genome is definitely an evolution in the field of (molecular) biology, provided it is used in a positive, constructive way.

**Madhuri Pachauri**

# CELL REGENERATION



"Cell Regeneration, the result of an evolutionary experiment that nature has already done for us."

Restoration and repair are essential operations in the maintenance of a healthy human body. Some of our body parts can repair themselves quite well after an injury, but others don't repair at all. The body parts which are capable of regeneration by themselves don't do it at the same rate. This regeneration is the scope of cellular repair.

Stem cells are found in the body which has the ability to continuously divide, self-renew themselves and differentiate into various kinds of cells. With the capability of self-renewal, these stem cells are believed to be useful for the treatment of a wide variety of diseases.

We are in the era of stem cells.

As of now, stem cells are being stored by the doctors to carry out stem cell therapy if needed in any of the cases. Potential stem cell therapy holds great efficiency for the treatment of many diseases such as stroke, traumatic brain injury, Alzheimer's disease, Parkinsons disease, muscular dystrophy, diabetes, amongst others.

It is generally believed that transplantation of specific stem cells into the injured tissue to replace the lost cells is an effective way to repair the tissue. In fact, organ transplantation has been successfully practised in clinics for liver or kidney failure.

However, due to the severe shortage of donor organs, this has been a major obstacle for the expansion of organ transplantation programs.

The generation of transplantable organs using stem cells is a desirable approach for organ replacement and would be of great interest for both basic and clinical scientists.

There has been recent progress in the field of organ generation using various methods including single adult tissue stem cells, a blast cyst complementation system, and a combination of stem cells and tissue engineering. Regeneration and stem cell therapy are the promising aspects but they are still at the research level.

**Garima Chhabra**

# THE LOVE STORY OF PLUTO AND CHARON



Pluto was discovered in 1930 by Clyde Tombaugh and was originally considered to be the ninth planet from the Sun. After 1992, its status as a planet was questioned. Pluto is a dwarf planet in the Kuiper belt, a ring of bodies beyond Neptune.

Pluto has 6 moons of its own, however, what's fascinating is the relation equation between Charon – one of its moons and Pluto itself.

Charon was discovered in 1978 when the sharp-eyed astronomer James Christy noticed images of Pluto were strangely elongated.

Christy proposed the name Charon after the mythological ferryman who carried souls across the river Acheron, one of the five mythical rivers that surrounded Pluto's underworld. Apart from the mythological connection for this name, Christy chose

it because the first four letters also matched the name of his wife, Charlene.

Charon, also known as (134340) Pluto I, is the largest of the five known natural satellites of the dwarf planet Pluto. ... With half the diameter and one eighth the mass of Pluto, Charon is a very large moon in comparison to its parent body.

There's a double set of dances going on between Pluto and Charon. First, Pluto and Charon are locked together in their own waltz "as if they are a dumbbell" with a rod connecting them, said study author Mark Showalter of the SETI Institute in California. It's the solar system's only binary planet system, even though Charon isn't technically a planet, he said. Pluto, too, is

no longer considered a full planet.

But Pluto and Charon aren't alone, and that's where it gets more complicated.

The four little moons circle the Pluto-Charon combo, wobbling a bit when they go closer to either Pluto or Charon, being pushed and pulled by the two bigger objects.

Those four moons orbit Pluto-Charon in a precise rhythmic way, but with a twist: They also interact when they near each other. So it seems like they all dance to one overarching beat but not quite in the same way, just doing their own thing, said planetary scientist Heidi Hammel of the Association of Universities for Research in Astronomy.

With the tiny moons wobbling and flipping over in an unpredictable and chaotic way, if you lived on Nix or Hydra, the sun would come up in different parts of the sky, if at all on some days, Showalter said.

"It's a very strange world," he said. "You would literally not know if the sun is coming up tomorrow."

NASA's \$700 million New Horizons spacecraft will arrive in the Pluto system in mid-July after a nine-year 3 billion mile (5 billion kilometres) flight that started before Pluto was demoted to dwarf-planet status.

There is still so much more to discover and cherish about the beauty of Pluto and its love for its moon.

Bhawna Kharbanda

# POLITICAL HUMOUR

## IS IT THE ROUTE TO SOCIAL PROGRESS?

**NETFLIX**

**ADITI  
MITTAL**

**THINGS THEY WOULDN'T  
LET ME SAY**



In a society where disharmony is on the rise, more and more individuals are looking for newer and better paths to seek relief. There are new modes that individuals and communities are taking up to achieve these above-mentioned goals. In such a scenario, humour has become a potent tool to seek answers to questions that are difficult to ask. Comedy is no longer just about jokes, but it has become a form of progressive politics that seeks change. Political commentary through comedy has a long history. However, stand-up comedy in the last few decades and more recently in the YouTube age has faced a revolutionary transition in terms of its content.

Comedians are using humour to challenge and question the pressing issues of the day such as racism, sexism, homophobia and many more. The outcome is that through comedy they are making people laugh; laugh about things that are otherwise forbidden to talk about. The central goal of such commentary through comedy is to seek social justice. As the economist, Amartya Sen in his book *The Argumentative Indian* writes, "Voice is a crucial component of the pursuit of social justice". Comedy gives people that voice, the platform to bring forth their concerns, their troubles and their unhappiness.

Charlie Chaplin, one of the greatest comedians of all

times, writes in his 1964 autobiography about how he faced censorship and distribution troubles with his film 'The Great Dictator' which was based on the German dictator, Adolf Hitler. He writes, "But I was determined to go ahead, for Hitler must be laughed at..." He and many like him use humour and skill for comedy to make serious situations so absurd that people would pay attention to their message.

Today, comedians like Shazia Mirza focuses her work around tackling Muslim stereotypes that is so rampant in the West. Others like Russell Peters, Hari Kondabolu and more recently Aziz Ansari are trying

to deal with the stereotypes and prejudice that south Asians face in the Western countries. Humour makes the utterance of these experiences less painful. Laughing has a release value and it brings relief. It is a shared experience, a communitarian thing. Indian comedians such as Aditi Mittal, Kaneez Surka have spoken extensively on body shaming and patriarchy.

Finley Peter Dunne, a Chicago based author and humorist pointed out that satire is a tool to afflict the comfortable and comfort the afflicted. Political commentary through humour does exactly that. Comedians are cultural critiques who study people's day-to-day existence and their intimate concerns and troubles.

Arunoday Majumder

# Meet Skolaro

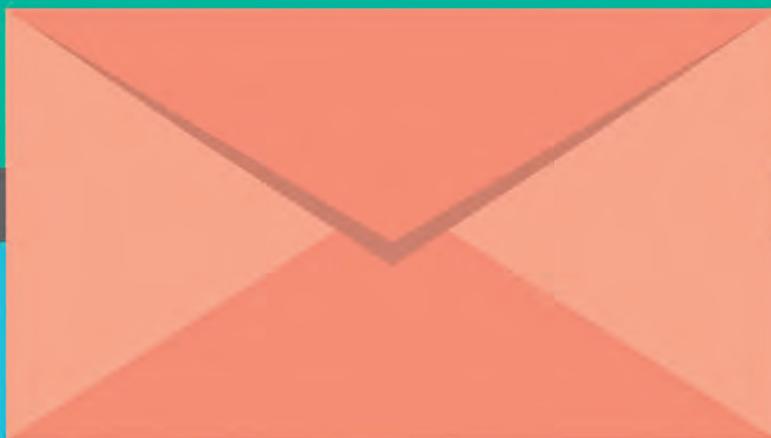
**Buzzyears has reincarnated itself as Skolaro!!! Many people have asked us why we changed the name, especially a name as catchy as 'Buzzyears'. There is a very simple answer to this question: it was time for a change. We received a lot of feedback from schools that perhaps our brand name needed to reflect something more scholarly... hence Skolaro!!!**

At Skolaro, we are committed to ensuring our partner schools' success. Our Apps are designed to ensure a seamless experience for schools, and our wide range of applications caters to a school's needs right from administrative management to generating report cards. Technology in education is one of the biggest influencers in this century, and we are excited to be a part of this journey. The Pinnacle School is one of our most valued partners, and the school is using various apps as fee management, student management, transport

management etc. Teachers in the school are using a user-friendly app to mark attendance, post assignments, homework etc. and connect with parents.

Skolaro is committed to going green and the Portal is our contribution to protecting our environment.

The Parent Portal is a means of seamless communication between the school and parents.



Parents can easily access details of their child's attendance, assessments, and assignments, as well as receive updates about school announcements, information, circulars etc.

We are happy to share with you that we will soon be launching a mobile application for the school which parents will be able to use to stay connected with the school.

This will help our parents be in touch with their child's progress and updates from the school on the go.



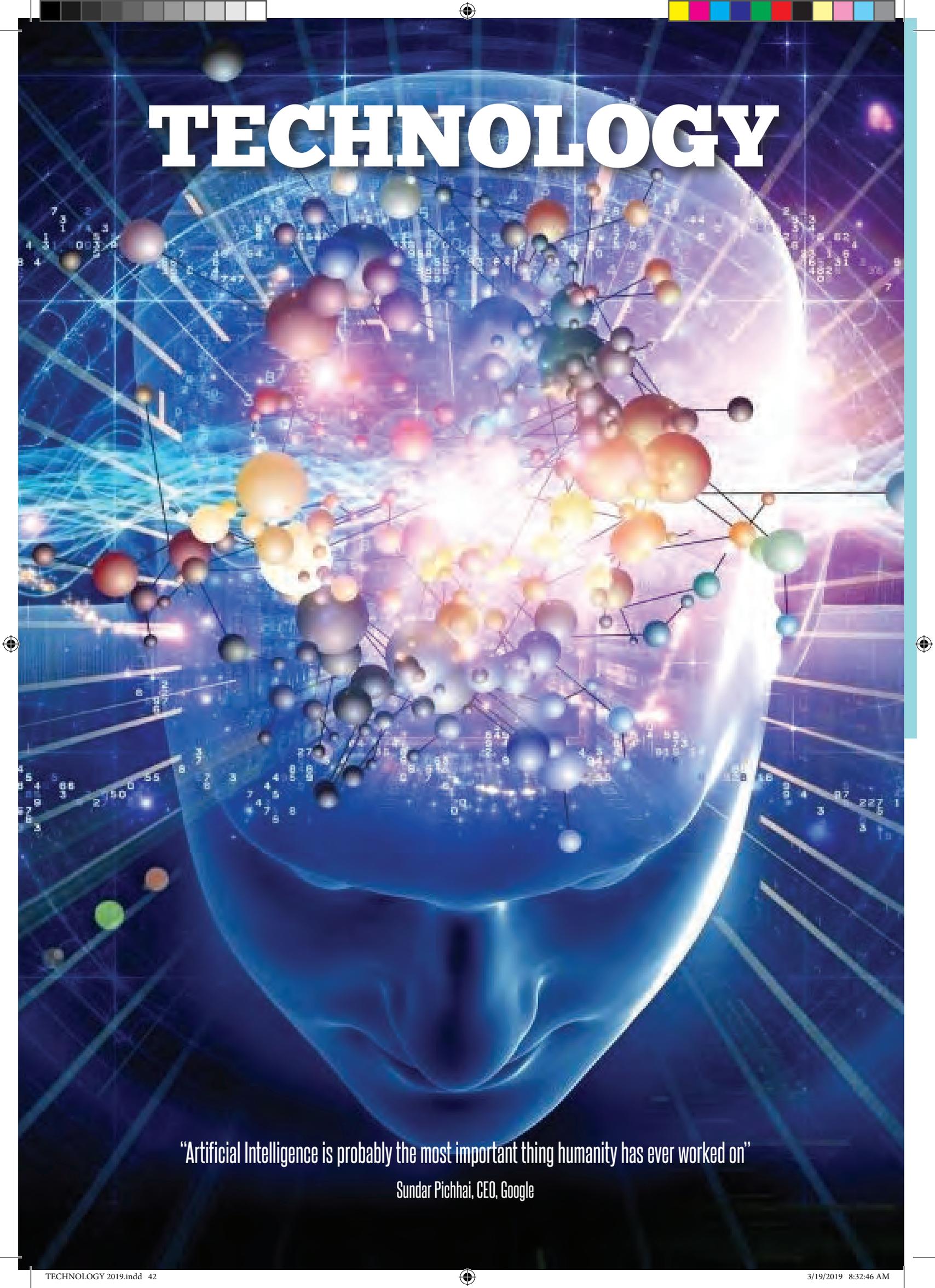
We continue to pursue innovation, and are working on new apps for schools to use. Our Visitor Management App will allow schools to enhance security measures to control access to the school, and streamline the visitor process by generation of escort cards and OTPs so that only authorized people can enter the school premises.

Curriculum Management is another new App that is aimed to enable the school to manage the workflow and process of creating and mapping the curriculum,



unit and lesson plans. In addition, Skolaro is now integrated with ASC Time Table, a world leader in time table scheduling, and schools can effortlessly generate time tables and schedules. This App also allows the school to plan its daily substitution and optimize available resources. Skolaro's main focus this year is to work on more aspects where technology can help schools work more efficiently and effectively. We look forward to collaborating with the Pinnacle School and its parents to be a partner to their children's success.





# TECHNOLOGY

"Artificial Intelligence is probably the most important thing humanity has ever worked on"

Sundar Pichai, CEO, Google



# Why IS MARK ZUCKERBERG IN SUCH HOT WATER?

In terms of business if "Data is Lost business is Lost". It seems that the same thing is happening with Mark Zuckerberg, founder and CEO of Facebook which was launched years back in 2004. Facebook has grown at an unbelievable pace. Facebook is so large now and more than 2 billion people are using it around the world. The capital structure has changed and it is time for its governance to catch up.

**WHAT A DIFFERENCE** A major mistake in the social network's code allowed hackers to take over log-ins and see private information. The issue was to do with the "view as" tool that allows users to see what their profile looks like to other people. By exploiting this the hackers were able to steal the "access token" that protects accounts and break into them. The company found the flaw and has already issued a patch for the bug. It has since been admitted the problem may also affect "Facebook login" services. That means once a hacker has access to an account they could access Instagram, Twitter and other third-party apps. The problem is now fixed but admitted it did not know who was behind the attack, how long hackers had access to accounts or whether accounts were misused.

90 million accounts may have been hacked, including CEO Mark Zuckerberg. However, the breach is the largest in the company's history and hackers could have taken full control of accounts.

Facebook has lost a million daily and monthly active users in the last three months, the company's latest financial results have revealed.

Shareholders are demanding independence and accountability in the company's boardroom.

Mark Zuckerberg's strong control over Facebook has come under question after several high-profile investors called for him to step down as chairman of the company.

Mark Zuckerberg has admitted that the broadest mistakes that he made are not taking a broad enough view of his responsibilities. He had a responsibility to protect our information. If he can't, he doesn't deserve it.

Why does Mark Zuckerberg need voting control? Is it because he does not want governance to evolve with the rest of his company? If so, this American dream is now akin to a dictatorship."

**Monika Khanna**

**Facebook's Buying Spree: Why Facebook Spent 22 billion+ on 14 Companies**

Facebook is the number one social media network, but they haven't gotten there alone. Through 42 acquisitions dating back to 2007, the company has continued to grow and profit.

A photograph of a woman with dark, curly hair, wearing a pink t-shirt, looking at a computer monitor. A hand is pointing at the screen. The background is a blue wall. The text 'Am I looking' is written in a large, orange, brush-stroke font across the middle of the image.

Am I looking

**OH MY GOD! SHE**

**IS JUST 19 YEARS  
OLD AND CREATED  
HISTORY! WHAT AM I  
DOING WITH MY LIFE?  
I GOT 5 LIKES FOR MY  
PHOTO. IS THAT ALL  
ITS WORTH???**

Welcome to the internal model of a typical Social Media scroll. Social media is having unintended consequences on our mental health. Many of us think that Social Media is a stress booster but in reality, it is the major cause of anxiety, depression, stress as an average user of the internet is spending 2 hours on a daily basis.

Focus

In a recent survey, it has shown that grades 7-12 students who spent over 2 hours a day on social media reported higher depression, anxiety and suicidal thoughts. When we go online, we enter in an environment that promotes cursory reading, hurried and distracted thinking and superficial learning. It offers an infinite loop of videos, articles, images, quotes with some information which influences our thought process. It is designed to be addictive.

Sometimes I wonder, why does social media even exist? All it does is make us socially unavailable and insecure as we begin to depend on virtual friends and their opinions. But should we really let numbers define how popular we are or how cute we look?

An interesting study suggests that people get most of their information from social media sites. And unfortunate as it is, most of that information is incorrect. If we really think about it, we will be able to understand how completely useless social media is. If we really want to get productive information, there are a whole lot of other things we can rely on.

Social Media is reducing our ability to focus, think & learn deeply.

1) **Highlight Reel** – a collection of the best and the brightest moments. We struggle with insecurity because we compare our behind the scenes with everyone else's highlighted reel. We are constantly comparing ourselves with others.

2) **Social Currency** – Likes, dislikes, subscribes, followers are the currency of social media. . We are always thinking about what others are thinking about us?

3) **FOMO (Fear of missing out)** –When we start de-focusing with social media we have thought somewhere in our mind that we are missing out on something on social media.

4) **Online Harassment** – One survey on social media shows that 40% of online adults have experienced online harassment. Micro-moments which we share with our near and dears over time become a macro problem.

5) **Texting & Driving** - It is the new major cause of death in teens more than drinking and driving.

Is social media hurting your mental health? It doesn't have to.

- Use social media deliberately and on your own terms
- Audit your social media diet
- Turn off all notifications to avoid distraction
- Browse with Intention
- Delete all social media accounts from the phone so that you can't check it out when you are out.
- Only follow people who add value to your life.

**Role of Parents** – "There is no APP which can replace your LAP".

Help your kids to develop new interests, create opportunities for them, give them parental attention, read or play half an hour every day with them.

**Conclusion** - How many of you have or have considered, deactivating your social accounts? Would you ever quit? If No, then take a long or even a short (a week) break from social media and decide. You will realize that you can learn more deeply and create more.

Sonia Sharma

# R

## EEL & REAL LIFE

environment and also lead to a number of benefits. Five more movies 'Chai and its origin', 'Joy of Giving', 'Life of a Potter', 'Tamil Nadu' and 'Yoga for Life' were made by the Movie-making club students. All these movies have been uploaded on <http://filmit.openfutures.com> Website. Every movie gives a message which we can relate to in our day-to-day lives.

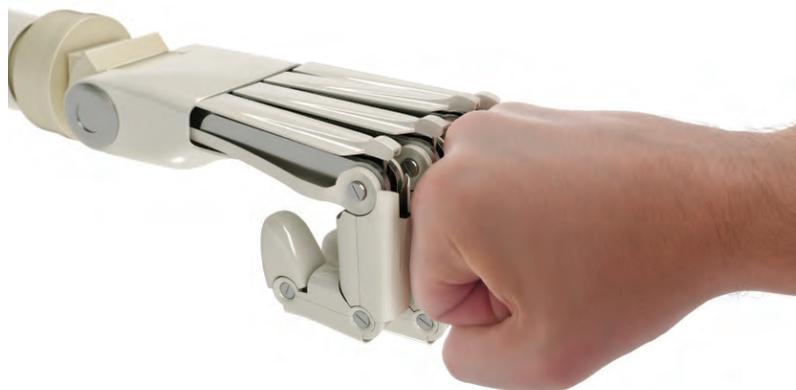
This year again, I had one of the finest experiences with the Movie Making Club. Making movies is not simply about making videos and editing them but it is more about creating ideas and executing them through video in order to influence and inspire minds of others. This is what movie making children have done this year. Indian National Trust for Art and Cultural Heritage (INTACH) is an NGO which was founded in 1984 to make the citizens aware of this cultural and historical importance. It gave us the genre of videos and we started on them. Division of groups was done and they made movies on different categories. Class X and XI students made a movie, 'Adopt a Tree'. This movie conveyed the message that if everyone takes the initiative of planting even one tree, then it would drastically reduce the pollution pressure on the

After the movie session, it was time for some photography and so everyone was exhilarated as we went to Madame Tussauds which is in CP, in the month of November. When we entered the museum, we saw the statue of actor Salman Khan.

The museum was divided into four sections each with different personalities. We saw statues of Our Father of the Nation (M.K Gandhi), the Prime Minister of India (Shri Narendra Modiji) and the fastest Runner on earth besides the best cricketers. Each one of us captured the images in our cameras and even registered the memories in our minds.

Mannat Singh Anand, X-B

## INTERACTION WITH TECHNOLOGY HAS CHANGED HUMANKIND



Today, we are living in a society where we can see a number of technological advancements. Is technology helping or hurting society? Technology is helping society and improving the quality of life. It connected the family relationships and simplified life. A couple of years ago, a person would never have imagined to Skype a family member across the world. With the help of technology, a lot of time can be saved. People are able to communicate faster and save money.

However, these advancements are often taken for granted. Humans now think less and let technology do their work. Technological gadgets have a harmful effect on the human brain especially, the brains of growing youth. It has made communication easier through inventing smartphones. The emotions of the minds are being ignored because of these new inventions, which can be connected to stress, loneliness and many more.

However, technology is developing and so are the lifestyles of human beings.

Yes, interaction with technology has completely changed humankind.

Ifsah Anjula, VIII- A

In just minutes, an artificially intelligent machine cracked those jumbled text sequences called captchas that are used to distinguish human web users from spam-spreading robots.

# SELFIE QUADCOPTER CONQUERS INDIA. THE IDEA IS GENIUS...

## Origami-Style Suits Turn Robots into Real-Life 'Transformers'

*A wet suit to work underwater or a spacesuit to work in space, researchers are designing exoskeletons for robots so the machines can wear a variety of outfits tailored to different missions.*

*In experiments, self-folding, heat-activated origami suits created for robots could help the machines walk, roll, sail and glide.*

*"Imagine future applications for space exploration, where you could send a single robot with a stack of exoskeletons to Mars," The robot could then perform different tasks by wearing different outfits."*

*Unlike the shape-shifting robots in the "Transformers" films, in real life, existing bots are typically much less adaptable. Each part of a robot usually has a fixed structure and a single, defined purpose, making it difficult for robots to perform a wide variety of actions.*



## ROBOT CRACKS THOSE CURVY CAPTCHAS IN MINUTES

The AI startup, Vicarious, that built the captcha-cracking bot says its approach could point the way to more general, human-like artificial intelligence. Captcha is short for "completely

automated public turing test to tell humans and computers apart."The smart machine built by Vicarious, on the other hand, can be trained in a matter of minutes using just a few hundred example characters. It works with

multiple different styles of captcha and can also be repurposed to identify handwritten digits, recognize text in photos of real-world scenarios and detect non-text objects in images.

**P**HONE SELFIES ARE BORING. PEOPLE AREN'T DOING THEM ANYMORE AND THEY'VE BECOME UNPOPULAR... FIRST, THERE WAS THE STANDARD SELFIE, THEN THE SELFIE STICK, AND NOW THE NEXT EVOLUTION OF THE SELFIE HAS ARRIVED!



Nobody knows who did it first, but soon thousands of people in India started uploading incredible selfies from insane angles. They uploaded them to social media and soon EVERYONE wanted to do the same!

Now, this new type of selfie has taken off - Literally - across the world! What are we talking about?

It's the new Drone X Pro, a brand new type of drone made so that anyone can fly it. It's perfect for making the ultimate selfies!

The Drone X Pro was designed by two German engineers who love drones. They found that the drones they had were very bulky, heavy and difficult to travel with.

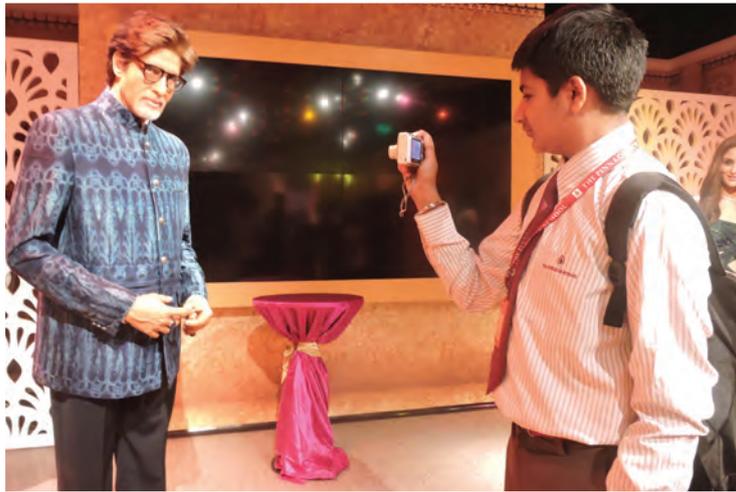
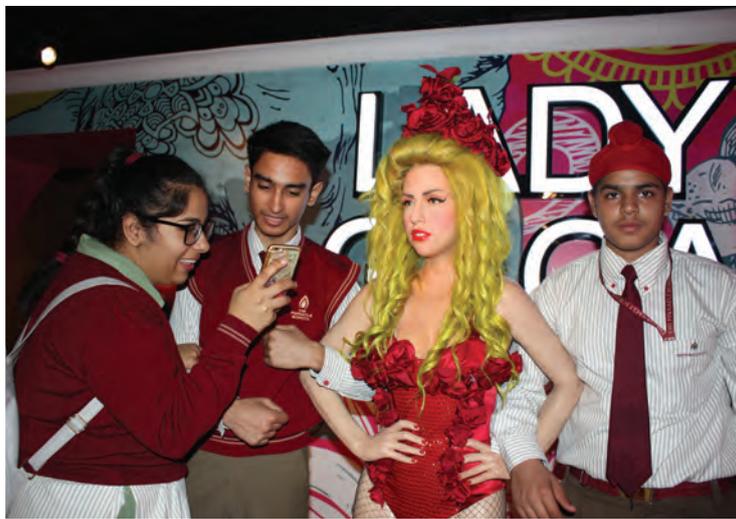
So, they designed this ultra-compact, light drone, and all without sacrificing any of the main benefits of a top HD model. It's firm, it's easy to control and it can live-stream and record to your phone!

People are using them to take 'the ultimate selfies' - the results are incredible...

## Take a sneak peek into India's first Madame Tussauds in Delhi

The much awaited Madame Tussauds is housed in the Regal building in Delhi and it opened doors to public in December 2018.

This is the 23rd Madam Tussaud's museum worldwide and it houses wax statues of Indian and international icons.



# MEETING CELEBRITIES AT MADAME TUSSAUDS, DELHI

On Thursday, 22nd November 2018, all the members of the Movie Making Club (Classes VI- VIII) visited the famous Madame Tussauds Wax Museum, Connaught Place. It was a surprise trip for all children. The name of the location itself excited the children. Everyone was asked to bring a camera along with them to click photographs and make videos on the visit. On the said day, all the children boarded the bus along with the Computer teachers.

As we reached the destination, we rushed out of the bus as soon as possible because we wanted to get inside quickly. All of us stood in line as our tickets were being checked by the staff. The first statue we sighted was the famous celebrity – Salman Khan. There were many other superstars too – Madhubala, Raj Kapoor, Ranbir Kapoor and other numerous stars. With each statue, there was some kind of a prop to click photos with, like wigs etc.

There was a section where a replica of Slum Dog Millionaire with Anil Kapoor seated on one side and we had an option to play with him and answer the questions displayed on the screen. It was so much fun to see all of them. It was almost real.

The whole place was divided into different sections. There was a different set of statues of people who have excelled in sports. These included- Mary Kom, Milkha Singh, Kapil Dev, Virat Kohli, Usain Bolt, Ronaldo and Messi along with Sachin Tendulkar.

All the children took various photographs of the statues.

Many of the political and revolutionary heroes were displayed in another section, such as Mahatma Gandhi, Subhash Chandra Bose, Narendra Modi and of course APJ Abdul Kalam. There were other great personalities in there too – Amitabh Bachchan, Kareena Kapoor, Katrina Kaif and others. It was a total fun day.



Gillette claims a new razor with a battery-powered heating bar that will increase glide and reduce tug to deliver the "comfort of a hot towel shave".

# LATEST INVENTIONS

## WHAT A DIFFERENCE

### THIS ROBOTIC DEVICE FOLDS YOUR LAUNDRY FOR YOU, AND IT'S LIFE-CHANGING

THE FOLDIMATE IS A TECH TOOL THAT'S DESIGNED TO MAKE LAUNDRY DAY SO MUCH EASIER BY FOLDING YOUR CLOTHES FOR YOU. IT'S BASICALLY A ROBOT THAT FOLDS ALL YOUR CLOTHES QUICKLY AND PERFECTLY EVERY TIME, AND IT'LL MAKE YOU FEEL LIKE YOU'RE



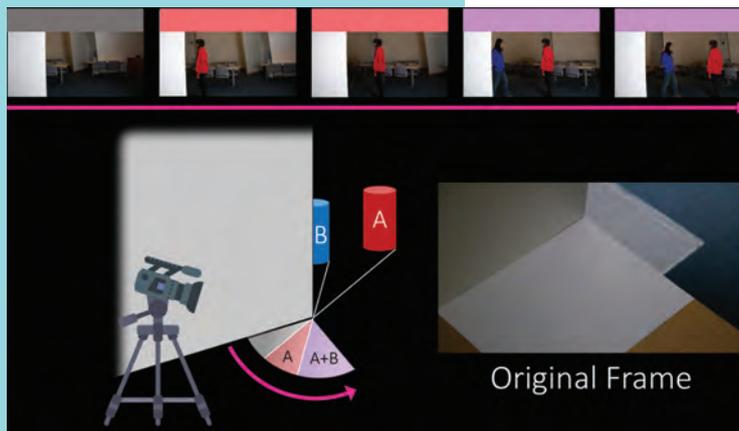
Smartphone cameras can help detect moving objects even if they are hidden around corners, according to a new study.

This futuristic-sounding tech could one day help vehicles see around blind corners, the researchers said.

The idea is to alert drivers to pedestrians or cars that are about to dart out from behind buildings into a driver's path.

The new system, known as Corner Cameras, analyzes light that is reflected off objects hidden around corners and that falls on the ground within the line of sight of the camera. This light is called the "penumbra."

## Real-Life Superpower: 'See' Around Corners with Smartphone Tech

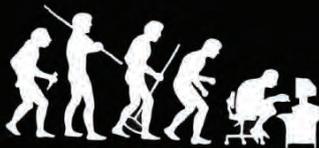


SIZE-WISE, THE FOLDIMATE CAN ADAPT TO KIDS' CLOTHING FROM 6 YEARS OLD, AND UP TO SIZE XXL, AS WELL AS MEDIUM-SIZED TOWELS. TO USE IT, YOU SIMPLY FEED YOUR ITEMS INTO THE TOP TRAY, AND YOUR FOLDED CLOTHES AND TOWELS COME OUT STACKED ON THE TRAY BELOW. FROM THERE, YOU CAN EASILY REMOVE THE STACK AND PUT EVERYTHING AWAY IN YOUR DRESSER OR CLOSET.



## Health and beauty

Brushing is no longer a boring exercise that one does every morning. Y-Brush – a new gadget in the market, says its nylon-bristled mouthpiece can give teeth a "perfect" clean in 10 seconds.



Something, somewhere went terribly wrong

# INTACH



It was the 8th of February, 2019 when seven members of the Movie Making Club along with our computer teacher went for the award function at the Indian International Center. It was a day to get rewarded for the hard work of the Movie Making Club throughout the year. We had created 6 movies throughout the year, which means a lot of hard work with the support of the whole team to bring out a movie.

INTACH (Indian National Trust for Art and Cultural Heritage) is an organization that works for the revival of the Indian Heritage that is losing its importance with time. Every year, the Movie Making Club, being a part of INTACH, creates and uploads movies according to the topics given to us. INTACH had called us to be a part of its award ceremony.

Several schools, including DPS, Tagore International, Summer Fields had been invited there along with their teachers. All the schools had been a part of this organization and worked throughout the year to bring out movies. The ceremony started with the greetings to the Chief Guest including the famous actor MK Raina and other famous personalities.

We were shown the best movies of the year created by different schools. There were nearly fifteen of them. These movies were based on Indian heritage: monuments, traditions, art, culture and

highlighted how peace and harmony can become an integral part of our lives. All the movies were greatly inspiring and motivational. They all were appreciated by the Chief Guest and all the schools.

Everyone was excited about the prizes that were about to be distributed. The names of the award-winning movies were announced. We all were waiting to hear the name of our school being announced.

**Eventually, our school was called up on the stage and we were given awards for three movies.**

**The three certificates were for our three movies:- a) Life of a potter: then and now (Best Original Story) b) Traditions: the power of Tamil Nadu (Best Interactive Movie) c) Atithi Devo Bhava (Best Acting & Camera Work).**

We were awarded a set of books, three certificates for our movies and individual certificates were given to the students that had participated in INTACH. Our photograph was taken with the awards on the stage, along with the Chief Guest and this made us feel more special.

The function ended and we were back to school again, with all the memories. Our hard work, scripting, shooting, editing and team work will forever stay with us.

## A Tech savvy day

Since we all know that we celebrate National Technology Day on 11th May every year. Keeping this in mind we had organized activity for students. Idea was to enhance their knowledge about the latest technology. Different topics were given to students on Technology Day and they had to prepare. Children drew the latest gadgets on technology and wrote information about the gadgets. Best ones were displayed on the board. This event helped them to analyze their technical knowledge.

## Filmmaking is incredible

This was the second time that I had joined the Movie Making Club in our school. Like last year, this time too, I went for a “technical” workshop at INTACH. INTACH is an abbreviation for “Indian National Trust for Art and Cultural Heritage”.

This is an organization that works for the heritage of our country. It spreads awareness about Indian heritage and culture. It does that through the medium of films.



Every year innumerable schools take part in making films that depict Indian heritage. Our school is one of them. To discuss some of the major rules to create a movie, it holds workshops every year in which the participating schools are called.

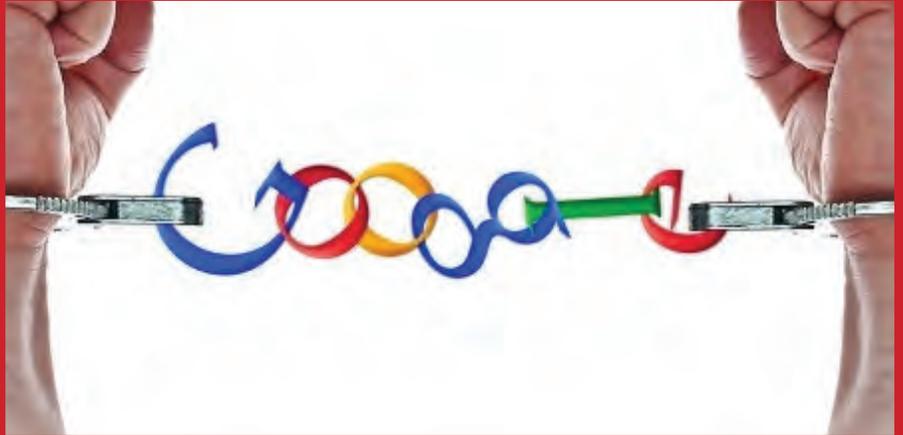
This year, from our school, three pupils were selected to participate in the workshop - Dhruv Taneja, Ifsah Anjula and Harshit Gupta. It was the twenty-fifth of July, 2018. We all went to the workshop along with our teacher. It was an attractive and interactive workshop, that was held in an air-conditioned room with the students as well as the teachers of different schools.

The workshop was conducted partially by - Ms Poornima and Mr Ankit. We were shown a few movies on the projector, that concluded with the different aspects of a movie. There was a live conversation regarding the workshop. We were taught about various angles, shots, how to use software like Windows Movie Maker for editing etc.

Then, we had to make a short one-minute film there itself inside the campus. All the schools were trying to do their best. After the movies were

made, two movies were selected to be shown on the projector. We were euphoric since our movie was one of those two selected movies. After the workshop got over, everyone appreciated our movie and of course, we were glad to hear it. It was a wonderful and day, full of new and amazing experiences!

Harshit Gupta, VIII- A



## 7 links that will tell you what Google knows about you

Almost all of us who use the internet, use some service/product of Google. It could be Google Search, Gmail, YouTube, Chrome Browser etc.,

And most of the time we are logged into our Google account. Google collects a lot of information and practically knows everything we do online and in some cases offline too.

Here are 7 links that will tell you what Google knows about you – even things we probably don't know about ourselves or have forgotten.

Note: Log into your Google account before trying these links.

1. **History** – Here is your entire Google search history.
2. **Ads** – Here is what Google thinks what your interests are and shows you ads based on these interests.
3. **Location History** – Here are the places where you used Google to do anything.
4. **Takeout** – Export every information Google knows about you.
5. **Dashboard** – An activity page that tells you about all the Google services you are using.
6. **YouTube search history** – YouTube saves all of your searches too.
7. **Permissions** – You can see here what permissions you gave to the extensions and sites you use.



# AI ASSISTANTS AND SMART LIVING

Amazon Alexa and Google assistants are the talks of the town. But that's not all ... there are all kinds of gadgets and gizmos to make life comfortable and interesting for us.

It's being said that in the year 2019 there will be smart speakers that will tell you where your pet or TV remote is hiding, as well as Alexa/Google Assistant-controlled pianos, heart rate monitors, lawnmowers, motorcycle helmets and meditation lamps.

Elliptic Labs is expected to demo a radar-like system that lets smart speakers detect their owners' approach. It suggests the tech could be used to trigger daily reminders or to make the speakers adjust their volume according to how close the person is.

Taking things one step further, Smart IT Labs has Miranda - a kind of smart assistant for smart assistants that issues commands on your behalf to Alexa or Google based on your past behaviour.

At first sight, its product looks like a plank of wood, but when touched it lights up to provide a way to control Google's Assistant with swipes and presses rather than barks commands.



## Robots

Robot-makers at CES are building a robot that they say has the capacity to 'touch hearts'. Kaname Hayashi will be demoing Lovot, a chick-like bot with large expressive eyes, flapping arms, wheels, and a wardrobe of clothes to cover its soft shell.



A camera protrudes from its head, allowing it to map rooms and act like a child monitor or home surveillance device. But Mr Hayashi has said the purpose of Lovot is not to be helpful or entertaining, but rather to engender joy, love and other positive emotions that might help owners reach their true potential.

ALSO, THERE'S KIKI, A "PET ROBOT" DESIGNED BY TWO FORMER GOOGLE ENGINEERS, WHOSE PERSONALITY EVOLVES ACCORDING TO HOW ITS OWNERS TREAT IT.

AND LIKU, A HUMANOID BOT THAT PROMISES TO EXPRESS "DESIRES AND EMOTIONS" DRIVEN BY WHAT'S GOING ON IN ITS SURROUNDINGS.

OPPO HAS A NEW VERSION OF ITS PHOTO-TAKING MODEL THAT INTERACTS WITH GUESTS AT EVENTS BEFORE GETTING THEM TO POSE FOR AUTOMATED SNAPS.

AND COWAROBOT FOLLOWS UP AN EARLIER SELF-DRIVING SUITCASE WITH SHOPPAL - A UNIT DESIGNED FOR USE IN STORES TO FOLLOW CUSTOMERS ABOUT, DRAWING THEIR ATTENTION TO PROMOTIONS AND OFFERING TO RECHARGE THEIR MOBILE DEVICES.



# ECOLOGY

## The Pinnacle School celebrates EARTH WEEK

Earth Day was founded by the United States Senator Gaylord Nelson.

Each year, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970.

On April 22, 1970, 20 million Americans took to the streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment in massive coast to coast rallies. Thousands of colleges and universities organized protests against the deterioration of the environment. Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife, suddenly realized they shared common values.

The week of April (19th –25th ) is celebrated as earth week throughout the world. Numerous communities celebrate Earth Week, an entire week of activities focused on the environmental issues that the world faces.

The Eco teachers of our school motivate the students to make the celebration OF EARTH DAY, a learning opportunity for all.

We motivated the students to keep their surroundings green by planting trees in the school and holding various competitions.

The following activities were held in the school during Earth Week.

**Class IV** Word Search/ Nature Mats

**Class V** Art Gallery (art with reusable material)

**Class VI** Upcycle Plastic (Bird Feeder, Wall Decorations )

**Class VII** Recycle Cloth (Cloth Bags, Stuff Toys, Cushion Covers)

**Class VIII** Recycle Home Décor Crafts

(TIN CAN hack, DREAM CATCHERS, BOX ORGANIZERS, WALL HANGINGS, CANDLE STANDS, WALL DÉCOR etc.)

**Class IX** Garden Craft Decorations

(FLOWER POT PLANTER, WIND CHIMES, GARDEN MUSHROOMS, PAINT STICK SCARECROWS, GARDEN GNOMES, ETC)

**Class X** NEWSPAPER CRAFT

**Class XI** ESSAY/POEM WRITING/POSTER MAKING

The students participated with full enthusiasm and great zeal and won many prizes.

The products prepared by students helped beautify the school with recyclable material and in turn make the Pinnacle School as one of the GREEN SCHOOLS in India.



# 5 R'S OF OUR ENVIRONMENT

For a long time we have been taught about 3 R's - REDUCE, REUSE, RECYCLE; but now there are 2 more in the list. That's right, there are 5 R's - REFUSE, REDUCE, REUSE, REPURPOSE, RECYCLE, in that order. Let's talk about the first one that's REFUSE. Our lives are full of stuff that we don't need, and each thing has an environmental cost.

We should be thoughtful when buying.

The next is REDUCE. We can reduce overall consumption by questioning all significant purchases and resisting impulsive buying. It means limiting the use of resources to conserve them for future generations.

Let's talk about REUSE. Almost everything we buy and use in our daily lives end up being thrown away at some point in time. It goes to landfills, becomes litter or pollutes our oceans, contributes to the emission of harmful greenhouse gasses, or harms the planet in other ways. It means using the used material again and again till it can be utilized.

Now, REPURPOSE. This is the simplest one and can go by many names. Simply take something you are no longer using and alter it for a more practical use.

Last but not the least, RECYCLE. Recycling everything you can. Anything made from metal, wood, most plastic etc. are all likely to have a recycling option. It involves making new things from old, worn out things in an innovative and creative manner.

These 5 R's are really important for our environment. If we follow these for at least a month, we would see the change and if everyone starts following these, our environment can change within a week. Without the 5R's, life would be difficult.

For ages we have come across this but never given a damn about it or never care for it. If you have not done it till now then you should start practising the 5 R's because it's the right time. It's never late and if one person steps forward, others would follow-that's human behaviour. These R's have the power to shape our future in a way that we have not thought of ever.

Shift yourself towards the R's and you'll make the environment lush green and spotlessly clean....

Vanshika Nakul, XI



# OZONE



The ozone layer or ozone shield is a region of Earth's stratosphere that absorbs most of the Sun's ultraviolet rays. The ozone layer was discovered in 1913 by the French physicists, Charles Fabry and Henri Buisson. The ozone layer absorbs 97 to 99 percent of the Sun's medium-frequency UV light which otherwise would potentially damage exposed life forms near the surface.

In 1976, atmospheric research revealed that the ozone layer was being depleted by chemicals released by industry, mainly chlorofluorocarbons.

Concerns that increased UV radiation due to ozone depletion threatened life on earth, led to bans on the chemicals, and the latest evidence is that ozone depletion has slowed down. The United Nations General Assembly has designated September 16 as the International Day for the Preservation of the Ozone Layer.

Ozone layer describes two related events observed since the late 1970's - a steady lowering of about 4 percent in the total amount of ozone in earth's atmosphere, and a much

larger springtime decrease in stratospheric ozone around Earth's polar regions. The latter phenomenon is referred to as the ozone hole. The main cause of ozone depletion and the ozone hole is manufactured chemicals, especially manufactured halocarbon refrigerants, solvents, propellants and foam-blowing agents referred to as ozone-depleting substances. Ozone depletion and ozone hole have generated worldwide concern over increased cancer risks and other negative effects.

The ozone layer prevents most harmful UVB wavelengths of ultraviolet light from passing through the Earth's atmosphere. These wavelengths cause skin cancer, sunburn and cataracts which were projected to increase dramatically as a result of thinning ozone, as well as harming plants and animals.

These concerns led to the adoption of the Montreal Protocol in 1987, which bans the production of CFCs, halons and other ozone-depleting chemicals.

The Montreal Protocol is considered the most successful international environmental agreement to date.

## 'SAY NO TO CRACKERS' – RALLY IN THE NEIGHBOURHOOD



Every year, the festive season commences with Durga Puja followed by Dussehra and Diwali and everyone can be seen revelling in the festive mood. These festivals are celebrated with great zeal and enthusiasm across the country to mark the victory of good over evil.

Diwali is a major Indian festival and people celebrate it by decorating their houses and distributing sweets among their relatives and poor people.

But over the years, it has been found that people spend a lot of money on firecrackers and fireworks. It not only brings damage to the environment but also takes a toll on everyone's health. The air pollution level rises in Delhi and NCR and makes it difficult for the children and old people to breathe. The people of Delhi are found moving around with masks on their faces to protect them from the severe pollution. This year the Supreme Court of India had imposed a ban on the bursting of firecrackers and had

limited it to 2 hours.

Also, the court ordered the use of only "low polluting" green crackers which were within the permitted decibel limits and emission norms.

To create an awareness among people, our school organised a rally in which the Eco Club students shouted slogans to avoid crackers and celebrate an eco- friendly Diwali.

The students walked in the bylanes of D-Block, Panchsheel Enclave with banners and posters to create an awareness and a sense of realization to take urgent steps to save the environment from the increasing levels of pollution in Delhi. The students participated enthusiastically in the rally along with the eco teachers and took a strong message home not to burst crackers.

They realised that we should not only brighten our homes but also enlighten our minds with the true meaning of Diwali and promote a sense of

responsibility towards the environment and our health.

"Lets Fill Our Homes With Prayers and Light Not With Fumes and Crackers."

**Priyanka Mahajan**

### WIPRO Earthian Program

The Department of Environment organized a WIPRO Earthian Program in association with Wipro at Hillwoods Academy, Preet Vihar for Eco - club teachers.

It was conducted by Dr.B.C. Sabat, Senior Scientific Officer(Environment) and Mr Ashish Shah of Wipro.

Through this workshop, they introduced a scheme called Earthian which aims at building schemes, attitudes and values to set a sustainable future.

The core objective of the program was : Integrating sustainability education into school curriculum and critically engage the students through multiple perspectives and environmental drives. The learning process would empower the students and teachers to drive a change in their own contexts and environment.

The workshop was attended by Ms Priyanka Mahajan, Eco- club Teacher from The Pinnacle School and was of great help in recognising new activities that could help in saving the environment.

# ELECTRONIC WASTE

All electronic waste is made up of deadly material such as lead, cadmium, beryllium, mercury and brominated flame retardants. Disposing of gadgets and devices

be followed.

Your old computer may be useful to either an NGO or students.

Give your Electronic Waste to a Certified E-Waste Recycler.



improperly increases the chance of these dangerous chemicals contaminating the soil, polluting the air and leaching into water bodies. When e-waste is deposited in a landfill, it tends to leach when water passes through it picking up trace elements. Then the contaminated landfill water reaches natural groundwater with increased toxic levels, this can be harmful if it reaches any drinking water bodies.

Here are some eco-friendly waste disposal techniques that you can use to dispose off electronic waste locally:

Precautions to take before donating or recycling your electronics: upgrade your computer instead of simply replacing it, format all your personal information from your products before discarding them, take out the batteries from your gadgets before getting rid of them.

## SELL YOUR OUTDATED TECHNOLOGY

'One man's junk is another man's treasure', is what should

# RENEWABLE ENERGY



Energy is a crucial necessity and its need is increasing day by day. Renewable Energy comes either directly or indirectly from the sun. Conventional sources of energy such as petrol, natural gas and coal are limited. 28% of the energy needs of the world come from coal. Its use is not nature-friendly. Energy costs too much or it possesses high health risk. There is a need to discover other energy sources. Possibilities of new forms of energy are limitless. Energy in physical science includes thermal, chemical, sound, heat, elastic and nuclear energy.

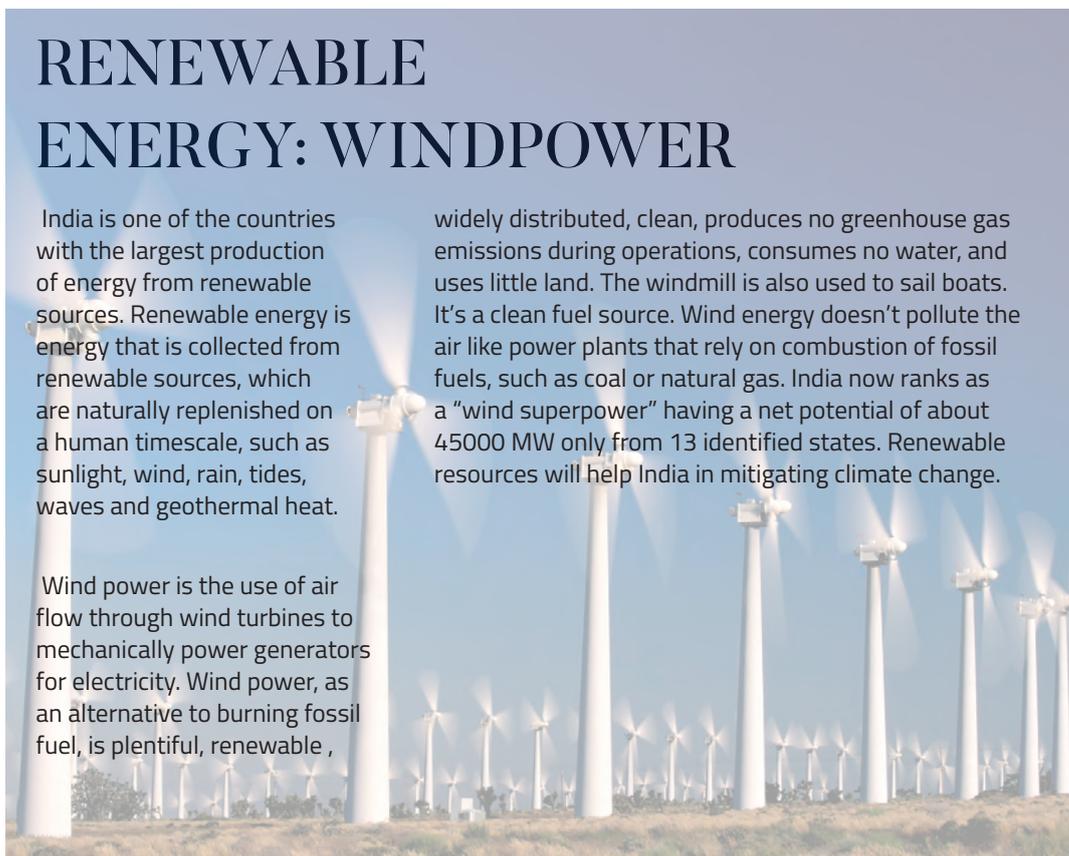
**Divleen Kaur Anand, VII-B**

## RENEWABLE ENERGY: WINDPOWER

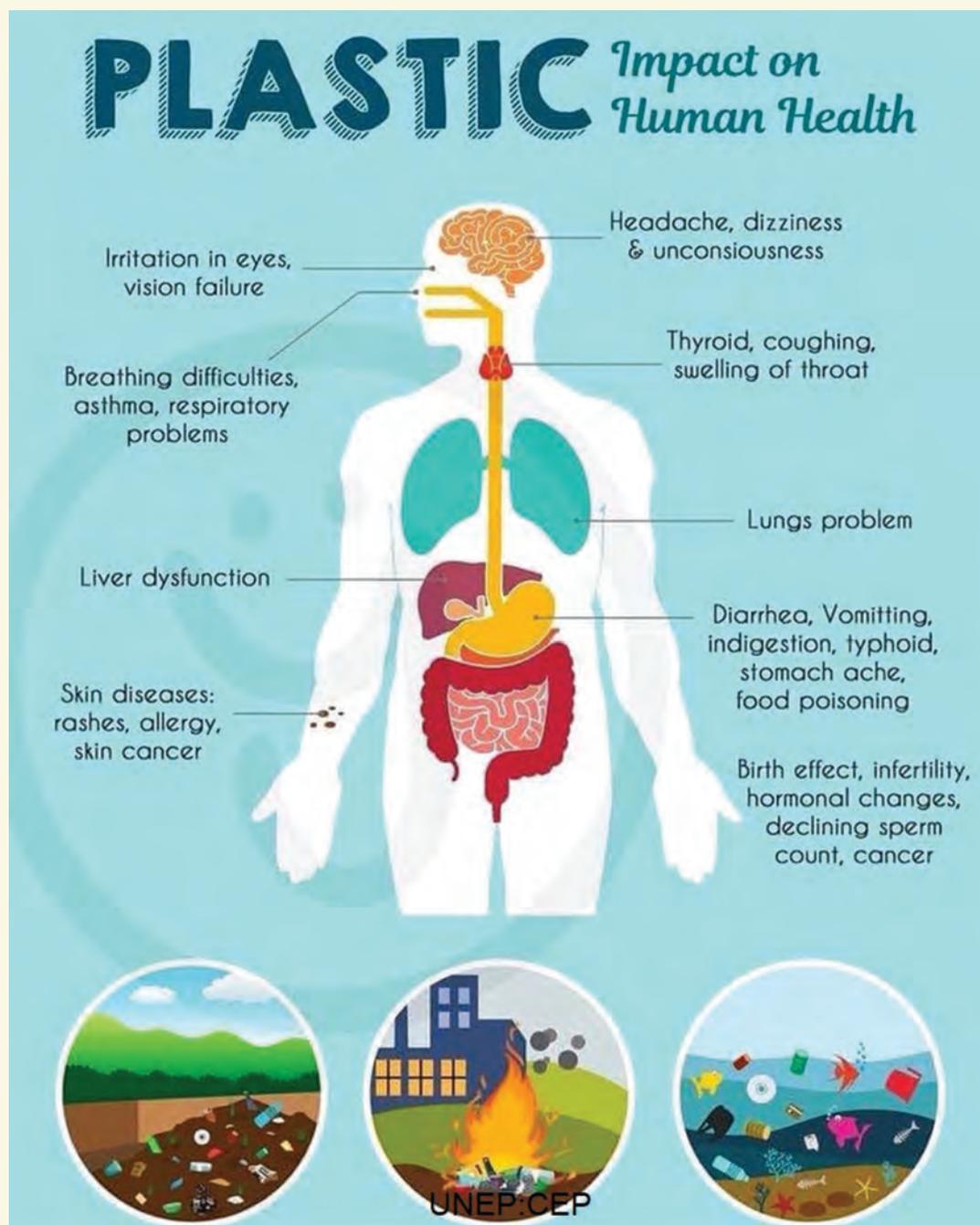
India is one of the countries with the largest production of energy from renewable sources. Renewable energy is energy that is collected from renewable sources, which are naturally replenished on a human timescale, such as sunlight, wind, rain, tides, waves and geothermal heat.

widely distributed, clean, produces no greenhouse gas emissions during operations, consumes no water, and uses little land. The windmill is also used to sail boats. It's a clean fuel source. Wind energy doesn't pollute the air like power plants that rely on combustion of fossil fuels, such as coal or natural gas. India now ranks as a "wind superpower" having a net potential of about 45000 MW only from 13 identified states. Renewable resources will help India in mitigating climate change.

Wind power is the use of air flow through wind turbines to mechanically power generators for electricity. Wind power, as an alternative to burning fossil fuel, is plentiful, renewable ,



# EFFECTS OF PLASTIC ON HUMAN HEALTH



There are both short and long term effects of plastic that we should be aware of :

1. Inhaling the air generated by burning the plastic causes headaches, irritation in eyes, dizziness etc.

2. When polystyrene polymers such as packaging foam, disposable plastic cups and plates are burnt, they release 'styrene' which gets immediately absorbed by our skin and lungs and causes allergies and in the long term, which can affect our central nervous system and cause depression, thyroid, asthma and other respiratory problems.

3. Burning PVC material used in construction and food packaging or toys releases 'dioxin' which is carcinogenic and can cause neurological disorders.

4. Plastic products also contain toxic additives which when coming in contact with water, goes deep into the water table and causes water pollution. If such water is consumed, it causes vomiting, diarrhoea and can even cause liver dysfunction, typhoid, cholera etc.

5. Consumption of crops and plants grown on the polluted soil can cause stomach ache, food poisoning and can develop congenital illness and even chronic health diseases such as diabetes, heart ailments etc.

**Plastic has become a curse to humankind since it has been used in abundance. Plastic is one of the most devastating elements of pollution since it takes thousands of years to decay.**

The plastic that we use and throw has caused the worst impact on our community and environment. Plastic when it comes in contact with air, water or soil creates

the worst impact as it is not biodegradable and stays in the ecosystem for thousands of years. It causes immense harm to the animal and human health.

Fish and wildlife are also get intoxicated and consequently, the toxins from the plastics enter the food chain, threatening human health.

# The Sustainable Development Goals that help in attaining the reduction of pollution caused by plastics

In an effort to equip the world with the tools and knowledge to reduce plastic litter from ending up in our ocean, rivers, and lakes, UN Environment on June 1, 2018, published a report assessing the potential of replacing conventional plastics with alternative materials in certain applications.

- The report by the UN Environment assesses the potential of replacing certain conventional plastics applications with alternative materials.
- Packaging and other single-use items form a large proportion of the plastic litter leaking to the ocean.
- The report highlights some relatively conventional alternatives as well as less obvious solutions: including algae, fungi and pineapple leaves.

The ocean has increasingly become a repository for

discarded plastics and microplastics, with significant demonstrable social, economic and environmental impacts. It is neither possible nor desirable to remove all plastics from society. However, the realization from consumers and policymakers that urgent action should be taken to stop the flow of disposable plastic needed, is growing, and alternatives can have a significant role in reducing our dependence.

Erik Solheim, Head of UN Environment said, "Making the switch from disposable plastic to sustainable alternatives is an investment in the long-term future of our environment."

"The report is intended to encourage society to question our current use of plastics and consider the adoption of alternative approaches, especially for those items which can be characterised as designed for single use, such as packaging," Peter Kershaw, lead author of the report said.

We need to find a range of

alternative materials that can be used to replace single-use plastics where possible. There are situations – particularly in the medical field – where plastic provide essential use. But often, natural materials and alternative technologies can be used to break humanities addition to disposable plastic. This is particularly true for consumer products as these represent a large amount of plastic pollution contributing to marine litter.

Twenty-five case studies from around the world illustrate a wide range of applications to reduce our dependence on the unnecessary use of plastics of disposable plastics. The report contributes to the debate on how to make our use of the planet more sustainable, citing several of the Sustainable Development Goals, including poverty reduction, increased community resilience, and waste minimization.

The report is launched coinciding with World Environment Day 2018, celebrated annually on June 5th. Under the theme: "Beat Plastic Pollution". This day is call to take action for communities to combat this increasing challenge to our societies.

It was conducted in the schools of our country also, specially in Delhi where the students took part by making posters and conducting debates on plastic pollution and hence created awareness among the general public.

Use of plastic is avoided in schools and students are encouraged to carry cloth or paper bags and reuse the old bags.

There is a need to create awareness so that people stop using this hazardous substance and come back to their old ways of leading "plastic free" life.



# EQUALIZING THE DIFFERENCE

“Equality begins at home...

Treat your daughter and son equally...

Because a mother’s womb never differentiates between them.”

Gender equality i.e. the equality between men and women, entails the concept that all human beings both women and men are equal in all aspects.

As a mother, I’m blessed with both a son and daughter. I always give equal treatment that is different but which is considered equivalent in terms of rights, benefits, obligations and opportunities.

In our society, there has always been a separation of males and females in the way they are raised and taught. There has always been a question in every girl’s or woman’s mind- Why do women still face discrimination?

A lot has changed in the last few years. People are becoming more aware of gender equality and human rights, but still, there are girls in our society who face discrimination. This needs to be stopped. People need to understand that everyone has the right to live their lives the way they want to. I have always treated both my children equally and have never discriminated among any of them. Yes, there are times that

I can’t allow my daughter to go out alone but that’s not because I don’t want her to enjoy her life or I’m discriminating against her. It’s because of the problems that girls face in the outside world when alone. As a loving parents, my husband and I have always wanted both our children to stay happy and follow their dreams. My daughter has always had a dream to live in London and

their lives.

One last message I would like to convey to parents is never to discriminate or make comparisons between children. Each child is an individual and as such we should nurture them and prepare them for meeting life head-on.

Fauzia Roohi  
Mother of Jasra Kalam, VI - A



complete her studies at Oxford University in order to become a successful woman.

Instead of objecting to her decisions as many people do, I have always encouraged her. I have never stopped her from working hard because I want my children to be successful in



# IT SHALL BE THE DUTY OF EVERY CITIZEN OF INDIA TO VALUE AND PRESERVE THE RICH HERITAGE OF OUR COMPOSITE CULTURE.



18th April is celebrated as the World Heritage Day as the World Heritage is the shared wealth of the humankind. An assembly was hosted in the school premises celebrating and raising awareness about the diversity of cultural heritage and efforts that are required to protect and conserve it. A pledge was taken to protect the rich heritage of India followed by the melodious song elucidating the theme.

A Teacher Training workshop on Delhi's History and its multi-faceted Heritage was organized by INTACH on the 24th April, 2018. Teachers from various schools all over Delhi had participated in the workshop. A group of heritage experts, with diverse approaches, expressed their views on the following aspects related to Delhi- Delhi's Heritage and issues related to Delhi's urban heritage conservation by Prof. AGK Menon, History and Heritage of Delhi by Narayani Gupta, 'Mapping of Delhi' by Gita Wahi Dua 'Archaeological excavations in Delhi and Conservation of Delhi's monuments by ASI' by Dr Vasant K. Swarnkar.

This was followed by HECS film and 'Dilli Ki Shaan-Book introduction by HECS team. The workshop aimed to encourage the teachers to involve students to recognize, appreciate and adopt their city's heritage. The workshop was very informative. A great deal of emphasis was laid on the various new techniques involved in the mapping of Delhi and also elaborated on the conservation of its heritage.

## Club Activities

Home is a place of residence for an individual, family, household or even several families together. Over the years forms of homes have evolved but one thing has remained the same-their ability to make living comfortable for the residents.

**Traditional Indian homes** are a tribute to architecture that makes use of the environment around them, be it the red oxidized floors of Kolkata, Naalukettu homes in Kerala, Chang houses in North-East or the Havelis of Punjab.

Children of Heritage Club made models of the different houses found in various parts of India and presented the unique features of each. Cultural Heritage was presented by the Raaga sung by Simanjeet Singh who also played the Harmonium.

Further, models to showcase various forms of Heritage viz. Cultural, Natural, Built heritage were made by the children and they spoke about it.

The importance of the **Banyan Tree and Peepal tree** was shown by the models made by students. Natural Heritage of Delhi in the form of **Amaltas, Jamun tree** etc. was also shown by the children in the form of booklets made by them.

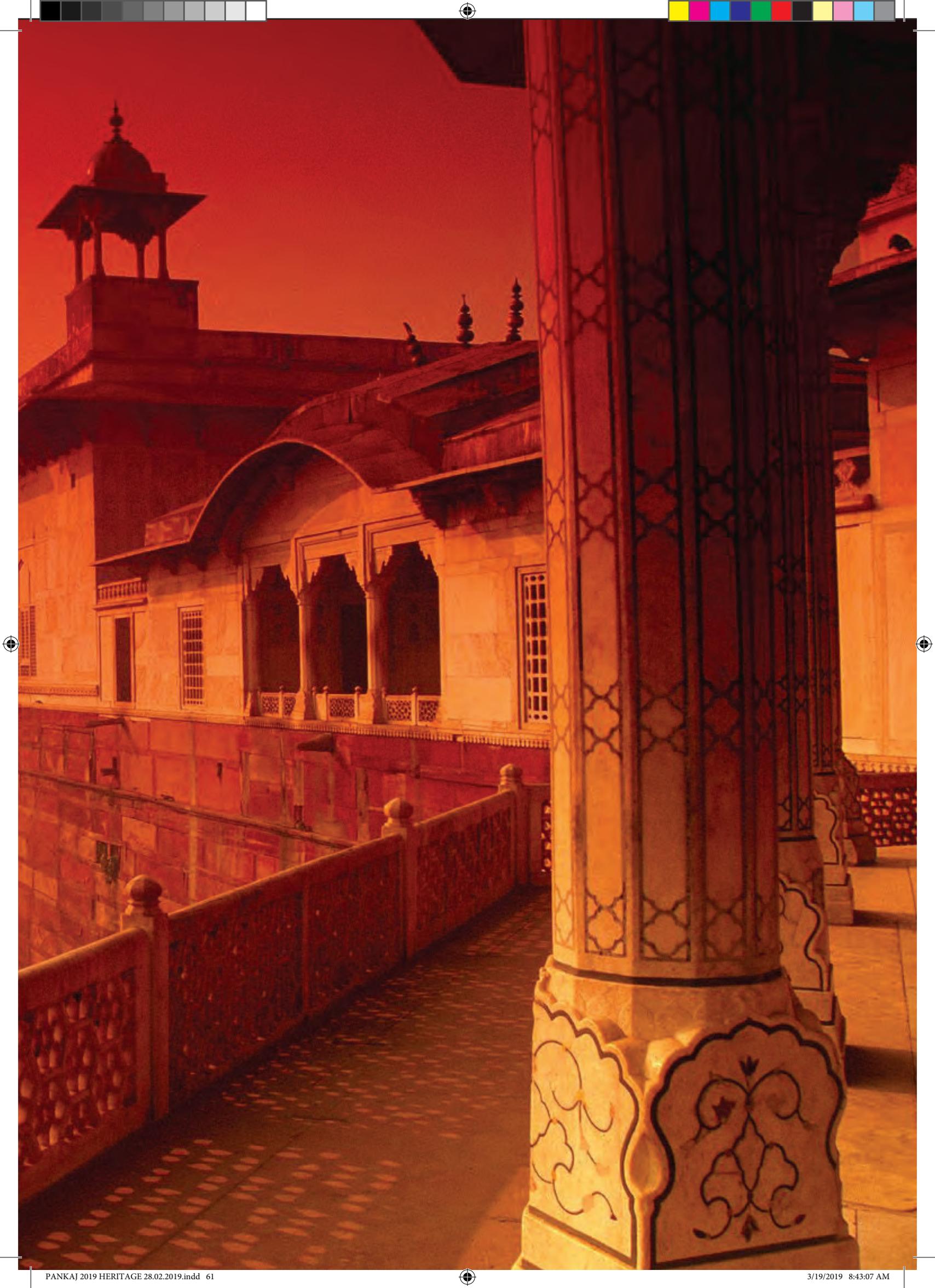
A model was presented by Yashvi Bharal on '**Ganga Bachao Andolan- Save Ganga**' which is again an integral part of our Natural Heritage.

Typical features showcasing our Northern state, Kashmir were presented by the children of Heritage Club-

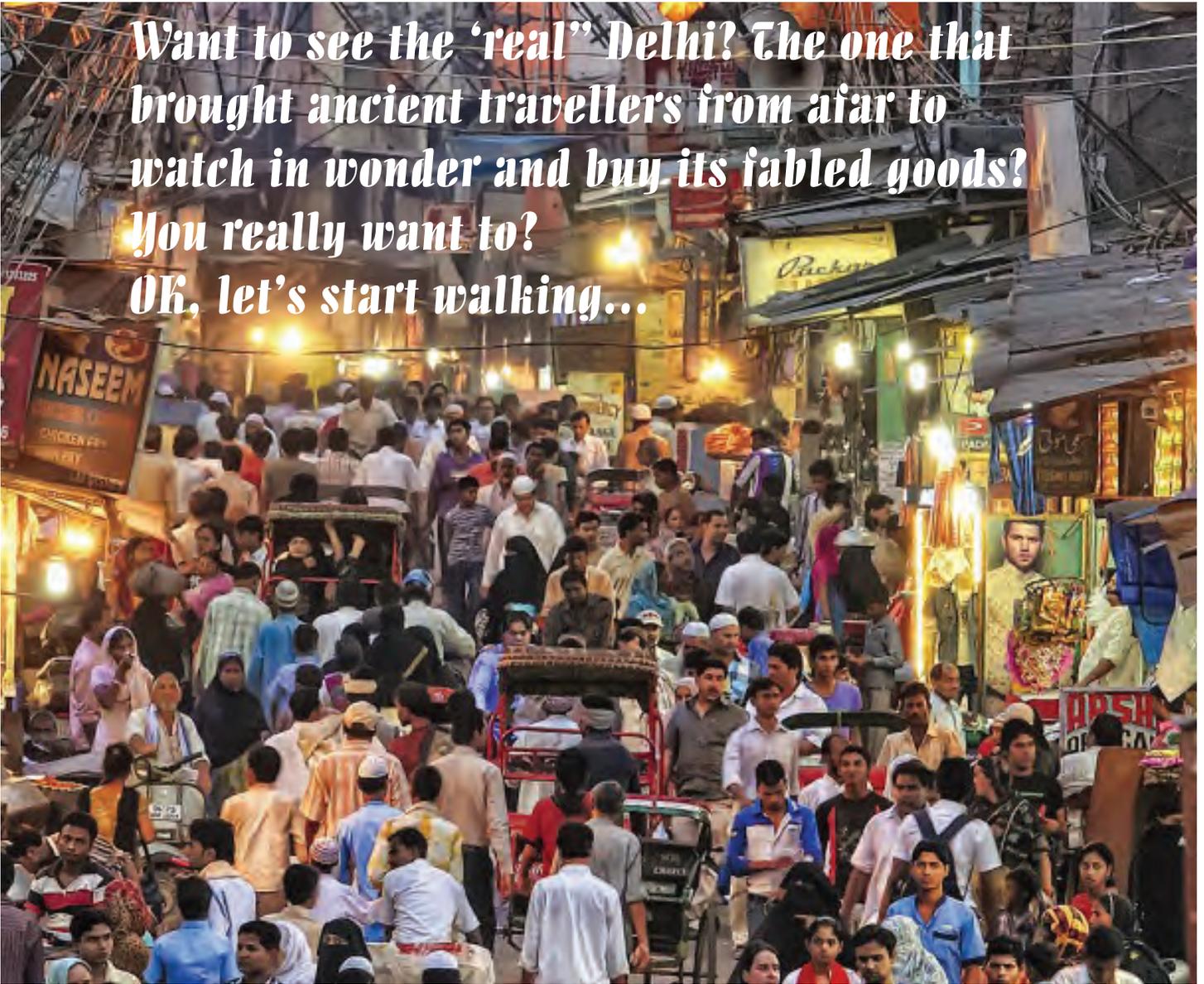
**Dance,**  
**Costume**  
**Language**  
**Food**

Servants are being taught under 'Each One, Teach One Program' so that those who could not get the chance to receive education could benefit out of this programme.

Neha Goel



*Want to see the ‘real’ Delhi? The one that brought ancient travellers from afar to watch in wonder and buy its fabled goods? You really want to? OK, let’s start walking...*



God has given us legs. The least we can do is walk if we cannot dance. Our city is the capital city of India and has been so for some centuries, a veritable confluence of cultures. We are all proud of our Delhi or Dilli and our heritage. The Mughals had Agra as their chosen capital until Shah Jahan decided to build a wall around Delhi and made it his erstwhile capital.

So put on a sturdy pair of walking shoes and let’s try and cover as much

as we can over a period of time. We live in this city of smog and pollution and many of us pass and bypass many beautiful ruins which once used to be exquisite monuments. The Government of India and UNESCO are doing their bit by trying to recover the lost beauty of many monuments and educating the public about the beauty that is our city- Delhi. While we walk around we can even taste the many epicurean delights the nearby eateries are famous for.

We all know of the crowded Chandini Chowk alley and byways. One hesitates to enter the thronging masses that suffocate the narrow walkways. To Chandni Chowk we will eventually go but not before we take a gander around Nizamuddin, Zakir Nagar and Jamia Julena with pocket-friendly prices for the most scrumptious delights of Kebabs, Biryani and Rotis the likes we have not tasted before. Boots! Are you ready? You know you were made for more than the Boot Scoot. Start walking!!

**Chandini Chowk** literally means moonlight square filled with pools of water that reflect the mad light of the moon and one is reminded of the night market in Jemma el Fna square, Marrakech, Morocco where the various meats and sausages are skewered and the heady scents of roasting meat permeate the air. Sadly all that remains of Chandni Chowk are pools that have vanished and electric wires web the overhead sky and throngs of busybodies mill around at a frenetic speed. So be prepared to be pushed

and shoved, poked and prodded, just don't get in the way of anybody. This place is best seen between 8 am - 10 am after which it's a mad rush and an even madder crush.

The serpentine lanes of Chandni Chowk, be warned, can be overwhelming for a first timer.

A trip here is almost a pilgrimage. There are hawkers, eateries, tourists and shops. A visit to Parantha Wali Gali is a must. Check out **Pandit Devi Dayal's** eatery or **Kanhaiya Lal Durga Prasad's Parantha Shop** and **Pandit Gaya Prasad Shiv Charan's shop** (this one is the oldest).

**Camera Bazar** is Asia's famous accessory bazaar for cameras. I bet you did not know that! **Pradip Studio** is the oldest shop here. So all you clickers this is a nugget to digest! Chandni Chowk is home to **Jama Masjid** which is

one of the most popular destinations to visit here. But, there are many hidden gems, enveloped in so much history and culture that is still untouched by the tourism industry. There are many old shops that have their traces rooted back to the Mughal era.

**Sri Digambar Jain Lal Mandir and Sis Ganj Sahib Gurdwara, Havelis of Begum Samru, Mirza Ghalib, and Zeenat Mahal** deserve a **dekho**. Moreover, the **Khajanchi Haveli** housed the accountants of Shah Jahan. While in Chandni Chowk, the 17th century market of Dariba Kalan- the 'street of the incomparable pearl', sells all kinds of trinkets and precious stones.

**For traditional perfume** Gulab Singh Johri Mal is unmissable. It is the oldest perfumery of Delhi. The 200-year-old perfumery is now run by the seventh

generation descendant of the founder Gulab Singh, who is believed to have sold his craftsmanship to Mughal emperors and court nobility of yore.

Fabrics at **Katra Neel**, a hub for indigo manufacturers and traders and now a wholesale market for cloth is where you head to if you want to check out clothes retailers.



The spice market is where all tourists head to take back to their homes the aromatic spices found easily in Chandni Chowk.

The havelis to visit are the historic mansions of **Begum Samru's Palace** for instance. Built-in 1806 for one of the most famous nautch girls during the Mughal era, it

now houses an electronic goods shopping complex.

Then there's **Lala Rai Chunna Mal**, the wealthiest man in 19th century Delhi, and his 130 room haveli. There are many such hidden gems in Chandni Chowk, several of them, unfortunately, in a dilapidated state. Touring these beauties can take a complete day. From Chandni Chowk, after our fill of paranthas and jalebis, we head out of the crowded walled Shahjahanabad to **Humayun's Tomb**.

As the first garden-tomb of the Indian subcontinent, **Humayun's Tomb** set a precedent for subsequent Mughal architectural innovations. While it is renowned as the burial place of Emperor Humayun, the second Mughal ruler in India, more than 150 members of the Mughal



family have also been laid to rest here.

Next stop – The Red Fort. In 1639, Shah Jahan commissioned the

ruler Maharajah Sawai Jai Singh II of Jaipur, the Delhi structure is an architectural marvel initially erected to study the movements of heavenly bodies.

and making it an ideal place to relax. As evening begins to fall, the adjacent Hauz Khas Village, lined with Delhi's hippest bars and restaurants, comes to life.

the 15th and 16th centuries. Agrasen Ki Baoli, a unique construction rumoured to be haunted. You won't catch me there at night. It is an ancient water reservoir



Persian architect Ustad Ahmad Lahauri, who also designed the Taj Mahal, to construct the fort which now is famous for the Prime Minister's Independence Day Address but still manages to draw crowds because of its history.

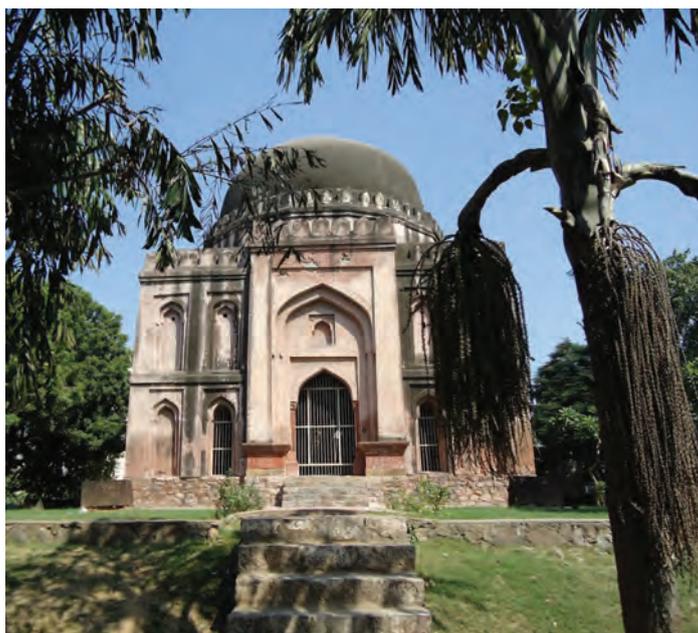
**The Qutub Minar** is a colossal legacy bestowed to the city of Delhi by Qutb ud-din-Aibak, who was the founding father of the Delhi Sultanate era. This 240 ft tower has five storeys. It originally signalled the coming of the Muslim dynasties in Delhi and occupies a seminal place in Indian history.

#### Jantar Mantar

The Jantar Mantar is an absolute must-visit for astronomy enthusiasts. Built by the 18th-century Rajput

Hauz Khas Fort and Hauz Khas Village were inherited from the 13th century Delhi Sultanate. This Fort Complex is a tranquil area

**Lodi Garden**-Walk around the lush 90-acre garden. Everyone is doing it. Expats too. Found here are the monuments such as



in Delhi. Overlooking a serene lake, the ruins of the Fort stand amid wide lawns

the Bara Gumbad, Shish Gumbad and the Tomb of Sikandar Lodi, built during



worth a look during the daytime. I wonder if 'Night Walks' are conducted here.

**Sarai Kale Khan** is a village of the Gurjar Community. People here belong to Basista / Bossatta cast of Gurjars. The Gurjars are living here approximately since 1800 AD. Before 1800 AD these Basista/ Bossatta were living in village Devli - Khanpur situated in South Delhi.

The men of Sarai Kale Khan are famous for their big moustaches, personality, beauty, richness, kindness and royalty. Sarai Kale Khan is also called 'moonchho Wali Sarai'.

The land area of the original Sarai Kale Khan village stretched from Purana Qila (Old Fort) in the north-west to Jawaharlal Nehru Stadium in the west, Mayur

of Delhi, Hazrat Roshan Khan is today situated inside the Delhi Airport complex. Though a Lodi era structure Kale Khan ka Gumad is also situated at



Vihar in the east and Taimoor Nagar in the south. The village is surrounded by monuments such as Purana Qila, Humayun's Tomb, Hazrat Nizamuddin Dargah, Abdur Rahim Khan-e-Khana's Tomb, Baara Pullah and others.

The area was named 'Kale Khan ki Sarai', a Sarai, or rest house for travellers or caravans and the royal route from Mughal imperial courts and Chandni Chowk to their retreat at Mehrauli some 32 km away. The Sarai itself named after a Sufi saint, Kale Khan of 14th-15th century, whose resting place along with that of another Sufi saint

Kotla Mubarakpur Complex in South Delhi, the tomb is dated to 1481 AD as per an inscription on the Mihrab inside the tomb. This Kale Khan was a courtier in the Lodi period during the reign of Bahlol Lodi. The name Sarai derives from the time of the rule of the Afghan Sher Shah Suri, under whom a paved road network was built, with roadside inns called 'Serais' every twelve miles.

**Zakir Nagar** too boasts of being an almost carbon copy of Chandni Chowk and here a meal for two could cost you lesser than Rs 300 for two. The aromas that fill the streets and the



ancient little hole in the ground bakeries turn out the softest, buttery bakes like milk rusk, cake rusk and the like. My suggestion is, if you want quality and a big, generous serving of quantity, be it the Galouti Kebabs or the fragrant Kormas, the Khameer Rotis or the see-through, almost transparent Roomali Roti, Zakir Nagar is your go-to destination.

One travels the world but one always awaits the plane landing on home turf and as you step out of the airport, you know you are HOME because this is where you left your HEART- Delhi.

**Stephanie Ellis**



# JUNIORS

WHERE LEARNING BECOMES FUN



With the changing trends in Education, both teaching and learning have acquired new dimensions. Learning is now not merely from books but is supported by an array of activities ranging from Elocution and Drama to Singing and Special Assemblies. The Pinnacle School, in its journey of sixty years, has grown to be known for its child-oriented curriculum that is fun-filled and one that transforms lessons from theory into an memorable experience.

Each morning, The Pinnacle Kids gather in the school quadrangle for the morning assembly. In recognition of their special efforts in curricular and co-curricular activities, the children are awarded certificates of merit and medals at the school, state and national levels at

the assembly. All our special assemblies, activities and presentations make the quadrangle a very happening place!

Our Special Assemblies are celebrations of religious festivals, national festivals and international festivals too. The celebrations see the children arrive in school in theme-based attire and the classrooms resonate with eager chatter as they await the announcement for gathering for the performance in the quadrangle. The day is spent in creative activities, stories and songs to make the celebration a memorable one. As the children don the costumes of our national leaders and freedom fighters on national festivals, the flame of nationalism is ignited. They have found their idol! Through role play for The People Who Help Us

presentation, the children learn to appreciate other people in their environment, be it the plumber or a policeman. They learn to respect others and show the dignity of labour. The Pinnacle activities comprise international celebrations that unite the world like World Dance Day, Earth Day and Chocolate Day with special assemblies and an array of activities that involve every child.

While laying stress on personal hygiene, the observance of National Handwash Day demonstrates to the children the correct way of washing hands with soap and water. The celebration of days like Fun With Shapes, I Love My Veggies and Fruit Day Fun only add excitement to conceptual learning in the Pre School and Pre Primary classrooms.

Traffic Safety Week was celebrated in the Junior School with the aim of educating the children about road safety rules and culminated in an Art Competition.

Children like playing grown-ups and the celebration of Mother's Day Grandparents' Day and Teachers' Day see our children come dressed to school, like mini adults. They engage in activities like role play and recite theme-based poems alongside creative activities like card-making. This year the children not only learnt poems related to the weather, they even learnt to play some indoor games in class, during the monsoon and very cold months. They are also learning to play games like Lagori (Pitthu) as well.

With Drama, an important learning tool, the enactment of Krishnaleela for Janmashtami, Ramlila for the Diwali Assembly and the Nativity for Christmas are special days packed with a lot of learning beside related creative activities. Our kids enjoy participating in these presentations, no matter what the role be.

To hone their skills in Language and Environmental Studies special games like word searches are devised by the class teachers along with inter-house quizzes in Current Events and Mental Maths. Periodic Handwriting Competitions take our children to another level when they participate in the Write Right Handwriting Competition,



an annual event that sees many represent our school at the Regional and National level of the Competition. The Schoolsindia Art & Essay Competition and the Eduheal Olympiads in Cricket, Science, English, Maths, General Knowledge, Space Science and Bio-Technology, are regular events in our Junior School. Many of our children win medals and cash prizes in these competitions. While inculcating in our children a good book reading habit, we are also part of the Scholastic initiative, One Nation Reads Together.

The Show & Tell presentations that begin in Pre-School stress on developing speaking skills and enhancing confidence levels while laying the foundation for future public speaking. By the time they reach Classes II and III, many have mastered the skills of an eloquent orator!

Regular yoga and drill presentations showcase the high levels of fitness in our

children. Novelty Sports for each class group as well as a grand Sports Day are a part of our curriculum. The drive to foster good eating habits and discouraging fast foods is our constant endeavour at The Pinnacle School. To instil a spirit of adventure, the children from Pre-School to Class II attended the Rocksport Day Camp in school while our Class III kids went to Muddy Boots in Greater Noida. Age appropriate, adventure sports were specially designed in keeping with the ability and interest of the children. Commando Crawl, Burma Bridge and Zip-Line are now a part of their vocabulary!

With a focus on skill building, personality and character building along with social skills as well as right attitudes only makes the Pinnacle education process holistic and complete. A well-planned, balanced syllabi interspersed with recreational activities ensures that The Pinnacle Kids have a fun-filled day in school.

Rita Sinha



*Remember the moment,  
cherish the story, celebrate days.*



1. Earth Day
2. I love veggies
3. Fun with Chocolates
4. Hand Wash Day
5. Grandparents Day
6. I love my India
7. Raksha Bandhan





1



2



3



4



5

*Learning is a treasure that will follow its owner everywhere.*

1. Word Search
2. Fun with shapes
3. Mental Maths Day
4. Holiday Homework was fun
5. Crazy Verb Train
6. EVS Musical Chairs
7. Fun with shapes



6



7

1. Christmas Nativity
2. Kaleidoscope
3. Dancing Dolls
4. Summer Songs
5. Founder's Day

*Music and rhythm find their way into the secret places of the soul.*



1. Here comes Santa!
2. Adventure Camp
3. Adventure Camp
4. Christmas Fete
5. Sports Day

*The five S's of sports are stamina, speed, skill, strength & spirit.*



1



2



3



4



5

# Lil' Champs

1. Schools India Art Competition
2. Schools India Essay Competition
3. SIP Maths Genius Olympiad
4. Eduheal International English Olympiad
5. Inter house Current Affairs Quiz
6. The Vocabulary Relay



You earn your trophies at practice. You just pick them up at competitions.

## THE PINNACLE SCHOOL - UNWA KG SCHOOL PARTNERSHIP

In May 2018, our school joined hands with UNWA (United Nations Wives' Association) in support of their initiative, the UNWA KG School, a Kindergarten School for lesser privileged children between the ages of three and five.



A project led by Mrs Bridget Ganguly, the school has two rooms in the DAV Public School, Jangpura, New Delhi. With two teachers and a support staff of three young ladies to assist with about forty- five children, the school runs in two shifts each morning of the school week. As part of the understanding, a team of teachers from our school would visit the UNWA School, once a month.

It was in July 2018 that our team constituted by Mrs Roszanna Snelleksz and Mrs Mansi Kapoor made their first visit to the school. The children won the hearts of our teachers from their very first meeting. Our very talented teachers now engage them in specially planned activities that enhance

not just creativity but also in learning of language skills but also inculcate in them an interest in rhymes, stories and songs. The activities are usually theme based, from healthy eating habits to festivals and observances.

In the first week of October, the teachers of the UNWA School visited The Pinnacle School on Junior School Parents' Day. They spent time interacting with some of our teachers in the classrooms. Dussehra and Diwali were celebrated with special handwork, a poem and muffins as accompaniment. The spirit of Christmas is never complete unless we experience the 'Joy of Sharing and Giving'. Our teachers told them about Santa and taught them a few Christmas songs.

They made them colour pretty headbands for Santa's Party too. Santa visited the UN School with bags of goodies and gifts for all. The kids were delighted to see him. They interacted with Santa and sang songs, jointly taught by their teachers and our team. For Republic Day, the children coloured a worksheet with colours from our Tricolour. Each visit to the school is packed with learning and fun.

The past few months in this partnership have been very humbling for us at The Pinnacle School. We have enjoyed all the planning of the activities and interacting with the children on each of our visits. We look forward to meeting them with more learning activities and more of sharing with their teachers.

*Rita Sinha*

## GOING TO THE PARK

**T**here is a park near my house. It is a small park. I go to the park in the afternoon and in the evening. I go there with my friends. I play with my neighbour Laiba in the park. The park has flowers and sand. I play tennis and badminton there. I also have a picnic here on Sundays. There are leafy statues in the shape of a giraffe and an elephant in wireframes. There are small grassy hills to roll down from and benches to relax and sit on. I have a lot of fun in the park.

Ahmed Umar Farooqui, II-A

## CLASSROOM - TO YOU I BELONG

My new classroom is very big. I keep my classroom clean. In my class, there are three fans and lights. There are many chairs and tables. There are many charts also. All my books are kept in class. I have four friends in my new class. I have got many new teachers. I like my new class.

Livanshi, II-B

## DO RE MI



Aunt Gloria is my new singing teacher. She is very strict. She is very pretty. She plays the Yamaha very nicely. She sings many songs. On the first day, she called our names and we got up and sang alone. She gave us grades. I like my new singing teacher very much.

Bhavya Kapoor, II-C



## MORNING WALKS ARE FUN

I go for my morning walk at 5 o'clock. I go to a park near my house. I go there with my family. There is a jogging track in the park. I jog with my father. Then I do yoga with my mother. There is lots of greenery around the park. There are many beautiful flowers in the park too. There are many old people doing laughing exercises. Many children play in the park in the morning. Yes, morning walks are fun!

Riddha Sengupta, III-A

## BIRTHDAY REVELRY

My birthday comes on the 7th of August. In the morning when I woke up my parents gave me a stylish purse filled with chocolates. There was a doll for me inside the purse. Then my parents asked me not to come inside their bedroom because they were planning for a party. After the planning was done we went to the temple and prayed. After that, I made a list of people coming to my party and invited them. Then I helped my father decorate the living room. My mother made delicious chowmein, burgers, chole – bhature and a strawberry cake for the party. It was a lovely party.

Shagun Sharma, III-B

## MOTHER'S DAY

We celebrate Mother's Day for mothers. We celebrate this day to show our love. I love my mother very much. I made a card for her. I gave her a gift and she felt very happy. I also made a mixed fruit cake for my mother. We all enjoyed Mother's Day.

Aarna Makhija, II-B



# Our Scribes

## HOLIDAYS MAKE ME HAPPY

I have summer holidays in May and June. I play with my friends and go shopping with my mother. My friends come home to play. We put on music and dance a lot. I eat kulfis, ice candies and mangoes. I read every day.

I visit my grandparents. I make nice scrapbooks for my holiday homework. We go for evening picnics to the park. I like being in the park. I play carrom with my mother and watch a little television. In my holidays I sleep a lot. I really love my holidays because I have lots of fun. My father and mother also have a lot of fun with us. I go to the temple with them. We go out for special family dinners. Holidays make me happy because I go to sleep late in the night and wake up late in the morning.

Aarna Makhija, II-B



## LOVE MY MOM



My mother is pretty. She is tall. She likes red. She likes nuts. I love my mother. She loves me too.

Raunak Kumari, I-B

Life is an ice cream.  
Enjoy it before it melts.



## ICE CREAM SOLVES EVERYTHING

One day, I got full marks in a Maths Test. I came home very happy. I asked my father if we could have an ice-cream treat. But my father refused because he was not happy with my handwriting. My parents were quietly planning a treat for me. My father went to the Baskin Robbins Ice-cream shop.

There were so many flavours of ice-creams there like strawberry, butterscotch and many more. He bought my favourite chocolate flavour. We had so much ice-cream to eat. It was a nice treat. I thanked my parents for the lovely surprise.

Dhanya Jha, II-A

## MY FAMILY OUTING



I went to a water park in my holidays. My family took me in a car to the water park. There were different types of rides there. I liked the pool rides. I wore a swimming costume. There were other children with their families in the park. I also ate food. I enjoyed very much.

Payal, II-B

## I AM A JUNK FOODIE



I like to eat pizza. My mother makes it for me. It is very tasty. I always eat fresh and hot pizza. It has cheese and vegetables. It is junk food. I will try not to eat pizzas.

Pratham, I-C

## EATING TOGETHER

One day my mother planned to have a family dinner. She invited my grandparents for our family dinner. My mother and I went shopping in the Super Market. She bought gifts for my grandparents. We went for dinner at a hotel. The hotel was very nice. We ordered food at the hotel. We ate lachcha parantha and dal makhani. The food was yummy. Then I gave gifts to my grandparents and they were very happy. After dinner, we all ate ice-creams. I enjoyed my family dinner with my grandparents very much.

Vritant Tanwar, III-A

## KEEP THE CLASSROOM CLEAN

We should keep our classroom clean. It is important because we study here. A classroom has many children in the same room all the time. If our classroom is dirty, then the air in the room will also become dirty. It will have germs and we will become sick. Children should not throw paper and foil paper on the floor. All waste paper should be put in the dustbin. We must sharpen our pencils at the bin. Everyone should keep the tables and chairs clean. I always help to keep my classroom clean.

Mahd Khan, III-A

## PINOCCHIO

Our teacher asked us to read a storybook in our summer holidays. My holiday storybook's name is Pinocchio. My mother bought this book from a bookstore for me. It is a big book. It has very colourful pictures. The story is about a carpenter and a wooden puppet. It was an interesting story. I enjoyed reading this book because it was full of fun. I shared my storybook with my sister.

Shaurya Garg, III-B

## DEAR SHARVI

My new friend's name is Sharvi. She studies in my class. She lives near my house. We play together in the park. She is very cute and pretty. She has very curly hair. I invited her to my birthday party. Sharvi loves to read storybooks. She also loves to play games with me. We share our tiffins with each other. We have become best friends.

Pehar Sadh, III-B



## LOVING FAMILY

My family is a small and good family. We go to the mall on holidays. My mother cooks and bakes cakes for us. We eat food together. I love my family.

Arfa Aamir, I-C

# MY GRANDPARENTS ROCK



My grandparents live with me. They play with me. My grandmother bakes cakes for me. She buys me chocolate every day. She tells me stories. She buys fruits for me. I like to spend time with my grandparents. They buy me toys. They give me ice-cream treats. My grandparents take me to the India Gate. We ride a bike together. Every week we go out. They take me to see museums.

My grandfather buys me storybooks. He loves me a lot. He wants me to eat fruits and healthy food. He and my grandmother never scold me. They buy me big boxes of chocolates when I get full marks in class. My grandmother makes special food for me. My grandparents give me a surprise every day. I love them so much.

Shaurya Garg, III-B



## MONSOON TIME

The monsoon season is my favourite season. I love the rain because the weather and the air around us become cool. I can wear my raincoat and gumboots and go out to play with my friends in the rain. I take my umbrella with me too. We see the peacock dancing before it rains. We play games in the rain. I jump in the puddles wearing my gumboots. When I come back home I like to drink hot tea and eat jalebis and samosas. I sit in the verandah and enjoy watching the rain with my friends. When the rain stops I love to see the rainbow in the sky.

## I WISH I WAS BORN A BIRD

I am a cuckoo bird. I am black in colour. I have a very sweet voice. I am mostly known for my singing. I am also a naughty little bird. I lay my eggs in the nests of other birds, especially the crows. I like to worry about them. I am a shy bird, too. I live in big trees crowded with leaves like the mango tree. I like to eat hairy caterpillars. I love to fly around. I don't like to be trapped in a cage. I love rainy days. The weather turns cool. When I see children eating ice-cream, I want to eat some too. I love myself because of my sweet voice.

Riddha Sengupta, III-A

Shagun Sharma, III-B



## FROZEN, MY DOLLY

I have a toy doll. Her name is Frozen. She is very pretty. I play with her in the evening. Even my friend knows her well. She is good at dancing. I put music on YouTube and dance with her. She can speak too. Sometimes I give her a bath. I put on pretty dresses for her. I love my doll because she is the best in the whole world.



## A FUN DAY

My family is good. They go to the park. My family plays with me. They live in Delhi. I love my family.

Aadya Ranjan, I-A





## BFF

My best friend's name is Nakul. He is five years old. He lives in Delhi. My friend likes to eat buns. He is a good boy.

Satyam Paswan, I-A

"Either write something worth reading or do something worth writing." Benjamin Franklin

## TRUE FRIENDS

**M**y friend Samaira came to our home. She came to our home on Eid. We played with my teddy bear.

After playing we watched a movie. The movie was Tiger Zinda Hai. My mother made yummy cupcakes. We liked the cupcakes. I enjoyed my friend's visit very much.

Naba Choudhary, II-B

## WELCOME TO MY NEW HOME

I want to make a new house. I want to make a beautiful house. I want my bathroom to have a huge bathtub. My room would have blue walls. I will have cartoon posters on the walls. I want my house to have a huge drawing room also. There will be different rooms for everyone. I want a swimming pool on my terrace. I will call all my friends to a party in my new house.

Bilal Ahmed, II-A

## MORE FRUITS & VEGGIES

I like to eat fruits and vegetables. My mother buys them from the shop. They are good for health. My mother gives me fruits and vegetables to eat daily. My mother makes a fruit salad for me also.

Tashvi Sharma, I-B

## ALOO POORI - YOU CAN'T BEAT IT

My favourite food is potato curry and poori. My mother cooks it for me at home. I eat with my family. She also makes it for my school. I share it with my friends.

Maria, I-A





## MY MATE

My friend's name is Zainab. She is very clever. In school, we share our tiffin. She likes to eat sweets. She likes to go to the park to play in. We go to each other's house.

Aaliya Gupta, I-C



## YOGA, MY NATURAL HIGH

We have yoga every Thursday at school. Chakradhar Sir is my Yoga teacher. He teaches us many asanas like the camel pose, the cobra pose and the lotus pose. My best asana is the lotus pose. Yoga is good for my body. I practise yoga at home also. I like yoga very much.

Pradnya Maheshwari, II-C



## FUN WITH MUM

My mum's name is Leela. I enjoy having fun with my mum. My mum helps me with my homework. I go shopping with my mum. My mum buys me storybooks. I play Ludo with my mum. She tells me stories at night. We eat lunch together. We bake a cake together. We go to the park and play badminton and hide and seek. My mum takes me to birthday parties. She even sings for me. I have a lot of fun with my mum.

M.Mohitha, III-B



# MY NEW HAIR CUT

I went to the salon for a haircut with my mother. It was in a mall. The hairdresser asked me what hairstyle I wanted. I told her that I really wanted a party hairstyle. She made me sit on a special chair. They put a sheet around me. Then she wet my hair with a spray and combed my hair.

Bhavya Kumar, II-A

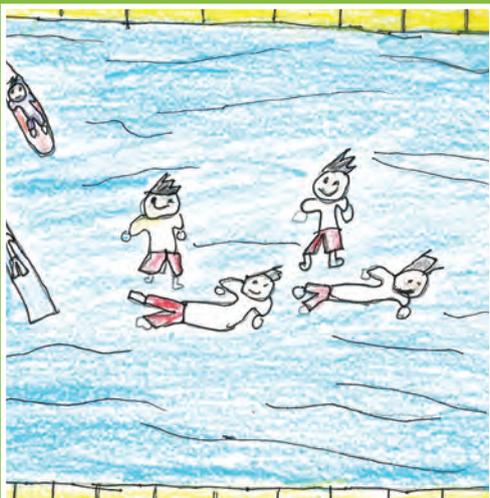
She cut my hair and put rollers. My hair looked nice after they removed the rollers. Then she put colourful pretty clips on my hair. I looked so beautiful. We went back home. At the party, everyone told me that my hair looked so nice. I was very happy because my hair looked so pretty.



## BEST FATHER EVER

My father's name is Aamir. He is forty-two years old. He wears pants and shirts. He is tall. He cooks food for me. He buys me toys. He bathes me. He plays with me. He has a red car. I love my father.

Vaaniya Aamir, I-B



### **BEST FRIENDS WITH MY TEACHER**

There are many teachers in my school. All of them are good. But my class teacher, Aunty Rachna is the best of all. I can talk easily to her. She reads us good stories. She also tells me to do good work. When I do good work, she gives me a star in my book. When I don't know something, she tells it to me. She likes me very much. I am fond of my teacher.

Prabhsifat Kaur Sachdeva, II-B

### **RIDE ON THE WATER SLIDE**

Last Sunday, I was very excited because I was going to the Water Park. I woke up at 6 o' clock. I quickly got ready to go to the Water Park with my family. We took some chips, juice and a chocolate cake with us. When I entered the Water Park I saw lots of swings. My sister and I played on the swings for three hours. We also took a water ride. I played with my sister in the pool. Then we had some cold drinks and pastries. I enjoyed my Sunday.

Mysha Khan, III-A

### **BONDING WITH GRANDPARENTS**

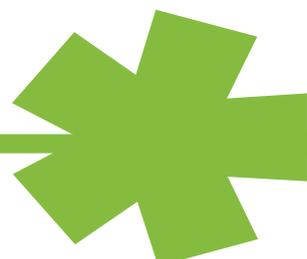
My grandparents live in Aligarh in Uttar Pradesh. I visit my grandparents during my summer holidays. Their house is big and beautiful. There are many rooms. There is a separate room for me and my family. The rooms have big windows. There is a rocking chair where my grandfather sits and reads his newspaper. From outside the house is pink and red in colour. There are beautiful flowers in the garden. My grandmother cooks delicious food for us when we go there. I love my grandparents and their house.

Nandini, III - A

### **CHOCOLATE - EVERYBODY'S FAVOURITE**

We had a fun day on 24th July. We celebrated Chocolate Day in school. I made a card with a border and design. Ariba gave me chocolate wrappers and I stuck them on my card. We brought chocolates and ate them in school. My teacher put up all the cards on the board. When she gave my card to me, I gave it to my mother. She was very happy to see my card.

Alisha Khan, II-C



# Writers



# Illustrators



## ART CLINIC CONTEST

CLASS	NAME	MEDAL	CLASS	NAME	MEDAL
1 C	Yusra F.Hasaney	Gold	3 A	Aarav Singhal	Gold
2 C	Ariba Siddiqui	Silver	3 A	Sahaj Kaur	Gold
2 A	Wardaan H. Khan	Silver	4 A	Yashika	Silver
2 A	Harshita Mishra	Gold	4 A	Haajra F.Hasaney	Gold
3 A	Mysha Khan	Gold	4A	Fatima Firdaus	Silver
3 A	Trishi	Gold	4 A	MuizzaHasin	Silver
3 A	Ritu Chaudhary	Gold	4 B	Faaria Fatima	Silver
3 A	Hiten Sejwal	Gold	5 B	Tanmay Gupta	Gold

## NATIONAL INTERACTIVE SCIENCE OLYMPIAD

CLASS	NAME	MEDAL
1 A	Aaaniya Amir	Gold
2A	AayanAshraf	Gold
2 A	DhanyaJha	Gold
3 A	MahdKhan	Gold
4 A	Fatima Firdaus	Gold
5A	SananAhmed Rehmani	Gold

## 9<sup>th</sup> HANDWRITING OLYMPIAD 2018-19

Category	1st Rank (Trophy)	2nd Rank (Silver Medal)	3rd Rank (Bronze)
A	Karishma Banerjee, Class-9B	Diya Gilani, Class-10 A	Asra Hashmi, Class-12
B	IlsahAnjula, Class-8 A	Reeba Khan, Class-8 A	Manya Sharma, Class-8 B
C	M.Mohitha S. Reddy, Class-3B	Sahaj Kaur, Class 3A	Shaurya Garg,Class-3B

### Consolation Prizes(Bronze Medal):

- Noor Zahoor, Class-7 A
- Vrinda Gulati, Class-8 B
- Harshit Gupta, Class-8 A
- GaganPaudel, Class-2 C
- Shubhan, Class-2 A
- Mohd, Arshaan Khan, Class-1 B
- Sidhant Narang, Class-4 B

Writers



### Schoolsindia 18<sup>th</sup> ALL INDIA HOPE TALENT CONTEST

CLASS	NAME	FIELD	AWARD
II A	Dhanya Jha	Art	1 <sup>st</sup> Prize(Rs.1000/- & Gold Medal)
I A	Fateh Singh	Art	2 <sup>nd</sup> Prize(Rs.500/- & Gold Medal)
II B	Chirag Besoya	Art	3 <sup>rd</sup> Prize(Rs.200/- & Gold Medal)
IV A	Haajra F. Hasaney	Essay	3 <sup>rd</sup> Prize(Rs.200/- & Gold Medal)
Pre Primary 1	Abeeha F. Hasaney	Art	3 <sup>rd</sup> Prize(Rs.200/- & Gold Medal)
II C	Pradnya Maheshwari	Art	Consolation(Rs.100/- & Gold Medal)
IV B	Antarjot S. Sachdeva	Essay	Consolation (Rs.100/- & Gold Medal)
Pre School 2	Delisha Garg	Art	Consolation (Rs.100/- & Gold Medal)
I A	Maria	Art	Silver Medal
I A	ShreemaddChaurasia	Art	Silver Medal
II A	Parikshit Kumar	Art	Silver Medal
II B	MishkaaSadhwani	Art	Silver Medal
II B	Abbayan Ata	Art	Silver Medal
III B	Shagun Sharma	Essay	Silver Medal
III B	M.MohithaSrivalli Reddy	Art	Silver Medal
III B	Shagun Sharma	Art	Silver Medal
III A	Abdullah Siddiqui	Art	Silver Medal
III A	Aaira Rahman	Art	Silver Medal
III A	Riddha Sengupta	Art	Silver Medal
IVB	Ayanna Dawar	Essay	Silver Medal
VI B	Anaya Misra	Essay	Silver Medal
VI B	Aavriti Sharma	Essay	Silver Medal
VI B	Laiba Siddiqui	Essay	Silver Medal
I B	Harveer Singh	Art	Bronze Medal
IV A	Yashica Sharma	Essay	Bronze Medal
IV A	Raghav Sharma	Art	Bronze Medal
IV B	Sidhant Narang	Art	Bronze Medal
Pre Primary 3	Agamyabenawal	Art	Bronze Medal
Pre Primary 1	Saransh Narang	Art	Bronze Medal
Pre Primary 1	Mohd. Isa	Art	Bronze Medal
Pre School 1	HarshulMehra	Art	Bronze Medal
Pre School 2	Ayesha Azfar Khan	Art	Bronze Medal
Pre School 1	Divyanshi Verma	Art	Bronze Medal
V A	Kartik Goyal	Essay	Bronze Medal
V B	Amna Afaq	Essay	Bronze Medal
VI B	Abhishek S. Rawat	Art	Bronze Medal

**EDUHEAL FOUNDATION INTERACTIVE OLYMPIADS 2018-19****NATIONAL INTERACTIVE MATHS OLYMPIAD**

CLASS	NAME	MEDAL	CLASS	NAME	MEDAL
1 A	Anvesha	Gold	3B	Shaurya Garg	Bronze
1 B	Vaaniya Amir	Gold	4B	Aryan Sharma	Silver
1 C	AdwickRampal	Bronze	4B	Atharva Beniwal	Silver
2 A	Aayan Ashraf	Bronze	4A	Daksh Mandia	Silver
2 B	Harshika Mittal	Gold	4A	Fatima Firdaus	Gold**
2 B	Naba Choudhary	Gold	5A	Ishaan Gupta	Silver
3 A	Mahd Khan	Gold	5B	Syed Rayyan	Gold**
3 A	Rayyan Ahmad	Gold	5B	Tanmay Gupta	Bronze

**INTERNATIONAL ENGLISH OLYMPIAD**

CLASS	NAME	MEDAL	CLASS	NAME	MEDAL
1 C	AdwickRampal	Gold	3 B	Shagun Sharma	Gold**
2 B	Harshika Mittal	Bronze	4 A	Fatima Firdaus	Gold**
2 A	Dhanya Jha	Bronze	5 A	Kartik Goyal	Silver
2 B	Naba Choudhary	Gold	5 A	Ishaan Gupta	Silver
2 B	Abdullah Naeem	Silver	5 A	Syeda Maisa Fatima	Gold**

**NATIONAL BIOTECHNOLOGY OLYMPIAD**

CLASS	NAME	MEDAL
2 B	Mohammad Ali Khan	Gold
5 A	Harjap Singh Ahuja	Gold

**NATIONAL SPACE SCIENCE OLYMPIAD**

CLASS	NAME	MEDAL
4 A	Ranbeer Chadha	Gold
5 A	Syeda Maisa Fatima	Gold

**SPORTS CLINIC CONTEST**

CLASS	NAME	MEDAL	CLASS	NAME	MEDAL
4 A	Ranbeer Chadha	Gold	4 B	Chaitanya Singh	Gold
4 B	Yashas Sharma	Gold	5 A	Harjap Singh Ahuja	Gold

**INTERNATIONAL GENERAL KNOWLEDGE OLYMPIAD**

CLASS	NAME	MEDAL
1 A	Nakul	Gold
2A	Dhanya Jha	Gold
2 A	Wardaan Haris Khan	Gold
3 A	Daksh Garg	Gold
4 B	Antarjot Singh Sachdeva	Gold
5A	Harjap Singh Ahuia	Gold

# LOADING LAUGHTER ...



Energetic, cheerful, noisy, like the boisterous wind which is hard to control - a class which is full of loquacious and talkative people, forever ready to express their views. A class so full of distinct laughter that one nearly breaks into a laugh himself, if attention is paid to how they are all laughing.

Class Eleven was quite a handful when it came to handling them. Every new day was a challenge. Every morning I would tell them to stay out of trouble, have a good day and every afternoon I would find out whether that they had been up to some mischief or the other. Life was nothing less than a roller coaster with them. I sometimes wondered why they had all gone so wonky in Class XI. Yet I have to say that this class never misbehaved or talked back during the many dressing downs that they got.

Class XI assembly left every one mesmerized. Not just that, they also ROCKED the farewell. Class XII kept asking me if this eleventh would be able to pull off a decent farewell and of course they worked tirelessly and handled it like a BOSS. Infact long after the farewell was over, I would walk into the class and the students would say "Ma'am, let's go for a run through".

In the last month before their exams, I was often asked if I would miss them and I would jokingly tell them that headaches are not missed. I can't help but confess that as you leave I feel an ache in my heart and I am gripped by a yearning to see your silly faces early in the morning, ready to get the day started with your tomfoolery.



Deepti Madan

CLASS -XII III



*Aditya Kukreja-Dobby  
Nobel intentions and  
determined to be of help*



*Akshit Puri-Roland Deschain  
A disciplined, no-nonsense  
anti-hero*



*Aman Bangwal-James Bond  
Can floor men (physically) and  
women with equal style and  
minimum fuss*



*Aman Banka-Atticus Finch  
A true role model in every sense  
of the word*



*Khushi Sachdeva-Heidi  
Loyal and cool both on the in-  
side and outside*



*Apoorv Prashar-Richard Katz  
Cool in an evolving state of mind  
and not just a flippant young man*



*Harveen Kaur-Matilda  
Makes the best of what she's got  
- lots of charisma*



*Anbhay Sadh-Aragorn  
This compassionate Ranger will  
always rule our hearts*



*Mahek Malhotra-Sansa Stark  
Has a taste for the finer things  
in life*



*Manav Madnani-Neville Longbottom  
Makes his point and wins every  
one's hearts*



*Samriddhi Dureja-Becky Sharp  
A beautiful and clever creation*



*Ishan Dua-Snape  
A consistent presence in the life  
of those he loves*



*Quincy Sadh-Mary Poppins  
This magical girl teaches us that  
life can be full of beauty and  
fun*



*Pratham Sadh- Samwise Gamgee  
The best friend any one could ask  
for*



*Rishab Gupta-Gandalf  
Unmatchable intellect and far  
sighted*



*Tashveen Kaur-Buffy  
Buffy handles life with kick-butt  
prowess and immense charm*



*Pulkit Goel-Rodion Raskolnikov  
A complex young chap, who doesn't  
believe in following laws*



*Shivanya Soni-Eowyn  
Brave and has a drive to defy  
other's expectations of her*



*Urooba Siddiqui-Daenerys Targaryen  
Has a fiery spirit and is  
determined to be at the top*



*Uday Papri-Don Quixote  
Innocent and full of chivalry and  
bravery*



*Rhythm Nagpal-Legolas  
Cool , reliable handsome and  
brave*



*Tanmay Saini-Tyrion  
Formidable ,doesn't let people's  
opinions stop him*



*Tushar Kalra-The Little Prince  
Wisest and the most ambitious  
young man*



*Mehar Dhody-Margaret Simon  
A thinker, wonderer and a keen  
learner*



*Rohan Joseph Lal-Jon Snow  
Generous, brave, and capable of  
sacrificing for others*



*Sonali Bhandari-Josephine March  
A willful young woman with strong  
principles*



*Bhvya Tanwar-Meg Murry  
Has a distinct personality and  
doesn't try to fit in!*



*Cheena Taneja-Alice In Wonderland  
Her inquisitive nature holds a  
mirror up to the acquiescent  
adult world*



*Jatin Singh-George Weasley  
An artist in his chosen field  
(making mischief)*



*Mayank Gulliya-Huckleberry Finn  
Full of childlike charm and  
wonder*



*Mehak Bhatia-Jane Eyre  
Spirited and has the knack of  
getting things done*



*Shivangi Taneja-Belle  
Intelligent, persistent, and  
extremely brave*



*Ishan Dewan-Remus Lupin  
A real hero who is there for  
those who need him*



*Sidra Nizami-Arya Stark  
Headstrong, and may just survive  
the contest called life*



*Simran Bindra-Ophelia  
She will stop at nothing to  
protect those whom she loves*



*Suhana Sharma-Hermione Granger  
Intellectual and blasts her  
friends when they're being  
ridiculous*



*Wadia Shariq-Esperanza's  
Her observational nature is  
enamouring*



*Ronit Sadh-Pippin  
An optimist who manages to see  
the best in everything*



*Alisbah Zulfqar-LucyPevensie  
Extremely faithful, and has  
unwavering belief in the good*



*Priyanka Dandona-Alanna  
A strong will to prove herself in  
a world that belongs to men*



*Asra Hashmi-Midori Kobayashi  
Smart and seeking to strike a  
balance between the traditional  
and the modern*



*Sagardeep Singh-The Hobbit  
Small in size, but has a huge,  
friendly personality*



*Shehla Zahoor-Ginny Weasley  
A strong, determined and alluring  
young woman*



*Maryam Ahmed-Snowball (Animal Farm)  
Cool and deeply philosophical*

# Investiture Ceremony

THE INVESTITURE CEREMONY WAS HELD IN JULY. THE CANDIDATES WERE ALL AGOG WITH EXCITEMENT FOR THE RESULTS TO UNFOLD. THE STUDENT COUNCIL 2018-2019 CAME INTO EFFECT AND WERE LED FROM THE FRONT BY ROHAN AND QUINCY.



Standing 1st Row(Lt-Rt): Priyanka Dandona, Rohan Joseph Lal, Quincy Sadh, Mannat Singh Anand, Tushar Kalra, Tanmay Saini.

Standing 2nd Row (Lt-Rt): Mohd. Shafi Khan, Manya Sharma, Harshit Gupta, Anjali Dhyani, Saiba Kathpalia, Sahib Mehra.

Standing 3rd Row (Lt-Rt): Gurjot Kaur Anand, Chahat Singh, Mahee Chadha, Sahil Dewan, Mohammad Ali, Haider Ali, Yash Rawat.

## PERFORMING AT THE OPENING CEREMONY



Students of the school participated in the opening ceremony of 1st Asian and Oceanian BOCCE championship on 1st December ,2018.

## OPENING ALL DOORS- MULTILINGUALISM

Language Day is celebrated every year on 21st February. The main purpose of celebrating this day is to promote linguistic and cultural diversity and multilingualism.

Classes VI to VIII had fun activities which were in the form of a quiz and word search for the different levels. The children enjoyed the activity.



## SWAYING TO THE TUNE



An assembly was organized by Class XII to celebrate International Dance Day and Earth Day. The assembly constituted of a short skit highlighting the importance of keeping our surroundings clean, a fusion dance comprising of both western and Indian Bhangra and a poem written by the students emphasizing on taking immediate steps to save our planet. The assembly ended with a small speech and display of posters made by the students depicting the importance of Mother Earth. The assembly was liked by all.

## MA IS A SPECIAL WORD

Mother's Day Activity for Class IV was conducted in the classroom on 9th May. Children made beautiful cards with a thoughtful message to their moms. They decorated the cards beautifully to show appreciation for their mothers in their lives. They wanted their mothers to be surprised with those cards that would bring a smile on their faces. Through this activity, they also showed that their mother served as role models to them.



## TRAIN TO STRAIN

Mental Maths Quiz was conducted for Class V on the 5th of May. It was an interactive experience for the children. The quiz encouraged the children to participate and be confident.



On the same day, Spell Bee was organized for Class IV. It made children aware of spellings and the usage of many unfamiliar words. It was a wonderful learning experience. It served to enrich the vocabulary bank of the students and encouraged the students to spell difficult words confidently.

## OH, WHAT A DISPLAY!!!!



The month of July ended with Classes IV to VIII displaying their holiday projects. The children put in a lot of effort into their projects and were enthusiastic to display their work.

They showcased their skill in various models, collages and work of art. There were many innovative ideas for all to learn.

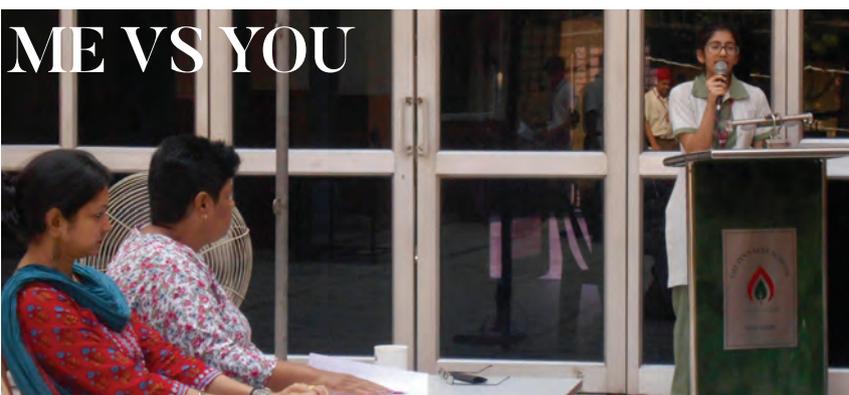


## CELEBRATING INDEPENDENCE

**T**he Independence Day Assembly of the year 2018 was hosted by Class X.

The Assembly started with the Flag hoisting ceremony and a short prayer for the well being of our nation. Our Principal gave a short speech remembering the great sacrifices made to achieve the nation and spoke about the duties of citizens and responsibility on our shoulders to cherish the great sacrifices made.

There was a skit depicting how different people celebrate this historic day all around Delhi. Children performed dances on patriotic songs, while some sang a couple of patriotic songs. A musical skit depicting the sacrifice of our soldiers, made us all quite emotional. Students showcased their jump rope skills on patriotic songs. Children participated enthusiastically. The teamwork of Class X was appreciated with a huge applause by the school.

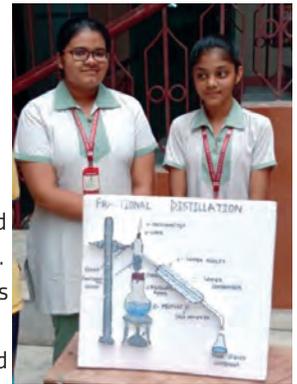


An Inter House Debate Competition on 'Today Parenting is more about financing children than nurturing them' was held on August 21, 2018. Mannat Singh Anand of Class X-B (Tagore House) stood first followed by Vanshika Choudhary (Class IX -A, Gandhi House) and Jagriti Dutta (Class IX -B, Tagore House). The house results stand as follows: Gandhi House-First, Nehru House -Second and Teresa and Tagore House Third.

The students had worked hard on the subject matter and had good value points. However, they need to work on their delivery skills. Their effort is commendable.

## Developing a scientific temperament

Young scientists of the school participated in the school exhibition and displayed their projects. Various topics of Science were depicted with the



help of experiments, models (working and non-working). The students explained the concepts well and the exhibition provided them with a platform to enhance their scientific aptitude, speaking, presentation, creative skills and confidence. It was a very enriching experience.

## The victory of good over evil

Dussehra assembly was conducted by Classes IV, V and VI. Dussehra is the celebration of Lord Rama's victory over Ravana. In the assembly, the significance of the festival was brought out by the students followed by an enactment. Children performed vibrant dance forms which were well appreciated by all.

Through another enactment, the children shared that each one of us has both good and evil qualities and Ravana was no exception. The underlying message was 'Victory of good over evil'.



# DOING DIWALI RIGHT



Students of Class VI presented the Diwali assembly on 7th November, 2018. The assembly started with the morning prayer followed by Ganesh Vandana. Students made children aware that Diwali is one of the biggest festivals of the Hindus as it marks the return of Lord Rama from fourteen years of exile and his victory over the demon, Ravana. They also shared the fact that people worship Goddess Lakshmi on this day. The students performed a devotional dance devoted to Goddess Lakshmi. Students

encouraged their fellow friends to say 'No to Crackers' because besides encouraging child labour, crackers emit a lot of smoke which causes air pollution.

A scintillating dance performance by the students added much exuberance and joy to the assembly. The assembly delivered a message of brotherhood and that it should be celebrated with all the sections of the people living in society regardless of their economic and social status.

the Government of India Act 1935 as a governing document of India. It has been declared as a national holiday by the Government of India. People in India enjoy this great day by celebrating in their own way and a parade takes place at Rajpath, New Delhi in the presence of the President of India.

Our school also celebrated Republic Day with full enthusiasm. Class VII children sang the patriotic song –Aye Mere Watan Ke Logo which commemorates Indian soldiers who died during the Sino-Indian War in 1962.

The rich and varied history of India was beautifully depicted in the skits performed by the children and they also spoke about the social elements that divide the country.

The dances performed by the children filled us with patriotism and pride in being Indians.

The students experienced the feeling of patriotism as it was reflected through their conversation among themselves after the programme.

## SKILL FULL

SUPW display for Classes IV-VIII was held so that the students could showcase their talent and the skills that they had acquired over a period of 6 months. Students from various clubs like the dance club, science club, needlework, sports yoga and heritage club dazzled the audience with their performance.



## A COLOURFUL REPUBLIC



Republic Day is an important day of the year for the people of India and we celebrate it annually on 26th of January since 1950.

On this day, the constitution of India came into force by replacing



## REMEMBERING OUR ROOTS-FOUNDER'S DAY

As is the custom, this year too, we celebrated Founder's Day. Class XI depicted the story of 'The Giving Tree' through a dance drama. The embedded idea was that teachers, like the tree, give all they have to their students and are happy and satisfied to see them prosper in life.

The icing on the cake was the melodious song sung by Akriti Bangwal and Chahat Singh. Also, Sahil Dewan of Class X strummed his way into the hearts of the audience when he played some melodious Spanish tunes.

The assembly was followed by the Kaleidoscope activities, where the whole school was immersed in the plethora of activities. Some of the activities were cooking, sketching, designing book covers etc. The day ended on a high note when the winners from each activity were declared and the efforts of all the students were applauded.

## A SPIRITED CHRISTMAS



Christmas waves a magic wand over the world, and behold, everything is softer and more beautiful



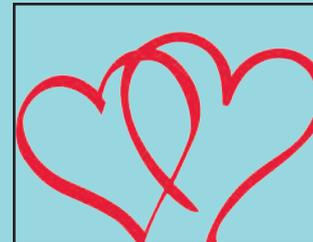
The much-awaited festival of Christmas was celebrated with fervour and zeal by students of Class IX on 20th December, 2018. Gail Ma'am and Jasmeet Ma'am graced the occasion with their presence.

The programme commenced with a thought on the true meaning of Christmas celebration. A thought-provoking skit (The bishop's candlesticks) was presented by the students of Class IX which emphasized that Christmas was more than just Santa, cards, toys or gifts under the Christmas tree. The nativity was beautifully depicted through dance on 'Joy to the world'.

Traditional carols like Joy to the World, Jingle Bells, Three Wise Men, In Bethlehem on a Winter Night, We wish you a Merry Christmas was sung by our young choir, getting everybody into the spirit of Christmas and its gaiety.



# WITH LOVE FROM THE TEACHERS



The staff had practised in the limited time available and put up a scintillating show for the entertainment of the children on their special day. Amidst claps and cheers, the teachers put their best foot forward for their beloved children.



## A Happy Gurupurab

Guru Nanak Jayanti is one of the most popular festivals of India. It is celebrated to mark the birth of Gurunanak Sahib and is celebrated with great zeal.

Gurunank Nanak's birthday was celebrated in our school on 22nd November. Everyone took part in the celebration and enjoyed to the fullest. A pious and serene atmosphere was created in the school. The celebration was concluded with a treat of Karah Prasad which was offered to everyone.

## PUBERTY STRIKES

Knowing oneself is important. A workshop on "Growing up years" was conducted by Dr. Seema Taneja to ensure that our students do not go astray in trying to satiate their curiosity. The workshop was attended by students of Classes VI-VIII. It proved to be very beneficial for the students as it acquainted them with the physical and emotional changes that take place when they are growing up. We will continue to have such enlightening sessions in the future.



# Don't Go Up In Smoke!

As we know smoking is injurious to health. Still, young men and women find smoking a status symbol and are often found puffing cigarettes. On seeing this, non-smoking teenagers have a curiosity about giving cigarettes a try and eventually with the passage of time they often develop a habit of chain smoking. They start with a few cigarettes

a day and then it becomes few packets a day. Unaware of the fact that smoking kills, they continue to smoke and become addictive and this has a lot of ill effects. Long term smoking reduces the oxygen absorbing capacity of lungs resulting in an all-around reduction in a person's mental and physical abilities. In foreign countries, there is heavy taxation on the sale of tobacco. The frequent urge to smoke causes lack of concentration. Hence one should restrain from any kind of tobacco use as it is habit forming.

**Garima and  
Abdullah Khurshid, VI - B**

## YOUTH AND TECHNOLOGY

Who hasn't heard the magical word mobile? Most of the children have mobile phones from a very young age. One may wonder how the children

may have lived without mobile phones in old times.

In the past, children were addicted to grandmothers. Grandma's stories

in the night about the magical world of kings, queens, prince, princesses, fairies and farmers were craved by the children and these stories improved the imagination.

Now the children are addicted to mobile phones. They have no interest to talk to their own families and are busy chatting even while eating. They do not play in the open and just enjoy playing play stations. If a question is asked about what he craves for, the answer would be his mom allowing him to play on play station. The youth of today are busy accusing one another and playing politics in the name of religion.

As everything has a share of pros and cons, technology has improved our lifestyle very much. It has a hand in inspiring people to become robot designers and astronauts. It also helps in improving communication and allowing children to get their work through WhatsApp.

**Hemesh Kukreja, VIII- B**



**All this makes us understand that if technology is used with care it can do us no harm.**

# OUR VALUE SYSTEM IS DISINTEGRATING



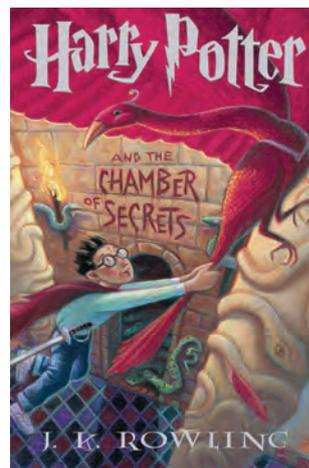
We have heard of the word 'value system' which is a set of values adopted by a person, organization or society as a standard to guide one's behaviour in preference to all situations. I remember my parents and grandparents talking to me at length about our age-old value system and how they used to lead their life in early times when the comforts that they got were nothing as compared to today's life. They all used to respect each other's feelings and would never back answer their elders. They had adopted the values of truth, loyalty, respect, discipline and much more in their day to day life and would not dream of disobeying or disrespecting their elders. But nowadays the behaviour of people is changing. They are more obsessed with the material

things, fast cars, mobile phones and are disinterested in crucial problems related to their families. Busy modern lifestyles have brought changes in the cultural values and modern technology is one of the reasons for the differences caused.

The dire need of a person to work day and night to sustain in this competitive world doesn't allow him to give enough time to family, friends and peers. But the fact that one should dream of living a better life cannot be ignored. One should work to get a better life in terms of food, clothing and housing. Therefore there should be a balance maintained between family and work and the value system and modernity.

**Sara Shah, VII-B**

## READING IS FUN



I come from the family of bookworms. My mother used to read a lot when she was young. Now she does not get much time as she has to devote time to us and look after the house.

I myself am a voracious reader. When I grow up, I would like to become an author. I want to

follow the footsteps of my favourite authors like J.K.Rowling, Roald Dahl and Enid Blyton.

This generation of youngsters is hardly interested in books. They play useless games such as the clash of clans which are violent and addictive.I started reading at an early age. I am particularly interested in fiction, adventure, magic and myth. Reading has made my English strong. My favourite books are the series of Harry Potter and Percy Jackson. I am afraid to admit that I am addicted to books but also feel that it's anyways better than being addicted to violent games.

Most of the children in my class play online games and are not interested in reading. I wish they also get bitten by the bookworm so that they also start reading books.

**Noor Zahoor, VII-A**

# Ban the BAGS

Without people who invent things, we'd all still be living like primitive cave people lacking transportation, electricity, smartphones, etc. But not every invention is a useful one. In fact, the world is brimming with products that make us question what their developers must be thinking when the concept hit their minds.

One such thing which should have never been invented are plastic bags. Though very popular thanks to the convenience factor, plastic bags are a big nuisance that the earth could have ideally done without. The miracle material has made modern life possible but more than forty percentage of it is used just once. The vital reasons why plastic bags should be boycotted are:

- \* Thousand of marine animals and more than one million birds die each year as a result of plastic pollution. For animals plastic is turning the ocean into a minefield.
- \* Plastic when burnt releases toxic fumes.
- \* Plastic is a non-biodegradable material which is not environment friendly at all.



**NO MORE  
PLASTIC BAGS**



**PAY FOR A  
PAPER BAG**



**BRING YOUR  
OWN BAG**

We made plastic and should agree that we depend on it but now we're drowning in it. Plastic bags are killing this planet.

To save the planet from crashing there are some alternatives to plastic bags. An easy alternative is Canvas bags

- they are thicker and stronger than plastic. Another substitute for it is eco-friendly bags which are made out of natural starches and vegetable wastes and then there are plain and simple jute bags.

These substitutes of plastic should widely be used to prevent the earth from getting blemished.

Aryan Kalra, XI

## GADGETS- AN OBSESSION



Gadgets have become an obsession. Yes I know it's strange that I say at the age of 13 when phones, laptops and iPads are supposed to be my best friends. But I truly feel that we are unable to strike a balance and limit its uses to what is necessary. Sometimes, I feel at loss for ideas and confidence when I don't have my Google references. My mother always stresses, though, that it is important that I rely on my perspective and creativity, how important it is for me to observe, analyze

and form my own opinion and how the ability to independently execute any project relying solely on what I hear and see is imperative.

Reading can be perceived to be boring as compared to the joys of scrolling down on Facebook and Instagram. But the confidence we get from the impressive vocabulary gained from reading content is unmatched. However, we tend to do what is different. So friends, do not let a phone define your identity, but, let your individuality define you.

**Vansh Arora, VIII- B**

My dream home is a place of beauty, serenity and inspiration. It will be a bungalow with a huge lawn, planted with fruit trees and flowering plants. There would be plenty of space for a table and chairs so that when the weather is fine, my family can sit outside to have a meal or read the newspaper. There would be a lovely fountain in the garden to soothe our minds with the sound of water falling. Birds would perch on the trees to sing or nest.

My dream home would be large and spacious. There would be many windows to make the place bright and airy. I do not like houses that are small and cramped. It is for this reason that I dislike living in flats.

The kitchen would be small and neat. I am not a fussy cook. However, if I ever cook or bake, I would like to do it on the latest Italian hob and oven. I would also have a CD player so that I can listen to music as I cook. All the bedrooms in my dream house would be spacious and have attached bathrooms. The rooms will be fully air-conditioned. One of the most important rooms in my dream house is the library. Wonderful books on every subject in the world fill up the shelves that line the walls. I also have the latest table-top computer on which I work or surf the internet.

Another important room is the music room where I have the latest hi-fi system to play songs and music from all over the world. I love music. I would even have a piano in one of the rooms where I can often play pieces that I have composed.

My dream home would be a place of joy, peace and beauty. Right now it exists only in my dreams. Someday, I hope it will become reality.

**Falak Kamaal, V-B**

## THE HOME I WOULD LIKE TO DREAM IN...



## *Dancing is dreaming with your feet*

I wish to pursue dancing in future. I want to become a world famous dancer. It will be a dream come true. I want to dance with all the well-known dancers in order to fulfil my dream. Even my family believes that one day I will be a very well known dancer. I know dancing requires a lot of passion and dedication. It is not only a hobby but a dream that I wish to fulfil. I am a very versatile person; I can dance in any form. My teacher, from whom I have learned dancing,

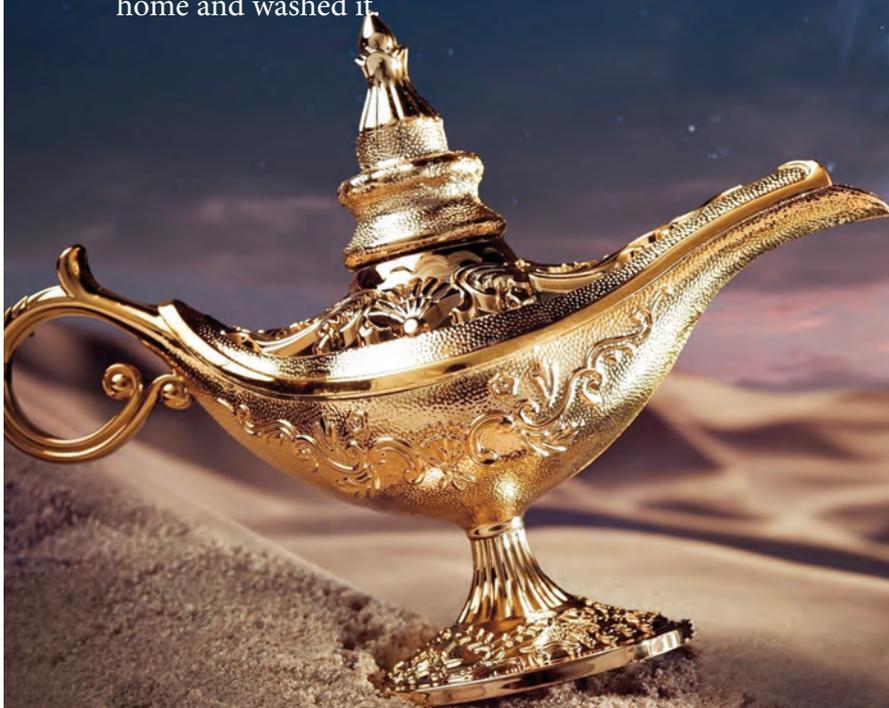


inspires me a lot. She has won ten trophies. Her expressions are graceful. I hope one day I will be a good dancer like her.

**Mihika Sharma, VI-B**

## THE MAGICAL LAMP

One day, while walking back from school, I found an old lamp. I picked it up and looked at it carefully. It was very rusty and dirty. I took it home and washed it.



Then, as I started wiping it with a cloth, bright multi-coloured lights started to glow. Then, a blue coloured genie appeared in front of me. I was scared at first but then he told me that he was trapped in this lamp for years. He thanked me profusely and told me that I had set him free by rubbing the lamp. So, he would do anything for me. But there is one rule of the magic world. Only three wishes could be fulfilled in a day. I would play with him in the morning and would put him back in the lamp at night so he could sleep. Once, I lost it and started crying. I searched for it everywhere except for the closet. Later, I found the lamp under my clothes in the wardrobe.

**Zaina Khan, V-B**

## MY HOBBY



Hobby is an activity that keeps us busy. Everybody has some hobby or the other. My favourite hobby is watching birds. Whenever I observe a new kind of bird, I click its picture, note down the date and find out its name in the encyclopedia and then paste the picture in my scrapbook. When I see a new bird, my day is made. Many species of birds can be spotted near my house as the Okhla

Bird Sanctuary is near my house. I am always on the lookout for new birds and try to spot new birds on my way to school, in the balcony, on the trees, on the window sill etc. Hobbies increase our general knowledge. Hobbies keep us happy, active and leave no time for any mischief as they say, 'an idle mind is a devil's workshop.' If you have a hobby you don't have a dull moment.

Aiman Alfaq, IV-A

## FREEDOM FOR WOMEN



In days gone by, girls were not treated equally as boys. An image was formed in people's mind that girls were physically weaker than boys and so the girls were deprived of many things. They were not educated as they didn't have to be the breadwinner in a family. They were not even allowed to go out to play. Nowadays, this mindset has changed. Girls are being educated and they are taking up various professions which were male dominated like becoming pilots, heading multinational companies etc. Women have excelled in every field. In some villages, girls are still not being given their freedom and rights. The government has started a lot of schemes like Ladli Scheme which aims at empowering the girl child socially and economically and to provide security to girl students for their higher education. The Union Government has launched ambitious 'Beti Bachao-Beti Padhao' (BBBP) campaign to save and empower the girl child.

Girls are being allowed to choose an occupation of their choice as they can manage their homes and workfront efficiently.

Jasra Kalam, VI-A

## THE SCARY NIGHT

As I was walking back from school one day, I found an old lamp. I picked it up and then suddenly someone gave me a hard push and I fell down. The lamp was still in my hand. Then when I looked at it again, I found that there was a message written and a map.

I read the message. It read...FIND ME.... I was scared and then I turned it to see the map. It was showing some directions which I really couldn't understand. Suddenly, I heard some footsteps and when I turned around I saw my friend. I told her all about the strange lamp.

We left the lamp there only and quickly walked away from that strange place. That night I could not sleep and kept thinking about the map and the lamp.

The next day while returning from school I noticed that the lamp was not there. It was so creepy. I can never forget that incident.

Amna Afaq, V-B



## THE TOWN OF MY DESIGN

If I could design my own town, it would be nothing like other towns. There would be a big waterfall at the entrance of the city. The roads and streets would be clean. There would be a driverless metro connecting my town from one end to another. To enhance the beauty of the town, I would make an artificial mountain, covered with snow. My house would be

in the middle of the town and I would name it the Grand Palace.

The weather would be cool in the entire town as there would be lots of colourful trees. People would come and visit my city and admire it. There would be no politics so people will live peacefully. I would build a few schools for children. Every religion will be treated equally.

People would be nice and helpful. I would like to build solar panels and windmills.

There would be proper rules and regulations for each and everything. The town will have beautiful gardens and most importantly I would name my town WASHINGTON TOWN as whatever one desires from their town, it will be designed in my town.

Abdulla Khurshid, VI-B

arms everywhere. It has become a part of our culture, so much so, that a non English speaking person is looked down upon in our country.

We hated the colonial rulers for their brutalities and bitter control and breathed a sigh of relief when they left, but what we didn't realize was that they left a part of themselves forever in our country....their language-English.

English, no doubt, had and continues to play an important role in unifying our diverse country.

It brings together people from different cultures and makes them emerge as one. We Indians have very willingly lost our own culture and language and submitted ourselves to this foreign language which has made our lives impossible. What bothers me is that we continue using many languages together in our verbal dialect thereby crushing the individuality of each one of them.

There is no doubt about the fact that English has become the first language of a multilingual country, only because we refuse to respect and learn each others' languages, we ironically need English to "unite" us.

Sidra Nizami, XII

## BEFRIENDING DISCIPLINE

India is one of the exceptional countries which has a variety of languages. Hindi, the most spoken language, is given a step-motherly treatment and many of our states have an aversion to speaking it. On the other hand, English, even though it is a foreign language, is welcomed with open



# DISCIPLINE

is the bridge between  
goals and accomplishment



**T**he word discipline is derived from 'disciple'. In ancient times a disciple always obeyed his master unconditionally which is very necessary for the modern generation. Discipline is everything which we do in the right way at the right time.

It always leads us on the right path. Discipline can be easily observed in nature. The sunrises and sunsets happen at the right time in the right directions, every day. The moon too rises and sets in the same way accordingly. Mornings and evenings come daily at right times, rivers always run; seasons come and go at the right time.

Similarly, it is mandatory for humans to realize the importance of discipline in their lives. Discipline gives us an opportunity to learn from experience and grow. It builds a person's character and guides him to the right path in life. To

be guided by rules, to pay due respect to elders and superior officials, to obey them and behave in an orderly manner, all come under discipline.

Students of today are the future of the world. It is necessary for students in schools and colleges to be disciplined otherwise they will not learn anything or achieve anything in life. If employees in an establishment do not respect and obey their senior officials then there is hardly any expectation for the organization to function properly and progress. Even in minor spheres like a family, if members will not do their allotted responsibilities and regard the elders with due respect, there will be a lack of peace and unity and family will breakdown.

However, an army is one of the best examples of discipline. Discipline inspires soldiers to remain obedient and punctual and build a strong personality. A disciplined person always does his tasks in the right ways at the right times, which leads him to the right path and helps

to reach the highest ladder in life. A disciplined person always enjoys a high reputation and respect in society. He is loved by everyone. Discipline is the fruit of dedication and punctuality. It is the bridge between goals and accomplishment.

Aaliya Sadiq, IX-B

are given to sons and they are allowed to become doctors, engineers etc.

Some parents are narrow-minded and think that their daughters will get married and go to other families so they don't want to spend money on their education and they think that their sons will be more helpful to them.

## BOYS = GIRLS

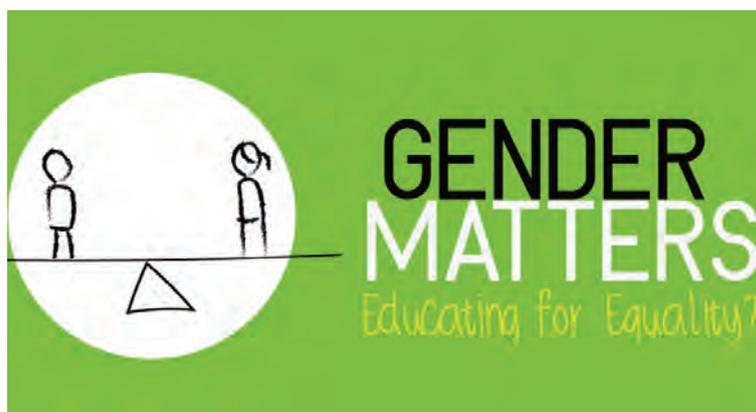
Times have changed and our mindset

Generally, parents have different hopes and dreams for their sons and daughters. Their thinking and mentality are conservative when their daughters are in question. Female children are given limited spheres in their careers like they are allowed to take up teaching, cooking, singing etc. More attention and liberty

needs to change too. Equal attention and opportunity must be given to both boys and girls. Girls have proved themselves in every field.

I thank God that my parents have given me a lot of support and encourage me to do whatever I wish for.

Raksha Jha, VI-A



# DETAINING DOESN'T HELP

Grade detention is a very difficult and emotionally charged decision. In my opinion, holding back students is not right, just because they have poor academic results.

There is a mistaken assumption that the test is a perfect measurement of all a child knows. With the current pressure of high educational standards, more and more kids are facing the possibility of detention because they are not achieving test scores as required for promotion. Detention is viewed as a way to ensure greater accountability to guarantee that the school is doing its job.

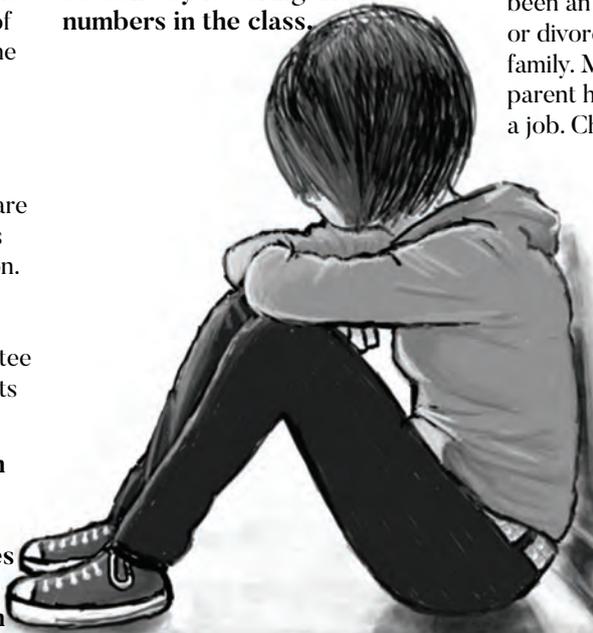
**Detention for children is shameful. Detained students usually have behavioural difficulties later. Holding back students leads to both emotional and social breakdown of children.**

Making children repeat a class puts a strain on the teacher and increases class size. It's a burden on the school and the parents' money.

Instead of detention, some other alternatives should be chosen to prevent it. **This can be done by lowering the numbers in the class.**

If teachers have fewer students, especially early on, they will be better able to address individual learning needs and check on the child's life situation. Children with personal problems can't focus in school. There might have been an illness or divorce in the family. Maybe a parent has lost a job. Children

should be taught to deal with such life situations and be given support to cope with the pressure of work.



Lavan Taneja, X-A

# GAMERS AT WORK

Video games are spreading like a virus nowadays. Not only among the children but it has also infected the adults. Most of us love video games, but we don't know the reality of video games and how they have affected our healthy lives. Video games are actually full of disadvantages but the only advantage is that it keeps the imagination of children alive. It makes children realize there is a world beyond the real world and this will relax their mind.

Video games also give children knowledge and information that can be useful. Many parents want their children not to play video games but to play outdoor games instead. Many children find this boring but this is actually healthy for growing children because it helps in their physical growth. It also increases their stamina.

But the youth nowadays love video games and do not know their harmful effects. Mobile phones, laptops and computer can release a lot of harmful rays which can cause harmful diseases like cancer.

But no one believes this. Video games have decreased the physical activities of children. Nowadays children do not go for swimming. They do not go for nature walks or to a park to enjoy. Video games are a curse on the youth of the world today.

Vikanshu Saini, VIII-B

# BEING A GIRL

Who says being a girl is an easy task? Being brought up in a society where the girl child is killed before birth is not easy being a girl. The day a child comes into this world, girl or boy, they are separated by colours, clothes, toys, etc. For example, if a room is being prepared for a girl then all the items in the room will be pink in colour and if the room is for a boy, the room will be blue. In today's time, a girl can wear clothes made for boys and play with toys made for him but if a boy tends to be like a girl, it is inappropriate.

I have a wish to learn how to ride a bike. My family members have no problem with this but when I share this thought with my male friends, they stare at me like I said something which is unheard of. They say that you are a girl and you are not strong

enough to ride a bike which is four times your weight. The people of our society have made stereotypes classifications for men and women and if you try to change

them, be prepared to face the consequences.

There are a whole lot of things that make a girl feel discriminated living in their society. A girl is not allowed to stay out of the house till late but her brother can stay out the whole night and it's just fine. It is somewhat right because there is a lot happening which makes our streets unsafe for women. Rather than stopping the girls from going out or not letting them wear short dresses or skirts, we should teach the boys that they should respect women and behave with them properly.

All sexes and all ages deserve respect. When will that age

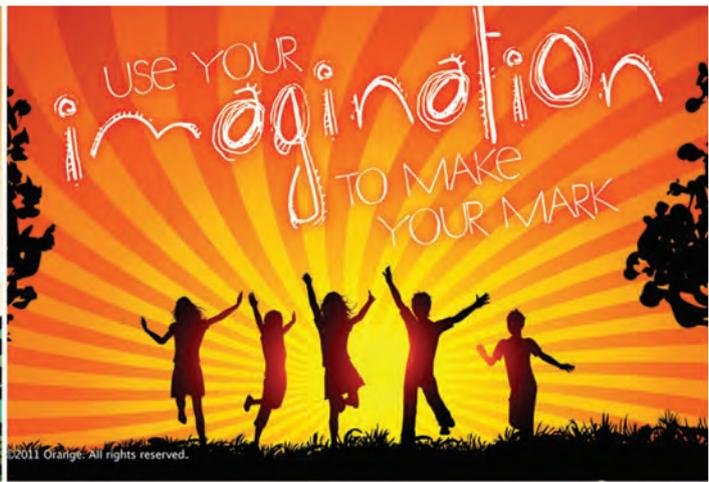
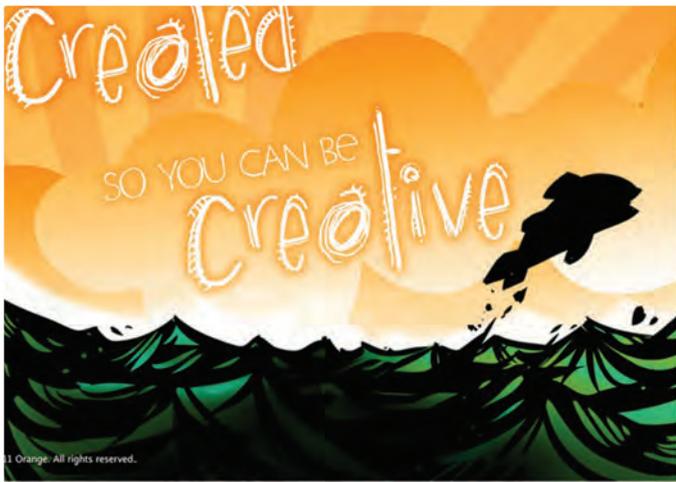
dawn when girls and boys are taught to respect each other? It's fine for girls to weep, it's also fine for boys to cry -- this shows they are sensitive and a sensitive boy will definitely appreciate his peers. It all boils down to good parenting.

We have to realize that it's not a match to be won between boys and girls. We are all in the race together and everyone should have to freedom to do as they like.

Chahat Singh, XI



# OWN YOUR OWN SELF



God made all of us different. Our unique traits and characteristics set us apart from others. Our personalities, our distinct way of doing things and our world view are some of the things that make us all different. Our emotions and the way we feel are all hidden within our hearts for we fear that people may not like us this way. I wonder how nature must feel when we try to change who we are and draw a different picture of ourselves from what nature has made us.

No one knows us better than ourselves. We start being someone we aren't, not because we want to but because we have to! We change for people who changed themselves by imitating characters which aren't even real. This often happens with us, teenagers. Let's face it, we all have some cool kids in our class or our neighbourhood whom we want to hang out with, and to do so,

we change ourselves so that we appear cool. Those who like you will befriend you for what you are and not for what you make of yourself.

You being yourself will lead you a long way in life. M.S. Dhoni, Albert Einstein, Walt Disney, Tom Cruise and many more such as them, are successful because they believed in themselves. A more recent example is Mark Zuckerberg, the Founder of Facebook, who we can all relate with.

People in today's time love to criticize. It's their favourite pass time. Remember they try to pull you down because they are behind you. Your passion, craze for achieving your goal and self-belief should outweigh these inconsequential critics to achieve your full potential and live life to the fullest.

Ishaan Dewan, XII

## SWEARING IS THE ORDER OF THE DAY

As kids, we were taught that cursing or using abusive language was a mark of bad people. People were scolded and even punished sometimes for speaking in the abusive language. In fact those who abused their upbringing was questioned. But nowadays the trend is quite opposite. Cursing and abusing is considered very cool. Everybody, be it teenagers or adults use curse words on social media, in school, on streets or even at home. Curse words are so common that they have lost their shock value. People give a very normal reaction upon hearing curse words. A person is referred to as a stud if he/she uses curse words.

These days curse words are excessively used in music and movies that are watched by a large population.

They, in turn, make people habitual to these words. Studies show that adolescents use estimated 80-90 curse words a day. A Gallup Youth survey found that 46% of surveyed teens use profanity several times a day. Earlier curse words were used to express intense emotion. Scientific research shows that swearing helps in releasing pain and stress if used in a limited manner. When people are sad or angry they used these words to express their feelings. But now it is used commonly like any other word while chatting. I think that in future kids will start using curse words at a very young age leading to the corruption of their pure and talented minds.

Urooba Siddiqui, XII

# OUR UGLY OBSESSION WITH BEAUTY

Today our society is obsessed with beauty and good looks. I'd say this is not a healthy obsession. It is one that causes pain. We spend money on make-up, weight-loss pills, anything that will make us feel better and more beautiful.

The French wear what looks good on them and suits their body type. French style is enigmatic and they are cool with imperfections. So what's the key to French beauty? It is the belief that "beauty is something to give you pleasure. Because when you feel good, you look good."

The American concept of beauty has more to do with pain than pleasure. Many American women have confessed to making their beauty choices based on the erroneous

notion of 'no pain, no gain,' which is a deeply American concept. Americans will tell you about crash diets that left them light-headed and skincare products that irritate their skin—because they feel they have to suffer to be beautiful. The French notion of beauty is quite the opposite.

The notion of beauty should be beautiful and pleasing to you above all.

How did a healthy woman like Sridevi suffer a cardiac arrest? She was swimming, practising yoga and also playing tennis! After doing some research one can find out that Sridevi's several surgeries might be the reason. Yes, you heard it right.

In 2015, there were rumours about her surgery but it is true that she had undergone this medical treatment. Sridevi

had lost weight with the liposuction. We can figure it out with her past pictures.

Apart from this, Sridevi had gone through many cosmetic surgeries and treatments. Recently, Sridevi had lip augmentation.

Liposuction causes some stress to the functions of the body as it heals and gets back to normal. There is a fluid challenge to the circulatory system with liposuction and if your heart is weak it could cause a heart attack. Even scientifically it is claimed that cosmetic surgeries and such treatments can cause heart issues.

Did the superstar of the 90s kill herself for this?

**Arushi Sharma, X-B**

before the law and no one can be discriminated on the basis of gender. Stereotypically, women are the ones who do the household work like cleaning, cooking and many other things. People believe that women do not have technical minds so they are not capable of doing jobs. However, a person cannot be known by his or her gender. Equality states that all men and women have equal rights and opportunities. Hillary Clinton once said, "Women's rights are human rights and human rights are women's rights."

Every human being has rights and gender equality will always be one of these rights. This gender needs to be closed in areas such as health and education. The future of the world depends on the young women of today. People believe that giving education to a woman is a waste of time and money since they marry into another household.

Gender inequality is not only a women's issue but of men too. If women are given the opportunity to believe that they can also do things which men can then the world would be one step closer in attaining gender equality.

The next generation of girls could be the ones to break the gender stereotype and prove that they can also achieve things which men can.

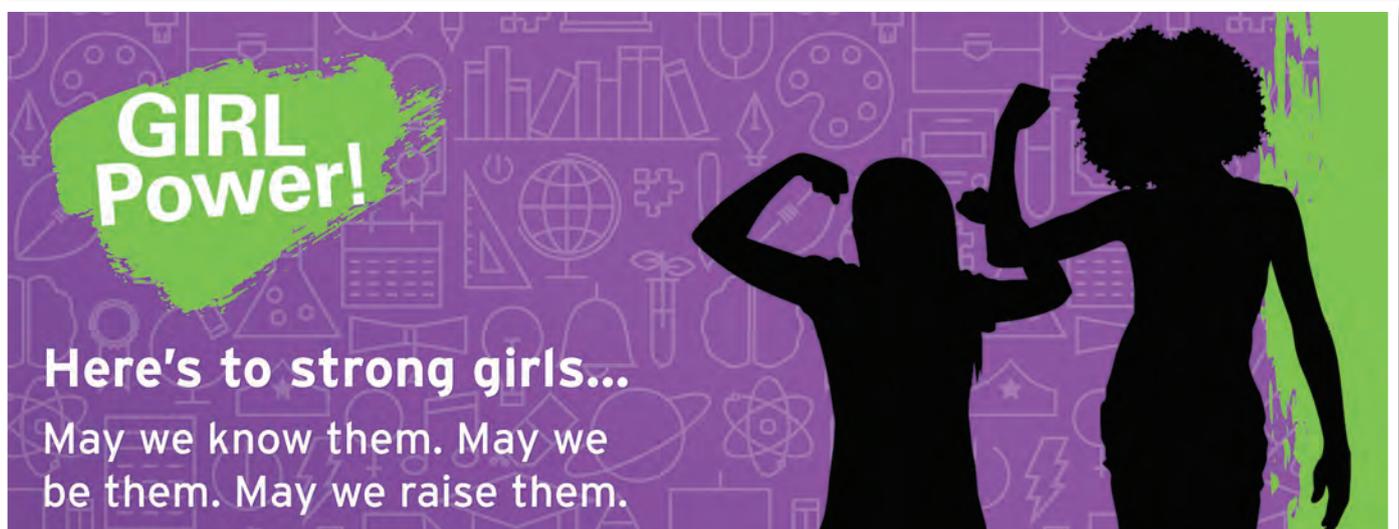
**Ifsah Anjula, VIII -A**

## GENDER EQUALITY NOW

Gender equality refers to the equal rights, responsibilities and opportunities of both men

and women. Gender equality continues to be a major issue in society today due to the gaps in terms of access to

opportunities for men and women. Gender equality is a fundamental right which states that every human being is equal



## MINDING THE GAP- INDIA

We all are aware of the situation of females in our society. But the battle for gender equality was not the same all the time.

For instance, Raja Rammohan Roy was the one who protested against child marriage and sati system.



The females have always been facing consequences from men. During the early era, there was a practice of Sati system. According to this, the wife had to be burnt after the death of her husband. They were not allowed to marry again or even live as a widow. Also, after the death of their husbands, the widows were locked in a room forever, with a bald head, no jewellery and no common amenities.

The cases of child-marriage were even worse when children were married at a very early stage of their life, even when the females were not ready enough for their motherhood.

Women have been protesting against these unfair treatments against them. To put a stop to this, men have worked hard too along with women to help them attain equality.

Although all these systems have come to an end, other inequality-treatments have come up. There was a time when the girls were not allowed to study like boys. They were not encouraged to be successful in life. Education was strictly prohibited by the Indian society.

The situation was so bad, that some women had to steal books for education.

They were encouraged by society to see their goal of life. Women like Rashundari Devi, have struggled in their life to study. She desired to be a writer from an early age.

Thus, she stole her brother's books and as a result, she finally wrote her autobiography - Amar Jiban.

Women have been continuously struggling for gender equality. Various laws have been passed in favour of women and girls. Girls are now allowed to go to school. They have some concessions in the school fee so that parents do not think of girls as a burden.

They think that their whole life would be spent in taking care and spending on their daughters, who would ultimately marry someone and leave them forever.

Thus the girls are also called "paraya dhan". On the other hand, men can take care of them throughout their life and earn on their behalf. That is why boys are called "budape ki laathi".

This has to come to an end. Also, women have struggled for their authority over the property of their dead husbands. Earlier, after the death of a man, his property was divided amongst his sons. But now after the law has been made by the government, the property has to be divided equally amongst all the family members, be it the daughters or be it the wife.

Thus, we conclude that there had been and have been many situations that the generations of Indian women have gone through, but they have united in the fight for their rights.

We as Indians can put an end to this system. We can do so by supporting women and changing the mindset that women are not equal to men. Therefore, the battle of gender equality has changed with time.

Harshit Gupta, VIII-A

## YOU GO GIRL

If we educate a boy, we educate one person. If we educate a girl, we educate a family - and the whole nation.

The above phrase specifies how important it is for a girl to be educated. Education is very important for every child whether boy or girl. In the old days, people did not value girls as much as they did the boys.

Girls were not provided with basic education. However, grown-up educated girls can play an important role in the development of their country and in fact, girls today are more career-oriented than boys. Being educated they can share the burden of men in the different walks of life.

When girls are well-educated and not forced to marry during childhood, they will be able to serve society as writers, educators, teachers etc. Girls' education is necessary for making homes a happy place. A man's life blossoms as he is blessed with a well-educated woman, as a wife or as a mother.

This belief is unfair that educating a girl is a sheer wastage of time and money. In fact, the government has also come up with various schemes and policies in order to teach people the importance of educating the girls.

With education, girls will gain more knowledge and will know and be more independent.

Abdullah Khurshid, VI-B

# EQUAL, WHERE IT MATTERS

A child's destiny can be determined by as simple a circumstance as for whether his or her father contributed an X or Y chromosome. Pink or blue clothes, guns or dolls, the provider and the homemaker, female infanticide, the patriarchal system, the purdah system, the premium on virginity, dashing bachelors and ageing spinsters. What are they all about? They all revolve around the issue of gender bias. The fact is that people are treated differently depending on their gender.

Gender bias is so deeply ingrained in the system that the discrimination begins from the time a couple plans a baby. Today, science has advanced so far that it is possible to separate male and female sperm so as to predetermine the sex of a child. In some

parts of the world, the birth of a baby boy warrants a celebration whereas a baby girl may not be extended the same warm welcome. Despite the fact that India has crossed the billion mark in population, there will still be families with five daughters and the mother trying desperately to give birth to a son.

## Reinforcing gender bias

If a boy cries, he is asked if he is a sissy. If a girl plays cricket, she is labelled a tomboy. A renowned psychologist recounts her experience. She says, "I know parents who were very upset because their five-year-old son brought a doll home. The child was just playing with a toy that happened to be a doll. They thought that the boy had a gender problem. The parents

actually came for counselling, worried that the boy was showing such feminine interests." In this way, parents ingrain the idea into the minds of their children that behaviour can be gender-appropriate.

Girls will encounter gender bias at almost every stage in their lives. Radha Shankar's father expects her to be home by eight in the evening, while no such restrictions are placed on her brother. Mr Shankar says, "It's not that I don't trust Radha or that I think she will do anything wrong if I let her out of the house after eight, but the fact is that people will talk if a girl is in the habit of going out for late nights. "I don't want anyone to say such things about my daughter. With my son, it's different because boys will be boys."

The educated women of this time and age are frustrated because,

despite their qualifications, they are ultimately expected to fall into the traditional mould of wife, mother and homemaker. Take the case of a well-educated career woman, Nalini Mansukhani. Her parents sent her to the best schools and she has done her MBA from a prestigious business school, but she is under intense pressure from them to get married. She says, "It doesn't seem to matter to my parents that I'm doing so well in my job and that I have certain career aspirations. Marriage just does not figure in my plan right now. And I just know that they will see no harm in my being expected to give up my career if my prospective husband makes that a condition."

Jaskaran Singh, IX - B

## BROADCAST RESPONSIBLY

TV is a great invention. It has changed the world by opening thousands of doors in the domain of information and entertainment. It is unfortunate that TV has been tagged as an Idiot box whereas TV has a great impact on each one of us. To make it better, we, as the viewers should demand better choice of programmes which are just not informative but are even entertaining.

Entertainment does not only mean movies, music or daily soaps but something that is productive. Every programme must have a decent standard to entertain people as TV is viewed by millions of people in our country. It leaves its imprints on the minds of the people. Now days there is too much violence in

most of the things and these are viewed by many of us and generally people get influenced by it and tries to adopt it in their life. This proves to be disastrous for them and even for the society. So as a result, proper steps need to be taken for better and healthy viewing as TV is the technology that has the power to construct the society.

Aliza Hashmi, VI - B





## THINK THE CHANGE YOU WANT TO BE!

We can change the world by changing our minds and to change the mind, we have to change our words. We should avoid words like hate, can't, give up, hopefully or maybe. Instead we should use more positive words, like if we say that they give up, we should say that we will learn and we will do better. We should have a positive thought everyday which will help us change our mindset. We should believe in ourselves to change our attitude.

If we make a mistake we shouldn't get disappointed instead we should think that mistakes help us improve. We should not give up and use all the ideas and put in effort to do our best at work. Under no circumstances should we repeat our complaints or whine about what has gone wrong with

It is a thing of the past when teaching and learning were restricted to classroom sessions prominent with white chalk, dusters and blackboards. Now is the era of smart classrooms which make learning fun through the use of digital equipment like the VCD or DVD players or laptops and computers, fitted to a projector.

Smart classes are conducted by a teacher using a viewing screen that is attached to the projector. Students will assimilate the

audio-visual information, that is projected on the screen and learn about the topic. Teachers can access online information from various educational articles that are published on the net and project the culled information in the form of an interesting presentation.

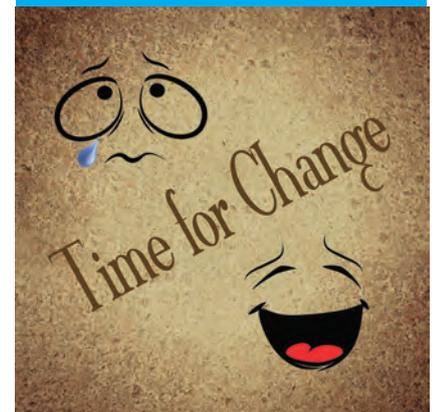
This way, education will not be restricted to referring to printed material. Online sources will bring in an element of excitement to learning.

This pattern of teaching and learning thus avoids the trouble of making notes while the lecture is in progress. Since notes will be provided to them through these modes, they can concentrate better. Students who are absent can access lectures at any time since all of them are recorded

on digital devices. This way, digital notes will be accessible when you miss a day in school: without putting in extra effort to obtain the same. Interactive environment favours better learning. The use of digital tools of instruction brings in an interactive environment to learning. It is in a smart class where better connectivity is established between the faculty and the students.

The possibilities or advantages of smart classrooms are endless. Although adopting such a new concept might be a tough decision for many. Technology can create a new opening for the education sector. It's indeed a blessing; all you need to do is to give it a try!

Vansh Arora, VIII-B



us, as that will make them feel worse. The key to a happy life is to use happy words. For happy words induce happy thoughts and we are a result of what we think and speak.

Shreya Verma, XI



# Today parenting is more about financing children rather than nurturing them

There are mothers who have sacrificed their career just to look after their children, there are mothers who go to work every day to earn money for the family and yet she wakes up at four or five in the morning to pack lunch for her children. I'm pretty sure everybody's father goes out to work to fulfil their needs and demands because he is considered as the backbone of the family.

This tells us about the amount of effort our parents are already putting in to give us the very best that they can. There are times when we feel that our parents are cringing from buying stuff for themselves yet when we ask for an expensive pair of shoes,

t-shirts, pants etc. of all those big brands, they don't even think twice before giving us the money. There are parents who are using those boring android phones which are not even branded, yet most of the teenagers these days are carrying the latest I phones and Samsung smartphones.

It's not because they're simply the financers but because they love us so much! They work so hard, save the money, save us from feeling small in front of our peer group so that we may have a better future and to turn around and say that they are simply giving us money so that they can get rid of their responsibilities is just so wrong! It teaches us the value of selflessness. Parental love is the only love that is truly selfless, and unconditional.

Whenever I go somewhere out with my friends, my mother always calls me up to ask whether I've eaten something or not, by what time I'll be back at home, is everything okay or not. They call up so many times not to irritate us but to ensure that we're safe and all right. At first, we think why are they calling me again and again but as we grow, as the time passes by, we realize that they're the only ones who care for us no matter what!

There are times when we have to stay awake till late to complete our work or to study for the exam, our parents are the only ones who stay awake till the lights of our room are turned off. This is what we call true love. Parenting is not all about financing but about love, care, guidance and understanding. We are blessed that we are

born in a society where relationships are more important than merely financing people unlike places like the west where children are thrown out of their houses at the age of 18 to earn money and are expected to look after themselves, where financing children are more important than nurturing them.

At those places, the grandparents, the parents and the children are all living separately. This is not what we call a family. Parenting is not just a word but a feeling and feelings cannot be compared with money.

Prateek Singh, X-A

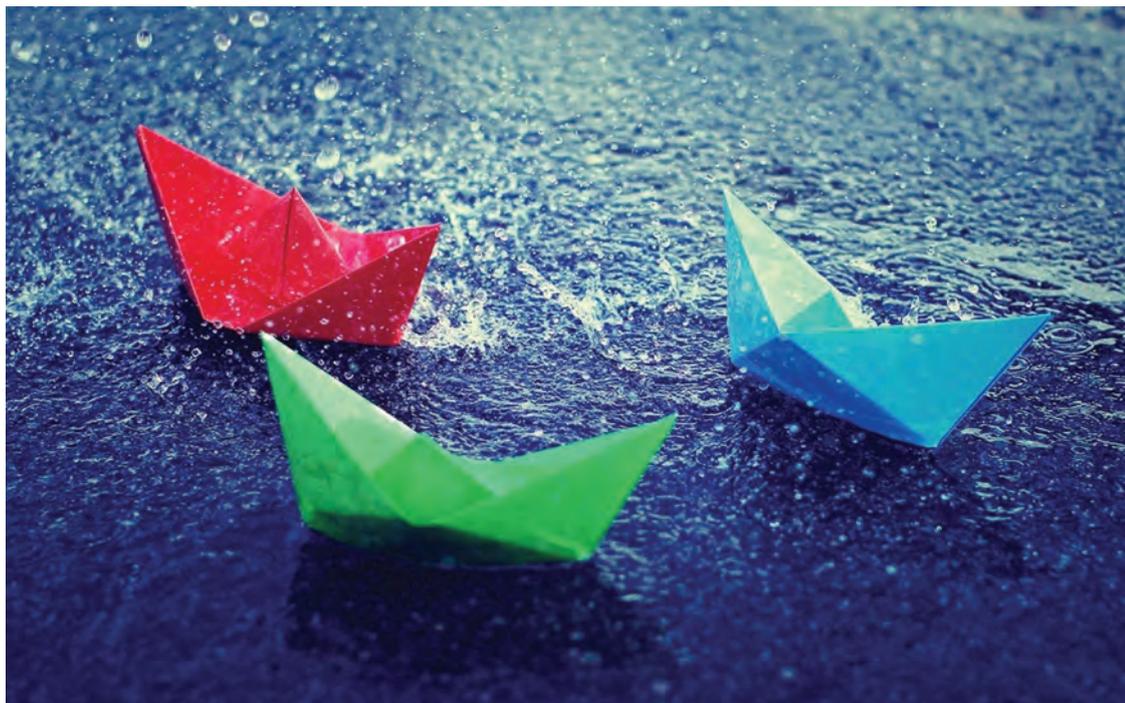
## THE SOUND OF RAIN

Once I went to the park with my cousins. When we went to the park it was not raining. We enjoyed

playing badminton. After some time, it started drizzling and then it rained heavily. We made paper boats and floated them in the puddles. We

also jumped into puddles and got wet. Then we went home. On our way, we saw a peacock and a peahen dancing. When we reached home

we took a bath and changed our clothes. My mother made us hot chocolate milk which was very tasty. We sat in the



verandah and saw the peacock and peahen dancing. After some time it stopped raining. We were tired, so we took a nap. When we woke up we were fresh. It was a wonderful experience getting wet in the rain after such a long time.

Aadhya Saundarya, IV-A

# Women Of Marvel

Marvel may not have 99 problems, but figuring out how to give women their due in the Marvel Cinematic Universe is a big one that won't go away.

By the time Marvel Studios makes *Captain Marvel*—its first superhero tent pole to be fronted by a female protagonist, twenty other male-dominated MCU films will have preceded her. In the history of Marvel properties adapted to film by Marvel Studios or Marvel Entertainment dating back to 1998's *Blade*, that makes only two out of over fifty comics to big screen projects to be led by a woman, including 2005's megaflop *Elektra*.

While there are a number of women in the MCU, most of them are side characters rather than the main protagonists.

There are a number of women who are part of a team with 2—the wasp in *Ant-Man* and the Wasp is an example. But the main plot still seemed to focus on Scott Lang A.K.A *Ant-Man*. *Black Widow* is another example. Even though she's a main member of the Avengers, she is still dominated by the rest of the 5 male-dominated group.

Marvel's problem is not the addition of women, it's the sidelining of women that's the issue. There are many women who were important figures. Jane Foster, Peggy Carter are just a few. But their roles were reduced to love interests for the male superhero.

“Disney does not care about Marvel's female market, which makes us virtually invisible,” one former Marvel employee

wrote, explaining *Black Widow's* absence from Avengers merch and Gamora's omission from *Guardians of the Galaxy* swag. Even Mark Ruffalo implored Marvel to think of the *Black Widow* fans when he tweeted to his comic book overlords and his nearly two million followers, “@Marvel we need more #BlackWidow merchandise for my daughters and nieces. Pretty please.”

Marvel has finally begun adding more women figures into their movies. But their addition to the movies is not enough. *Scarlett Witch*, for example, is probably the strongest women besides *Captain Marvel* to be a part of the Avengers. She was able to stop Thanos (who at the time possessed 5 of the infinity stones—the most powerful elements in the universe) and destroy the mind stone (the 6th infinity stone), all without the assistance of any other avenger.



But because of the fact that she had very minimal character development, she feels more like a sidekick than an actual heroine.

Marvel has announced a solo *Black Widow* film and is also in the editing process of *Captain Marvel*.

These movies will portray both these characters as the main protagonist and will also help improve their roles in future collaborative movies featuring male superheroes. The betterment of Marvel lies in the development of both male AND female characters to such an extent, that they feel like separate characters and not just sidelined characters.

Rohan Joseph Lal, XII

## Mother - You Mean The World To Me

The very first day I came into the world,  
In your warmth and firm hold,  
I knew I was safe,  
For in you, I had all my faith.

You cared, made me what I am today,  
Thank you is too less to say  
For everything you have done for me  
Is nothing less than the best could be?



Through this small note of love from me to you  
I try to express my feelings for you  
HAPPY MOTHER'S DAY TO YOU

M- MASTERMIND  
O- ONE OF A KIND  
T- TOGETHER OUR PROBLEMS SHE MENDS  
H- HELPING HANDS SHE ALWAYS LENDS  
E- EXCELLENT IN THE WAY SHE COOKS  
R- RAVISHING ARE HER LOOKS

**Sania Arora, IX -B**

## Be fair, don't pollute the air

Our environment should be clean and green,  
But when we look around, only pollution can be seen.  
It's time to act for if we don't  
Pollution will be embedded in our gene.

For prevention is better than cure,  
our Earth needs help, that's for sure.  
If we're unable to take any step now,  
Later we will keep wondering how.

Well, today we take it as a joke,  
but very soon we will all choke.  
Wake up guys, cause its time for some action,  
Our efforts might save our planet by a fraction.

**Asra Hashmi, XII**

## Friendship

You are my best friend,  
You give me strength and power.  
Your lend a hand,  
When in trouble I land.

You are sweet,  
And sometimes a little sour.  
You make me laugh and smile,  
Every passing day and each hour.

You are the best teacher  
I have ever met,  
I've learnt so much from you.  
I hope your wings are set,  
To soar high up in the sky.

You are my best friend,  
And my love for you will never end.  
I will cherish the bond we have,  
And I'll be there for you,  
Whenever you want me to.

**Zaina Khan, V-B**



## Rescuing the saviours

Tall, thick and fresh,  
This is how a young tree looks.  
Grow more trees, don't cut them off,  
We all read this in books.  
But what does this mean to us?  
Does it mean to take their lives  
Just because they make ours?  
When trees are gone, the extinction of earth arrives.



People never practised  
Lessons that they preached.  
Each time we axe a tree,  
We are not setting the earth free.  
The world will be filled with happiness  
Only if we live in unity,  
So what if trees never talk or walk  
We should always show them our humanity.

**Jasra Kalam, VI-A**

## Rain

You can hear  
the thunder  
roll,  
Before the rains  
take its toll.  
A cold ball rolls  
down my head,  
Heavy rain  
starts as if  
raining lead.



Diamonds marching on the leaves,  
Beautiful scenery starts to weave.  
The serenity of nature is clearly seen,  
Everything around has a distinct sheen.

A cool breeze blows across my cheek,  
The monsoon has started to peek.  
The pleasant aroma of the wet soil,  
Small millipedes start to coil.  
The clouds start to honk out loud.  
I guess its back to dryness and heat.  
Imagining the rain was a trick quite neat.

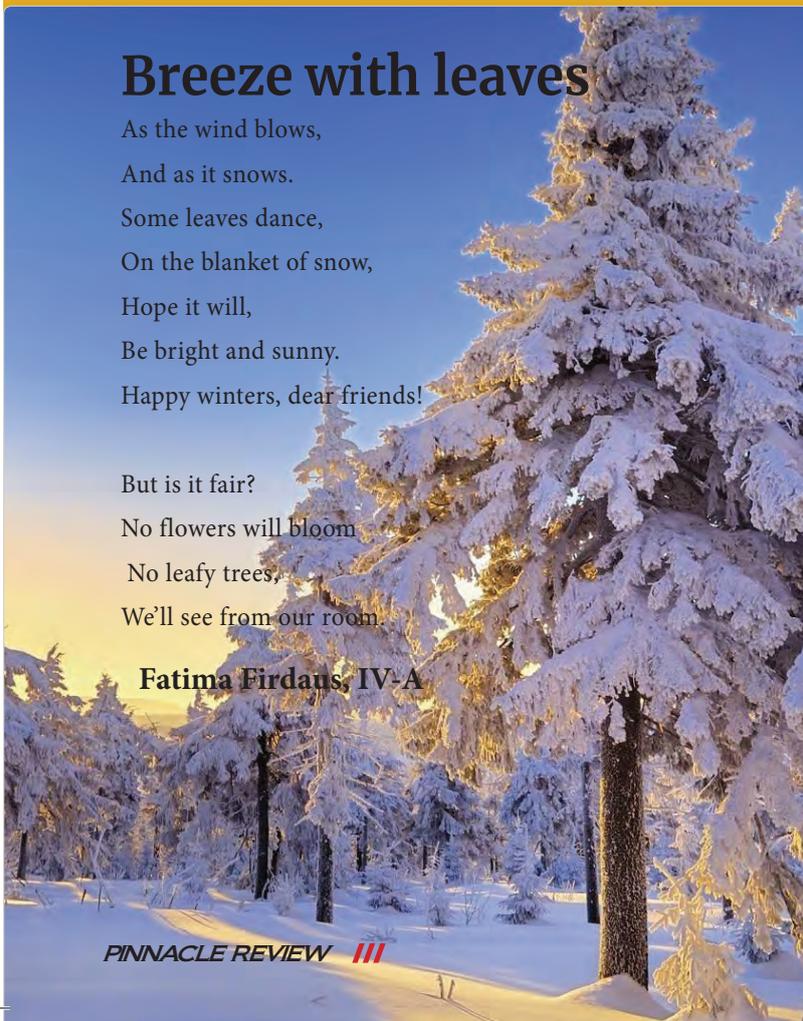
**Ifsah Anjula, VII-A**

## Breeze with leaves

As the wind blows,  
And as it snows.  
Some leaves dance,  
On the blanket of snow,  
Hope it will,  
Be bright and sunny.  
Happy winters, dear friends!

But is it fair?  
No flowers will bloom  
No leafy trees,  
We'll see from our room.

**Fatima Firdaus, IV-A**



**PINNACLE REVIEW** III

## STARS

Some clear nights I see  
Million, billion hanging diamonds  
Those seem to smile at me.

God made them like crystals in the sky  
Come to the daylight  
And they all become shy  
And the moon  
She seems to shine  
Just in the centre, overhead.

I observe and I compare them  
With rivers, oceans and the Milky Way  
Their home is  
Where they stay  
In a state of bliss.

**Ammarah Shahid, VIIA**

## My Mother

She is a ray of sunshine,  
She brightens up my day.  
In all my troubled growing years,  
She showed me the right way.

God sent her for me,  
To see how kind she is.  
And when she talks to me,  
All the negativity goes away.

It's a blessing that I have her,  
She helps me when I need.  
Warm, kind and sweet to me,  
I am so lucky to have her.

I can talk to her when I need.  
The things she does and gives me,  
I never could even dream.  
She doesn't know how much I love her,  
It's more than she can ever think.  
Thank you, my dear mom,  
For all the happiness that you bring.

Ahmad Rayyan, V-A



## My Book

Sitting on a couch  
I felt so bored  
Not a voice could be heard.

I opened a book  
In it did I look  
And was hurled  
Into a fantasized world.

I disappeared  
On a broom, I appeared  
Flying on the pitch  
Playing Quidditch.

I caught the switch  
Like a witch  
Winning the game  
The real world is so lame.

I tore my eyes  
Off the book  
And out of the window did I look.

I saw rain pouring  
Mummy was still snoring.  
Home is so boring  
But exams are very scoring.

Noor Zahoor, VII-A



## What can you do?

When you see litter in the streets,  
And the air smells of pollution.  
When you feel like it's all piling up,  
You feel something needs to be done.

There's something each of us can do,  
To keep the rivers clean.  
To keep the air fresh,  
And keep the forests lush and green.

Help clean a beach,  
Or recycle bottles and cans.  
Learn about the problems we face,  
And help others understand.

It doesn't have to be a lot of effort,  
If we each just do our share.  
So take time out,  
To show the Earth you care.

Mohd. Isa, V-A

# MEN ARE FROM EARTH. WOMEN ARE FROM EARTH. DEAL WITH IT.

Each and every individual, living or non-living being present in this system has a role to play so that the system functions in a harmonious and progressive way. When it comes to human beings—male, female and transgender, each of them have their own role in the system. Slogans like ‘Women Empowerment’, ‘Gender Equality’, ‘Gender discrimination’ etc. were created to create awareness among women and mobilise them for their rights in public life.

Indian civilization and culture have a rich history and tradition that has woven the life of an individual in such a manner that without women it has been considered incomplete.

But as history is testimony to the fact that due to socio-cultural and religious changes that took place because of the infiltration of the foreign elements, women gradually had been confined within the four walls of the house and women in this country transformed from a symbol of Shakti to a symbol of Sati.

Personally, I don't believe in the concept of equality and empowerment because men are different from women and I believe in respecting and celebrating differences as all are human. I believe in the concept of recreating and re-establishment of that space and placing each and every individual in their space so that they contribute in creating harmony in this system and eventually taking humanity forward.

In my opinion, these type of movements generally don't aim for their own rights but they want to empower themselves at the cost of rights and life of men. It's not

empowerment but overpowering others. Competition is good for any society but it should be on merit basis.

Throughout my life and till date, I have deep respect towards women but seeing the trend today, I am scared too.

I can take the guarantee of my conduct and behaviour but not anybody else's. In all these seventeen years of my professional life, I have experienced that people don't compete by enhancing their own merit but by adopting all negative means to elevate themselves. This tendency has gradually transformed me into a reserved person on a professional platform as I don't believe in defeating anyone by demeaning my own ethical and moral value system. I try to maintain a safe distance in my conduct and behaviour. I cannot leave my good and moral values for somebody else's demeaning values only for the sake of defeating them. I want to be what I am and what I am is going to be defined by my value system which should not tarnish the moral,

social, cultural and spiritual fabric of the nation.

My words should not be taken as offensive but competition has taken a negative turn and women are stooping to the lowest level and different types of social, administrative, judicial and organizational data from different institutions speak volumes. Take all the laws as an example, that has been executed in order to protect and empower women, these have been misused up to that level that the apex court of the country commented on them many times. All of this applies to men equally and they should also learn to respect women and provide them with their space and behave responsibly.

**‘Wherever women are given their due respect, even the deities like to reside there and where they are not respected, all actions remain unfruitful.’**

Anurag Singh



# Chail: A TREKKER'S DELIGHT

At the eleventh hour, when I was checking my bag to make sure that I had everything I would need for the trip, I heard the wind howling. The predictions were coming true one by one. It started with a dust storm, glasses shattered, branches of trees swayed and then it started to rain cats and dogs. "I'm not going to send you if this continues," was my mother's first reaction to the sudden change in weather.

It stopped raining and subdued to intermittent pitter-pattering. I heaved a sigh of relief and took to the road. We (students of Classes X and XII) assembled in the school, boarded the bus and thus began our amazing journey to Chail, Shimla. It was a 12-hour journey, which seemed never-ending. Finally, at 10 in the morning of 7th April, we reached the Little Heart Resort when we felt like we were about to reach the core of the earth. It was chilly but the moment we stepped on the gravel path and our gaze fell on the magnanimous mountains that arched over us, we realized that it was worth the wait. The resort was beautiful and the rooms screamed opulence. The resort also had solar

panels that were used to heat water and for other purposes. We began our day by having breakfast that reminded us of Ghar ka khana. We soaked in the view and got ourselves acquainted with every nook and corner of the resort. In the evening, we went trekking.

Though we were hungry for more and wanted to scale the heights, we had to satisfy ourselves with steaming hot pakoras and tasty adrak wali chai. Though I'm not a tea addict, the hot ginger tea seemed like an elixir in that cold weather. The moon dethroned the sun; we rushed to the dance floor. Everybody danced like there was no

tomorrow. After dinner, we went to our rooms where we lay awake all night laughing at stupid jokes. The activity on our to-do list was a trek to the Kali ka Tiba Mandir and sightseeing to the Chail Palace and the world's highest cricket stadium. The sound of the gravel being crunched under our shoes, the blue coloured house sitting atop a hill, the echoing sound of our voices, being soaked in rain and sunlight at the same time, our effortless attempts to measure the heights of the mountains, listening to the silence, are memories and images we want not to become hazy. My sceptic mind was filled with questions on my way back home. Because it was a long journey, I tried to think of answers when everybody would slump back into their chairs tired of playing charades.

Anyhow Shakespeare rightly said, "I like this place and could willingly waste my time in it."

Maryam Ahmed, XII





After a month of the busy and hectic start of Classes IX and XI, I can say that most of us needed a break to boost ourselves. We were lucky because soon we got a notice – Class IX, Trip to Camp Tikking, Gurugram.

Finally, the day arrived, the 28th of October when most of us were standing in the school premises and waiting for the bus to arrive. The bus journey was marvellous; everyone was shouting with excitement and chit-chatting with each other.

As we reached the camp site, we were briefed about the activities for the entire day and divided into groups. We had fun shouting out the unique slogans prepared by our instructor. I had a hunch that it was going to be a fun-filled day

We started with the Commando Net in the morning, a unique way of playing knots and crosses in the afternoon and ended with Air-Hockey, (a game known by only 5 percent of the people of the

world) in the evening. There were many activities like the zip lining, wall climbing, caterpillar races and what not. There were many new and interesting activities for all of us. We never realised how the day passed by and it was time for the dinner, Disco and Bonfire.

The food served each time was delicious. The disco was absolutely very fun; we all danced to the lively music like there was no tomorrow. Everyone sang songs, shared their experiences and showed their talent at the bonfire.

The next morning, we had our tea and biscuits and headed on a long 2-hour trek to the hills and the village side. We saw the sunrise and the beauty of nature. We saw many cows and the villagers carrying out their day to day activities. We came back to the campsite and had a healthy breakfast.

# Camp Tikking at Gurugram



We were given some time to pack our luggage and soon we headed towards the school where our parents were waiting for us.

I took many memories from this trip as it was a trip that I could never forget. The adventure was there, music was there, friends were there – what else one needs!

Jagriti Dutta, IX-B



# MASHOBRA - OVER THE HILLS AND FAR AWAY



The Pinnacle School organized a trip to Mashobra for Classes VI to VIII from 20th September to 23rd September, 2018.

It is also known by the name of 'Quieter Shimla' as it is a wonderful get away from the hustle and bustle of the city.

The campsite was set amidst a reserved forest; it is a very quiet and serene setup. There are apple orchards in front of the camp. The entire setup is kept natural with only necessary landscaping. You will love the place, if you love nature.

Activities were conducted by the team of experts along with our Sports teachers,

Kishore Sir and Pawan Sir who not only inspired the students but also the teachers to participate in the activities. Children thoroughly enjoyed rappelling, waterfall trekking, obstacles, valley crossing and flying fox.

The bonfire in the evening was a fun-filled experience where the children danced tirelessly and enjoyed every bit of it.

On our way back to Delhi, children enjoyed various rounds of Antakshri. With beautiful memories, we had a safe journey back home.

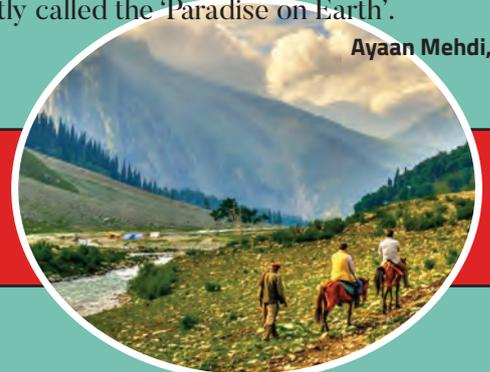
Neha Goel

## A TICKET TO HEAVEN

I went to Kashmir with my family in June 2018. Our flight took an hour and a half to reach Kashmir Airport. My uncle had come to receive us and then he took us to his bungalow. I had an opportunity to visit Shalimar Garden, Nishat Garden, Chashma Shahi and other beautiful gardens in Kashmir. We also went to see the breathtaking Dal Lake.

In the coming days, I visited Gulmarg. I played golf there with my father. Then my uncle took us to Pahalgam. The sound of the crystal clear water touching the rocks and the hills gleaming like gold was the best part of our entire trip. I enjoyed eating 'Gushtaba' which is a dish made of meatballs cooked in thick fresh curd gravy and Kashmiri Pulao which was loaded with dry fruits. It is served in traditional 'Wazwan'. We returned to Delhi after a month. Kashmir is rightly called the 'Paradise on Earth'.

Ayaan Mehdi, IV-B



**BE ADVENTUROUS**

"Take only memories, leave only footprints."

Chief Seattle



## CAMP MUDDY BOOTS

Students of Classes III to V visited camp Muddy Boots in Greater Noida in November 2018. Camp Muddy Boots is a next door adventure stop where students can sit back and relax, make stories out of clouds passing by.

In the beginning, students were divided into groups each lead by an instructor who took care of their safety and made them do various activities like zorbing, zip line, tug of war, rope activities, balancing activities, wall climbing, hurdles, and many sports activities.

The camp was well organized with prior planning and proper execution. Children were provided with delicious food and snacks.

Children took part in each adventure activity with full enthusiasm. In the end, a DJ was set up where students danced to the music.

**Garima Chhabra**

# GOOD TIMES IN MUSSOORIE



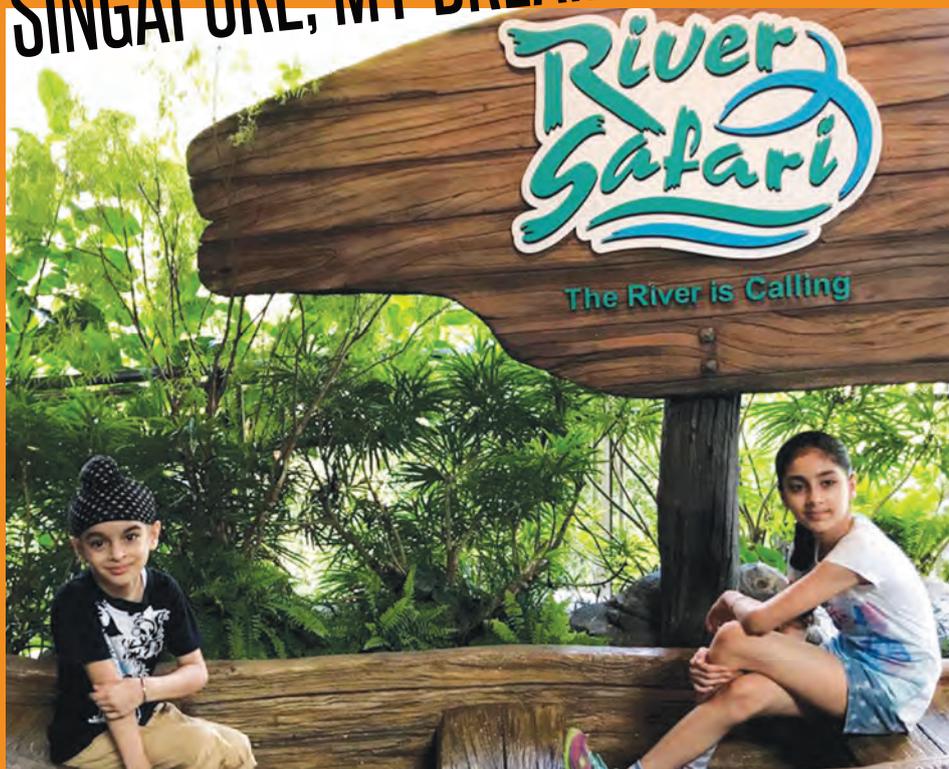
Mussoorie is a hill station in Uttarakhand. I have travelled to many other hill stations in India with my friends and family but I visited Mussoorie for the first time last year.

It is also called the 'Queen of Hills'. I got a chance to do a lot of adventure sports like River Crossing, Rappelling, Rock Climbing, Trekking and Sky Bridge. The weather was always pleasant there. Our first visit was to the Shiv Mandir. It is a famous temple dedicated to Lord Shiva. We also went to Lal Tibba which is the topmost point of Mussoorie. I visited Kempty Falls, Trolley Point and even shopped with my mother in our free time. The entire week that I spent in Mussoorie was full of fun and excitement. I surely want to visit this place again.

**Ayanna Dawar, IV-B**

*"Jobs fill your pocket. Adventures fill your soul."*

# SINGAPORE, MY DREAM DESTINATION



During my summer vacations, my mother told me that we were going on a trip to Goa. I was very excited as I was going there after so many years. We were flying to Goa. As we sat in the plane, my parents gave me a pleasant surprise that we were n't going to Goa, we were going to Singapore instead. I always wanted to go out of India and I was so excited that my dream was going to be true. I loved the view from the plane's window.

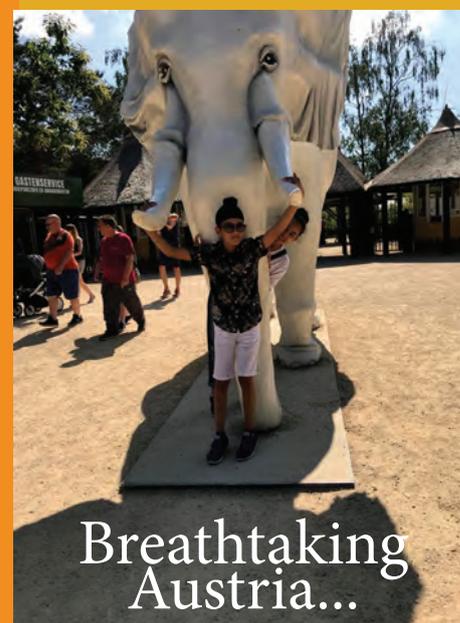
We stayed in an apartment near Clark Quay facing the Singaporean river. I did not like the food there much as there was a peculiar smell of seafood in every item. Thank God, we were carrying some packed food and I could relish Dal Makhani and Maggie.

On the first day, we went to the Singapore Zoo. Then we enjoyed the safari in the evening followed by the night safari. It was thrilling to go to the jungle at night. The next morning after breakfast, we headed for sightseeing to Sentosa Island. During the day we covered the Sea Aquarium which hosts more than 800 species of marine animals. It was indeed fascinating to see the aquatic life. Next, we went to the Tricks Eye Museum and Wings of time.

On the third day, we visited the traditional side of Singapore. We visited places like Singapore Flyer, Merlion Statue and Park, Fountain of wealth and Orchard Road.

Finally, the most important day which I was waiting for all through the trip was a visit to the Lake of Dreams, Universal Studios. There were so many fascinating rides and so much to do that an entire day went by in a flash. Battlestar Galactica, The Revenge of The Mummy and Transformers were the rides we enjoyed the most. Out of all the zones, the Sci-Fi zone is one place that must not be missed. I also saw a 4-D show in Far Far Away Castle. On the last day of the trip, we went to Jurong Bird Park which had a variety of colourful birds. The best part of The Jurong Bird Park was feeding the pelicans fish. I can never forget this magical place of wonders.

Simrit Kaur, V-B



## Breathtaking Austria...

During this summer vacations, I went to Austria and Holland (also known as the Netherlands).

The Netherlands is known for its windmills. After six days, we went to Efteling Theme Park. We sat on a roller coaster called Baren. It was very scary. I even visited the beach in Den Haag. Next day was safari day. I got an opportunity to watch lions, lionesses, chimpanzees, crocodiles and elephants. There were four ways to explore in this safari -walking, taking a car, by boat or by bus. Then we returned to Austria after a week of gala time in the Netherlands. The next day, my father rented a BMW and we went to Kahlon Berg Hill. We even went for a Nature walk.

The view was breathtaking. We then started our three-day road trip. On the first day, we headed towards a beautiful village called Filzmoos. We also went to a lake called Hallstatt. The river is surrounded by mountains and water was so clear, we could see right through.

There were swans there and we played with them. We even went on Ziplines. There was a different kind of sea-saw. On one side two people could sit. It was a kind which would spin and we had to sit on the wheel. We visited a beautiful place which had a waterfall called Krimml waterfall which is the highest waterfall in Austria. We did trekking there. I can never forget this trip as I enjoyed a lot with my family.

Gursanjh Singh, IV-B

We all have wished to have a perfect vacation overseas. So did I, but unfortunately my trip didn't go as well as I had thought it would. I was all excited about the trip and went for pre-trip shopping. But when I returned, I got to know that we were going in a group. At first, I was fine with it and tried to cope with the situation and agreed on going in a group as it was a new experience for all of us. We packed our bags and left for Paris- the dream destination. The flight was really tiring as we had two flights, first was from Delhi to Muscat then from Muscat to Paris. So when we landed at the Paris airport, we had to wait for other group members to join us and then leave for our hotel.

This is where we all got disappointed as our hotel was on the outskirts of the city, which means that there were no malls or restaurants nearby so we either had to walk or go by bus, with the group. Some of the group people couldn't eat the food over there; we all had to eat Indian food. Each day was tiring as we had to go sightseeing and visit popular landmarks, so we had to wake up around 6 am, and start all the sightseeing and then reach our hotel room around 2 a.m. It was as if we were forever running to do this or that. There was no time to enjoy the pristine beauty of Paris nor any time to sit and enjoy the beautiful cafes on the roadside.

We had to travel by bus everywhere we went. Those bus rides were still bearable as the tour guide was entertaining throughout the journey. The major problem was shopping as we had a limited time for it and we had to listen to all the group members, as some of them wanted to visit places and others wanted to do something else. But at the end of the day, we would take out a solution for it so that everyone got a chance to do what they wanted. My Switzerland and Belgium trip was way better as we stayed very close to the city and there was no problem throughout. Altogether my Paris trip was not that bad but it could've been way better than it was.

Akriti Bangwal, XI



*Europe -  
not such a delight!*



In August, I had an opportunity to go to Singapore. We took a flight in the evening and it took us almost four hours to reach there. My entire family went for a week. We had a chance to go to Sentosa Island, Gardens by the Bay, Marina Bay, Universal Studios and Night Safari too.

We even went to Malaysia for a day. It is also known as the melting pot of different cultures. I went to Little India and temples in Chinatown. The food in Singapore was delicious. My parents did a lot of shopping. Our tour guide also took us to Singapore Zoo where we had a chance to see so many animals in their natural set up. This trip was the best trip I had ever had with my family.

Sidhant Narang, IV B

## Dazzling Dubai

I was really excited on my first trip to Dubai. It was a surprise trip for us. We landed in Dubai in the afternoon. Father received us at the airport. We checked into Hilton Hotel at Al Habtoor city. We went on the Creek Dhow Cruise and had dinner too. The next day we drove to Ferrari World in Abu Dhabi. We were extremely excited. We took many rides there.

We visited Abu Dhabi Grand Mosque which is really beautiful and the pillars are made of gold. We took a city tour and we saw Burg Al Arab, Jumeirah beach, Hotel Atlantis, Dubai frame and many other exciting places. We visited Burg Khalifa the tallest building in the world and went up to the 125th floor. The lift took just 77 seconds from the ground floor to the 125th floor.

The view from the top was breathtaking. In the evening we went on a desert safari. We also saw the dolphin and seal show in Dubai Dolphinarium. We had our limousine ride also. It was fun. We came back on the 31st January with lots of memories and fun tales to share with family and friends.



Yashica Sharma, IV-A



# TO TRAVEL IS TO LIVE

1

## PICTURESQUE RAJASTHAN

I went to Rajasthan during my winter vacation.

I visited Jaipur, Udaipur, Jodhpur and Jaisalmer. But I loved Udaipur the most. Udaipur is a city of lakes. My family and I enjoyed speedboat rides. Then we went to Jodhpur. Here we saw many beautiful forts. After Jodhpur, we moved to Jaisalmer. We visited the big Thar Desert. My little brother and I enjoyed camel rides and the desert safari. This was one of our best holiday trips!

Samaira Kamran, II-A



2

## WINTER FUN IN KASHMIR

I went to Kashmir with my family on 11th January.

We went there in an aeroplane. In Kashmir, we visited Sonmarg, Gulmarg and Srinagar. I did snow skiing. I sat in a ropeway to reach the top of the mountain. I also did snow biking. I even made a snowman. I ate delicious Kashmiri food. We sat in a shikara and saw the frozen Dal Lake. I felt very nice. Kashmir is so beautiful. It is like paradise on Earth.

Ahmed Umar Farooqui, II-A



3

## JAISALMER- A TRAVELLER'S DELIGHT

During the winter break, I went to Jaisalmer by train.

The train's name was Jaisalmer Express. We reached there on 4th January, 2019. We stayed in Rajasthan Desert Camp and the weather was hot. There were many windmills on the way and big sand dunes too. We took a camel ride. I climbed up the sand dunes. At night, we sat around a bonfire. The next day we went to Tanot Mata's Mandir. In 1971, a war took place and Pakistan threw many bombs on this temple. But none exploded. After that, we went to Longewala where the war happened. We then went to Rawal Kot Hotel. My brother swam but I was in my room. The next day, we checked out and went to Gadisar Lake. We did boating there. Then we went back to the station to get the train to Delhi. It was a very nice trip for me.

Dhanya Jha, II-A



4

## NEEMRANA, A FORT PALACE

I went to Neemrana Fort Palace in Rajasthan.

It was built in the 15th century when my grandfather was not even born. Kings, queens, their children and soldiers used to live there a long, long time ago. The fort has a huge building with very broad stairs. The building was made up of large stones instead of bricks. This fort has now been turned into a hotel. We stayed in one of the rooms inside the fort. Our room was called "Tulsi Mahal". There was a lotus pond in the middle of the fort. There was a playroom for kids called "Masti Mahal". There were squirrels, peacocks and very interesting birds in the gardens. There I saw very old cannon also. The weather was very pleasant there and it was really fun.

Aayan Ashraf, II-A





# AN AFFAIR TO REMEMBER

This vacation took me to Central and Eastern Europe. I managed to hit Germany, Austria, Bratislava, Slovakia, Slovenia, Hungary and Croatia. A trip where some days you breakfast in one country, have lunch in another and dinner in a different country altogether. This was a record of sorts for me when you come to think of it.

Landing in Munich, Germany, we boarded a coach and zipped along super motorways. We exited the airport and headed straight for Swarovski Kristalwalten. From June to September, Swarovski Crystal Worlds in Wattens becomes a world of summer delights. The Chambers of Wonder and the garden are stunning in any weather. The Giant is transformed into an open-air

night theatre. Entering the giant with the waterfall we were transported to a crystal world which was breathtaking

The following morning after a hefty breakfast of the best of cheeses, fruits and cold cuts, we loaded up and headed for Salzburg, home of Mozart and the Fortress of Hohensalzburg. The castle is a real eye catcher, high above the Baroque towers of the city making for an unmistakable feature of the world famous skyline. From its lofty position protecting Salzburg, it affords cracking views of the surrounding countryside. Unfortunately for me, we were turned away from the gates of the city as the required permit to enter was not in order.

From Innsbruck, we headed out to Vienna the capital city

of Austria where we stayed for two nights. The stage was set for Vienna's baroque streetscapes, imperial palaces-artistic and musical masterpieces alongside vibrant epicurean delights and coffee house culture. Known as the City of Music with a musical heritage that includes composers Mozart, Josef Haydn, Ludwig van Beethoven, Franz Schubert, Johann Strauss (father and son), Johannes Brahms and Gustav Mahler, among countless others and who can forget Sigmund Freud. There is a veritable cache of incredible venues where you can catch performances. I was lucky to meet my old friend, Maestro of the Vienna Philharmonic Orchestra during a late evening rehearsal. A right royal treat for me.

Schönbrunn, the Habsburgs' summer residence, was a delight. The fountain the rose gardens and shady arbours, one was astounded at the opulence of the grand ballroom, and could almost hear the strains of the Viennese Waltz.

St Stephens Cathedral with its swinging bell, the second largest in Europe is one of the landmarks of Vienna and was under renovation while we were there.

A trip to the pleasure park Vienna Prater was on the cards and I was happy to take the Ferris Wheel to get a 360-degree view of the Park and the city of Vienna with the Danube flowing by on its eastern side.



Next stop Bratislava, capital of Slovakia. Set along the Danube River by the border with Austria and Hungary. Vineyards surround it and the Little Carpathian mountains, crisscrossed with forest hiking and cycling trails. The pedestrian-only, 18th-century old town is known for its lively bars and cafes. Perched atop a hill, overlooking the old town and the Danube, Bratislava castle hosted the Porche and Ferrari Festival while we were there. Great opportunity for us to take photographs alongside these dream cars.

Ljubljana, the capital of Slovenia was our next stop en route to the enchanting Lake Bled. We spent a good two hours at the scenic lake. You fall in love with the lake with its castle and cathedral perched high on a hill and a beautiful castle nestled like an island in its midst, perhaps the most beautiful place in all of Europe.

Next morning on to Postojna to check out the Karst cave with a railway which was built more than 140 years ago. The labyrinth of caves with the famous 16-metre tall stalagmite known as the

Skyscraper, the crystal white symbol of the caves is breathtaking. The tourist train took us past a network of karst corridors, galleries and halls. Nestled beneath the earth in these caves are the oldest underground post office in the world and the most famous underground animal – the olm or the human fish.

Next country Hungary. Budapest. Bisected by the River Danube. Its 19th-century Chain Bridge connects the hilly Buda district with flat Pest. Trinity Square, Heroes Square, Buda Castle, Danube Castle, 13th-century Matthias Church and the turrets of the Fishermen's Bastion, offer sweeping views. Budapest has something for everyone – from dramatic history and flamboyant architecture to healing thermal waters and a nightlife that is unrivalled in Eastern and Central Europe. The Evening Danube cruise was a pure delightful good hour spent at a leisurely pace on a great barge and greeted with a flute of Champagne.

Thanks to Junaid Shafqat for being so sweet with me and taking me to all the

churches possible and even treating me to lunches. Goulash, I had none.

Next stop, Prague, a colourful and wondrous city with the castle and the famed Charles bridge, completed in 1402, with the many Catholic Saints statues lining it. Close by, is the Infant Jesus of Prague. Nicknamed "the City of a Hundred Spires," is known for its Old Town Square, the heart of its historic core, with colourful baroque buildings, Gothic churches and the medieval Astronomical Clock, which gives an animated hourly show. I was intrigued by the love locks on most bridges over the Vltava River, where lovers attach locks and throw the keys into the river. Now, why was I not ready with my lock and key? Shhhh!

Finally back to Munich to catch the plane home to Delhi via Tehran, but a stop at the BMW Museum was a must do! Central and Eastern Europe was done at a frenetic pace of 11 days. Europe, I dub thee my favourite continent.

*Stephanie Ellis*



# Lets go Goa...

I have known Goa for a long time. The first time I experienced it, I was 13 and yet every time someone suggests we go there I am ready to do so again. Goa spells FUN. It's a treat for the mind and soul. The abundance of blue, green and golden soothes one's spirits. No matter what kind of a person you are, whether you like to party or you like solitude, Goa has something for everyone.

Calangute and Baga beaches are the hub of all activities and if you love water sports and a crowd, there is no way you will miss it. It's one of the busiest beaches and is home to places like Britos and Suza Lobo which are an absolute delight for anyone who likes to gorge on seafood.

However, if you are looking for less crowded beaches there are a lot of places down North which are unexplored. Arambol, once a small fishing village, is now the most happening beach in Goa. You'll find plenty of alternative therapies there, such as meditation, yoga, tai chi, and Reiki. Water sports and dolphin sightseeing trips are

on offer as well. The nightlife is relaxed with drum circles and live music. Morjim and Ashwem have become quite hip and trendy in recent years. Groovy beach bars and beach huts, as well as a few fashionable resorts, can be found there. Morjim is renowned for its protected turtle population.

If life is boring and nothing seems to be going your way, pack your bags for Goa is calling you.

**Deepti Madan**



# THAILAND- IT WAS!

THE MORE YOU WANDER,  
THE MORE YOU WONDER

Come summers and I start getting butterflies in my stomach, just have to venture out to some great locale. A short unplanned trip to Thailand along with my son, it was.

After making inquiries and plane tickets bookings, we left for Bangkok on the night of 19th June 2018, then took a connecting flight to Phuket. The first day at Phuket was the day we spent at leisure. So my son and I went shopping and to have a taste of the lovely seafood delicacies. Thai street food is something one should never miss.

Day two and we were taken on a two-hour cruise from Phuket to Phi-Phi Island. We were served unlimited cold drinks and snacks. The view of the scattered islands was breathtaking. Once we reached Phi-Phi Island, we were taken to the beach where we enjoyed ourselves. Lunchtime, we were welcomed with cold drinks and lunch at Phi-Phi Hotel. We spent the entire day at Phi-Phi and got back to Phuket in the evening. As soon as it was dusk, we would get to the market to continue our foodie experience of the tempting sea-food and fruit drinks. The passion fruit juice was to die for.

The last day in Phuket, we went sightseeing and saw the largest Buddhist temple, Wat Chalong. Next was a brilliant Dolphin Show. We saw the clever dolphins dance and play and they enthralled the spectators. The show was worth the money. Once we returned after a hectic schedule, we had our last Phuket dinner and a quick shopping spree was on the cards. Once back in the room we started our packing ready to catch our flight to Bangkok, early the next morning.

The next day, we were taken sightseeing in Bangkok. Safari World and Sea World are mandatory for tourists. The drive around Safari World and seeing the wild animals in the open gives city slickers a real buzz.

The Tigers left in the open were coming up to our van and peeping in. We were lucky to see the tigers being fed by their caretaker. She comes in an open caged van with huge chunks of meat and feeds them. The tigers too

know their caretaker and with a whistle or a clap, know it's time to come or go.

Walking around the vast area of the zoo was really very exhausting but educational too. We saw different birds and animals, the White Rhino and the White Tiger too.

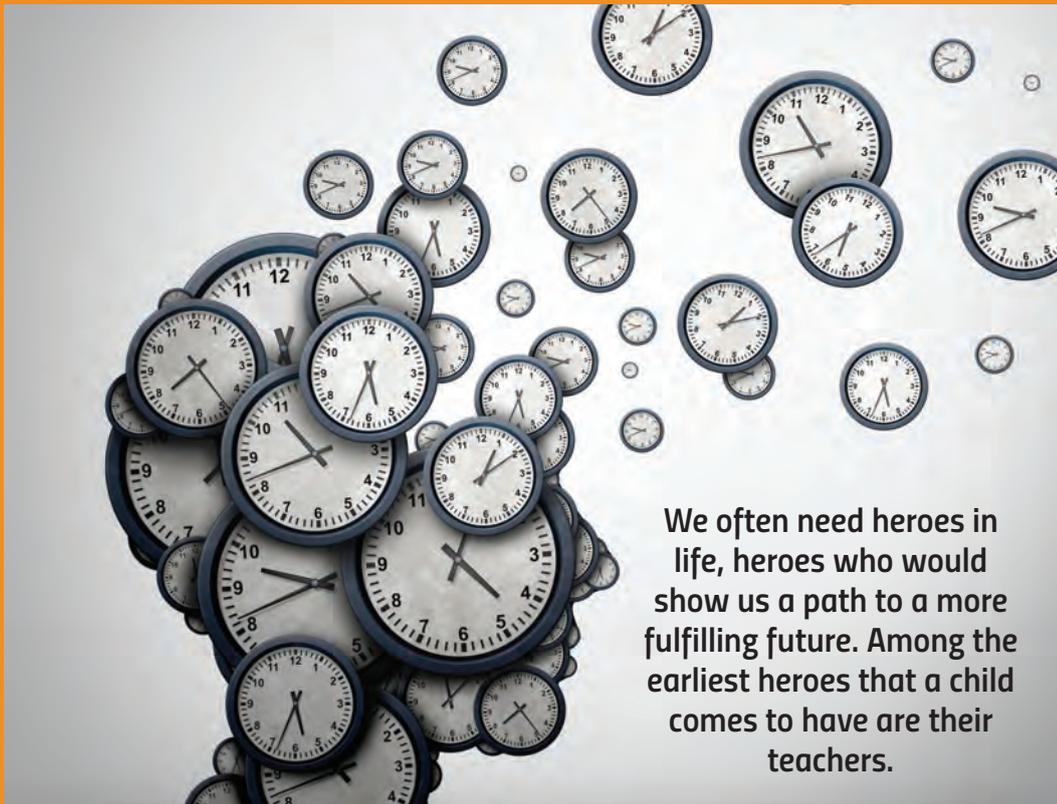
At Sea World, we saw the sea lion and dolphin show again. We also got to see a Cowboy show. We were taken to an Indian restaurant for lunch just in case we were missing our Indian food. After we returned, we had a quick dinner and got back to the hotel. Check out was at 3 a.m. the next morning.

Before you could say 'Jack,' we had to wake up to catch our flight back to sweltering Delhi. The trip was a good break.

Michelle M. Shakil



# LEARNING BEYOND THE CLASSROOM



**We often need heroes in life, heroes who would show us a path to a more fulfilling future. Among the earliest heroes that a child comes to have are their teachers.**

Teachers mould young individuals by giving them the tools to understand reality better. A teacher is like an explorer who explores the needs and demands of his/her students. However, the education system also restricts learning and more importantly knowing to the four walls of the classrooms. This curb leads to a break in learning as it prioritizes information over knowledge. Learning by doing has almost become obsolete.

So the question arises: Can learning be possible beyond the four-walled structures of conformity? Is knowledge available nowhere but in the concrete structures of educational institutions? Are heroes only present in these places?

In modern society, we have specific sites of learning. A fixed curriculum is forced on us and we are expected to excel. The knowledge that we gain from our surroundings is considered to be somehow less valid. This is because it lacks the legitimacy that institutionalized knowledge has. But the problem with institutionalized knowledge is that it becomes unquestionable. It is somehow taken for granted that every one of

the same age group should be exposed to the same kind of knowledge, irrespective of their personal interests and their learning pace. Self-taught men and women are considered to be less knowledgeable than others. But what about Eklavya, Akbar and others like him who had denounced formal learning but had achieved great heights in life? Two of the most successful individuals from the tech world, Bill Gates (founder of Microsoft) and Steve Jobs (co-founder of Apple Inc) were both college dropouts but have revolutionised communication and the way we know.

Why does knowledge have to be limited to the textbooks and how one performs in examinations? Knowledge is infinite and learning is a journey. Scoring 99 percent in board examinations doesn't ensure one's capacity to learn. Rather it's the acceptance on the part of the individuals that they always have more to learn from their everyday life, from the internet, from their conversations with acquaintances and strangers alike, from side notes of secondhand books sold on city pavements, that in the true sense of the word makes them knowledgeable.

Arunoday Majumder

# SPORTS

# W

hen something really important and memorable happens, we remember each and every second of that particular moment very vividly. I remember how restless I was waiting for the names to be announced and then I heard my name being called out. A chill ran down my spine and a million emotions filled my heart. That was the very moment I realized that a new chapter of

my life had just begun. I was really nervous about how all this was going to play out but if you ask me, I think I did better than I had expected. We must lead by example and the most laborious task of all was to fulfill my duty, despite all the boulders along the way. You lead your team, fill them with enthusiasm and make them feel that they have the power and ability to accomplish their dreams. It was an experience of a lifetime and I am so thankful for the opportunity.

When you are assigned this post, you don't even realize it but you become an inspiration for someone. Being the Sports Captain is not only about someone's ability as a sportsperson but, it also represents a sense of leadership and command. I'm so very grateful to all the teachers who believed that I was competent for the post. I never lost my way because there were such amazing teachers like Lalita Ma'am, Kishore Sir and Pawan Sir who guided me through my journey.

This was a great opportunity for me as I learned a lot about myself and got to know about my strengths and weaknesses. It's not the badge that attracts me, it's the honour that comes with it. It was truly an honour being a part of The Pinnacle School's Council.



**Priyanka Dandona**  
(Sports Captain)



# NEVER LET GOOD ENOUGH BE ENOUGH



Sport is one of the basic joys of life. Time spent in the field is probably the happiest for all students. It is this happiness coupled with their hard work that translates into success, when our students go to play in matches outside the school. Then be it athletics, basket ball or badminton- students of The Pinnacle School do wonders and amaze the world with their performance.

## HOOP LIKE A GIRL!

Ever since I was in 7th grade, basketball has been the favourite part of my life . I'm not an incredible player but it has never made a difference . I was the worst player in my middle school team . I spent a lot of hours practicing with the school team, friends or just by myself . I used my spare time playing basketball.

My favourite basketball player is Christopher Emmanuel Paul or Chris Paul who is an American basketball player for the Houston Rockets of the National Basketball Associations. He has also won a lot of medals and

awards. He also plays for Chicago team. The kind of tricks he uses for dribbling as well as shooting inspires me a lot.He inspires me a lot and someday I wish to play like him.



It's not just a game.It brings me so much excitement and joy. I get connected to those I play with, not only growing close to teammates but also developing respect for those I play against.

Basketball forces me to trust my teammates, teaches me to be a team player and pushes me to get back up and keep playing when I fall, no matter how bad the score may be. There is always a possibility that the next game may also be the same. Even with all the losses,

the injuries and the frustrations that may arise when playing basketball, there remains endless memories of sheer happiness, joy and contentment.

Without basketball, I wouldn't have had the determination to keep moving forward, the opportunity to meet new people or the feeling of freedom from burdens and responsibilities. I could simply go on forever about the reasons why I love to play basketball. Basketball is my teacher, my comforter and my companion in life.

**Kashvi Bhatia, IX-A**

# BELIEF+ WORK ETHICS= RESULTS

As we all know that sports is an integral part of our life. Sports and games are very important for us. It keeps us fit and healthy. Sports and games are means of mental and physical growth. During sports we come to learn many things. We learn how to maintain mental balance in character building. It gives us energy and strength. Games teach us to tackle the difficult situations. Sports helps us develop a sense of friendliness. It develops team spirit in us.

Time spent in the field helps in developing mental and physical toughness. Playing games shapes our body and makes it strong and active. Sports and games give us an opportunity to grow in life. These days sports has been commercialized. Sports has great potential to offer career opportunities. So we should take it very seriously from a very early age of our life. Thus, sports plays an important role in our lives.



Yash Rawat, IX B

## FOOTBALL IS A RELIGION FIFA WORLD CUP 2018

It was that time of the year again, it was the time for summer holidays. Everyone was happy and excited and plans were being made to spend the holidays. But this time I had a very sorted out plan. The plan was to sit back relaxed and witness the biggest festival of soccer-the FIFA World Cup-2018. Russia was given the privilege to host the World Cup. It contested the 21st FIFA World Cup . The official mascot of the world cup was a wolf named 'Zabivaka' meaning the one who scored. In all , 32 countries competed in this tournament with Russia being the host, qualified automatically. Russia geared up by uniting the efforts of government and its citizens to provide the best service to the footballers and football fans from all over the world who gathered in Russia to witness this historic event .

Those who couldn't make it to Russia fixed their gaze upon the host nation putting it in a global spotlight. All the matches were broadcast on different channels . Newspapers were filled with exciting news about the competition. Fans came to support their respective countries in the stadium. Flags and painted faces were used as a way to demonstrate their love and passion towards this game and their country. Stadiums were filled with the air of enthusiasm and excitement that was exhibited by fans and players. Russian streets flooded with supporters celebrating with anyone and everyone. The

spirit of the game united the supporters that were divided by nationality. Every goal was celebrated in a unique way. Just like any other game, there was a winning team and a losing team. Happy faces and tears of fans and players were seen in every match. But in the end, the sportsmanship and the spirit of game lifted the mood of everyone and turned everything into a celebration.

The tournament kick started with a match between Russia and Saudi Arabia on 14th June in Moscow . After competing in group stage ,14 countries progressed to the knockout stage. This stage comprised of round 16 ,followed by quarter finals, semi finals, third play off and finale. The host team couldn't make it to the finals and was knocked out of the tournament by Croatia in the quarter finals.

France and Croatia made it to the finals by defeating Belgium and England in semi finals. Belgium secured the 3rd place in the tournament. After a month long feast of football, the World Cup finale happened on 15th July in Moscow. Excitement followed by nervousness, prevailed in players as well as their supporters. With an attendance of 78011 people the game began. At last France defeated Croatia by 4-3 declaring themselves as the new world champions. The world was swayed by the splendid skills portrayed by men in blue. Hence France lifted the World Cup after 20 years.



Croatia won many hearts by their talent and sportsmanship in their first ever World Cup finale. Man of the match was awarded to France's Antoine Griezmann and the man of the tournament was given to Croatian captain Luka Modric. Kylian Mbappe won the best young player award for the tournament.

The World 's biggest sporting event was full of surprises and shocks. The defending champion Germany was knocked out of the tournament in the group stage by Mexico. The planet's best teams like Argentina ,Portugal & Uruguay were knocked out in early stages. New talented youngsters stunned everyone by their game. The so called underdog teams like England and Croatia made it far in the tournament. This tournament indeed made a place in history in the game of football.

Urooba Siddiqui

# PHYSICAL EDUCATION AND SPORT AT THE PINNACLE.

Sport at The Pinnacle, despite its limited area space is the one period the children look forward to in their time table. Besides providing systematic opportunities for physical activity and play, Sport enhances overall physical fitness and is a sure stress buster. Sport-based projects contribute towards the fulfillment of the right of the child to attain the highest level of development, both physical and mental. PE and School Sport majorly contribute towards top levels of educational achievement, public health, community cohesion and of course sporting performance at the highest competitive level. Education and health are interlinked and together contribute significantly to holistic human resource development. In schools, physical education is an essential component of quality education.

They promote physical activity, thereby leading to improved academic performance. It is imperative to catch the child when he is very young and help him or her begin training in order to excel in a particular sport, which in turn may lead to a career in sport in later years, should the child perform brilliantly given the training he receives to compete professionally. Sport is a human right as per the article of the Charter



of Physical Education and Sport adopted by UNESCO in 1978. The charter states: 'The practice of Physical Education and Sport is a fundamental human right for all'.

We at The Pinnacle have strong Junior, Sub junior and Senior teams for Basketball, Volley Ball, Jump rope and Badminton. Each year it is with pride that we reach the Zonal Semis and also bring home an approximate of ten medals. For the year 2018-2019, it is a matter of pride for us to announce that it was our girl teams that brought in a max of 9 medals in Athletics and Jump rope, combined.

Our students are trained by our result oriented and able Phys Ed teachers - Pawan and Kishore. This year, Class V came under their umbrella of training and as such the children are blossoming as they are receiving the best training ever from the grass roots level. During the summer vacations, extra training and coaching is given to the students with sporting ability, who give of their time and energy to better themselves in their given sport. Kabbadi and Kho Kho are also practiced during the camps, besides Basketball, Volleyball, Badminton and Cricket.



To improve physical stamina and core strength, children are taken out of their comfort zone on hikes and treks amidst rough terrain and in the lap of nature.

Skills when developed in an appropriate manner equip the child to choose their own sport and the level to which they would like to be involved. Children not interested in sports develop a healthy attitude towards fitness as a way of life.

Sport as a career is thought of by parents who push their children above and beyond to receive the best possible coaching in the chosen sport in order to become a Sachin or Usain Bolt. The school provides the love for the sport and plentiful competitive opportunities to excel at the National and International levels. It is up to the child to decide whether he wants to make Sport his career which is for a limited period of his life. Sarthak Dureja of our school who excelled in Badminton has opted to do his MBA in Sport Management from Australia. Who said space mattered? We at The Pinnacle, provide a platform for the children to mark their place in the world of Sport.

**Stephanie Ellis**

# THE PINNACLE SCHOOL

## RESULTS FOR 2018 – 2019

DATE	NAME	EVENT	PLACE	POSITION
28th July to 01st August 2018	Sachin Singh (IX-B)	15th Senior National Jump Rope Championship	Jammu and Kashmir	1-Bronze Medal
16th November to 18th Nov. 2018	Sachin Singh (IX-B)	C.B.S.E National Rope Skipping Competition	Maharashtra	2-Bronze Medals
	Sachin Singh (IX-B)	Inter Zonal Wushu Competition	Tyag Raj Stadium Delhi	1-Silver Medal
30th September to 04th October 2018	Shubham Singh (X-A)	15th Junior National Jump Rope Championship	Rajasthan	1-Bronze Medal
2nd January to 09th January 2018	Shubham Singh (X-A)	Wushu School National Games	Delhi	1-Silver Medal
16th November to 18th Nov. 2018	Shubham Singh (X-A)	C.B.S.E Rope Skipping Competition (Nationals)	Maharashtra	2-Bronze Medals
	Shubham Singh (X-A)	Inter Zonal Wushu Competition	Tyag Raj Stadium Delhi	1-Gold Medal
	Shubham Singh (X-A)	Inter Zonal Wushu Competition	Hauz Rani School Delhi	1-Bronze Medal
28th July to 01st August 2018	Saif Ahmed Ansari (X-B)	15TH Senior National Jump Rope Championship	Jammu and Kashmir	1-Gold 1-Silver Medal
16th November to 18th Nov. 2018	Saif Ahmed Ansari (X-B)	C.B.S.E Rope Skipping Competition (Nationals)	Maharashtra	2-Bronze Medals
	Saif Ahmed Ansari (X-B)	Zonal Judo Competition	Hauz Rani School Delhi	1-Silver Medal
28th July to 01st August 2018	Priyanka Dandona (XII)	15th Junior National Jump Rope Championship	Jammu and Kashmir	3-Gold Medals
	Priyanka Dandona (XII)	Senior National Jump Rope Championship	Jharkhand	1-Gold Medal





# CATCH ME ROAR

**"Why don't you listen to us? Come home on time! You can't be out this late. Dress appropriately. You live in India!"**

**T**hese are some of the very frequently called out statements at my place. My family otherwise is well educated, and progressive and have given me enough freedom to do a lot of things in life, but they know they live in a country, in a society, where girls will be different from boys. Different, yes, for they are to be protected, shielded and well guarded. For they are to be empowered only to prove the point that they were well below the ranks at some point.

I live in a male-dominated joint family. (well that's how the forces of nature worked!). When at home, my parents make it a point to treat my brother and me differently. Rules are different for both of us in the same situations. If I have to walk home from the metro station, and it's late hours, my parents might even ask my younger brother to go pick me up! I don't blame my parents for it's for their peace of mind - a "man" is protecting a "woman" (even if that man, in this case, is my eight years younger brother!) I completely get where my parents come from. But don't take me wrong here! I also am supposed to go pick up my brother and go along with my mom to give them company and protect them. My parents let me do a lot of things which my cousins

weren't allowed due to their gender. I can travel alone, I can try new activities, I have a lot of freedom in a lot of sense. But there are restrictions in a lot of other ways too!

Living in a family of achievers, I've had this unsaid pressure on me to be "extraordinary". Not that there were spoken words, it was just an innate desire to prove myself at every step along the way, which came out and about, due to this constant protection and sensitization due to my gender. That aggressiveness came out verbally, where I would constantly argue with my parents for allowing different things to me which were completely different from my brother. At the back of my mind, I had various thoughts going on that made me believe that if I excelled and performed well in academics, and extra-curricular, my parents would know I deserve that equal treatment, that I could go out for a party at my friends' and come back home later than 8 pm, or that I could wear whatever I felt like, with no concern of roadside men ogling at me. Alas! There was no conclusion in my favour, whatsoever! But who do we blame? The girls or the guys? Or the parents, for not raising their sons properly or for over protecting their daughters?

Being a girl is just not easy. Ask me, for I have endless stories to relate. And it's not

just me, it's every girl out there. Making a mark is a task. Our gender defines our status, our pay-scale, even our level. Almost about to hit a quarter century, I have already witnessed enough to know changing mindsets is an ongoing process, and till the problem isn't solved right from the roots, it will be essential for women and girls to step up and fight for themselves, to protect themselves, to just be out there in the open. It stems right from the house. It has to be taught to sons how to treat women as equals, and it has to be taught to daughters how to be self-sufficient and not treat oneself as a victim. For whatever my parents may have done, or do under the ode of protecting me, they definitely have constantly pushed and guided me to be an individual self-equivalent to the opposite gender, and fight back where needed.

At the end of the day, I am not a victim, I do not pity or curse myself, I am proud of myself, for I am a woman, I know my powers and no force on this planet can put me down because of my gender! The struggle is definitely real and repetitive, it is at every step, but then we are who we are, and if I truly love myself, there is no one who can put me down. I know it. I experience it. I live with it every day. But I am not afraid of it! I am a Woman. Nobody gets to silence me. I am wild, watch me roar!

**Meenakshi Kukreja  
(Ex- student)**

# ART SPEAKS WHERE WORDS ARE UNABLE TO EXPLAIN

**A**re you wondering how you can leverage your creativity and love of art into a professional career? If you are creative and imaginative a degree in the art could be just what you're looking for. Art may not be a vocational subject that heads to a specific career but whether you choose a specialization in fine art or the history of art, the skill you gain during your degree is likely to be highly valued and transferable to many sectors.

In the majority of careers detailed below, you will find it essential and highly advantageous to have a varied portfolio of work to show prospective employers by including some of your original ideas. In this career, it is very important to find ways to present your work in public places by entering as many competitions and exhibitions as you can. Graphic design, painting, photography etc. are career options. These are some of the career options in which you can enjoy your artistic talent.

**Fine Art** - One of the most obvious career options you have is to be a fine artist. There is no reason why



you can't pursue a career as a professional artist if you have talent and dedication.

Although it's a highly competitive career, you can always survive if you have dedication, determination and talent.



**Illustration** - Illustrators use their creative skill to communicate stories and messages. They work as a freelancer and are likely to specialize in a specific medium such as drawing, photography or digital illustration. You should be able to work in a variety of formats, particularly with computer-aided techniques.

**Photography** - This is another career which relates to being an art photographer and to use a range of equipment to capture permanent images in a style and brief set by clients. There is a wide range of specialization in photography from advertising to wedding photography, wildlife photography, photojournalism, fashion photography etc.



**Animation** - An animator produces multiple images called frames which when sequenced together create an illusion of movement known as animation. Animators can work in a variety of fields including film television and video games.

**Graphic design**- A good and professional graphic designer is responsible for creating design solutions that have a high visual impact; they work for magazines, advertisement brochures and corporate reports.

Apart from these, there are many career options which are related to art like printmaking, teaching, interior designing etc. And last but not the least, you can always show your talent in your hobby.

**Anita Chhabra**

ART EDUCATION III



वेदों ने भी नारी को नारायणी रूप ही जाना था,  
फिर क्यों भटक गए हम पथ से, अंबा को अबला मान लिया,  
दुर्गा बनकर नारी ने पुनः स्वाभिमान पाना ठान लिया।  
जग-रचित चक्रव्यूह भेद नारी ने अपना खोया मान लिया,  
सृष्टि की सर्वश्रेष्ठ रचना, नारी ने नर को पूरा सम्मान दिया।  
विधाता ने दोनों को मान अन्योन्याश्रित 'नर-नारायणी' ही  
था नाम दिया।



एक बार पुनः छात्रों की क्षमताओं, योग्यताओं, विचारों एवं भावनाओं, कविताओं व लेखों का समावेश प्रस्तुत कर 'रिव्यू' पत्रिका को नया रूप देने का सार्थक प्रयास आपके समक्ष लाने में अतीव हर्ष का अनुभव हो रहा है।

छात्रों की कल्पना शक्ति, बौद्धिक क्षमता एवं अभिव्यक्ति कौशल की अभिवृद्धि के लिए यह पत्रिका एक सशक्त एवं प्रबल माध्यम है।

'रिव्यू' का यह अंक लैंगिक समानता एवं नारी सशक्तिकरण जैसे अहम् विषयों पर केंद्रित है।

छात्रों में समाज के प्रति जागरूकता सराहनीय है। उनकी मौलिक अभिव्यक्ति भले ही अपरिपक्व हो किंतु यही उनकी विशुद्ध मौलिकता का परिचय भी देती है। आवश्यकता है उचित दिशा निर्देशन की। 'रिव्यू' छात्रों की प्रतिभाओं का कमिक विकास है। छात्र-छात्राओं की रचनात्मक

योग्यता को प्रदर्शित करने और उनकी विचाराभिव्यक्ति में निखार लाने का यह एक अनूठा प्रयास है।

आशा है, छात्रों का यह प्रयास आपके प्रोत्साहन व आशीर्वाद का अधिकारी होगा तथा विद्यालय पत्रिका का यह अंक आपको अवश्य पसंद आएगा। आपका सुझाव हमेशा शिरोधार्य है।

साभार  
नेहा गोयल हिन्दी विभाग

## महानगर की भीड़ में खोया आदमी

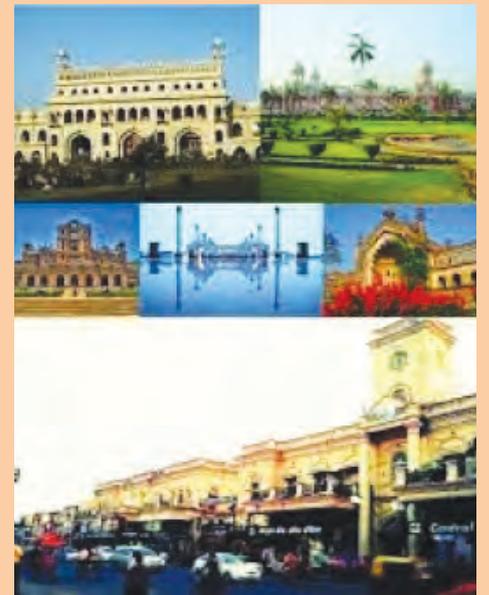
महानगर एक बड़ा शहर होता है। यहाँ जो भी आता है यहीं का होकर रह जाता है और अपने में ही व्यस्त हो जाता है।

लोग गाँव से शहर कमाने के लिए आते हैं और कभी-कभी अपने संस्कारों एवं संस्कृति को भूलकर वो एक नई दुनिया शहर में बसा लेते हैं। ये लोग अपने मान-सम्मान के लिए बहुत परिश्रम करते हैं और धीरे-धीरे सफलता प्राप्ति के साथ-साथ इनमें अहंकार की भावना जन्म लेने लगती है जिससे बाहर आ पाना कठिन होता है। पैसा कमाने की होड़ और समय की कमी के कारण लोग अपनी सेहत तक का ध्यान नहीं रखते जिसके

चलते वे कई बीमारियों से ग्रसित हो जाते हैं।

पहले जमाने में भी लोग कठिन परिश्रम करते थे परंतु आज के इस मशीनी युग में मेहनत का मापदंड ही बदल गया है। मशीनी उपकरण आलस एवं रोगों का कारण है जिससे रोगों की संख्या बढ़ रही है। हमें यह नहीं भूलना चाहिए कि हम यहाँ तरक्की करने आए थे और यदि सेहत ही गंवा दी तो तरक्की कैसी?

माता-पिता को बच्चों को ऐसे शिक्षित करना चाहिए जिससे वे इस बहुमूल्य जीवन के सभी पहलुओं पर संतुलित रूप से ध्यान दे सकें।



आकर्षिता मिश्रा आठवीं अ

## एक शाम बारिश के नाम



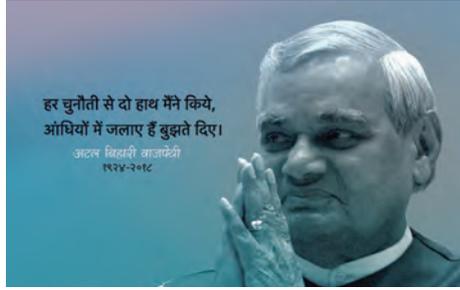
सावन आया, बादल छाया, हरियाली लाया, सबको भाया।  
काली घटा छाई, रिमझिम बारिश आई।  
मौसम ने ली अंगड़ाई, नदियाँ उफ़ान पर आई।  
माँ ने आवाज़ लगाई, गरमागरम पकौड़े लाई।  
बरखा की यह सुहानी शाम सबके मन को भाई।

मुहम्मद अकमल सिद्दकी पाँचवी ब

## हार नहीं मानूँगा, रार नहीं ठानूँगा—

कुछ काँटों से सज्जित जीवन,  
प्रखर प्यार से वंचित यौवन  
नीरवता से मुखरित मधुबन,  
परहित अर्पित अपना तन—मन,  
जीनव को शत—शत आहुति में  
जलना होगा, गलना होगा  
कदम मिलाकर चलना होगा।

### एक अटल व्यक्तित्व



अटल बिहारी वाजपेयी पूर्व प्रधानमंत्री, प्रखर राजनेता और ओजस्वी वक्ता थे। अटलजी केवल राजनेता ही नहीं अपितु सर्वमान्य व्यक्ति एवं साहित्यकार भी थे। उनका चिरप्रसन्न एवं मुक्त स्वभाव उनको महान बना देता है। वे केवल अपनी पार्टी में ही नहीं अपितु विपक्षी पार्टी में भी सम्माननीय रहे हैं। भारतीय सांस्कृतिक मूल्यों के प्रति आस्थावान इनका व्यक्तित्व सभी को प्रभावित करता है। आजीवन राजनीति में सक्रिय रहे अटलजी राष्ट्रीय स्वयंसेवक संघ के सक्रिय एवं समर्पित प्रचारक रहे और इसी निष्ठा के कारण उन्होंने आजीवन अविवाहित रहने का संकल्प भी किया।

1942 में भारत छोड़ो आंदोलन के अंतर्गत वे कारावास भी गए। पत्रकारिता के क्षेत्र में उन्होंने विशिष्ट ख्याति प्राप्त की तथा अनेक पुस्तकों की रचना की। अटल जी लंबे समय तक राष्ट्रधर्म, पांचजन्य, वीर अर्जुन आदि पत्रिकाओं का सम्पादन भी करते रहे। पत्रकारिता से उन्होंने राजनीति में प्रवेश किया।

विदेश मंत्री के रूप में इन्होंने निःशस्त्रीकरण, रंगभेद नीति आदि की ओर सदस्य राष्ट्रों का ध्यान आकर्षित किया। स्वयं हिन्दुत्ववादी होने पर भी इनकी छवि साम्प्रदायिक न होकर धर्मनिरपेक्ष व्यक्ति की ही रही। पाकिस्तान के साथ रिश्तों को एक नवीन रूप देते हुए उन्होंने दिल्ली—लाहौर बस सेवा का शुभआरंभ किया। बिना किसी दबाव में आए उन्होंने देश को परमाणु शक्ति बनाने में एक अत्यंत महत्त्वपूर्ण भूमिका निभाई। भारत को विश्वशक्ति बनाने के लिए पोखरण में एक के बाद एक, पाँच परमाणु बम परीक्षण करने का साहस दिखाया।

सन् 1992 में पद्मविभूषण तथा 1994 में श्रेष्ठ सांसद के रूप में पण्डित गोविन्द वल्लभ पंत और लोकमान्य तिलक पुरस्कारों से इन्हें सम्मानित किया गया। भारतीय राजनीति में इनकी छवि एक स्तंभ के रूप में स्थापित है। एक कुशल राजनेता एवं जनप्रिय प्रधानमंत्री के रूप में वे सदैव श्रद्धेय एवं सम्मानित रहेंगे।

नेहा गोयल

## आज हमारी छुट्टी है



रविवार का प्यारा दिन है,  
आज हमारी छुट्टी है  
उठ जाएँगे क्या जल्दी है,  
नींद तो पूरी करने दो।  
नहीं घड़ी की ओर देखना है,  
न करनी कोई भागम—भाग।  
मनपसंद वस्त्र पहनेंगे,  
न है कोई वर्दी का राग।  
खाएँगे आज गरम पराँठे  
और खेलेंगे मित्रों के संग।  
टीचरजी का डर न हो तो,  
उठती मन में खूब उमंग।  
होमवर्क को नमस्कार,  
बस्ते के संग कुट्टी है।  
मम्मी कोई काम न कहना,  
आज हमारी छुट्टी है।

इशान गुप्ता पाँचवी अ

नारी तुम सुकुमार  
कुमुदनी, सौम्य स्नेह औ  
प्रेम प्रदाता,

धरती पर हो शक्ति  
स्वरूपा, तुम रण चंडी  
भाग्य विधाता।।

## नर हो या नारी बराबर है जिम्मेदारी



हमारी संस्कृति और प्राचीन काल से चली आ रही प्रथाओं के अनुसार स्त्री घर के काम करती थी तथा पुरुष घर के बाहर का काम संभालते थे। किंतु बदलते समय के साथ सभी में काफ़ी बदलाव आया है। नारी का सम्मान और अधिक बढ़ गया है। वैसे तो नर और नारी दोनों ही महत्वपूर्ण हैं व एक ही गाड़ी के दो पहियों के समान हैं। जैसे गाड़ी एक पहिए के बिना नहीं चलती उसी प्रकार

स्त्री एवं पुरुष एक-दूसरे के पूरक हैं। शिक्षा और बदलती सोच ने बराबर सम्मान के साथ-साथ जिम्मेदारी की कसौटी पर भी दोनों को एक साथ लाकर खड़ा कर दिया है। ऐसा कोई क्षेत्र या कार्य नहीं है जहाँ आज की स्त्री, पुरुष के साथ कंधे से कंधा मिलाकर न खड़ी हो। नारी ने तो बाहर के काम के साथ-साथ अपने परिवार को भी संभाल रखा है। वहीं नर भी अपने काम के साथ परिवार के काम-काज एवं बच्चों की देखभाल में अपना पूर्ण योगदान दे रहे हैं। आज की नारी शिक्षित होकर स्वयं की जिम्मेदारी को समझते हुए हर क्षेत्र में आगे है जैसे इंजीनियर, डॉक्टर, पॉयलट, शिक्षिका, वैज्ञानिक आदि। इसीलिए आज के युग में यह कथन बिलकुल सही है— 'नर हो या नारी बराबर है जिम्मेदारी'।

यशवी भराल सातवीं अ

## भारत की प्रथम महिला लड़ाकू पॉयलट



अवनि चतुर्वेदी ने भारत की प्रथम महिला लड़ाकू पॉयलट बन विश्वपटल पर नारी सशक्तिकरण का नया अध्याय लिखा। वो मध्य प्रदेश के रीवा जिले से हैं। ये अपनी दो साथियों मोहना सिंह और भावना कंट के साथ पहली बार लड़ाकू पॉयलट घोषित की गईं। इन तीनों को जून 2016 में भारतीय वायु सेना के लड़ाकू स्कवाड्रन में नियुक्त किया गया। इन्हें तत्कालीन रक्षा मंत्री मनोहर पारिकर द्वारा कमीशन में शामिल किया गया। अवनि चतुर्वेदी ने फरवरी 2018 में मिग.21 बाइसन लड़ाकू विमान की उड़ान भरकर इतिहास रच दिया। उन्होंने न सिर्फ अपने परिवार को अपितु देश को भी गौरवान्वित किया।

## अगर मेरे पंख होते

एक दिन मैंने अपने सपने में देखा कि मेरे एक मोर से भी ज्यादा हरे और नीले पंख थे। मुझे परियों के देश की रानी बनाया गया क्योंकि मेरे सुंदर पंख थे। मेरे सुंदर पंखों के कारण सब परियाँ मुझे सुनहरी परी के नाम से पुकारती थीं। मैं तो उड़ने में भी माहिर थी। मेरे चमचमाते ताज के सामने मेरे सुनहरे पंख भी फीके पड़ रहे थे। मेरे पंख जादुई थे। कई परियों के लिए तो मैं ईर्ष्या का कारण थी। अपनी सुंदरता से मैं खुद भी बहुत प्रभावित थी। इधर-उधर उड़ती, चुलबुली सिमरन सभी परियों के दिलों पर राज करती थी।



माँ की आवाज़ से मेरा सपना टूटा पर मैंने ठान लिया कि अपने अच्छे विचारों और व्यवहार से सबके दिलों पर राज करने का प्रयास अवश्य करूँगी।

सिमरन कटारिया चार ब

## महिलाओं के बढ़ते चरण



पुरातन समय में महिलाओं की स्थिति बहुत ही दयनीय थी और उनसे उनके अधिकार भी छीन लिए जाते थे। महिलाओं को भी ऐसा ही लगता था कि वो केवल घर के कार्य एवं दूसरों की सेवा के लिए ही बनी हैं। परंतु अब शिक्षा ग्रहण करने के उपरांत उन्हें समझ आया कि उनका महत्व क्या है और अधिकार क्या हैं। उन्हें घरों की चार दीवारी में सीमित कर उनसे उनके सपने छीन लेने वाले लोग ही आज उनके सम्मान में तालियाँ बजा रहे हैं। बचेंद्री पाल, सान्या मिर्ज़ा, कल्पना चावला तथा मानुशी छिल्लर भारत की उन बेटियों में से हैं जो सिर्फ अपने परिवार का ही नहीं अपितु अपने देश का नाम भी विश्व में रोशन कर रही हैं। सात वर्ष के उपरांत मानुशी छिल्लर ने मिस वर्ल्ड बन पूरे संसार के समक्ष यह सिद्ध कर दिया है कि भारत में भी सौंदर्य और बुद्धि का मिश्रण रखने वाली महिलाएँ मौजूद हैं। ऐसा कोई क्षेत्र नहीं जहाँ महिलाओं ने अपनी छाप न छोड़ी हो। पॉयलट से लेकर शिक्षाचालक, कुली तक का काम वे गर्व से करती हैं। इन देवी-रूपी महिलाओं की जितनी प्रशंसा करी जाए उतनी कम है। शिक्षा प्रसार से केवल लड़कियों की क्षमता ही नहीं सामने आई बल्कि लोगों की सोच भी बदली है। पूरे विश्व को यह समझ आ गया है कि यदि औरत पार्वती बन प्रेम की देवी हो सकती है तो वहीं काली बन चुनौतियों का सामना कर खरी भी उतर सकती है। अन्नपूर्णा माँ बन घर में समृद्धि ला सकती है, सरस्वती बन अपना भविष्य स्वयं ही उज्ज्वल बना सकती हैं तथा अम्बा बन दुष्टों को सही रास्ता भी दिखला सकती हैं।

लोग कहते हैं कि औरत बिना घर सूना किंतु मैं कहती हूँ कि औरत बिना विश्व सूना। प्रगति की गाड़ी के दो पहिए हैं—महिला और पुरुष। जिस दिन ये दोनों पहिए साथ चल पड़े, उस दिन नर और नारी में कोई अंतर नहीं बचेगा।

जागृति दत्ता नवीं ब



## मेरा कंजूस मित्र

आठ वर्ष मुम्बई में रहने के पश्चात पापाजी का तबादला दिल्ली शहर में हो गया। बहुत घर ढूँढने के बाद एक घर मालवीय नगर में मिला। सामान सैट करने के बाद रविवार को पापा के साथ पार्क में खेलने गई। थोड़ी देर बाद पापा चले गए और मैं अकेली गुमसुम-सी एक बेंच पर बैठ गई। भीड़ से हटकर एक बच्चा मेरे सामने आया और मुझसे मेरा नाम पूछने लगा। उसने मेरे साथ खेलने की इच्छा भी जताई। यह सुनते ही मेरे चेहरे पर मुस्कान आ गई। मैंने उनसे हाथ मिलाया और उनकी टीम में शामिल हो गई।।

धीरे-धीरे मुझे मालूम चला कि वो सब मेरे घर के आस-पास ही रहते हैं। अब तो रोज शाम को खेलने जाने का क्रम शुरू हो गया। उनमें

से एक लड़की का नाम सीता था। वह प्रतिभाशाली छात्र थी। हम दोनों एक ही कक्षा में पढ़ते थे। हमारे स्कूल अलग-अलग थे। हमने शाम को एक साथ पढ़ने की योजना बना ली थी। उसकी एक आदत से मैं परेशान थी कि वह हर चीज़ मुझसे मंगवाती थी जैसे रबड़, पेंसिल, पेपर आदि। मैं जो कुछ भी खाने को लात वह बड़े चाव से उसे भी खा जाती। पहले तो मुझे बहुत बुरा लगता परन्तु जब मुझे यह पता चला कि मात्र चार वर्ष की आयु में ही उसकी माता-जी की मृत्यु हो गई थी और वह अपने पिताजी एवं दादाजी के साथ रहती थी। यह जानकर मेरा सारा क्रोध शांत हो गया और मैंने उसे गले लगा लिया।

ब्रह्मलीन कौर छठी अ

## भीड़ भरी बस में सफर

मुझे अपने पिताजी के काम से कहीं बाहर जाना था और मेरी गाड़ी खराब थी। अब तो बस द्वारा सफर ही एक चारा रह गया था।

बस स्टैंड पर जाकर जब भीड़ की हालत देखी तो दिमाग ही घूम गया। भीड़ के कारण दो बसें छोड़ दीं पर अगली बस के भी जब यही हालात देखे तो आखिरकार चढ़ना ही पड़ा। बस में चढ़कर देखा कि भीड़ के कारण महिलाओं को भी उपयुक्त जगह प्राप्त नहीं हुई थी। बड़ी मुशक्कत एवं जुगाड़ से एक बैठने की जगह मिली परन्तु ऐसा लगता था कि शायद ऊपर वाले को भी मेरा बैठ कर जाना मंजूर नहीं था क्योंकि मेरे साथ ही एक बूढ़ी अम्मा आन खड़ी हुई। संस्कारों का ऐसा स्मरण हो आया कि मैंने अपनी जगह उनको दे दी। मेरा स्टॉप आने ही वाला था तो मैं किसी तरह भीड़ में खुद को धकेलते हुए दरवाज़े के निकट आने की कोशिश करने लगा। उतरते समय ऐसा महसूस हुआ कि किसी ने मुझे जोर से आगे की तरफ धकेला, इससे पहले कि मैं संभल पाता मेरे हाथों से मेरा बैग छीन लिया। मैं जोर से सड़क पर जा गिरा और वह मनुष्य जिसने मेरा बैग छीना था वह झटपट उतरकर आगे खड़ी गाड़ी में बैठ गया। इससे पहले कि मैं संभलता मेरा पैसों वाला बैग लूट लिया गया था।

पिताजी द्वारा दिया गया काम पूर्ण न कर पाने एवं पैसे गंवा बैठने का दुख मुझपर हावी था। परन्तु पिताजी के स्नेह ने मुझे हिम्मत बंधाई और सीख भी दी।



ओजस्वी खुशवाह सातवीं अ

## युवा पीढ़ी से लुप्त होते नैतिक मूल्य

नैतिकता और उच्च आदर्श हमारी भारतीय संस्कृति की पहचान हैं। यह पुरखों से विरासत में मिली एक धरोहर है। लेकिन आज के समय में मानव नैतिक मूल्यों से कटता जा रहा है। एक ही परिवार में रहकर ऐसा प्रतीत होता है जैसे कोई एक-दूसरे को जानता ही नहीं। समाज है पर समाजिकता नहीं बची है और इसका सबसे अधिक प्रभाव युवा वर्ग पर ही पड़ा है। आज का युवा पश्चिमी संस्कृति की अंधी दौड़ में लगा हुआ है। युवाओं का रूष्ट व्यवहार, बड़ों के प्रति अनादर, मनमानी यह सब दर्शाता है कि युवाओं में नैतिक मूल्यों का स्तर किस हद तक गिर चुका है। यही युवा आने वाली पीढ़ियों का भविष्य है। आज से कुछ दशक पहले, अपने बड़ों का आदर करना, उन्हें उचित प्रेम देना कर्तव्य माना जाता था, लोग मिलनसार थे, रिश्तों में गर्माहट थी, लेकिन यह

कहते हुए भी लज्जा आती है कि जिन बूढ़े माँ-बाप ने पाल-पोस कर बड़ा किया है वही माँ-बाप आज बच्चों पर बोझ हैं। मोबाइल फोन पर युवा इतने मग्न हैं कि मेल-मिलाप के लिए वक्त ही कहाँ है और रिश्ते तो आज फेसबुक पर ही बनते हैं।

संवेदनहीनता की हद तो इस बात से जाहिर होती है जब सड़क पर तड़पते हुए घायल की जान बचाने की जगह हमारे युवा उनकी दर्दनाक तस्वीरों को अपने स्मार्ट फोन के कैमरो में कैद करने को ज्यादा प्राथमिकता देते हैं। छोटी-सी आयु में वो वह सब कुछ पाना चाहते हैं अथवा करना चाहते हैं जो न उनके लिए उचित है और न ही उसका अभी समय आया है। इन्टरनेट ने हमें बहुत कुछ दिया है परन्तु हमारी मासूमियत को छीन लिया है।

युवाओं की मानसिकता ऐसी हो गई है कि जीवन में सब कुछ पैसा ही है,

इसके लिए कुछ भी कर गुज़रने की ललक उनके चेहरों पर साफ़ झलकती है। सबसे ज्यादा तकलीफ़ तो इस बात की है कि उन्हें अपनी इस मानसिकता पर कोई अफसोस नहीं है। युवा इस तरह आसमान पर उड़ रहे हैं इस बात से बेखबर कि जब ज़मीन पर गिरेंगे तो क्या होगा। बड़े ज़ोर-शोर से चारों तरफ़ गिरते नैतिक मूल्यों की चर्चा होती है सभाओं में, टेलिविज़न पर अखबारों में बड़े-बड़े विद्वान चिंता जताते हैं और घर चले जाते हैं। आज तक सभी ने विचार ही किया है पर कुछ सार्थक कदम नहीं उठाया है। कल राष्ट्र की कमान इन युवाओं के हाथ में होगी। क्या संभालेंगे देश को जो खुद को संभाल नहीं सकते। गहरी नींद से जागने का वक्त अब आ चुका है। ज़रूरत है युवाओं पर बोझ मढ़ने की जगह उन्हें उचित मार्ग दर्शन दें। उन्हें देश के सांस्कृतिक गौरव से अवगत कराएँ। युवाओं को भी अपनी पहचान बनाने के प्रयत्न करने चाहिए।

देश वही अनमोल है नैतिकता का जहाँ मोल है, खुशहाली वही लाते हैं, नैतिकता जो अपनाते हैं।

वंश अरोड़ा आठवीं ब



### आया बसंत

बसंत का मौसम आया है, ख़ूब हरियाली लाया है संग खुशहाली लाया है।

चारों ओर हरियाली छाई, पीली सरसों झूम के लहराई।

पेड़-पौधे और फूल हैं महकें, डाल-डाल पर चिड़ियाँ चहकें।

जैनब जैदी पाँचवीं ब



करुणा का हो सागर अथाह, तुम सकल प्रेम की परिभाषा,  
तुम जीवन संगिनी हो नर की, तुम शिशु ममत्व की अभिलाषा।।

## यादों की बारात

वो पल मैं कभी भूल नहीं पाया,  
बचपन में जब माँ ने मुझे प्यार से खाना खिलाया।

वो पल मैं कभी भूल नहीं पाया,  
जब परीक्षा में अच्छे अंक आने पर पापा ने मुझे  
प्यार से गले लगाया।

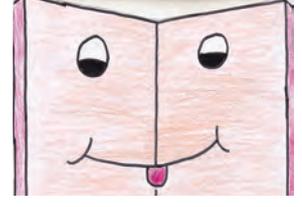
वो पल मैं कभी भूल नहीं पाया,  
जब दोस्तों ने मुश्किल समय पर सहायता कर  
अपना फर्ज निभाया।

वो पल मैं कभी भूल नहीं पाया,  
जब माँ मुझसे गुस्सा हो गई और मैंने उन्हें प्यार से मनाया।  
वो पल मैं कभी भूल नहीं पाया, इन पलों से मिली मुझे खुशी बहुत,  
अपनों का इतना प्यार जो पाया।

आरव निगम पाँचवीं अ



## बोलती किताब



ज्ञान का भंडार होती किताब,  
हमारे मुख द्वारा बोलती किताब।  
जीवन साथी कभी बन जाती किताब  
मुश्किल में काम आती किताब।  
कभी न छोड़े हमारा साथ,  
सच्चा नाता रखे किताब।  
ज्ञान दे, दे हमें बल,  
खुशियों से भर दे हमारा हर पल।।

सिमरित कौर पाँचवीं अ

## कली-कली है खिल गई, बगिया में महक घुल गई



बसंत के आने की खुशी में हम बसंत पंचमी का त्योहार बड़े ही चाव से मनाते हैं। बसंत के आते ही चारों ओर का वातावरण भीनी खुशबू से महक उठता है। डाली-डाली सुंदर रंग-बिरंगे फूलों से खिल उठती है।

इस दिन हम पीले कपड़े पहनते हैं। माँ सरस्वती जो हमें विद्या एवं बुद्धि देती हैं, हम उनका पूजन करते हैं। माँ हर वर्ष बसंत पंचमी के दिन मीठे चावल बनाती हैं। सरस्वती माँ को भोग लगाने के बाद हम इन चावलों को प्रसाद के रूप में खाते हैं।

माँ सरस्वती की कृपा सब पर बनी रहे और सबका जीवन नए फूलों की तरह नई उमंग से महकता रहे।

अंतरजोत सिंह चौथी ब



## तनावों से घिरा युवा वर्ग

हर चीज़ है युवाओं के दामन में पर एक खुशी के लिए वक्त नहीं।  
 दिन-रात दौड़ती दुनिया में ज़िदगी के लिए वक्त नहीं।  
 सारे नाम मोबाइल में हैं पर दोस्ती के लिए वक्त नहीं।  
 दिल है तनावों से भरा पर रोने के लिए भी वक्त नहीं।  
 पैसों की दौड़ में ऐसे भागे की थकने का भी वक्त नहीं।  
 पराए एहसासों की क्या बात करें जब अपने सपनों के लिए वक्त नहीं।

आजकल की भाग-दौड़ से भरी ज़िदगी में हर व्यक्ति तनाव से ग्रस्त है। मौजूदा दौर में शायद ही कोई ऐसा व्यक्ति है जो तनाव से ग्रस्त न हो। आजकल सबसे ज़्यादा तनाव युवाओं में ही नज़र आ रहा है। भारत एक ऐसा देश है जहाँ करोड़ों युवा बसते हैं। युवा किसी भी देश अथवा समाज के भविष्य का दर्पण होते हैं। अनुशासित, प्रशिक्षित एवं कर्मठ युवा वर्ग हमेशा ही ऐसे देश की चेतना और कर्म स्रोत होते हैं। उनमें उत्साह और स्फूर्ति की ललक और शक्ति का असीम भंडार होता है। परंतु आज के बदलते दौर में युवा वर्ग मानसिक तनाव से घिरा हुआ है। सभी माता-पिता चाहते हैं कि उनके बच्चे 90 प्रतिशत अंक तो लाएँ ही मगर यह संभव नहीं। माता-पिता द्वारा बच्चों से की गई ऐसी उम्मीदें उन्हें तनावग्रस्त कर देती हैं। बढ़ती प्रतियोगिताओं के कारण बच्चों पर पढ़ाई का बहुत बोझ है। स्कूल जाने वाले छात्रों को अच्छे कॉलेज में दाखिला लेने के लिए बारहवीं कक्षा

में अच्छे अंक लाने का तनाव सदा बना रहता है। इस तरह वो अपने बाल्यकाल और किशोरावस्था का आनंद नहीं ले पाते। पहले सभी बच्चे ग्रीष्मावकाश में खेलते-कूदते थे और मौज-मस्ती में अपना अवकाश व्यतीत करते थे परंतु आजकल सभी माता-पिता अपने बच्चों को संगीत, कराटे, नृत्य, कम्प्यूटर आदि जैसी कलाएँ सीखने को प्रोत्साहित करते हैं। इस तरह बच्चे हमेशा व्यस्त रहते हैं और अपनी कल्पना बढ़ा नहीं पाते। इस सबके बावजूद भी युवाओं की जीवन-शैली तृष्णाओं से भरी है। वो बड़े-बड़े सपने देखते हैं, उनके मन में लाखों इच्छाएँ होती हैं। सभी युवक चाहते हैं कि वो उच्च शिक्षा प्राप्त कर डॉक्टर, इंजीनियर आदि बनकर अधिक से अधिक धन कमाकर सुख-सुविधा युक्त जीवन जीएँ। सपने पूरे न होने पर वो निराश और तनावग्रस्त हो उठते हैं। युवाओं के तनाव ग्रस्त जीवन का एक कारण संचार क्रांति भी है। आजकल हर

व्यक्ति मोबाइल फोन पर अधिक समय बिताता है। इसी तरह हमारी युवा पीढ़ी भी अपना अधिकांश समय मोबाइल पर बिताती है। सोशल नेटवर्किंग साइट्स के कारण युवा वर्ग न सिर्फ ईर्ष्या का शिकार होता है अपितु अपने व्यक्तित्व को लेकर भी चिंतित हो उठते हैं। कभी-कभी वो अपने दूसरे मित्रों की जीवन-शैली को देखकर कुंठित हो उठता है। जीवन की गति तीव्र होने के कारण युवा एक ही दिन में कई कार्य पूरा करने की चाह रखते हैं और पूरा न हो पाने पर तनावग्रस्त हो जाते हैं।

युवा वर्ग को यह समझने की आवश्यकता है कि जीवन का असली आनंद तो छोटी-बड़ी खुशियों में है। जीवन की यह अवस्था एक बार बीत गई तो फिर लौट कर नहीं आएगी इसलिए—

जीवन का आनंद लो, रोज़ लो, बार-बार लो, न मिले तो खोज लो।

वंशिका चौधरी नवीं अ

## मुझे पूरा विश्वास है कि एक दिन.....

मुझे पूरा विश्वास है कि मैं एक दिन महान डॉक्टर बनूँगा। मैं खूब मन लगाकर पढ़ूँगा। मैं हर उस इंसान की मदद करूँगा जिसे मेरी ज़रूरत हो। मैं गरीब और अमीर दोनों का इलाज करूँगा। मेरे माता-पिता भी मुझे एक महान डॉक्टर बनाना चाहते हैं। मैं एक बड़े से अस्पताल में काम करूँगा और एक बड़ा-सा घर खरीदूँगा। मैं गरीबों का इलाज निशुल्क करूँगा। मैं डॉक्टर बनकर खुश

रहूँगा क्योंकि यही मेरा सपना है। मैं चाहता हूँ कि मैं डॉक्टर बनूँ और भगवान मेरी इच्छा पूरी करें।

अंतरजोत सिंह चार-ब



## भारत की शान— मानसी प्रधान

मानसी प्रधान एक भारतीय महिला कार्यकर्ता एवं लेखक हैं जिन्हें इक्कीसवीं सदी के वैश्विक नारीवादी आंदोलन के अग्रदूतों में से एक माना गया है। उन्हें अकसर प्रतिष्ठित अंतरराष्ट्रीय प्रकाशन और संगठनों द्वारा विश्व के शीर्ष नारीवादी लेखकों और कार्यकर्ताओं के बीच

चित्रित किया जाता है। वे निर्भया वाहिनी एवं निर्भया समारोह की संस्थापक हैं। वर्ष 2014 में इन्हें रानी लक्ष्मीबाई स्त्री शक्ति पुरस्कार से सम्मानित किया गया। मानसी महिला राष्ट्रीय अभियान की संस्थापक हैं, यह अभियान महिलाओं के विरुद्ध हिंसा को खत्म करने के लिए एक राष्ट्रीय आंदोलन है।



## आज का यह पल



आज का यह पल बनाए हमारा कल,  
बाद में न निकलेगा कोई हल।  
पढ़-लिख कर कुछ बनना है,  
सपना पूरा करना है।

मेहनत करना अभी तो सताएगा,  
पर बड़े होकर यही काम आएगा।

आज मेहनत करने का फल हम  
पाएँगे,

अपनी मंज़िल की ओर निरंतर बढ़ते  
जाएँगे।

जैना खान पाँचवीं अ

## सपने भी सच होते हैं

सपने भी सच होते हैं जब मेहनत का  
अमृत डालो,

मेहनत का फल मीठा होता है, इससे  
दूर न भागो।

आलस को तुम भूल जाओ, मेहनत की  
राह अपनाओ,

मेहनत की कुंजी से बंद किस्मत तुम  
चमकाओ।

vkjo fuxe ikpohav

## पिकनिक के मजे

पिकनिक पर जाने को तो मेरा मन  
हमेशा ही करता रहता है और अगर वो  
स्कूल की पिकनिक हो तो बात ही कुछ  
और होती है।

इस बार हमारा स्कूल कक्षा चौथी, पाँचवीं  
एवं छठी के बच्चों को एक साथ पिकनिक  
पर लोधी गार्डन ले गया था। माँ ने  
मुझे टिफिन में पिज़्ज़ा बनाकर दिया और  
साथ में पेप्सी भी दी। मैं और मेरे कुछ  
मित्र बेडमिंटन के रैकेट लेकर आए थे।  
हमने खूब खेला और मजे किए। घर  
आकर थोड़ी थकान महसूस होने लगी  
और मैं सो गया। लेकिन पिकनिक पर  
की मस्ती मुझे कभी नहीं भूलती।

आर्यन शर्मा चौथी ब

## सपने

सपने भी सच होते हैं जब किया जाए  
उनपर काम,

नहीं होंगे सपने सच, यदि करोगे तुम  
आराम।

सपने पूरे करने के लिए करना पड़ता  
है काम,

सफलता पाने वालों के लिए है आराम  
हराम।

प्रणय जैन पाँचवीं अ

## बाल्यकाल: जीवन का स्वर्णिमकाल

जीवन का स्वर्णिमकाल है बचपन,  
खेलकूद, नटखट नादानी से भरा,  
भोला-भाला मासूम-सा बचपन।

रंग-रंगीली सपनों की दुनिया में  
बीता सुंदर-सलोना बचपन,  
मीठी यादों का संगम है यह बचपन।

परिश्रम से सरोबोर, ज्ञान बंटोरता  
यह बचपन,

पिता का दुलार और माँ के आँचल  
की छाँव में डूबा वो बचपन।

न कोई मुश्किल भारी, न कोई  
ज़िम्मेदारी,

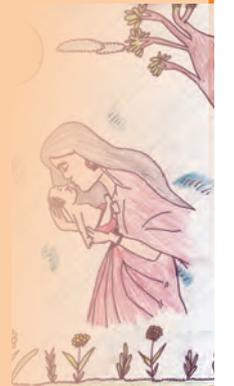
गरमी की छुट्टियों में हुड़दंग  
मचाता वो बचपन।

भाई-बहन के प्यार की सुनहरी  
यादों का बचपन,

रुठने, मनाने, रोने,  
झगड़ने का बचपन,

अपनी ज़िद  
पूरी करवाने का  
बचपन।

जीवन का  
स्वर्णिमकाल है  
बचपन।



जागृति दत्ता नवीं ब

## लैंगिक समानता की पुकार



लैंगिक समानता आज के युग का एक महत्वपूर्ण विषय है। पुरुष और स्त्री के मध्य प्राचीन काल से ही भेदभाव की भावना बनी आ रही है। गाँवों से लेकर शहरों में लड़के और लड़कियों के बीच असमानता रही है। लड़के और लड़कियों के बीच लिंग एक सामाजिक और सांस्कृतिक शब्द हैं। सामाजिक रूप से इसमें पुरुष और स्त्री के कर्मों और व्यवहारों को माना जाता है तथा पुरुष को महिला से श्रेष्ठ माना जाता है। वर्तमान तक लैंगिक आधार पर महिलाओं के साथ भेदभाव होता है। समाज में परम्परागत रूप से महिलाओं को कमजोर जाति वर्ग के रूप में माना जाता है जो पुरुषों की अधीनस्त स्थिति में होती हैं। वो घर और समाज दोनों में शोषित, अपमानित, आक्रामित और भेदभाव से पीड़ित होती हैं। महिलाओं के खिलाफ भेदभाव का ये अजीब प्रकार दुनिया में हर जगह प्रचलित है और भारतीयों में तो बहुत अधिक है। स्त्री को घर के कार्य करने के लिए माना जाता है। परन्तु पुरुष को घर के कार्य न करके बाहर के कार्य करने योग्य माना जाता है। लड़का और लड़की के बीच हर तरह के कार्य को लेकर असमानता की गई है क्योंकि पुरुष को स्त्री से ज्यादा श्रेष्ठ माना जाता है। लड़कियों को शिक्षा से भी वंचित रखा जाता है और लड़कों को शिक्षा दी जाती है। व्यवसाय के क्षेत्र

में महिलाओं को एक ही तरह के काम के लिए कम वेतन दिया जाता था और पुरुषों को ज्यादा। इस तरह शिक्षा और वेतन के क्षेत्र में भेदभाव होता रहा है। आज भी कई परिवारों में स्त्रियों को अशिक्षित रखा जाता है और व्यवसाय के लिए बाहर नहीं जाने दिया जाता।

लैंगिक असमानता के कारण कन्या भ्रूण हत्या कर दी जाती थी। आधुनिक काल तक आते-आते कई समाज सुधारक हुए हैं जिन्होंने स्त्री शिक्षा को बढ़ावा दिया और आंदोलनों के द्वारा स्त्रियों के अधिकारों के लिए लड़े। लड़के और लड़कियों में समानता को बढ़ावा दिया गया। भारतीय संविधान के द्वारा भी भेदभाव को समाप्त करके शिक्षा और समानता का अधिकार व महिलाओं को कुछ विशेष अधिकार दिए गए हैं। लैंगिक समानता की पुकार के द्वारा इन अधिकारों को प्राप्त करके स्त्रियों और पुरुषों में काफी हद तक समानता आई है और लड़कियाँ खेल, शिक्षा, व्यवसाय में पुरुषों के मुकाबले कहीं अधिक श्रेष्ठ हो गई हैं। इसीलिए कहते हैं—

‘बेटी बचाओ, बेटी पढ़ाओ, बेटी खिलाओ, आज का उज्ज्वल भविष्य बेटियाँ।’

तिशा छठी अ

तुम हो माता भगिनी भार्या, ईश्वर का वरदान तुम्ही,  
घर आंगन को रोशन करती, हो शुचिता की पहचान तुम्हीं।।

### वाद—विवाद प्रतियोगिता

युवक किसी भी देश अथवा समाज के भविष्य के दर्पण होते हैं। उनमें उत्साह और स्फूर्ति की ललक तथा शक्ति का असीम भंडार होता है। प्राचीनकाल से ही युवाओं की गरिमा सर्वविदित और सर्वमान्य रही है। इन्हीं भावनाओं को ध्यान में रखते हुए ‘द पिनेकल स्कूल के सुंदर प्रांगण में युवा वर्ग के लिए वाद—विवाद प्रतियोगिता का आयोजन, दिसम्बर की पहली तारीख, 2018 के दिन किया गया। इसमें छात्र—छात्राओं ने पूरे जोश के साथ हिस्सा लिया तथा अपने मंतव्य सबके समक्ष बहुत ही सुव्यवस्थित व प्रभावशाली ढंग से प्रस्तुत किए। कागज़ के पन्नों पर नीले रंग से रंगे अक्षरों ने फिर मीठे बोलों का रूप ले लिया। तालियों की गड़गड़ाहट से पूरा वातावरण गूँज उठा। इस प्रतियोगिता में विचारों की आपसी प्रतिस्पर्धा देखते ही बनती थी। इस वाद—विवाद का विषय था—‘आज की युवा पीढ़ी में लुप्त होते नैतिक मूल्य।’ इस प्रतियोगिता का मुख्य उद्देश्य था कि आज की युवापीढ़ी को जो नाना कारणों से दिगभ्रमित हो रही है, उन्हें सही राह दिखाने की, सही मार्गदर्शन देने की और एक ऐसी शिक्षा प्रणाली को स्थापित करने की जो वास्तव में विद्यार्थियों को एक सफल नागरिक व जिम्मेदार पारिवारिक सदस्य बनने में सहायता प्रदान करें।

बुलबुल साहा— अध्यापिका

## पूर्ण समाज का आलोक—किरण बेदी

ये हमारा सौभाग्य है कि हमने अपने मध्य एक ऐसी साहसिक, ओजमयी नारी को मानव जाति व समाज की सेवा करते हुए देखा और आप भी देख रहे हैं जिसे समस्त विश्व की प्रशंसा एवं सम्मान प्राप्त हुआ है। किरण बेदी 1972 में भारतीय पुलिस सेवा में शामिल होने वाली पहली भारतीय महिला बनीं। उनके मानवीय एवं निडर दृष्टिकोण ने पुलिस कार्यप्रणाली एवं सुधारों के लिए अनेक आधुनिक आयाम जुटाने में महत्वपूर्ण योगदान दिया है। निस्वार्थ कर्तव्यपरायणता के लिए उन्हें शौर्य पुरस्कार मिलने के अलावा उनके कार्यों को समस्त विश्व में मान्यता मिली जिसके परिणामस्वरूप एशिया का नोबेल पुरस्कार कहा जाने वाला रमन मैगसेस पुरस्कार से भी उन्हें नवाज़ा गया। आधुनिक काल के इस दौर में एक अद्भुत व अनोखा उदाहरण प्रस्तुत करती 'किरण' ने अपनी किरणों के



ताप से हर नारी के जीवन को आलौकित व प्रज्वलित कर दिया है। केवल नारी ही क्यों पुरुष वर्ग भी उन्हें अपना मार्गदर्शक मानकर अपने लक्ष्य की ओर तीव्रगति से व निरंतर बढ़ रहे हैं। ये शक्ति रूपा नहीं तो और क्या है? 'किरण' ने अपनी चारित्रिक विशेषताओं से ये सिद्ध कर दिया है कि हर नारी कभी दुर्गावती, कभी लक्ष्मीबाई, कभी कर्मवती, कभी जीजाबाई, कभी चाँदबीबी तो कभी ममतामयी मदर टेरेसा के रूप में स्वयं को ढाल सकती है और यह दोहरी भूमिका उसे और अधिक स्वावलंबी बना देती है। किरण ने यह सिद्ध कर दिया है कि लड़के या लड़की में कोई भेद नहीं है। युग बदल रहा है, विचारधारा बदल रही है और बदलती ही रहेगी। यही उनका विश्वास है.....ऐसे जज़्बे को शत्-शत् प्रणाम। चलते हुए पाएगा तू मंज़िल, ग़म से न डर, ग़म से ही होगी खुशी हासिल, होंगे पूरे तेरे अरमां।

बुलबुल साहा—अध्यापिका

बेटा जिगर का टुकड़ा है तो बेटे नैनों की ज्योती है।  
वो स्थान स्वर्ग से बढ़कर है जहाँ बेटे की पूजा होती है।  
बेटे ही सृष्टि का आधार होती है।  
बेटे की खातिर जग में ज्योती जगाओ।  
बेटे बचाओ बेटे पढ़ाओ।  
बेटे बिना घर आंगन लगे सूना—सूना सूनी दीपावाली और सूना सनूना।  
रिश्ते—नातों का बेटे आधार होती है।  
देकर जन्म उसको धरती पर लाओ।  
बेटे बचाओ बेटे बढ़ाओ।  
सिंधु, साक्षी, कल्पना जो मन भा रहीं हैं, बेटियाँ तिरंगा झंडा लहरा रही हैं।  
विश्व के पटल पर इनकी जय—जयकार होती है।  
इनको गर्भ के अंदर मत मरवाओ।  
बेटे बचाओ बेटे पढ़ाओ।  
पल्लवी, नम्रता, दिवांशी, शिवान्या, करें नाम रोशन जग में, धन्य ऐसी कन्या सर्वेश कहती ये मेरी माला की मोती हैं।  
मुरारी की ये बातें सबको बताओ बेटे बचाओ बेटे बढ़ाओ।।

मुरारी लाल पाठक

## ईश्वर का वरदान वहाँ, नारी का सम्मान जहाँ



हमारे भारतीय समाज में नारी को देवी शक्ति माना गया है। हमारे ग्रंथों में नारी को पूजनीय बताया गया है। नारी ने माँ, पत्नि, बहन आदि के रूप में अपनी भूमिका निभाते हुए समाज का मार्गदर्शन किया है। संस्कृत का एक श्लोक है—

‘यस्य पूज्यते नार्यस्तु, तत्र रमन्ते देवता।’

इसका अर्थ है— जहाँ नारी का सम्मान होता है, देवता वहाँ निवास करते हैं।

किसी भी देश का भविष्य एक नारी पर निर्भर करता है। वह जिस तरह से अपने बच्चे को शिक्षा देती है एवं संस्कारों को सुसज्जित करती है, वही बच्चे आगे चलकर देश का भविष्य बनते हैं। अतः जिस देश में नारी का सम्मान होता है वहाँ ईश्वर भी कृपा करते हैं। हम बहुत ही खुशकिस्मत हैं कि हमने एक ऐसे देश में जन्म लिया है जहाँ नारी को पूरा सम्मान दिया जाता है।

साक्षी बजाज आठवीं ब

## संकल्प की सृष्टि

हम सब समय के साथ परिवर्तित होने का दम भरते हैं और आर्थिकरूप से संपन्न भी हो जाते हैं। परंतु वास्तव में क्या यह परिवर्तन है? नहीं। यदि कुछ महत्वपूर्ण है तो वह है सोच का परिवर्तन। समय के साथ-साथ अपनी सोच को बदल लेना चाहिए।

जिस प्रकार केवल वस्त्र बदल लेना स्नान नहीं माना जाता, उसी प्रकार दिखावे का परिवर्तन समाज को शुद्ध नहीं कर सकता। शुद्धि के लिए आवश्यक है मन का परिवर्तन, क्योंकि जो गतिमान है, वही मनुष्य है। जो स्थिर हो गया, वह पाषाण है। जो समय के अनुसार अपनी सोच न बदले, वह शमशान है। शास्त्रों में बिलकुल ठीक कहा गया है—खुद सुधरोगे, जग सुधरेगा।।

वर्तमान समय मनुष्यता के इतिहास का एक संक्रमण काल है जिसमें तर्क शक्ति का विकास चरम सीमा पर है। अपने आप को सर्वश्रेष्ठ साबित करने की होड़ सी लगी हुई है। दिन-प्रति दिन लोग विकास की नई ऊँचाई प्राप्त कर रहे हैं और इतिहास इस कालखंड के मानव को सबसे विकसित मावन की संज्ञा दे रहा है।

यदि हम दूसरे पहलू को देखते हैं तो स्थिति कुछ और बयान करती है। तेजी से समाज में विघटन हो रहा है। प्रेम, सौहार्द और उत्तरदायित्व की भावना का ह्यस हो रहा है।

हम सभी का एक ही हाल है।

भौतिकवादी विचारधारा संस्कृति एवं अध्यात्म पर हावी है।

समाज का विकास हो रहा है पर साथ-साथ नैतिकता विलुप्त होती जा रही है। हम सत्य बोलने से इतना डरते हैं जैसे एक छोटा सा बच्चा अंधेरे में जाने से डरता है। यह तो सृष्टि का चक्र है। जीवन सदा एक सा नहीं रहता। हमारी सोच और संकल्प से ही सृष्टि बनती है न कि सृष्टि से संकल्प। अतः संकल्प की शुभता ही श्रेयस्कर है। सोच अच्छी तो, सृष्टि अच्छी।

अनीता बत्रा— अध्यापिका

## स्वास्थ्य ही धन है

इसमें कोई शक नहीं कि स्वास्थ्य ही धन है। खराब स्वास्थ्य वाला धनी व्यक्ति भी अपने जीवन का आनंद नहीं उठा सकता। हमें अपने स्वास्थ्य का ध्यान रखना चाहिए क्योंकि एक स्वस्थ व्यक्ति ही अपने काम को सही रूप से निभा सकता है। अस्वस्थ व्यक्ति के लिए धन व्यर्थ है। उसका धन उसके लिए खुशियाँ नहीं जुटा सकता। एक स्वस्थ गरीब व्यक्ति भी अस्वस्थ अमीर व्यक्ति की तुलना बेहतर जीवन व्यतीत करता है और परिश्रम करने में समर्थ रहता है। यही परिश्रम करने की क्षमता उसे एक दिन सफलता की सीढ़ी तक पहुँचा

देती है। उचित व्यायाम व खेल व्यक्ति को स्वस्थ एवं सक्रिय रखते हैं। खेलने से हमारे शरीर को ऑक्सीजन मिलती है जो हमारे लिए अति उत्तम है। यह कथन उचित है कि सावधनी इलाज से बेहतर है। एक स्वस्थ व्यक्ति जीवन का भली-भाँति आनंद उठाकर एक खुशहाल जीवन जी सकता है। स्वस्थ व्यक्ति ही धन अर्जित कर पाने में सक्षम होता है। इसीलिए हमें नियमित रूप से अपने स्वास्थ्य का ध्यान रखना चाहिए।

खेलो—कूदो स्वस्थ रहो, यह अमूल्य धन संजोते रहो।

वंशिका गुप्ता आठवीं ब



हे! रूपवती, हे! कमनीया, ईश्वर की तुम अद्भुत रचना,  
तलवार धरो जब कर में तो मुश्किल है अरिदल का बचना।।

टीचर : अपने पापा का नाम इंगलिश में बताओ।

बच्चा: 'beautiful red underwear'.

टीचर: यह कैसा नाम है?

बच्चा: प्यारे लाल चड्ढा।

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संता सड़क पर जा रहा था। रास्ते में केले के छिलके पड़े थे। संता देख नहीं पाया और फिसल गया। ऐसा कई बार हुआ। थोड़ा आगे चलने पर एक और छिलका पड़ा हुआ था। इस बार संता ने पहले ही देख लिया और बोला, 'उफ! अब फिर गिरना पड़ेगा।'

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अमेरिकन—हमारे यहाँ शादी ई—मेल से भी होती है।

खालिद— भाई कमाल है! हमारे यहाँ तो शादी सिर्फ 'फीमेल' से होती है।

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चिरकुट: अरे! तुम लड़की देख आए?

पप्पू: रंग से काली है और कान से कम सुनती है।

चिरकुट: ज़रा इंगलिश में बताओ।

पप्पू: ब्लैक बेरी

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अकबर: इतनी बेरोज़गारी क्यों है आखिर?

बीरबल: जहाँपनाह, लोग काम नहीं करते।

अकबर: कोई उपाय?

बीरबल: इनकी शादी करवा दीजिए हज़ूर, घर से बाहर निकलने का समय खुद ही निकाल लेंगे।

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पप्पू ट्रेन की पटरी पर सो गया।

आदमी: ट्रेन आएगी तो मर जाएगा।

पप्पू: अरे! अभी प्लेन ऊपर से गया और कुछ नहीं हुआ तो ट्रेन क्या चीज़ है।

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पत्नी: ये बन्दूक लेकर दरवाज़े पर क्यों खड़े हो?

पति: शेर का शिकार करने जा रहा हूँ।

पत्नी: तो जाते क्यों नहीं?

पति: बाहर कुत्ता खड़ा है।

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कैप्टन: नौजवान आगे बढ़ो।

सभी जवान आगे बढ़ गए पर संता वहीं खड़ा रहा।

कैप्टन: तुम क्यों नहीं आगे बढ़ें?

संता: आप ही ने तो कहा था कि नौ जवान आगे बढ़ो और मैं तो दसवां जवान हूँ।

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संता: बेटा, आज तुमने कौन सा अच्छा काम किया?

बेटा: मैंने अपने पाँच दोस्तों के साथ एक बूढ़ी औरत को सड़क पार करवाई।

संता: ये तो अच्छी बात है लेकिन इतने से काम के लिए पाँच लोग क्यों?

बेटा: क्योंकि वह महिला सड़क पार नहीं करना चाहती थी।

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# चटपटे चटकारे



अध्यापक: एक साल में कितनी रात्रि होती हैं,

छात्र: जी दस।

अध्यापक: कैसे भला?

छात्र: 9 नवरात्रि और एक शिवरात्रि।

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अध्यापक बच्चे से: तुम इतने गंदे क्यों रहते हो? जानते हो गंदगी मनुष्य की कितनी बड़ी शत्रु है?

छात्र: सर! आप ही तो कहते हैं न कि शत्रुओं से प्रेम करो।

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**हँसता हुआ चेहरा आपकी शान बढ़ाता है,  
हँस के किया काम आपकी पहचान बनाता है॥**

## अगर भगवान मुझसे पूछते कि लड़की बनना है या लड़का...



जन्म लेने से पहले यदि भगवान मुझसे पूछते कि मुझे

लड़की के रूप में जन्म लेना है या लड़के के रूप में तो मेरा जवाब यही होता कि मैं लड़का ही बनना चाहता हूँ क्योंकि लड़कियों को शादी के बाद अपना घर

छोड़कर जाना पड़ता है। अपने ही माता-पिता से दूर जाकर रहना शायद मैं कभी सह ही नहीं सकता, मैं इतना महान हूँ ही नहीं कि अपना परिवार छोड़ कर किसी दूसरे परिवार को अपना सकूँ। मैं अपनी माँ से बहुत प्यार करता हूँ और उनके बिना नहीं रह सकता। यही कारण है कि मैं अपने लड़के होने से बहुत खुश हूँ।

हशमीत सिंह पाँचवीं ब

## हरित भारत, स्वस्थ भारत

यदि हम चाहें तो एक दिन हमारा भारत भी स्वस्थ और अच्छा बन सकता है। हम लोग तो बस कूड़ा यहाँ-वहाँ फेंक कर चले जाते हैं जैसे कभी खाली बोतल बिस्कुट का खाली पैकेट और बहुत कुछ। हमें यह सब रोक कर हरे-हरे पेड़े पौधे उगाने चाहिए ताकि हर जगह हरियाली हो और हमारा भारत स्वस्थ और अच्छा रहे। अगर हमें अपने आसपास कूड़ा या गंदगी दिखे तो हमें उसे साफ कर देना चाहिए। अगर हम एक कदम और स्वच्छता की ओर बढ़ाएँ तो भारत को स्वच्छ बनाने में एक कदम बढ़ जाएगा। ऐसे ही हमारा भारत हरा-भरा और स्वच्छ बनेगा। हमें लोगों को कूड़ा फैलाने से रोकना होगा ताकि हमारा भारत स्वस्थ और सुंदर लगे न कि गंदगी से भर

जाए। हमें साफ-सफाई का ध्यान रखना चाहिए। जितना हो सके उतने पौधे लगाने चाहिए। पौधे फूल यह स्वच्छ जीवन नष्ट हो जाएगा। सास लन क लिए सिर्फ गंदा धुँआ और रोगों से ग्रस्त देह। इसलिए हमें अपने भारत को स्वच्छ रखने का प्रयास करना चाहिए जिससे भारतवासी स्वस्थ और खुशहाल जीवन व्यतीत कर सकें।



वंश अरोड़ा आठवीं ब

## जब मेरा झूठ पकड़ा गया



मेरे घर के पास ही एक बिल्ली रहती थी जो बहुत भूखी और दुबली थी। मुझे उसपर बहुत दया आई और मैंने सोच ही लिया कि मैं रोज़ उसे घर से लाकर दूध पिलाऊँगा। माँ भी खुश हो जाएँगी कि मैंने दो बार दूध पीना शुरू कर दिया है। इस तरह मैं रोज़ एक बार का दूध बिल्ली को पिला देता। एक सप्ताह भी नहीं बीता था कि मेरे पिताजी ने मुझे ऐसा करते हुए देख लिया और मेरा झूठ पकड़ा गया। मैं बहुत डरा हुआ था परंतु मेरे माता-पिता ने मेरी नादानी में छिपा मेरा प्यार समझकर न सिर्फ़ मुझे क्षमा कर दिया बल्कि उस बिल्ली को भी पाल लिया।

उनैस आरिफ पाँचवीं ब

## साक्षरता का जो प्रयासी, वही है सच्चा भारतवासी

साक्षरता का अर्थ है पढ़ने-लिखने की योजना। पुराना समय साधारण और सरल था। तब न तो जीवन इतना गतिशील था और न ही जीने के साधन इतने जटिल थे। जरूरतें बहुत सीमित थीं। दो जून की रोटी कमाकर व्यक्ति चैन की नींद सो जाता था। अब इच्छाओं ने आकाश की सीमाओं तक को चुनौती दी है। ऐसे में व्यक्ति का पढ़ने-लिखने से वंचित रह जाना एक अभिशाप है।

साक्षरता मानव के विकास का मूल मंत्र है। अनपढ़ व्यक्ति अपना ही भला नहीं कर सकता तो वह समाज के किस काम आएगा। किंतु सरकार के प्रयासों से आज हर व्यक्ति तक शिक्षा पहुँच रही है। घर-घर और हर गाँव में शिक्षा का प्रचार हो रहा है जिससे कोई निरक्षर न रहे। कोई अंगूठा छाप न रहे और कोई ठगा न जा सके। हर वर्ग का व्यक्ति अपनी अच्छाई-बुराई समझे और सूझ-बूझ के साथ फैसला लें।

‘आओ बढ़ाएँ इस देश का मान,  
देकर सबको अक्षर ज्ञान’।

शिक्षा एक वरदान है इसलिए हमें इस दिशा में भरपूर योगदान देना चाहिए।

सैफअहमद अंसारी दसवीं ब

## मेरा जन्मदिन

मेरा जन्मदिन 1 जुलाई को होता है। मेरी दादीजी ने मुझे 500 रुपए दिए। मैंने अपने नाना- नानी, मित्र, दादीजी और दादाजी को बुलाया। मैंने अपना



जन्मदिन अपने घर पर ही मनाया। सबने मुझे बहुत सारे उपहार दिए। हमने बहुत सारे खेल खेले। मेरी माँ ने बहुत सारे अलग- अलग पकवान बनाए। आखिर में मैंने अपने जन्मदिन का केक काटा। मुझे उस दिन बहुत मज़ा आया।

शोर्या गर्ग तीसरी ब



नन्ही कलम ने पिरोए हैं कोमल मन के विचार  
मृदुल बोल, सच्चा दिल, है यही नन्हे लेखक का संसार।।

**प्रायः** यह माना गया है और इतिहास भी खुद इसका प्रमाण है कि रक्षा और राष्ट्र की सुरक्षा में महिलाओं की भागीदारी नगण्य थी और यह स्थापित तथ्य था कि यह क्षेत्र महिलाओं के लिए नहीं है। इक्कीसवीं सदी की भारतीय महिलाओं ने इस परंपरा को तोड़ते हुए एक नई परंपरा स्थापित की।

समुद्र की उत्ताल तरंगों, उद्धम लहरों और सनसनी हवाओं के झोंके भी इन साहसी युवतियों के बुलंद हौंसलों को पस्त करने में असफल रहीं। आगे बढ़ने का जोश राह में आई बाधाओं से कहीं अधिक था।

भारतीय नौसेना की छः महिला

अधिकारियों द्वारा समुद्री मार्ग से 'सरकम नेविगेशन' अर्थात विश्व की परिक्रमा करने का यह प्रथम सफल प्रयास है जिसे 'नाविका सागर परिक्रमा' का नाम दिया गया।

इस अभियान का आरंभ स्वदेश निर्मित पॉल नौका **आई. एन. एस.वी तारिनी** द्वारा गोवा में हुआ। महिला सशक्तिकरण एवं समुद्र में महिलाओं की भागीदारी का संदेश देने के लिए



**लहरों से डरकर कभी नौका पार नहीं होती, कोशिश करने वालों की कभी हार नहीं होती।।**

नौसेना ने महिलाओं की एक विशेष टीम को विश्व भ्रमण पर भेजने का निर्णय लिया।

यात्रा के अंतर्गत प्रधानमंत्री श्री नरेन्द्र मोदी ने भी सेटेलाइट फोन पर इनसे कई बार परस्पर संपर्क स्थापित किया।

समुद्र मार्ग द्वारा विश्व की परिक्रमा का यह मिशन अर्थात 21,600 नॉटिकल मील से भी अधिक का सफर तय करने का यह लक्ष्य 55 फुट आकार के जलपोत द्वारा पूर्ण हुआ।

यह परिक्रमा पाँच चरणों में तय की गई जिसमें चार बंदरगाह—फ्रेमन्टल (आस्ट्रेलिया), लिटलेटन (न्यूजीलैंड), पोर्ट स्टेनले (फॉकलैण्ड्स) और केप टाउन (दक्षिण अफ्रीका) हैं।

जलपोत का संचालन ले. कमाण्डर वर्तिका जोशी ने किया एवं कू के अन्य सदस्य ले. कमाण्डर प्रतिभा जामवाल, पी.स्वाति, ले. कमाण्डर एस. विजया देवी, बी एश्वर्या एवं पायल गुप्ता थे।

रक्षा मंत्री निर्मला सीतारमण एवं नौसेना प्रमुख एडमिरल सुनील लांबा ने अधिकारिक रूप से इन युवतियों का स्वागत किया। प्रधानमंत्री श्री नरेन्द्र मोदी ने कू के सभी सदस्यों का उत्साहवर्धन करते हुए उनसे कहा कि उनके इस अभियान ने संपूर्ण विश्व में भारतीय नारी शक्ति को एक नई पहचान दिलवाई।

बाधाओं से झूझकर मंज़िल को पाना, स्वपन देखकर उन्हें साकार करना अथवा औरों के सपनों का आधार बनना, यह अभियान संभवतः नारी सशक्तिकरण का एक अनूठा उदाहरण है।

**नेहा गोयल**

**परंपराएँ अतीत की देन होती हैं और परिवर्तन भविष्य का प्रतीक।**

## मनुष्य में घटती मानवता

**मेरी** सोच के आधार पर मानवता का यह अर्थ होता है कि प्रत्येक मनुष्य को अपने जीवनकाल में दूसरे मनुष्य की सहायता करनी चाहिए, कुकर्म नहीं करने चाहिए और अपना जीवन परोपकार से बिताना चाहिए। आज के वक्त में मानवता जीवन में खत्म—सी हो गई है। एक मनुष्य दूसरे मनुष्य के खून का प्यासा हो गया है। कोई भी मनुष्य दूसरे की तरक्की देखकर खुश नहीं होता परन्तु खुद मेहनत करके उस स्थान पर पहुँचना भी नहीं चाहता। अब मनुष्य चाहता है कि उसे बिना कोई परिश्रम के अच्छा फल मिल जाए और इस चीज़ के लालच में मनुष्य मानवता को भुलाकर हैवान का रूप धारण कर लेता है। वह पैसों के लिए खून, डकैती और कई ऐसे बुरे कार्य करके भी पैसा कमाना चाहता है। इस रास्ते

पर पैसे कमाना ज़्यादा सरल होता है। इसलिए लोग बुरे वक्त में इसी रास्ते का सहारा लेते हैं परन्तु यह वो रास्ता है जहाँ मनुष्य सरलता से पहुँच तो जाता है परन्तु वापस निकल नहीं पाता क्योंकि यह वो दलदल है जिसमें मनुष्य एक बार कदम रख ले तो फिर उभर नहीं पाता। हमारा कर्तव्य बनता है कि हम ऐसे लोगों से दूर रहें क्योंकि वो हमें भी इस दलदल में घसीट सकते हैं। आजकल समाज में धिनौने अपराध हो रहे हैं इसका कारण केवल यह है कि आज मनुष्य के मन में मानवता घटती जा रही है। ऐसे मनुष्य तो पशुतुल्य हैं जो अपना जीवन दूसरों के हित में नहीं लगाते। हमें अपने पूर्वजों का अनुसरण कर लोक हित के कार्य करने चाहिए।

**अंजली ध्यानी ग्यारहवीं**

## सादगी और सौम्यता का अद्भुत संगम: सुधा मूर्ति

सुधा मूर्ति प्रसिद्ध शिक्षाविद, समाजसेविका, कम्प्यूटर के क्षेत्र में विश्व में चर्चित नाम है। उनमें टेक्नोलॉजी और साहित्य का अद्भुत संगम है। वे बहुमुखी प्रतिभा की धनी हैं। उनका जन्म 1950 में कर्नाटक में हुआ था। बचपन से ही उन्होंने पुस्तकों को ही अपना मित्र समझा। बारह वर्ष की उम्र में ही उन्होंने इंजीनियरिंग में स्नातक की उपाधि प्राप्त की। पूरे कॉलेज में केवल वही महिला छात्र थीं। इसी से पता चलता है कि सुधा मूर्ति अपने जीवन में कभी भी पिटी-पिटार्ई राहों पर नहीं चलीं। उनमें कुछ नया कर दिखाने की लालसा व जोश आज के युवाओं के लिए प्रेरणाप्रद है। उस समय 'टेल्को' कम्पनी में किसी महिला का नौकरी पाना असंभव था पर सुधा जी कैसे

हार मान लें। अपने बलबूते पर, अपनी अथाह प्रतिभा के बल पर उन्होंने टेल्को कम्पनी को अपने नियमों में परिवर्तन करने को विवश कर दिया। 1974 में पहली महिला जो टेल्को की कर्मचारी बनीं, वे हमारी कर्मठ, स्नेही सुधा मूर्ति जी हैं। एक अध्यापिका होने के नाते मैं सुधा जी के इन्हीं गुणों से अभिभूत हूँ। उनमें सादगी और बौद्धिकता का अपूर्व मिश्रण है। उद्योग जगत में नई कहानी लिखने वाली आई.टी कम्पनी 'इन्फोसिस' की वे अध्यक्ष हैं। उन्होंने विश्व के सामने मिसाल पेश की है। 2006 में भारत सरकार के विशिष्ट नागरिक पुरस्कार पद्मश्री से सम्मानित किया गया। सादी साड़ी, सौम्य मुस्कान उनके सादगी भरे व्यक्तित्व में चार चाँद लगाती है। कुछ लोग महान बनने के

लिए जीवन जीते हैं पर सुधा मूर्ति जैसे लोग सादगी के साथ जीवन व्यतीत करने में विश्वास रखते हैं। सुधा जी के शब्द 'अंधेरे में रहने से अच्छा है कि मोमबत्ती जला लो'। यह एक वाक्य हमारे युवाओं को प्रेरणा देने के लिए प्याप्त है। उनकी सफलता का रहस्य—अनवरत् सर्मपण है, हम भारतीयों को उनसे प्रेरणा लेकर उनके जैसा बनने का प्रयास करना चाहिए।



### मानवता कौशल अध्यापिका



### मैरी कॉम

भारत देश एक विकसित देश है जो दुनिया में अपनी संस्कृति के लिए लोकप्रिय है। भारत हर क्षेत्र में उन्नित कर रहा है। भारत का नाम विश्वभर में रौशन करने में हमारे देश की बेटियों का बहुत बड़ा योगदान है जिसका सार्थक उदाहरण मणिपुर के एक छोटे से गाँव से आई हुई लड़की मैरी कॉम है। खेल जगत में मैरी कॉम एक जाना पहचाना नाम है।

विश्व विख्यात मैरी कॉम का जन्म 1 मार्च 1983 को मणिपुर के चुराचाँदपुर जिले में हुआ। केवल भारत ने ही नहीं बल्कि पूरे विश्व ने इनकी मुक्केबाजी का लोहा मान लिया है। खेल जगत में मैरी कॉम की प्रतिभा, उनके बुलंद हौंसले की गवाही देती है।

मैरी कॉम का पूरा नाम मैंगते चंगेन्ड्रजैंग मैरी कॉम है। पाँच बार विश्व विजेता का खिताब पाने वाली मैरी कॉम का बचपन आर्थिक तंगी के कारण बहुत ही संघर्षपूर्ण बीता।

बचपन से ही मैरी कॉम को एथलेटिक्स में रुचि थी। अपने ही प्रदेश के मुक्केबाज़ डिङ्को सिंह की सफलता ने उन्हें प्रेरित किया। उन्होंने अपनी ट्रेनिंग की शुरुआत मणिपुर राज्य के बॉक्सिंग कोच नरजीत सिंह की देख-रेख में मणिपुर की राजधानी इम्फॉल में की।

देश-विदेश में अपनी जीत का परचम लहराने वाली मैरी कॉम को महिला होने के कारण कई बार आलोचनाओं का सामना करना पड़ा परंतु अथक परिश्रम, दृढ़ निश्चय ने अंत में उन्हें न केवल विश्वविजेता के स्तर पर पहुँचाया बल्कि भारत को विश्व में महत्वपूर्ण स्थान भी दिलवाया। मैरी कॉम ने अपनी सभी छः विश्व प्रतियोगिताओं में पदक जीता और 2014 के एशियाई खेलों में स्वर्ण पदक जीतने वाली वह प्रथम भारतीय महिला बॉक्सर बनीं।

मुक्केबाजी में देश को गौरवान्वित करने वाली मैरी कॉम को भारत सरकार द्वारा वर्ष 2003 में अर्जुन पुरस्कार, वर्ष 2006 में पद्मश्री और वर्ष 2009 में देश के सर्वोच्च खेल सम्मान 'राजीव गांधी खेल रत्न पुरस्कार से सम्मानित किया गया।

### ऊरुबा सिद्धकी बारहवीं

# सूचना क्रांति: विकास का दूसरा नाम

एक समय हुआ करता था जब अपने प्रियजनों से बात करने हेतु भी मनुष्य को हफ्तों तक इंतजार करना पड़ता था। परन्तु पिछले कुछ दशकों में कम्प्यूटर के क्षेत्र में हुए अविश्वसनीय विकास ने एक नई क्रांति को जन्म दिया जिसे हम सब 'सूचना क्रांति' के नाम से जानते हैं।

मानव की वैज्ञानिक उपलब्धियों में यह एक महत्वपूर्ण व क्रांतिकारी उपलब्धि है। आज की तारीख में मानव किसी भी उत्पादन का विज्ञापन कर सकता है। यही नहीं, लेकिन आज पढ़ाई, खेल तथा युद्ध में भी कम्प्यूटर का प्रयोग किया जाता है।

शायद किसी ने सही कहा है – "ब्रम्हा से कुछ लिखा भाग्य में मनुज नहीं लाया है,

अपना सुख उसने अपने भुजबल से ही पाया है।" सूचना प्रौद्योगिकी कम्प्यूटर और इंटरनेट पर ही आधारित है। कम्प्यूटर और इंटरनेट के ही सहयोग से आज का मानव विश्व के किसी भी भाग से कोई भी प्रकार की सूचना प्राप्त कर सकता है। अब अंतरिक्ष विज्ञान,



समुद्र तल और भूगर्भ की जानकारी प्राप्त करना संभव हुआ है। इसी कारण इतनी बड़ी दुनिया आज छोटी प्रतीत होती है।

सूचना क्रांति के कारण ही कई देशों का विकास संभव हो पाया है। इन देशों में से एक भारत भी है। पिछले कुछ वर्षों में भारत ने अपनी पहचान एक ऐसे देश के रूप में बनाई है जो अपने मानव संसाधनों का पूर्ण रूप से प्रयोग करता

है। अब डी.यू. और आई.आई.टी. जैसे प्रौद्योगिकी कॉलेजों में भी सबसे पहले कम्प्यूटर विज्ञान की सीटें भरती हैं। यहीं से इसके महत्त्व का अनुमान लगाया जा सकता है।

सूचना क्रांति के आने पर पूरे विश्व में साफ्टवेयर विकास की गहन आवश्यकता अनुभव की गई। यही कारण है कि आज वैज्ञानिकों ने 'सुपर कम्प्यूटर' बना लिया है जिससे भूकम्प विज्ञान, तेल व प्राकृतिक गैस के भंडारों इत्यादि का पता लगाया जा सकता है।

सूचना प्रौद्योगिकी से हमारे देश की अर्थव्यवस्था को भी सहारा मिला जिससे टाटा सर्विस, विप्रो व इंफोसिस जैसी भारतीय कंपनियों ने विश्व के साथ कदम मिलाए। यही नहीं आज विदेशी भी हिन्दी को महत्त्व देने लगे हैं। आज कम्प्यूटर पर अत्यंत सहजता और सुगमता से हिन्दी भाषा में कार्य किए जा रहे हैं। कम्प्यूटर पर हिन्दी के सरलीकरण के लिए निरंतर शोध कार्य जारी है। सूचना प्रौद्योगिकी के बिना वर्तमान युग का विकास अवरुद्ध हो जाएगा।

वालिया हसन ग्यारहवीं

## मासूम बचपन

यूँ तो मैं अब भी बच्ची ही हूँ लेकिन यहाँ मैं कुछ घटनाओं का लेखन कर रही हूँ जो मेरी बचपन की शरारतों पर आधारित है। हम सभी जानते हैं कि जब हम नासमझ होते हैं तो हम बहुत-सी गलतियाँ करते हैं जिन पर हमारे माता-पिता को क्रोध नहीं बल्कि प्यार आ जाता है। एक बार मैंने अपनी माँ की लिफ्ट ली और लगाते समय मुझसे टूट गई, मैं डर गई। अचानक माँ आ गई और मुझे देखकर उनकी हँसी नहीं रुकी और उन्होंने मेरी इसी दशा में अपने मोबाइल में मेरी तस्वीर कैद कर ली। आज भी जब हम उस तस्वीर को देखते हैं तो खूब हँसते हैं। इसी तरह आटा गूँथने की ज़िद में एक बार मैंने आटा न सिर्फ़ फैला दिया परन्तु आटे वाले हाथ अपने मुँह पर भी लगा दिए। माँ ने वो लम्हें भी अपने मोबाइल में कैद कर लिए और कहा कि जब बड़ी हो जाओगी तो इन्ही लम्हों को याद करना।

आमना अलफ़ाक पाँचवीं ब

## अगर मैं शेर होता

अगर मैं शेर होता तो जंगल का राजा होता और छोटे जानवरों को मार कर खा जाता। अगर मैं शेर होता तो शिकारी मुझे जाल में पकड़ने की कोशिश करते। मेरे नुकीले पंजे होते। मैं इंसानों को खा जाता। अगर मैं शेर होता तो मैं दहाड़ता और बहुत तेज़ दौड़ता। मैं जंगल में सबसे ताकतवर होता।



शीबू जयसवाल तीसरी ब

## जब मेरी माँ ने मुझे 50 रुपए दिए



मेरी माँ ने मुझे 50 रुपए दिए। इन रुपयों को मैं कई चीजें खरीदने में खर्च कर सकता था लेकिन मैंने वो रुपए खर्च नहीं किए क्योंकि मुझे यह करना ठीक नहीं लगा। वो रुपए मैंने अपनी

छोटी बहन की गुल्लक में डाल दिए। मैंने मुझे ऐसा करते हुए देख लिया और उन्होंने मेरी बहुत तारीफ़ की। उन्होंने मुझे कुछ रुपए और दे दिए। मैंने उन रुपयों को कुछ चीजें खरीदने में खर्च कर दिया। अगले दिन जब मेरी बहन ने अपनी गुल्लक देखी तो वह बहुत खुश हुई और मेरे पास आकर मुझे बहुत प्यार किया। मैंने भी उसे बहुत प्यार किया।

प्रज्ञान कटारिया तीसरी ब

## जब मैंने एक तोता पाला



जब मैं नानी के घर गई, मैंने

देखा कि चोट लगने के कारण एक तोता पेड़ से नीचे गिर गया था। मैंने उसे बचाया और नानी के घर ले गई। मैंने उसका नाम मिट्टू रख दिया। मैं और मेरी बहन उसके साथ खेलते थे। वह बहुत ही सुंदर था। उसे अमरुद खाना बहुत पसंद है। मैंने अपने दोस्तों को भी मिट्टू से मिलवाया। मुझे अपना तोता बहुत प्रिय है।

प्रियांशी तीसरी ब

## मेरी प्रिय अध्यापिका

मेरी प्रिय अध्यापिका का नाम सिमरन मैम है। वे हमें अंग्रेज़ी और गणित पढ़ाती हैं। वे हमारी कक्षा की अध्यापिका हैं। वे हमारी गलतियों को सुधारती हैं और हर पाठ को पढ़ाने से पहले हमें वह पाठ अच्छी तरह से समझाती हैं। वे हमें बिना वजह नहीं डाँटती हैं। अगर काम समय पर खत्म नहीं हुआ तो माफ़ भी करती हैं और अपनी मीठी आवाज़ में हमें कविताएँ भी सिखाती हैं। मुझे वे बहुत अच्छी लगती हैं।

शगुन शर्मा तीसरी ब

## मैं



मेरा नाम भव्या है। मैं द पिनेकल स्कूल में दूसरी कक्षा में पढ़ती हूँ। मैं सात साल की हूँ। मेरा मनपसंद रंग सुनहरा है। मुझे लूडो खेलना पसंद है। मेरा मनपसंद भोजन दाल-चावल है। मैं पतली लड़की हूँ। मुझे नाचना और पढ़ना पसंद है। मेरी दोस्त का नाम समार्षा हैं। हम रोज़ शाम को खेलते हैं।

भव्या कुमार दूसरी अ

## मेरा परिचय

मेरा नाम अलीशा है। मेरा मनपसंद खाना राजमा चावल है और मनपसंद रंग लाल है। मेरी प्रिय मित्र मुनिरा है। मैं बड़े होकर डॉक्टर बनूँगी और माता-पिता का नाम रोशन करूँगी।

अलीशा खान दूसरी स

## नानी के घर के मजे

मेरी नानी इंग्लैंड में रहती हैं। हम उनके घर हवाईजहाज़ से गए थे। वहाँ पहुँचने में दो दिन लगे थे। मैं अपनी नानी के लिए एक उपहार लेकर गया था। नानी ने जब उपहार देखा तो वे बहुत खुश हुईं। उन्होंने मुझे आइसक्रीम खरीदकर दी। हम उनके घर पाँच दिन रहे। सबने खूब मजे किए। मेरी छुट्टियाँ मजेदार बीतीं।

नारी जीवन दायिनी,  
पूजो बारंबार,  
नारी घर की आन है,

नारी घर की शान,  
नारी बिन घर-घर नहीं,  
नारी है वरदान।।

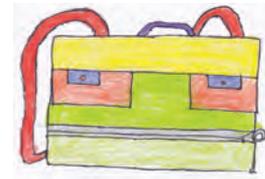
## जब मेरी सहेली मेरे घर रात बिताने आई

एक दिन मैंने अपनी सहेली अयाना को निमंत्रण दिया कि वह मेरे घर रात बिताने आए। मुझे बहुत ही खुशी हुई जब उसने मेरा निमंत्रण स्वीकार कर लिया। मेरी माँ ने हमें खाना परोसा और पिताजी आइसक्रीम लेकर आए।

खाना खाने के बाद हम मेरे कमरे में चले गए और बहुत से खेल खेले जैसे कैरम बोर्ड, लूडो आदि। नींद तो उस दिन आ ही नहीं रही थी और हम देर रात बातें करते रहे। सुबह उसके माता-पिता उसे लेने आ गए। मेरा मन नहीं कर रहा था कि वह जाए पर उसे जाना तो था ही। मुझे उसके साथ बहुत मज़ा आया।

यशिका शर्मा चौथी अ

## अगर मैं बस्ता होता



अगर मैं बस्ता होता तो मैं बहुत खुश होता जब मुझमें किताबें रखी

जातीं क्योंकि किताबें ज्ञान देती हैं। परंतु जब मुझमें ढूँस-ढूँस कर सामान भरा जाता तो मुझे गुस्सा तो आता ही परंतु साथ ही मैं हँसी भी आती क्योंकि मेरे ही मालिक के लिए मुझे उठा पाना मुश्किल होता। मुझे जब इधर-उधर पटका जाता तो मुझे बहुत दर्द होता। मैं उन लोगों के पास रहकर अधिक खुश रहता जो मुझे प्यार से रखते।

सोहम खुराना सातवीं अ



## प्लास्टिक प्रदूषण

एक अनोखे मोड़ पर आ गया है इंसान, प्रदूषण ने कर दिया है मनुष्य का जीना बेहाल।

संस्कारों की शाला तुम हो, तुम लक्ष्मी, सावित्री, सीता

सत्कर्म की निर्वाहिनी तुम, हे! सहधर्मिणी, हे! अर्पिता।।

अगर हमें स्वस्थ जीवन चाहिए तो यह जरूरी है कि हमें अपने पर्यावरण के बारे में पता होना चाहिए। 'पर्यावरण' शब्द का निर्माण दो शब्दों से हुआ—परि और आवरण जिसका अर्थ है हमें चारों ओर से घेरा हुआ। जब प्राकृतिक चक्र किसी भी गड़बड़ी के बिना साथ-साथ चलता रहे तब एक पर्यावरण स्वस्थ वातावरण कहलाया जाता है। प्रकृति में किसी प्रकार का असंतुलन पर्यावरण पर बुरा प्रभाव डालता है जैसे प्रदूषण। प्रदूषण का अर्थ है— प्राकृतिक संतुलन में दोष। प्रदूषण कई प्रकार के होते हैं जैसे—ध्वनि प्रदूषण, वायु प्रदूषण, जल प्रदूषण और अब तो प्लास्टिक प्रदूषण भी बहुत हो गया है जिसके कारण है प्लास्टिक बैग, प्लास्टिक पॉलिथिन, प्लास्टिक के खिलौने, प्लास्टिक के डिब्बे आदि।

प्लास्टिक हमारी दुनिया में सन् 1909 में आया था। और जब वह आया था तब उसके रंग-विरंगे रंग उसको बहुत आकर्षित बनाते थे। प्लास्टिक एक नॉन-ब्योडिग्रेडेबल वस्तु है जो कभी नष्ट नहीं हो सकता।

प्लास्टिक मंहगा नहीं है इसलिए उसका अधिक उपयोग किया जाता है। शादियों में भी लोग पॉलिथिन बैग का बहुत ज्यादा उपयोग करते हैं क्योंकि उसको उठाने में आसानी होती है और वह जल्द नष्ट भी नहीं होता। हर साल दुनिया भर में लगभग 100 मिलियन टन प्लास्टिक का प्रयोग किया जाता है जिसमें द मिलियन टन नष्ट भी नहीं होता। दुनिया भर में लगभग 70,000 टन प्लास्टिक महासागरों और समुद्रों में फेंक दिया जाता है। प्लास्टिक के ज्यादा उपयोग के कारण गंदगी बढ़ती जा रही है जो बहुत सारे हानिकारक कीड़ों तथा मच्छरों के पनपने का आधार बनती है। हमारे द्वारा फेंका गया प्लास्टिक

जानवरों की मृत्यु का कारण बनता है। बरसात के मौसम में, सड़क पर पड़ा हुआ प्लास्टिक का कचरा जो कि पास के जलाशय, नहरों और नालियों में बह जाता है और इसी कचरे के कारण मछलियों की मृत्यु तथा पानी की गुणवत्ता कम हो जाती है। हमें शॉपिंग के लिए जितना हो सके कपड़े तथा पेपर के बैग प्रयोग करने चाहिए। हमें ब्योडिग्रेडेबल प्लास्टिक का उपयोग करना चाहिए। प्रदूषण पर्यावरण को हानिकारक बनाने में योगदान देता है। यदि भविष्य की यह नई पीढ़ी मानव जाति के अस्तित्व के लिए प्रदूषण रूपी इस खतरे से परिचित हो जाए तो वे प्रदूषण को नियंत्रित करने में एक महत्वपूर्ण भूमिका निभा सकते हैं। प्लास्टिक प्रदूषण के प्रति हर मनुष्य की कुछ न कुछ जिम्मेदारी है। अगर हम ही भारत के एक अच्छे नागरिक की तरह प्रकृति का ध्यान रखें तो हमारी पृथ्वी हमेशा हरी-भरी रहेगी।

प्लास्टिक कर रहा है मनुष्य के जीवन का शोषण आओ मिलकर प्रण करें, प्लास्टिक का उपयोग कम करें।

शिवान्या सोनी बारहवीं

## बारिश का दिन

बारिश के दिन हम पानी की बूँदें देख कर खुश होते हैं। बारिश के मौसम में हरियाली छा जाती है। हमें बारिश के मौसम में छाता और रेनकोट इस्तेमाल करना चाहिए। बारिश के दिनों में मिट्टी की सुगंध मुझे अच्छी लगती है। मोर बारिश के मौसम में नाचता है। माँ हमें गरम-गरम पकौड़े खाने को देती हैं। मौसम ठंडा हो जाता है। मुझे बारिश में भीगना पसंद है।



पहर साध तीसरी ब

## प्लास्टिक प्रदूषण

देख रे मानव! उस पतंग को  
जो बिना डरे आसमान को छूने  
चली

लेकिन अपनी मंज़िल पाने को  
तेरी आत्मा क्यों पीछे हटी?

देख रे मानव! उस पतंग को,  
जो इंद्रधनुष के रंग ले उड़ी,  
लेकिन तेरी ज़िदगी रे मानव,

क्यों बेरंग-सी हो गई?

देख रे मानव! उस पतंग को,  
हवाओं से जो जूझती रही,  
तेरी आत्मा हे! मानव

किसी और की गुलाम क्यों बनी  
रही?

देख रे मानव! उस पतंग को,  
हवाओं के विस्द्व भी जो अपनी डोर  
से ही बंधी रही,

लेकिन लालच की आंधी  
तेरे ही रिश्ते क्यों तोड़ती रही?

देख रे मानव !उस पतंग को,  
जो हमेशा तुझे सिखाती रही,

बाधाओं का सामना कर आगे बढ़!  
मंज़िल तेरा रास्ता है निहार रही ।।



हिमेशकुकरेजा आठवीं ब

## देश का मसीहा

इतिहास उन्होंने है रच दिया  
साथ सच्चाई का हमेशा दिया  
कभी किसी पर क्रोध न किया  
उसका नज़रिया बदल दिया  
जिसने किया गांधी जी का संग ।

बच्चा, बूढ़ा या हो जवान  
सबको देते थे वो सम्मान  
चाहे कलेक्टर, वैज्ञानिक या हो  
विद्वान

सबसे ऊपर उनका सम्मान ।  
दिलवाई उन्होंने हमको आज्ञादी  
देश की माटी है उनकी शहज़ादी  
अच्छाई का पाठ सबको है  
सिखलाया

दुश्मन से न घबराना, यह सबको  
बतलाया ।

देश का मसीहा बनकर है वो आया,  
इसीलिए बापू है वो कहलाया ।।



अलीना सादिक आठवीं ब

## बचपन

बचपन होता सबसे प्यारा,  
जीवन की वो निर्मल धारा ।  
जब सब होते छोटे बच्चे  
होते सब भोले, मन के सच्चे ।  
माता-पिता की आँखों के तारे,  
भोले बच्चे लगते न्यारे ।  
खेलते-कूदते रहते दिन-रात,  
प्यारा लगता इनका साथ ।  
जीवन का ये पड़ाव सबको है भाता  
सबके चेहरों पर मुस्कान है लाता ।



## सहर हसीन सातवीं ब

विजयलक्ष्मी पंडित केबिनेट  
मंत्री बनने वाली प्रथम भारतीय  
महिला थीं। वर्ष 1937 में  
वो संयुक्त प्रांत की प्रांतीय  
विधानसभा के लिए निर्वाचित  
हुई और स्थानीय स्वशासन  
और सार्वजनिक स्वास्थ्य मंत्री  
के पद पर नियुक्त की गईं। वर्ष  
1953 में संयुक्त राष्ट्रमहासभा  
की अध्यक्ष बनने वाली वे विश्व  
की पहली महिला थीं। वे  
राज्यपाल एवं राजदूत जैसे कई  
महत्वपूर्ण पदों पर रहीं।



# ऑनलाइन शॉपिंग के मजे

भागदौड़ के जीवन में मानव इतना व्यस्त हो गया है कि आज उसके पास अपने लिए समय ही नहीं है। हम चाहते हैं कि हमें हर प्रकार की सुविधाएँ उपलब्ध हों। किन्तु उन सुविधाओं को हासिल करने व सोचने विचारने का समय हमारे पास खत्म होता जा रहा है।

आज टेक्नोलॉजीका युग है। इस बढ़ती टेक्नोलॉजी ने मनुष्य का काम और आसान कर दिया है। आज हम घर बैठे-बैठे न सिर्फ दुनियाभर की जानकारी जुटा सकते हैं बल्कि ऑनलाइन शॉपिंगका आनंद भी उठा सकते हैं।

ऑनलाइन शॉपिंग अर्थात् हम इंटरनेट के द्वारा अपना मनपसंद सामान खरीद सकते हैं। ई-शॉपिंग के फायदे ही फायदे हैं। इससे न केवल हमारा समय बचता है बल्कि भीड़-भाड़ से मुक्ति भी मिलती है और हम तनावमुक्त रहते हैं। आज के

दौर में व्यक्ति के पास इतना समय कहाँ कि वह बाज़ार जाकर सामग्रियाँ खरीदे, वहाँ की भीड़ में मोल-तोल करके फिर अपनी पसंदीदा चीज़ खरीदे। बाज़ार में वस्तुओं का मूल्य अधिक होता है परन्तु ई-शॉपिंग पर कई ऑफर मिलते हैं और सामान की सस्ती खरीदारी होती है। ऑनलाइन वेबसाइट्स पर हमें विभिन्न



प्रकार का सामान घर बैठे ही मिल जाता है। बहुत से बैंक द्वारा क्रेडिट कार्ड से कई ऑफर भी मिल जाते हैं। उससे हमारी शॉपिंग और भी मज़ेदार हो जाती है। आज

का मनुष्य घर बैठे-बैठे ही सारा काम कर आराम से जीवन बिताना चाहता है। वह नई टेक्नोलॉजी का उचित प्रयोग कर ऑनलाइन शॉपिंग के मजे ले रहा है।

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## इंदिरा गांधी—‘द आयरन लेडी ऑफ इंडिया’

इंदिरा गांधी भारत की प्रथम महिला प्रधानमंत्री थीं। वे एक ऐसी महिला थीं जिन्होंने न केवल भारतीय राजनीति बल्कि विश्व राजनीति के क्षितिज पर भी विलक्षण प्रभाव छोड़ा। उनके समक्ष किसी का टिक पाना असंभव था क्योंकि उनमें अद्भुत शौर्य था। वे अपने वक्तृत्व कला के लिए सुविख्यात थीं। उनका प्रत्येक निर्णय सूझ-बूझ से युक्त होता था। वे आकस्मिक रूप से कोई भी निर्णय लेने के लिए पूर्णतः सक्षम थीं।

3 दिसम्बर 1971 को जब भारत-पाकिस्तान के मध्य युद्ध प्रारंभ हुआ तब इंदिरा गांधी ने माँ दुर्गा का रूप धारण कर सभी अंतरराष्ट्रीय दबावों को नज़रअंदाज़ करते हुए पाकिस्तान को सबक सिखाने की ठान ली। अपने ओजस्वी व्यक्तित्व से एवं संभाषणों से वीर जवानों के हौंसले बुलंद किए। 1971 में भारत-पाकिस्तान के मध्य

जंग तथा उस समय लिए गए साहसिक निर्णय ने उन्हें **आयरन लेडी** के नाम से प्रसिद्ध कर दिया। विश्व के मानचित्र पर बंगलादेश का सृजन, इसी युद्ध का परिणाम है।

तत्कालीन पूर्वी पाकिस्तान को पश्चिमी पाकिस्तान के शासक अपना हिस्सा नहीं मानते थे एवं उपनिवेश के तौर पर देखते थे। पूर्वी पाकिस्तान के नागरिक अपनी ही सेना के जुल्म का शिकार थे। इन्दिरा जी के कुशल नेतृत्व में मुक्ति वाहिनी एवं भारतीय सेना ने संयुक्त रूप से 1971 में बांग्लादेश की आज़ादी के लिए रणनीतिक लड़ाई लड़ी। इस संयुक्त स्कवार्ड को भारतीय दल ने मित्र वाहिनी का नाम दिया।

इंदिरा गांधी ने अपने फ़ैसले को तर्कसंगत बताते हुए कहा कि जिस प्रकार जर्मनी में हिटलर खुले-आम यहूदियों पर जुल्म कर रहे थे तब यूरोप के दूसरे देश उसके

विरुद्ध उठ खड़े हुए थे, उसी प्रकार वे भी पूर्वी पाकिस्तान पर नरसंहार होते देख शांति से नहीं बैठ सकतीं। यदि 1971 के युद्ध की बात की जाए तो इंदिरा गांधी जी के नेतृत्व में सैम होर्मूसजी फ़ेमजी जमशेदजी मानेकशॉ, जनरल जैकब एवं पी.एन.हक्सर का योगदान सराहनीय है।

हिन्दुस्तान और पाकिस्तान के बीच हुई निर्णायक जीत ने इंदिरा गांधी को न केवल प्रसिद्धि की चरम सीमा तक पहुँचा दिया अपितु विश्व के मानचित्र पर भारत को पहली बार वैश्विक ताकत भी बना दिया। यद्यपि आज वे हमारे बीच नहीं हैं किन्तु उनके विचार हमें नवीन राह आलोकित करते रहेंगे।

नेहा गोयल



Class Teacher : Ms.Delphine Mukhi

Pre-School I

Subject Teacher : Ms Renu Kalra



Sitting 1st Row (Lt-Rt) : Yash Singh, Divyanshi Verma, Lovyansh, Aanvi Yadav, Harsh Makkar, Sumit Jana, Ayan, Mohd Toshib.

Standing 1st Row (Lt-Rt) : Parth Aggarwal, Tannush Makkar, Lavika Rana, Danika, Syed Mohd Rustam Ali, Harshul Mehra, Panav Sachdeva, Mannat Lamba, Arshit Pandey, Agrim Atulya, Mohd Ashar.

Standing 2nd Row (Lt-Rt) : Jaisvi, Kavyansh Jakhar, Pulkit Bhardwaj, Shaurya Singh, Gotam Singh, Shruti Dhanraj Dhandar, Jai Krishan Kataria, Mohd Umair Malik, Virat Singh.

Absentee : Ellora Narayani Dixit, Hishani Babbar, Lavanya, Pranya Bhardwaj, R. Sai Shavan .

Class Teacher: Ms. Mansi Kapoor

Pre-School II



Sitting 1st Row (Lt-Rt) : Ashaz Areeb, Deepanshu Choupal, Delisha Garg, Afreen, Zidan Ashhar, Altisha, Yugveer Sachdeva, Anahad Kaur, Hammad Salman, Taksha Dhama.

Standing 1st Row (Lt-Rt) : Ayesha Azfar Khan, Pranav Kumar, Huda Aimen, Lakshdeep Singh Bhatia, Yash Yadav, S.M. Quthbudeen B.K.K., Ahmed Khan, Ayaan Qureshi, Mohd. Hussain Factoo, Akshaan Prasad, Ahana Arora, Prasham Gelda, Akansha.

Standing 2nd Row (Lt-Rt) : Liza, Mayank Singh, Aashita, Izaan Ahmed, Angad Arneja, Anirudh Rangarajan, Prem, Saanvika.

Class Teacher : Ms.Meenu Pasi

Pre-School III



Sitting 1st Row(Lt-Rt) : Krishnaanq, Abeer Panwar, Chirag Gopal, Tiya Khurana, Reyansh Gupta, Mannat Gulati, Anjali, Anishka, Hifzan Ansari, Arav Gautam.  
Standing 1st Row2(Lt-Rt) : Tirth Jain,Kayra Aggarwal, Ayaan Parwez, Afnan Ur Rehman, Anmol Dang, Aradhya Singh, Aayat Chaudhary, Arhaan Rajput, Luvyansh Ahuja.  
Standing 2nd Row3(Lt-Rt): Shivam K. Yadav, Aarav Raj, Kushagra Sharma, Jishan Malik, Maisha Ahmad, Ayesha Khan, Aryan Singh, Zunaira Ahmed.  
Absentees : Ali Akhtar, Avni Pathak, Jiten Mangla, Mahaa Khan, Parth Mandia.

Class Teacher : Ms. Shweta Suryavanshi

Pre Primary 1

Subject Teacher : Ms. Roszanna Snelleksz



Sitting 1st Row (Lt -Rt) : Samrat Vohra, Aradhya Mohanty, Aamna Khan, Neev Gupta, Lavisha Bhardwaj, Kulsoom Zehra Rizvi.  
Standing 1st Row (Lt-Rt) : Abeeha Fatima Hasaney, Hasnain Abbas Kazmi, Atishay Khanna, Mohammad, Devansh Narayan Shastri, Vanya Ahuja, Mohd. Umar Eisa, Gourangee Arora, Ayaan Arora, Arnav Sharma, Mohd. Isa.  
Standing 2nd Row (Lt-Rt) : Inshaal Ahmad Siddique, Parv Sharma, Harshika, Anvi Chauhan, Aarav, Shiva, Alishba Kashif, Saransh Narang.  
Standing 3rd Row (Lt-Rt) : Aditya Pandey, Madeeha Zahir, Mohd. Arham, Mohd. Usman Farooqui, Aqsa, Sabeen Wasim, Mohd. Shadman Alam, Juwayriya Talib.  
Absentees : Evaan Thakur, Sainav Nigam, Vansh Anand.

Class Teacher : Ms. Ranita Ohri

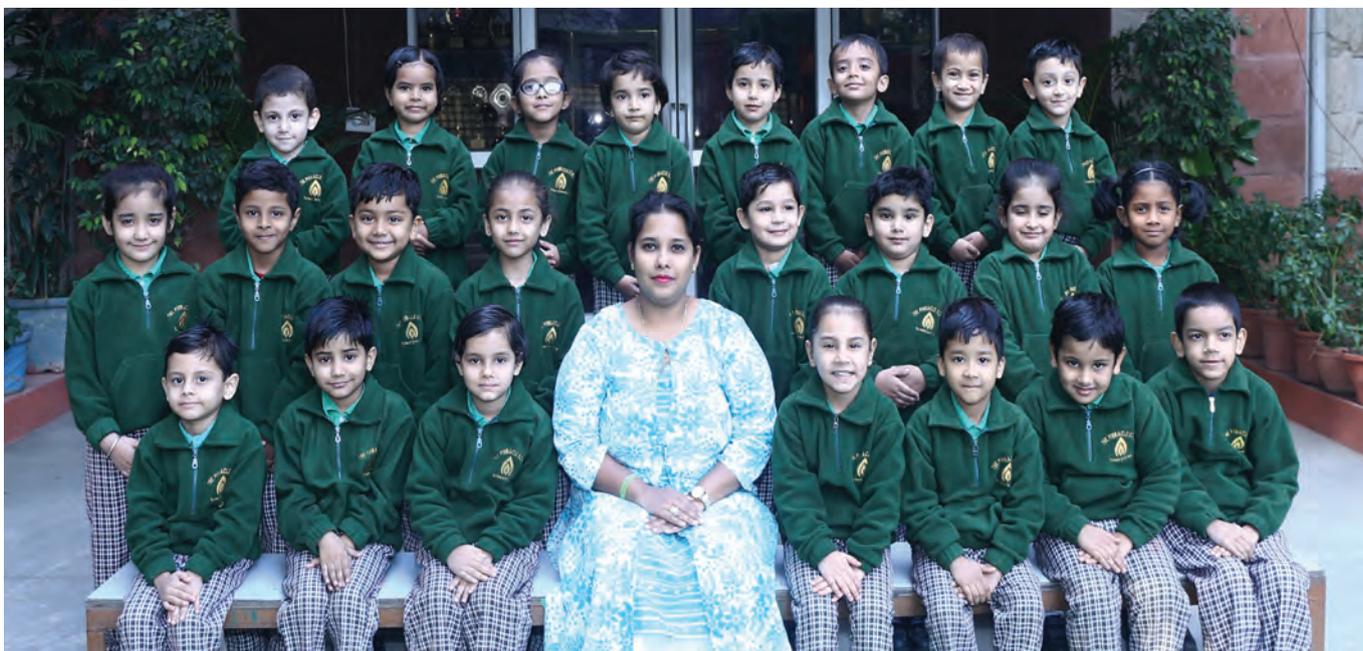
Pre-Primary-II



Sitting 1st Row (Lt –Rt) : Lamia, Mohd. Ashaaz, Mehakpreet Singh Sachdeva, Ayat Abuzar, Gautam Kumar, Aarohi Tyagi, Mizna Khan,Zoha Bazaz.  
Standing 1st Row (Lt-Rt) : Maryam Siddiqui, Saisha Taneja, Utkarsh, Ashmeet Singh, Nehal Singh Gulliya, Drishya Raj, Nikunj Kapoor.  
Standing 2nd Row (Lt-Rt) : Faizan, Kaira Seth, Zainab Salman Khalid, Daniyal Ansari, Parmeeta, Aanya Maurya, Radhika Pandey, Aahana Sharma.  
Standing 3rd Row (Lt-Rt) : Rayan, Diwan Singh Bisht, Rehaan Alam, Priyanshu, Aarav Gulati, Mitaksh, Zoya Ahsan, Advay Dubey.  
Absentees : Griesha Dawar, Harsh Singh Rawat, Harshit, Rishab Kumar Taneja, Siddharth Singh.

Class Teacher : Ms. Pratibha Lal

Pre-Primary-III



Sitting 1st Row (Lt –Rt) : Ataur Rahman, Ritika, Nehal Dixit, Niyati Arora, Jayant Bhardwaj, Aarnik Chamoli, Mohd. Ali Farooq.  
Standing 1st Row (Lt-Rt) : Daani Dandwani, Omkar Kumar Singh, Shivanshu Mehar, Jivika, Gaurav Gulliya, Vrishank Arora, Aafiya Zahir, Seema Sana Jojo.  
Standing 2nd Row (Lt-Rt) : Hariansh Arora, Kopila Paudel, Parnika Sahai, Kavya Arora, Agamy Beniwal, Sam Simon, Zuha Ikram, Mohammad Umar Abdullah.  
Absentees : Stuti Sherawat, Bhumi Sherawat, Vishal Kumar.

Class Teacher : Ms. Anna Desmond

Class - 1 A



Sitting 1st Row (Lt-Rt) : Satyam Paswan, Fateh Singh, Akshaj Gop, Saanvi Tyagi, Radhika Wadhwa, Aadya Ranjan, Phalak Gautam, Haneefa Haris Khan, Anvesha, Ritika, Shiza Irshad, Maria, Unmukt Kashyap.

Standing 1st Row (Lt- Rt) : Mobin Dev Sejwal, Neha Bhengra, Liba Khan, Kyda Saleem, Sarah Siddiqui, Madiha Hashmi, Lakshay Kapoor, Aadhya Singh, Abhimanyu Wadhwa.

Standing 2nd Row (Lt- Rt) : Shreemadd Chaurasia, Arnav Chaudhary, Reyansh Grover, Nakul, Drishya Shalyan, Kartik Jakhar, Saabir Mohd. Ali Mir, Abaan Khan.

Absentees : Ibrahim Ahmad Khan, Simerjot Singh Anand, Yug Sherawat.

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Class Teacher : Ms. Christine Rozario

Class - I B



Sitting 1st Row ( Lt to Rt) : Krish Gautam, Uttkarsh Suryavanshi, Siya Narang, Arhum, Mohd Aariz, Varsimar Kaur, Vaaniya Aamir, Mayank Gulliya, Divyansh Bhardwaj, Jyestha Kaul, Aarav Aggarwal, Amaan Ur Rehman.

Standing 1stRow ( Lt to Rt) : Raghav Kumar, Shourya Baisla, Mohd Umair, Rida Fatima Hasaney, Ayush Bhardwaj, Tashvi Sharma, Mohd Arshaan Khan, Garvita, Harveer Singh, Aakifaha Khan, Aarush.

Standing 2ndRow (Lt to Rt) : AzkaRehmani, Raunak Kumari, Divyajeet Singh Bindra, Zyna Sufyan, Shanaya Sharma, Daksh, Kritika Gulliya, Inaaya Moin.

Absentees : Aarav Sharma, Kriyansh Gulliya.

Class Teacher : Ms. Michelle M.Shakil

Class - 1 C

Subject Teacher : Ms. Shallu Sharma



Sitting 1st Row (Lt –Rt) : Adwick Rampal, Tanush Mazumdar, Mohd Arsh Zaidi, Manan Ashra, Rakshit Kumar , Zainab Hussain Ansari, Ruhani Gupta, Arfa Aamir, Amna Haque, Kuchika. R.Biswas, Hammad Abbasi.  
Standing 1st Row (lt –Rt) : Daksh Arora, Abdul Mateen Saifi, Sunny Sharma, Adhiraj Basoya, Yusra Fatima Hasaney, Afsah Tariq, Aaliya Gupta, Monika Tigga, Utkrisht Kumar, Abhinav Kumar, Pratham, Ansh.  
Standing 2nd Row (Lt-Rt) : Daniah Kamran, Zoya Fatima, Keshav Prajapati, Ayushman Panda, Himank Dhaimiwal , Suraj Yadav, Yash Sherawat, Vihaan Garg, Mohammed Ismail.  
Absentees : Mohammed Umair, Kanav Bharadwaj.

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Class Teacher : Ms.Adrienne Rosario

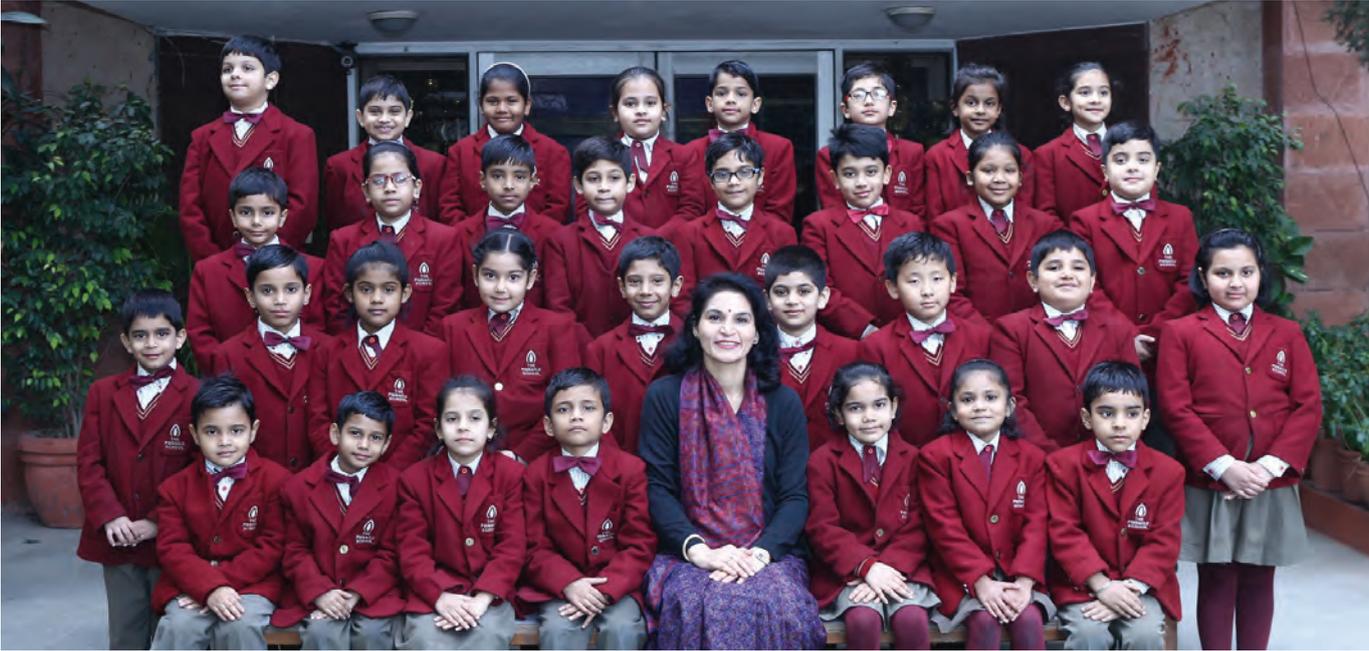
Class - II A



Sitting 1st Row (Lt-Rt) : Vidhi, Parikshit Kumar, Ahmad Salaam, Vaibhav Baisla, Hamza, Manvik.  
Standing 1st Row (Lt- Rt) : Varun, Sujal Gulliya, Bilal Ahmed, Farhan Akhter, Pavitra, Dhanya Jha, Bhavya Kumar.  
Standing 2nd Row (Lt- Rt) : Subhan, Aayan Ashraf, Samaira Kamran, Syed Abaan Mahmood, Pranshul Khullar, Utkarsh Mishra, Jayant Sherawat, Khushveer Singh Singhal.  
Standing 3rd Row (Lt- Rt) : Ayyan Husain, Sehar Imam, Naba Shah, Sarthak Nayyar, Rakshaan Samania, Ahmed Umar Farooqui, Mahak Pandit, Harshita Mishra.  
Absentees : Kartik Tuki, Wardaan Haris Khan.

Class Teacher : Ms. Rachna Verma

Class - II B



- Sitting 1st Row (Lt-Rt) : Aarav Paswan, Mayank, Laiba Kamil, Anas Khan, Livanshi, Ishna Prasad, Aman.  
Standing 1st Row (Lt-Rt) : Kanishk Sharma, Sushant, Manaswi Sharma, Prabhsifat Kaur Sachdeva, Abdullah Naeem, Mohd. Zaid Ahsan, Tenzin Chogden, Sarthak Walia, Aarna Makhija.  
Standing 2nd Row (Lt-Rt) : Atharva, Nazifa Hassan, Chirag Besoya, Abbayan Ata, Harpreet Singh, Mohammad Arhaan, Harshika Mittal, Mohammad Ali Khan.  
Standing 3rd Row (Lt-Rt) : Mohd. Alman Khan, Tejas Pandey, Payal, Mishkaa Sadhwani, Jishant Singh Basist, Samarth Girdhar, Azka Anwar, Naba Choudhary.  
Absentee : Dev Raj Singh.

Class Teacher : Ms. Patricia Hooper

Class - II C



- Sitting 1st Row (Lt-Rt) : Arham Iqbal, Harshvardhan Pandit, Maira Khurshid, Zainab Syed, Ariba Siddique, Kanak, Dipanshu Khawal.  
Standing 1st Row (Lt-Rt) : Prabhav Khullar, Pradnya Maheshwari, Unais Alam, Deeba Sarfaraz, Shiv, Karan Punjabi, Rayyan Faisal, Alisha Khan.  
Standing 2nd Row (Lt-Rt) : Prateek, Muneera Hashmi, Gagan Paudel, Amaan A. Khan, Shah Mohd. Ehaan, Anuj Basist, Kush Sherawat, Nivesh Kumar, Yeshna Dhamija.  
Absentees : Rithik Gulati, Angelaa Sachdev.

Class Teacher : Ms. Gurmiet Lamba

Class - III A

Subject Teacher : Ms. Renu Kumar



Sitting 1st Row (Lt-Rt) : Aarav Singhal, Lovlish Saini, Vritant Tanwar, Sourish Ghai.

Sitting 2nd Row (Lt-Rt) : Madh Khan, Aira Rahman, Mysha Khan, Abdullah Siddiqui.

Standing 1st Row (Lt-Rt) : Dheer Seth, Mehvash Amin, Sahaj Kaur, Riddhi Samania, Rayyan Ahmed, Fahad Khan, Ayisha Naveedha KK, Divya, Abbas Murtaza.

Standing 2nd Row (Lt-Rt) : Daksh Garg, Syed Ali Amaan Zaidi, Mantasha Sarfaraz, Trishi, Riddha Sengupta, Hiten Sejwal, Samiha Siddiqui, Sneha Garg.

Standing (3rd Row) : Sohail Khan, Luv Bhardwaj, Praneet Gautam, Lakshay Sharma, Diya Tiwari, Ritu Chaudhary, Innaya, Mohammad Syed Ali Yousuf.

Absentees : Nandini, Aamna Nawaz, Abir Ahmed, Yash Sood.

Class Teacher: Ms. Simranjeet Kaur

Class III B



Sitting 1st Row (Lt-Rt) : Praggyan Kataria, Hanush Das, Sarah Salaam, Sharvi Aggarwal, Sara Saleem.

Standing 1st Row (Lt- Rt) : Tamanna Prajapati, Priyanshi, Kanishka Gupta, Shagun Sharma, Areeb Rehman Khan, Pehar Sadh, Minha Fathima, M.Mohitha Srivalli Reddy.

Standing 2nd Row (Lt- Rt) : Ananya Chaudhary, Pranav Kaushik, Mohd. Tashbeeb Ansari, Panav Sherawat, Aarush Kumar Maharana, Nayanika Gautam, Taashi Bhardwaj, Zafiah Khan.

Standing 3rd Row (Lt- Rt) : Anaf Khan, Shlok , Lakshay Anand, Rishabh Kumar, Rukminesh, Shibu Jaiswal, Devansh Basist, Daiwik Bharal.

Standing 4th Row (Lt- Rt) : Mohd. Hasnain Ansari, Nanak Bhushan, Umang Sethi, Md. Aayan Zaidi, Aditya Mishra, Hanshika, Shaurya Garg, Syed Ayan.

Absentees : Arnab Kashyap, Abaan Haris Khan.

Class Teacher: Ms. Richa Zandu

Class IV A

Subject Teacher: Ms. Meeta Kumra



- Sitting 1st row ( Lt-Rt) : Mohd. Umar Farooq, Lakshay Kumar, Aryan Kumar Ram, Alfaed Khan, Yatharth Sethi, Siddharth Singh, Kunal Kardam, Abdul Samad.
- Sitting 2nd row ( Lt-Rt) : Sarthak Narang, Aditya Kumar, Ranbeer Chadha, Ashish Kumar Shahni, Daksh Mandia, Aarav Sharma, Mahee Sadh, Mehar Imam, Shivangi Babbar, Aiman Afaq, Ishita Taneja.
- Standing 1st row(Lt-Rt) : Tia Verma, Neha Panwar, Yashika, Mariam Salman Khalid, Aniqa Waqar, Nishtha Gupta, Haajra Fatima Hasaney, Soumya Tuli, Khushi Singhal, Fatima Firdaus, Muizza Hasin, Devansh Kumar, Suraj Kanhar, Shreyas Srivastav.
- Standing 2nd row (Lt-Rt) : Mohd. Hamza, Anubhav Chander Vanshi, Guransh Singh, Hriman Ahuja, Raghav Sharma, Hardik Gulliya, Kartik, Shaad.
- Absentees : Aadhya Sandurea, Aarya Nain, Samika Malhotra, Suzanne Khan, Yashica Sharma.

Class Teacher: Ms. Neha Sharma

Class IV B

Subject Teacher: Ms. Alma Kohli



- Sitting 1st row (Lt-Rt) : Hardik Singh, Antarjot Singh Sachdeva, Atharva Beniwal, Anshika Bhardwaj, Ifrah Naaz, Yashika Khurana.
- Sitting 2nd row (Lt-Rt) : Yukti Makkar, Eisa Mohd., Needhi Pandey, Ziya Saifi, Arfa Khaliq, Kanav Hasija, Rooh Zahoor, Jyoti Choudhary, Sejal Sherawat, Simran Kataria, Shivika Saini, Ritika Gulliya, Aymaan Nadeem
- Standing 1st row (Lt-Rt) : Muhammed Hashir Siddiqui, Sadaan UI Haque, Mohd Awaiz, Chaitanya Singh, Sophia Mirza, Ayanna Dawar, Mohd. Rayyan Chaudhary, Asad Ali, Mustafa Salman Khalid, Zeenat, Saksham Singh, Vaibhav Sehrawat.
- Standing 2nd row (Lt-Rt) : Suhaan Gilani, Sidhant Narang, Varsha Sharma, Gursanjh Singh, Ayaan Mehdi, Ayisha Liyana KK, Tahreem Fatima Hasaney, Madeeha Khan.
- Absentees : Bharti, Aryan Sharma, Manav Dewan, Priyanshi Mishra, Yashas Sharma, Zayaan Khan.

Class Teacher: Ms. Garima Chhabra

Class V A

Subject Teacher: Ms. Lalita Samania



Sitting 1st row ( Lt-Rt) : Themreihor lunghar, Bandana, Avika Panwar, Suraj Mall, Tanishq Chauhan.

Sitting 2nd row ( Lt-Rt) : Saniya Ansari, Sara Arora, Mohd. Isa, Sanan Ahmed Rehmani, Harjap Singh Ahuja , Hashmit Singh, Kartik Goyal, Chestha, Kashish Soni, Zainab Zaidi.

Standing 1st row(Lt-Rt) : Ruman Ahmed Khan, Vipul, Mohd. Zeeshan, Mohd Amir Sadique,Rudhraksh Chauhan, Pranay Jain, Arav Nigam, Gunjot Singh Anand,Mihit Aggrawal, Yashvardhan Pasari, Ayesha Ahmad, Eknor Kaur.

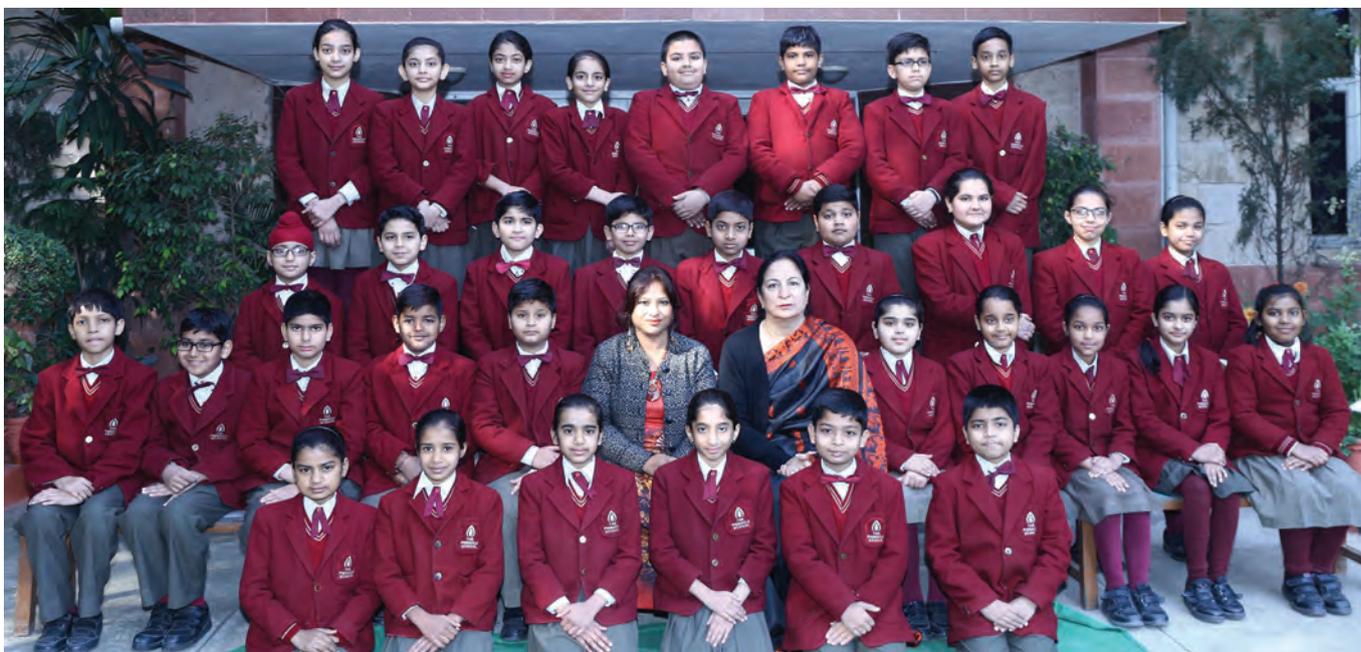
Standing 2nd row (Lt-Rt) : Muhd. Aahil Siddiqui, Arnaveet Singh, Ahmad Rayyan Khan, Pranav Sibbal, Agam Singh, Ishaan Gupta, Mohd Maaz Khan.

Absentees : Vansh Kumar, Syeda Maisa Fatima.

Class Teacher: Ms. Bulbul Saha

Class V B

Subject Teacher: Ms. Anita Chhabra



Sitting 1st Row (Lt- Rt) : Himanshi, Anjali, Prabhgum Bhatia, Omisha Bhagat, Unais Arif, Vanshit Kirar.

Sitting 2nd Row (Lt- Rt) : Mohd Akmal Siddiqui , Nitya Bhatia, Anushay Deswal, Manav Chauhan, Syed Rayyan, Kinjal Arora, Palak Pahuja, Savya Sraa, Yashvi Rao, Bhavika Baniwal.

Standing 1st Row (Lt- Rt) : Pawan Neet Singh, Aarav Mehta, Taqi Asghar Soomar, Mohammed Arslaan, Tanmay Gupta, Mohd. Safie, Adiba Sarfaraz, Vanshika Malhotra, Sumayya Nasim.

Standing 2nd Row (Lt- Rt) : Falak Kamal, Zaina Khan, Amna Afaq, Laaibah Adil, Chittrakash Sakhuja, Aryan, Aryan Sherawat, Raghuveer Bindhani.

Absentees : Deeksha Soni, Simrit Kaur, Tia Soni.

Class Teacher: Ms. Rose Ann Braganza

Class VI A

Subject Teacher: Ms. Monika Khanna



Sitting 1st Row (Lt-Rt) : Kumar Aayushmaan, Jasra Kalam, Ahmed Ibrahim Kidwai, Nidhish Juneja, Harshmeet S. Bhatia, Syed Ayaan, Antra Thakur, Tausif Akhtar.

Standing 1st Row (Lt-Rt) : Urvashi Heera, Aryan Tiwari, Kshiti Sehgal, Jateen Aklavya, Brahmleen Kaur, Maanya Arora, Kashish, Tisha, Divyanshi Dua, Agrima S. Kushwah.

Standing 2nd Row (Lt-Rt) : Zara Hayat, Saurya Thenua, Raksha Jha, Syed Azania, Kunal Saini, Alina Ahmed, Ammarah Shahid.

Absentee : Geetanjali Mathur.

Class Teacher: Ms. Pooja Aggarwal

Class VI B

Subject Teacher: Ms. Anita Batra



Sitting 1st Row (Lt- Rt) : Abhishek S Rawat, Nikhil Baniwal, Mohd Ayaz, Yogesh Mishra, Manik Mahendiratta, Laiba Siddiqui, Tisha, Alfya, Garima, Aliza Hashmi.

Standing 1st Row (Lt-Rt) : Bhavishya Gautam, Faizan-ul-Haque, Aavriti Sharma, Mihika Sharma, Siddhi Goyal, Sania Khan, Anaya Misra, Rabiya Farookh, Abdullah Khurshid, Hitesh Kaushik.

Standing 2nd Row (Lt-Rt) : Aareba Zahir, Raghav Kapoor, Bhaskar, Mustafa Sabir, Raghav Arora, Gehna Wadhwa, Sanskriti Mishra.

Absentees : Sidh Sadh, Vidit Mehandiratta.

Class Teacher: Ms. Neha Goel

Class VII A

Subject Teacher: Mr. Chakradhar Kushwah



Sitting 1st Row (Lt-Rt) : Mansi Gulliya, Ojasvi Singh Kushwah, Avnish Singh, Mysha Khan, Geeta Bindhani, Sarah Suhail.

Standing 1st Row (Lt-Rt) : Ishita Wadhwa, Arza Kaur, Zaara Bhatt, Yashvi Bharal, Noor Zahoor, Vipul, Hardik Sethi, Krrish Kumar Mishra.

Standing 2nd Row (Lt-Rt) : Anurag Arora, Devraj Singhal, Mohd. Shadab, Parth Singh, Mohd. Imaad Siddiqui, Soham Khurana, Mohd. Saif.

Absentees : Arman Matin, Mohd. Ahmad Lone, Tisveen Kaur, Vansh Goel.

Class Teacher: Ms. Priyanka Mahajan

Class VII B

Subject Teacher: Ms. Stephanie Ellis



Sitting 1st Row (Lt - Rt) : Parth Kunwar, Krishna Wadhwa, Saquib Nouman, Manan Arora, Mohammad Nidal Siddiqui, Bhavit Arneja, Divleen Kaur Anand, Maryam, Palak Arora, Maryam Akhter.

Standing 1st Row (Lt - Rt) : Keshav Kukreja, Prabhleen Lamba, Alina Khan, Navnidh Singh Bindra, Krishna Choudhary, Achansha Yadav, Sara Shah, Aruba Zubair.

Standing 2nd Row (Lt - Rt) : Rahul Kumar, Garv, Mohammad Abdullah, Anubhav Sharma, Adeeb Abrar, Rudra Samania, Angad Singh.

Absentees : Aliesha Verma, Aditya Kashyap, Kriti Kapoor, Mannat Singh Bindra, Sahar Hasin.

Class Teacher: Ms. Bhawna Kharbanda

Class VIII A

Subject Teacher: Ms. Nirmala Sharma



Sitting 1st Row (Lt-Rt) : Aashutosh Negi, Fasma Bind Faizal, Samreen Kaur, Harshit Gupta, Rishita Bakshi, Ifsah Anjula, Akarshita Mishra, Piyush Kumar.  
Standing 1st Row (Lt-Rt) : Simanjeet Singh, Wajeeh Iqbal, Piyush, Mohd. Zaiyan, Sayyed Ayaan Shah, Mohd Shafi Khan, Rajveer Singh, Ghanisht Sachdeva.  
Standing 2nd Row (Lt-Rt) : Zaid Ahmed, Sarim Suhail, Aks Choudhary, Asad Hasan, Swayam Singh, Adyan Siddiqui, Prince Verma.  
Absentees : Aryaveer Khullar, Ashveen Kaur, Dhruv Taneja, Prabhjot Singh Anand, Reeba Khan, Sai Kathpalia, Siddhant Taneja.

Class Teacher: Ms. Vijayalakshmi Gopal

Class VIII B



Sitting 1st row ( Lt-Rt) : Gursewak Singh, Vrinda Gulati, Bushra Ahmad, Vanshika Gupta, Aira Goswami, Gunika Sharma, Ronak Pareva, Sakshi Bajaj, Priya, Jatin.  
Standing 1st row ( Lt-Rt) : Vardaan Rana, Manya Sharma, Aleena Sadiq, Muhammed Ashrah, Tanishka Dua, Trishika Kaur, M. Parnitha Reddy, Karishma Jaiswal, Vansh Arora.  
Standing 2nd row (Lt-Rt) : Tanay Mehan, Farhan Ahmed, Vedang Ranjan, Nishan Singh Puaar, Haider Ali Khan, Krrish Sankhyan, Vikanshu Saini.  
Absentees : Amritpal Singh, Hemesh Kukreja, Mannat Sandhu, Rasmeet Kaur Ahuja.

Class Teacher: Mr. Anurag Singh

Class IX A

Subject Teacher: Mr. Suman Sharma



Sitting 1st Row (Lt-Rt) : Chehak, Kashvi Bhatia, Komal, Sylveen Kaur.

Standing 1st Row (Lt-Rt) : Abdus Samad Ali, Anmol Taneja, Vanshika Choudhary, Maria Alam, Tanisha Choudhary, Chaitanya Sharma, Shubham Midha.

Standing 2nd Row (Lt-Rt) : Ashwin.S. Achary, Karanbir Singh Pahwa, Harshit Saxena, Love Choudhary, Ronit Elton Mukhi, Sumit.

Absentees : Arenjeet Singh Pahwa, Tisha, Yuvraj Taneja, Yashraj Chauhan, Jasminder Singh, Shivay Malhotra, Raghav Hasija, Mahak Lakhina.

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Class Teacher: Ms. Nameeta Chandel

Class IX B



Sitting 1st Row (Lt-Rt) : Karishma Banerjee, Tanya Mirza, Sania Arora, Jasreet Kaur Bhatia.

Standing 1st Row (Lt-Rt) : Sakshi Goel, Mansi Madnani, Mehkrit Kaur, Mahee Chadha, Jagriti Dutta, Aaliya Sadiq.

Standing 2nd Row (Lt-Rt) : Bhavar Nijhawan, Keshav Gupta, Yash Singh Rawat, Hardeep Singh, Sachin Singh Shah, Dhananjay Mahendiratta, Guransh Singh Dhody.

Standing 1st Row (Lt-Rt) : Mohd. Ashhad, Omar Malik, Mohammad Ali, Jaskaran Singh, Dhruv Kalra, Tejasvin Singh, Yash Gupta.

Absentees : Gurjot Kaur Anand, Jeevansh Mittal, Rohan Bashist.

Class Teacher: Ms. Madhuri Pachauri

Class X A



Sitting 1st Row (Lt. to Rt) : Mohit Pahuja, Tanisha Garg, Sampada Saini, Zehra Khan, Tanvi Kad, Aleena Ahmad, Aarzo Arora, Hargun Kaur Dhamija, Shubham Shah, Rehan Hashmi.

Standing 1st Row (Lt-Rt) : Vansh Khanna, Aryansh Rao, Kushagra Sibbal, Bramjot Singh Arneja, Lavan Taneja, Satyam Jha, Kabir Anand, Adwin Leyzell.

Standing 2nd Row (Lt-Rt) : Vinayak Kukreja, Mohammad Kaif, Prateek Singh, Diya Gilani, Manan Sadh, Sahil Dewan.

Absentees : Vaibhav Sharma, Manjot Singh, Ishwinder Singh.

Class Teacher: Ms. Manavta Kaushal

Class X B



Sitting 1st Row ( Lt - Rt) : Sarah Hasin, Nidhi , Jyotsna, Muskan Jain, Arushi Sharma, Ananya Arora, Saiba Kathpalia, Mitali Vaid. .

Standing 1st Row (Lt - Rt) : Akshit soni, Ravi Prasad Gupta, Sahib Mehra, Sahaj Khendelwal, Saif Ahmed Ansari, Mannat Singh Anand, Harshmeet Singh Saluja , Hardik Taneja .

Standing 2nd Row (Lt - Rt) : Mohd . Dawar, Salik Hasan, Yash Kapoor, Aniket Kumar, Harshit Anand, Raghav Sandhu.

Absentees : Garv Chugh, Apaar Mani Sadh, Sumaiya Sadaf, Parth Belgo, Ashnoor Kaur, Ravjot Singh Gujral.

Class Teacher: Ms. Deepti Madan

Class XI

Subject Teacher: Mr. Atul Kukreja



- Sitting 1st Row (Lt-Rt) : Waliya Hassan, Vishal Tulsian, Shreya verma, Vanshika Taneja.  
Sitting 1st Row (Lt-Rt) : Manav Saboo, Anjali Dhyani, Atul Kukreja, Deepti Madan, Faraz Siddiqi, Tanya Malhotra.  
Standing 1st Row (Lt-Rt) : Aryan Kalra, Md .Haaziq Siddiqui, Janhvi Nijhawan, Khushi Kukreja, Iqra Khan, Simran Taneja, Chahat Singh, Akriti Bangwal, Chitnoor Kaur, Vanshikla Nakul, Naman.  
Standing 2nd Row (Lt-Rt) : Devika kayat, Anjali Rana, Anushka Jatin Shah, Darsheen Kaur, Tuba Khan, Kaveri Gilani, Archit Taneja, Ekjot Singh, Bharat Yadav, Areeb Khan, Kabeer Juneja.  
Standing 3rd Row (Lt-Rt) : Ansh Verm, Madhav Sandhu, Ankit Jakhandiyal, Rahul Chadha, Aryan Singh Kanyal.  
Absentees : Chanpreet Kaur, Maitri Puri, Vishwa Sahni, Maaz Ahmad.

Class Teacher: Ms. Ashima Bhasin

Class - XII



- Sitting 1st Row (Lt to Rt) : Sonali Bhandari, Khushi Sachdeva, Eva Marwaha, Shivanya Soni, Maryam Ahmed, Bhavya Tanwar, Quincy Sadh, Sidra Nizami.  
Teachers: Kishore Deswal, Pawan Saini, Deepti Madaan, Ashima Bhasin, Jasmeet Kaur (Principal), Gail Demonte (Manager), Atul Kukreja, Arunoday Majumdar.  
Standing 1st Row (Lt to Rt) : Jatin Singh, Rohan Lal Joseph, Rhythm Nagpal, Ishaan Dua, Pratham Sadh, Mayank Gulliya, Aman Bangwal, Uday Papri, Ishan Dewan, Rishabh Gupta, Aman Banka, Akshrit Puri.  
Standing 2nd Row (Lt to Rt) : Manav Madnani, Aditya Kukreja, Anbhay Sadh, Urooba Siddiqui, Mehar Dhody, Mehak Bhatia, Tashveen Kaur Anand, Simran Kaur, Samridhi Dureja, Tushar Kalra, Apoorv Parashar, Ronit Sadh, Sagardeep Singh.  
Standing (3rd Row) Lt to Rt : Tanmay Saini, Priyanka Dandona, Shehla Zahoor, Alisbah Zulfqar, Wadia Shariq, Harveen Kaur, Suhana Sharma, Asra Hashmi, Pulkit Goel.  
Absentees : Cheena Taneja, Mehak Malhotra, Shivangi Taneja.

Administrative Staff and Support Staff

ADMINISTRATIVE STAFF



Sitting (Lt-Rt) : Ramji Lal Jonwal, Joanna Farnworth, Gail DeMonte (Manager), Marilyn Leene, R.P. Bhatia.  
Standing(Lt-Rt) : Anil Kumar, Gaurav Jain, Sanjeev Anand, D.S.Rana, N.T.Tomy, Dhanpal Singh Rawat, Biju Varghese, Pankaj Jha.

SUPPORT STAFF



Sitting 1st Row(Lt-Rt) : Sunil Kumar, Lalmati, Vidya, Seema, Kusum, Indra Baswal, Umesh Tyagi.  
Standing 2nd Row(Lt-Rt) : Murari Lal, Putti Lal, Rambabu, Vinod Kumar, Pandey, Arjun, Avdesh, Sachin, Gurjeet .

## THE JUNIOR TEACHING FACULTY

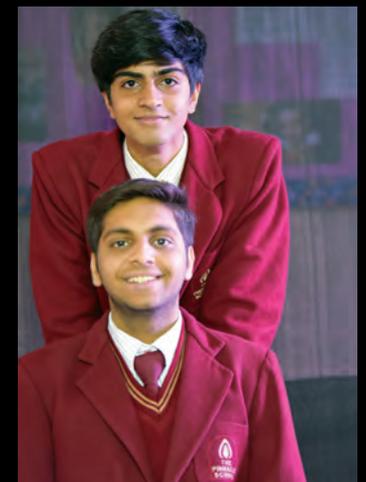


- Sitting (Lt-Rt) : Gurmiet Lamba, Christine Rozario, Rita Sinha, Gail DeMonte (Manager), Jasmeet Kaur (Principal), Simranjeet Kaur.  
 Standing 1st Row(Lt-Rt) : Michelle M. Shakil, Patricia Hooper, Shweta Suryavanshi, Delphine Mukhi, Renu Kumar, Ranita Ohri, Adrienne Rosario, Meenu Pasi, Alma Kohli.  
 Standing 2nd Row (Lt to Rt) : Rachna Verma,Pratibha Lal, Mansi Kapoor, Anna Desmond, Renu Kalra, Roszanna Snelleksz, Shallu Sharma.  
 Absentees : Vinita Walia, Gloria Bannerji,

## THE SENIOR TEACHING FACULTY



- Sitting (Lt-Rt) : Nameeta Chandel, Ashima Bhasin, Stephanie Ellis, Jasmeet Kaur(Principal), Gail DeMonte(Manager), Madhuri Pachauri, Anita Chhabra, Anita Batra.  
 Standing 1st Row(Lt-Rt) : Deepti Madan, Richa Zandu, Pooja Aggarwal, Nirmala Sharma, Bhawna Kharbanda, Suman Sharma, Manavta Kaushal, RoseAnn Braganza, Priyanka Mahajan, Lalita Samania.  
 Standing 2nd Row(Lt-Rt) : Neha Sharma, Garima Chhabra, Bulbul Saha, Vijayalakshmi Gopal, Monika Khanna, Sonia Sharma, Neha Goel.  
 Standing 3rd Row(Lt-Rt) : Meeta Kumra, Anurag Singh, Shahid Ali, Atul Kukreja, Arunoday Majumder, Chakradhar Kushwaha, Pawan Saini, Kishore Kumar Deswal.  
 Absentee : Heena Suri.







# BEHIND THE LENS AT THE PINNACLE



Come summer every year, the memory of getting something special done jolts me awake. It's time for the annual Pinnacle Calendar Challenge and the deadline is the November of every year. Ideas are exchanged with kindred souls, research commences and a shortlist of workable solutions are arrived at. Finally, the School Administration chooses one of them, and it's time for me to get my camera equipment on the next flight to New Delhi.

Traditional Games of India was chosen as the theme for 2019 and what a wise choice it proved to be! The opportunity to make these games come alive to our

students at the Pinnacle was too good to miss. I was very pleasantly surprised to see them put their mobile phones away and learn how these games were actually played. They took to it like ducks to water, having fun and enjoying every moment that was spent doing the photo shoot.

Traditional games have always been an integral part of our lives, and I still have fond childhood memories of playing them with family and friends. Certainly, the people of India invented a lot of board games. By 300 AD, in the Gupta empire, they were playing Pachisi while Chaturanga, a game thought to be the

ancestor of chess was created in the 6th century. Around 1200 AD a game called Snakes and Ladders became popular. The ladders stood for good feelings, while the snakes stood for bad feelings that took you farther away from Nirvana. Wrestling matches, archery, camel racing and boat races were some games that were also played.

As always, our Pinnacle students were pictured on every page, playing the same games that existed in India a long, long time ago. It was such an inspiration watching them and such a pleasure photographing this calendar for the Pinnacle School.

*Trevor DeMonte*

