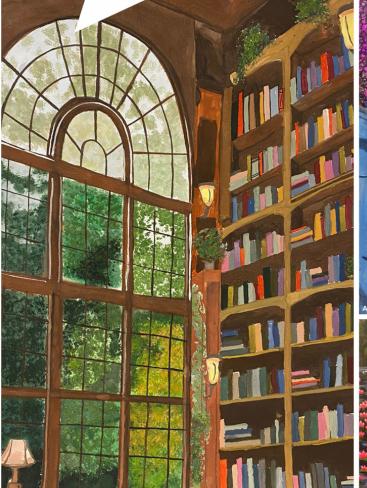


Amaira Chaturvedi 12 B







Akshara Arora 9A

VASANT KUNJ, NEW DELHI FLAGSHIP SCHOOL OWNED AND OPERATED BY THE GD GOENKA PROMOTERS





"Thoughts That Inspire, Words That Shine!"

"Through our words, we express our dreams, ideas, and aspirations, shaping a future filled with knowledge, creativity, and endless possibilities."

EDITORIAL

The Power of Thought and Action

Dear Readers,

As student editors of Voices, we take immense pride in curating a platform that echoes the voices, dreams, and intellect of our student body. Each edition is not just a compilation of words - it is a testament to our shared experiences, our evolving perspectives, and our collective aspirations.

We live in an era of unparalleled change. The world is shaped by the relentless tide of technology, shifting social landscapes, and the pressing challenges of our time. Climate change, mental health concerns, social inequalities, and ethical dilemmas demand not just awareness but action. As students, it is easy to feel that our influence is limited, but history reminds us that change is often ignited by the youth. At G D Goenka Public School, we are not just passive learners; we are thinkers, creators, and change-makers. This edition of our magazine reflects that spirit - it features insightful analyses, creative expressions, and thought-provoking ideas from students who dare to question, challenge, and innovate. It is a celebration of intellect and imagination, of courage and conviction.

What began as a collaborative initiative between teachers and students, envisioned as a platform for literary enthusiasts, has now blossomed into a rich tapestry of artistic articulation. Today, we hold in our hands a collection of extraordinary works, each a reflection of the author's unique voice and passion. This issue features a diverse range of poetry, short stories, personal essays, and artwork - each piece a testament to the boundless creativity of the Goenkan community. No matter what your artistic inclination, there is something here for everyone to enjoy and be inspired by.

A special thanks to our mentors, teachers, and to all the young Goenkans whose dedication and contribution made this edition possible. We hope that within these pages, you find a piece that speaks to you, an inspiration to cherish, and perhaps, your own personal antidote to the everyday.

Warm Regards, The Student Editorial Team Editorial Team







Janvi Gupta

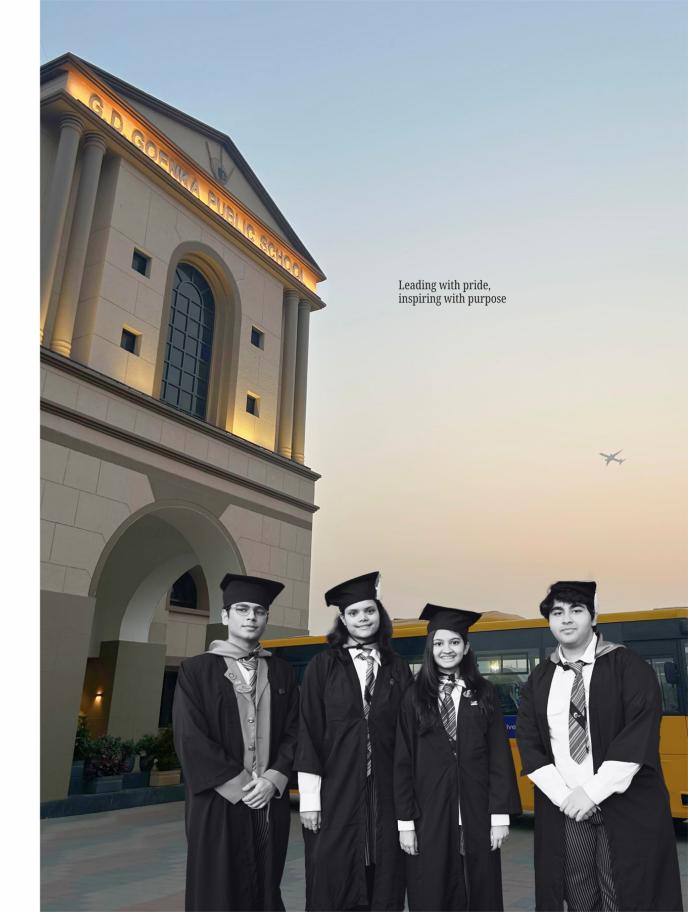




GD GOENKA PUBLIC SCHOOL VASANT KUNJ DELHI

Message the School CAPTAINS

Rishawn Thukral
Ananya Chakraborti
Rushika Gupta
Yamir Dawar



Yamir DAWAR

I feel immense gratitude for everyone who has made my journey at GD Goenka extraordinary. This school has been more than just a place of learning - it has been a home, where I was nurtured by my teachers and supported by every member of the school community, from the guards to the nannies. At home, my mother taught me hard work and taught me about the world, while at school, my teachers became my pillars of strength, guiding me with patience and wisdom. Their belief in me turned every challenge into an opportunity.

My journey began in KG, and over the years, I've been inspired by the leadership of those who showed me the power of dedication, kindness, and purpose. Their legacy, along with the unwavering support of my teachers, has shaped me into who I am today. It is this blend of inspiration and support that makes being a Goenkan truly special. We're taking beautiful memories and amazing teachings from GD Goenka. Thirteen years ago, we entered this school

crying as we took our first steps into a new world. Today, we leave it with tears once again - this time, not for arriving, but for saying goodbye.

So, life truly comes full circle.

Rushika GUPTA

We all thought this day would never come, but it has, and soon, we will be going to our dream colleges. No matter where each of us lands, I know for a fact that there will always be a part of us that will never forget GD Goenka and a part of GD Goenka that will never forget us. I would like to take a moment to acknowledge everyone who has gone above and beyond to make these fourteen years so memorable and meaningful for us. Firstly, our friends - we will cherish every moment spent with you, whether it was cheering for our basketball team in the Gayatri Devi Tournament, organizing GDGIMUN, or having lunch together in the canteen. Didis and bhaiyas who have helped us countless times and a special thank you to our teachers who were our parents when our own parents were fed up with us, who were our friends when we were feeling low and our mentors when we were lost and, of course, to our parents, for giving direction to our lives - a big and honest thank you to each one

To the batch of 2025, congratulations! We've crossed this milestone together.

Rishawn THUKRAL

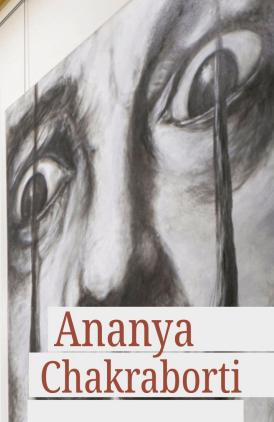
Today might be the most bittersweet day of our lives. Today we meet in these hallways, in this uniform, all together for the last time. Our journey to get here has been filled with nothing but pure happiness and anticipation. I am filled with a mix of emotions, of gratitude, sadness, fear and hope.

Today we turn a new page and start writing with fresh ink. We welcome ourselves into the real world with no filter without the protection of the walls of our school and our teachers.

Today we're saying goodbye to the comfort of familiar faces, the warmth of shared laughter, and the halls that have echoed with our hopes and ambitions. We're saying goodbye to our routine and goodbye to the place where we have made the best memories of our lives. I look back and smile with tears in my eyes knowing that this is coming to an end and it's time for me to leave. I have written a poem on my journey so far and would like to share it with everyone.

A Farewell To Our Greatest Chapter

Once, we were children with eyes full of wonder, Tiny feet treading halls where echoes would thunder. Hand in hand, we walked through the years, Learning, laughing, and wiping our tears. Each morning brought friends we'd see every day, A comforting rhythm, a life on display. The bonds we've built, the memories we've spun, Are treasures that aleam like the morning sun. Now we stand on the brink of goodbye, Hearts heavy as time seems to fly. This chapter, this highlight, so vivid and bright, Will forever remain a beacon of light. But the road ahead feels daunting and vast, A new reality, so different from the past. The comfort of routine, the warmth of these walls, Gives way to the unknown that quietly calls. Life will reshape us in ways unforeseen, Like rivers carving through valleys serene. Yet within us, the strength of this place will reside, A compass to guide us through life's ebb and tide. So here's to the memories, the laughter, the tears. To the friendships that weather the passage of years. Though goodbye is hard, it's not truly the end, For this school, our home, our hearts will defend. As we prepare to step into a world so different from what we've known, let us carry forward the lessons, the friendships, and the values that this school has gifted us. While this new beginning may feel uncertain, it is also filled with promise - a promise to honor the opportunities we've been given and to make the most of what lies ahead. Thank you and goodbye.



Though I'm happy that we are graduating school and starting with a new chapter in our life, it breaks my heart to think about the fact that we will no longer be able to roam in these corridors as freely as we used to. No more Physics lab, no more Chem lab and no more fancy canteen. The person you see today standing here speaking at the podium, is someone my younger self would never have dreamed of becoming. The personality I have developed over the years is all because of my teachers For the past 14 years, every single member of the Goenkan family has been a part of my journey in shaping me and making me into the person Lam today. For that I'm always indebted to my teachers, my friends and our non-teaching faculty. Saying goodbye is never easy. Every journey has a beginning and an end and even though this is not the end of all the beautiful bonds we have created over the past few years, it is time to say goodbye to our school life. Thank you

MESSAGEFROM

CHAIRMAN GD GOENKA GROUP

Shri Anjani Kumar Goenka

Since 1994, the dynamic focus on innovation, student-centered learning and operational excellence has yielded remarkable outcomes. In the last 30 years we have not merely achieved our objectives but have surpassed them, serving as a testament to our relentless pursuit of excellence.

As we unveil VOICES 2025, I invite you to immerse yourselves in the stories of victory, innovation and resilience that grace its pages. VOICES is a reflection of the creativity and dedication that define the Goenkan ethos. At our school, we don't just aspire to foster competencies; we consider it imperative for the holistic development of our learners. Social and emotional competencies such as empathy, communication, teamwork and emotional intelligence help build positive relationships, manage stress, and collaborate effectively.

Building competencies is not only about skills but also about character, and we promote values like integrity, responsibility and respect, which are essential for success in life. The educators at GD Goenka Public School, through their personalized teaching, realworld relevance, cultivation of critical thinking and instillation of values, play a pivotal role in preparing students for a bright future.

We aspire to empower them to become self aware, skilled individuals poised for a future of innovation and growth. I am happy to see the varied facets of school life in this magazine. This is a testament to our vision and the celebration of excellence in education.

Best wishes and blessings.



Decide to ground yourself
in values that last, like honesty, hard work,
responsibility, fairness,
generosity, respect for others.
Barack Obama

"Ther can n

School is not simply an educational institution. It is like a second family established during childhood, consisting of developing lifelong friends and interaction with outstanding teachers. Students gradually learn the basics of true education which amalgamates intelligence and character building. In the process, learners build meaningful connections and discover the vast potential that lies within them. At our school, students have the opportunity to imbibe all these developmental milestones. This is due to the active execution by a very proactive teaching staff under the guidance of a very supportive management. It has been 30 years of attaining goals and exploring new avenues in this school. Passion and purpose find a new direction in GDGPSVK.

Our mission extends beyond mere academic excellence; it's a dedication to cultivating qualities that allow each student to blossom into a well rounded individual, equipped to conquer the challenges of the world.

The school magazine, VOICES 2025 is a sincere compilation of the facets of school life. The creativity and zest of the students is evident here. Their valued thoughts, opinions and views are evidence of a remarkable sensibility and awareness.

I look forward to a fulfilling collaboration in shaping the future of our Goenkan trendsetters and torchbearers. I hope for our students to maximize growth and develop new strategies to embrace the opportunities of the future.

Best Regards.

"There is no investment you can make which will pay you well as the effort to scatter sunshine and good cheer through your establishment."

Orison Swett Marden.



MESSAGEFROM

VICE CHAIRMAN GD GOENKA GROUP

Mrs. Renu Goenka

MESSAGEFROM

MANAGING DIRECTOR GD GOENKA GROUP

Mr. Nipun Goenka



Dear teachers and students,

Our education system is a mirror that reflects our society. It is an agent of social change and should aim at drawing out the best in our learners and make them conscious about their rights, duties and obligations as responsible citizens of our great nation.

Academic excellence along with active participation in cocurricular activities complete the process of education and it gives me great pleasure that the school is progressing in all its endeavours towards the overall development of the students.

The seeds of an idea sown in 1994 have quickly grown into strong saplings. In these 30 years, all Goenkans have spread their wings and have moved towards excellence and the fulfillment of their goals. In our version of Goenka 2.0 we call upon all to

Thrive. For life

As we move ahead to consolidate and renew our faith in our capabilities, I am privileged to see our Goenkan learners as the Nation builders, the movers of technology and the agents of change. The pages of this glorious Yearbook reveal the exciting and stunning new aspects of school life. Kudos to the team for putting together these amazing pages of varied thoughts, views and vianettes.

We are passionate about promoting humanitarian values and we aspire to cultivate a community of lifelong learners who become better human beings as they achieve their goals.

What you get by achieving your goals is not as important as what you become by achieving your goals.

Zig Ziglar



Your life is your story and the adventure ahead of you is the journey to fulfil your own purpose and potential.

Kerry Washington



Dear teachers and students.

As we are celebrating the 30th year of the school, I wish to congratulate everyone and through the pages of this wonderful Yearbook, let me remind you that now is the time for you to make your mark in this great big diverse world. It is your time to write your story on the world's stage.

As appropriately expressed in Latin, 'Carpe Diem' - which translated in English means, Seize the moment!.... my wish for you is to - Go find your way, go carve your path by creating your own special niche in the pages of history.

You all are poised for greatness individually, and as Goenkans, collectively. So, Let us thrive. For life.

Recognising the importance of striking a balance between academic achievement and personal growth is very important for us at Goenkas. As a school community we are committed to providing a nurturing and stimulating learning environment where all students can thrive and reach their full potential.

Our growth is symbiotic and we learn from each other. The amazing plethora of work that is shared in the Yearbook 2025 impresses me with its range of topics and themes. This glimpse into Goenkan life enables us to visualise the varied facets that each one can explore and examine.

We hope to create thrilling new stories together and I look forward to unleashing talent and skill as Goenkans move ahead with grace and elan.

With best wishes and regards.

MESSAGEFROM

EXECUTIVE DIRECTOR GD GOENKA GROUP

Mrs. Radhika Goenka

FROM THE PRINCIPAL'S DESK

Dr. Kevin Patrick Brady, PhD



Dear Students, Staff, and Parents,

What a fantastic year it has been! It fills my heart with immense joy to present this year's edition of Voices, our school magazine – a delightful collection of memories, achievements, and stories that reflect the vibrant spirit of the GD Goenka Vasant Kunj family.

Our school is so much more than a place of learning. It's a buzzing hub of curiosity, creativity, and growth - a space where friendships are made, talents are discovered, and every day brings new adventures. Voices is a beautiful reminder of all the wonderful moments we've shared and a celebration of the incredible journey of our students, supported by our dedicated teachers and everencouraging parents.

The 2024-25 academic year has truly been a whirlwind of achievements—whether it was acing exams, shining on the sports field, performing on stage, or lending a helping hand through community service. As we look back on this year, I am reminded of the wise words of Nelson Mandela: "It always seems impossible until it's done." This quote beautifully captures the spirit of our students, who continually push boundaries, embrace challenges, and make the impossible possible.

To our amazing students, I hope this edition of the school magazine brings a smile to your face. Flip through the pages, relive the fun and hold on to the memories of silly jokes, shared lunches, group projects, and those tiny yet unforgettable moments that make school life so special. As you embark on new adventures, carry forward the values of kindness, integrity, and resilience that define a true Greekan.

A big shoutout to our incredible editorial team for putting togethe this treasure trove of creativity. Your hard work and creative flai have turned the magazine into something truly special—thank you!

I hope this year's Voices finds a cherished spot on your bookshel and serves as a source of inspiration, nostalgia, and pride for year to come.

Wishing everyone joy, success, and a world of new opportunities!

With warmest wishes



A Legacy Built, Lives Touched. GD Goenka Group stands as a beacon of progress and excellence, nurturing young minds, and lifelong learning, shaping futures with unwavering commitments.



Three decades of pioneering excellence, innovation, and dedication to shaping young minds.

The school campus reverberated with music, song and dance as the alumni achievers and talented students put together an amazing show to celebrate the 30th Founder's Day of the flagship school of the G D Goenka group.

Nostalgia and camaraderie set the tone for the Management, teachers and students as everyone cheered for the visionary journey of the school. Star alumni Ms Aditi Singh Sharma's presence inspired all Goenkans to follow their dreams. The school Management felicitated the fraternity warmly with long service appreciation certificates and mementos.

The school motto, Higher Stronger Brighter, renews the pledge to take the school to greater achievements.











Through innovative teaching methods, dedicated educators, and a focus on holistic learning, we have established a legacy of achievement. Our journey of three decades reflects the unwavering dedication to shaping bright futures and making a lasting impact on the communities we serve.



We are thirty and thriving, but this is just the beginning.
Here's to the future!







Ms. Seema Chadha

s we reflect on 30 years of our school's legacy, we are once again reminded of our esteemed management and their unstinting, unwavering commitment to education and its transformative power. The seed of nurturing young minds by providing them with holistic education, flowers and blossoms today in all its resplendence and glory. Three cheers to the management's vision, their dedication, and their perseverance.

Personally speaking, it has been a 27 - year long, most fulfilling and enriching journey. When I reflect back to understand why it has been so, there are many reasons for it. This journey has been a symbiotic one where I have given and received abundantly from the school. As some of my colleagues who have the same years of experience will feel, the sheer expanse of 27 long years is bound to contain an entire gamut of emotions and experiences. Thanks to the faith that the management has shown me, there has not only been a tremendous professional growth,

but the conducive and supportive school environment has contributed immensely to my own growth as an individual, as a human being.

I will always be grateful to the school for believing in my potential and giving me the opportunity to grow from a primary teacher to now teaching the senior classes. I have also had the privilege of holding varied portfolios. I must add here, with all humility, that it took a lot to rebuild myself each time from scratch and reach the place I have today.

Yes indeed, it has been a most incredible journey and I express my heartfelt gratitude to the management for the manner in which they nurture their teachers and offer the support to build a congenial environment because of which I can stand here today to radiate the light of 30 years of G.D. Goenka's most amazing journey.

Ms. Rachna Gupta

"Reach for the stars, shine with all your might, and never stop climbing, for the best is yet to come."

This quote embodies the spirit of our school motto: Higher, Stronger, Brighter!

ver the years, our school has been a beacon of learning, guiding generations of students under the able leadership of our Chairperson, Mr. Goenka sir, and our Vice Chairperson, Mrs. Renu Goenka ma'am, who have helped in creating a nurturing environment, encouraging curiosity and growth. They have motivated our faculty to become the backbone of the institution and work tirelessly to inspire and mentor.

I joined GD Goenka in 1997, a pivotal time when India was embracing a new era of liberalization. From the outset, our school was creating waves in social, academic, political, and business circles with its forward-thinking approach to education. Our unique selling point was a remarkably healthy teacher-student ratio, ensuring personal attention and holistic growth.

I vividly remember the day I arrived at the school for the final round of interviews. While waiting in the reception area of the old primary building - now



transformed into a vibrant sports arena - I sensed that this was no ordinary institution. The modern amenities were groundbreaking at the time. When I joined the faculty, I was embraced like family, granted the trust and autonomy to be innovative and authentic - an experience that was truly transformative.

As we look to the future, we are excited to see the next generation of leadership taking the reins. Our Managing Director, Mr. Nipun Goenka sir, and Executive Director, Ms. Radhika Goenka ma'am, are bringing new energy and ideas to the table. They are spearheading innovative initiatives, investing in state-of-the-art infrastructure, and introducing cutting-edge pedagogies to further enrich the learning experience. Their vision and leadership are ensuring that we stay ahead of the curve, preparing our students for success in an everchanging world.

The next chapter in our journey begins now. We shall continue to innovate, adapt, and strive for excellence, thereby empowering our students to be global citizens, equipped to face the challenges of tomorrow.



Ms. Anisha Talwar

s I reflect on my time in GD Goenka, a wave of nostalgia sweeps over me, carrying with it memories of countless moments that have shaped not only my professional journey but also my personal growth. Working in this place has been more than just a job; it has been a journey of camaraderie, challenges, learning, and self-discovery.

When I first walked through the doors of GDG, I was filled with a mixture of anticipation and excitement, eager to contribute and learn. Little did I know that this place would soon become my second home, where colleagues would turn into friends, and experiences would weave themselves into the very fabric of who I am today. Each role, each meeting, each coffee break shared in the canteen holds a story - a story of growth, resilience, and the joy of working together as a team.

I'm filled with immense gratitude as I recall the guidance and support extended by the management who believed in me when I was still finding my footing. I remember the candid conversations, the thoughtful feedback, and the wisdom imparted through simple words and gestures. Every challenge that once seemed insurmountable was faced head-on with the encouragement of my team and my mentors who always had my back.

Ifeel a deep sense of pride for all that we have accomplished as a team. But more than that, I cherish the sense of belonging that comes from being part of a place where everyone strives to bring out the best in each other. A place where each person's success is celebrated, and each setback is met with collective resolve to do better next time.



Ms. Rohina Shah

am quite overwhelmed with emotions as I count my blessings today, having completed 25 years in the flagship school of the GD Goenka group.

I am privileged and humbled as I wish to thank our Chairman Sir, Shri Anjani Kumar Goenka ji as he had appointed me PGT English in April 1999. Sir gave me the honour to teach English to the first batch of Grade 12 here and that is how my life changing journey began in this beautiful building and iconic institution.

Let me count some unique and landmark vears.

During my 25 years here, for 19 years, my husband Rajender Shah was a proud member of the Goenkan fraternity and my children, Ragini Shah and Rahul Ranveer Shah for 14 years were studying here from Nursery till Grade 12. As professionals and students, and as a family, our love and loyalty to our school became an integral part of our life. Today, I am honoured to share my thoughts with you all as a parent of Goenkan students.

My daughter and son have had an amazing

journey in this school. The Pre Primary phase of learning with wonderful teachers set a great foundation for them. In Primary and Middle school, they explored all their talents: music, singing, art, elocution, debates, cricket, basketball and lots of voracious reading. Senior school gave them direction and focus and, as Goenkans, they had challenging and dynamic opportunities to hone their talents and skills. My words will resonate with many of my friends here. Our children have received the best education, mentorship and guidance at GDGPSVK. As Goenkan alumni, our students have an edge over others because they live with the strong ethos of exploring their potential and attaining excellence.

The Almighty has garnered all forces of destiny so that we can grow as a school community and as a trendsetter in education. May the vision of our Chairman Sir and Vice Chairperson Ma'am continue to inspire us as the G D Goenka group prospers under the patronage and mentorship of our MD Sir, ED Ma'am and our Directors.

My prayers and blessings are with you all and I hope we can share many more happy celebrations like this.



Mr. Sameer Bhatia

Winds of Change: A Journey from Roots to Wings

Three decades past, a dream began, To build the future, hand in hand.

Benchmarks set with a vision true Pioneer school with a holistic view

A place where learning found its voice, Where all are happy with their choice.

The first school to offer comfort and care, With learning floating through chilled air. Cool place, calm minds, thoughtful pace, A modern, vibrant, and welcoming space.

Academics kept shining, as brilliance gleams
The soccer field echoes, with winning dreams
The basketball arena burst with happy screams
The school library, so vast with a world inside
Where stories kept soaring as minds took pride

Fully equipped labs, always a scholar's pride Physics, Biology, Math, Chemistry side by side. Where cells and compounds came alive, Numbers and formulas began to thrive.

Modern computer labs came next,

Igniting young minds with codes and text. Then came tab labs, sleek and smart, Learning at fingertips, a digital start.

The School Reception has been a place to be, Welcoming all with warmth and glee. From here begins each vibrant corridor, Leading to RK, VK, Teresa and Tagore.

Then came a wave, so bold and bright, Renovations brought a brand-new light. Classrooms became more advanced and colorful, With tools and spaces that made learning wonderful.

Day by day, we're rising anew, With dreams refreshed, and purpose true. From chalk to clicks, from pen to screen, We've embraced each evolving scene.

Music studios singing and playing melodies, Dance studios flowing with graceful energies. Each step, each note, a story is spun, Beneath the golden Goenkan sun.

Certainly, we've entered an international space,

With Pickle Ball courts and Paddle's swift pace. A soccer field with fresh turf, wide and green, Where champions are nurtured and spirit is seen

Now we have a cricket pitch of perfect clay, Where bat meets ball in a thrilling display. A shooting range, with steady aim, Carving future stars of fame.

Digital realms now shape our thoughts, With AHessons finely brought From basic clicks to Al's face, Each keystroke carved a digital space.

We were the only school with the AC buses, Ensuring cool comfort, no daily fusses. Now we have e-rides, green and clean, Rolling ahead with an eco-friendly sheen

Through every change, one truth remains A heart that learns, a soul that gains. From the roots of gold to wings so wide, We walk with passion, glow with pride.

Cheers to the journey, bold and bright, To every challenge, every height. Still pioneering, strong and free Forever Goenkans we shall be.

Constantly blowing the winds of change Goenkans thrive and rise in every range.

With every rise, each turn, our roots grew tall, Years and decades gone by, I witnessed it all

With strong vision and hearts so wise, Our founders dared to dream and rise. They sowed the seeds with utmost grace, That bloomed into this shining place.

Time moves on, but one truth stays, Goenkans shine in countless ways. In every field, they've always redefined. Their brilliance leaves the rest behind. t thirty, we stand at the crossroads of passion, wisdom, and growth, thriving in the richness of our experiences.

Decades ago, my journey brought me to this institution. I was fortunate enough to find a place for myself where any teacher would dream to be. From my early years to this very day, the institution has been like a second home to me.

The silver seeds planted by this great institution years and decades ago are now shining brilliantly as they touch the skies.

It brings me immense joy and pride to acknowledge the remarkable accomplishments of our students in visual and performing arts over the past three decades.

Among those who have risen to prominence are Aditi Singh Sharma, Tulsi Kumar, Gurdeep Singh Mehndi, Hanish Taneja, Parnika Kaura, Saloni Khanna, the Mohan Brothers, Raghav Maini, and Sumer Bhatia to name just a few. These extraordinary individuals have made music and dance their life's work, proudly representing our institution on both national and international stages.

Our school, as I see it, is like a beautiful canvas, splashed with the colors of joy and achievement. These colors are not merely shades - they represent the vibrant legacy of our institution, carried forward by each one of us. It is a legacy that shines brighter with each passing year.

In conclusion, allow me to share my thoughts in poetic form:

With gratitude, I'm saying this ode to our management's grace,

for nurturing our dreams in this cherished space.

Pioneers in vision, setting benchmarks high,

With modern facilities that reach for the sky.

From vibrant classrooms where knowledge takes a flight,

To studios and sports arenas, each one is a delight.

The infrastructure stands tall, nourishing to the best care,

An environment flourishing, with endless talents to share.

Together we all have grown in this place,

This is our nurturing home, filled with grace.

Thank you, Management, for always being there, For showering love with affection and care.

Through their hands A Collection of Student Reflections?

of Introverts

Ahaana Shah 11 (

Before we begin, I would like to ask each and everyone of you, what do you think is the power of introverts? If we see it through the stereotypical lens, is it their ability to stay quiet for long periods of time? Is it their 'submissive nature'? Well, Not at all.

Throughout history, introverts have played significant roles and made many contributions across various fields, despite often operating in environments that may not have recognized their unique abilities. I am sure you weren't aware that some of the most renowned writers and thinkers in literature and philosophy have been introverts, Edgar Allan Poe, William Shakespeare and Immanuel Kant are just a few examples. Even in the field of science, many celebrated scientists like Albert Einstein, Charles Darwin and Isaac Newton were all part of the 'quiet ones'.

So why is it that society looks down upon introverts? Why is our environment structured in such a way that it helps extroverts blossom but not introverts? Educational settings, workplaces and social arenas often favour extroverted traits and behaviours. Even though some of the qualities they look for in a student or employee are traits found in introverts rather than extroverts. For example, punctuality, attentiveness, and organisational skills are all intrinsic qualities found in introverts.

So why are these traits overlooked, why does society still represent introverts using misconceptions, which may not hold true at all. Not only are they untrue but may even keep introverts from growing to their full potential. For instance, around two years ago, when I was in the ninth grade, being an introvert, I usually kept to myself. I felt that I would be able to achieve better results, if I spent time with myself and worked alone rather than involve myself in social gatherings or group projects. Because when I did try to work in a group, I felt as if my ideas were not being heard, and slowly and gradually, I just started following others' orders, rather than

putting my own ideas forward, even if I felt they might have been better. I was later told by my teacher to 'come out of my shell and to not be shy', She mistook my introverted nature to be shy and antisocial. It's not that being shy is a bad quality, shy people can be introverts. But not all introverts are shy and that is what's important to realise.

I would also like to point out that if we look up the synonyms for introverts, they are usually loner, aloof, timid, etc, but synonyms for extroverts are outgoing, sociable, communicable, and so on. This shows how deep-set the misconceptions about introverts are in our society.

Contrary to misconceptions, introverts are good leaders. In fact many world leaders and activists were said to be introverts, for example: Abraham Lincoln, Mahatma Gandhi, Rosa Parks, and the list goes on. Even in school activities or workplaces, some of the best team leaders are introverts, due to their management skills, their listening skills and their critical thinking abilities. They create an environment where everyone's input is heeded and valued.

Introverts are good leaders, but they are even better listeners. In conversations, they are more inclined to listen rather than dominate the discussion. This helps them create meaningful connections and also enables them to understand others' perspectives and emotions deeply. However an introvert's way of socialising is quite different from others, which often leads people to perceive them as 'quiet' or 'anti-social'. They take their time to identify the right people to interact with. They might be selective, but it stems from their preference of interactions that align with their interests and are enriching and meaningful.

In a world designed for the outgoing, introverts are an asset that is yet to be appreciated. So now, are we able to answer the question: what is the power of introverts?

The Guide to Living a Thousand Lives

"A reader lives a thousand lives before he dies. The man who never reads lives only one."

 George R.R. Martin, from his book A Dance with Dragons (part of the A Song of Ice and Fire series).

Is it not beautiful to think about the profound impact that mere words on a sheet of paper can have on us? Every time we open a book, there is a tree rejoicing that there is life after death. We all have been told multiple times by our English teachers, parents and elders about the benefits of reading. However, reading, just for the sheer joy of it, is a feeling only few can truly relate to.

Reading is a habit that keeps our brain stimulated. The comparison between a conversationalist who is a reader and who is not may be subtle, but also profound. In my opinion, literature affects the very ontology of humans, shaping perceptions.

As mentioned by George R.R. Martin, literature is a medium for us to lose ourselves in another world for pure felicity, or the desire to escape reality. In either case, this allows us to live the life of another soul, in the most intimate manner possible. Not only does it widen our perspective but also makes us mature.

Understanding the in-depth nature of characters and their lives which may be similar or completely distinct from ours, permits us to explore the universe from the eyes of another. There will be a myriad of experiences that one cannot live through in a single life, but a reader will experience more.

Those who grow up reading have a better vocabulary, a life influenced by beautiful pieces of literature, hence present arguments, and have interpretations that are impacted by stories and characters that may be unknown to them as well.

Remember, that everyone has the potential to become a reader, all it takes is the discovery of the right book and genre that resonates with their passion.

Tahira Arora 10B





GOENKAN ARTWORK

Syna Thadani 10e

A Step Towards

If I knew I could not fail, I would become an actress, but that's not what happens in reality, is it?
"Everything you lose is a step you take"- Taylor Swift. If you do not fail, you cannot learn. Failing is something that seems scary and when you are doing something you really love, this daunting feeling of failure creeps up on you. You get nervous, you lose track of what you are doing and then you fail and vow to never do that thing ever again. This happens to everyone at some point and becoming nervous is not a bad thing. It shows how much you care about what you're doing and how much you want to succeed at it but what's wrong is saying "Omg, I got embarrassed! I am never doing that ever again!"

If you really want to succeed, being scared of failure is not an option because every time you fail is a step towards success. When I discovered that I really like to act and I would want to make that my career, I was so scared to take a step towards doing something about it. I had no confidence in myself that I could do it. I kept thinking "No, you won't be able to do it, you won't make it, it's just a hobby, you can't succeed in it."

But then I joined the Drama Club. I went to a competition and although I did not have much of a role in it, I found out that I actually could do it, I could see myself in the future doing this and I just wasn't scared anymore. And the person who really helped me to get confident in the thing I really love doing was my best friend. She pushed me to do it and I did and I absolutely don't regret it. I did make mistakes and I did embarrass myself a couple of times but that's fine. I would absolutely become an actress if I could not fail and would still do it even if there was a possibility of failure. You just have to learn from your mistakes, which seems easy but is actually really, really hard because sometimes all the odds are against you and all you can think about is what if you fail. But, what if you thrive? 'What if you make it' - this was my thought after my first drama competition which was the complete opposite of my thoughts in the beginning. I learned that no matter how scared you are of failure or of being wrong it just won't matter when you succeed.

Kaashvi Ahuja 10

The Feeling of Gratitude

f I had the ability to create an international day for something it would be for Gratitude.

Gratitude is the feeling of appreciation by a human being to another's kindness.

The feeling of gratefulness can emerge to us in various ways such as being grateful to other beings, Nature, God, ourselves or anything around us.

My motive to create such a day would be to help others strive for the feeling of gratitude within themselves. If they start being grateful for even one day, slowly but successfully it will turn into a habit for them.

In our current world where there are endless wars, shortages, and chaos, the feeling of being together and being thankful to that togetherness is much needed. We can mento each other to help motivate ourselves and have a feeling of gratefulness, which would, in turn, nurture a world where there is peace and harmony.

People can be encouraged to carry out certain activities with regard to the emotion of gratitude and share how it would change their lives and whether we would attain what we ought to? Gratitude can only be attained if we have the power of being selfless and thank others gracefully. More than a habit let it be a nature amongst us where whole heartedly we are happy to be together.

I would like to end by wishing that my words ignited a feeling in you!

Rishita Mudgal 11D

Architects of Individualism: The Pillars of Objectivism in *The Fountainhead*

'The Fountainhead' is more than a novel about architecture - it is the depiction of Ayn Rand's philosophy of individualism known as Objectivism presented as a story. In her novel 'The Fountainhead', which follows the life of Howard Roark, Rand lays out an individualistic philosophy that fiercely extols personal integrity, creativity and rational self-interest. Howard Roark is the epitome of individualism. "As an architect, he counteracts any conditioning and established styles or societal norms, creating buildings that reflect the order and harmony of his soul. His tremendous commitment to and belief in that vision despite imminent financial ruin and unrelenting criticism from the public as well as investors, shows a core tenet of Objectivism: primacy of individual vision over societal expectations.

Roark's struggle is juxtaposed with Peter Keating, who follows the antithetical path. In a doomed journey up the social ladder, Keating sacrifices his ambitions (and ultimately his principles) in order to appeal to others. Rand cautions against the altruism and sacrifice that Keating embodies. Conversely, Roark's pursuit of his own happiness and refusal to be a part of the collective is upheld as something noble and life-sustaining. Rand claims that, in fact, this is not selfishness at all but rational self-interest - the realization of the need to live a life consistent with one's own values and wants.

Another important pillar of Objectivist philosophy is rationality which defines Roark best. Respect for reason guides his actions so he can design and build buildings that answer both the needs of those who use them, as well as being enjoyable. Roark is a rational man surrounded by irrational people, especially figures like Ellsworth Toohey, who appeal to feelings of mediocrity and inferiority in order to lionize collectivism. Toohey hates Roark because he cannot control him.

The book is not a mere novel rather a challenge presented to its readers to reflect upon the position of an individual in any given society. Rand makes a strong case for Objectivism - an ideology that celebrates the individual as the architect of their own life and happiness as a central value underpinned by principles of independent thought, reason and efficiency.

Aania Sayida Mir 9A

A Tale of Valor

Upon the throne, a regal line,
A vow they took, with hearts divine.
In robes of splendor, crowns of gold,
Their tale of valor, often retold.
Beneath the stars, an oath they swore,
To shield the world, forevermore.
If darkness fell, and hope seemed faint,
They'd rise to act, with no complaint.
In silent halls, they made their vows.
Their lineage, a sacred trust,
To guard the land, they knew they must.
Through emerald fields and azure skies,
Their duty sang in whispered sighs.
A call to arms, should danger near,
Their sacrifice, their duty clear.
No fear of death, nor shadow's might,
Could dim their hearts, or quell their light.
For in their veins, the blood of kings,
A promise bound, with loyal hearts.
With unwavering gaze, they watched the dawn,
Their courage like a steadfast pawn.
They'd lay their lives, if it required,
To save the realm, as it aspired.
So in the annals, stories told,
Of royalty, both brave and bold.
A legacy of love and grace,
They'd save the world, through time and space.
Their spirits soar, through realms above,
A testament to boundless love.
For when the darkness claims the sky,

Suhana Pandev IID

My Guiding Light

My grandfather, Ashok Batra, has been an enduring and influential presence in my life. Born on April 15, 1938, in the small city of Srinagar, his life has been marked by resilience, hard work and an unwavering commitment to his family. This is my tribute to him, his stories, his memories and the profound impact he had on me.

My grandfather was the youngest of his four brothers and one sister. His father was a businessman and owned one of the most influential shops in Srinagar while his mother was a homemaker. The values of hard work and perseverance were instilled in my grandfather at a young age.

My grandfather was the Virat Kohli of his time, having won several accolades in cricket. He was also the most punctual student of his school. After high school, he received an invitation from the Medical Association of India to study medicine free of cost. Not getting any support from his family for his medical education, he decided to get a bachelor's degree in Literature. Even though he loved the medical stream and won first position in Zoology, Botany, and Chemistry, he could not pursue it further. He always remained humble in his achievements.

My grandfather and grandmother had an arranged marriage. Their marriage has been a testament to enduring love and partnership. Together they raised two children, instilling in them the same values of hard work, integrity and compassion that defined my grandfather's own upbringing.

One of the fondest memories of my grandfather is our trips to the park. Almost every day, when I was much younger, he would take me cycling to the park. We used to spend precious time together and his patience and calm demeanor taught me more than any textbook ever could. Another vivid memory is when he used to pick me up from school. He used to buy me my favorite ice cream and talk to me about my day.

Here is an extract of an interview with my grandfather :

- What is one life lesson that you learnt the hard way?
- "One thing I learned the hard way is punctuality and being very regular."
- What hobbies or activities do you enjoy the most now?
- "I still love music and singing. I used to play the harmonium for one hour daily and that was the time of the day I looked forward to."
- Who has been the most influential person in your life?
- "My father was a major influence on me. He had strict rules which helped me see life from a different perspective."
- · What advice would you give to the younger generation?
- "Be disciplined, be punctual and always maintain your integrity."

Riddhi Batra 118

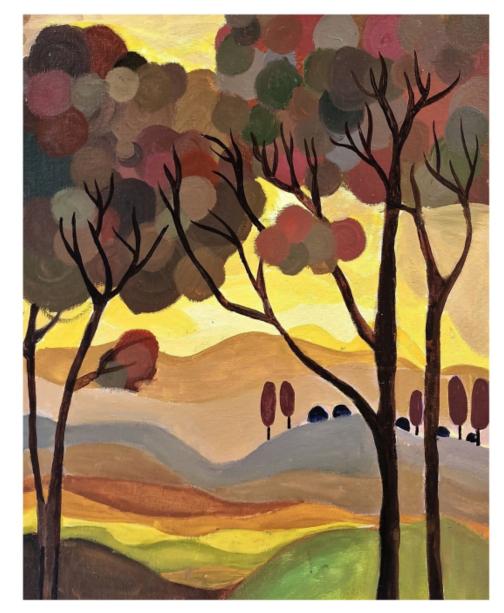


I marvel at the ballerina on stage she moves like a puppet on a string with control and grace and envy her dedication to her bit

Her smile never once falters her back never breaks she's fragile; delicate she sticks the landing without a moment's rest A voice in my head prods; how car anyone be that perfect

Unknowing the girl who put in hours to perfect this bit to be perfect unaware that a hundred different voices go through the ballerina's head, every time she gets on stage telling her to give up; she'll never be good enough and she'll never see herself as I see her

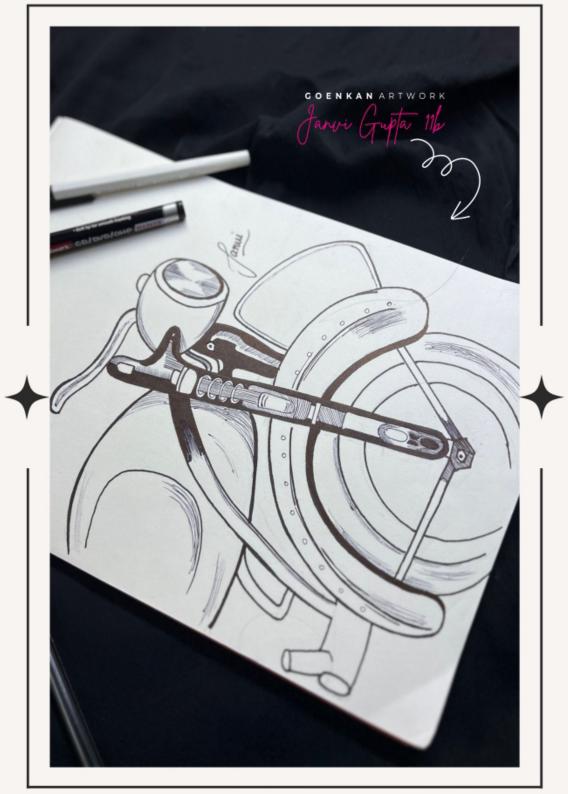
Swarnima Singh 11C

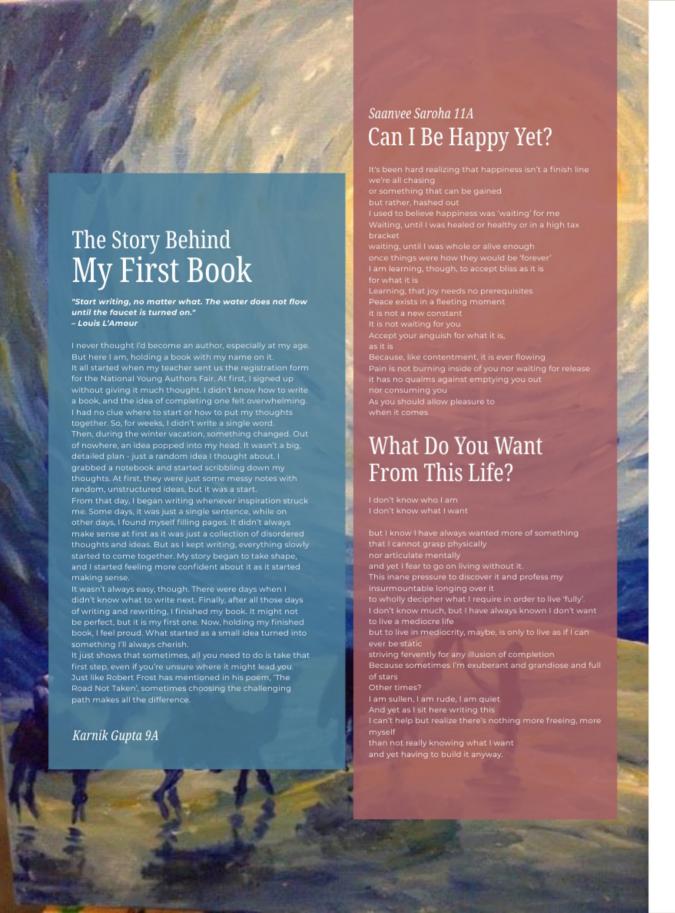


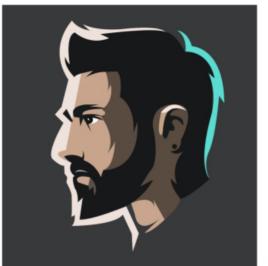
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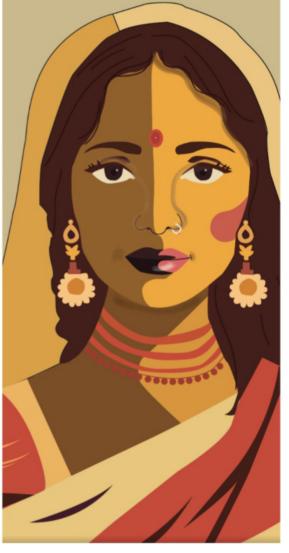












GOENKAN ARTWORK

Janvi Gupta 116



Haiku is a delicate form of Japanese poetry that captures fleeting moments of nature and emotion in just three lines. With a 5-7-5 syllable structure, it distills beauty, stillness, and deep meaning into a few words. Like a painted snapshot, each haiku evokes a season, a feeling, or a quie revelation. It is poetry in its purest form—simple yet profound, brief yet eternal.

These are the expressions of some of t participants following a haiku poetry workshop.

The last words I write
Sitting at a lonely site
_ just want a happy life.

Anadi Thakur 11A

The earth is beautiful,
Wonderful colours Some blue, some pink, most green.
Perfectly they align.

Simoni Singh 11A

I felt chained. My own mind stops me, After this realisation, I feel free.

Ranveer Singh Bhatia 11B

Tears fade away, Light rising from the dark, Birds making their way ...

Prisha Kumar 11A

Two children
Sitting on a tree
Enjoying the breeze.
Radhya Mahajan 11A

My class, though temporary It's what I would call An informal family.

Ranveer Singh Bhatia 11B

As the winter frost Bleeds into the familiar scent of salt, Suddenly it is July again And life begins anew. Saanvee Saroha 11A Looking out the window On a gloomy day, Thinking, Let it come, what may.

Avika Gupta 11A

Mood swings Fluctuating like weather, Unpredictable.

Abhinav Gupta 11A

They bloom like flowers Each with a different fragrance, Different petals.

Aashi Kumar 11A

I was playing cricket Lost in my own thoughts When someone shouted, "Oh, catch the ball!"

Arshdeep Singh Sahni 11A

Lying down on the crossroad The lights turn green She's still there.

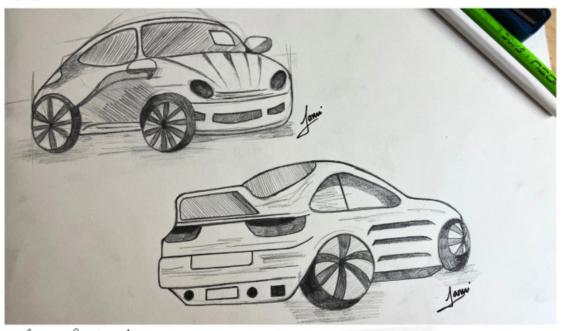
Samaira Satija 11A

Sitting on the ground With my basketball. I know I can perform But I am lost.





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Yuvraj Bhofa_11e

Riddhi Batra 11B

Being a Leader

"Become the kind of leader that people would follow voluntarily; even if you had no title or position." This famous quote by Brian Tracy is what I firmly believe in. Personally, I have never thought being a leader is about the position, it's about the courage to take responsibility and have the ability to inspire others and make a difference in someone's life.

A leader doesn't necessarily seek recognition but works tirelessly to bring out the best in everyone. He listens more than he speaks, understands rather than he judges, and guides without controlling. Leadership is the ability to lift others up, empower them, and create an environment where everyone feels valued and heard.

For me, being a leader is about empathy - walking in someone else's shoes to understand their struggles and perspectives. It's about resilience - staying strong and composed in the face of challenges and setbacks. It's about integrity-choosing what's right over what's easy, even when no one is watching.

My main inspiration for leadership is Mother Teresa and the principles she stood by. Her leadership was not because of the position of power but through acts of kindness, compassion and being dedicated to her cause. Mother Teresa's leadership style was deeply rooted in humility. Despite being globally recognized for her work, she never sought fame or accolades. This is something I've always admired in her.

In terms of my school's perspective, being a leader is also about taking initiative - organizing events, addressing student concerns, and working hand-in-hand with peers and teachers to create a harmonious atmosphere. It's about celebrating every small victory, learning from mistakes, and striving to leave a legacy of kindness, teamwork, and excellence.

A few more leaders who've always inspired me in today's generation are Greta Thunberg, Barack Obama, Sundar Picahi and most importantly Michelle Obama. Sundar Pichai's rise to the role of CEO of Google is a testament to his visionary leadership and ability to navigate complex technological landscapes. His calm demeanor, focus on innovation, and commitment to making technology accessible to everyone make him a leader who not only inspires the tech industry but also fosters diversity and inclusion in the workplace.

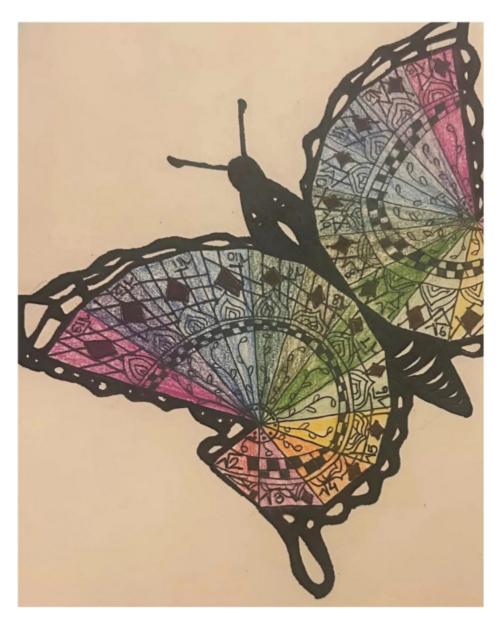


Ink Strokes A Self-Portrait

Ink-stained fingers, perpetually lost in the labyrinth of imagination. I am a seeker of stories, a curator of dreams and a wanderer of the world, both real and imaginary. Physically, I am of average height, with wavy hair and hazel brown eyes.

Physically, I am of average height, with wavy hair and hazel brown eyes. They hold the journey of a thousand adventures to be embarked upon. At my core, I am an ambivert, a person who hates and loves conversations at the same time. I often find solace in my own thoughts and in the world of books and imagination. Reading and painting have always been my source of comfort. Besides, I equally love the energy of people and the world around me. I love interacting with people and learning new things. Fascinated by the world of science, I'm drawn to the intricacies of physics, space and the sky. I've always enjoyed discovering new things and learning about new phenomena. The world of technology and science allows me to do that. Born into a world of contradictions, I am a product of my upbringing - a blend of cultures, beliefs and traditions. Raised in the embrace of diversity, I am a citizen of the world, embracing the mosaic of humanity with open arms and heart

In the end, I am but a transit visitor in the grand theater of life - a fleeting moment in the symphony of existence. Yet, in the echoes on y soul, I find meaning, purpose and the timeless beauty of the human spirit.



GOENKAN ARTWORK

Lavya Batra 9A

Mastering The Chaos :

Tales of School Life

The Chronicles of Those Who've Mastered the Art of Hanging Between Classes

There exists a special breed of students who, rather than sprinting from one class to the next or collapsing under the weight of their textbooks, have mastered the delicate art of hanging between classes. These legends of the hallways operate in a world of five-minute windows with endless potential. They've honed the skills necessary to look perpetually busy while doing nothing.

There are the Bathroom Adventurers, who spend so long 'washing their hands' you'd think they were prepping for surgery but are, in fact, just avoiding their least favorite subject.

Let's not forget the Water Fountain Philosophers. They sip like they're pondering life's deepest mysteries, all while casting sideways glances to ensure no teacher suspects they're just stalling.

And finally, the Cafeteria Scouts - those bold few who always seem to find a reason to 'check on the lunch line' 30 minutes before it even opens.

These hallway heroes might not ace every test, but they've mastered the fine balance of avoiding work without raising suspicion. Truly, a lesson for us all.

The Art of Napping During School Hours

Napping during school hours is a delicate art, practised only by the most seasoned students. It's not simply about closing your eyes and drifting off - no, it's about strategic positioning, timing, and stealth, all while avoiding the teacher's radar.

First, there's the Desk Doze. This technique requires a well-placed arm under your head and a careful tilt of your body to make it look like you're deep in thought. Bonus points if you have a textbook open and a pen in hand. The key here is balance: you must appear engaged while entering a light REM cycle.

Next, we have the Hoodie Hibernate. The hoodie is a napper's best friend, transforming even the most fluorescentlit classroom into a cozy sleep cave. Pull it low over your eyes, lean back in your chair - instant invisibility!

Then, there's the legendary Library Lounge. Claim a remote corner, position some hefty books around you for camouflage, and enjoy the luxury of lying down. Just don't forget to set an internal alarm before the bell rings, or you'll wake up in an empty room with nothing but the janitor's confused stare.

Napping during school hours is a survival skill. Master it, and you'll be well-rested for the important stuff - like daydreaming in your next class.

Why We Love and Fear the Substitute Teachers

Ah, the substitute teacher - a figure shrouded in mystery and unpredictability. On one hand, they're a beacon of hope, signaling a possible day of relaxation and minimal effort. On the other, they possess the terrifying power to turn your world upside down with one bizarre assignment or, a pop quiz.

We love subs because, let's face it, their arrival usually means the lesson plan is out the window. They're often handed vague notes from the regular teacher, like 'continue Chapter 5' or 'watch educational video', which translates to 'free period' in student-speak. This is prime time for doodling, passing notes, or engaging in intense thumb wars.

But then, there's the fear. You never know if you're getting Cool Sub, who lets you play word games for an hour, or Sergeant Sub, who insists on introducing a completely new topic that's somehow twice as confusing as what your own teacher was doing. And heaven forbid they try to use technology. The inevitable struggle to connect to the projector feels like watching a nature documentary - will the sub survive or succumb to the HDMI cable?

In the end, substitute teachers are like mystery grab bags. Will it be a day of chaos or calm? Either way, it's never boring.

Vivaan Sethi 9A



#ProcrastinationDay

If I were to create an international day, I would establish the 'International Day of Procrastination'. This day would serve as a lighthearted celebration for all those who have mastered the art of putting things off until the last possible moment. It would be a day to acknowledge the universal tendency to delay tasks and to find humour in our shared experiences.

On this day, people could share their funniest procrastination stories and anecdotes. Imagine someone recounting how they started an important project just a day before the deadline. Others might share tales of how they managed to complete their homework while binge watching their favourite series. These stories would create a sense of camaraderie among those who have found themselves in similar situations, reminding us we are not alone in our procrastination habits.

Social media would play a key role in this celebration. People could use the hashtag #ProcrastinationDay to share their most creative excuses for why they haven't completed a task. For example, someone might post, "I just discovered the homework was due yesterday!" This sharing of experiences would not only be entertaining but would also foster a community of understanding and support.

There could be procrastination challenges where friends compete to see who can come up with the best excuse. Additionally, we could host a fun quiz where participants answer questions about famous procrastinators in history or pop culture. The person who demonstrates the most impressive procrastination skills could be awarded a humorous trophy, such as a golden clock stuck at 11:59.

In essence, the International Day of Procrastination would be a reminder to embrace our imperfections and to find joy in little things, like taking a breath or indulging in distractions. It would encourage us to laugh at ourselves So let's celebrate this day together, because every now and then, a little procrastination can be just what we need!

Sanah Gakhar 11E

Finding My Voice Through Books

Reading has always been a huge part of my life, but I never realised how much it would shape me as a person. As a child, I read simply for fun, getting lost in fantasy worlds and exciting, adventures. But as I grew older and my reading choices expanded, books started to change the way I thought, spoke, and interacted with people. They did not just entertain me - they helped me grow.

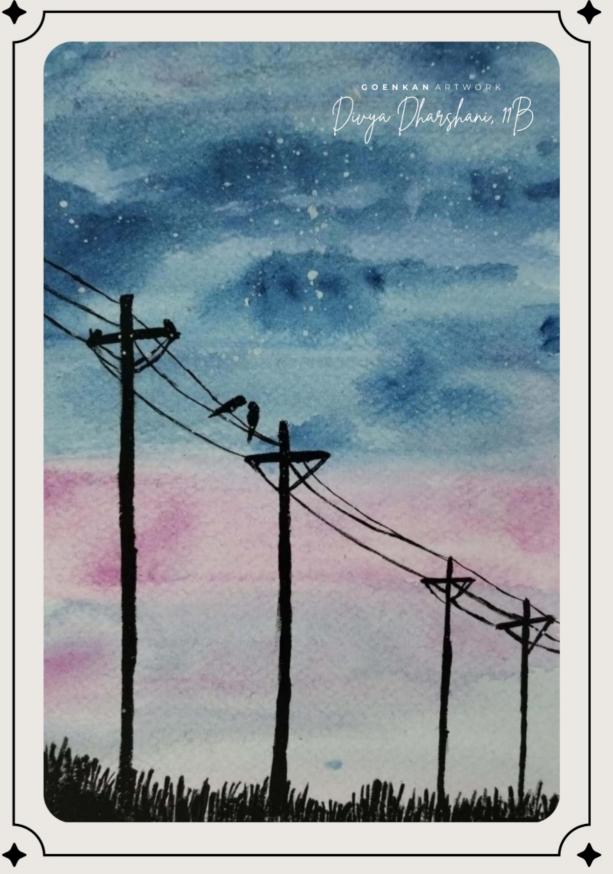
There was a time when I hesitated to speak in serious discussions, especially when topics were complex or unfamiliar. I feared saying the wrong thing or not knowing enough to contribute. I would listen quietly, wanting to join in but lacking the confidence to do so. However, as I read more, something changed. Books gave me knowledge, and knowledge gave me confidence. I started understanding different perspectives, forming my own opinions, and most importantly, finding the words to express them.

Now, I no longer shy away from conversations that challenge me. Whether it's a class debate, a discussion with friends, or even a family conversation about current events, I speak with certainty. Reading has helped me articulate my thoughts clearly and has made me a more thoughtful and engaged person.

Looking back, I can now see how books have shaped me not just in terms of knowledge but in how I carry myself. They have given me the courage to speak, the ability to listen and the confidence to believe in my own voice..

Kyra Kaur Dua 11







GOENKAN ARTWORK

Janvi Gupta 116

The World Taunts Like It's Their Hobby

my own friends aspiring to become doctors or engineers. I sit at my desk, writing this essay, feeling like a failure. My heart tries to convince me. I can sing, the best at what I do, I'm not good enough. I fight with myself over this everyday. My brain and my heart are never in harmony. I could sit and compare myself

other people my age. "Oh look, my friend's daughter can play the piano, what can you do?", "He has created an app, can you do that?", "She has scored 94%, why don't you do anything with your life? It's all fault and not mine, that I'm not good enough for people's expectations. And it makes me feel terrible. and the only one I would hear is mine. Because at the end of the day, I'm the one who has to go through everything, and I could choose not to care for it. But I

Kaashvi Mitra 11G

there's a chain around my throat, slowly squeezing tighter and tighter. I can't help but feel like the voices will get the best of me. I can't help it.

on the subject. They throw barbs like it's their hobby. They have no idea how severely it can impact someone. Sure, for some people, comparison is an adrenaline rush. It helps them improve themselves poisonous, would you take the risk and pick a berry? Don't compare people to others. It's not about being oversensitive, it's simply about caring about their feelings. You never know who could end up feeling they're not good enough. It's never ending. And besides, most of the top businessmen of the world are illiterate. You never know who has the potential to change the world. So, what I want to do with my life genuinely focus on my own life. Because at the end of the day, it is my life. And my opinion is the only one that will matter.

Home

Home is where the heart is.

Mine lies in conversation with my chosen family.

In awe of the feeling of being in the dance studio.

In the comfort of holding my brush in the art room.

Home is the place where I learn to stand on my feet.

Simoni Singh 11A

Aahana Agarwal 9A

Strength in the Struggle

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

When the going gets tough, the world can seem cloaked in shadows, each challenge an overwhelming mountain looming before us. Yet, in the heart of that darkness lies a profound invitation - a call to explore the very depths of our humanity. Struggles are not mere adversities; they serve as impeccable teachers, unveiling our vulnerabilities and prompting deep reflection. In such moments, we are compelled to confront the complexities of our emotions, as if the trials themselves guide us toward a profound understanding of our innermost selves. In these trying times, we often discover the profound strength of connection.

The presence of others - friends, family, even strangers - offers relief and insight, lighting the way when we feel lost. Through shared experiences, we begin to find beauty in our struggles, recognising that we are all part of something much bigger. Each person we encounter brings their own story of endurance and hope, reminding us that we are not alone on this journey. It's in these moments of togetherness that we learn the true value of compassion and support.

Our thoughts can be a dense forest, where shadows of doubt and fear loom, obscuring the gentle light of clarity and hope. Each pathway represents a different perception—some familiar and comforting, like cherished trails, while others are tangled and daunting, leading us into uncertainty. Navigating this landscape requires intention and grace, as we acknowledge that while our feelings are valid, they can sometimes distort our perception of reality. By gently exploring these emotions, we can begin to clear a path through the confusion, inviting the light to illuminate our way forward.

In reality, when the going gets tough, it often feels as though the very ground beneath us shifts, destabilising our feeling of security. Life's challenges can come unexpectedly, each one a tide that tests our ability to stay afloat. These moments reveal the fragility of this world, reminding us that control is often an illusion. In the grand theatre of life, we are both the actors and the audience, making choices that define our pathways while finding delight in the little things. It's this dance of emotions and decisions that enriches our lives, reminding us that while challenges are inevitable, the journey is equally about the laughter, the choices we make, and the connections we forge along the way.

To Be Human

At the heart of being human lies a paradox we're creatures bound by limitations, yet we constantly strive to surpass them. To be human means to feel deeply, even when we don't have all the answers. We chase dreams, even the impossible ones, and somehow find purpose in the journey itself. Humans are complex - caught between our need to connect with others and our desire to understand ourselves. This contradiction defines us; we're drawn to community and love, but we're also on a constant quest to figure out who we are.

Being human means creating meaning from the small moments: the comfort in a friend's laugh, the warmth of a hug, the shared quiet with someone who understands us. It's in these simple links that we feel most alive. We're imperfect, and that's part of the beauty. We fail, but we keep trying; we hurt, but we keep hoping. It's about finding strength in vulnerability, in acknowledging we're not perfect and being okay with that. We're constantly changing, adapting, and choosing to try again. Each of us has our own story, a mix of visions, struggles, and growth, and it's these

stories that remind us of our shared humanity. To be human is to dream, to envision worlds that don't yet exist, and to imagine futures we may never see. Humans are builders - not only of edifices but of ideas, beliefs, and connections that go through generations. We shape our world through the stories we tell, preserving history while daring to rewrite the future. Being human means, we are never truly satisfied with what is; we are constantly striving, discovering, and evolving. To be human is to live with a sense of unfinishedness, to understand that we are all works in progress, never truly complete. Unlike other beings, we carry an awareness that we are constantly evolving - not just biologically, but in who we are, what we believe, and what we strive for. To be human is to find meaning not in the arrival but in the journey itself, to contain the beauty of our unfinished selves and the potential for who we might still become. And perhaps, it's this realization - that we are never truly done - that makes the human experience so extraordinary.



GOENKAN ARTWORK

Prakriti 11g

Aania Sayida Mir 9A

Allow me to transport you back to October 16, 1846, when a pioneering event unfolded in the ether dome of Massachusetts General Hospital. Dr. John Collins Warren, a renowned surgeon, prepared to perform the first successful public demonstration of ether anaesthesia, revolutionizing surgery. This momentous occasion marked the dawn of a new era in medicine, showcasing how innovation can dramatically improve patient outcomes and redefine the boundaries of what is possible in healthcare.

Fast forward to today, we stand on the precipice of another transformative era, driven by Artificial Intelligence (Al). While Al holds immense promise, it also presents significant challenges that we must address to harness its full potential.

One of the primary concerns regarding the use of AI is data privacy and security. Healthcare data is incredibly sensitive, and ensuring its protection against breaches is paramount. AI systems require vast amounts of data to function effectively, raising concerns about how this data is collected, stored, and shared. It's comparable to the scenario of managing a valuable trade secret in a company, ensuring it's shared securely among team members while preventing any leaks to competitors or the public.

Another challenge is the potential for algorithmic bias. All systems are only as good as the data they are trained on. If the training data is biased, the All can create and even amplify these biases, leading to unequal and unfair treatment outcomes. For instance, a similar scenario arises in creating a CPS system based on the data of a donut lover, not a very healthy navigation system am I right? Moreover, the integration of All into existing healthcare systems can be complex and costly. There is a need for significant investment in infrastructure, training, and ongoing maintenance to ensure that Al solutions are effectively implemented and utilized.

Now, let's shift our focus to the opportunities. All has the potential to revolutionize healthcare in ways previously unimaginable. One of the most exciting prospects is in the realm of diagnostics. All algorithms can analyse medical images and data with remarkable accuracy, often detecting conditions earlier and more precisely than human practitioners. This can lead to earlier interventions and improved patient outcomes. It creates a situation for detecting even the slightest signs of disease and helping those in the medical sphere to avoid diseases. After all, as the old saying goes, prevention is better than cure.

Additionally, AI can enhance personalized medicine. By analysing a patient's genetic information, lifestyle, and other factors, AI can help tailor treatments to the individual, improving efficacy and reducing adverse



effects. Furthermore, Al-powered predictive analytics can help healthcare providers identify trends and predict outbreaks, enabling proactive measures to prevent the spread of diseases.

In conclusion, the integration of AI into healthcare offers both substantial challenges and unprecedented opportunities. Just as the advent of anaesthesia transformed surgery in the 19th century, AI has the potential to revolutionize modern medicine. By addressing the challenges of data privacy, algorithmic bias, and integration, we can fully harness the power of AI to improve diagnostics, personalize treatments, and enhance public health.

As we move forward, let us be guided by the words of Albert Einstein: "In the middle of difficulty lies opportunity." By embracing Al with this mind-set, we can overcome the challenges and unlock a future of extraordinary advancements in healthcare.

AI in Healthcare Opportunities & Challenges



GOENKAN ARTWORK

Vanshika Choudhary







GOENKAN ARTWORK

Aram, Arushree Chauchan, Vanshika Choudhary 11G

Digital Boundaries

In an age where our screens serve as gateways to the world, should age restrictions be implemented on social media? While social media has the potential to educate and empower, its benefits are often overshadowed by negative impacts on mental health and privacy. Adolescents are particularly vulnerable to the pressures of online interactions. Platforms like Instagram foster a toxic comparison culture, where every like, comment, or view evaluates our self-worth, leading to mental health issues and low self-esteem. For instance, Snapchat Dysmorphia is a medical condition when one seeks cosmetic surgery to resemble their filtered face. Additionally, young users often fail to understand the risks of sharing personal information, creating digital footprints with longlasting implications for privacy and future opportunities.

However, age restrictions have drawbacks. Protecting younger users from harmful content and cyberbullying is crucial, but we must also value freedom of expression and access to information. Age restrictions may unintentionally limit opportunities for young individuals to learn and express themselves online. Enforcing these restrictions is challenging and may not effectively prevent underage access. Instead of relying solely on age restrictions, we should focus on educating users about social media risks, promoting digital literacy, and supporting those experiencing negative online interactions. While age restriction policies aim to optimize the future for the youth, we must also ensure they gain the necessary skills to navigate and thrive in the digital world, using this powerful tool productively.

Aania Sayida Mir 9A

Two Paths To Truth

Science and religion are two powerful ways we try to uncover the truth about our existence. While they may seem very different, their goal is the same: to understand life and the universe. Science helps us explore the physical world, discovering the laws of nature through observation, experimentation, and evidence. It explains things like gravity evolution and how the universe began, giving us tools to innovate solve problems and adapt to the world around us

Religion, on the other hand, helps us find meaning and purpose. It answers deeper questions that science doesn't always tackle, like "Why are we here?" and "What is the purpose of life?" It guides us on how to live meaningfully and connect with something greater than ourselves, whether that's God, the universe or humanity as a whole.

Instead of viewing science and religion as opposites, we can embrace them as complementary. For example, science can explain how oxytocin creates feelings of love while religion may describe love as 'matches are made in heaven'.

Take the Ram Setu or Adam's Bridge, as an example.
Scientists see it as a natural formation of limestones created
by ocean currents, while religious belief links it to the
Ramayana where it was built by Lord Rama's army

Science and spirituality often seem to contradict each other because they approach the truth from different perspectives Together, they can balance both the physical and metaphysical aspects of life. By using both, we can explore not only the mysteries of the universe but also the purpose behind our existence, achieving a more holistic view of the

Anadi Thakur II.



A Place Filled with peace

I was born in a small village in Vietnam, a place filled with peace and cherished memories. It was where I spent more than a decade of my life, walking along village roads stretched under the shade of bamboo trees, passing old tiled-roof houses that seemed to whisper stories of the past.

As a child, my friends and I would gather at an open field after school every afternoon, where simple calisthenics equipment had been set up. Not sure when, it just became our 'unofficial playground', the heart of our village. Sometimes we would compete to climb the double bars, sit there talking to each other, other times we raced to claim the volleyball court, which occupied nearly half of the venue.

Each morning, as the sun began to rise, our village was already bustling with activities. Vendors, who had started their preparations at dawn, sold warm sticky rice and fragrant Phō (noodle soup). Their familiar pitches - "Bánh khúc here! Xōi lạc, bánh khúc here!" - could be heard as they rode old bicycles, so old that they seemed to have survived since the subsidy era, all around the village. I remember walking with my grandmother to buy quấy (fried dough) with porridge, and how we would enjoy them together while watching the village begin its day. Life here often started early because most villagers worked as farmers. But over time, many adapted, opening small eateries or taking up handicrafts to keep up with the changing world.

One of the most unique things about my town is its lotus ponds, which stretch far and wide, with a handful of blooming flowers that release a sweet fragrance into the air during early autumn. The village festival also takes place during this time. The whole village seems to come alive, with colorful flags fluttering in the wind and lights brightening up the streets at night. The highlight of the festival is the array of food stalls and traditional games, opening from early morning to late midnight. My friends and I would always begin with dart throwing, then come to ring toss, engage in human chess and others. It's a time when everyone, from children to the elderly, gathers at the courtyard to pray for a year of good health, plenty of rain, and abundant harvests.

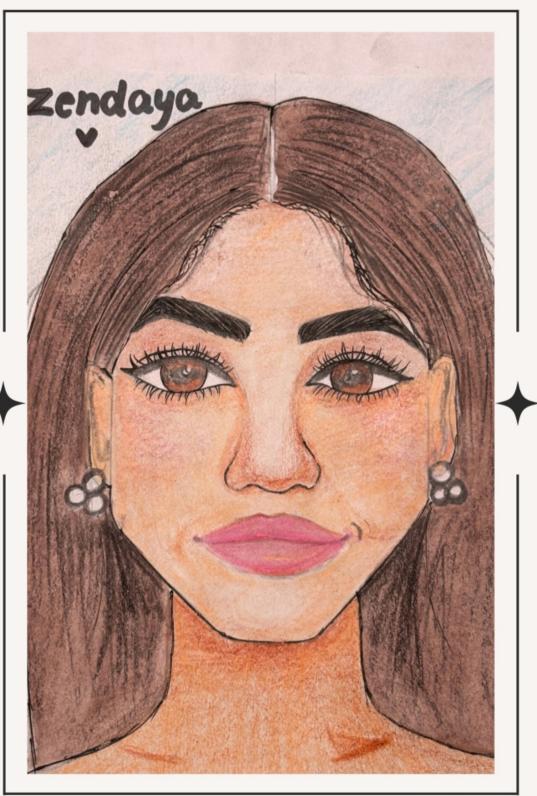
This community has a lively rhythm, where the past and present live together in harmony. Even though I've been away for almost three years, I still remember the hot, sweaty afternoons playing with my friends, the croaking of frogs and buzzing of cicadas during summer days, and the cool nights lying in a hammock, gazing at the moon and making wishes with the stars. No matter where life takes me, this small village will always be the source of my strength and the most cherished memory in my heart.

Ngo Minh Ngoc 11A

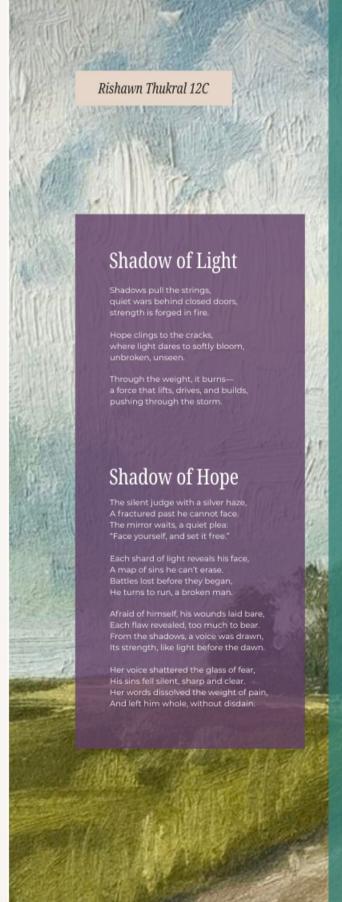


GOENKAN ARTWORK

Chehak Tanwar 11G



Janvi Gupta 116



Silent

Burdens carve the soul, like rivers wear stubborn ston grace grows in the grind.

Each fall teaches flight, and every scar turns to flame, fueling the ascent.

Embers Within Fire hides in the ash, waiting for the cold to press, glowing when it's dark.

Strength wakes in the calm, a whisper turned to thunder, unseen, unyielding.

Bound By Flame
Pain shapes hands to steel
a forge for the weary heart
blades of will are born.

Dreams rise through the smoke etched by trials, honed by time, carried by the fire.

Embers Within

Fire hides in the ash, waiting for the cold to press, glowing when it's dark.

Strength wakes in the calm, a whisper turned to thunder, unseen, unyielding.

Bound by Flame

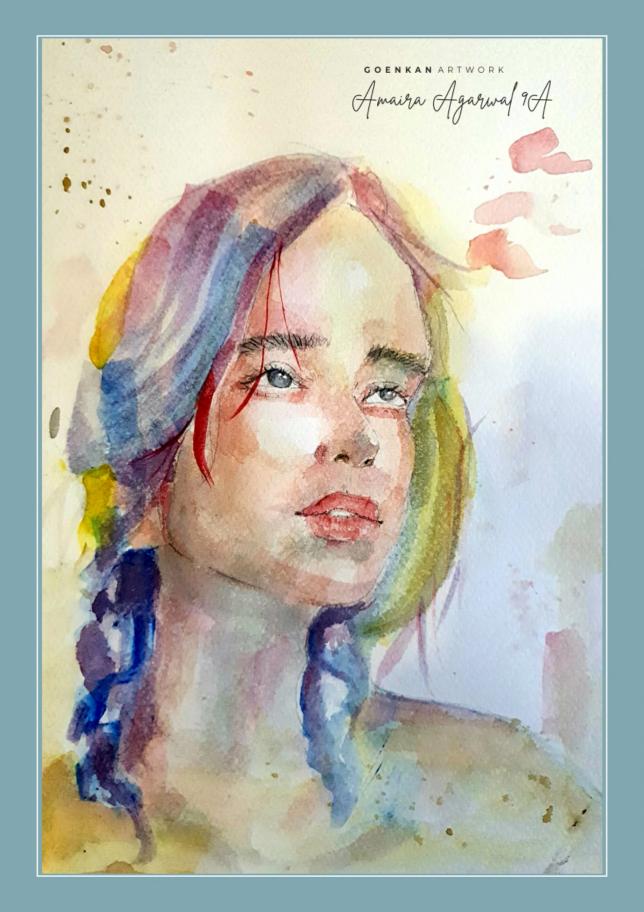
Pain shapes hands to steel, a forge for the weary heart, blades of will are born.

Dreams rise through the smoke, etched by trials, honed by time, carried by the fire.









Don't Man Up

Broad shoulders, head held up high, twirling mustache But whenever someone asks us – How are you? Are you okay? You look sad?

We just laugh it all, as if expressing ourselves would look sma

We are men, we don't take these questions seriously
Only women cry, men don't, taught by stereotypical society.
But we do feel pain, even men cry when they are sad.
We too get cheated, work-life imbalance ruins our lives too,
and we can't even cry, as macho us can't be softies too.

Sorry for the creeps, but some are gentlemen too When we show social courtesies, some judge us as attention seekers too. We have been taught to 'man up' ever since we were young, Boys don't cry, living with these unwanted expectations ever since birth.

We don't have the right and time to share our sorrows
If the one who shares is not 'man enough' a stereotyped title
will follow. So it's decided that we won't say a thing
When in problem, pain, or injustice, we will tolerate everything.

We too found comfort in our mother's lap, when our favorite toy broke. We did cry as kids when we got hurt
Then why hide these tears today?
Why keep our emotions looked incide?

Not stone-hearted, we men break down badly too
We too need love and care, we need those reassuring hugs too
Let's come out of the shadows of hollow titles like stud or
macho. Upon our heartaches, we will share our feelings with
someone instead of sitting aloof munching nachos.

We are the species that Speak less, hear more Demand less, work more Worry less, enjoy more Show less, care more Express less and love more

So from now on
We will cry if we feel like
We will share if we feel like
We will show emotions and express ourselves
So, when someone asks us How are you? Are you okay? You
look sad?
With a smile, we won't shut up for once

Vivaan Sethi 9A



A Browsing Generation

dominate our lives, the art of reading is quietly fading. We've become a browsing generation – flitting from one piece of information to the next, consuming snippets and headlines instead of losing ourselves in the pages of a book. It's as if we've forgotten the satisfaction that comes from truly reading, from immersing ourselves in a story that transports us far far away from the chaos of everyday life.

But, there is a magic in reading that browsing can never replace, especially for those of us who still cherish the joy of a good book. Whether it's the thrilling adventures in 'The School For Good And Evil' by Soman Chainani, or the heartwarming friendships in 'Harry Potter' by J.K Rowling, each book offers a unique experience that lingers long after the last page is turned. These stories, and so many others, shape us, teaching us about bravery, kindness and the power of imagination. For me, reading isn't just a hobby - it's a refuge. In the pages of a book, I find worlds where anything is possible, where the boundaries of reality are stretched and every emotion is felt deeply.

Yes, I admit, we are a browsing generation, but those of us who read know the difference between skimming the surface and diving deep into the ocean of a story. Reading isn't just about consuming information, it's about experiencing life through the eyes of characters who live, breathe and grow with every turn of the page. In a world full of endless distractions, books remind us to slow down, savour the moment and to never forget the beauty of a story well told

Akshara Arora 9A

The Joy Journal 20 Things That Make Me Happy

Good Diet: good food = good mood, proper nutrition boosts my energy which has a positive outcome on my mood.

Music: listening to my favourite rhythms gives me peace of mind and immense pleasure.

Dance: I am freely able to express myself when I dance my heart out, it makes me get in touch with my body.

Painting: the freedom of portraying what I am imagining helps me explore my creativity.

Peace of Mind: this is the core of my happiness - I am truly able to appreciate life only when my mind is untroubled.

Seeing Others Happy: seeing my loved ones happy creates a positive aura which brings a smile on my face as well.

Good Health: health is wealth, being fit and fine increases my overall productivity.

Good Sleep: a sound sleep ensures that I am well-rested and energetic for the next day.

Lending a Helping Hand: assisting someone strengthens my social connections with others and makes me feel good about myself.

Supportive Family: my people - who love me unconditionally, make me feel accepted and are my safety net.

True Friends: they are always by my side during good times and bad, they strengthen my sense of belonging.

Good Academic Result: good marks reflect my hard work and dedication and indicate that I am doing well

Personal Growth: growing physically, mentally and academically allows me to gain a deeper understanding of myself.

Celebrating Occasions : celebrating significant happenings creates a sense of togetherness and wonderful memories.

Writing Poems: I can share my thoughts by expressing them on paper and discover more about myself

A Happy Ending in a Movie/Book: a good climax of a journey is an enjoyable experience and is worth the wait

High Self-Esteem : feeling good about what makes me special gives me the confidence to reach great heights in life.

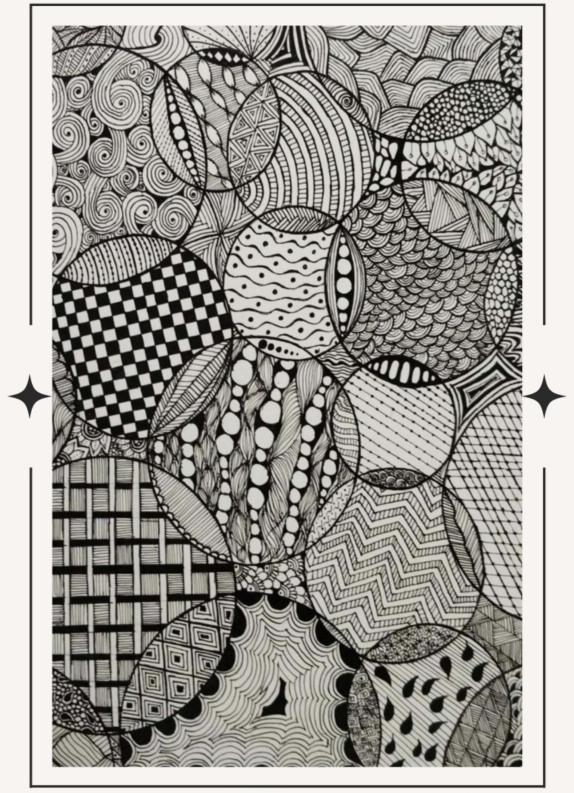
Time Management: being able to get my daily tasks done on time and balance studies with extracurricular activities gives me a sense of accomplishment.

Achieving Personal Milestones : overcoming challenges, accomplishing goals, whether big or small, gives me faith in myself.

Pleasant Weather: harsh weather makes me irritable, but the desire to admire nature arises when balance is maintained in the climate.

Happiness varies from person to person. For me, good health, food, family and friends are the main paths in order to reach Happy Town. When dealing with downsides, I try to look at the positive side of the situation and remember that everything happens for a reason. The above list reflects a diversity of things from which I derive joy and I am grateful for being able to enjoy the simple pleasures of life.

Suvenaa Tayal 9A





A Change of Opinion

I have always been interested in science fiction novels. I have watched a number of horror, mystery and science fiction movies and I believe in all those things but one night I changed my opinion. Now I am going to dive headlong into an incident that left me terrified and that was to be one of my worst nightmares come true. At school, we were given a project to research supernatural phenomena and some real-life incidents which had taken place in the recent past and were asked to work in teams.

The Journey of a Twenty-Rupee Coin

Today, I woke up to find myself recast as a five rupee coin, having once been a twenty-rupee coin. A few days ago, when I was a twenty rupee coin, I landed up at a famous baker's shop where my previous owner exchanged me along with some more rupee notes for some goodies from the shop. I was fascinated to see so many people queuing up just to buy a loaf of bread. It was considered the best bread in the whole town. After spending some days at the baker's shop, I was exchanged again but now found my way into a child's pocket. He was a very mischievous kid, always fiddling with things that didn't belong to him. He was fascinated by me and spent a lot of time looking at my beautiful silver details. He would often sneak out of his house and go and buy sweets and candies. One-by-one all the coins that his mother gave him were given away at different shops. At last my time also came to bid farewell to my young owner.

I moved around several times and, to my surprise, ended up in the money box of the baker once more. Then again, from one person to the other, I was traded continuously till I became all rusty, old and worn out. Gradually, I lost the shine I once had and all my beautiful silver details began to fade away. People stopped using me, thinking I had become useless, and they refused to trade with me. They bargained with vegetable-sellers, fruitsellers, supermarket cashiers to exchange me for the other.

My last owner finally decided to stop using me and kept me in a locker as a souvenir. His children secretly opened his locker and decided to play with me. They started to throw me to each other playing a game of catch. Suddenly, they heard the banging of the door. Frightened, they fled but before leaving, threw me away in the dustbin. All night, I lay in there hoping that someone would find me. The next day when the garbage collector was separating the waste, he found me and deposited me and several other coins like me at the bank. From there I was sent to the coin mint whereI was melted and recast into a five-rupee coin. I now look forward to my journey and experiences in my new form.



GOENKAN ARTWORK

Amaira Agarwal 9A

A Portrait of My Grandmother

My grandmother, Nirmal, is an epitome of purity, serenity, warmth and wisdom, and is a woman of significant character and vast experiences. Her wisdom, attained from her years of experience, is her most substantial asset, making her a great goto person for advice when life throws curveballs your way. She is deeply compassionate, with an innate ability to empathise with others and offer solace and comfort. She is of average height, with a slight stoop that does not deter her spirit or energy. Her hair - long, black and healthy, is usually tied up in a neat braid, and her attire typically consists of comfortable, traditional clothes with floral prints. Her stories are packed with experiences and lessons, like a scrapbook of her journey. Spending time with my grandmother is like reading a gripping book that you cannot put down. Her tales, rich with anecdotes, lessons and humour, are captivating, making every interaction with her a delightful experience.

My grandmother has a captivating voice that fills the room when she sings. She particularly enjoys ghazals by Farida Khanum, often performed by her at family gatherings. As the smell of kebabs and cutlets fills the air, relatives call out, "Nirmal, let's hear you sing your favourite song!" Soon, everyone hushes and gathers to listen. The moment she reaches the chorus, it turns into a barrage of melodies; uncles and aunts, kids and elders, all the melodies chiming into one. She has inherited her great sense of rhythm and tempo from her past generations as our entire family shares a common love for music, dance and culture.

Her cooking is remarkable. Each dish she creates is a flavour-filled masterpiece that fills our home with irresistible aromas.

irresistible aromas.
These moments, filled with laughter, wisdom and mouth-watering food, are some of the most cherished memories I have with my grandmother.
Our love is built on shared experiences and understanding, whether we are singing, cooking or talking. Her love and support have helped me grow and find happiness, making our relationship a priceless part of my life.

Anoushka Mathur 11G

A black sky in the morning,
My anxiety has me mourning,
Standing confident - but my hand is quivering,
Till I see 'it' - shining, shimmering,
That ray of hope on a dark day,
It's all in my mind that's what 'it' said!

With 'its' support I took a step, All ready to pick up from where I left, It surely wasn't easy, so I did gasp, But that's when 'it' made me self-realise Being tense was a bit daft!

As always 'it' became my guiding light, For 'it' has led me to reach new heights 'It' has put me on cloud nine, 'It' has helped me to be alive!

On days that were way too bright,
'It' held me from flying too high,
To go with the flow and evolve with time
To stay humble and be kind.

Like the sea cares for the shore,
'It' has been my assuring abode,
If you haven't guessed by now,
'It' is my family after all,
For their unwavering support for my growth,
Is one that can't be lost at all!

So, I stand here - not alone, Through every dark night, through every dawn, With my family beside me, I carry on!

Through every trial, every test,
Trust me - they are the best,
Before I conclude ...
Do let me know - who is your home and your shore!

Myra Jain 9A

'It'- An Untold Gift



Tahira Arora 10B

"Whatever the mind can conceive and believe, it can achieve."
- Napoleon Hill (author of Think and Grow Rich)

This famous quote by Napoleon Hill imposes the idea that by mere belief and a determined mindset, we can achieve literally anything. However, to what extent is this 'superpower', often attributed to the human mind, true? Have faith; anything you believe, put your mind to, or best put, 'manifest', can become a reality.

In my opinion, the best way this is exemplified is through science and philosophy.

Scientifically put, the placebo effect is a phenomenon that validates the idea that your brain can convince your body that a fake treatment is a real thing and thus stimulate healing. Although the exact mechanism of action of placebos is still unknown, it involves a complex neurobiological response involving enhanced activity in specific brain regions associated with mood, emotional reactions, and self-awareness, as well as an increase in feel-good neurotransmitters like dopamine and endorphins. It can all be therapeutically beneficial. The brain uses the placebo effect to communicate with the body about what it needs to feel better. A study in Science Translational Medicine found that a placebo was 50% effective in reducing migraine pain after an attack. The

researchers suggested that the act of taking a pill, even if not medicine, can stimulate the brain into thinking the body is being healed. While a placebo may not be 100% successful, coupling it with medical treatment will help.

Mind Over Matter

Apart from science, Manifestation and The Law of Attraction are some beautiful philosophical examples that substantiate this idea. According to manifestation and the law of attraction, when a

person visualizes an idea or has immense faith in it becoming a reality, it truly does.

Speaking from personal experience, manifestation is a great way to attract something that you need in your life (you have to work for it as well, of course!)

It is crucial to remember that negative thoughts and mindsets can conjure an antithesis as well. In the end, both of these mechanisms require roper intention-setting and self-alignment.

So don't believe that a single thought alone can bend the universe to your desires!

I Found My Voice In A Language That Wasn't My Own

"Language is the road map of a culture. It tells you where its people come from and where they are going." - Rita Mae Brown Starting in fifth grade, little did I know that this language was a passport to a new culture, to a new me, to new ideas and new people. I never realized when Spanish became such an important part of my personality.

In my opinion, studying a language is not just about linguistics and grammar; it is more about the global tapestry it weaves you into. When one truly pursues a language, not as a subject but as a fresh landscape to explore, there will be no end. Languages diversify perspectives and widen our cultural horizons.

One of the most beautiful parts for me while learning Spanish was the cultural chronicles and local narratives. Some of the traditions I want to participate in are the annual New Year grape-eating tradition, where it is believed that by eating 12 grapes with the 12 bells before midnight, one will have a year filled with luck! Another one is leaving our boots outside our homes during Christmas, to be

When I went to give my DELE Exam, I was really nervous, especially about the oral exam. However, while talking with the Spaniards, I realized that they weren't so different. The Spanish culture, with its

filled with gifts by the three kings.



variety of food options and warm hospitality, closely resembles the Indian culture and family structure.

One invaluable lesson I learnt through this experience is that exploring the culture and habits of other nationalities reveals that no person is truly foreign. Though we may converse in distinct languages, we are all bound by the singular essence of humanity, evident in every language we seek to master.

Lavya Batra 9A

My Escape into Alexa & Katie

When I think of comfort shows, Alexa & Katie feels like my go-to, comforting and familiar. Always leaving me with a smile. The series follows two best friends navigating life's ups and downs, and it is the perfect mix of the joys and chaos of friendship. I cannot help but see bits of my life reflected in their friendship; it reminds me of the strong bond I have with my friends. One of my favorite things about the show is how relatable it is. There is always a moment that makes me think, "Been there, done that!" Like when Katie tries to motivate Alexa with wild ideas that sometimes go completely wrong. It reminds me that whenever I take any advice or suggestions from my best friend, I always tend to do the opposite! Just like Alexa and Katie, our plans often lead to more laughter than anything else! In the end, Alexa & Katie is more than just a show; it's all about friendship and the crazy moments that make life special. Whenever I need a laugh or just want to feel good, I know I can binge-watch this series. It reminds me how lucky I am to have friends who can always make me smile, no matter what kind of day I'm having.

The Last Train Home

The clock struck midnight as lvy hurried to the station, her breath visible in the cold air. She had missed the last bus, and the only way home now was the late-night train which ran less frequently than during the day. The platform was empty, the only sound was of the approaching train. As the train came to a halt, its doors slid open with an eerie shrill. Ivy stepped inside; the dimly lit train was filled with the scent of old metal and dust. A few scattered passengers occupied the seats, their faces covered by shadows. She chose a window seat, hoping to be left alone for the short journey.

The train moved forward. Ivy looked around at her fellow passengers; her heart rushed when she noticed a man in the corner staring closely at her, his eyes wide and unblinking. She shivered and turned away, trying not to think of the uneasy feeling creeping up her spine. Suddenly, the lights flickered, casting dark shadows on the walls. Panic surged through her as the train jerked violently, the lights went out completely, and everything was dark. Fumbling for her phone, she found it had no signal. The other passengers whispered nervously, and the man in the corner leaned forward, his face barely visible. "Don't be afraid," he said. "It's just a little longer until we reach our destination." The train began to slow, not at a station but as if being pulled backward. The air grew colder, and a chilling wind swept through the carriage. "They never make it home," the man said, his smile sparkling in the dim light. Ivy's heart raced as she ran for the exit, but the doors slammed shut, trapping her inside. As the train vanished into the fog, lvy realized she was another lost soul, forever trapped on the last train

My Brave List: Dreams Waiting to Happen

Fear is only temporary, but regret lasts forever I would love to say I am fearless, but let's be honest - I am more of a 'think twice and then maybe think a third-time' kind of person. There is so much I would love to try if only my heart did not start racing like I had just seen a snake slither across my path. Take public speaking, for example. I can talk for hours with friends, but the second I imagine myself on stage, I feel like I might turn into a human statue. Watching people own the spotlight is inspiring, but when it is my turn - my hands are already sweaty just thinking about it.

Then there is skydiving. Imagine the thrill of jumping out of a plane and flying through the skyl It sounds incredible, but the thought of free-falling makes my stomach do flips. What if the parachute doesn't open? Or worse, what if I land in a tree? And don't get me started on scuba diving. Swimming with colorful fish and exploring coral reefs sounds like a dream, but what if a shark decides I look like a snack? I can already picture myself nervously trying to remember all the safety tips while floating awkwardly in the water. For now, I'll keep my adventures above water!

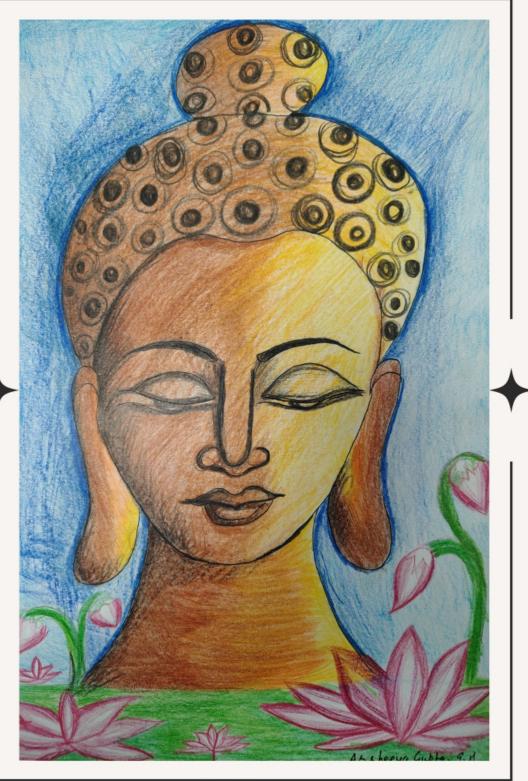
However, I'm learning that stepping out of my comfort zone is what makes life interesting. Maybe one day I will be brave enough to tackle these challenges. Until then, let me just take small steps. After all, YOLO, right?

Is Home Where The Heart Is?

They say home is where the heart is, but I feel like home is in the heart, home travels with you as life goes on. Something about India feels like home. I can't tell if it's the spicy food, busy markets, beautiful festivals, the taste of garam chai on a cold winter morning or that one red light that always has traffic or the overall feeling of belonging, community and, well, 'home' I can't imagine leaving this beautiful country, but if I were to leave, the one thing I would miss the most would be my room and my house. I know that I'd get a similar room in a new house with new beginnings but it wouldn't be the same. This is my childhood home. I took my first steps here, my room has seen me laugh and cry alone or with friends and these walls hold memories that books or photo albums cannot. Every single corner is filled with stories and incidents that once took place and I can't imagine leaving them here. I can't imagine having to familiarise myself with a new structure, new walls, new painting on the walls, I just can't imagine leaving this home. It gives me a sense of belongingness and I can't fathom the amount of pain I'd experience if I were to leave. Home is not four walls and a roof. It is a compilation of memories and the echo of these memories will last forever.

After all, home is where the heart is.

Saanvie Sachdev 10B



Arsheeya Gupta 9



Aashna Sabharwal 10C

Behind Mirror Avika Gupta 11A

Women are often burdened by a persistent tension the tension stemming from societal expectations about the 'correct' way to embody womanhood and the 'appropriate' behaviour for women. This tension is notably apparent in the rigid beauty standards that society imposes on them. A woman is often judged based on her ability to be polite, charming, and unobtrusive.

While women are increasingly taking on roles in the workforce, they are still expected to accept a significant pay gap, earning on average, 77 per cent less than their male counterparts in private firms. Depending on one's perspective, a 'good' woman may also be required to fulfill traditional roles as a mother, caring for and raising children while remaining content in her domestic role, without voicing any complaints. Women who deviate from these expectations may be labelled as undesirable or flawed.

Moreover, within the realm of feminism, a similar dichotomy emerges - the idea that there are right and wrong ways to be a 'feminist', and that there are consequences for not aligning with these prescribed ideals. This multifaceted issue underscores the complex web of societal norms and expectations that women grapple with, both within and outside the framework of feminism.

'Essential feminism' erroneously portrays feminism as characterized by anger, a lack of humour, militancy, rigid principles, and a set of prescribed rules for being a 'proper' feminist or a 'proper' feminist woman. These misrepresentations suggest that feminism requires unilaterally condemning the objectification of women, rejecting the male gaze, harbouring hatred towards men, prioritizing a career above all else.

However, it's important to emphasize that this description is far from an accurate representation of feminism. Unfortunately, the misperception of feminism has endured for so long that even individuals who should be well-informed have come to accept this distorted image of what feminism truly represents.

There are times when I wince at being labelled a feminist, as if I should feel ashamed of my feminism or as if the term 'feminist' is meant as an insult. This label is seldom bestowed with kindness. It is usually applied when I have the audacity to suggest that the deeply ingrained misogyny in our culture is a genuine issue that demands unwavering attention. There is a widespread assumption that every woman is a feminist. In India, the struggle for complete freedom and empowerment of women persists, contributing to the country's reputation as still not fully developed in this regard. Men, too, often maintain the belief that they do not need women. However, what they fail to recognize is that in Indian mythology, not a single deity exists without a counterpart goddess, each as powerful as the deity itself.

The world can often appear to be a complex and challenging place. When we contemplate it, achieving full gender equality may seem like an insurmountable task. For instance, as the world offers more opportunities to women, it may appear that men are being marginalized. They are often pressured to exhibit strength, determination, and a certain behavior to be distinct from what is expected of women. Interestingly, in recent times, a noteworthy observation is that a substantial number of calls to nighttime helplines dedicated to women's safety are made by men. The term 'sexist' is commonly associated with discrimination against women. Still, its actual meaning extends to any form of discrimination or societal bias directed at an individual based on their gender.

The world is evolving, and so is India. New terms and laws are being introduced to promote the well-being and equality of people. However, a significant issue lies in the fact that a considerable portion of the world misunderstands these terms, leading to the spread of incorrect ideas.

What people often fail to realize is that this generation and era encompass much more than just sexist prejudice and discrimination. We have made significant progress in moving away from adhering to society's imposed beauty standards and the pressures associated with them. People must recognize that equality is a vital and unavoidable necessity at this point.



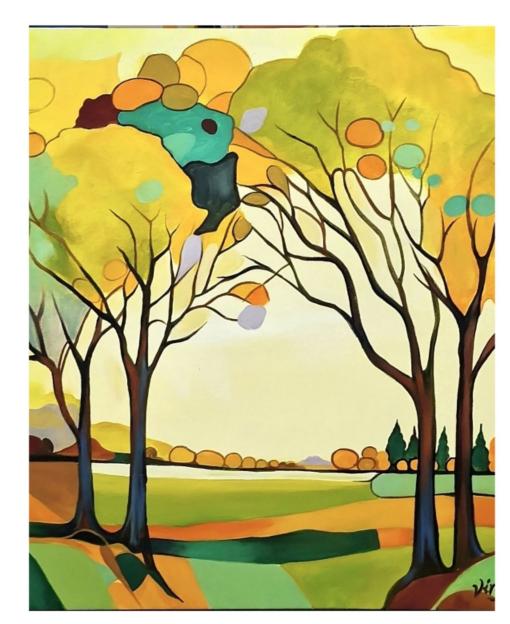
A Hero In Uniform, A Father At Heart

values, even when the world tests you.

He has always said, "Integrity is doing the right thing, even when no one is watching." That lesson has stayed with me, guiding me through every decision I make. Whether it's in my personal life or my career, I try to uphold the honesty, discipline, and kindness that he has always lived by.

Despite his tough exterior, if I'm being honest, he is probably one of the silliest, kindest people I have known.

I have seen him care for his soldiers like family, always ready to extend a helping hand. His humility is what makes him a true leader - not just in the army, but in life.



GOENKAN ARTWORK

Viraj Tanwar 10c



World's Perspective View

what is reality, thought to mysell pesceluay.

A fragment of my imagination, I suppose, where I can see only 3-D figures rather than stick figures, using words to express rather than just colours, having feelings and expressions rather than just emojis. But what is reality?

I believe it is a 3-D model made by God.

merely because he did not know how to draw stick figure:

Life Back Then

The best days of my childhood were a mix of chaos, adventure, and occasional mischief. Every morning felt like an episode of a cartoon where I was the hero, ready to conquer the world - or a least the backyard. I remember the thrill of pretending the floor was lava, jumping from couch to couch with the agility of a ninj Of course, that often ended with a scolding from my parents after crashing into the

coffee table, but it was worth it.

The highlight of every summer was the battle of water balloons with the neighborhood kids. We'd run around like warriors, unti someone inevitably called a truce - usually because someone's mom started yelling about wet clothes. Let's not forget the ultimate childhood crime: sneaking into the kitchen for extra cookies. I swear, I had the stealth of a spy, except for that one time I knocked over a stack of pans and got caught red-handed Life back then was simple - full of bike rides, scraped knees, and endless popsicles. Little did I know those moments of freedom, when my biggest worry was picking the right crayon, were the best days of my life.





The Walk to

If darkness blinds you, remove the blindfold and see the light through your own eyes. If greed and corruption hold you back.

Break the chains with a light sword and run to the brightness. If fear and insecurity put you in a cage,

Break the cage with a bubble of light.

Walk from darkness to the brightness, into a new day with iov.

Be the light to someone else's darkness.

Be the light that shines.

Siya Rai 12B

Dear Diary

The Diary of a Young Albanian Boy: Envisioning a Peaceful Tomorrow

March 27, 1999

Dear Diary,

I woke up to the sound of Mama and Uncle Liri's laughter in the kitchen. Ever since he came back a few weeks ago, the smile on her face has finally returned. I could smell the delicious baklava she was preparing for Bajram from my room and went to ask her if I could have some before I left for school. I remember the day he packed all his bags and left with his friends, we didn't know when he would be back. Not long after, the scary men in uniform came to ask about him. My heart was pounding, I didn't understand why they were looking for him, but I'm glad he's back.

After eating some baklava I left for school, even Mama ate some with me. Not long ago, she would hardly eat anything. She always told me and Lejla that she wasn't hungry, went days without eating but would always make sure we finished our food. I feel happy that she finally got her appetite back!

I walked to school with Lejla, it was strange no longer having to hide my books when I left the house. Those scary policemen blocking the entrance to school have finally left, but Miss Drita doesn't teach here anymore. Miss Drita used to teach us in the mosque when they would not let us in the school but one day she stopped coming. I heard Lejla and the older kids saying that she was taken away, but I don't believe them, she never did anything wrong.

Today, we learned about the planets and stars, and it was much easier to understand in Albanian. I do not understand Serbian very well, but Milos is trying to teach me! Miss Drita would translate Serbian books for us in the mosque since the Albanian books got burnt by those policemen. I'm happy that they are gone.

After the lesson, we played games and made drawings of the ocean and fish. Baba loved to fish, he said he would teach me how to catch my own when I was old enough. I miss him, but Mama says he is in Jannat now with the angels.

In the evening, Milos and his family joined us for the feast. The table was filled with food Mama made: pita, sarma, meats and of course, baklava. They loved the food, and Mama and Milos' mother even shared recipes. I played my favourite Albanian songs and Milos played melodious Serbian songs for us, and we all sang and danced together. Lejla and his sister became fast friends and spent the whole night playing with dolls in our room. Milos' father loves fishing too, and offered to teach me and Milos next week!

I'm glad I met Milos, and that we could all spend time together. It feels like the bad days are finally gone, and everything is normal again. I only wish Baba was here to enjoy with us today. He would have loved to see Mama smiling again and eat her delicious baklava. It's getting late now, Diary. I have to go to sleep, we are learning more about fish tomorrow!

Goodnight Diary, Erion

Deepshikha Sharma 11B

The Book You Gave Me

the book you gave to me still lies unread on my shelf. a reminder that you still exist.
maybe a sign that I should pick up the phone.
and everytime I see your name,
I miss you more and more,
because you don't call as often anymore,
maybe because you know I hate goodbyes,
the silence afterwards that haunts,
the disconnect lasts an awful eternity,
the unkept promise to call again soon,
and all the questions that pound my head,
how long does it take for you to forget
me when you put down the phone?
do you recognize when someone
puts on my old favourite songs?
do you forget me until you see the
book I gave you lying unread on your shelf?
well for all it matters, I would still love you till the end.

Bitten Tongue

At times I shouldn't be awake and the world is silent My thoughts settle and my eyes tear up as I quickly scribble down everything I don't dare say out lou My secrets and fears, my failures and lies My imagination running wild and the chaos of my messy mind But as soon as it's my turn to show and tell, I quickly run and hide Because I know what they all will say How they will silently laugh and roll their eyes How they will whisper and say my dreams are too high And I hate to admit it but I fear they might be right So instead of trying, I swallow my words, bite my tongue And just hope one day, I don't care what they say.

Death; My Father

5-1

Death is my father
always looming over me
unpredictable, unsettling
like the autumn wind in my face on a freezing day
or the beach sand in my shoes after rain
as gentle as the sun on my face when I was a kid
as sharp as my sister's words when I pulled her braid
an intruding face
always there when not wanted
never there when needed
I don't know him yet he's all around
taunting me, hiding in the shadows
my biggest fear, the inevitable end
six feet underground or ashes in the wind.

Me Onlooker

the book you gave to me still lies unread on my shelf. a reminder that you still exist.
maybe a sign that I should pick up the phone.
and everytime I see your name,
I miss you more and more,
because you don't call as often anymore,
maybe because you know I hate goodbyes,
the silence afterwards that haunts,
the disconnect lasts an awful eternity,
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well for all it matters, I would still love you till the end.



Cherishing Our Goodies Over Their Glitzy Goods!

Nurturing our own growth lets us shine with our unique glimmers, leaving behind the flashy distractions of others. In a world where comparison and judgment are prevalent, it can be tempting to constantly assess ourselves and others based on perceived shortcomings. However, it is essential to remember that our self-worth should not be determined by the successes or failures of others. By shifting our focus onto our accomplishments, strengths, and growth, we can cultivate a healthier mindset and experience greater satisfaction in our own lives. We can build confidence, self-esteem, and happiness by embracing and nurturing our unique qualities, talents, and achievements. By recognizing and celebrating our strengths, we empower ourselves to thrive and positively impact the world. Using our strengths benefits us and allows us to contribute to the betterment of society. Through self-reflection, we can identify the areas where we excel and tap into our full potential. By honing our strengths, we can become more equipped to overcome challenges and succeed in various life aspects. This approach allows us to define success on our own terms and celebrate our individual achievements without needing to measure ourselves against others.

When we focus on our growth and development, we become less consumed by comparing ourselves to others. This shift in perspective allows us to cultivate a sense of contentment and gratitude for our journey rather than constantly feeling inadequate or envious of others. Focusing on our own good can create a positive ripple effect in our personal lives and communities. By recognizing and embracing our strengths and achievements, we inspire others to do the same. As a result, we can foster a culture of support and encouragement where individuals uplift one another instead of tearing each other down. Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving toward finding the answer, and it is wise to direct your anger towards problems – not people; focus your energies on answers – not excuses.

In conclusion, it is more beneficial for our overall well-being to shift our focus onto our own strengths, accomplishments, and growth rather than constantly comparing ourselves to others. By doing so, we can cultivate a positive mindset, build confidence, and make a meaningful impact in our own lives and the lives of others. Therefore, whether you're 9 or 90, stop stressing over your weaknesses and put your energy into what you're great at.

She Walks in Beauty

She walks in beauty

As rapt and wordless, all the world looks on.
As the starry sky shines brighter with her alone.
Her eyes sparkle and her heart's true,
And I adore her, though this love feels cruelly due.

She strolls through the sand, And frolics past the warring trees. She speaks with such eloquence, Yet is kind, heartsome, and free.

She walks in beauty As the stars pay her, her tribute. And Helen of Troy lies humbled. Her hair flows like a river, And her eyes make men mumble.

She herself is her, for no one else can compare.
She is free, heartsome, and true.
And "I, for one, am mad," she said.
But as she walks under her starry tapestry,
I, for one, know truly that the world would be free again.

Adwith Gupta 12B



Aahana Agarwal 9A

Ahana Kumar 10A

What Do You Think of At Night?

What do you think of at night?
When sleep is hours away
When the moon sheds light
What do you think of at night?
When the crickets cry
The wolves wail
The owls prey and
The little creatures hide
What do you think of at night?

Daughter of The Sea

how to meet my end
I know it'd it be at sea
drowning in the unknown

the ocean sinking its teeth in me everything finally quiet, so quiet I'd never heard almost like the world stopped dancing around the sun

and the sea
all mighty and majestic
foaming at the mouth
takes back her daughter

the tide pulling her home and her melancholic, rueful bones rotting on the sand it's quiet, so quiet like nothing she'd ever heard then a voice reached from deep under her a Juliaby of the sea, finally welcoming her home...

Swarnima Singh 110

For All of History

For all of history, women have pioneered movements, championed social change and made invaluable contributions to society. However, recent research - which estimates that women are represented in only 2.5% of recorded history - proves that women are all too easily excluded from history. But, Henrietta Lacks' legacy is eternal. Born in Virginia in 1920, Lacks worked as a tobacco farmer for most of her life until she was diagnosed with cervical cancer. During her treatment, a sample of her cancer cells was taken and researchers who studied this sample found that her cells kept reproducing, ultimately making them immortal. Lacks died in 1951, but to this day, her cells have led to many scientific discoveries. In addition to HPV, the cells have aided in the production of the polio vaccine and contributed to advancements in cancer, AIDS and Parkinson's treatments and development of the recent COVID-19 vaccines. In total it is estimated that HeLa cells have saved over 10 million lives. If I had to choose whom to dedicate an International Day to, it would be Henrietta Lacks.

Vanya Joshi 11A

Ahana Kumar 10A

To Love a Broken Vase

Loving a broken vase is hard. Water and flowers on the floor, broken glass scattered through. The flowers soon start to rot, the water slowly poisoned,

with what the flowers once were. The fragrance seeped into the water but not quite the same as it was when the flowers once bloomed.

The sharp edges of the pieces left,
Lunging at anyone who tries to get close
The same flowers that once desired to be loved,
now quietly crumble into dust.
The water that once was full of life, now still and grey.
To love a proken vace is hard





GOENKAN ARTWORK

Rishaph Gupta 12e

Suvenaa Tayal 9A

What's on My Plate

I can hear your stomach growling with hunger, Craving for something savoury or sweet? Well, consider yourself lucky, I am here to give you a treat!

Just name the dish you desire, Your wish is my command. I am the world's fastest cook, In less than a minute, you will get what you demand.

Oh no! What's the matter? Allergic to dairy or wheat? Want it sugar or egg free, Don't worry, that's my area of expertis I am quick on my feet!

The daily worry of cooking is over, Nor restaurants can pass the test. Yes, I am your Magic Plate, I can create anything, All you gotta do is ask, sit back, and rest.

It all started when a while ago, I was starving and was looking for crockery in my kitchen. I came across a simple white plate that was one of its kind, most different from any other set. I took it out even though I hadn't decided what to eat! I was craving Maggi noodles, which I hadn't had for years due to my allergy.

As I told my mother that I really wished to have gluten-free Maggi, something occurred in the blink of an eye. There was Maggi on the plate, out of nowhere! The irony is that for the first time, Maggi got made in two seconds rather than two minutes! And the rest is history. This was the story of my most treasured possession.



Life's Echoes

At times, when you feel lost and confused, And life seems to fall apart, The right kind of guidance is all you need, To have a change of heart.

The two most powerful warriors are patience and time,
To reach the finish line, you need to stay calm.
Before you know it, there will be a solution to your problems,
Just as a seed gradually grows into a mighty palm.

Your potential is limitless, Pursue what you desire to be. No one can stop you from going the extra mile, Just as the river never stops flowing into the sea.

When it feels like the worst has happened, Hope is the last thing to lose. The Sun may disappear at night but it still rises anew, Thus, the good times too will soon take away the blues.

Those Were The Days

6 a.m., and you are sleeping like a log, The classic excuse - "I have a stomach ache." Though you know you have to get ready, You rush through the gate, trying to stay awake.

The first period, and you are already thinking about the break Oh no! You forgot your assignment today. And when the teacher asks for it, You say- "I wasn't even present that day!"

Finally the break, but you know you got the same old, Who is going to save you? That one friend who always gets the best tiffin, Attack! And it's instantly gone too.

You are in such a hurry to grow up, but All of a sudden, you become old, And now you are greedy for your youth. School life holds the best memories, Take this as a warning, then don't say you weren't to

Ultimately you will say - "Time flew by so fast" Make this time special in your own ways. Cherish it while it lasts, because Later, you will think- "Those were the days!"

Teenagers and Mental Health: Practically Synonymous

Ah, teenage - the delightful stage of life where moods swing faster than a squirrel on an energy drink. If you've ever wondered whether the words 'teenager' and 'mental health' are synonymous, the answer is a resounding yes! Not because teenagers have it all figured out (spoiler: they don't), but because the rollercoaster of emotions they ride daily is enough to give a psychiatrist whiplash.

THE I'M FINE' ROUTINE - When a teenager says, "I'm fine", you know something is not fine. This phrase is like the emotional equivalent of putting a Band-Aid on a broken leg. It's their way of saying, "I don't want to talk about it, but I'll be staring at my ceiling in deep existential dread for the next three hours."

THE DRAMATIC FLARE-UP - For teenagers, small inconveniences turn into major life crises. Didn't get enough likes on a selfie? The world is ending. The friend didn't text back within 0.2 seconds? It's a betrayal worthy of a soap opera. You see, teenagers have a knack for turning the ordinary into the extraordinary - all through the power of drama. It's like they're the stars of their reality show, and every day is the season finale.

SOCIAL MEDIA - Teens scroll through Instagram while comparing themselves to perfectly filtered lives and wonder why their room doesn't look like a Pinterest post.

SLEEP: WHO NEEDS IT - Teenagers have a love-hate relationship with sleep. They love staying up late but hate waking up early (and by early, I mean anything before noon). Of course, being sleep-deprived only adds to the emotional chaos. So if you're wondering why your teen is grumpy, just remember: they're probably running on three hours of sleep, half a cup of coffee, and the sheer willpower to make it through the day without collapsing.

Ultimately, all the mood swings, identity crises, and overreactions boil down to one simple truth: teenagers just want to be understood. They're navigating the confusing waters of adolescence, trying to figure out who they are in a world that's constantly telling them who they should be. It's like being lost in a mall with no map, no phone signal, and an urgent need to find the food court.

Vivaan Sethi 9/

Js Perfect Enough?

The world we live in is primarily fixated on societally created conventional standards of beauty. We pick ourselves apart, dissect every minutely less than perfect detail, always wondering why can't we look like the models we have become so used to seeing on screen?

In a world where we're conditioned to believe 'flawless' is the standard, we cut ourselves to slivers, all to fit into a cookie cutter mould of what they believe simply should be. 'They', I mean, the corporate CEOs who create, campaign and then 'fix' insecurities that they championed.

Diet Coke and fake sugar, precisely measured calories; we're all dying and we're so good at making it look beautiful, desirable. But what of the unmistakable stench of rot from within? We're here, we're alive, and yet we insist on dying. And so, we take to cutting and pasting. Trying on different faces to see which one suits best, all while you kill yourselves with every drop of blood spilt. Tell me, will a pretty face make it better? Does it come with a warranty? Tell me, will you stay forever, even if her face doesn't stay together?

As naive as we are, we are also blind. When did it happen? When did we become indifferent to the light that is often our sole constant but far deeper than their eyes can find it? So she'll try to cover up her pain, erase her woes away, because cover girls don't cry after their face is made.

But the light flickers on, burns forevermore, because it is the essence of who you are. And when all is said and done, I think ultimately, it is what matters truly.

How easy it is to forget our faces are the collective sum of generations of people that loved each other. I think no other epiphany can be more freeing. And is that not, in itself, beautiful, too?

Sanvee Saroha 11A

Beauty Lies in the Eyes of the Beholder... or Instagram and Snapchat Filters

Ah, the age-old question: does beauty really lie in the eye of the beholder, or is it more a case of swiping left for the perfect filter? Once upon a time, beauty was a matter of personal taste, but in the era of Instagram and Snapchat, it's more like a matter of tapping until your face looks like it was crafted by an Al with a severe perfection complex. This poetic phrase suggests that what's attractive to one person might be average to another. Some beople find beauty in quirky smiles, unique eatures, or that 'just rolled out of bed' look. Unfortunately, these days, that beholder better have an Instagram account and a favorite filter, or they might not even notice you through the fog of social media perfection.

The modern beholder is faced with a dilemma. Do they appreciate you for who you are, or do they wait for you to upload a filtered version of yourselt that looks like a walking airbrush experiment? The choice is tough, but it's 2025 - why choose at all when there's a beauty filter for every mood? Instagram: The Museum of Filtered Reality has transformed the beauty game into something of an art form - or maybe a competitive sport. Scroll through your feed, and you'll notice that everyone seems to have the same glowing skin, impossibly high cheekbones, and eyes that sparkle as if they're lit from within by LED lights. Did everyone suddenly get blessed by the beauty gods? Nope, they just found the right filter.

Snapchat: Where Filters Get Wild, where beauty takes a weirder turn. Filters on Snapchat range from the slightly flattering (think: puppy ears with airbrushed skin) to the utterly bizarre (why does turning yourself into a potato seem like a great idea at 2 a.m.?).

The beholder, meanwhile, is left staring at two versions of you: the real one and the enhanced one that looks like you've been living in a skincare ad. And honestly, who can blame them for being a little confused?

So, where does beauty lie - in the eye of the beholder or Instagram and Snapchat filters? The truth is, it's probably a bit of both. Filters give us the power to present the best (and most exaggerated) version of ourselves, while the beholder - assuming they're not blinded by digital perfection - can still appreciate the beauty that exists beyond the pixelated enhancements.

The Average Indian Household

In our household, several old traditions are followed with the fervor of a cricket fan watching the final over of an India-Pakistan match. First up is the 'Chappal Flying Festival' a cherished tradition where mothers across generations have displayed their impeccable aim by throwing a slipper at their kids from across the room, especially during the sacred exam season. Legend has it that the chappal acts as a homing missile, turning corners and dodging furniture, to smack sense into any child who dares to take a break from their studies.

Then there's the 'Paranormal Pressure of the Elders' ritual, conducted religiously before every exam. It involves every aunt, uncle, and their pet parrot chiming in with unsolicited advice. From "Beta, drink almond milk, it'll boost your memory* to "Wear this special amulet, it'll ward off the evil eye," it's a full-blown community event. I once had an uncle who told me to sleep with a textbook under my pillow so that the knowledge could osmosis itself into my brain. Needless to say, I woke up with a stiff neck and zero new facts about linear equations. Don't forget the 'Celebration of the Single Digit' a grand, theatrical spectacle that unfolds whenever someone scores anything less than a 10/10 on their math test. This isn't just a simple acknowledgment of a less-than-perfect score. Faces are solemn, and tissues are at the ready, as if grieving over a great misfortune. Aunties with PhDs in gossip, who normally wouldn't be caught dead discussing anything more intellectual than the latest neighborhood scandal, suddenly transform into academicians of the

Now, would I carry on these traditions? Absolutely! Not only because they add a spicy tadka to the otherwise bland dal of life, but because they teach you the art of survival. The chappal teaches agility, the constant advice from relatives is great training for any future interrogation, and the single-digit celebration prepares you for any public shaming that might come your way. In a world that's fast changing, these little traditions are what keep us rooted.





GOENKAN ARTWORK

Bhavi Lohia 10D

Mind Matters: Navigating Mental Health in the Teenage Years

Teenage years are the most important phase of one's life. This phase might be the most beautiful phase or the other way around. Teenage years are all about difficulties, challenges, mood swings, ups and downs, new experiences, academic pressures, and personal growth; but when parents and friends help to overcome these, them, tell them how ungrateful they are, they do not hate those people rather they start to hate themselves which affects their mental health. During these transformative years, mental health plays a pivotal role in shaping the overall well-being and success of a child. Mental health is as important as physical health.

Common Mental Health Challenges for Teenagers:

- Stress and Anxiety The pressure to perform well in exams, meet expectations of parents, and make important life decisions can cause significant stress and anxiety.
- Depression Feeling sad, demotivated, helpless is normal until you start to lose interest in the
- things that you once loved to do. Starting to lose interest in your surroundings and not caring about yourself or the people around you are the signs of depression.

 Body Image Social media has glorified things such as the 'perfect body' while nothing like that exists. Peer influence can contribute to how we perceive our bodies. All of this leads to dissatisfaction with their bodies among teens, which may result in low self-esteem and eating
- Peer Pressure To fit in with their friends, many teens start to change themselves which leads to unhealthy choices, be it trying new things, choosing risky options, adapting unhealthy habits. Loneliness Despite being surrounded by people and friends, one still experiences isolation and

Tips For Maintaining Mental Health

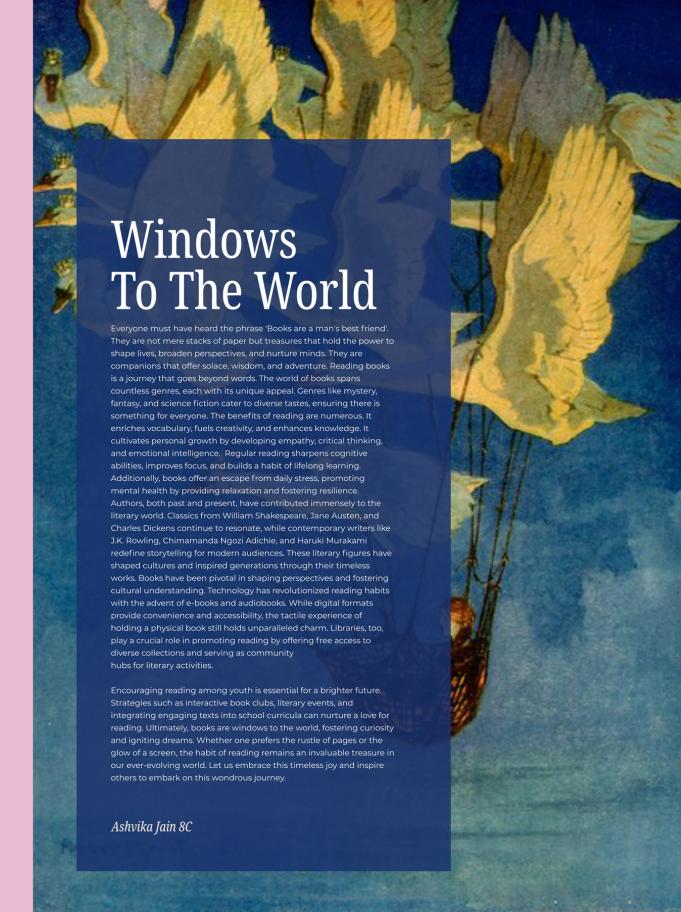
- Talk about your feelings It's really important to talk about how you are feeling to someone you trust. It could be one's family or a friend. Talking to someone about what you are going through provides a lot of relief.
- Proper meals Do not skip any of your meals because a good diet influences how you feel. It gives energy to tackle challenges.

 Proper sleep Sleep is vital for mental and physical health. Teenagers require more sleep than
- Taking a break It is okay to step back from everything for a while. Whether it's going for a walk, listening to music, or engaging in some hobbies.
- Connecting with others Building strong relationships with your friends and family can help a lot. They will support you emotionally whenever needed.

 Asking for help One should ask for help whenever needed and should not hesitate to seek support. There is no shame in asking for help from friends, family, counselor, teacher or mental health professionals. They will provide you with the best solution and guidance.

Make the most of these very significant years of your life and cherish all those moments that shape who you

North your heart pream with your Soul Inspire the World Your World Your World Your World Your World Your World Your Heart Pream with your Heart Pream with your Heart Pream with your Your Heart Pream with Your H





In Vasant Kunj, a school stands bright

Thirty years of journeys, of dreams taking flight
Nurturing young minds, igniting their might.
Teachers are like lanterns, their wisdom they share
Fostering leaders with passion and care.
From happiness and laughter to wisdom profound
In classrooms and corridors, inspiration is found.
With art and science, in sports and in play
Each child is unique in their own special way.
Celebrating the milestone, with pride in their heart
Together we flourish, we're never apart.

So here's to the journey, to the years that have flown
To the laughter, the lessons, the seeds that were so
GD Goenka, our school, forever we'll praise
For Thirty Thriving Years, and countless more days.

Krishiv Kher 7C

To Have A Jeacher As a Mother

What would it be like to have a teacher as a mother?

Would I study all day long? Will she correct me when I'm wrong? Will I excel or will I even know about

the lines of parallel?

Or will science be my fate?

For every exam will I get an answer

Would I even have to pay a fee? Would it all be the same? Would I even know my colony friend

Maybe when I'm far away from

I'll think about this all the way in Rome.

Charvika Arora 6D

Time and Tide

Time and tide wait for none' is a famous proverb that illustrates the value and importance of time. It makes us realize that nothing is more precious than time. Just as we cannot stop the tides in the sea - they ebb and flow constantly - in the same way, we cannot stop or store the time for further use. It runs continuously without stopping. It never follows the orders of anyone and never stops for anyone

Staying Active

Exercise is a way to remain active, fit, and healthy. We must exercise regularly to enjoy good health. We stretch our muscles and strengthen our bones when we exercise. It promotes healthy breathing and improves lung strength. Physical activity also improves metabolism and digestion. Exercise releases hormones in our body which make us feel happy. There are many different forms of exercise like aerobics, Zumba, stretching, playing sports, yoga, etc. Some daily activities are also great physical workouts, like cleaning the house, walking up and down the stairs, and lifting grocery bags. Exercise improves our stamina and helps us maintain a healthy mind and body.

Abhav Mehra 7B





GOENKAN ARTWORK



The Maggie Mishap

(An incident to remember)

Maggie without giving it a fair chance!" they said. So, they coerced him into trying Maggie again. This time, cooked to perfection with the right amount of masala. And, guess what? He absolutely loved it!

Now, my father is a total Maggie convert! He can't get enough of that iconic yellow packet. We're pretty sure he is single-handedly keeping the Maggie company in business. It's funny how life comes full circle, isn't it? From Maggie's mishap to Maggie mastery – my father's journey is a true testament to the power of redemption (and

Saavyaa Dubey 6A

The Most Important Thing

In today's modern society, where education is considered a basic human right, one that has been fought for for decades, it is natural for one to believe that gaining success in school is the most important aspect of life. As it happens, I am just one of the many students who strive for good grades in the 'house of learning' or school. But what we may see as friendly paper saying you failed a test or an activity, could ruin every

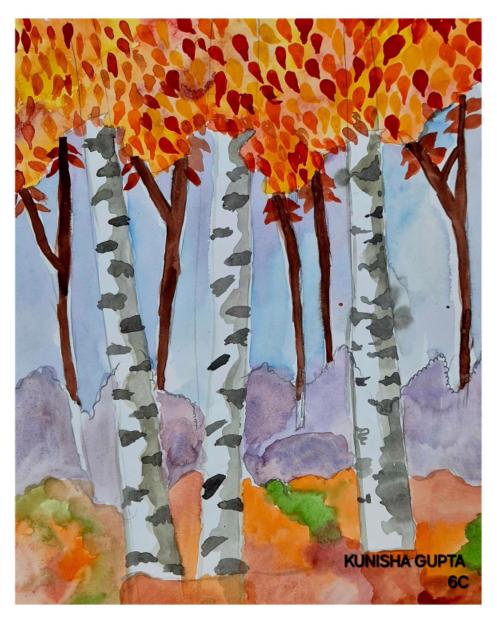
exams test our memory and the best way to prepare for them and fulfilled when you grow up. There are many who were considered failures by their respective schools but went on to become some of the most successful people in the world. A few good examples are Steve Jobs, who had horrible grades while in school and went on to become the CEO of the biggest technology company in the world, Apple, and Christopher

went on to become the world-famous actor he is today.

The point is, each of these people did not follow the cycle of getting good grades, getting into a college, getting a university degree, getting a good job and then leading a

never again question whether you are worthy of the world if whether you can solve for x, or whether you know that mitochondria is the powerhouse of the cell. As they say, when you find the perfect place for you, it won't matter if you have an A+ or a C-, but who you are. And that is what is, and will always be, the most important thing.

Diyaa Wahi 8A



GOENKAN ARTWORK

Kunisha Gupta 60

Aarika Nagpal 6C

A Joy To

thoughts. You forget almost every problem going through internet I found a book 'Build, Don't Talk' by an Indian public more psychological books on psychology and found greater interest in that field. These books help us understand human behaviour and ourselves better. Psychology says 'Read People The Way You Read Books'. Books are the only things that can heal your inner self. I really enjoy reading all genres of books but psychology books are my greatest

Do Humans Do Justice To Humanity?

Veronica Chowdhry 8A

A Mother's Love

A Part of Life

The one who loves is the good part of life. Education is the best part to make someone

Understand that rich was also some day poor in their life. Respect is the harmony of your life.

If you want to buy something, buy the hearts of everyone in your life.

We all are a family.

Samia Chauhan 7C



TO X Y I Practice of the control of

Cratitude means being grateful or having a strong feeling of appreciation for someone or something. According to Aesop, gratitude is the sign of noble souls. This gives us the message that truly good and honorable people naturally express gratitude. It is a powerful emotion that can significantly impact both the giver and the receiver. For example, simply thanking someone for holding the door or bringing you water can brighten their day and bring a smile to their face. These small acts of appreciation create a ripple effect of positivity. Practising gratitude can be in many forms, such as keeping a gratitude journal, where you can write things you are thankful for each day or express appreciation directly to someone who has made a positive impact in your life. When we express gratitude and receive the same, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel 'good'. In particular, those who regularly express gratitude can hope to sleep better, have an improved mood and have a boosted immune system. According to a 2012 study, people who express gratitude experience fewer aches and pains and also report feeling healthier than those who don't. In conclusion, gratitude is more than just saying 'thank you'. It's about recognizing the good things in life. When we show gratitude, we feel happier and our relationships with others get stronger.

Suhana Arora 81

The Glow of Pride

Diyaa Wahi 8A

Surprisingly, my patriotism often shows up when my country is at an extremely low point. When we're weakest. Because then, we are underestimated. Then we can prove them wrong, show them our strength. That is when we can, and do, rise up higher than ever before. After all, we're strongest after we're weakest. Picture this. It's 1983 and cricket has gained serious popularity. South Africa seems an unstoppable team, while India ... not so much.

So much so that during the match between India and South Africa in the World Cup, there was not a single camera flash. Not a single photo or video was taken. It was a no-camera match. An

No one brought any photographic materials, to capture what is now an awe-inspiring moment in history. People who came by taxi told the drivers to keep their engines on. It seemed an obvious thing to do. An invincible team, already qualified for the final versus an incompetent one, which was surely going to mess up its chances at the World Cup.

And then we won the match. Cricket became the major reason we're known and that day, Indian children began to dream of being sportsmen. The thing is, our country has always been ignored and overruled from the times of slavery and British rule, till the modern day with reservations regarding our development and who we are. And do you know what we did? We proved them wrong.

Every. Time.

No matter the constant name calling and prejudice: we rose up so high it was impossible to dismiss us. We would be disregarded no longer. India was finall in the game. No longer were our sports teams, or ou citizens ever to be underestimated. At least, not without the consequences of defeat

We can never really stop these assumptions. So, we take the scenic route. We confront them with our skills. Prove to them we're somebody. Now, we no longer have to fight to prove ourselves.

Now, we no longer have to fight to prove ourselves. We keep our eyes on the prize, and pursue our goals with passion and discipline. That is now our main priority. Not shutting down stereotypes. We aim to succeed. We just happen to end up shutting them down anyway!

We have the world's largest political landscape and trailblazing historical figures and are climbing the ranks rapidly. We are home to hundreds of different languages, cultures and traditions, all of which are recognised and represented. We have landmarks like the Red Fort, Taj Mahal and Qutub Minar. We have one of the largest arrays of unique wildlife. And it's safe to say, our food is phenomenal.

And the best part? We continue to grow and improve every second of every day. Sure. We have our flaws like every other country. But we all work towards improvement. Each moment of our lives. That is what makes us different.

So, now every time I see an Indian journalist shut down a hypocritical rumour, or see our Indian teams make comebacks in matches, or hear the national anthem, I glow with pride. Because I love my India!





Myrah Madan 7D Fount of Memories

I grew up listening to my mother about her school days when they used to share everything from tiffins to fountain pens to dreams. It's funny how those simple acts of friendship still hold the key to our success today.

motivate each other that we can conquer anything. It is surprising how the school teaches us the true essence of friendship, team effort and a sense of togetherness. As adults navigating the complexities of life, it's easy to lose eight of these lessers. But does

complexities of life, it's easy to los sight of those lessons. But deep down, we all know the truth that success isn't a solo journey. It's a team effort which is built on a foundation of trust, support and genuine care for one another.

Let's keep the spirit of camaraderie, that sense of togetherness that defined our school days. Let's be the kind of friends who lift each other up and who celebrate each other's victories as if they were our own. Because when we work together, there's nothing we can't achieve

So, here's to the friends - Let's be the fountain pens in each other's lives, ensuring that every success story is written with love, kindness and a whole lot of ink.

Together, we're unstoppable!



Forgotten Wealth

Near my house was an old graveyard. In that graveyard, two graves lay side by side. Every night, when everyone was fast asleep, the two buried there would rise from their graves and converse about their past lives.

The first man was boastful, always talking about the immense power and wealth had possessed during his lifetime. He would recount tales of his riches, the vallands he had owned, and the influence he wielded. The second man, however remained silent listening patiently to the first man's stories without uttering a word Night after night this routine continued. The first man would boast, and the second would stay quiet. One night the first man, curious and somewhat frustrated by the second man's silence, asked. "Why do you always stay quiet? Were you not happ with the life you led?"

The second man finally spoke. "It's not that I wasn't happy. My happiness was different from yours. You speak of power and wealth, but look at our graves. My grave is adorned with fresh flowers, placed by those who remember me. Your grave, despite your wealth, lies neglected and barren."

The first man was taken aback. "What does that matter?" he asked, "I had everything a man could desire."

The second man smiled gently. "Success is not measured by the number of positions or the power one holds. Tell me, does your wealth ever smile back at you. Your riches found a new host but nothing can ever replace the memories I created in the hearts of my loved ones. Soon, this graveyard will be filled with people who remember and cherish me while you will remain forgotten, alone in your wealth."

The first man fell silent, pondering the words of the second. As dawn approached they both crawled back into their graves, leaving the graveyard in a peaceful hush.

Give Them Books, Not Brooms

"As the morning marks the day, childhood marks the man

Children are the future generation of our country. Like all citizens, they also deserve equal rights to education. But it is unfortunate that a lot of children from poc sections of society are treated badly and are deprived of the necessities of life lik health and education.

Children from poor families are exploited mentally, physically, socially, and emotionally. Despite the ban on child labour, they are seen begging, picking the waste, and wiping dirty mirrors of the cars. They are forced to work in hazardous conditions like bangle-making, tobacco-making, etc. They also work as domestic help in some homes.

Child labour should be completely banned because the children of today are the hope of tomorrow. If the children are suppressed and exploited, a generation is lost Children are the future of our country. If the privileged ones lend a hand to the unprivileged ones, their difficulties can be eliminated. Public awareness should be created through print and electronic media.

All government and non-government government agencies should join hands to eradicate the problem of child labour from society. The problem cannot be tackled

should come forward and lend a helping hand and take action to help innocent children who are made to work from an early age.

Aahana Wadhwa 8E







Mikael Nazir Mir Class 6E

My Journey in

I started in Goenka when I was six
New friends and teachers we all began to mix.
Life's journey became an adventure
Every day was a new venture.
I met many mentors, learnt new words,
Mathematics, Robotics and Sports.
Goenkan vibe held sway
Now I am a Goenkan all the way.

My Full Moon Adventure

One day I was going to the forest with my family to a camping site.

That night while I was sleeping, I suddenly woke up with a howling sound. It was a beautiful full moon night. I tried to wake my parents but I guess they were too tired. So, I decided to go out of our tent and check it out myself.

Just then, I saw a pack of wolves. I took a deep breath and remembered that wolves howl on a full moon night.

I was still wondering if I should rush back to my tent when I saw a person walking in the distance. He was wearing an old brown coat, high boots, had curly hair and looked like a giant to me. He had a bag in his hands and was going towards a cave. I decided to follow him quietly and discreetly.

To my surprise he sat on a stone and started feeding the wolves with something from his bag. He was also talking to them and patting them as if they were his pets. I was scared and curious, but I also wanted to feed the wolves and become their friend.

So, I decided to introduce myself to the giant. I went up to him and said,

"Hello, my name is Nirvaan Shanker and I am here with my family for camping. What is your name, Sir?" He was surprised to see me there.

Then he said, "You should not be out alone at this time of the night, kid."

I asked him if those wolves were his friends and why he was not scared of them. Weren't they dangerous? He replied to my question and said,

*My name is Rubeus Hagrid and I have many animal friends. These are my new pets. Do you really want to

be friends with them? "

And I said, "Definitely, yes!"

He told me their names and made me touch them and feed them too.

We had a wonderful time talking about many different animals.

We discussed Pushmi - Pullyus, Dragons, Basilisk, Dinosaurs, Whales, Tigers, Mammoth, Sabretooth. The wolves became my friends too.

After we had spent some time together, he accompanied me to my tent and ensured I was back safely with my parents.

I told him it was a pleasure meeting him. He smiled and said.

"The next time you are here just come near this big oak tree and I will come to meet you."

He gave me a beautiful blue stone and asked me to keep it safe. He said it would help me in future as it had magical powers which I would be able to unlock with time.

Suddenly I heard my mom's voice calling me ... Nirvaan, Nirvaan ... She was trying to wake me up. She asked me to get up and get ready for the exam.

And I immediately realized it was a wonderful dream. I shared my dream with my mother and she smiled and enjoyed listening to my dream full of imagination. Tonight, I will sleep with the hope of meeting Hagrid again in my dream.

Who knows, I might get a chance to meet Harry too.
I love my dreams ...

Nirvann Shanker 6E



Fifty Gears from Now

Ayaan Jain 7D

Most of us may have imagined flying cars or the iPhone 20, but probably what none of us have thought about is how the natural world will look fifty years from now. Usually, when we think about our future, we think about advanced technology and a delightful tech-sawy environment. Indeed, there are numerous advantages we can look forward to, such as: Universal access to clean water and food Clean, abundant, and sustainable energy sources Elimination of all major infectious and inherited diseases Eradication of slavery globally Universal healthcare for all Elimination of weapons of mass destruction Stabilishment of a system of world justice.

releportation

While these paint a promising picture, there is a critical ispect of our future that we often overlook; we never thin bout how these days we are full our environment.

currently, our actions are leading to increased pollution contributing to global warming and various health problems.

Numerous studies have warned that our future, about fifty years from now, can be a life challenge. Increasing pollution can cause rising temperatures and extreme heat waves. According to a US report, the sea level will increase if immediate action is not taken, leading to flooding. Additionally, a third of the world's population could live in a climate similar to the Sahara in just fifty years, according to a study published in PNAS in 2020. That means 3.5 billion people could live with average temperatures in the mid-80s, 'outside of humanity's comfort zone' by 2070. On TikTok, a viral 'aged' filter recently gave users a glimpse into their future. The Al-generated filter predicts how you might look in fifty years, complete with sagging skin, deeper wrinkles, and dark spots from decades of sun exposure. In a matter of months, the filter amassed close to 11 billion views, and shook many with a sneak peek into the ageing process.

Given these challenges, it is essential that we work together to address environmental issues. While technological advancements are exciting and offer countless benefits, they should not come at the cost of our planet's health. We must prioritise sustainable practices and take action to combat pollution, climate change, and environmental degradation. By doing so, we can create a future where advanced technology and a thriving natural world coexist, ensuring a better quality of life for generations to come.

ing fragh Within

One of the most impactful movies I've ever watched is 'Kung Fu Panda'. On the surface, it's an entertaining story about Po, a clumsy and food-loving panda, but it's much more than that; it's a journey of self-discovery, resilience, and finding strength within.

In the beginning, Po feels out of place. He dreams of being a kung fu warrior, but everyone, including himself, believes he doesn't have what it takes. Watching his struggles, I couldn't help but relate. Just like Po, I learned that the key to success isn't being perfect, it's believing in yourself. One of the most powerful scenes is when Po discovers that the 'secret ingredient' in his father's soup is nothing at all. His father tells him, "To make something special, you just have to believe it's special." This simple truth hit me hard. Sometimes, we look for answers outside of ourselves, thinking we need something extra to be good enough. But the truth is, our value comes from who we already are. Po's journey taught me that it's okay to struggle and fail because every failure is part of the process.

By embracing who we are, our flaws, quirks, and strengths we can achieve things we never thought were possible. Whenever I face challenges, I try to remind myself of Po's story: the clumsy panda who became the Dragon Warrior, not because he was perfect, but because he believed in himself and never gave up.

Innara Jain 6E



My Not-So-Posh Trip

Mihira Singh 6C

You might think that this will be one more boring story because it's been written by an 11-year-old, but trust me, this is not just another adventure story, it's a story about conquering our fears. It began when I was woken up by my mother, who told me to get ready for our visit to the Elephanta Caves. We were at my aunt's house in Mumbai for my summer vacation. My 3-year-old cousin was already super excited and couldn't even decide which sunglasses to wear. She loves sunglasses. Our mothers packed some yummy snacks for the road. Finally, we sat in the cab to begin our journey to the Gateway of India.

We took the Sealink Road which

was exceptionally scenic. The Gateway of India was grand and quite tall. This was the place where the British first docked their ships ferry we were to go on, I was shocked. It was much smaller than I expected. I expected a big luxury small boat came as a rude surprise to me. I decided to not make it easy for my mother and threw a tantrum in which my younger sister gladly took part. Then I got convinced as my mother gave me her death stare which shook my soul. When the ferry started to move, my heart skipped a beat. The boat's engine was loud and the boat started to sway. That onehour ride to the caves felt like an eternity. I looked at my sister and realised that she had dozed off. I think it was her defence mechanism against fear. Then I I rolled my eyes at him because, scary boat ride ended and we reached the island where the caves are located.

I was the first to step off the boat and jump on a mini-train ride while the conductor kept shouting at me to buy the ticket first. It was time to eat my snacks which were being ogled by a murder of crows. I decided to eat later. The train took us to the start of the flight of stairs which were around 100 in number.

I felt tired after climbing only two because I was being followed by stray dogs. Mother told me that I could eat at the end of the stairs. and soon realised that I had company. When I looked to my side, I saw a monkey sitting next to me and baring his teeth. I shrieked and started running in circles, denying him the chips. Then my mother shouted at me to give the gave it to him. My little sister found all this very amusing and laughed the whole time. Everyone around was laughing at me. As we entered the caves, I looked back at the monkey enjoying my chips and

The caves were big and dark. There were four main caves and they all had Shiva and Parvati's sculptures in different poses. We took many pictures there but they all turned out quite dark. We were tired so we sat down at one of the caves to take more pictures and grab a bite. But I was not in the mood to be attacked by animals again. My mother threatened me with dire consequences if I didn't eat, so I hid behind a pillar and filled my mouth with biscuits.

We noticed that the dark clouds

had started to fill up the sky so we decided to head back. We climbed down the stairs, took the train, and reached the ferry. It had started to rain by now. I saw puppies hiding under the tarmac of shops. The ride back was even worse than the one before. The rainwater was getting me drenched and I did not posh. As the boat lurched and swayed, worse than before, I chanted 'Hanuman Chalisa' in my mind and promised God that I would not be a picky eater if he saved me just this one time. As soon as we reached the Gateway of India, I sighed with relief and thanked God. Then we took some

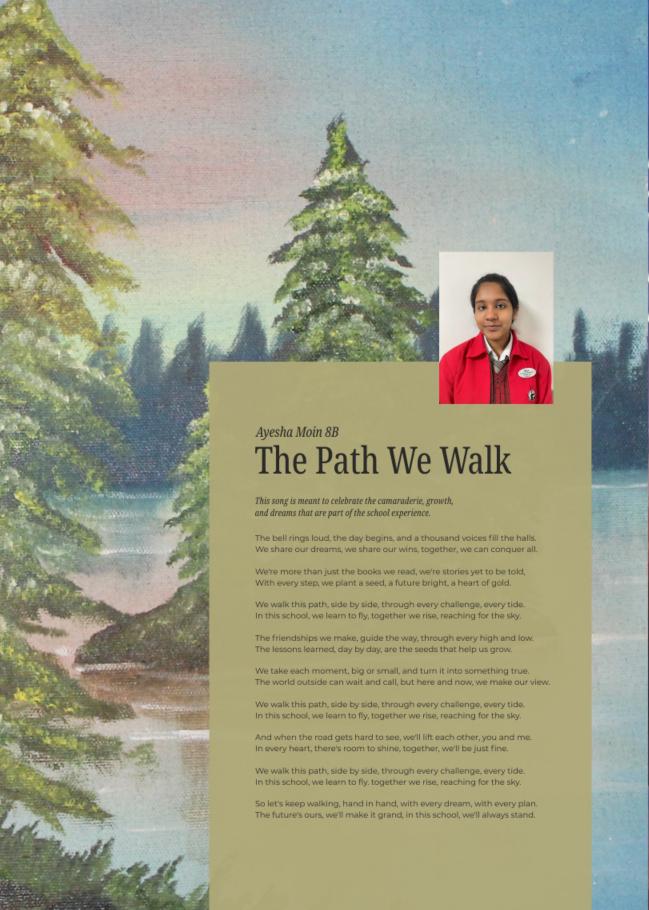
The Secret to Success

Good grades lead to success. I fully realise my stance is not fashionable today with many tech billionaires having dropped out of formal college and many more who failed exams, but dear friends, exceptions do not make the rules they just make great stories.

We are all part of a structured learning system namely a school. We are, in fact, attending one right now. This system of education is well designed to enable learning in a step by step process. There can be no debate on the validity of the school system as can be proved by it being mandated in both developed and developing countries. This method of gaining knowledge goes hand in hand with regular assessments of learning which is the point of contention today. Unless our grasp of the subject is tested, teachers would not be able to assess our subject knowledge. They wouldn't know whether for example the seven periods we spent on learning addition in Math were of use or not.

questions whether our good scores translate to success? Dear friends, ask any IAS officer, doctor, engineer, Army officer how good scores aided them is life and they will tell you that the grades they scored in exams were the foundation of success in their life. Grades or marks cannot lie, they are the objective truths that help us know our strengths and weaknesses.

Isn't success subject knowledge, hard work, good presentation skills, presence of mind and coping with stress? Yes, dear friends, that's what it takes to get good scores, that's what makes a person successful.





Prapti 6B

Life-Changing School Trip

Two years back, when I was in Class 4, I went on a school trip to Agra. Before going, I was just thinking about having fun with my friends. The excitement of visiting new places, sharing a room with my friends, eating goodies on the long road trip, etc., had taken over my mind. But as the trip progressed, apart from being just a happy fun-filled excursion, it became a life-changing experience. By being away from my parents for a couple of nights, I grew up. I realized that for every small thing, I was dependent on my parents. But while on this trip, I was managing everything on my own, from waking up on my own to dressing up, to making my hair neatly, folding and putting my stuff in my luggage, handling money, and shopping for things, I was all by myself.

This was very enlightening. I had become independent, and a realization struck me.

I realized how much our parents do for us. How much time of their daily life is gone in doing our tasks. They already have a lot on their plate. So, from now on, I decided to do most of my chores myself. My parents saw a new me and were very happy to see my growing confidence.

Maths is a subject in schoo What I like about it is it's really cool I practise it with my heart and sou But sometimes I am not able to reach my goal

My teacher lies in my heart
She's made learning fun as an art.
Generated my interest in her subject

I am really trying to improve my Maths As I love this subject and I'm trying my level best. The greatest thing you could ever learn It's really going to help in your life at every turn.

Sitting at home, doing my sums I'm no good at Maths, I'm all fingers and thumbs. She explains it in a nice way For which words are less to say.

Maths is necessary in lif
Without it, it is difficult to survive
I will practise Maths with my heart and sou
One day I will definitely achieve my goa

Maths Week is celebrated to give Ramanujan gratitude All Maths lovers give him a big salute

Rajvansh Arora 6B



"Imagination is everything. It is the preview of life's coming attractions." – AlbertEinstein
This means that what we imagine in our minds can shape our future. Our mind is a
powerful instrument that can control our tomorrow. Manifestation can change your life
It's like turning your dreams and desires into reality. You can manifest your dreams if
you strongly believe in achieving your goals and work hard towards them without
letting stress, self-doubt, and fears hold you back. It's a key that opens many doors.

Here are 3 simple steps to manifest your aspirations:

Ask - You get to choose, but be clear about what you want. That is your role!

Believe - Visualize your goal, feel it, and believe in it as if it's already yours.

Receive - Trust the process; in time, you'll experience the magic of manifestation.

The Law of Attraction plays a crucial role in manifestation. Even a single negative thought can multiply and derail your progress. For example, if you're participating in debate and want to win, don't let anxiety and stress take over. Maintaining a positive mindset can shift your focus and change the outcome in your favor. In the end, manifestation is about believing and making it come true!

Avantika Madhurantakam 7A

Underwater Adventures

Orangey was swimming around, digging up the gravel to make hills at valleys. Suddenly, he saw something green stuck between two rocks. He went towards it. It was a long and green stick. This will look good at top of the highest hill, he thought. He picked it up in his mouth and swam away towards the hill.

Guppy was tearing apart the plants when he saw Orangey. What's that?' asked Guppy swimming over towards him. 'Is it food?' 'It's a stick,' said Orangey. 'I'll put it on top of the hill.' He went towards the hill. Suddenly, Oscar swam up to him. 'You look like a villain from an old movie,' said Oscar. Orangey swam up to his mirror.' I do! Let's play something with this,' he said, completely forgetting about the hill. He called Guppy and they put on a play for the other fishes.

This is what happens regularly in the interesting world of the aquarium, decorated with small hills and valleys and floating leaves by the fishes.



Kaira Kumar 8C Under The

Tricolour Sky
The tricolour flag waves high,

Asymbol of our pride, Saffron for courage, White for peace, Green for growth worldwide.

The Ashoka Chakra in the centre, Spinning ever so true,

Guides us towards progress, In everything we do.

Ganga and Yamuna flow,

Sacred rivers of our soil,

Nurturing our fields,

Where farmers tirelessly toil

Echoes of history and legacy,

In every monument grand,

From the Taj Mahal to the Red Fort,

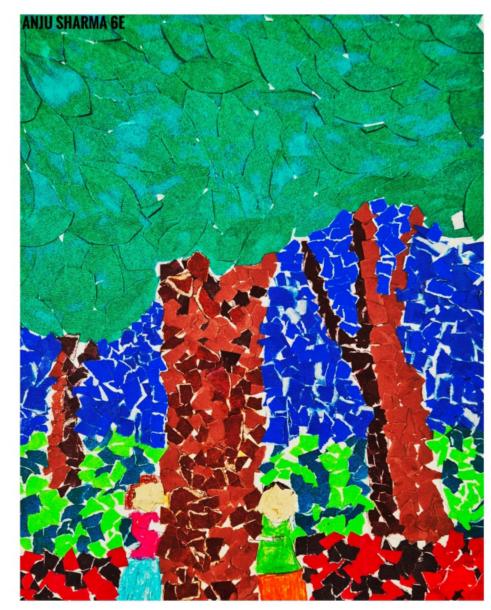
In every corner of our land.

as Makes the Atherines a martines and

What Is Your Inspiration?

inspiration?", we start thinking about our role models. Many of us believe that our first inspiration is our beloved mother. I have felt 'inspired' many times in my life and I started thinking about what inspires me or what truly is my inspiration. My mind's eye took me on a ride Which I was happy to be part of To see myself at the doorstep of success. Life was breathtaking ... Every thought, peaceful Every emotion, eternal Everything pleasant around. And my world - Earthly Heaven! It was then that I realized that ins is a force within ourselves. So, my menta leader, my mental image of achieving find inspiration not in big role models but in little things every day.

Ehsaan Bhat 6B



GOENKAN ARTWORK

Arju Sharma 6 E

Nature Through My Eyes

Anahita Gupta 8A

This nature is where we grew, Where skies are blue, And leaves with morning dew, Are we destroying this charming view?

Yes, we are. The stars seem so far, This nature is ultimately ours, Are we polluting the air with our cars?

Yes, unfortunately.
There is a change in air significantly,
We should be connected with nature
emotionally,
Aren't we behaving idiotically?

I am afraid, yes. Shouldn't we take stress, To save the earth and clear this mess We are the reason that nature is in distress.

Stay hungry, Stay foolish

Your grades don't define your abilities. Your degrees are not as valuable as your skills. Don't confuse education with intelligence.

In our society, children are brought up with the mindset that they must score high marks in order to succeed in life. Each year millions of students ask themselves why it matters if they get an A or C in their exams but still try to get the best grades possible.

It has been drilled into the heads of all the students that doing well in school is important for future success ... But how true is it?

While a good score in school might help you attend a good college, it still doesn't guarantee a successful career

I firmly believe that though there are links between academic and career success, there are still notable gaps. Good grades are not the sole predictor of success in life. Our skills and mindset are equally important factors that contribute to our success in all aspects.

This is precisely why many college admission boards and companies have adopted aptitude based entrances, scrapping the practice of relying on marks as a sole indicator of a student's potential. So we must give more importance to learning rather than merely achieving good grades. What picture forms in your mind when I say Steve Jobs, Mark Zuckerberg, Bill Gates, Richard Branson, Michael Dell, Coco Chanel, Ralph Lauren, Jack Dorsey?

Pure Delight

A cricket day, a special sight, Lord's Cricket Ground, shining bright. The crowd was loud, a cheering sound, As cricket balls flew all around.

The players battled, with all their might, The ball soared high, a wondrous sight. A wicket fell, a gasp, a sigh, The crowd went wild, reaching for the sky.

Though India lost, the day was fun, A memory made, till the setting sun. A cricket dream, a cherished sight, Lord's Cricket Ground, a pure delight.

Zoraan Chadha 6th C

Nowhere Town

The wind and the grass feel familiar. They feel soft Like your hands.

The sky whispered to me, He told me that Tonight the moon is going to rise as the ocean does.

We shall meet where the moon decides to rise. No matter whether it be over a hill or behind my garden.

The sky never lies

It whispers to me the truth and hope of a new life. The wind brushed my hair and the grass held me.

The sky whispered to me and told me to run away to Nowhere. I run with my shoes in my hands, but you are already nowhere.

You're already in love.

So you stay in place and watch me run with The river you drown yourself in. That's the last I saw of you. I wish you a safe ride to Nowhere Town.

Jiya Sharma 8E

Well, I could go on and on with such examples. Aren't they successful people? Doyou know that our very own mathematician S. Ramanujan had no formal training in pure mathematics but he made substantial contributions to mathematical analysis, number theory, infinite series and the list goes on and on and on

Many inspirational people are college dropouts whose success is not led by their outstanding grades. The race of getting good grades unfortunately puts a lot of pressure on the students.

To conclude I would like to Quote Mr Steve Jobs who said 'Stay Hungry, Stay Foolish'. Stay hungry for knowledge, curiosity, for wanting to make a difference in the world. Stay foolish to realise these dreams that you envision for yourself.

Prisha Talwar 8A

Devansh Gupta 6B

School Fun

Why don't teachers ever play hide and seek?
Why did the teacher bring a ladder to class?
What did the teacher say to the student who asked for help with math?
Why did the computer break up with the printer?
Why did the pencil join a band?
Why did the teacher wear sunglasses to class?

Riddle Time

I am the beginning of the end, the end of time and space, the beginning of eternity, and the end of every place.

What am I?

The more you take, the more you leave behind. What am I?

I am never ahead, always behind, yet I come before you every time. What am I?

I can be cracked, made, told, and played. I can also be a part of your daily life. What am I?

I am invisible, but I can fill a room. I have no weight, but I can make you feel heavy. What am I?

I can be heard but not seen. I can be felt but not touched. I am both a source of chaos and peace. What am I?

Answers:

School Fun

1.Good luck hiding when everyone's waiting for you to explain the lesson again!

2.Because the students were always climbing to new levels of confusion.

3. "Here's a calculator, but don't try to multiply my problems by being this confusing."

4.Because it found someone more compatible!

5.Because it had a sharp sound, and the lead guitarist couldn't handle it.

6.Because the students were so bright!

The letter "E"
Footsteps
Your future
A joke
Air
Sound

a

Growing up in New Delhi is like starring in a Bollywood movie, except I'm someone who somehow aces all the challenges. Life here is an unpredictable blend of mom's flying chappals, dad's motivational speeches, and my chaotic-but-effective study habits.

Let's start with my mornings. The smell of mom's parathas wafts into my room, luring me out of bed, but not before her third wake-up call: "Aaj bhi late hai, topper banna hai ya nahi?" Dad chimes in with his usual monologue about how kids in his day didn't even have mobile phones. By the time I'm dressed in my neatly ironed uniform, I'm already mentally preparing for the school day ahead.

School is my battlefield, and while I do manage to top most of my tests, it's not because I'm a perfectionist - I just have this weird knack for figuring things out at the last minute. Surprise test? No problem, I'll wing it and still manage to impress the teacher. That one friend who always borrows my notes? Sure, I'll share, but don't expect me to rewrite them if you lose them! And then there's recess when I eat my lunch and chat with my friends. But of course, someone always decides my food looks better than theirs.

Post-school is where the real fun begins. While my classmates think I must be buried in books 24/7, the truth is a little more balanced. Yes, I study, but not without my playlist of lo-fi beats and my stash of snacks. My study desk is more 'organized chaos' than picture-perfect, but hey, it works for me! Mom checks in every 20 minutes, dropping gems like, "Beta, IIT wale bhi break lete honge."

Evenings in Dilli are magical. The neighborhood park is my hangout spot where my friends and I debate the big questions in life: Which chaat corner is better? or why does the wi-fi always act up during online classes? And then comes dinner - whether it's golgappas, chowmein, or mom's rajma chawal, food is the ultimate mood booster after a long day.

Festivals in Delhi are an adventure in themselves. Diwali is all about lights, sweets, and relatives asking questions like, "Beta, kitna percentage aayega?" Bhaiya Dooj is a sugar fest where my cousins insist on feeding me laddoos till i'm ready to burst. And Holi? Let's just say I've stopped wearing white because no amount of detergent can save it from Delhi's pakka rangs.

Being an almost-teen in Dilli is messy, loud, and full of surprises. I'm not a perfectionist, and I don't pretend to have it all figured out. But somehow, between the chaos of studies, friendships, and food, it all comes together.

Would I trade this life for anything else? Nope, except maybe for an extra hour of sleep. But hey, this is Dilliand I'm just getting started!

Avira Dhawa<u>n</u> 7A



The Winter Lifestyle

Soft little drops of water raining down The choir is singing 'Santa Claus is coming to the Town'. The sound of aeroplanes flying, The chilly weather of Delhi is crying. Sound of vehicles here and there, People are thinking how quickly the New Year is here

Celebration is in our hearts,
Love is like the shooting stars.
The winters also brought us a cold rain
The weather here is singing again.
We wish you a Merry Christmas,
Let's spread cheer
A Very Happy New Year.

Aman Ajoy Dutta 6D

the divine

All the stars perfectly align and you get drawn to the Divine. Benevolence begins to bloom and removes all past gloom. All my ruminating thoughts are the reason I'm distraught. Now I yearn for a celestial slot realising happiness can't be bought. Only one thing is bona fide, dancing with my hands tied. All that shines is not gold never heeded the wisdom of old. Life's all about a leap of faith waiting for my spirit wraith. God's in the details, you'll see in the worst of gales.

Anaira Mongia 8E





A Battle Of The New Age

I am sure we have all heard of social media, right? There has to have been a time where we have been bored and decided to open up Instagram, Facebook or Snapchat. And amidst the mountains of mindless cat memes, facts that could 'save your life' and theories about the government hiding aliens from you, I am sure we have all come across at least one video that made us feel self-conscious. Think

There are several accounts online that share healthy recipes to lose weight or the perfect workout routine to gain muscles, or just openly flaunt their perfect body shape. I know I am not the only one who has been down that particular rabbit hole of content.

It made me question myself.

It didn't take long for me to figure out I wasn't the only one. Millions of people around the world feel unhappy with their body. And 95% of them feel this way because of the content they consume on ... you guessed it, social media. Yes, that may seem a little extreme, but it just goes to show what the internet can do to your mind regarding body image. And society has not done much to help with that, trying to find flaws in every single unique individual it comes across, all in an attempt to cover up its own insecurities. Beauty standards become so deep-rooted in us that even the relatives and friends closest to us could body shame us in the name of concern. Now I can tell you're doubtful here. Could a single image of someone with a perfect body really shatter you so much?

If the answer is 'no', then we would not be having this debate today on a worldwide scale. The truth is that not even the creators who you and I envy can escape this rat race of ever evolving beauty standards. If you gain some weight or become bloated, you suddenly need to go on a diet immediately. If you become underweight, you are suddenly seen as weak or anorexic and need to start eating more. If you do manage to fit into what people expect of you, you mustn't flaunt it or you're trying to make others feel insecure and are an attention seeker. And very soon the body that you worked so hard to mould into society's idea of perfection will be discarded, out of fashion, as a new trend washes in, leaving you scrambling to

To mark twenty years of real beauty, Dove, a beauty company, launched a short film campaign highlighting what Al has come to understand beauty as and the results were lable just easy, not

encouraging. Flawless skin, facelifts, lip fillers, a perfect jawline, the list of unrealistic qualities is endless. What are we doing about it? More importantly, what are the negative impacts of superficial beauty standards on our psychology? Most requirements portrayed by culture, media and Al are unachievable and could make you constantly compare yourself to random strangers on the internet. These unrealistic goals perpetuate an inferiority complex which can lead to serious psychological issues like eating disorders. A new study has discovered that women who feel bad about their bodies due to social media are twice as likely to develop unhealthy eating habits. Today's top beauty stars often promote the idea that you can achieve the perfect look with the right diet, but this isn't always true. It's good to eat healthy, but don't get manipulated into counting every single calorie you eat.

It has also been proved that these beauty

It has also been proved that these beauty standards can cause mental health issues, because no matter what, you can never keep up with them, they just keep changing. Imagine trying to get to the finish line and when you think you have reached it, it moves a little further away. You feel dejected, right? This is what happens to our mindset after prolonged periods of chasing after these impossible standards.

The beauty industry is an enterprise that has rooted itself into social media, now rising to its surface, and preying on our innate need for validation, dragging us down in the process. It is constantly pushing us to change, causing some to explore cosmetic surgeries to fix what they see as flaws. These surgeries are usually risky. In fact, most people come to regret them later if they are lucky enough to survive them without medical complications.

So, let's make a pledge today to rip that power of their hands. Your definition of beauty is for you and only you to decide. You should define your worth, not social media. Celebrate your features, and even insecurities. Rejoice in what gives you confidence and strength, and try your best to live as happy as you can make yourself. Because no one gets to tell us we're not beautiful, when we have been all along.

Diyaa Wahi 8A

The Sketches of A Lost Soul

Once upon a time, in a vast, uncharted jungle, a young girl named Elara lost her way. She had wandered too far from her village, losing her way and finding herself deeper in the dense forest than she had ever imagined. The sun had long since disappeared behind a canopy of thick trees, and Elara, feeling desperate, kept walking in the hope of finding someone or something that could guide her back home.

Hours passed, and just when she was about to give up, she stumbled upon a small, abandoned lodge nestled between the trees. It looked as the upon the standard of the st

Hours passed, and just when she was about to give up, she stumbled upon a small, abandoned lodge nestled between the trees. It looked as though it hadn't been lived in in years, yet there was an odd sense of safety there. Her stomach growled with hunger, but her eyes fell on a dusty, old wooden table near the corner of the lodge. On it sat a small packet of colourful chalks.

Elara's heart sank. She had been hoping for food or supplies, but there was only this. Feeling disappointed, she picked up the packet and opened it. There were seven colors: red, blue, yellow, green, orange, purple, and white. She sighed, wondering how this could help her escape her predicament.

With no paper in sight, Elara took the chalks and began to draw on the bare walls of the lodge, sketching whatever came to her mind - simple, abstract shapes, trees, flowers. She hoped the act of drawing would at least distract her from the fear that threatened to overwhelm her. But as she scribbled, something strange began to happen.

The moment Elara finished a drawing, the exact opposite of what she had drawn appeared somewhere else on the

The moment Elara finished a drawing, the exact opposite of what she had drawn appeared somewhere else on the wall. If she drew a blue sky, it turned into a red one. If she sketched a simple tree, the opposite - a tree with branches extending downward instead of upward - manifested before her eyes. At first, she thought it was a trick of the light, but soon, it became clear: every stroke she made created an opposite reality.

soon, it became clear: every stroke she made created an opposite reality.

Amazed by this strange power, Elara began experimenting more. Her drawings were no longer simple; she drew complex scenes, animals, and people—but always the opposite versions of them. She drew an ocean, and from it, a desert appeared. She sketched a bird, and its counterpart - a fish - flapped its fins on the wall.

Her creations began to grow bolder, and soon, the once-quiet lodge was covered in these otherworldly depictions. Elara was so consumed by the strange magic that she almost forgot why she was there. It wasn't until a few days later that she noticed the noise outside the lodge - voices, footsteps. Curious, she ventured outside and found a group of travelers who had heard stories of her unusual art. Word had

Curious, she ventured outside and found a group of travelers who had heard stories of her unusual art. Word had spread like wildfire. The magical drawings on the walls had captured the imagination of those who had heard rumors, and soon a crowd of curious onlookers had gathered in the jungle to witness the girl's ability to create the exact opposite of whatever she drew.

The fame that followed was a double-edged sword. Elara became a sensation - her story reached the city, and the curious came in droves. But with fame came trouble. People wanted to exploit her ability, to study it, to understand how it worked. Some offered riches, others threatened harm if she didn't comply with their demands.

Elara, however, was frightened. The jungle had been a refuge for her, but now it was becoming a cage. People followed her, pressuring her, turning her life into a spectacle. She realized that the gift she once saw as a form of expression had now become a burden. With a heavy heart, Elara made a choice. She disappeared once again into the jungle, leaving behind her drawings and the crowds. The lodge, with its strange walls, stood empty once more, but Elara was gone. Some say she still wanders the jungle, drawing her opposites on the walls of hidden places, never to be found again. Others say her magic was too powerful, and she simply faded away, leaving behind only the mystery of her creations

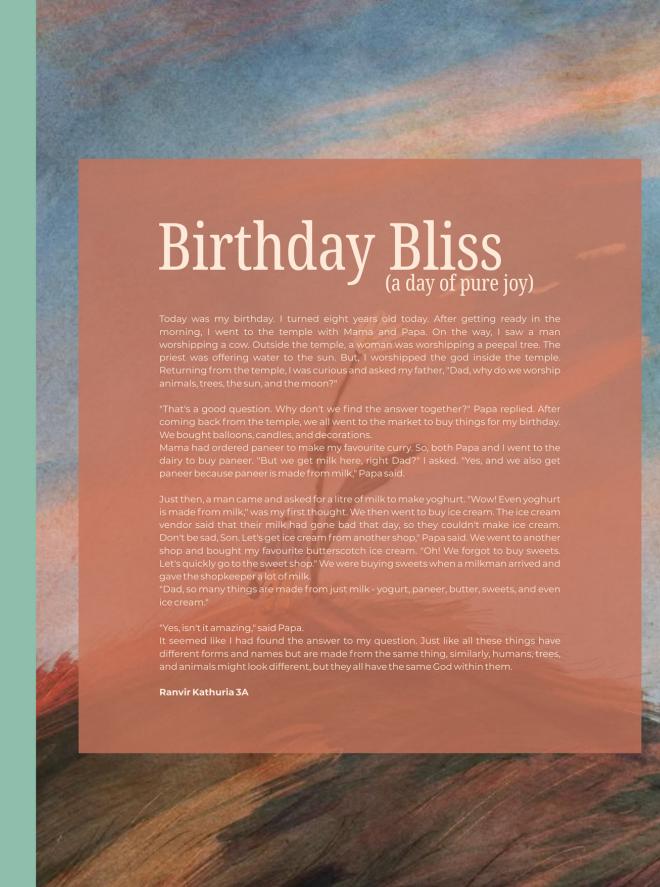
And so, Elara's story became a legend - told in whispers by those who still venture into the jungle, where the walls of the lodge continue to tell their own strange tale.

Devvagnya Khanna 6C



Small Steps lead to big dreams

Every Step Counts in Learning! >>



Nightmares!!

on your warm cozy bed. The freshly laid sheet gently touches your skin, pampering you with comfort and softness. You slowly doze off ... Wait!!! Are you falling?? Uh oh! A dream!
Well, I get them too. In fact, all of us do. If we talk about the science

Interesting! Isn't it? I had many illogical, scary and emotional dreams. They are often based on our life experiences and thoughts. Once I had a horrendous dream where a creepy Gargoyle with

Well to be honest that was quite frightening
Dreams are not always nightmares as we can have some sweet and
mesmerizing dreams too. In early times cavemen used to believe
that nightmares about dangerous situations were good because
they had already given them experience in such situations in real

Dreams are also based on our thoughts, fears and core memories.

Once I woke up laughing as if I was Juan Bobo from the story 'Juan that if we see a ghoul or ghost in our dream we might be in some danger. Well, the human brain is quite a complex system, we never know what is going to happen next.

Dreams!! Extremely unpredictable subconscious thoughts that our brain knits every night. Don't worry if they are scary, happy, worrying or even if they make you anxious! By the end of the day, they are our own thoughts and our creative mind is working on its own to gather all experiences and design an amazing scene!

Now let's head back to start a long day and plan what we are going

to dream about tonight...

Saanvi Singh 4C

I Woke Up With A Start ...

around me were towering lollipop trees swaying in a gentl breeze. Rivers of warm, flowing chocolates wound through the land and colourful candy stones sparkled on the banks As I sat up, blinking in wonder, I saw Gummy bears hopping around, each with a friendly smile. One of them, wearing a tiny red hat, came up to me and said, "You must be the one the Candy King told us about! We need your help to find the lost jellybean treasure. Without it, our candy land will lose its lost jellybean treasure. Without it, our candy land will lose its colours!" I gasped, feeling both excited and a little nervous. Looking around I could see cotton candy clouds floating in the sky, and little candy butterflies fluttering around. The adventure was only beginning, and I knew I was ready to face whatever sweet surprises lay ahead.

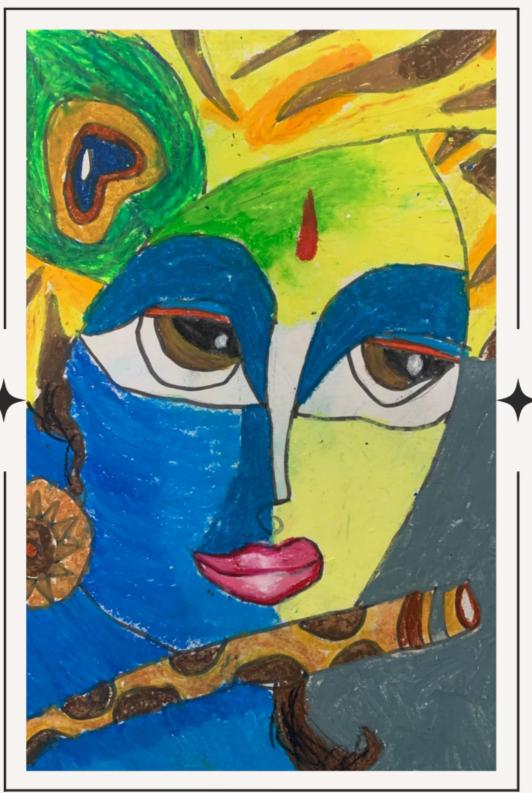
Ahaana Hans 5A



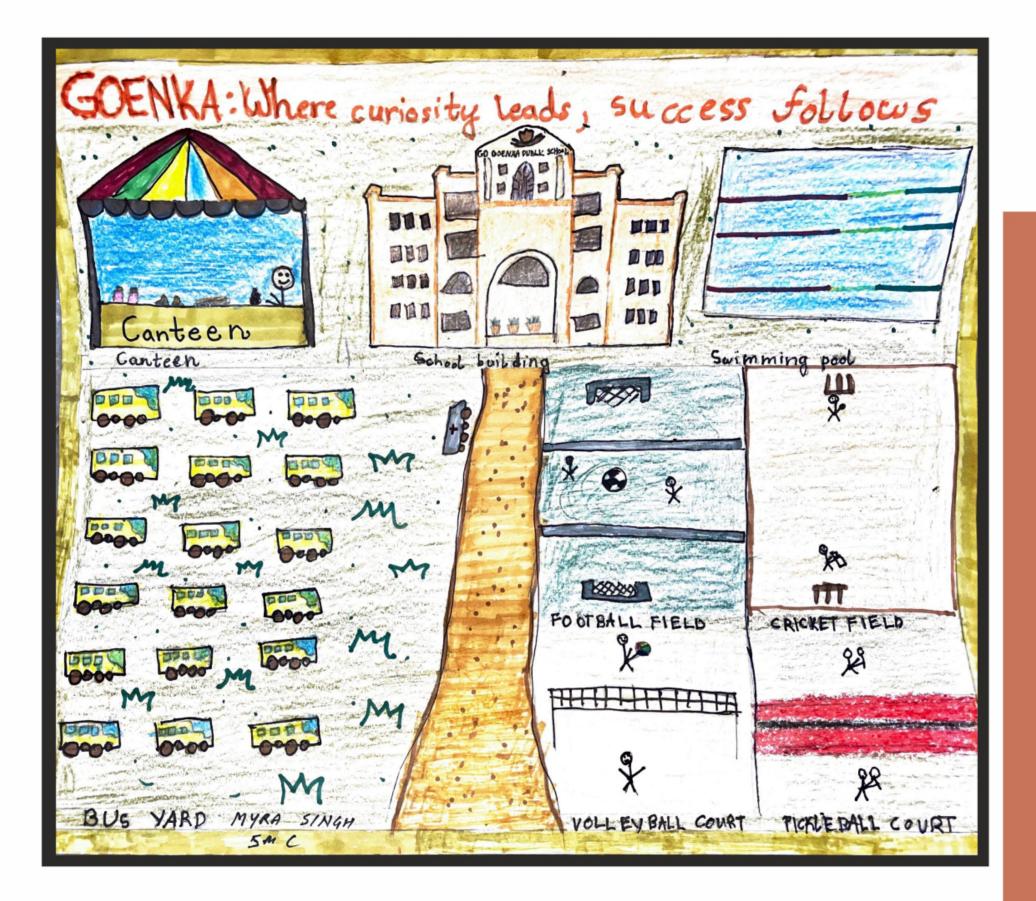
Life of a \leq imple

The life of a simple boy is never easy to live. We face many problems. Every boy has a dream of being a cricketer, footballer, tennis player or even a badminton player. The whole world thinks that boys lead an easy life, but what they don't know is that boys face several difficulties. Every boy has his own personal problems. They live in depression and have anxieties due to their a boy happy as sports are the second love of boys. Their first love is always their sister, mother, father, or brother. So a boy's expression of love is just their love for life!! If a matter what and never leave it. Boys have many principles that they follow in life and an important one is Loyalty. For example, RCB Fans. Even after seventeer years, RCB has never won the trophy, yet millions of people love them. To conclude, I would just like to say that the life of a boy is never easy so never take it for granted because they live it fearlessly and with pride. Boys will be boys.

Rayaan Chadha 4E



shivansh sharma 3A



My Favourite Destination

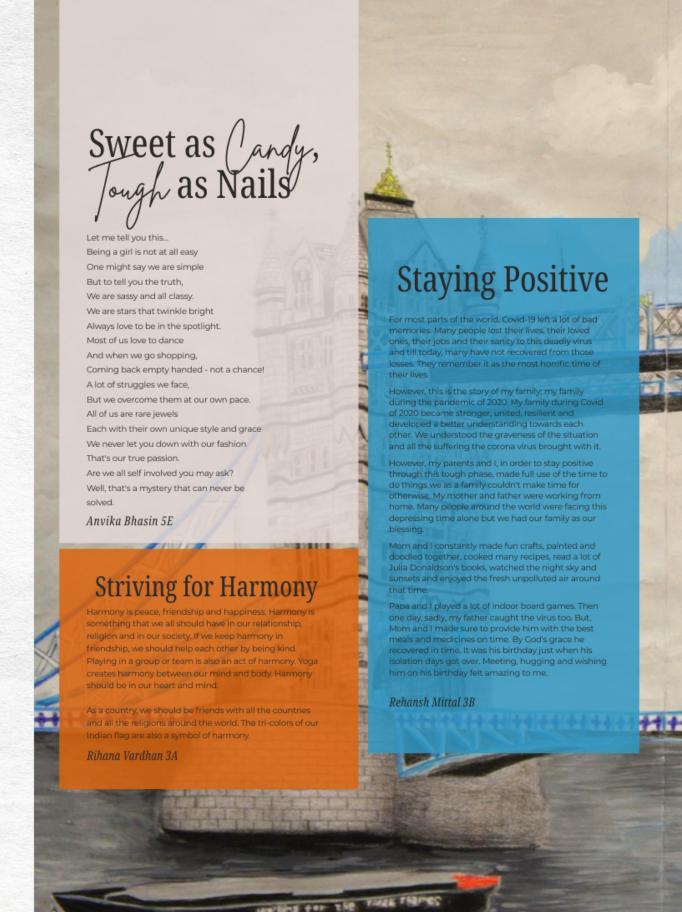
Out of the many destinations in the world, my favourite is Detroit. It is a city in Michigan, USA. The city is also known as the 'Motor City'. I go there to visit my little brother, aunt and uncle. I like playing with my brother. The last time I visited the place, I tried swimming for the first time. This year I Detroit. I went to Mackinac Island. It was a beautiful place. Vehicles were not allowed on the Island. We could use only horse driven carts or bicycles for touring the island. We used the We also went for long road trips. We visited Niagara Falls during one such road trip. There was a big rainbow from the point the river was falling to the ground. There was a boat which carried people near to the waterfall called 'Maid of the Mist'. We could also see Canada on the other side of the falls. I enjoyed a lot during my visit.

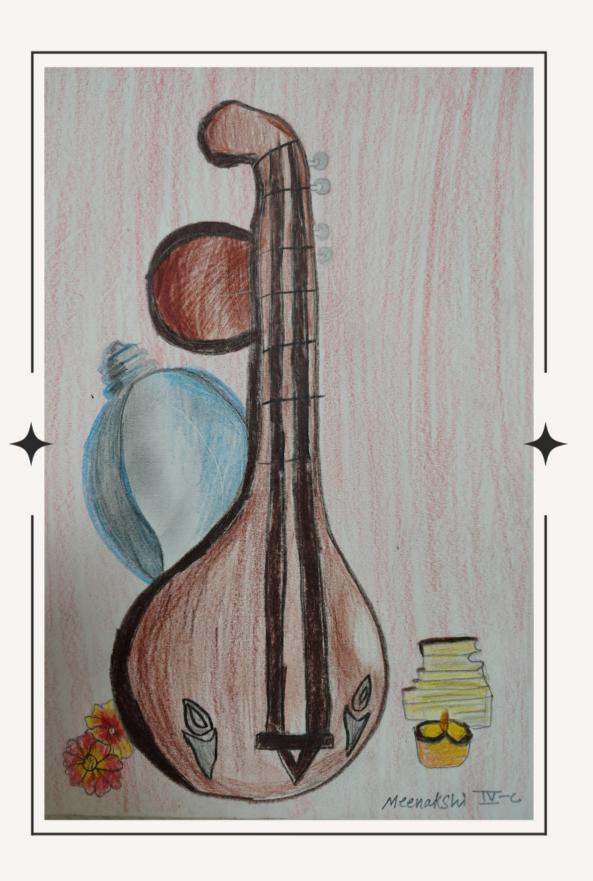
Adhrit Kumar 3B



GOENKAN ARTWORK

Rihana Vardhan 3A













I am Rhea Sodhi, an undercover FBI agent. This is the story of my last mission. I was working on a high-stakes case, infiltrating the notorious Phoenix Syndicate, known for their daring heists and ruthless tactics. I gained the trust of their second-in-command, Victor LaGraine, by posing as a skilled art thief with a reputation for delivering the impossible.

My first test was to steal an ancient artifact from the Metropolitan Museum of Art - a priceless golden statuette from the Temple of Dendur. I carefully planned and executed the heist, using my skills to evade security and get in and out undetected. Victor was impressed, and I gained his trust.

But little did he know, I was secretly working with my FBI handler, Alex, to bring down the syndicate from the inside. As we planned to steal the priceless Starlight Diamond from the Museum of Natural History, I fed information to Alex, helping him stay one step ahead of the syndicate.

But Victor was cunning, and he began to suspect that I was not who I claimed to be. He set a trap for me, and I found myself in a desperate fight for survival. But thankfully, I managed to fool him into thinking I was actually working for him; at least I thought so. A few days later, my secret was exposed as a goon of Victor's saw me talking to Alex and passing information about the gang.

Once I got to know that my secret had been leaked, I tried to escape but Victor's goons chased me. I outsmarted them and managed to get away but not before he revealed a shocking twist: he had a mole within the FBI, feeding him information and helping him stay one step ahead of the law. Determined to bring Victor to justice, I worked with Alex to uncover the mole's identity and track down the syndicate. It turns out that the secret agent was Mary, a co-worker of mine. I was surprised as she was a very sweet lady and everyone loved her. We did not know why she betrayed us. We told her that we knew about the betrayal. In the interrogation room, she spilled the beans about Victor's secret location. It was an old abandoned construction site. I went to the location where a tense showdown started. It was a fierce battle but in the end I won. While handcuffing Victor, I retrieved the stolen diamond.

With the syndicate dismantled and the diamond safe, I was hailed as a hero. My undercover work was done, and I could finally reveal my true identity to all. I am Rhea Sodhi, and I've brought justice to the streets. The experience was intense, but I knew I'd made a difference. And I was ready for the next adventure that came my way.

Rhea Sodhi 5B

Standing Up for our Team

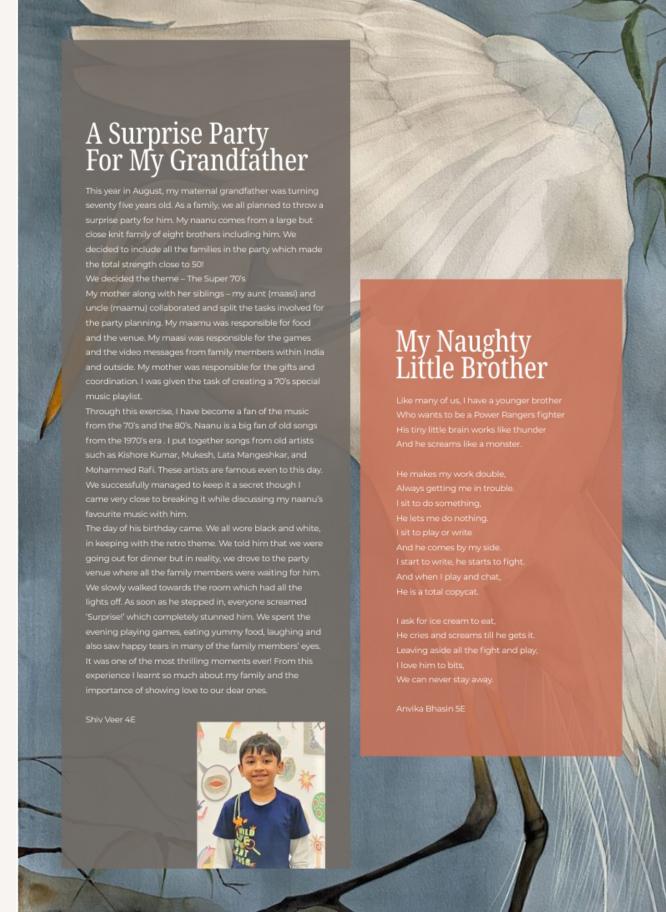
One day at school, the teacher announced that we would have to do a group project but one of my friends wanted to be in a different group from the rest of us. I knew we could do a great job if we all worked together, so I politely told my friend that it was important for us to stay in the same group to be successful. I explained that we had been doing well as a team and that working together would help us all learn better.

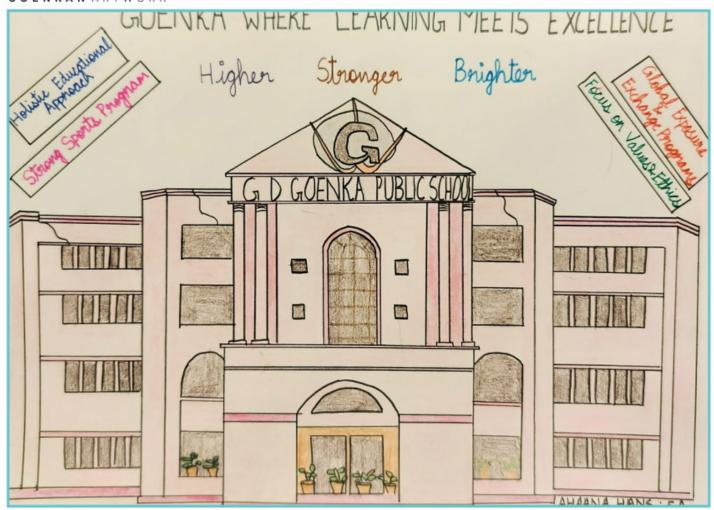
My friend agreed and in the end, we completed the project successfully and had a lot of fun. I felt good because I stood up for our team and helped us achieve our goal.

Ahaana Hans 5A

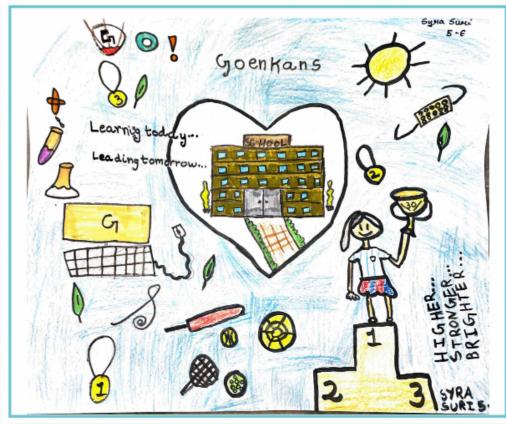


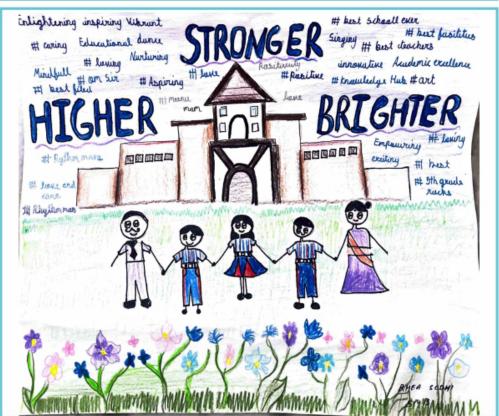












The Power of Exercise

Rise and shine, embrace the day, Time to move, come out and play. A run, a stretch, a dance, a spin, To feel alive, let's just begin.

Exercise, a gift so grand,

It builds our strength, our hearts withstand. Our lungs grow strong, our minds feel free, With every step, we're meant to be. The heart beats strong, the muscles grow,

Through sweat and strength, our bodies glow. Each stride, each lift, each turn, each bend,

It fuels our days from end to end. Beyond the body, the mind finds peace,

With exercise, our worries cease. Endorphins lift, bring

A brighter day in every view.

For children, teens, and those who age,

Staying active is the lasting stage. It builds the bones, the focus grows, And healthy habits start to show. So

Embrace the joy of life's sweet pace.

For health, for strength, for moments bright, Stay active, keep your spirit light.

Ahaana Hans 5A

My Fantasy City

I think my fantasy city's name would be 'Metropolitan Wonder'. As its name suggests, Metropolitan Wonder would be a city with a metro which would be a wonder. However, that's not all! Before we get on with it, here is some background information.

Metropolitan Wonder is the capital city of Mystery Land. There are secret portals on the most remote spots of every country of the world. Once you reach there, you must close your eyes and think of a big mystery of your life. After ten seconds, open your eyes and you will see a button and a portal. Press the button the number of times of the first digit to come to your mind (0-9). Then, enter the portal. You will find yourself in Metropolitan Wonder's central square.

And now, on to the city itself. There are forty-five metro stations in Metropolitan Wonder, as the city is seven times as big as Tokyo, thus the name of the city. Some of the historical monuments here are awesome too. For example, there is the crinkled ball of paper built by a rich merchant, Evion Blottcleaver, before he died. There is also the Mars gift given by the leader of Mars, Beagle Bluntbeetles, for all the support from the humans.

Now this might sound strange until I tell you that Metropolitan Wonder is a futuristic city. Here, the people are born knowing all the languages of the world; from Abkhazian to Zulu, these people know them all. They are a very welcoming kind of folk, welcoming any guest at any time, and thank goodness too, as the population here is twenty-five times as much as in New York City! People don't need any jobs, as they are supplied with free groceries two times a week right at their doorstep. Well, this city is one that recommends itself, just tell anyone about it and they'll immediately be on their way! The only problem? Well, Metropolitan Wonder is just a figment of imagination. Oops!

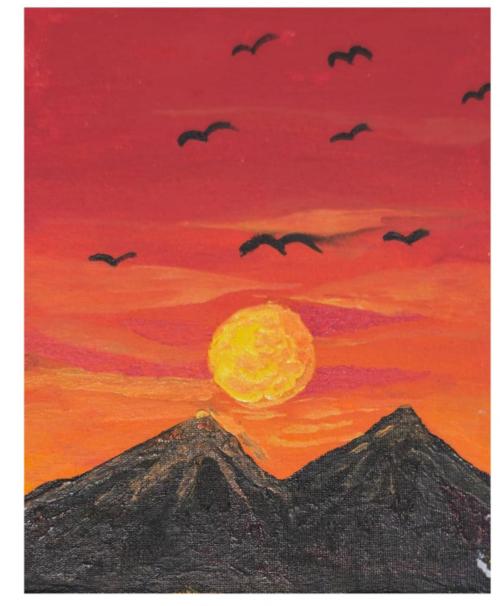
Vardan Jagdish Anand 5E



"Our goals can only be reached if we believe we can achieve them."

Setting a future goal may be easy, but accomplishing it might not. But that does not mean we give up. We must try hard because hard work and patience are the key to success. My aim is to become a successful physicist. I am inspired by Albert Einstein, Isaac Newton, Galileo Galilei, among others. My goal is to invent some awesome machines, gadgets, theories or laws. One day, I want to win the Nobel Prize in Physics and want my name to be featured along with famous and successful physicists. Physicists study motion, gravity, energy and force. With the information and knowledge they get, they perform a series of experiments to prove their research true. One thing I am doing now to make my goal come true is that I am reading books and encyclopedias related to physics to get more knowledge on when things were discovered etc. I will do whatever it requires to become a physicist. My goal is mine and I will achieve it no matter how hard it is.

Kiaan Suri 4E



GOENKAN ARTWORK

Rihana Vardhan 3A

Whisper of Fate

In a mystical forest, ancient secrets awaited. The wind whispered secrets, leading me to a hidden temple where Zeus bestowed incredible powers: lightning bolts, Athena's brilliance, Poseidon's aquatic mastery, Hades' underworld insight, and Artemis' precise archery. Mythical essence coursed through me - the phoenix's rebirth, the griffin's sharp vision, and Minotaur's resilience.

Under Chiron's wise guidance at Camp Olympus, I harnessed these powers. Darkness loomed, but Athena's vision led me to the Crossroads of Fate. With all my bravery I entered the Shadowlands, overcoming treacherous landscapes and godly riddles. Inside, the Elysian Grove shimmered - magical trees, golden lotus flowers, and radiant rivers. The gods saw everything, awed by my abilities. Athena declared, "Rhea, you're an Olympus hero!" Returning to Camp Olympus as a champion, my adventure ended, but unforgettable lessons and friendships remained.

Rhea Sodhi 5B

Never Give Up

My Grandfather used to say to me Keep going and never stop
You can make it to the top
Life will have a lot of mountains
to climb And tough roads to cross
Some will be big and some will be small
But don't you give up,
You can overcome it all.
So keep going on and try not to stop
'Coz if you keep going,
You will make it to the very top.

Anvika Bhasin 5E

Shivaay Kakkar 3A

Whispers of the Earth

The trees stand tall, their leaves a song, In the quiet woods where I belong. The river flows with a gentle grace, Reflecting the sky's endless embrace. Mountains rise with majesty and might, Touching the clouds, bathed in light. The wind that dances through the trees, Carries secrets on a soft breeze.

The flowers bloom in colors bright, Turning the meadow into a sight. Butterflies flutter in the warm sun, In this haven, peace is won.

Nature's beauty, pure and true, A precious gift for me and you. Let's cherish her, our Earth so dear, And protect the wonders we hold near

THE OWNER OF THE PARTY OF THE P

On a Rainy Day

On a rainy day, I love to listen to the patter of raindrops falling on the terrace. I sit in a small corner of my terrace and curl up with a good book. I get lost in their world. Sometimes, I enjoy watching a movie or a favourite TV series, wrapped in a cozy blanket. The sound of the rain makes me fall asleep quickly and I enjoy my siesta. I do some creative chores to boost my innate creativity like drawing, painting, or writing. A hot cup of chocolate milk is always a delightful companion. It gives warmth and a lovely aroma to the house. Then, I go on a drive with my father and listen to music which is incredibly soothing. I love to spend time with my family which is very therapeutic.

Shivaay Kakkar 3A





Pickle Berry Pie

I wonder how long that's gonna take.

But it looks a little flaky and dry,

And that's when I realise

That's not the recipe I memorised.

A new pie for you to try.

I'll be there for sure, without a doubt.

Reading Is My Passion

Reading is my passion, an all-time favorite hobby. The moment I get free from any work, I grab a book and start reading no matter what, even if I have read it before also. Till date my favorite book is 'Kingdom of Fantasy' by Geronimo Stilton. Through this book, I joined Geronimo for his biggest, most fantastic adventure. Dragons, mermaids and many more fantasy creatures. It was an ordinary day, Geronimo's attic. Beyond the door was the Kingdom of Fantasy. There was a guide named Scribble Hopper who helped us save the Queen of Fairies. But along the way we had to face scorpions, witches, sea snakes and many other dangerous beings that I had only seen in movies. Oh God! What an exciting story it was. It gave me goosebumps, yet on the other hand, I laughed many times at the silly jokes of the Rat.

I can assure you it's a must read for all; I am sure you will

Not-So-Blue Sky

Up above the sky so high,

Why are you not so bright,

I dream about you in the night.

Alas! You are just out of my sight.

All I see is grey and dull,

Playing under you is no fun.

I pray to God to make it right,

Shockingly, He replied, "It's not up to me, but mankind."

So, I urge you all, please don't pollute

And please don't burn.

Let the children be able to run

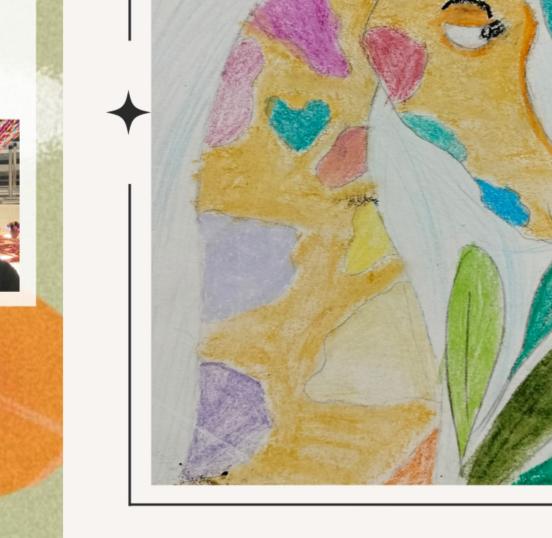
Under the blue sky and in the sun.

So that we all remember our childhood

As always full of fun.

Dakshesh Singh Dua 4B







CLOSS - 4(C)

A Fun Way To Learn

It all started with a message from the school saying that this year the school would take the students on a trip to Dehradun and Mussoorie. I was curious to know who all would go from my class. Only four children, including me, were going.

On the 20th of November we woke up at 4:00 am and reached school at 5:00 am. We started for Dehradun at 5:30 am. We were given refreshing drinks and biscuits. We had breakfast at Namaste Midway. We were served burgers, French fries and Minute Maid from McDonald's. It was all very tasty. After eating we went back to the bus and left for Dehradun. We reached Dehradun at 2:00 pm and, after lunch, we visited the FRI (Forest Research Institute). We saw four museums there: Insects, Animals, Timber and Non-Timber.

In the evening at our hotel, we went for Sandhya Aarti which was performed in the hotel garden. After Sandhya Aarti we had delicious snacks. I ate Smileys and Maggi. After relaxing for a while, we all gathered on the 7th floor for the DJ night. All the kids, along with the teachers, enjoyed the music and dance. After dinner, we went to our rooms to sleep but some of our friends decided to watch television so we sleept very late.

Next day, we woke up early and got ready for the day ahead. Our teachers told us to wear track pants and shoes as we had to go for mountain activities for today. I had a light breakfast of cornflakes and a dosa. Then we left for HAP (Himalayan Adventure Park). We participated in various activities. When it was my turn for zip-lining, I was a little scared but Ma'am motivated me, so I did it. After completing the zip-lining, I felt more confident. After lunch at HAP, we went to the hotel to relax. At the hotel, we had fun activities like storytelling, games and traditional dance performances.

Next day, we woke up late at 7:20 am so we needed to hurry up and

get ready. I ate my favorite breakfast which was omelet and waffles. Then we left for IMA (Indian Military Academy) where we saw a short movie on the history of the IMA. There were a few shops in the IMA. Also, there was a museum which showed various projects of the army officers and paintings of the army.

After that we boarded our Volvo buses and headed off for Delhi. On the bus, we all were having a lot of fun with music, dances and games. We also had a few stops for refreshments, relaxing and washroom breaks. We reached school at 9:45pm and our parents were waiting there to pick us up. We were happy to see our parents but also a little sad that such a wonderful trip had ended so soon. It was really a great educational trip and I had a good time with my friends and teachers. I am now looking forward to the next trip.

Pratyush Agarwal 4B

A Page From History

One day I went to my school library where I saw a big blue book with a picture of an innocent girl on its cover page. The book was named 'Anne Frank-The Diary of a Young Girl'. I borrowed it from the library and bought it home, very excited to read it. I started reading the book and found that it was a story of a typical teenage girl, Anne Frank who used to write regularly in her diary which was gifted by her parents on her 13th birthday. She had named her diary Kitty. Anne was a really happy and carefree person even though she and her family were in an awful situation. She enjoyed writing and describing others. She wanted to live her whole life with her family but due to the war in Germany, she couldn't live her life happily. Due to the second world war, her family had to escape to Amsterdam where they went into hiding with other Jews. By writing about her life in the book, Anne wanted to give a message to everyone that all people have the right to live in freedom. Anne's story tells us that just because people may have a different religion or race doesn't mean that they should be treated differently. She has described the terrible treatment of Jewish people by the Nazis and her family's struggle during the second world war. After reading the book, I felt so bad about how people lived their life during that period of history. I would recommend this book to everyone who has an interest in reading historical, war or mystery books

Advika Mehlawat 3A







A Tale Of Two Bags

Plastic Bag: "Look at me! Everyone loves me - cheap, lightweight, and everywhere. I am the king of convenience!"

Eco-Friendly Bag: "Everywhere, yes. Including oceans, forests and landfills.

You leave behind more harm than help."

Plastic bag: "At least I don't require effort. People grab me without a second thought. You are too much work!"

Eco-Friendly Bag: "Effort brings value. I am reusable, durable, and I don't stick around for centuries. I help the planet not to hurt it."

Plastic Bag: "Maybe, but people will never stop choosing me."

Eco-Friendly Bag: "Change takes time, but it's happening. One choice at a time."

Rihanshi Dua 5E



The Best Christmas Ever

Mehar Bhasin 3A

It was Christmas eve. Rosy and her brother Joe were setting up their beautiful, green Christmas tree. They were decorating it with chocolates, goodies, Christmas crackers, pom-pom balls and multi-coloured ribbons. It looked amazing. Rosy looked at it for some time and then she said, *Wow! Our Christmas tree looks great but something seems missing." Joe also said, "Yes, something seems missing." They called their parents and asked them if anything seemed missing. Their mother replied, "The golden shining star!". "Oh yes!"said Rosy and Joe, together. "That's our favourite part." Then after having dinner, they prepared the mid-night feast for Santa Claus to eat. They placed it near the chimney and then went off to sleep. The next day when Rosy and Joe woke up, they saw a fairy and an elf on their bed. They could not believe their eyes. They talked to them and played with them. They had become like old friends. The fairy and the elf had a surprise for Rosy and Joe. They took them to the dining table and they saw Santa sitting there. They had their breakfast with Santa, the fairy and the elf. They were so happy, it was the best Christmas ever.



Once upon a time, in a vast jungle, there lived a lonely elephant. He was tired and sad. One fine day, he decided to find friends for himself.

First, he found a monkey. The monkey refused his friendship. Monkey said that elephants can't swing from trees like him.

Second, he met a rabbit. The rabbit refused as well. Rabbit said that elephants are too big to enter his burrow.

Third, he then met a frog. The frog refused as well. You can't leap like me was Frog's excuse.

The elephant was disheartened and went deeper into the jungle. fourth, he met a fox. The fox also refused the elephant's friendship. He said that the elephant was too big.

Finally, all depressed within, the elephant returned to his place.

But, to his surprise, the very next day he felt the urge to go back again. As he entered the jungle, the elephant found all the animals running for their lives. He stopped and asked the bear what had happened.

The bear said, "The tiger wants to eat us so we are all running to save ourselves." As the elephant was thinking about what he could do to help his fellow animals, the tiger walked straight up to him. "Tiger, please spare these animals. Do not kill and eat them," said the elephant. The tiger growled and challenged the elephant to his death if he stopped him.

This angered the elephant and he kicked the tiger. And, the tiger went flying away. Everyone was shocked and the frightened tiger ran away. And now, all the animals wanted to be friends with the lephant.

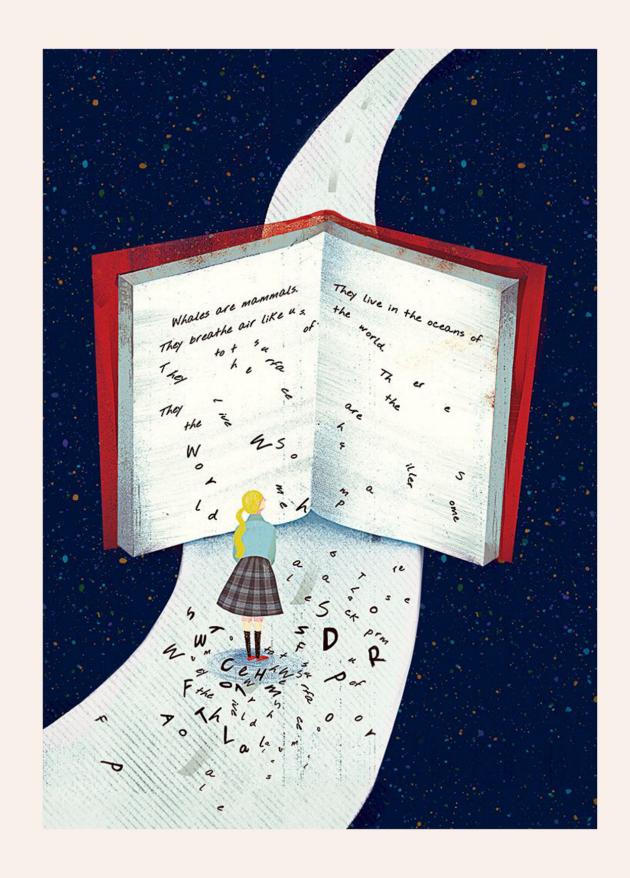
No longer was the elephant lonely! Moral - Kindness and Bravery can Win Hearts

Rabaani Kathuria 3D



A World of languages, bound in one book.

Bridging cultures through words on every page 33



La Vie à la Manière du Petit Prince Life From The Eyes of The Little Prince

La vie est un voyage aux étoiles claires, Comme un prince qui rêve dans l'air. On cueille des roses dans un jardin, Pour les chérir jusqu'au matin.

Chaque jour est une nouvelle page,
Où l'on écrit notre propre voyage.
Les amis sont des trésors précieux,
Comme un mouton aux yeux curieux.

Les petites choses sont souvent grandes, Un sourire, un geste, une main qui s'étend. La vie est un conte, une aventure douce, Où chaque moment est une brousse.

Regarde les étoiles et fais un vœu, Les rêves prennent vie, c'est merveilleux. Comme le Petit Prince, dans son ciel lointain, Cherche la beauté chaque matin.

Dans ce monde vaste et mystérieux, Trouve le bonheur dans les instants heureux. Car la vie est simple, mais aussi grande, Comme un prince dans une étoile brillante

Aania S. Mir 9A

TRANSLATION

Life is a journey to the shining stars, Like a prince who dreams in the air. We pick roses in a garden fair, To cherish them until morning's glare.

Each day is a brand-new page,
Where we write our own voyage.
Friends are treasures, rare and true,
Like a lamb with eyes so blue.
The little things are often grand,
A smile, a touch, a reaching hand.
Life is a tale, a gentle delight,
Where every moment is a field so bright.
Look at the stars and make a wish,
Dreams come to life—how wondrous this!
Like the Little Prince in his distant sky,
Seek beauty each morning, let your spirit fly.
In this vast and mysterious place,
Find joy in moments of simple grace.
For life is simple, yet so grand,
Like a prince in a shining land.

Aania S. Mir 9A



La Belle au Bois Dormant à l'Ère Numérique A self-composed story in French with a modern spin

on the classic fairy tale "The Beauty and The Beast"

Sleeping Beauty A Digital Age Spin-Off

Dans une ville remplie de gratte-ciel et de lumières néon, vivait une jeune femme nommée Aurore. Militante environnementale passionnée, elle utilisait constamment son smartphone pour diffuser des informations sur le changement climatique et la vie durable. Ses parents, le Roi et la Reine d'une grande entreprise technologique, la protégeaient des dures réalités du monde extérieur à leur empire corporatif. Aurore avait une ennemie : Maléfique, une ancienne scientifique devenue hackeuse renégate après avoir été rejetée par la communauté technologique pour ses idées radicales. Maléfique, déterminée à se venger, jurait de détruire l'entreprise du Roi et de la Reine, les accusant de dégrader l'environnement. Un jour fatidique, Aurore assiste à une foire technologique présentant les dernières innovations en matière de développement durable. Maléfique, ayant infiltré la foire sous une fausse identité, présenta un appareil révolutionnaire. Curieuse, Aurore s'approcha et toucha l'appareil, se piquant le doigt sur une aiguille cachée. En un instant, Aurore tombe dans un profond sommeil numérique. Son esprit était piégé dans un monde virtuel, une forêt sombre et inhospitalière, tandis que son corps restait immobile, connecté à l'appareil. Le Royaume était en émoi, cherchant désespérément un moyen de la réveiller. Le Prince Philippe, un jeune programmeur brillant et ancien camarade d'Aurore, entendit parler de son sort. Connaissant les talents de Maléfique en cybernétique, il se lança dans une quête pour pirater le programme et sauver Aurore. Avec l'aide des bonnes fées, trois collègues programmeuses, il pénétra dans le code maléfique.

parties for the tide rignes

Aania S. Mir 9A

TRANSLATION

In a city filled with skyscrapers and neon lights lived a young woman named Aurore. A passionate environmental activist, she constantly used her smartphone to spread information about climate change and sustainable living. Her parents, the King and Queen of a major technology company, shielded her from the harsh realities of the world outside their corporate empire.

Aurore had an enemy, Maleficent, a former scientist turned roque hacker after being rejected by the tech community for her radical ideas. Determined to take revenge, Maleficent swore to destroy the King and Queen's company, accusing them of harming the environment.

On a fateful day, Aurore attended a technology fair showcasing the latest innovations in sustainable development. Maleficent, having infiltrated the fair under a false identity, presented a revolutionary device. Curious, Aurore approached and touched the device, pricking her finger on a hidden needle. In an instant, she fell into a deep digital sleep. Her mind was trapped in a virtual world - a dark and inhospitable forest - while her body remained motionless, connected to the device.

The Kingdom was in turmoil, desperately seeking a way to wake her up. Prince Philippe, a brilliant young programmer and Aurore's former classmate, heard about her fate. Knowing Maleficent's expertise in cybernetics, he set out on a quest to hack the program and save Aurore. With the help of the good fairies - three fellow programmers - he broke into Maleficent's malicious code.

Aania S. Mir 9A

Fun Facts

Longest Word: The longest German word has 63 letters: "Rindfleischetikettierungsüberwachungsaufgabenübertragungsgesetz"

Compound Words: German loves compound words. Examples: "Bundesregierung" (Federal Government), "Kraftfahrzeug" (Motor Vehicle).

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Umlauts: German's unique umlauts (ä, ö, ü) change word meanings. der Kuchen (cake); die Küchen (kitchens) schon (already); schön (beautiful)

Loanwords: German borrowed words from other languages: "Handy" (cell phone, from English), "Kaffee" (coffee, from Italian)

Abhav Mehra 7B

Adolescentes Y La Salud Mental

La adolescencia es un tiempo de muchos cambios. Los jóvenes enfrentan nuevos desafíos como la escuela, las amistades y las redes sociales. Todo esto puede afectar su salud mental.

Es importante saber que sentirse triste, ansioso o estresado a veces es normal. Pero, cuando estos sentimientos duran mucho tiempo o afectan la vida diaria, pueden ser señales de un problema más grande, como la depresión o la ansiedad.

Un factor que influye en la salud mental de los adolescentes es la presión social. Algunos sienten que deben ser perfectos o compararse con otros en las redes sociales. Esto puede causar inseguridad y baja autoestima.

Además, los adolescentes necesitan apoyo. Hablar con amigos, familiares o un psicólogo puede ser muy útil. La comunicación es clave para entender y expresar cómo se sienten.

Por último, es importante que los jóvenes cuiden su cuerpo y su mente. Dormir bien, hacer ejercicio, comer sano y dedicar tiempo a actividades que disfruten son formas de mantener una buena salud

La salud mental es tan importante como la salud física. Como dijo Mahatma Gandhi: "La salud es la verdadera riqueza, no el oro ni la plata." ¡Cuidarla es una prioridad!

TRANSLATION

Teens and Mental Health

Adolescence is a time of many changes. Young people face new challenges such as school, friendships, and social media. All of this can affect their mental health.

It's important to know that feeling sad, anxious, or stressed is sometimes normal. But, when these feelings last a long time or affect daily life, they car be signs of a larger problem such as depression or anxiety.

One factor that influences adolescent mental health is peer pressure. Some feel like they need to be perfect or compare themselves to others on social media. This can cause insecurity and low self-esteem

In addition, adolescents need support. Talking to friends, family, or a psychologist can be very helpful. Communication is key to understanding and expressing how they feel.

Finally, it is important for young people to take care of their body and mind. Getting a good night's sleep exercising, eating healthy, and spending time in activities they enjoy are all ways to maintain good mental health.

Mental health is just as important as physical health As Mahatma Gandhi said: "Health is true wealth, not gold or silver." Taking care of it is a priority!

Suvenaa Tayal 9/

Deutsche Feste und Feierlichkeiten

Deutschland ist ein Land mit einem reichen kulturellen Erbe und bezaubernden Festivals, die Sie in eine Welt voller Wunder und Spannung entführen. Von der elektrisierenden Energie der Berliner Musikfestspiele bis zur bezaubernden Märchenatmosphäre des Mittelalterfestivals in Esslingen.

Die Feste in Deutschland sind wahre Lebensfeiern und verleihen Ihnen ein Gefühl von Lebendigkeit und Verjüngung. Vom Oktoberfest bis zum Karneval bieten diese Feste ein buntes Spektakel aus Musik. Essen und Traditionen.

- 1. Oktoberfest Bier und Fröhlichkeit
- Weihnachten Weihnachtsmärkte.
- 3. Lichterfest Berlin
- 4. Internationale Filmfestspiele Berlin Kinoshow der Spitzenklasse
- 5. Rhein in Flammen Feuerwerk ber dem Rhein.
- 6. Karneval Kostüme und Parader

Nirvaan Shanker 6

TRANSLATION

German Festivals and Celebrations

Germany is a land of rich cultural heritage and enchanting festivals that will transport you to a world of wonder and excitement. From the electric energy of the Berlin Music Festival to the enchanting fairy-tale atmosphere of the Medieval Festival in Esslingen, the festivals of Germany are a true celebration of life, and they will leave you feeling alive and rejuvenated. From Oktoberfest to Karneval, these festivals offer a vibrant display of music, food, and traditions.

- Oktoberfest Beer and Merriment.
- Weihnachten Christmas Markets. Festive Shopping Wonderland.
- Berlin Festival of Lights
- 4. Berlin International Film Festival World-Class Cinematic Showcase
- 5. Rhine in Flames. Fireworks over the Rhine.
- 6. Karneval. Costumes and Parades.

Nirvaan Shanker 6E

El Viaje de un Sueño

En el cielo brillan las estrellas, susurros de esperanza entre ellas. Un sueño duerme en el corazón, espera la chispa de tu pasión.

Camina valiente, sin detener, aunque el viento intente desvanecer. Las nubes oscuras no duran, ya ves, tras la tormenta, el sol renacerá otra vez.

Esfuerzo y fe, tus alas serán, vuela alto, hasta donde llegarán. En los campos del esfuerzo florecerá, el sueño que tu alma alcanzará.

Recuerda, pequeño viajero valiente, que cada paso, aunque parezca ausente, acerca tu meta, la hace realidad, sigue adelante con fuerza y voluntad.

Aahana Agarwal 9A

TRANSLATION

In the sky, the stars are shining bright, whispers of hope within their light.

A dream rests deep in your heart, waiting for passion to spark and start.

Walk with courage, don't stop on your way, even if the winds try to lead you astray. Dark clouds won't stay, you'll see them flee, after the storm, the sun will always be free.

Effort and faith will become your wings, fly to the heights where your spirit sings. In the fields of hard work, flowers will grow,

the dream in your soul will one day show.

Remember, brave little traveller of life, every small step, though hidden from sight,

brings you closer, makes your dream real, keep moving forward with strength and zeal.

Aahana Agarwal 9A



Fuerza en la Lucha

"Lo que tenemos detrás y lo que tenemos por delante son asuntos minúsculos comparados con lo que tenemos dentro".

Cuando las cosas se ponen difíciles, el mundo puede parecer envuelto en sombras, y cada desafío una montaña abrumadora que se cierne ante nosotros. Sin embargo, en el corazón de esa oscuridad hay una invitación profunda: un llamado a explorar las profundidades de nuestra humanidad. Las luchas no son meras adversidades; sirven como maestros impecables, revelando nuestras vulnerabilidades e impulsando una profunda reflexión. En esos momentos, nos vemos obligados a enfrentar las complejidades de nuestras emociones, como si las pruebas mismas nos guiaran hacia una comprensión profunda de nuestro ser más íntimo.

En estos tiempos difíciles, a menudo descubrimos la profunda fuerza de la conexión. La presencia de otros (amigos, familiares, incluso desconocidos) ofrece alivio y comprensión, iluminando el camino cuando nos sentimos perdidos. A través de las experiencias compartidas, comenzamos a encontrar belleza en nuestras luchas, reconociendo que todos somos parte de algo mucho más grande. Cada persona que conocemos trae su propia historia de resistencia y esperanza, recordándonos que no estamos solos en este viaje.

En estos momentos de convivencia aprendemos el verdadero valor de la compasión y el apoyo. Nuestros pensamientos pueden ser un bosque denso, donde se ciernen sombras de duda y miedo que oscurecen la suave luz de la claridad y la esperanza. Cada camino representa una percepción diferente: algunas son familiares y reconfortantes, como senderos preciados, mientras que otras son enredadas y abrumadoras, y nos llevan a la incertidumbre. Navegar por este paisaje requiere intención y gracia, ya que reconocemos que, si bien nuestros sentimientos son válidos, a veces pueden distorsionar nuestra percepción de la realidad. Al explorar suavemente estas emociones, podemos comenzar a despejar un camino a través de la confusión, invitando a la luz a iluminar nuestro camino hacia adelante.

En realidad, cuando las cosas se ponen difíciles, a menudo sentimos como si el suelo mismo debajo de nosotros se moviera, desestabilizando nuestra sensación de seguridad. Los desafíos de la vida pueden llegar inesperadamente, cada uno de ellos una marea que pone a prueba nuestra capacidad de mantenernos a flote. Estos momentos revelan la fragilidad de este mundo y nos recuerdan que el control es a menudo una ilusión.

En el gran teatro de la vida, somos a la vez actores y espectadores, tomamos decisiones que definen nuestro camino y nos deleitamos con las pequeñas cosas. Es esta danza de emociones y decisiones la que enriquece nuestras vidas y nos recuerda que, si bien los desafíos son inevitables, el viaje también se trata de risas, de las decisiones que tomamos y de las conexiones que forjamos a lo largo del camino.

Aahana Agarwal 94

TRANSLATION

Strength In The Struggle

"What lies behind us and what lies before us are tiny matters compared to what lies within us." When the going gets tough, the world can seem cloaked in shadows, each challenge an overwhelming mountain looming before us. Yet, in the heart of that darkness lies a profound invitation - a call to explore the very depths of our humanity.

Struggles are not mere adversities; they serve as impeccable teachers, unveiling our vulnerabilities and prompting deep reflection. In such moments, we are compelled to confront the complexities of our emotions, as if the trials themselves guide us toward a profound understanding of our innermost selves.

In these trying times, we often discover the profound strength of connection. The presence of others - friends, family, even strangers - offers relief and insight, lighting the way when we feel lost. Through shared experiences, we begin to find beauty in our struggles, recognising that we are all part of something much bigger. Each person we encounter brings their own story of endurance and hope, reminding us that we are not alone on this journey. It's in these moments of togetherness that we learn the true value of compassion and support. Our thoughts can be a dense forest, where shadows of doubt and fear loom, obscuring the gentle light of clarity and hope.

Each pathway represents a different perception - some familiar and comforting, like cherished trails, while others are tangled and daunting, leading us into uncertainty. Navigating this landscape requires intention and grace, as we acknowledge that while our feelings are valid, they can sometimes distort our perception of reality. By gently exploring these emotions, we can begin to clear a path through the confusion, inviting the light to illuminate our way forward. In reality, when the going gets tough, it often feels as though the very ground beneath us shifts, destabilising our feeling of security. Life's challenges can come unexpectedly, each one a tide that tests our ability to stay afloat.

These moments reveal the fragility of this world, reminding us that control is often an illusion. In the grand theatre of life, we are both the actors and the audience, making choices that define our pathways while finding delight in the little things. It's this dance of emotions and decisions that enriches our lives, reminding us that while challenges are inevitable, the journey is equally about the laughter, the choices we make, and the connections we forge along the way.

Aahana Agarwal 9A



La Brecha Generacional Entre Padres Y Hijos

En el mundo actual, la brecha generacional entre padres e hijos es un tema muy interesante. Pero, ¿qué significa "brecha generacional"? Es la diferencia en ideas, valores y costumbres entre personas de distintas edades, especialmente entre padres e hijos.

Los padres crecieron en un tiempo diferente, sin internet, redes sociales o teléfonos inteligentes. Ellos jugaban al aire libre, leían libros y pasaban mucho tiempo con sus familias. En cambio, los hijos de hoy pasan horas en sus teléfonos, escuchan música moderna y usan aplicaciones como Instagram Esto puede causar malentendidos.

Por ejemplo, los padres a veces piensan que los hijos no escuchan o no valoran el esfuerzo que hacen por ellos. Por otro lado, los hijos sienten que los padres no entienden sus gustos o problemas, como la presión social o la importancia de los amigos

Sin embargo, esta brecha también puede ser una oportunidad para aprender. Los hijos pueden enseñar a sus padres cómo usar la tecnología, y los padres pueden compartir sus experiencias de vida. Hablar y escuchar con respeto es clave para reducir esta distancia.

En conclusión, aunque la brecha generacional puede ser un desafío, también es una forma de fortalecer la relación entre padres e hijos. Con paciencia y comprensión, pueden aprender mucho el uno del otro y construir un vínculo más fuerte.

¿Qué opinas? ¿Te has sentido incomprendido por tus padres o has tratado de entenderlos mejor? TRANSLATION

The Generation Gap Between Parents And Children

In today's world, the generation gap between parents and children is a very interesting topic. But what does 'generation gap' mean? It is the difference in ideas, values and customs between people of different ages, especially between parents and children.

Parents grew up in a different time, without the internet, social media, or smartphones. They played outside, read books, and spent a lot of time with their families. Instead, today's kids spend hours on their phones, listen to modern music, and use apps like Instagram.

For example, parents sometimes think that their children do not listen or do not value the effort they make for them. On the other hand, children feel that parents do not understand their tastes or problems, such as social pressure or the importance of friends. However, this gap can also be an opportunity to learn. Children can teach their parents how to use technology, and parents can share their life experiences. Speaking and listening respectfully is key to reducing this distance.

In conclusion, although the generation gap can be challenging, it is also a way to strengthen the relationship between parents and children. With patience and understanding, you can learn a lot from each other and build a stronger bond.

What do you think? Have you felt misunderstood by your parents of have you tried to understand them better?

Suvenaa Tayal 9A

Aardra J. Nath, 11 D

Explorando las maravillas de España

España es un país rico en historia, cultura y tradiciones vibrantes. Mi viaje de 10 días por España fue una aventura inolvidable, llena de momentos inolvidables, paisajes diversos, comida deliciosa y la calidez de su gente. Desde ciudades bulliciosas hasta encantadores pueblos costeros, cada parada de mi viaje fue una exploración de las variadas regiones de España y sus identidades únicas. Déjame guiarte a través de mi viaje de descubrimiento.

Día 1-3: Madrid - El corazón de España

Mi aventura comenzó en la vibrante capital, Madrid, una ciudad que combina a la perfección modernidad y tradición. Paseé por las calles de la ciudad, comenzando por la icónica Puerta del Sol y la Plaza Mayor, donde la energía de la ciudad realmente te golpea. El gran Palacio Real fue una visita obligada, mostrando la rica monarquía de España. La cercana Catedral de la Almudena también fue un punto destacado, alzándose como un hermoso contraste con la arquitectura moderna de la ciudad

Un viaje a Madrid no está completo sin una visita al Museo del Prado, hogar de una impresionante colección de arte europeo. Pasé horas contemplando las obras de Goya, Velázquez y El Greco.

La escena gastronómica de la ciudad era igualmente sorprendente. Me deleité con las tradicionales tapas en el bullicioso Mercado de San Miguel, donde probé jamón ibérico, patatas bravas y churros con chocolate, un dulce del que no me cansaba. Cada bocado reflejaba la pasión que los españoles tienen por sus tradiciones culinarias.

Día 4-5: Toledo, una joya medieval

A continuación, hice una pequeña excursión de un día a Toledo, una ciudad con una rica historia. Este lugar declarado Patrimonio de la Humanidad por la UNESCO, encaramado en una colina sobre el río Tajo, parecía un museo viviente. Las estrechas calles adoquinadas estaban bordeadas de edificios medievales y la catedral de Toledo me dejó asombrada con su arquitectura gótica.

Caminé por el barrio judío y vi la fusión cultural de influencias cristianas, musulmanas y judías que dieron forma a la ciudad. Toledo es famosa por su tradición de fabricación de espadas y tuve la oportunidad de visitar un taller artesanal local donde aprendí sobre esta artesanía centencia.

Para el almuerzo, disfruté de un mazapán tradicional de Toledo, un dulce elaborado con almendras y azúcar que se ha elaborado en la ciudad durante siglos. Fue una experiencia deliciosa que nunca olvidaré.

Día 6-7: Sevilla - Flamenco, fiestas y flamenco

Sevilla, en el sur de España, fue otro de los puntos destacados de mi viaje. La ciudad es conocida por su vibrante cultura y no me decepcionó. Mis días en Sevilla estuvieron llenos de animadas exploraciones de lugares históricos, como el Alcázar de Sevilla, un impresionante complejo palaciego con una exquisita arquitectura morisca y exuberantes jardines. La adyacente Catedral de Sevilla, la catedral gótica más grande del mundo, fue iqualmente fascinante.

Una noche, tuve la oportunidad de ver un apasionado espectáculo de flamenco en uno de los íntimos tablaos de Sevilla.

La cocina de Sevilla fue excepcional. Comí gazpacho, una refrescante sopa de tomate fría perfecta para los calurosos días de verano, y salmorejo, una versión cremosa y espesa del gazpacho cubierta con huevos duros y jamón. También probé la tortilla española, una tortilla española hecha con patatas y cebollas, que rápidamente se convirtió en uno de mis platos favoritos.

Día 8-9: Valencia - Sol, mar y paella

Desde Sevilla viajé a Valencia, una ciudad costera conocida por sus hermosas playas y su plato mundialmente famoso: la paella. Pasé mis días descansando en la Playa de la Malvarrosa, donde las cálidas aguas del Mediterráneo eran un escape perfecto del calor de la ciudad. La futurista Ciudad de las Artes y las Ciencias, diseñada por el arquitecto Santiago Calatrava, fue otra visita obligada. Sus edificios innovadores y su arquitectura increíblemente moderna contrastaban maravillosamente con el entorno natural.

Valencia es la cuna de la paella, así que me aseguré de probar este plato icónico en un restaurante local. La paella valenciana, hecha con pollo, conejo y verduras frescas, fue una obra maestra culinaria que me llenó de satisfacción y me hizo apreciar nuevamente los platos de arroz de España.

Día 10: Barcelona, una ciudad de arte y arquitectura

Mi viaje terminó en la magnífica ciudad de Barcelona. Desde el momento en que llegué, me cautivó su arquitectura única, especialmente las obras de Anton Gaudí. Visité la fascinante Sagrada Familia, una impresionante proeza de la genialidad arquitectónica.

Paseando por La Rambla, la famosa avenida peatonal de la ciudad, me encontré rodeada de artistas callejeros, artistas y mercados. Pasé un tiempo en el Parque Güell, otra creación de Gaudí, que ofrecía vistas panorámicas de la ciudad y una vibrante exhibición de mosaicos.

La comida de Barcelona es deliciosa, con ingredientes frescos y de alta calidad. Me di el gusto de comer pan con tomate, un plato simple pero delicioso de pan tostado untado con tomate, ajo y aceite de oliva. También disfruté de la crema catalana, un postre rico de natillas que es similar a la crème brûlée.

La gente y los barrios de España

A lo largo de mi viaje, me encontré con españoles amables y acogedores que hicieron que mi experiencia fuera aún más especial. En cada ciudad, me sorprendió la generosidad de la gente, desde los baristas que me recomendaron sus pasteles locales favoritos hasta los camareros que compartieron historias sobre la historia culinaria de la región. La cultura española es una que valora la familia, la tradición y la alegría de vivir, y me sentí abrazada por este espíritu en cada paso.

Conclusión

Mi viaje de 10 días a España fue un viaje lleno de experiencias impresionantes, desde la grandeza de los lugares históricos hasta los momentos íntimos compartidos tomando tapas con nuevos amigos. La rica diversidad cultural de España, sus impresionantes paisajes y su gastronomía incomparable dejaron una impresión duradera en mí. Es un país que invita a la exploración y recompensa la curiosidad, y ya estoy deseando volver para descubrir aún más joyas ocultas.

Ananya Sharma 9A

TRANSLATION

Exploring the Wonders of Spain

Spain is a country rich in history, culture, and vibrant traditions. My 10-day journey through Spain was an unforgettable adventure, filled with unforgettable moments, diverse landscapes, delicious food, and the warmth of its people. From bustling cities to charming coastal villages, every stop on my trip was an exploration of Spain's varied regions and their unique identities. Let me take you through my journey of discovery.

Day 1-3: Madrid - The Heart of Spain

My adventure began in the vibrant capital, Madrid, a city that perfectly blends modernity and tradition. I wandered through the streets of the city, starting with the iconic Puerta del Sol and the Plaza Mayor, where the energy of the city truly hits you. The grand Royal Palace was a must-see, showing Spain's rich monarchy. The nearby Almudena Cathedral was also a highlight, standing as a beautiful contrast to the modern architecture of the city.

A trip to Madrid is not complete without a visit to the Prado Museum, home to an impressive collection of European art. I spent hours looking at the works of Goya, Velázquez, and El Greco.

The city's food scene was equally amazing. I indulged in traditional tapas at the bustling Mercado de San Miguel, where I tasted jamón ibérico, patatas bravas, and churros con chocolate - a sweet treat I couldn't get enough of. Every bite reflected the passion Spaniards have for their culinary traditions.

Day 4-5: Toledo - A Medieval Gem

Next, I took a short day trip to Toledo, a city with a rich history. This UNESCO World Heritage site, perched on a hill above the Tagus River, seemed like a living museum. The narrow cobblestone streets were lined with medieval buildings, and the Toledo Cathedral left me in awe with its Gothic architecture.

I walked through the Jewish Quarter and saw the cultural fusion of Christian, Muslim, and Jewish influences that shaped the city. Toledo is famous for its sword-making tradition, and I had the chance to visit a local artisan workshop where I learned about the centuries-old craftsmanship.

For lunch, I enjoyed a traditional Toledo marzipan, a sweet treat made from almonds and sugar that has been made in the city for centuries. It was a delicious experience that I will never forget.

Day 6-7: Seville – Flamenco, Fiestas, and Flamenco

Seville, in southern Spain, was another highlight of my journey. The city is known for its vibrant culture, and it didn't disappoint. My days in Seville were filled with lively explorations of historic landmarks, such as the Alcázar of Seville, a stunning palace complex with exquisite Moorish architecture and lush gardens. The adjacent Seville Cathedral - the largest Gothic cathedral in the world - was equally mesmerizing.

One evening, I got a chance to see a passionate flamenco performance in one of Seville's intimate tablaos.

Seville's cuisine was exceptional. I had gazpacho, a refreshing cold tomato soup perfect for the hot summer days, and salmorejo, a creamy, thick version of gazpacho

topped with hard-boiled eggs and jamón. I also tried tortilla española, a Spanish omelet made with potatoes and onions, which quickly became one of my favorite dishes

Day 8-9: Valencia - Sun, Sea, and Paella

From Seville, I travelled to Valencia, a coastal city known for its beautiful beaches and its world-famous dish: paella. I spent my days lounging by the Malvarrosa Beach, where the warm Mediterranean waters were a perfect escape from the heat of the city. The futuristic City of Arts and Sciences, designed by architect Santiago Calatrava, was another must-see. Its innovative buildings and stunningly modern architecture contrasted beautifully with the natural surroundings.

Valencia is the birthplace of paella, so I made sure to try this iconic dish at a local restaurant. The paella Valenciana, made with chicken, rabbit, and fresh vegetables, was a culinary masterpiece that filled me with both satisfaction and a newfound appreciation for Spain's rice dishes

Day 10: Barcelona - A City of Art and Architecture

My trip ended in the magnificent city of Barcelona. From the moment I arrived, I was captivated by its unique architecture, especially the works of Antoni Gaudí. I visited the mesmerizing Sagrada Familia, an aweinspiring feat of architectural genius.

Strolling along La Rambla, the city's famous pedestrian boulevard, I found myself surrounded by street performers, artists, and markets. I spent time at the Park Güell, another Gaudí creation, which offered panoramic views of the city and a vibrant display of mosaics.

Barcelona's food is delicious, with fresh, high-quality ingredients. I indulged in pan con tomate, a simple yet delicious dish of toasted bread rubbed with tomato, garlic, and olive oil. I also enjoyed crema catalana, a rich custard dessert that is similar to crème brûlée.

The People and Neighbourhoods of Spain

Throughout my trip, I encountered friendly and welcoming Spaniards who made my experience even more special. In each city, I was struck by the generosity of the people, from the baristas who recommended their favorite local pastries to the waiters who shared stories about the region's culinary history. Spanish culture is one that values family, tradition, and the joy of living, and I was embraced by this spirit at every turn.

Conclusion

My 10-day trip to Spain was a journey filled with breathtaking experiences, from the grandeur of historic sites to the intimate moments shared over tapas with newfound friends. Spain's rich cultural diversity, stunning landscapes, and unparalleled cuisine left a lasting impression on me. It's a country that invites exploration and rewards curiosity, and I already look forward to returning to discover even more hidden gems.

Ananya Sharma 9A

Forging New Bonds

The Indo German Exchange Programme '24 has surely been a true highlight of this year and still makes me reflect nostalgically on the memorable moments we shared - from our initial discussions about the trip to Germany, to the most wonderful days spent there, returning home, hosting our quests and then bidding them a farewell.

When I first heard about the exchange, I couldn't believe it. I wondered how it was possible to stay with a family that too in Germany and then have them come to our city and host them. Yet, it all came true. From the nervous moment my host family picked me up to waking up the next morning feeling all happy and accepted, they made me fee like a true member of their family.

This remarkable experience has truly made me feel lost in time, a sensation that comes only when you are fully engaged and enjoying the moment. Throughout this journey, my classmates and I grew closer to each other with every opportunity we got. The several events and competitions we participated in strengthened our bonds and sparked our creativity. Each word I know in this language holds significance for me because it does make a lot of difference which I realised during the exchange. Communicating with the host families, locals, and teachers made me learn so much and preparing meals with them during the exchange was a sweet success. What I learned from my teachers about Germany, its language, and culture was enriching, but

experiencing it firsthand was truly unbelievable. The listening modules that once used to go above my head and felt useless became a real life test during my trip.

During the exchange program, I didn't just learn about thei education system and country but also experienced life in a German household. It wasn't an exchange between two schools, it was an exchange between two cultures.

I am immensely grateful to our school for offering foreign languages, since the learning in school also laid the foundation for my Goethe Zertifikat exams which holds a very important place for anyone who is learning this language. Learning a foreign language opens the door to understanding new cultures, which helps me have a deeper understanding of my own native language and culture.

Last but not least, I want to extend my heartfelt gratitude to everyone

who made this exchange possible. A special thank you to our school and

also our partner school, Richard von Weizacker. This exchange has not only helped us forge new friendships but has also strengthened the bonds with old ones. Here's to many more exchanges in the future!

Vainavi Jain 11F



Baile de Palabras: i Aventura con el Español

Un idioma brillante y amplio,
donde nuevos colores y sonidos se encuentran.
"Me encanta español" resuena...
Un capítulo tan fresco y suave.
Al principio, fue difícil, las palabras eran extrañas
No podía atraparlas, no podía organizarlas.

Frases simples que hacen cantar mi corazón.
El flujo del español, el ritmo que trae,
Es un baile, un ritmo, un latido,
Cada lección un paso, cada palabra una letra de

Puedo imaginar los colores de una noche española.

Los atardeceres, la música, la luz brillante de la ciudad.

Entender a los demás, su alegría y su dolor, Hablar desde el corazón, bajo el sol y la lluvia.

En este idioma, encuentro mucho más,
Un mundo que no conocía antes.
El español ha abierto una puerta,
A aventuras, sueños, y una vida que adoro.
Y a medida que avanzo, con cada nueva palabra,
Sé en mi corazón que es todo lo que he
escuchado.
Un idioma tan suave, un idioma de pasión,

El español es algo que quiero tanto.

Myra Jain 9A

A language that's bright and wide,
Where new colours and sounds collide.
"Me encanta español" echoes...
A chapter so fresh and mellow.
At first, it was hard, the words felt strange,

Simple phrases that make my heart sing,
The flow of Spanish, the rhythm it brings,
It's a dance, a rhythm, a beat,
Every lesson a step, each word a lyric to a feat

I can picture the colors of a Spanish night,
The sunsets, the music, the city's bright light.
To understand others, their joy and their pain,
To speak from the heart, through sunshine and rai

In this language, I find so much more,
A world I hadn't known before.

Spanish has opened a door,
To adventures, to dreams, to a life I adore.

And as I move forward, with each new word
I know in my heart, it's all I've heard.

A language so gentle, a language of passion
Spanish is something I hold so dear.

Myra Jain 94

Allein zu Hause

Heute war ich allein zu Hause, weil meine Eltern weg gefahren sind. Zuerst habe ich meine Hausaufgabe gemacht. Es fühlte sich gut an, alles fertig zu machen, weil ich dann mehr Zeit für mich hatte. Nachdem ich meine Hausaufgaben gemacht habe, habe ich einen interessanten Roman zur Hand genommen. Das Buch war spannend, und ich konnte mich richtig gut darin vertiefen. Dann habe ich Deutsch mit der Duolingo-App gelernt. Es hat mir sehr viel Spaß gemacht, weil die Übungen immer kurz und interessant sind. Abends habe ich mit meinen Freunden gesprochen und sie nach ihrem Urlaub gefragt. Wir haben viel gelacht, als sie mir erzählten, was sie alles erlebt haben. Als es Zeit war, dass meine Eltern nach Hause kamen, habe ich das Haus geputzt, damit es ordentlich ist. Es hat mir wirklich Spaß gemacht, alleine zu Hause zu bleiben, weil ich alles in meinem eigenen Tempo machen konnte.

TRANSLATION

Alone At Home

Today, I was home alone because my parents were away. First, I did my homework. It felt good to finish everything because then I had more time for myself. After finishing my homework, I picked up an interesting novel. Th book was exciting and I could really immerse myself in it. Then, I learned German with the Duolingo app. It was really fun because the exercises are always short and interesting. In the evening, I talked to my friends and asked them about their vacations. We laughed a lot when they told me about everything they had experienced. When it was time for my parents to come home, I cleaned the house so it would be tidy. I really enjoyed being home alone because I could do everything at my own pace.

Karnik Gupta 94

Meine Familie

Meine Familie ist mein Schatz,

Mit ihnen zusammen zu sein, macht mir immer Freude.

Sie überschütten mich mit so viel Liebe, Ich fühle mich beschützt wie eine schöne Taube.

Meine Großeltern bringen mir bei, auf meine Gesundheit zu achten,

Weil sie das Gefühl haben, dass das im

Leben der wahre Reichtum ist.

Meine Mutter bringt mir das Kochen bei, Wenn ich ein Gericht aus dem

Rezeptbuch auswähle.

Sogar meine Freunde haben ihren besonderen Platz,

Weil wir beim Spielen von Angesicht zu Angesicht sprechen.

Du hast immer so viel zu tun, Also werde ich nie aufhören, dich zu lieben

TRANSLATION

My Family

My family is my treasure,

Being with them always gives me pleasure.

They shower me with so much love,

I feel protected like a beautiful dove.

reer protected like a beautiful dove.

My grandparents teach me to take care of my health,

Because they feel, in life, that is the real wealth.

My mother teaches me how to cook,

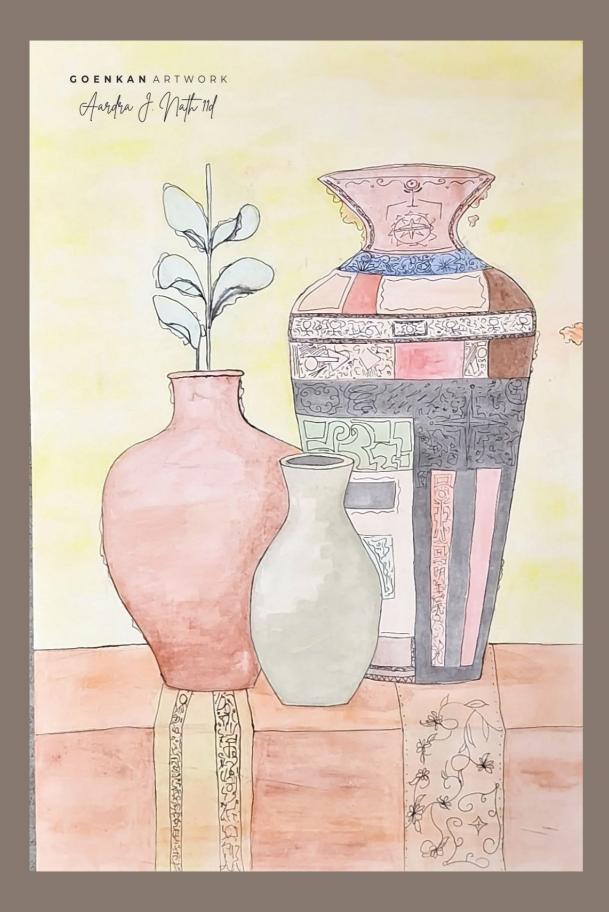
When I select a dish from the recipe book.

Even my friends have their special place,

Because while gaming we talk face to face.

You always have so much to do, So I will never stop loving you.

Ahaan Kshitij Jain 8B



Meine Faszination Von Harry Potter

Mein Lieblingsbuch ist Harry Potter. Es gibt 7 Bücher in der Serie. Seine Autorin ist J K Rowling. Ich finde dieses Buch sehr interessant und spannend Mein Lieblingsbuch ist Deathly Hallows in dieser Serie. Der Charakter Harry James Potter gefällt mir am besten. Mein Lieblingszauber ist Expelliarmees. Mein Freund Aditya beeinflusst mich, um dieses Buch zu lesen. Das Buch ist über ein Weisenkind und seine Freunde und seine Abenteuer in der Schule "Hogwarts". Harry Potter begeistert mich niemals aufzugeben.

My Fascination With Harry Potter

TRANSLATION

ly favorite book is Harry Potter. There are 7 books in the series. Its author is K. Rowling. I find this book very interesting and exciting. My favorite book in his series is Deathly Hallows. The character Harry James Potter is my favorite. ly favorite spell is Expelliarmus. My friend Aditya influenced me to read this ook. The book is about an orphan and his friends and their adventures at the chool Hogwarts. Harry Potter inspires me to never give up.

Lakshya Gupta 7D

Matilda

Die Hauptfiguren in diesem Buch sind Matilda, Miss Honey, Miss Trunchbull. Mr. und Mrs.Wormwood ,Michael, Amanda, Bruce und Lavender

Matilda ist ein fünfeinhalb Jahre altes, kluges Mädchen. Sie hat magische Kräfte in ihren Augen und sagt, dass winzige Hände aus ihren Augen kommen und ihr beim Zaubern helfen. Ihre Lehrerin, Miss Honey, ist hilfsbereit und freundlich zu ihr und hält sie für eine geniale Mathematikerin. Ihre Freundin Lavender machte Miss Trunchbull einen Streich, was zu heftiger Schelte für Matilda führte. Ihr Vater – Mr. Wormwood – liebt sie überhaupt nicht.

Mein Lieblingsteil ist, wenn Matilda Superkleber auf den inneren Rand des Huts ihres Vaters aufträgt und er ihn unbemerkt trägt.

Er konnte ihn nicht vom Kopf nehmen und ihre Mutter musste ihm auch den Hut und die Haare abschneiden. Es sah lustig und nach kreativer Fantasie aus. Erstaunliche und überraschende Mischung aus Spaß, Abenteuer und Mysterium

Dieses Buch gibt jungen Lesern eine Botschaft: Wir können alles schaffen, wenn wir uns konzentrieren.

Devvagnya Khanna 6C

Matilda

The main characters in this book are Matilda, Miss Honey, Miss Trunchbull, Mr. & Mrs. Wormwood, Michael, Amanda, Bruce and Lavender.

Matilda is a clever little five-and-a-half-year-old girl. She has magical powers in her eyes and says that tiny hands come out her eyes and help her with the magic. Her teacher, Miss Honey, is really helpful and kind towards her and considers her to be a mathematical genius. Her friend, Lavender, pranked Miss Trunchbull leading to a good scolding for Matilda. Her father, Mr. Wormwood doesn't love her at all. My favourite part is when Matilda puts superglue on the inside rim of her father's hat and without noticing anything he wears it. After all this he couldn't take it off his head so her mother had to cut off the hat as well as Mr. Wormwood's hair. It was hilarious.

This book is all about creativity and imagination so it is an amazing and surprising mix of fun, adventure and mystery. This book by Roald Dahl gives out a message for us young readers: We can do anything if we focus on it.

Devvagnya Khanna 6C

Diálogo entre Juan y María sobre la clase de hoy

Juan: ¡Hola! ¿Cómo estás hoy?

María: ¡Hola! Estoy bien, ¿y tú?

Juan: Estoy bien. ¿Qué hiciste en clase de español hoy?

María: Hoy practicamos la comprensión y la escucha. Escuchamos una grabación sobre una

persona que habla de su familia. Después respondimos preguntas.

Juan: Yo también escuché una grabación. Fue sobre un viaje, y tuvimos que responder

preguntas también.

María: ¡Qué bien! Me gusta practicar la comprensión auditiva.

Juan: ¡Sí! Me ayuda mucho a entender mejor el español.

TRANSLATION

Juan: Hi! How are you today?

María: Hi! I'm good, how about you?

Juan: I'm good. What did you do in Spanish class today?

María: Today we practised comprehension and listening. We listened to a recording about a person

talking about their family. Then we answered questions.

Juan: I also listened to a recording. It was about a trip, and we had to answer questions too.

María: That's great! I like practising listening comprehension.

Juan: Yes! It really helps me understand Spanish better.

Lavya Batra 9A

Mi Experiencia Aprendiendo Español

Este año, aprender español ha sido divertido. Al principio, fue difícil porque no conocía muchas palabras. Pero ahora me siento más cómodo. Aprendo palabras nuevas todos los días y practico mi pronunciación. Hablar español me ayuda a entender mejor otras culturas y hacer nuevos amigos. ¡Es una experiencia genial!

TRANSLATION

My Experience Learning Spanish

This year, learning Spanish has been fun. At first, it was difficult because I didn't know many words. But now I feel more comfortable. I learn new words every day and practise my pronunciation. Speaking Spanish helps me understand other cultures better and make new friends. It's a great experience!

Lavya Batra, 9A

हिन्दी भाषा का महत्त्व

देश की आत्मा है हिन्दी, हम सब की पहचान है हिन्दी, सहज, सुगम और आसान है हिन्दी जीवन के मूल्य और संस्कार है हिन्दी!

हिन्दी भारत की राष्ट्रीय भाषा है और भारत ही एक ऐसा देश है जिसकी राष्ट्र भाषा और राजभाषा एक ही है| हिन्दी भारत की संस्कृति और परंपराओं से जुड़ी हुई है और हमें विश्व में अलग पहचान दिलाती है। यह एक भावात्मक भाषा है जो लोगों का दिल आसानी से छु जाती है। परंतु आजकल हिंदी जानते हुए भी लोग हिन्दी में बोलने, पढने या काम करने में हिचकने लगे हैं। हर जगह अंग्रेजी भाषा का बोलबाला है। परंतु लोगों को यह याद रखना चाहिए कि "हिन्दी अनुवाद की नही बल्कि संवाद की भाषा है" भारत में 14 सितंबर को हिन्दी दिवस मनाया जाता है और कई प्रकार के कार्यक्रम भी आयोजित किए जाते हैं। हिन्दी भाषा के प्रसार से पूरे देश में एकता की भावना और भी ज्यादा मजबूत होगी।

सभी भाषाओं की बड़ी बहन है हिन्दी, यदि भाषाएँ नदियाँ हैं, तो महानदी है हिन्दी !

शायराह पोपली कक्षा - ४

आओ वृक्ष लगाएँ

पर्यावरणा की रक्षा करना है हमारा कर्तव्य, अधिक से पेड लगाना, हमारा है कर्तव्य । दुनिया को बचाना है तो, प्लास्टिक का प्रयोग छोडो। वृक्ष लगाकर इस धरती को,आओ स्वर्ग बनाएं, हरा भरा सोना है जंगल, इसे न हरगिज काटें। कॉेक्रीट का जाल बिछाकर. नहीं धरा को रौंदें. ये तो शिव का वह स्वरूप, हरते सदा अमंगल स्वच्छ हवा और वर्षा का जल देते हमको हर पल, करते जो खिलवाड प्रकृति से, उनको सबक सिखाएँ। नदियाँ, ताल, नहर, बाँधों को मिलकर स्वच्छ बनाएँ। जल है प्राणाधार हमारा, मिलकर इसे बचाना है। रहे प्रदूषण मुक्त धरा यह और गगन यह अपना, रोग रहित जीवन जीने का बीडा चलो उठाएँ। समझें मित्र प्रकृति को, इसका रूप मनोहर। वृक्ष लगाकर इस धरती को आओ स्वर्ग बनाएं।

हेतांश शिवहरे कक्षा- ५



माया का मक्कड जाल

झूठ की ऐंठ को छोड़ दे मानव, एक दिन प्राण पखेर उड़ जाएगा, जिसको कहता था, मेरा-मेरा सब कुछ यहीं रह जाएगा।

माया बड़ी मायावी है, हर पल तुझको छलती है, खाता है धोखा तू, पल-प्रतिपल फिर भी तलब ना इसकी मिटती है। जो बोया था बीज धरा में पकने पर वही मिल पाएगा, जिसको कहता था, मेरा-मेरा सब कुछ यहीं रह जाएगा।

फंसा हुआ है रिश्तों के जाल में करता बस मेरा-मेरा है, त्याग नींद ओ भोले प्राणी! ये कुछ दिन का रैन बसेरा है। पद खाली नहीं रहेगा तेरे बिन कोई और किरदार निभाने आएगा जिसको कहता था, मेरा-मेरा सब कुछ यहीं रह जाएगा!-2

अव्यान रहेजा कक्षा-६

हिंदी है पहचान हमारी

हिंदी है पहचान हमारी, भाषा है यह सबसे परायी | लगती सबको सबसे न्यारी , अंग्रेजी से जंग है जारी| हिंदी है पहचान हमारी , कश्मीर से लेकर कन्याकुमारी | जन जन की है यह दुलारी , राष्ट्र भाषा है यह हमारी | सम्मान की है अधिकारी, हिंदी है पहचान हमारी |

रेहांश मित्तल कक्षा- ३

ईमानदारी की ताकत

सच का रास्ता सदा, कांटो भरा रास्ता, सच बोलने से मिलती है दिल में राहत। झूठ से चाहे समय बचा लो तुम, लेकिन दिल की शांति खो जाएगी, हर कदम। सच्चाई से मिलती है आत्मविश्वास की ताकत, सच पर चलने से ही मिलती है सफलता की राह। ईमानदारी से बड़ी कोई ताकत नहीं, सच्चा इंसान हमेशा रहेगा खुशी से भरा।

ध्रुविका पारिदा कक्षा - ७

मेरा शूटिंग का सफ़र

मैं बचपन में सभी खेल खेलता था। तब मेरी उम्र ४ वर्ष थी। एक दिन माँ के साथ मैं शूटिंग रेंज में गया। रेंज को अंदर से देखकर मैं बहुत खुश हुआ और माँ से कहा, "पापा के पास भी पिस्ट"ल है न। माँ ने बताया कि तुम्हारे पापा भी शूटिंग किया करते थे। उनके पास कई पुरस्कार है। तब से मैं हर रोज शुटिंग रेंज जाने लगा।

एक दिन मैंने कोच सर से पूछा," क्या मैं भी शूटिंग सीख सकता हूँ?" उन्होंने कहा कि जब तुम दस साल के होगे तब ही तुम शूटिंग शुरू कर सकते हो। यह सुनकर मैं बहुत उदास हो गया। इसी बीच कोविड महामारी फैल गई अब मेरा घर से निकलना और खेलना बंद हो गया। फिर मैं कोविड खत्म होने के बाद दोबारा शूटिंग के लिए जाने लगा। इसी बीच मुझे पता चल कि एक शूटिंग प्रतियोगिता होने वाली है। मैंने माँ से कहा कि मैं भी इसमें भाग लेना चाहता हूँ। उन्होंने मुझे भाग लेने से मना नहीं किया। कुछ दिनों की तैयारी के बाद मैंने प्रतियोगिता में रजत पदक जीता। सभी मुझसे बहत खुश हुए। मेरी जीत से कोच सर बहुत खुश हुए। उन्होंने मुझे अगली प्रतियोगिता के लिए तैयारी करने को कहा। प्रैक्टिस करने के दौरान मेरी भेंट जसपाल राणा सर से हुई। उन्होंने मेरा उत्साह बढ़ाया और कहा कि तुम खूब अभ्यास करो और अपने देश व विद्यालय का नाम रोशन करो। अगली दो प्रतियोगिताओं में मैंने दो रजत पटक जीते। पटक जीतने वाला अपने विद्यालय में मैं सबसे कम आयु वर्ग का खिलाड़ी था। मेरी इस उपलब्धि के कारण अन्य विद्यार्थियों की भी इस खेल में रुचि बढी। इन प्रतियोगिताओं को जीतने के बाद मेरा नाम अखबार व टीवी समाचारों में आया। मेरे जन्म दिन पर पिता जी ने मुझे उपहार में पिस्टल दी। पिस्टल पाकर मेरी खुशी दोगुनी हो गई। इसी पिस्टल से मैंने अभ्यास शुरू कर दिया। जब जब मैं पिस्टल को हाथ में लेता हँ तब तब मेरे मन में और अधिक अभ्यास करने का उत्साह बढ़ता है क्योंकि यह मुझे मेरी जीत याद दिलाती है। अब मेरा एक ही लक्ष्य है कि मैं अपने देश के लिए स्वर्ण पदक जीत कर लाऊँ।

अरनव भसीन कक्षा - ७

व्यायाम के फायदे

व्यायाम है जीवन का सार. स्वस्थ शरीर का यह उपहार। हर दिन सुबह उठो, दौड़ो, भागो, फिटनेस को जीवन में लाओ। मांसपेशियों को देता बल. शरीर को रखता चपल। रोगों से लड़ने की शक्ति बढ़ाता, व्यायाम हमें स्वस्थ बनाता। मस्तिष्क को मिलता सुकून, तन मन दोनों रहें मज़बुत। अवसाद और चिंता को दूर भगाए, हर दिन नई ऊर्जा दिलाए। न करो आलस्य, व्यायाम करो, जीवन में जोश और उमंग भरो। स्वस्थ शरीर, स्वस्थ मस्तिष्क का आधार, व्यायाम से जीवन में लाओ बहार। दिल करे, या ना करे, मन हाँ करे या ना करे आलस को पछाड़ जल्दी अपने जूते निकाल । दौड़ या कर व्यायाम चाह सुबह कर या कर शाम, घर हो चाहे हो बाहर पर करना है हरदिन, हररोज़, हर बार अगर आप है स्वस्थ, डाक्टर और रोगों से रहेंगे दूर, शंक्ति से भरपूर समय होगा आपके अनुरूप।

कीशा सिंह कक्षा - 5

आर्थर कॉनन और उनकी लेखन शैली

शर्लक होम्स सर आर्थर कॉनन डॉयल द्वारा बनाया गया एक काल्पनिक चित्र है, जिन्होंने कई अन्य कितावें लिखीं जैसे - द स्टोन ऑफ बॉक्समैन ड्रिफ्ट और द मिस्ट्री ऑफ क्लूम्बर। शर्लक होम्स स्वयं को 'परामर्शदाता जासूस' कहते थे। उनके पास कटौती और अवलोकन की असाधारण शक्तियाँ थीं। उनके सहयोगी और मित्र, डॉ. जॉन वॉटसन ने उनके मामलों के संस्मरण लिखे। वह चार उपन्यासों और छप्पन लघु कहानियों में दिखाई दिए। तीसरा उपन्यास, 'द हाउंड ऑफ द बास्करविल्स', पहली बार अगस्त 1901 से अप्रैल 1902 तक द स्ट्रैंड मैगज़ीन में क्रमबद्ध किया गया था। उपन्यास की शुरुआत डॉ. जेम्स मोर्टिमर द्वारा होम्स की मदद मांगने से होती है। वह उसे बास्करविल परिवार की एक किंवदंती के बारे में बताता है, जिसमें सर ह्यूगो बास्करविल ने एक किसान की बेटी का अपहरण कर लिया था। लड़की भाग जाती है और सर ह्यूगो उसका पीछा करता है। सर ह्यूगो के साथियों ने बाद में लड़की और सर ह्यूगों को शिकारी कुत्ते द्वारा मार डाला हुआ पाया। किंवदंती कहती है कि शिकारी कुत्ते ने बास्करविल्स का शिकार किया, जिससे उनमें से कई की अकाल मृत्यु हो गई। होम्स ने इस कथा को एक परी कथा कहकर ख़ारिज कर दिया। डॉ. मोर्टिमर ने होम्स को सर हेनरी बास्करविल से मिलने के लिए कहा, जो सर चार्ल्स बास्करविल के मृत पाए जाने के बाद बास्करविल हॉल में चले गए, जिसके बारे में डॉ. मोर्टिमर का मानना था कि यह हाउंड के कारण हुआ था। जब होम्स को पता चलता है कि सर हेनरी खतरे में डॉ. सकते हैं, तो वह बॉटसन को सर हेनरी के साथ उस दलदल में भेजता है जहां बास्करविल हॉल था। वॉटसन को सुराग मिले कि हाउंड की किंवदंती सच हो सकती है।

शर्लक होम्स अपने तार्किक तर्क और अवलोकन कौशल के लिए जाने जाते हैं। उनमें न्याय की गहरी भावना और संगीत के प्रति सराहना है। वह वायलिन बजाता है। वह काफी मजबूत है और छह फीट से अधिक लंबा है। वह अपना भेष भी बहुत अच्छी तरह से बदल सकता है। उनके कुछ भेषों में शामिल हैं - एक बूढ़ा नाविक, एक पुस्तक संग्रहकर्ता और एक बुज़र्ग महिला।

मेरे सबसे प्रिय लेखक सर आर्थर कॉनन डॉयल है। उनकी लेखन शैली मुझे लेखक बनने के लिए प्रेरित करती है। मेरे सबसे प्रिय काल्पनिक चरित्र शर्लक होम्स है।

अवंतिका मधुरंतकम कक्षा- ७

कैसे हनुमान बजरंग कहलाए

एक बार की बात है कि भगवान राम की पत्नी माता सीता अपनी माँग में सिंदूर लगा रही थीं। जब हनुमान ने उन्हें ऐसा करते हुए देखा तो उनसे पूछा, " माता, आप अपने माथे पर सिंदूर क्यों लगा रही हो ? सीता जी ने उत्तर दिया, मैं भगवान राम की दीर्घायु की लिए अपनी माँग में सिंदूर लगाती हूँ। यह सुनकर भोले हनुमान ने सोचा, अगर माता के थोड़े-से सिंदूर से प्रभु राम की आयु बढ़ सकती है तो कितना बढ़िया हो यदि मैं भी सिंदूर लगा लूँ। इससे तो मेरे प्रभु की आयु सदैव बढ़ती ही जाएगी।

यह सोचकर हनुमान जी ने अपने पूरे शरीर पर भरकर सिंदूर लगा लिया। हनुमान को ऐसा करते देखकर जब माता सीता उन्हें भगवान राम के पास ले गईं तो राम जी ने हनुमान से पूछा, " हे प्रिय हनुमान ! तुमने अपने पूरे शरीर पर ये सिंदूर क्यों लगाया है? जब हनुमान जी ने भगवान राम को इसके पीछे का कारण बताया तो श्री राम अत्यंत प्रसन्न हुए और उन्हें बजरंगबली नाम दिया। तो इस प्रकार से पवनपुत्र हनुमान बजरंगी/ बजरंगबली कहलाए।

आर्यमन कक्कर कक्षा- ६

जलवायु परिवर्तन के दुष्परिणाम

आकाश बिल्कुल नीला था। सूरज बादलों के पीछे से साफ़ चमक रहा था। आकाश में पंछी उड़ व चहचहा रहे थे। प्रधानाचार्य जी ने आज प्रार्थना सभा में जलवायु परिवर्तन के बारे में बताया। कक्षा में जाकर अध्यापिका जी से और जानकारी प्राप्त करने को कहा। आज विद्यालय में बहुत शोर हो रहा था। जिसके कारण मीना को बिल्कुल अच्छा नहीं लग रहा था। मीना ने अध्यापिका जी से पूछा," जलवायु परिवर्तन से दुनिया में क्या प्रभाव पड़ता है।" अध्यापिका जी सभी छात्रों को मैदान में लेकर गई। सभी बच्चे मैदान में खुशी-खुशी गये। जलवायु परिवर्तन के बारे चर्चा शुरू की गई। अध्यापिका जी ने कहा," जिस प्रकार हम स्वास्थ्य का ध्यान रखते हैं उसी प्रकार हमें अपने पर्यावरण का ध्यान रखना चाहिए। यह कार्य किसी एक द्वारा करना कठिन होगा। परंतु यदि हम सभी एकजुट होकर प्रयास करें तो हम सब इसके दुष्प्रभावों को कम कर सकते हैं।" मीना ने सिर हिलाकर अपनी सहमति दी। मीना ने पूछा," हम इसका प्रचार किस प्रकार कर सकते हैं?" अध्यापिका जी ने उत्तर दिया, 'हमें कई स्थानों इस विषय पर नोटिस या पोस्टर लगाने होंगे। अध्यापिका जी ने बच्चों को समझाया कि जिस प्रकार एक माली अपने बगीचे का ध्यान रखता है उसी प्रकार हमें भी बिभिन्न उपायों द्वारा अपने पृथ्वी रूपी बगीचे का ध्यान रखता है उसी प्रकार हमें भी बिभिन्न उपायों द्वारा अपने पृथ्वी रूपी बगीचे का ध्यान रखना होगा।जलवायु परिवर्तन की जिम्मेदारी सबसे अधिक इंसान की है। हमें इसके दुष्प्रभावों को देखते हुए भविष्य के लिए उपाय करने होंगे।

शिक्षा – हमें इससे यह शिक्षा मिलती है कि जलवायु परिवर्तन अगर आज नहीं रोका गया तो जलवायु जीवन नहीं बचा पाएगी।

आर्यन भसीन कक्षा - ४

जलवायु परिवर्तन

सिमटती सी इस दुनिया की उलझी पड़ी कहानी हवा में जहर घुला पड़ा है, पीते सब गंदा पानी है।

जलवायु परिवर्तन की गतिविधि मानुष की ही माया है, तापवृद्धि ने देखो कैसे हिमानी को पिघलाया है।

जल प्लावन का एक खतरा सबके ऊपर मंडराया है, अल्पमती मानुष ने फिर भी उघोग ही बढ़ाया है।

समुद्र के नीर की हलचल उठती है उफान तक समय के पहिए संग ये पहुंचेगी हर एक मकान तक

मौसम के बदलाव ने कृषि को भी तो घेरा है उत्पादकता घट रही अनाज में खो रहे विहंग बसेरा है

पेड़ पौधों का अस्तित्व छिन्न भिन्न हो रहा है मृदा अपरदन के कारण सब मूल्य निम्न हो रहा है

इसी भयानक स्थिति से मानव प्रवृजन में वृद्धि होगी कैसे भरेंगे अपना पेट वो कैसे उनकी शुद्धि होगी

आधुनिकता का आखिर कैसा ये संताप है, धूप में ज्यादा गर्मी है, वायु अधिक ताप हैं, उच्छृंखल विष ने जकड़ा है, धरती के हर एक प्राणी ने ऐसी है दशा जलवायु की आज की हर एक हो हैरानी है,

प्रकृति को विवश करने का मानव का ही काम है दुखियारे इस कुदरत की अब विप्लव की ही मांग है

अभी समय शेष है सावधानी हमें बरतनी होगी सब तत्वों के शिखर पर हमको रखनी अपनी प्रकृति होगी।

शौर्य गोयल कक्षा- ५

बढ़ते उद्योग और सिकुड़ते वन

फैली थी चारों ओर हरियाली,पक्षी करते थे कलरव और शांत पथिक छाया में विश्राम कर मिटाते थे अपनी थकान। परंतु बढ़ते औद्योगीकरण ने,उजाड़ दिए वन, बन गये हैं.

बडे-बडे भवन, फैक्ट्रियाँ,हो गया है नगरीकरण,बढ़ते उद्योग और सिकुड़ते वन। मानव जाति स्वार्थी स्वभाव की है। यह तो एक सच है और यह इस बात से बहुत अच्छे से साबित होता है कि कैसे मानव ने अपने उद्योग को बढाने के लिये ईश्वर और प्रकृति की सबसे बडी देन पेड पौधों को काटना शुरू कर दिया है । लेकिन शायद हमें इस बात का अंदाज़ा नहीं है कि कुछ पल की ख़ुशी और कुछ देर के अच्छे उद्योगों के परिणामस्वरूप हमें और हमारी आने वाली पीढ़ी को बहत दुख सहना पड़ेगा।हम सभी जानते हैं कि उद्योगों का विकास किसी भी देश की अर्थव्यवस्था और उन्नति के लिए आवश्यक है। नए-नए उद्योग स्थापित होने से रोजगार के अवसर बढ़ते हैं, आर्थिक स्थिति मज़बूत होती है, और जीवन की गुणवत्ता में सुधार होता है। वन,जो हमारे जीवन का आधार हैं, जिन्हें हम "धरती के फेफड़े" भी कहते हैं, आज विल्प्त होने की कगार पर हैं। वनों की कटाई से न केवल हमारे पर्यावरण को नुकसान हो रहा है,बल्कि जीव-जन्तुओं की अनेक प्रजातियाँ भी संकट में आ गई हैं। वनों की कटाई से होने वाले प्रभावों की सूची लंबी है - जलवायु परिवर्तन, मिट्टी का कटाव, जलवायु असंतुलन, और जैव विविधता की हानि आदि। अब जो बीत गया है उसे तो बदला नहीं जा सकता,बीता हुआ कल कभी वापस नहीं आता, हमें समय रहते सचेत

हो जाना चाहिए और हरियाली को बढ़ावा देने के लिए कदम उठाने चाहिए उदाहरण के लिए हमे अपने आस पास की खाली जगहों जैसे अपने घर के आँगन में या छत पर पौधे लगाने चाहिए और अपने घर के बाहर घरों के भीतर भी पौधे लगाने चाहिए। उसके साथ ही हमें अधिक से अधिक प्रकृति के प्रति मित्रवत चीज़ों को काम में लाना चाहिए। पर इससे मेरा यह मतलब नहीं है कि हमें अपने काम धंधे और उद्योग को बंद कर घर बैठ जाना चाहिए और पूरा दिन सिर्फ़ बाहर की प्रकृति पर ध्यान देना चाहिये,नहीं! हमे अपने काम- काज पर अवश्य ध्यान देना चाहिए लेकिन हमारे पर्यावरण की कीमत पर नहीं. हमें संतुलन बनाए रखना आना चाहिए ताकि हमारा व्यवसाय भी बढ़े और पर्यावरण भी स्वच्छ और सुंदर रहे।इस संदेश को सभी को साझा करना हमारी जिम्मेदारी है। हमें साथ मिलकर उद्योगों और वनों के साथी बनकर प्रकृति की रक्षा करनी चाहिए। आइए, हम सभी मिलकर इस महत्वपूर्ण विषय पर सकारात्मक कदम उठाएँ । विकास की इस अंधी दौड़ में, भूल गए हम प्रकृति का गीत। जिस धरती ने हमें दिया जीवन. उसको ही दे रहे हैं हम पीड़ा की रीत। हरियाली को लौटाना होगा. वनों को फिर से सजाना होगा। विकास और प्रकृति का संतुलन बनाकर, भविष्य को सुंदर बनाना होगा।

शायना गंडोत्रा कक्षा-८

आने वाला कल

आने वाला कल दुनिया में, मुसीबतों का कल होगा, जीवन पर संकट के बादल, संघर्ष यहाँ पल-पल होगा।

नहीं मिलेगा पीने पानी, नहीं अन्न और फल होगा, पर्यावरण क्षरण के कारण, ताप से बहुत विकल होगा,

जल,जंगल ज़मीन धश-पर तेजी से सिकुड रहे वन ,प्रदूषण बढ़ रहा, धरा-पर मौसम के तेवर बदल रहे, कहीं हाड़ कापती सर्दी है, कहीं गर्मी बहुत सताती है, बेमौसम पानी पड़ रहा धरा-पर, आंधी तर बंधू दहाती है।

जैव विवधता खत्म हो रही, कई जीवों का नामो निशान मिटा, कल क्या होगा बिन सोचे समझे जीवन का अस्तत्व मिटा, अंधे होकर गर चलेगी दुनिया, महाप्रलय आ जाएगी, जलवायु परिवर्तन से, मानवता -संकट में आ जाएगी। आने वाला काल दुनिया में, मुसीबतों का कल होगा, नहीं मिलेगा पीने का पानी, नहीं अन्न आन्न और फाल होगा।

साम्या गुलाटी कक्षा- ५

देश सेवा का सपना

अधिकारी बनूँ। यह सपना मेरे लिए बहुत खास है, क्योंकि इसके माध्यम से मुझे देश और समाज की सेवा करने का सीधा अवसर मिलेगा। भारतीय प्रशासनिक सेवा अधिकारी बनना केवल एक नौकरी नहीं है, बल्कि एक ऐसी भूमिका है जहाँ मैं समाज में सकारात्मक बदलाव ला सकती हूँ। इस पद के जरिए मैं देश के हर कोने में गरीब और जरुरतमंद लोगों तक मदद पहुँचाने में सक्षम हो सकती हूँ, उनके जीवन को बेहतर बना सकती हूँ, और विकास की किरण हर जगह फैला सकती हँ। इस सपने के पीछे मेरे कई उद्देश्य हैं। सबसे पहले. मैं अपने देश के प्रति कर्तव्य निभाना चाहती हूँ और समाज की समस्याओं का समाधान ढुँढकर लोगों की ज़िंदगी आसान बनाना चाहती हूँ। मुझे लगता है कि हमारे देश में अभी भी कई समस्याएँ हैं, जैसे शिक्षा का अभाव, स्वास्थ्य सुविधाओं की कमी, और महिलाओं की सुरक्षा का सवाल। एक भारतीय प्रशासनिक सेवा अधिकारी के रूप में मैं इन क्षेत्रों में काम कर सकती हूँ और समाज में बदलाव ला सकती हूँ। मेरा यह सपना है कि मैं उन लोगों की आवाज़ बनूँ जिनकी आवाज़ अक्सर अनस्नी रह जाती है, और

मेरा सपना है कि मैं बड़े होकर एक भारतीय प्रशासनिक सेवा

इसके अलावा, भारतीय प्रशासनिक सेवा अधिकारी बनने के बाद मुझे अपने परिवार और देश का नाम रोशन करने का गर्व महसूस होगा। यह एक सम्मानित पद है जिसे पाना आसान नहीं होता, लेकिन यह चुनौती मुझे और भी प्रेरित करती है। मैं इस सफर को न केवल खुद के लिए बल्कि उन सभी लोगों के लिए पूरा करना चाहती हूँ जो मुझसे उम्मीदें लगाए हुए हैं। मुझे यकीन है कि अगर मैं इस सपने को पूरा करती हूँ, तो मैं न केवल अपने आप पर गर्व करूँगी बल्कि दूसरों के लिए भी प्रेरणा बनूँगी।

उनके लिए वो बदलाव लाऊँ जिससे उनकी ज़िंदगी में सुधार

अहाना हंस कक्षा - 5

खानपान और सेहत

जिस प्रकार स्वस्थ रहने के लिए कसरत जरूरी है उसी प्रकार सही आहार, सही तरीके से लेना भी जरूरी है|बहुत से लोगों को खाने के साथ पानी पीने की आदत होती है। यह आदत आपकी सेहत को नुकसान पहँचाती है। आप खाने के साथ चाय, पानी या दूध ना ले। आप सुबह के खाने के साथ फल का रस. शाम को हर्बल चाय के साथ भूना हुआ चना ले सकते हैं और रात के खाने के बाद हल्दी वाला दूध लें। दिन भर अगर कुछ पीना हो तो सादा पानी या गुनगुने पानी में शहद और नींबू ले सकते हैं। शीतल पेय से दूर रहें। गन्ने का रस सभी रसों से बढिया होता है। शराब पीने से कैंसर ,श्गर जैसी बीमारी होती है। फल और सब्ज़ी को अपने भोजन में सबसे बड़ा हिस्सा बनायें। कई रंगों के फल खायें, साबुत अनाज , दाल , अखरोट आपको भरपूर प्रोटीन प्रदान करते हैं। अपने आहार में विटामिन शामिल करें। कम तेल वाला भोजन खायें| रात को जल्दी सोए और सुबह जल्दी उठे| हमेशा याद रखिए - हर मनुष्य अपना स्वास्थ्य खुद ही बनाता है।

आहाना वाधवा कक्षा-8

खिलौनो की दुनिया में

एक दिन में अपने खिलौनों के साथ खेल रही थी। अचानक से मुझे कुछ आवाज़ें सुनाई देने लगीं। मैं घबरा गई. परंतु, मुझे आश्वासन देने के लिए मेरी प्रिय गुड़िया बोल पड़ी- "अरे ऐनविका, शांत रहो, घबराओ नहीं।" मैंने हिम्मत जुटाकर देखा, तो मैं खिलौनों की दुनिया में थी। ख़ुशी के मारे मैं फूले ना समायी और वहाँ खूब खेली। जब खिलौनों को बोला मेरे साथ घर चलने को तो वो साथ चल पड़े। अचानक एक ज़ोर की घंटी बजी और हम सब रूक गये। पर वो आवाज थी मेरी घड़ी की, 6 बज गए थे। आँख खोली तो देखा सभी खिलौने चुप थे और अपनी जगह पर ही थे। माँ आई और बोली 'चलो उठो सुबह हो गई है, स्कूल जाना है।'

तभी मुझे एहसास हुआ, ये तो एक हसीन सपना था। मैं खिलौनो की दनिया में थी। वाह! कितना सुंदर सपना था।

ऐनविका भसीन कक्षा - 5

खाने के बाद कुछ मीठा हो जाए!

लड्डू बैठा मुँह फुलाकर जब किसी ने <mark>ना उसे खाया,</mark> काजू कतली की चांदी को वर्क को देखकर उसका ही नंबर आया।

रबड़ी बनाने के लिए उसे घंटो तक पकाया, पर हमेशा तो जलेबी के संग ही है उसे सजाया। गुलाब जामुन- रसगुल्ला लड़ पड़े करके तेरा-मेरा, देखने में दोनो गोल-मटोल, पर रंग से शाम-सवेरा। होली पर रंग और पिचकारी तो ठीक है, पर, गरमा-गरम गुजिया के बिना क्या मज़ा करें। राखी पर देखने को मिलता है बहन-भाई का प्यार, चॉकलेट ने कहा-"मुस्कराहट तो मुझे ही खा कर आएगी यार!"

हो मथुरा के पेड़े, मोदक महाराष्ट्र से, या मीठा अन्य प्रकार,

तुम ही तुम हो हर जगह छाए, बस तुम्हारी जय जय कार!

रस मलाई, कुल्फी...अभी भी कितनों की रह गई कहानी,

अब और नहीं, आ चुका सबके मुँह में पानी।

सुवेना तयाल कक्षा- ९



चलो अच्छा हुआ चलो अच्छा हुआ कि शाम ही

तन्हा गुज़री ना मैं बदला हूँ, ना आदतें बदली हैं बस वक़्त बदला है और तुम नजरिया बदल लो बहुत आसान होता है कोई उदाहरण पेश करना लेकिन..

बहुत कठिन होता है खुद कोई उदाहरण बनना.।

अगर मुसीबतें है तो मुस्कुरा के चल, आँधियों को पैरों तले दबा के चल, मंजिलों की औक़ात नहीं तुझसे दूर रहने की, विश्वास इस क़दर खुद में जगा के चल!!

जिन्दगी में ये हुनर भी... आजमाना चाहिए... अपनों से हो जंग तो... हार जाना चाहिए...

चलो अच्छा हुआ कि शाम ही तन्हा गुज़री मिल के बिछड़ते तो रात कटनी मुश्किल होती मत पूछ कि मेरा कारोबार क्या है महोब्बत की छोटी सी दुकान है नफ़रत के बाजार में काग़ज़ पे तो अदालतें चलती है.. हमने तो तेरी आँखों के फैसले मंजूर किए।

तमन्ना बंसल कक्षा -७

साँसें

धुंध छाई शहरों में, साँसें रुकी सी हैं, आकाश धूसर हो गया, आँखें धुंधली सी हैं। कारखानों के धुएँ से, हवाएँ विषैली हैं, फैला हुआ प्रदूषण, बीमारियाँ घेरी हैं। पेड़-पोधे काट दिए, हरियाली छिन गई, प्रकृति का संतुलन बिगड़ा, धरती तड़पी है। बच्चों के फेफड़े काले, बूढ़ों की साँसें थकी, स्वच्छ हवा का सपना, अब दूर होती जा रही। आओ मिलकर करें प्रयास, हरियाली लाएँ, प्रदूषण से लड़ें, स्वच्छ वातावरण बनाएँ।

रिहांशी कक्षा-५

भाषा में बदलाव

हिंदी है हमारी शान, हमारी पहचान, पर अंग्रेजी के बिना अब अधूरा हर बयान । स्कूल से लेकर दफ्तर तक अंग्रेजी का बोलबाला, हिंदी के साथ मिलकर ये बनाता है नयापन निराला। "कंप्यूटर", "मोबाइल", "टेक्स्ट" और "डिजाइन", हिंदी में भी घुलते हैं अंग्रेजी के नयन । बातचीत में घुलमिल गए हैं ये शब्द प्यारे, जैसे नदी में मिलते हों दो किनारे । हमारी भाषा में नए शब्दों, मुहावरों का इस्तेमाल हो रहा है लेकिन इस बदलते दौर में आवश्यक है कि हम अपनी मूल भाषा और संस्कृति को न भूलें। हिंदी, जो हमारी मातृभाषा है,उसे सम्मान देना हमारी जिम्मेदारी है।

विराज गोयल कक्षा- ५

दीपा का झूठ

दीपा और मनी छठी कक्षा में पढ़ती थी। दोनों पढ़ाई में बहुत अच्छी थी कक्षा में प्रथम आती थी। वे दोनों हर गतिविधि में भाग लेती थी। एक बार अध्यापिका जी ने जैसे बालकों का चयन किया जो हर विषय में प्रथम आते हों। इसमें भी दीपा और मनी का ही चयन हुआ। पर दोनों को प्रथम पुरस्कार दिया नहीं जा सकता था।

अध्यापिका ने सोचा कि क्यूँ न इनकी एक परीक्षा और लूँ और जो उसमें प्रथम आयेगा उसे ही पहला पुरस्कार मिलेगा।

अध्यापिका जी ने सभी छात्रों को मैदान में जाने के लिए कहा। सभी बच्चे खुशी-खुशी मैदान में इकट्ठे हो गये। अध्यापिका जी ने उन्हें बीज दिए और बोला कि इन्हें घर जाकर गमले में लगाना जिसका पौधा अच्छा उगेगा उसे ही प्रथम पुरस्कार मिलेगा।

दूसरी ज़रूरी बात कि दोनों में कोई भी इस बारे में किसी को कुछ नहीं बताएंगे। यह कार्य बिलकुल गुप्त रूप से किया जाना है। अगर किसी ने इस बारे कुछ भी बताया वो वह हारा हुआ मान लिया जायेगा व दूसरे बालक को प्रस्कार मिल जायेगा।

दोनों ने अपने गमले तैयार किये और बीज बो दिये। अब दोनों के पौधे उगने शुरू हुए पर दोनों एक दूसरे को बता भी नहीं सकते थे। मनी ने सोचा कि क्यों व बाजार से नया पौधा ले आती हूँ और किसी को कुछ नहीं पता चलेगा परंतु मनी के मन ने कहा कि तुम यह क्या कर रही है क्या तुम झूठ बोलकर पुरस्कार जीतेगी। ठीक ऐसे ही दीपा के मन में चल रहा था। एक तारीख आ गई और दोनों अपने-अपने गमले लेकर अध्यापिका जी के सामने खड़ी थी। उन्होंने कहा कि दीपा तुम्हारा पौधा तो बहुत अच्छा उगा है, कैसे? दीपा ने कहा कि मैंने बहुत ध्यान रखा है इसका इसलिए यह बहुत अच्छा उगा है। मनी ने भी अपना पौधा दिखाया और अध्यापिका जी ने कहा कि तुम्हारा पौधा भी बहुत अच्छा उगा है। दीपा बोली कि मैने बहुत ध्यान दिया है इस पौधे को उगाने में इसलिएन इतना अच्छा उगा है।

अध्यापिका जी बोली कि पहला पुरस्कार दिया जाता है, दीपा एकदम हाथ उठाकर ऐसे करने लगी कि जैसे पहला पुरस्कार उसे ही मिलेगा। पर अध्यापिका जी ने मनी का पौधा प्रथम पुरस्कार के लिए चुना। दीपा बोली कि मुझे क्यों नहीं मिला प्रथम पुरस्कार तब अध्यापिका जी ने कहा कि तुम बताओगी सच-सच या मैं बताऊँ। अध्यापिका जी ने कहा कि मैंने तुम्हें पहले से ही खराब बीज दिये थे जो कभी अंकुटित होते ही नहीं बस मैं तो यह देखना चहती थी कि कौन तुम में से सच बोलकर पौधा उगाता है।

शिक्षा- हमें जीवन मैं किसी भी परिस्थिति में झूठ नहीं बोलना चाहिए।

अरनव भसीन कक्षा- ७

नई पीढ़ी, नई संभावनाएँ

वर्तमान युग नई पीढ़ी का युग है। किसी भी देश की उन्नति या अवनति में उस देश की पीढी का योगदान होता है। आज जहाँ कहीं पर भी चर्चा होती है तो सभी के मुँह से यही सुनने को मिलता है कि आजकल की पीढ़ी तो बस कुछ समझना ही नहीं चाहती। हम यह कहने से पहले थोडा सा भी नहीं झिझकते। यदि युवाओं की दृष्टि से देखें तो उनके आगे कई चुनौतियाँ हैं जिनका वे सामना कर रहे हैं। वे कल, आज और कल में सामंजस्य बनाने का प्रयास कर रहे हैं। समय परिवर्तन तथा नई तकनीकी के साथ वे बढ रहे हैं। उनके पास ध्यान भटकाने के लिए कई माध्यम हैं। इन सभी के बीच वे अपना भविष्य तलाशते हुए जीवन में बहुत कुछ करना चाहते हैं। आज की पीढ़ी में आत्मविश्वास की कमी नहीं है। वे अपनी स्वतंत्र सोच और कुछ अलग कर गुज़रने की ललक लिए हए अपने लक्ष्य की ओर बढ़ना चाहते हैं। उन्हें यदि आवश्यकता है तो केवल प्रेम की, बडों के साथ की तथा सही दिशा में मार्गदर्शन देने की। यहीं पर शिक्षकों एवं अभिभावकों की भूमिका अत्यंत महत्त्वपूर्ण हो जाती है। यदि उन्हें विद्यालय एवं अभिभावकों का साथ सही समय पर मिल जाए तो वे असंभव कार्य को भी संभव कर सकते हैं क्योंकि इस पीढी में अपार संभावनाएँ हैं। नई पीढी, तकनीकी, राजनीति, अर्थव्यवस्था, सामाजिक सद्भाव और विकास की प्रेरक शक्ति है। वे खुले आसमान में बिना किसी बंधन के अपनी आशाओं के पंख फैलाकर ऊँची उडान भरना चाहते हैं। जी.डी. गोयंका पब्लिक स्कूल, वसंत कुंज भी नई पीढ़ी की इन्हीं महत्त्वकाक्षाओं तथा उनके भविष्य को ध्यान में रखते हए उन्हें वह आधार प्रदान कर रहा है जिसके सहारे आज की पीढ़ी संघर्ष और धैर्य के साथ आगे बढ़ते हए, न केवल अपने व्यक्तिगत लक्ष्यों को प्राप्त कर सकती है, बल्कि समाज और राष्ट्र के विकास में भी महत्वपूर्ण योगदान दे सकती है। अतः आओ हम सब अपना हाथ बढ़ाएँ, युवाओं की हिम्मत बधाएँ।

बोर्ड परीक्षा

ये तो हर साल आती जाती हैं,

परीक्षा ही तो है यह केवल,

फिर इसकी टेंशन क्यों सताती है।

जीवन का अंतिम किनारा नहीं।

कभी ज्यादा तो कभी कम आयेंगे,

क्यों ज्यादा सोचना और क्यों डरना

हर दिन जब हम देंगे लक्ष्य पर ध्यान,

फिर नहीं कुछ मुश्किल लगेगा,

बोर्ड ही तो है नहीं कोई दुश्मन है,

हर पेपर में अच्छे नंबर आयेंगे.

हर बच्चा ऐसे ही टॉपर बन जायेगा।

पंकज शर्मा

हिंदी विभाग

अंक ही तो हैं तो क्या जीवन बदल जाएंगे।

परीक्षा ही तो है,अंक आज नहीं तो कल आएंगे।

हमारी मेहनत देख परीक्षा का डर भी भागेगा।

इससे लड़ने के अस्त्र मेहनत और लगन है।

फिर देखना आपको हर प्रश्न का उत्तर आयेगा,

तब जीवन के हर क्षेत्र का हर पेपर हो जायेगा आसान।

बस शर्त एक है कि मेहनत और लगन से पढ़कर जायेंगे।

मीना बॉतियाल हिंदी विभाग



नई सुबह की ये किरणें कहतीं, हर दिल में उम्मीदें रहतीं। चलो बढ़ते रहें, मुस्कुराते रहें, अपने जीवन को खुशहाल बनाते रहें। नई सुबह का सूरज मुस्कुराए, हर किरण में आशा जगाए। अंधेरी रात का गम मिटाकर. नई रोशनी से जीवन सजाएँ। अंधेरों के बादल छँट जाएँगे, खुशियों के गीत फिर गाए जाएँगे। जो थमा है अभी, बह चलेगा, हर दर्द का मरहम मिल जाएगा। पंछी गाएँ मीठे तराने. हर कोना गूँजें उनके बहाने। हर कदम पर हो नया इरादा, हर सपना पाए अब तो ठिकाना। हर रात के बाद सवेरा आता है, हर मृश्किल में राह दिखाता है। हौसले की डोर पकडकर चलो. हर गिरावट से सबक लेकर बढ़ो। सपनों को अपनी उड़ान दो, खुद पर भरोसा, नई पहचान दो। रुकावटें तो बस इम्तिहान हैं, जीत तुम्हारी, ये ऐलान हैं। नई सुबह की ये किरणें कहतीं. हर दिल में उम्मीदें रहतीं। चलो बढ़ते रहें, मुस्कुराते रहें, अपने जीवन को खुशहाल बनाते रहें।

डॉ नीतू फर्सवान हिंदी विभाग

पयविरण बचाओ

आज का इंसान देखों बस एक ही विचार है आता। काटो सारे पेड़ विशाल, हमारा क्या है जाता। फ़ैल रहा है ख़ूब प्रदुषण, बस काटे जाओ जंगल और वन। हवा को देखों कितनी जहरीली, कमज़ोर हो रहा सबका तन। बदले चलो तस्वीर जहाँ की, हम सब मिलकर, उठा ले अब कदम संदेश सबको यही बाताएँ, आओ पर्यावरण बचायें।

ऐनविका भसीन कक्षा - 5

<u>शरारतों</u> भरा बचपन

बचपन, कुछ शरारत, कुछ यादें यारों संग वो शाम की मुलाकातें। स्कूल से घर आते ही, फिर यारों को ढूँढ़ना कंधों पर रख हाथ, सड़कों पर बेपरवाह घूमना।। जाने कब वो पल बीत गए, कहाँ वो यार निकल गए मिलना तो खैर अब भी होता है, पर दोस्त किताबों की पीछे हो गए। पढ़ने-पढ़ाने तक हो गया मिलना, दिन भर बस पढ़ने की ही बातें खेल-खिलौने और बचपन जैसे आँगन में ही सिमट गए।। पढ़-लिखकर कुछ बनाना था, ये ही सबके सपने थे पर भूल कैसे जाएं उन्हें, वो यार जिगरी अपने थे। याद आते हैं वो छुट्टियों के दिन, बागों में जाकर यूँ फलों को तोड़ना वो माली का चीखना, और डंडा लेकर पीछे दौड़ना।। याद आती हैं वो सारी भूली-बिसरी बातें हमें काश! कि कोई वो बचपन फिर से लौटा दे हमें।।

अहान गुप्ता कक्षा - ६

समय का महत्व

एक छोटे से गाँव में एक बुज़ुर्ग व्यक्ति, रामनाथ जी रहते थे। वे अपने जीवन के अनुभवों से गाँव वालों को अक्सर कुछ न कुछ सिखाया करते थे। एक दिन, एक युवा लड़का, अजय, उनके पास आया और बोला, "कभी-कभी लगता है कि समय मेरे हाथों से निकलता जा रहा है। मैं बहुत मेहनत करता हूं, लेकिन फिर भी लगता है कि कुछ हासिल नहीं कर पा रहा।"

रामनाथ जी मुस्कराए और उसे अपने पास बिठाया। उन्होंने कहा, "तुम्हें एक कहानी सुनाता हूँ।"

वे बोले, "कई साल पहले, मैं भी तुम्हारी तरह सोचता था। मुझे लगता था कि मैं जितना काम करूंगा, उतना समय मेरा होगा। एक दिन मैंने एक संत से मुलाकात की। उसने मुझे एक घड़ी दी और कहा, 'यह घड़ी तुम्हें समय की असली कीमत बताएगी।"

अजय ने पूछा, "फिर आपने क्या सीखा ?"

रामनाथ जी ने कहा, "वह घड़ी मेरे लिए एक बोध बनी। मैंने समझा कि समय किसी के नियंत्रण में नहीं होता। यह हर किसी के लिए बराबर होता है, लेकिन जो इसे समझकर जीता है, वही असल में जीवन को जीता है। समय की कद्र करना, उसे हर पल सही तरीके से इस्तेमाल करना ही जीवन की असली कुंजी है। मैंने तब से यह सीखा कि जो पल बीत गया, वह वापस नहीं आएगा, इसलिए हर एक पल को पूरी तरह जीना चाहिए।"

अजय ने सोचा और रामनाथ जी का आभार व्यक्त करते हुए, समय की महत्वता को समझा।

तिशा ढिंगरा कक्षा- ९

माँ

माँ तुम एक शब्द मात्र नहीं हो, अपितु मेरी संपूर्ण सृष्टि हो, मेरी आस्था हो, मेरी आशा हो, मेरा विश्वास हो , मेरे जीवन की ज्योति हो।

माँ तुम दुनिया में सबसे अच्छी, सबसे प्यारी,

सबसे न्यारी और सबसे सुंदर हो, माँ तेरे भीतर ही मेरी पहली धड़कन धड़की, आाँखें खोली जब मैने पहली बार, तेरा प्यारा चेहरा ही दिखा हर बार।

माँ, मैने तेरी ही नजरों से इस दुनिया को देखा,

और माँ मैने तेरा ही हाथ पकड़कर चलना सीखा,

माँ तूने ही मेरी पहचान खुद मुझसे करवाई, और हाँ,माँ, दुनिया का सामना करने की सीख सिखलाई।

गम हो, दुख हो, या खुशियाँ हो, माँ तुम जीवन के हर किस्से में हो, इसीलिए माँ तुम मेरे जीवन के हर हिस्से में हो,

माँ तेरा दर्जा भगवान से भी बड़ा है इस दुनिया में, इसलिए माँ तेरा कर्जा नहीं चुका सकता

माँ तुम मेरा मान हो, सम्मान हो, और स्वाभिमान हो माँ तुम एक शब्द मात्र नहीं हो,अपितु मेरी संपूर्ण सृष्टि हो, मेरी संपूर्ण सृष्टि हो, मेरी संपूर्ण सृष्टि हो।

आहाना अग्रवाल कक्षा - ९

कोई दुनिया में।

स्वाभिमान की रक्षा

एक गधा बहुत डरपोक था। वह कभी भी आँख उठाकर नहीं देखता था। छोटी-छोटी बातों में आसमान सिर पर उठाने लगता था। साथ ही साथ हर चीज के लिए अंगूठा दिखाता। वहीं एक भालू भी था जो उस गधे का दोस्त था। वह हमेशा आँख खोले रहता था। वहीं गधे का एकमात्र सहारा था। वे दोनों सच्चे मित्र थे। एक दिन एक शिकारी ने गधे को अपना आहार बनाने के लिए जाल में फंसा लिया। गधा भी डरपोक था। वह भी ढेंचु-ढेंचु करने लगा। भालू ने अपने मित्र की आवाज पहचान ली और शिकारी के ऊपर हमला कर दिया शिकारी डर के मारे नौ दो ग्यारह हो गया। गधा बहत प्रसन्न हुआ।भालू ने गधे को स्वाभिमानी होने की सलाह दी। दोनों एक दूसरे की मदद करने लगे और साथ ही साथ और गहरी दोस्ती बना ली। तभी तो कहते हैं कि सच्चा मित्र ही जीवन को बदल सकता है और नई पहचान दिला सकता है। शिक्षा- हमें खुद पर स्वाभिमान होना चाहिए।

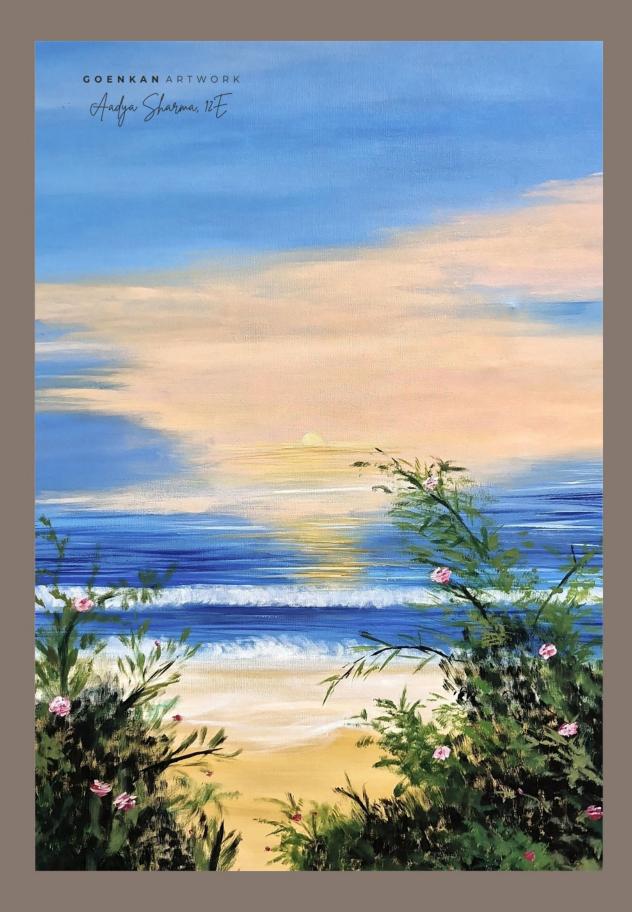
nan gerega is samerener gre

नाम-कृतिका डे कक्षा- ७

स्वास्थ्य है जीवन का आधार

स्वास्थ्य है जीवन का आधार. सही खान-पान से होता सुधार। फल-सब्जियाँ खाओ हर रोज़, तब ही बनेगी सेहत मजबूत और जोश। दूध पियो, पानी का ध्यान रखो, बीमारियों से खुद को दूर रखो। हर दिन थोडा व्यायाम करो. तंदरुस्ती से ही जीवन को संवारो। सुबह उठकर सूरज को देखो साथ में ताज़गी और शक्ति पाओ। शरीर को मिलती है नयी रोशनी. तभी मन में रहती है सजीवता हमेशा बनी। खेलो, दौडो, खुश रहो हर दिन, तंदरुस्ती से मिलता है सच्चा धन। बाहर की हवा से ताज़गी लाओ, स्वस्थ रहकर जीवन को संवारो। स्वास्थ्य ही असली दौलत है, इसके बिना जीवन में क्या मज़ा है! आओ मिलकर ये करें प्रयास स्वस्थ रहना है हमारा पहला विश्वास।

रेयांश अग्रवाल कक्षा- ५



कुदरत की पंचायत

देख मनुष्य की क्रूरता, कुदरत को ये ख्याल आया, क्यों न धरती को बचाया जाए? करनी है कुछ गुफ़्तगू सबसे, चलो पंचों को ये फ़रमान भिजवाया जाए। सारे प्राणी दुविधा में थे, ये क्या कुदरत को सूझा है। सब कुछ तो ठीक चल रहा है, फिर कौन-सी अजब दविधा है? धीरे-धीरे कुदरत ने जब अपने मन के सारे पट माथा सबका घूम गया, सन्नाटा छाया, कोई ना बोली कुदरत- ये ना मैंने सोचा था कि एक दिन ऐसा भी आएगा। जिस मानव को सब कुछ सौंप दिया, वो इतना लोभी हो जाएगा। पेड़ों की जड़ें उखाड़कर, पंछियों के नीड मिटा देगा। वायु को दूषित कर देगा, नीर के स्रोत सुखाएगा। जब त्राहि माम मचेगा सर्वत्र, धरती पर विनाश का डंका बाजेगा। आसमान से आफ़त बरसेगी, बोल मानव! क्या तब जाकर तू जागेगा ? अब तक जो चूप बैठा था, अब बोलने की उसकी बारी थी। सब निगाहें उसको घूर रही, बचने की क्या उसने की तैयारी थी। मानो उसके मन-मस्तिष्क को किसी ने आज झिंझोडा था, जिस अंहकार में डुबा था, उस गुरुर को कुदरत ने तोड़ा था। हाथ जोड़कर खड़ा हो गया, चेहरे पर उसके पछतावा जो गलती की उसे सुधारूंगा, बस साथ मुझे अपना देना। मानव-मानव को समझाऊंगा, कुदरत ही है धरती का असली गहना-2॥

हसीना साहवा हिंदी विभाग

इंटरनेट का ज़माना

इंटरनेट का ज़माना है आया, दुनिया को इसने पास है लाया। हर खबर अब पल में मिलती, ज्ञान की गंगा हर ओर है चलती।

चिट्ठी का दौर अब हुआ पुराना, मैसेज का रंग है हर दिल ने पहचाना। वीडियो कॉल में दिखते हैं चेहरे, जैसे पास बैठे हों अपने घेरे।

खरीदारी से लेकर पढ़ाई तक, हर काम होता ऑनलाइन अब। रसोई की रेसिपी भी यहाँ मिल जाती, मनचाही सुविधा सबको भाती।

पर रिश्तों में कहीं कमी सी आई, मन की बातें अब छुपी रह जाएँ। स्क्रीन की दुनिया में खो गए एहसास, दिल के जज़्बात हो गए उदास।

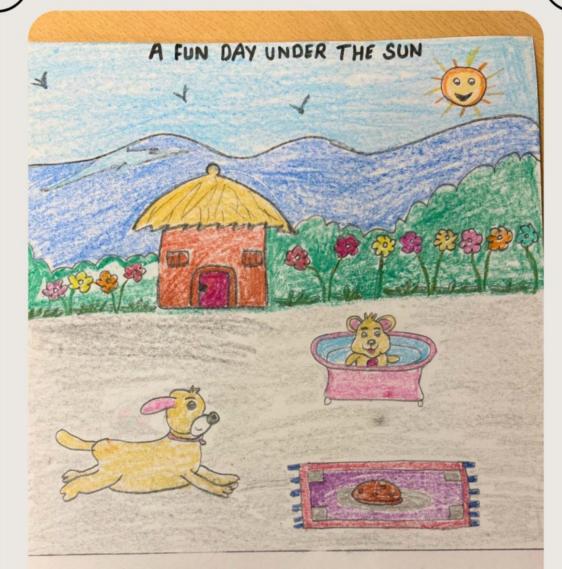
तकनीक को अपनाओ, पर यह समझो, इंसानियत के रिश्तों को कभी न बिसरो। इंटरनेट का जादू अद्भुत सही, पर असली खुशी अपनों में ही बसी।

आद्या गक्खर कक्षा - ८

"Little minds, big ideas!" Learning is superpower!







The sun is up. It is hot.

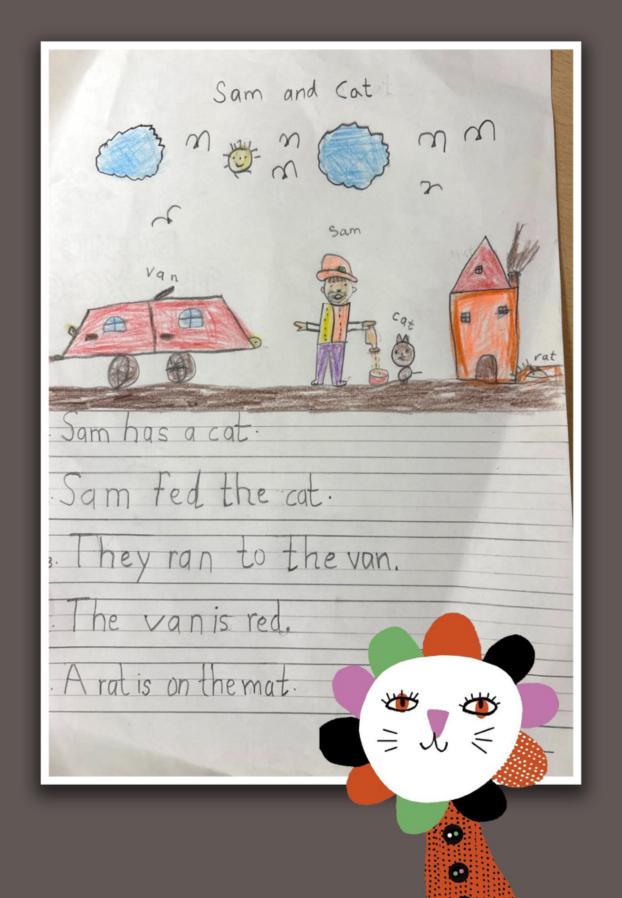
A cub has fun in the tub.

A bun is on a rug.

The Pup run to the rug.

ADVIKA AGARWA

When I Grown I want to be ad -Schentist 1- Scientist are generally curious indivituals. They are always eager to ask. aurstion. They often discover reinvent new things. They explore the world to uncover new knowladge. one of the most famous indian SCITTEIST IS Dr. APJ Abtul Kalam. who worked As An Aerospace Engineer With Defence aresearch and pevelopment organisationand (ISRO) Kanav 18





"Come and see our super fun world!
We made picture stories all by ourselves - yay!
They're full of colours, giggles, and
all the things we're learning. Our little
hands drew what words mean to us - like
sunshine, hugs, and happy friends. It's
like magic on paper!"



When I grow up I want to be an JISTRONAY I want to know how it feels and how it looks like above the Sky. I want to be an ASTRONIA brave and true. I'll see the sun stars and moon and shine with my happiness soon. I will discover new worlds in a distant place, I'll reach for the stars & make my dreams come tru

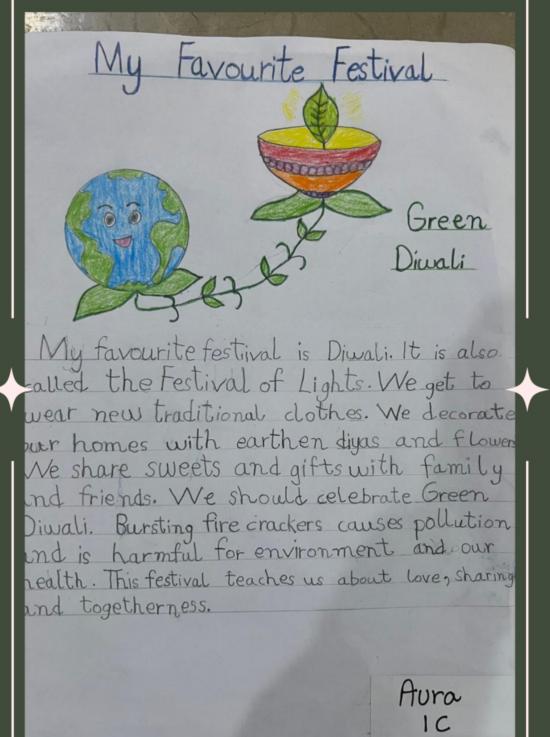
What will I be When I grow Up

Pariza Khubani Class-II - B



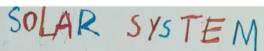
want to become Prime Minister of our country when grow up I will be a good leader and take all wise exisions. I will study hard and learn new things improve the future of our country I will help in roviding free education to poor people so that they can a ork when they grow up. I will help people in solving their oblems and make my country proud.

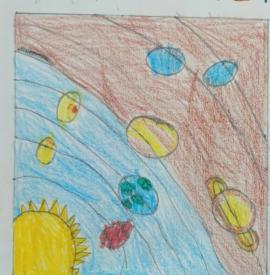






Blossowing one Smile at a Time!





We have eight
Planets some
are hot and some
are cold. sun gives
us light and warmth

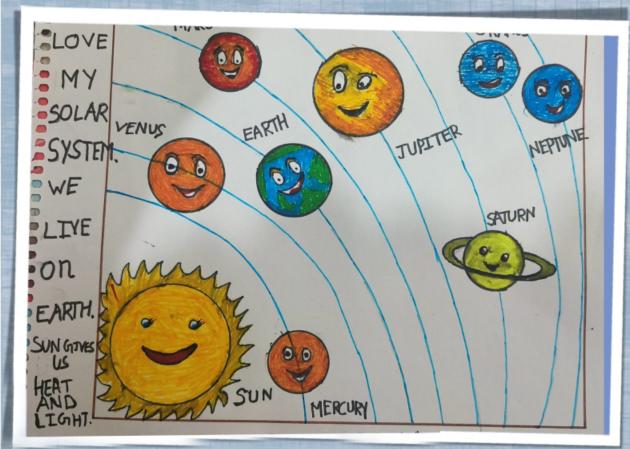






Krishna

ANURAG ANAND KG B



PRATYUSH JHA KG B(1)





I went on a trip to Phuket with my family. It was a fun-filled and an adventurous trip. We went to many beaches and made sand castles. We explored many islands by going in a speed boat. We enjoyed different kinds of food. It was my best trip ever.

Suhaavi 1D

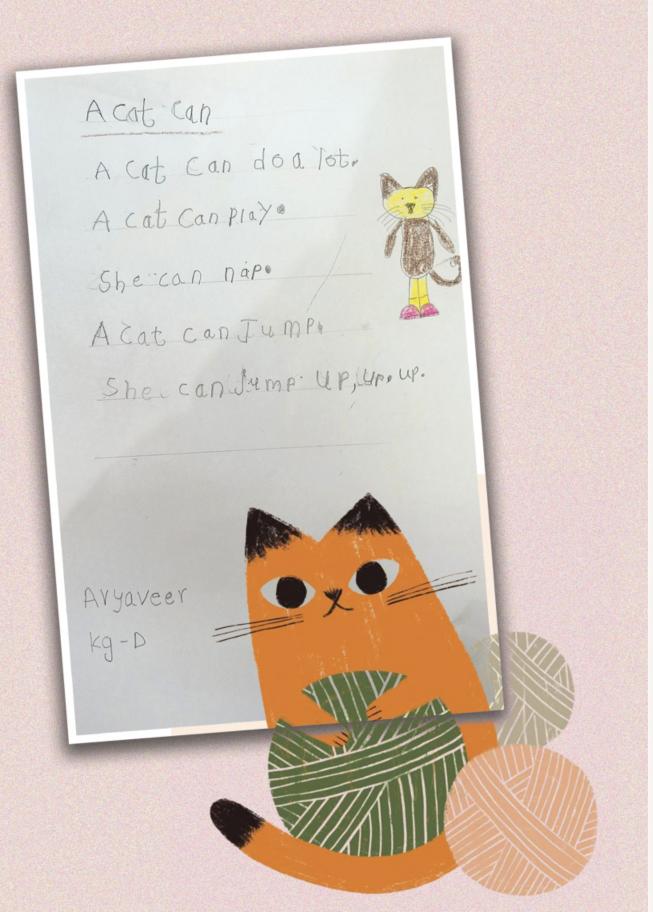


My favourite festival is Diwali. It is the festival of lights. We decorate our house with lights and diyas. On this day we worship Lord Granesha and Lakshmi ji.

Anaya Chugh 18



The Joy of Learning Beginse Here!





simali is my favourite fistibal. It is clubrated because on this day lord my, doctors sita and lord somman can che to hyodhya after 14 years. An is un morship godess saxmi and sor anisha. Un light digos and make rang Un distribute sunts and gifts to ou oulatives, New primas and poor

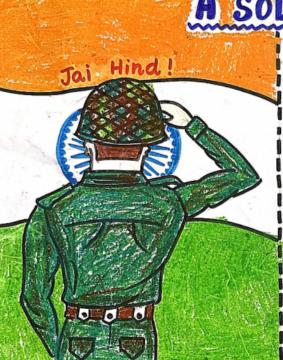
cs Scanned with CamScanner

Insumua chandra 2

What will I be, when I grow up

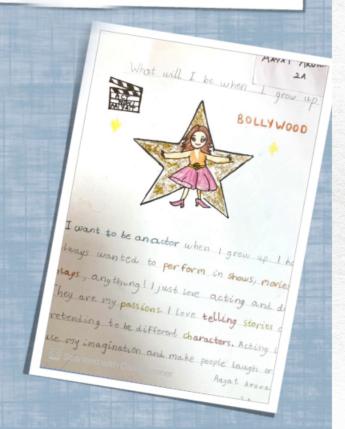
A SOLDIER

Abhiram V.Gul Class-II - D



When I will grow up, I will be a soldier. As a soldier it will be my duty to protect my country. There are different soldiers - Army, Navy and Air Force. I will join the Arm and serve the country land. I will do tough trainings everyday to prepare myself for difficult times in war zone. I will be a true patriot for my country. Jai Hind!

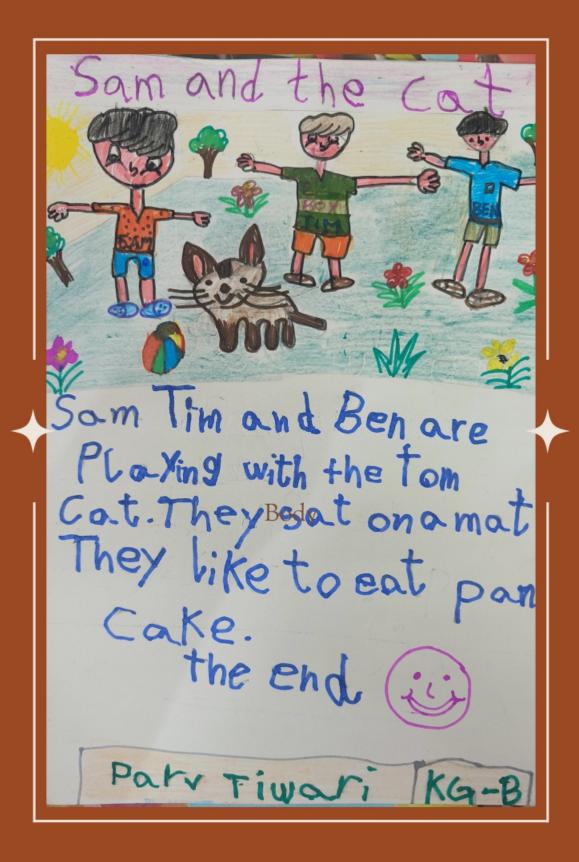
— By: Abhiram Veve Gulati, II-I

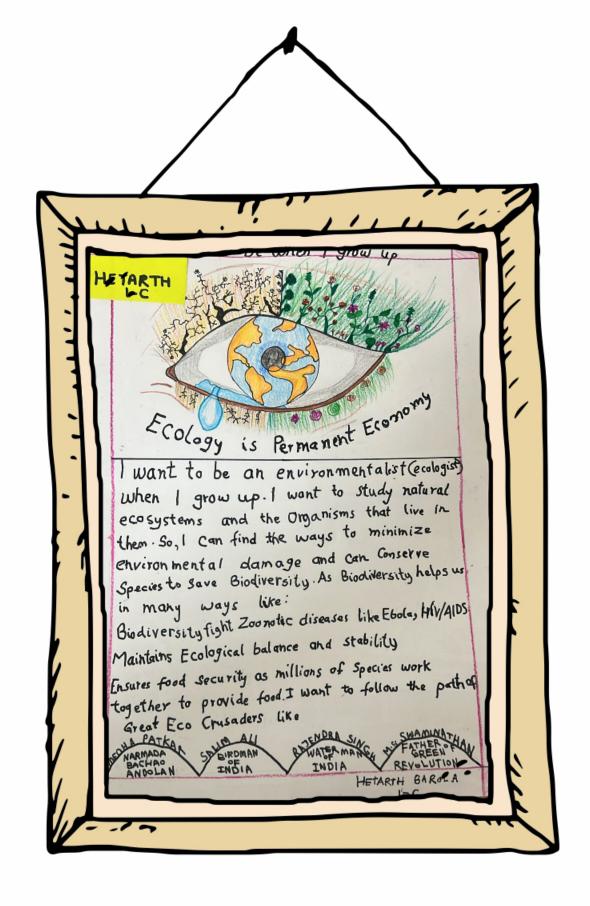


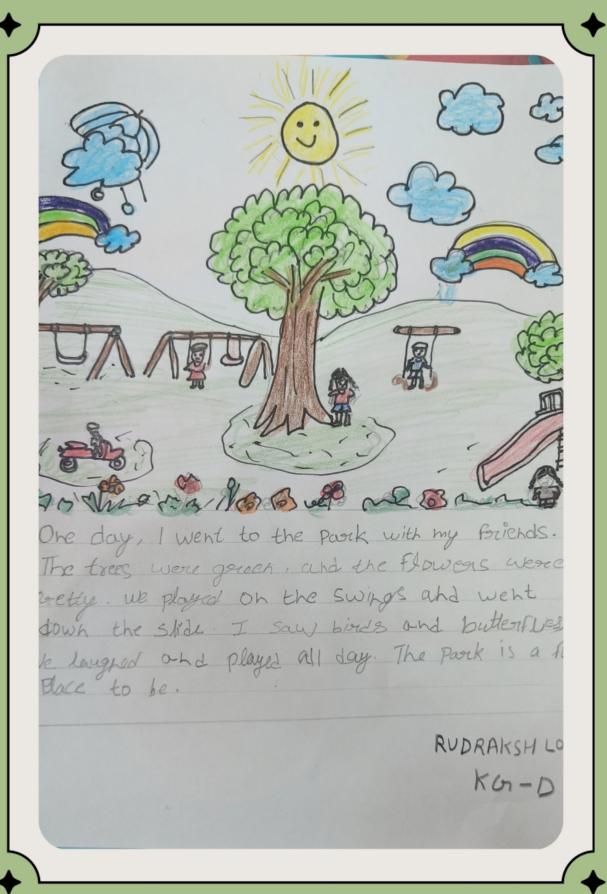


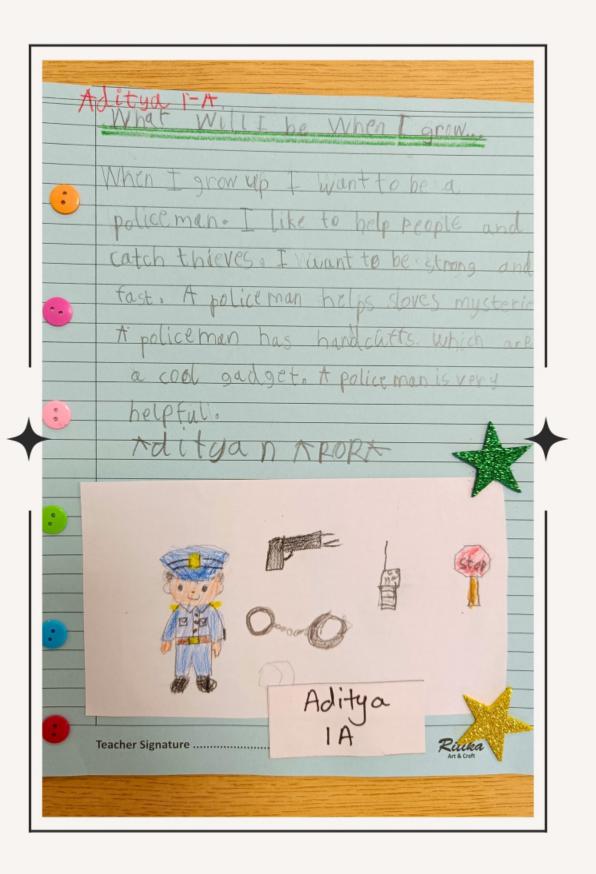


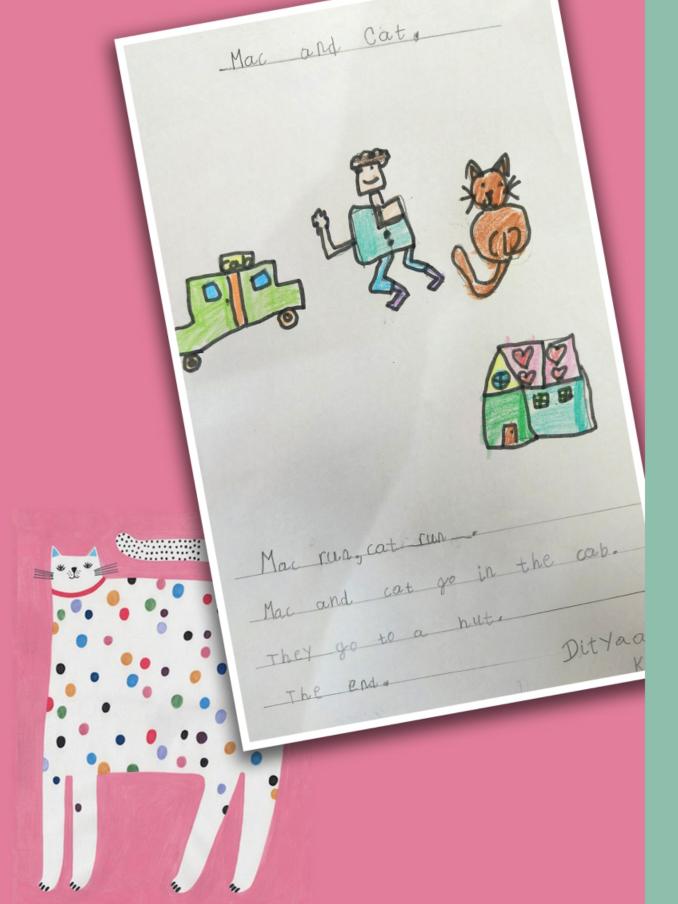
Sprinkling
Smiles and Learning
Every Day!

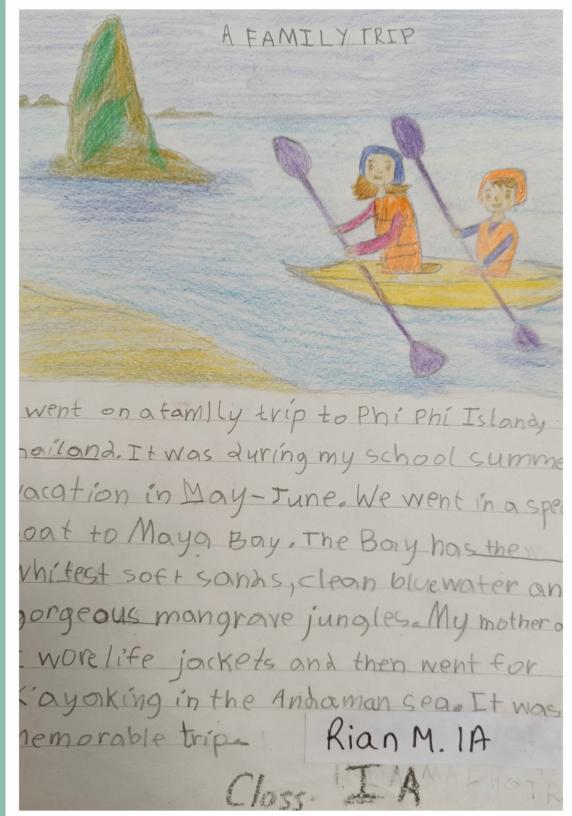












What I want to be, when I grow up...

Evet since I can remember, I have always had love for music I want to become a singer. I enjoy listening totallold sor I have also woh many awards for being the youn child to sing songs from 'GOLDEN ERA'

When I sing, I sing with all my heart and mind,

from singing along to my favourite songs to performing in talent sh

I have always had a deep passion for music.

My Parents would play all kinds of music genres in our hon exposing me to a wide voriety of musical styles and arti I am sure, this early exposure will help me shape my low

for music and ignite my dream to become a singer.

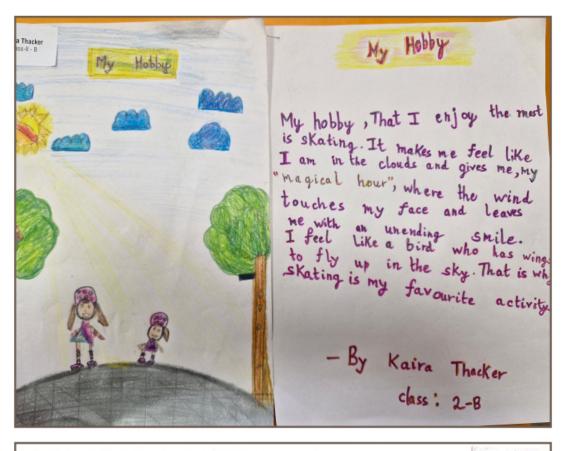
Snehlata Maam & Pooja Maam have always supported me and encour me to sing well too.

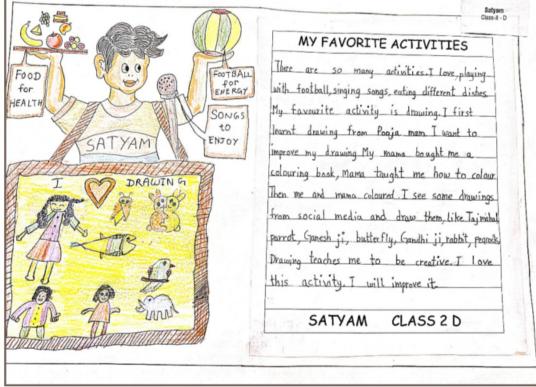
As I continue to hone my singing skills, I discovered the power of music + inspire, uplift and heal

I also feel that I want to use my voice to bring Joy AND COMFOR to people to move them with my music and to make a positive impact on the world. Thankyou



Taairah







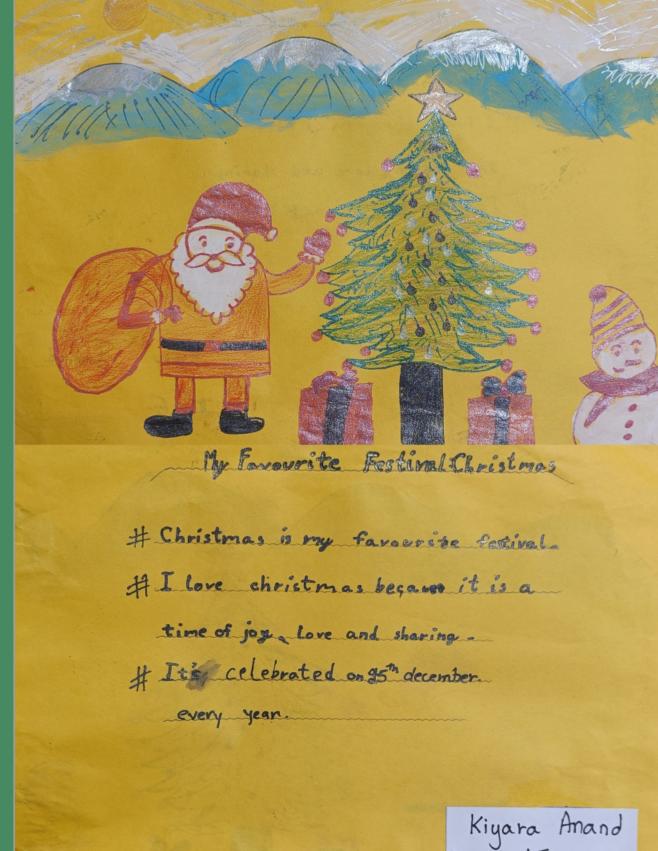
My favowrite hobby is football and my favouri Player is Gristiano ronaldo.

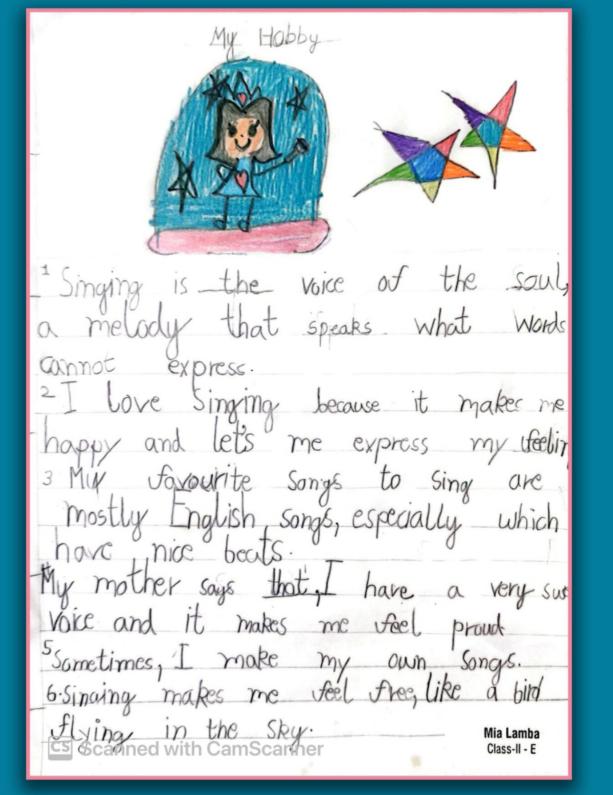
too footballs I am better as a goal Keeper beau I have good saving skills.

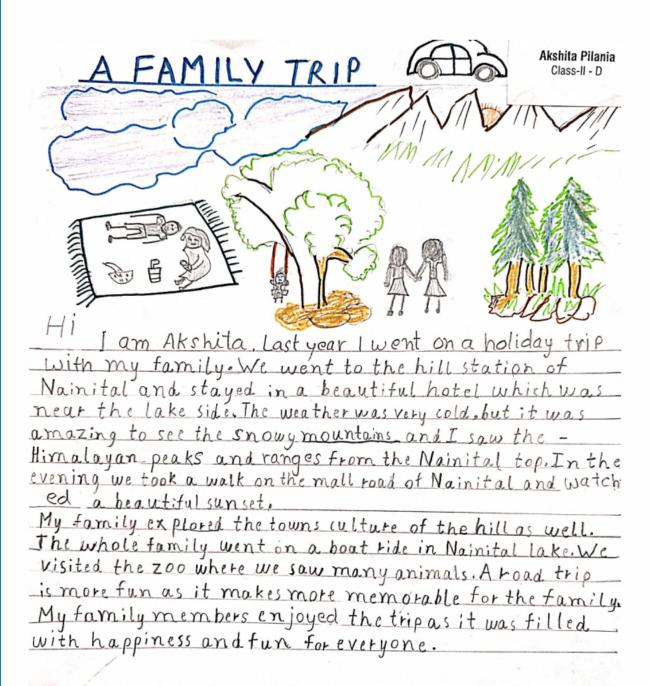
Football is a game of skills and has 1d me Players in each team

My favourite hobby is football beacause it he ne to devior my running skills focus, energy and strenght.

· likefootball beacquee I dream to becom a footballer and represent my countrye and make India feel Proud when I grow

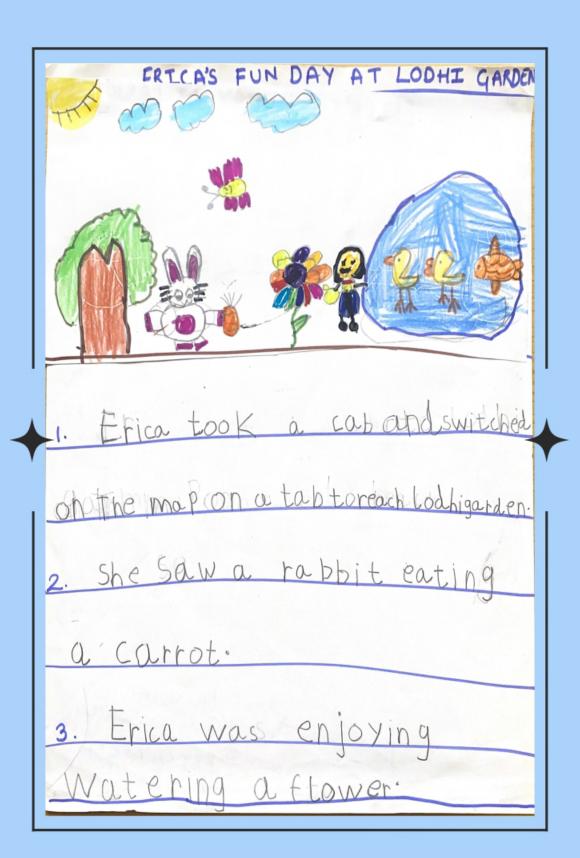


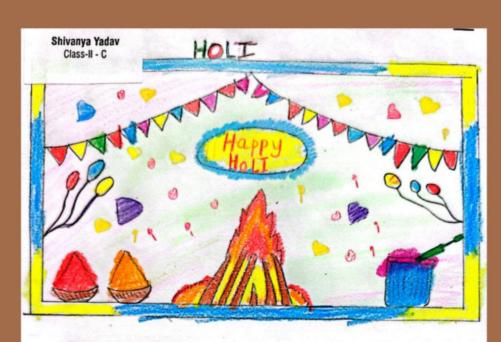




AKSHITA II D







Holi is a very old Hindu festival of colours

It celebrates the start of spring and victor

of good over evil. Holi is restival of

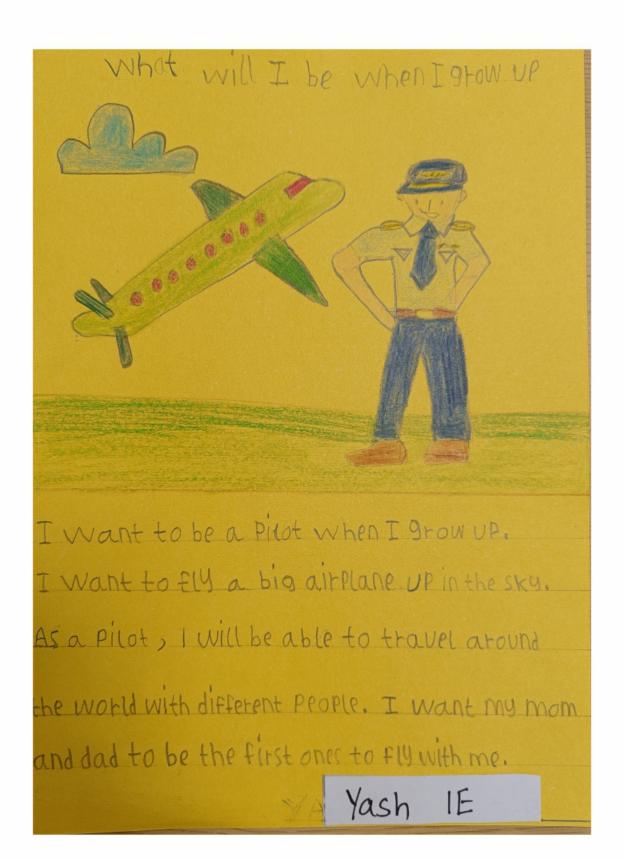
Forgiving others and making friends.

People celebrates Holi by playing with

colours, singing, exchanging stories,

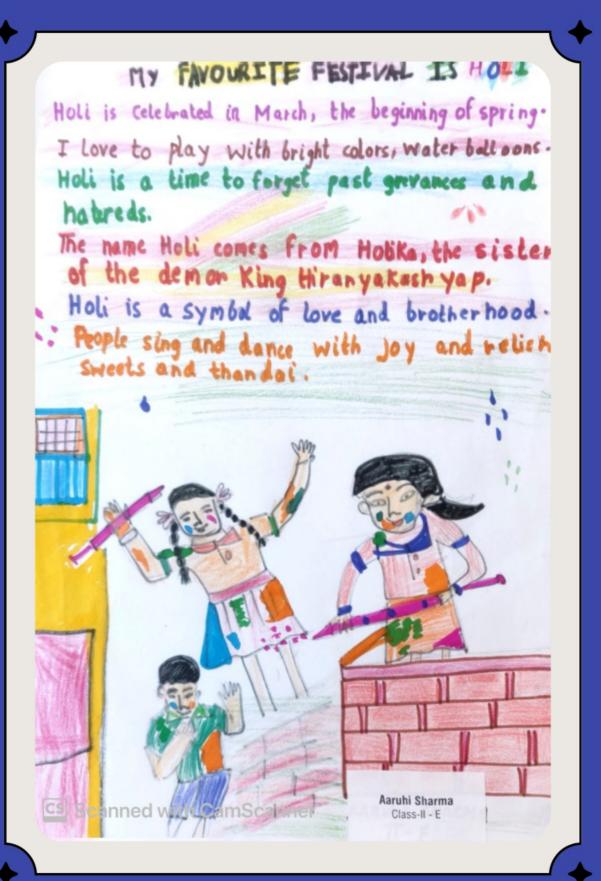
dancing and enjoying home made

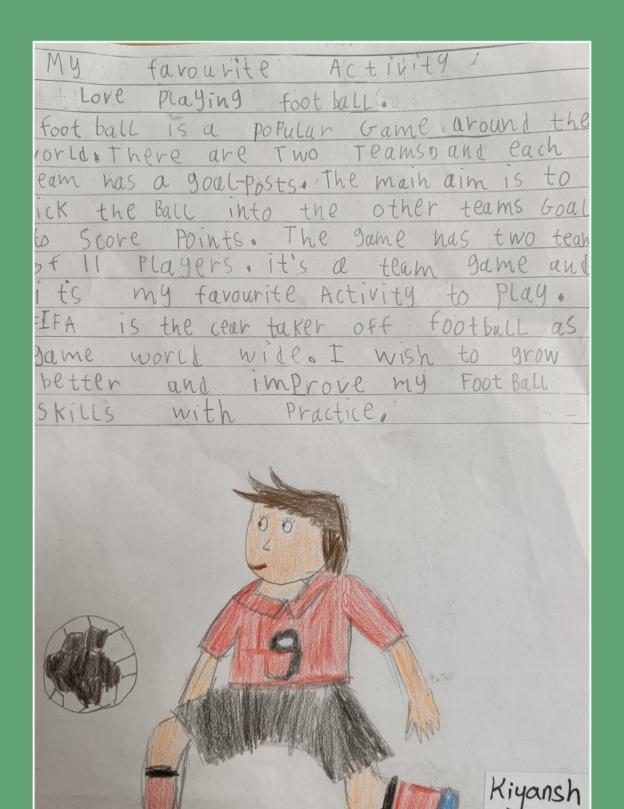
sweets.

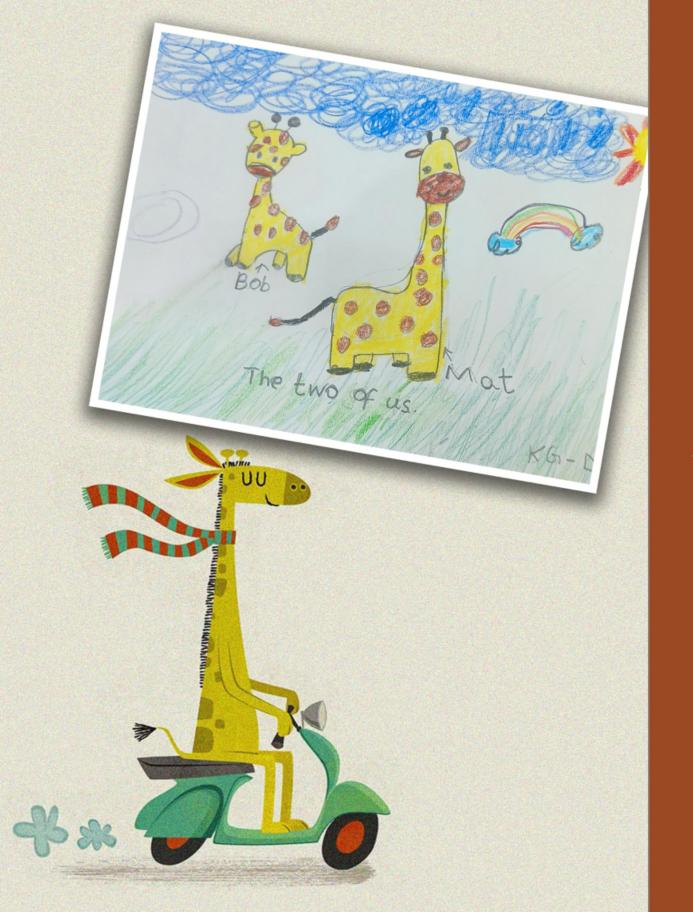


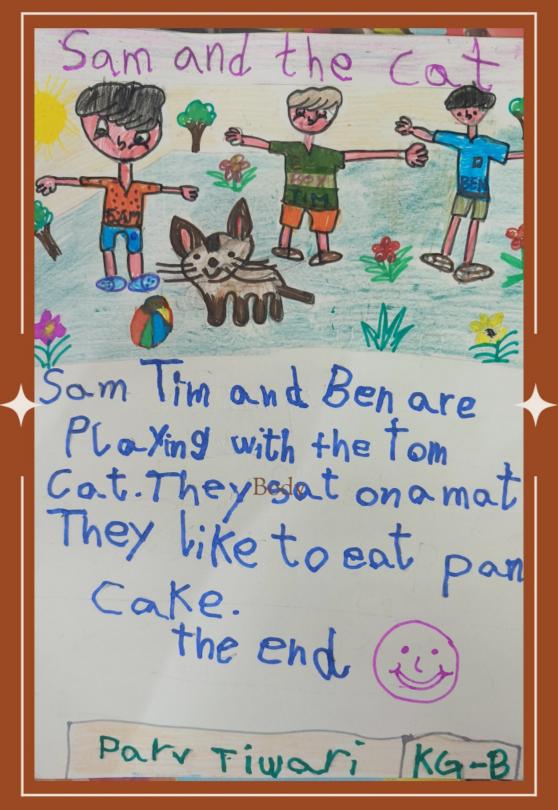
bufferfly

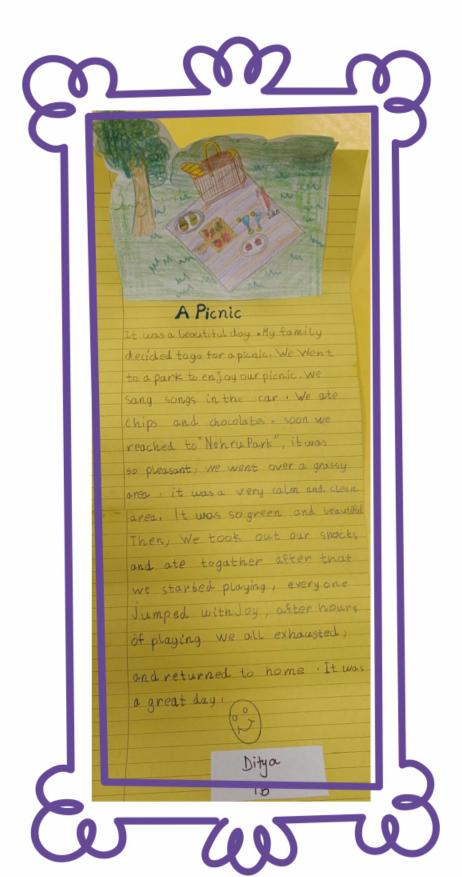
Curiosity begins here."

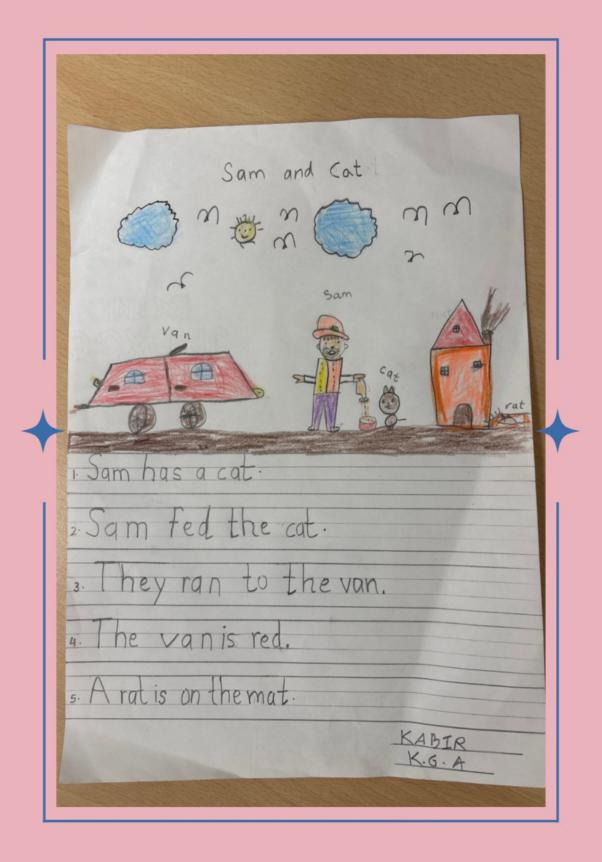


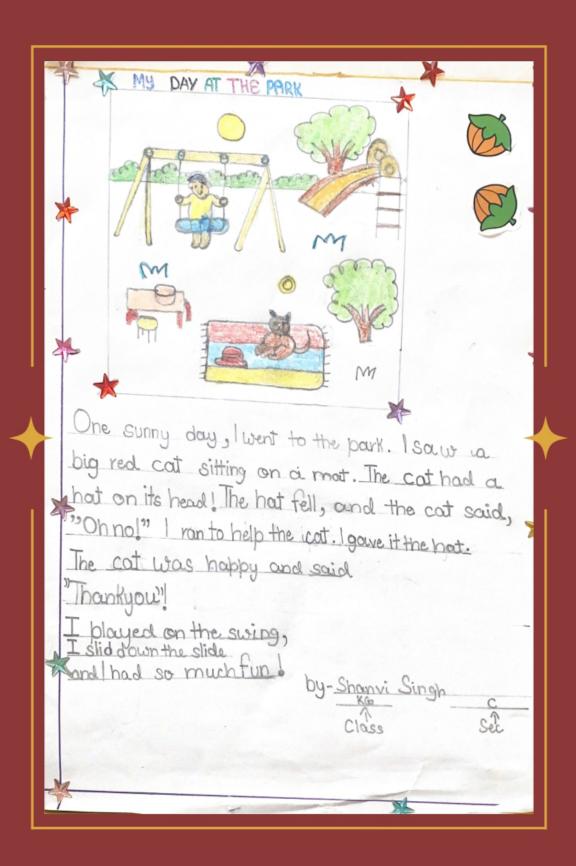


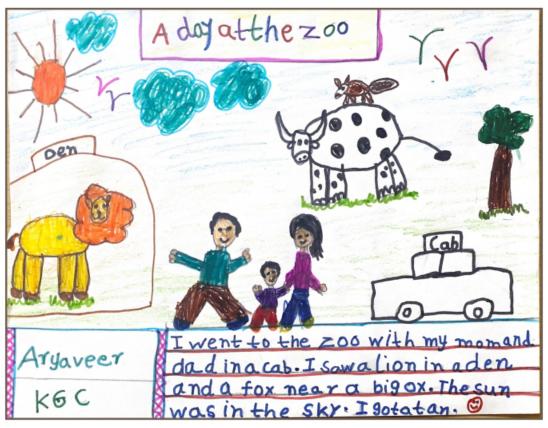














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