

## CALENDERISED EMOTIONS

The Big Debate !!

Every year, certain dates return with familiar debates. Mother's Day. Father's Day. Teacher's Day. Women's Day. Almost every time these occasions arrive, someone asks the same question: "Why do we need special days to appreciate people we should value every day?"

At first, the argument sounds reasonable. Love, respect, and gratitude should not be limited to twenty-four hours on a calendar. A mother's sacrifice does not suddenly become important because a date says so.

A teacher's influence does not begin on Teacher's Day and end the next morning.

Yet, perhaps these days were never created to replace everyday appreciation. Perhaps they exist because human beings forget, not out of cruelty, but out of routine. Life moves quickly. People become occupied with responsibilities, ambitions, deadlines, examinations, and problems of their own.

The people who quietly support us begin to feel permanent, almost expected, and because of that, their importance is sometimes acknowledged less than it deserves.

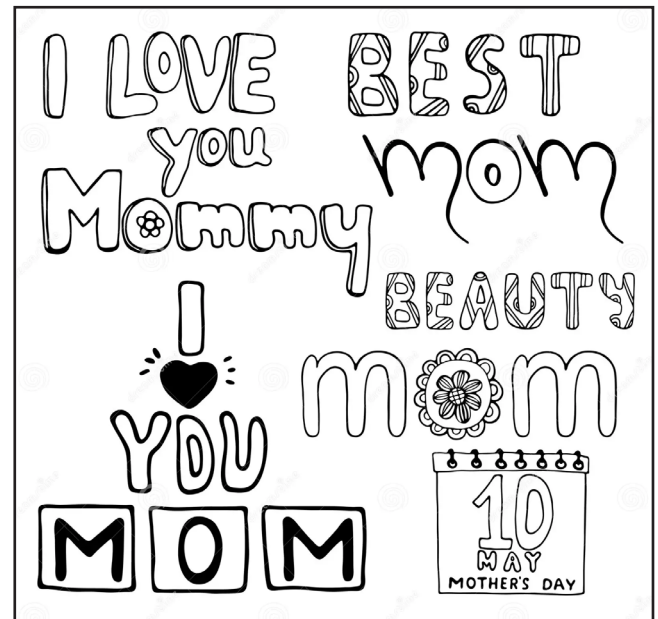
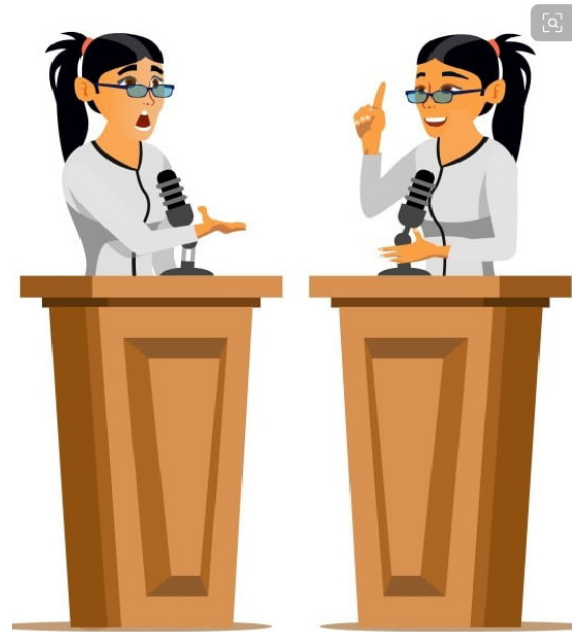
Days like these interrupt that routine. They ask people to pause for a moment and recognise what they may have overlooked for months or even years.

A mother who stayed awake through sleepless nights.  
A father who carried responsibilities without complaint.  
A teacher who noticed potential in a student before anyone else did, and maybe these people are not honoured because the calendar demands it. They are honoured because we occasionally need reminders to express what is too often left unspoken.

A handwritten note can carry more meaning than an expensive gift. A simple conversation can matter more than a celebration planned only for appearance. What gives these occasions value is not money or spectacle, but intention.

In many ways, these days reveal something deeply human: people are not always good at expressing appreciation regularly, even when they genuinely feel it. Symbolic occasions provide an opportunity, sometimes the only opportunity for emotions to finally be spoken aloud.

And, perhaps that is why such days continue to matter. Not because love should exist only once a year, but because in a world increasingly distracted and hurried, reminders to value one another may be more necessary than ever. These occasions are not substitutes for everyday gratitude. They are reminders that gratitude should not disappear from everyday life at all.



## CALENDERISED EMOTIONS

There was a time when love did not need reminders. No calendars, no special dates, no pressure to “do something.” A mother still waited at the door when her child came home late. Fathers still worked exhausting hours without expecting appreciation in return. Grandparents still saved the last piece of sweet for their grandchildren. Love existed quietly, naturally, in the smallest everyday moments.

That is why the growing obsession with special days sometimes feels strangely hollow. Mother’s Day, Father’s Day, Daughter’s Day, Grandparents’ Day — the intention behind them is undeniably beautiful. Appreciating our loved ones is never wrong.

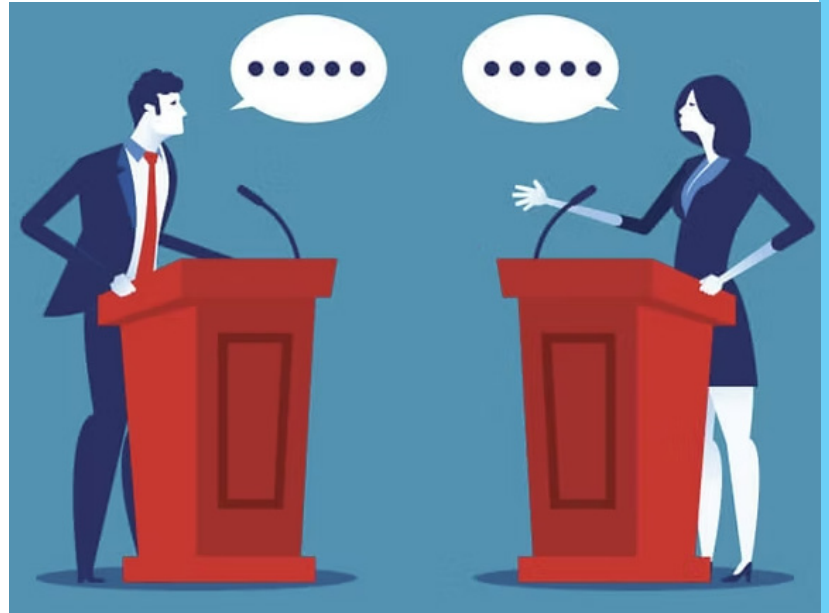
But somewhere along the way, these days stopped being simple celebrations and became emotional obligations. Suddenly people feel pressured to plan something extraordinary, buy gifts, write lengthy messages, or make the day look “special enough.”

And if they do not, guilt follows close behind. But should love really come with deadlines?

A daughter who sits beside her exhausted mother every night, listening to her silent worries, should not need one particular Sunday to prove her affection. A father who has spent years sacrificing his own comforts for his children does not become more valued because of one carefully planned dinner. Real relationships are built in ordinary days — not in yearly performances.

What makes this even sadder is that twenty years ago, these occasions were not surrounded by such expectations. Families still loved deeply. Children still respected their parents. Grandparents were still cherished. Nothing was missing. Perhaps that is because genuine love was never loud. It was present in daily care, quiet sacrifices, and unspoken understanding.

In the end, love was never meant to be reduced to a single date on a calendar. The people who truly matter to us do not measure affection through gifts, posts, or grand celebrations; they remember the everyday kindness, the quiet presence, and the moments when we chose them without being reminded. Special days can certainly be meaningful, but only when they come from the heart and not from pressure. Because the purest relationships are not celebrated once a year — they are lived, valued, and nurtured every single day.



## What I did last Summer!

During the last summer vacations, I went to my grandpa's house in Kithor, UP. I used to wake up at the crack of dawn with sunlight gently brushing my face. This was one of the best things of village life. I would help my grandparents in all the chores. We have a mango farm and there is a lot of work there during summers.

In our farm, there are a lot of monkeys. My grandmother gives bananas to them and they normally sit on the branches eating and then fighting. Once, I was on the terrace in the morning, scrolling my phone and giggling. My hair was down. I felt something on my head. I turned around and I was startled. It was one of the monkeys from the

troop tugging at my hair. I screamed and ran downstairs. Unfortunately, my phone slipped out of my hand and fell down. My cousin brother heard this and had to chase away the monkey. Then, we all cousins went to the mango field with our grandfather. We plucked some fresh mangoes & took them home.

The air is not polluted there and I clicked a lot of photos of birds and baby monkeys. Eating mangoes straight from nature's lap is surely something you don't get to enjoy in a city!



*Shiza Choudhary, VII-B*

## Should Laptops Be Allowed in Schools?

Walk into any classroom today and you'll see a familiar scene—students surrounded by notebooks, textbooks, and sometimes the quiet glow of a screen. As education continues to evolve with technology, an important question arises: should laptops be allowed in schools?

For many students, laptops can open doors to a more engaging way of learning. A quick search can explain a concept, a presentation can bring ideas to life, and projects can become more creative and organized. For students who enjoy exploring beyond the textbook, laptops can feel like a powerful learning companion. Yet, the concern is real. With the same device that holds knowledge also comes the temptation of games, social media, and endless distractions. Some students worry that constant screen use might slowly replace the focus and discipline that traditional learning encourages.

Perhaps the answer lies somewhere in the middle. Instead of replacing notebooks and textbooks, laptops could simply become another tool in the classroom—used carefully, with clear rules and a sense of responsibility.

Education has always balanced tradition with change. The real question may not be whether laptops should be allowed, but how wisely they can be used to support learning without losing the essence of the classroom.



*Shivangi Babbar, XII*

## A Visit to the Museum of Illusions

On 16th May, classes IX and X visited the Museum of Illusions, and it was one of the most exciting and enjoyable trips we have ever had. Everyone was very happy and excited from the beginning of the journey. The museum was filled with amazing illusion rooms, creative displays, and many science-related activities that attracted our attention. We explored different exhibits that showed how our eyes and brain can be fooled by optical illusions. It was interesting to learn about science in such a fun and interactive way. We also clicked many pictures and enjoyed every activity together. During the visit, we sang songs as a group and danced with our friends, which made the trip even more memorable and enjoyable.



The museum helped us understand scientific ideas in an entertaining manner. We learned many new things while having fun at the same time. The atmosphere was cheerful, and everyone enjoyed the experience. Overall, the visit to the Museum of Illusions was educational, entertaining, and unforgettable. It was truly a wonderful day that has been etched in our minds forever.

*Yeshna Dhamija, X-A*

## Judo: My Journey and Achievement

Judo is a Japanese martial art that focuses on balance, technique and discipline. It teaches us how to defend using skill rather than strength. It also builds confidence, fitness, and respect for others.

I am proud to share that I have recently won a bronze medal in the School Zonal Judo Competition. This achievement came after hard work, regular practices and guidance from my coach. She taught me discipline, patience, and never giving up. And now I'll work more on my skills and I'll try to win gold medal this time.



*Aanvi Yadav, 7-C*



## Helping = Caring

My mother works very hard and I try my best to help my mother at home every day. I go to a nearby market with my mother to buy vegetables and spices and then carry them back home. I always keep my room clean so that my mother won't have to do more work after all the household chores. I even organize the dining table before dinner. I keep back my things in their respective places after using them. I fold my clothes on my own and arrange them in my cupboard. Sometimes, I even help by cleaning the house and watering the plants. I give my mother a glass of water whenever she feels tired or returns from the market. These small acts make her smile, and I feel happy to reduce her burden.

*Nirmal Kumar, IV-A*

## जब चाँद धरती पर आया

एक रात आकाश में चमकते हुए चाँद ने सोचा कि क्यों न मैं धरती पर जाकर मनुष्यों के जीवन को करीब से देखूँ। जिज्ञासा से भरा मैं धीरे-धीरे धरती पर उतर आया। शुरुआत में मुझे सब कुछ बहुत सुंदर लगा..... रंग-विरंगी रोशनियाँ, ऊँची-ऊँची इमारतें और भागती-दौड़ती दुनिया। लेकिन जैसे-जैसे मैं लोगों के बीच गया तो मुझे एहसास हुआ कि इस चमक-दमक के पीछे बहुत-सी चिंताएँ और अकेलापन भी छिपा है। यहाँ लोग अपने काम में इतने व्यस्त हैं कि उन्हें अपने परिवार और दोस्तों के लिए समय ही नहीं मिलता। बच्चे खेल के मैदान की जगह मोवाइल में खोए हुए हैं और बड़े लोग सफलता की अंधी दौड़ में शांति खो बैठे हैं। प्रकृति जो कभी मनुष्य की साथी थी अब उपेक्षित हो रही है। पेड़ कट रहे हैं, नदियाँ प्रदूषित हो रही हैं और हवा भी शुद्ध नहीं रही। फूलों पर से शवणम की नमी गायब हो चुकी है, रंगों की महफिल जो जमी होती थी आज वो कहाँ है? मौसम भी, मंजर भी सब कहते हैं कि कुछ कमी है! ये सब देखकर मुझे बहुत दुख हुआ। बॉलीवुड के सुपर स्टार अभिनेता देव आनंद जी मुझे 'खोया-खोया चाँद' कहते थे पर मैं नहीं खोया ..... खोया तो इंसान है! मैंने लोगों को समझाने की कोशिश की कि जीवन केवल भागदौड़ का नाम नहीं बल्कि इसे संतुलन और सादगी के साथ जीना चाहिए। सच्ची खुशी वाहर की चीजों में नहीं बल्कि हमारे दृष्टिकोण और रिश्तों में छिपी होती है। मैं तो अपने भाई-बहनों अर्थात् सितारों से रोज रात को नीले आसमान की सेज पर मिलता हूँ... कुछ दिल की बातें, गिले शिकवे वाँट लेता हूँ। दिल हल्का हो जाता है! सुबह होते ही मैं वापस आसमान में लौट आया लेकिन मैं एक सलाह अवश्य देना चाहूँगा कि हमें अपनी ज़िंदगी को सरल, संतुलित और प्रकृति के करीब बनाना चाहिए तभी हम सच्चे अर्थों में प्रसन्न रह पाएँगे।



परमिता कक्षा - आठवीं 'ब'

## मुस्कुराइए और तनाव दूर भगाइए



मधुर मुस्कान में ऐसी अनोखी शक्ति है कि सबका ध्यान अपनी ओर खींच लेती है। सौम्य मुस्कान से हमारा तनाव दूर हो जाता है। आज हम सबकी जीवनशैली दुख, क्रोध, भागदौड़ और तनाव से भरी हुई है। आज हमारे तनावग्रस्त होने के कई कारण हैं। आज हर दूसरा व्यक्ति तनावग्रस्त है। किसी को पढ़ाई का तनाव है तो किसी को काम का। लोग गुस्से में आकर एक दूसरे को अनाप-शनाप बोल तो देते हैं परंतु बाद में स्वयं परेशान हो जाते हैं, ऐसे में सारे गिले शिकवे दूर करने का कार्य हमारी मधुर वाणी और मुस्कान करती है। हजारों की भीड़ में भी एक बच्चे की खिलखिलाती हँसी सबका ध्यान अपनी ओर खींच लेती है। जब हम प्रसन्न रहते हैं तो हमारा तन और मन स्वस्थ रहता है। मुस्कुराने से व्यक्ति का आत्मविश्वास बढ़ता है। सदा मुस्कुराने वाला व्यक्ति अपना जीवन सुख से व्यतीत करता है। मुस्कुराना एक सहज और आसान उपाय है अपने जीवन के तनाव को कम करने का। मुस्कुराने का गुण हमें अधिक मिलनसार बनाता है। मेरा तो मानना है हमें जीवन में छोटी-छोटी खुशियों का आनन्द लेना चाहिए और जी भर कर हँसना और दूसरों को भी हँसाना चाहिए। जब भी हमें जीवन में अवसर मिले तो मुस्कुराना, खिलखिलाना चाहिए। पाठकगण आप भी मेरे विचारों को पढ़कर मधुर-मधुर मुस्कान का आनन्द लीजिए।

परीक्षित - दसवीं 'ब'

## मेरी प्यारी गुड़िया

मेरे पास एक बहुत ही सुंदर और प्यारी गुड़िया है। मैंने उसका नाम परी रखा है। वह दिखने में बहुत आकर्षक है और उसकी आँखें नीली हैं। उसके बाल सुनहरे और रेशमी हैं, जिन्हें मैं रोज सवराती हूँ। मेरी गुड़िया एक सुंदर फ्रॉक पहनती है जो गुलाबी रंग की है, उस पर बहुत अच्छी लगती है। मुझे उसके साथ खेलना अच्छा लगता है। जब भी मैं उदास होती हूँ उसे देखकर मेरे चेहरे पर मुस्कान आ जाती है। रात को सोते समय वह हमेशा मेरे साथ रहती है। मेरी गुड़िया मेरी सबसे अच्छी दोस्त है और मैं उसका बहुत ध्यान रखती हूँ। मुझे अपनी गुड़िया बहुत पसंद है।

गीतांजलि - चौथी 'ब'

