



SRI NEWS

THE SRI SRI ACADEMY, KOLKATA E-NEWSLETTER

THIS ISSUE : "WELLNESS"

A Word by the Principal

Pre-Primary, Primary, Middle and Senior School celebrate World Environment Day and World Yoga Day.

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www.artofliving.org/knowledge

"Breath is the biggest secret that nature has put in you. It is linked to your emotions. Through breathing exercises, you can control your emotions. You must do a little bit of breathing exercises regularly, then you will have more say over your mind."

-Sri Sri



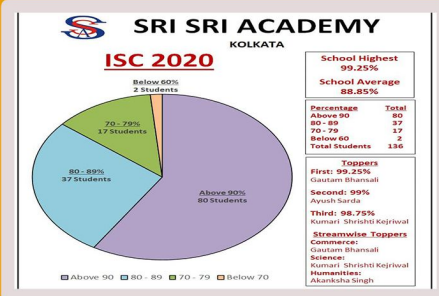
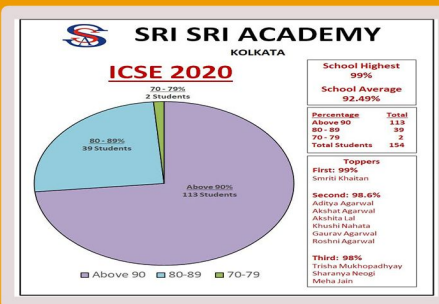
Dear Parents and my dearest children,

In these uncertain and unusual times, we realise more than ever before how fortunate we are to belong to the Sri Sri family of schools. Woven into our curriculum and learning are the ancient techniques of meditation and pranayama to relax the mind while keeping it focussed on the task at hand. Practise these with a singleness of mind that surely will bring miraculous and proven results of a calm mind, clear intellect and quiver free breath, all signs of good health. Have faith in the tools and techniques given to us by Our Founder; as only continuous and dedicated practice brings these benefits. World over millions have benefitted from the Meditations that Sri Sri has practised twice a day during the Pandemic. At the Academy, all students from class 4 onwards are taught these techniques to relieve stress and handle their emotions while paving the way for more constructive use of their pent up youthful energies especially at such a time. Modern Psychology is also now speaking the language of Mindfulness and meditation to tackle anxiety and depression which were prescribed as Yogic practices in the ancient texts of the Yoga sutras thousands of years ago. Unfortunately Indians are yet to recognise the true value of the knowledge of Yoga and well being as already present in the Sutras, Upanishads and Ayurveda. Living Spiritual Masters have translated this deep and profound knowledge and simplified these into a language that we can understand and apply simple techniques to enjoy the benefits of a Science we have forgotten. Plenty has been written and more available virtually on the benefits of these practices. However, only the sincere Seeker will blossom in the fruits of his practices.

With Blessings for a healthy life,

Suvina Shunglu
Founding Principal
SSA Kolkata

CONGRATULATIONS SRIANS ON YOUR EXEMPLARY SUCCESS IN ICSE AND ISC !



SRI SRI ACADEMY

100% RESULTS

KOLKATA

ICSE 2020 - SUBJECT TOPPERS - 100%			ISC 2020 - SUBJECT TOPPERS - 100%	
HINDI	HCG	COMPUTER APPLICATIONS	MATHS	COMMERCE
SMRITI KHAITAN	SMRITI KHAITAN	ADITYA AGARWAL	KUMARI SHRISTI KEJRIWAL	GAUTAM BHANSALI
ADITYA AGARWAL	ADITYA AGARWAL	AKSHAT AGRAWAL	SAGNIK BANERJEE	AYUSH SARDA
AKSHAT AGRAWAL	AKSHAT AGRAWAL	AKSHITA LAL	NEHARIKA GOEL	SPARSH KHANNA
AKSHITA LAL	AKSHITA LAL	AKSHITA LAL	ABHAY MUDGIL	HISTORY
KHUSHI NAHATA	KHUSHI NAHATA	GAURAV AGRAWAL		AKANKSHA SINGH
ROSHNI AGRAWAL	ROSHNI AGRAWAL	TRISHA MUKHOPADHYAY	CTS	
AMITESH MAJUMDAR	TRISHA MUKHOPADHYAY	SHARANYA NEOGI	RAGHAV LAHOTY	POLITICAL SCIENCE
	ANURAAG ROY MUKHERJEE	SNEHA KUSHWAHA		PRIYANKA RATHI
SCIENCE	AMITESH MAJUMDAR	ANURAAG ROY MUKHERJEE	ECONOMICS	SHREYAN CHANDA
AKSHAT AGRAWAL	NIYATI PODDAR	ANURAAG ROY MUKHERJEE	GAUTAM BHANSALI	ARKAPRABHO GHOSH
	AHONA SARKAR	AHONA SARKAR	AYUSH SARDA	
COMMERCIAL STUDIES	ANSH KUMAR	ANSH KUMAR	MUSKAAN PARAKH	CHEMISTRY
SMRITI KHAITAN	PAHAL AGRAWAL	LIPIKA JAIN		KUMARI SHRISTI KEJRIWAL
ROSHNI AGRAWAL	RISHAV JAIN	PAHAL AGRAWAL	PHYSICAL EDUCATION	
MEHA JAIN	AASHI CHOUDHARY	RISHAV JAIN	ANJALI AGARWAL	PHYSICS
NIYATI PODDAR	SHUBHAM KEJRIWAL		KSHITIJ SOWLANI	SAGNIK BANERJEE
SAKSHI NAHATA	DISHA SINGHANIA	ECONOMIC APPLICATIONS	SANSKAR AGRAWAL	
AASHI CHOUDHARY	SHANDRO DUTTA	SHUBHAM KEJRIWAL	CHIRAG BAIJ	BIOLOGY
MANYA SARDA	SMRITI KHAITAN	SIDDHARTH SONTHALIA	HARMANPREET SINGH	KUMARI SHRISTI KEJRIWAL
SHUBHAM KEJRIWAL	AKSHAT AGRAWAL	SHANDRO DUTTA		
PRACHI BUCHA	AKSHITA LAL	ROSHNI AGRAWAL		
VASUDHA BAGRI	KHUSHI NAHATA	MEHA JAIN		
SHANDRO DUTTA	GAURAV AGRAWAL	DHRUV SOMANI		
MUKUND AGRAWAL		NIYATI PODDAR		
PRATEEK CHINDALIA	PHYSICAL EDUCATION	SAKSHI NAHATA		
	KUSHAL KOTHARI	AASHI CHOUDHARY		

Congratulations

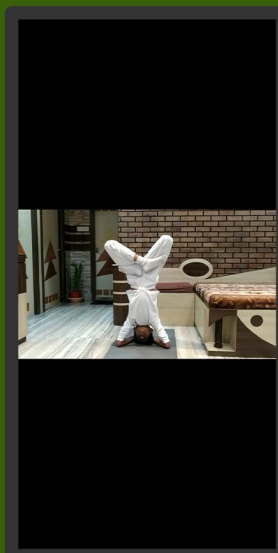
GURUDEV'S MESSAGE

While everyone is in a Corona virus lockdown, Sri Sri shares how to cope with this sudden situation of isolation by doing simple things like those listed below.

1. Meditate 2-3 times a day
2. Acquire more knowledge
3. Acquire new skills. Learn new languages, pick up a new hobby.
4. Read books, watch informative and educative videos.
5. Use social media or chat with people and uplift them.
6. Just slow down, calm down, cool down for a few days!



International Day of Yoga at SSA



The International Day of Yoga 2020 was an unusual one this year. Usually this day has festivities planned for each class from the junior school right upto middle school. However keeping in mind our current constraints, the yoga students of class 6,7 and 8 put together a beautiful video, an invite for two Facebook live sessions by their Yoga teachers on the official page of the school. The first session was taken by Varuna ma'am at 8 a.m and the second was at 8:40 a.m by Vedanta sir. There was participation not only by the yoga students but by teachers and children through the school. Many parents attended the event as well. It was definitely a different experience for all.

Varuna Shunglu

The Power of Mantras

Mantra (originally from Hindu and Buddhist texts) , is a word or sound repeated to aid concentration in meditation. Chanting a mantra has many therapeutic benefits. It increases our lung capacity, helps to oxygenate the brain, lowers blood pressure and is a wonderful way to express emotion, reducing the heart rate and creating a calm brain.

Memorising ancient mantras could increase the size of brain regions associated with cognitive functions.

In a study led by a researcher Dr. James Hartzell, the brain's massive grey matter density and cortical thickness were found to increase in those who had learned and routinely recited the Sanskrit texts. It can be beneficial for both adults and youngsters.

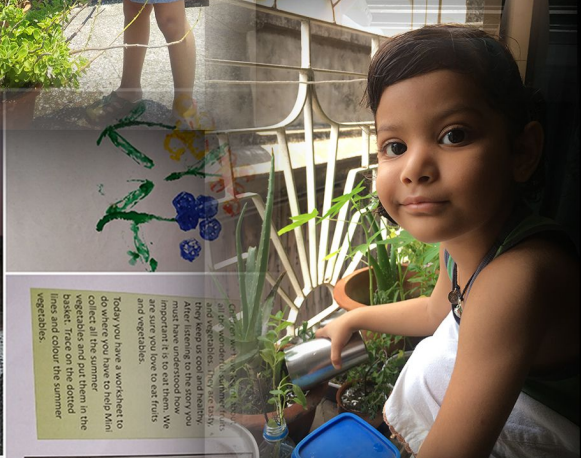
Everything is in a state of vibration and when we are in a state of natural resonant vibration, we are in a state of good health.

In school, we generally chant OM and the SHANTI MANTRA, which helps to improve concentration reducing stress, improving the function of the heart and digestive system, giving strength to the spinal cord. All in all , the impact of Mantra Chanting can really bring relaxation and contribute to the overall well-being of an individual.

Mandira Hazra



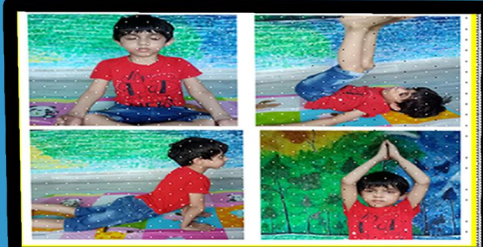
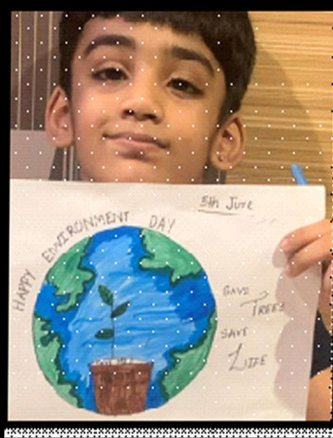
" LITTLE HANDS THAT CARE ! " ...





THE LITTLE YOGIS IN THEIR FULL ZEAL ON WORLD YOGA DAY !





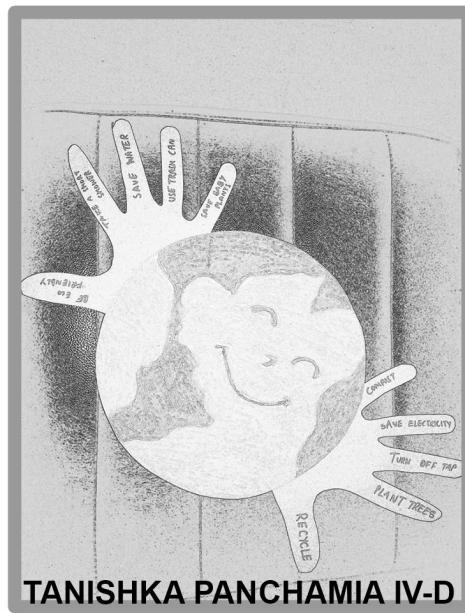
Yoga
Every morning I sit,
Yoga helps me to keep fit
My face gets lit,
And I feel energetic
Arnav Baheti 1-E

A poem on yoga.
Do yoga for a while,
To give your body a smile
Enjoy the poses done,
And you will have lots of fun
For a healthy mind and body,
Do yoga everyday with
mummy and daddy.
Tanishi Gahlra I-C

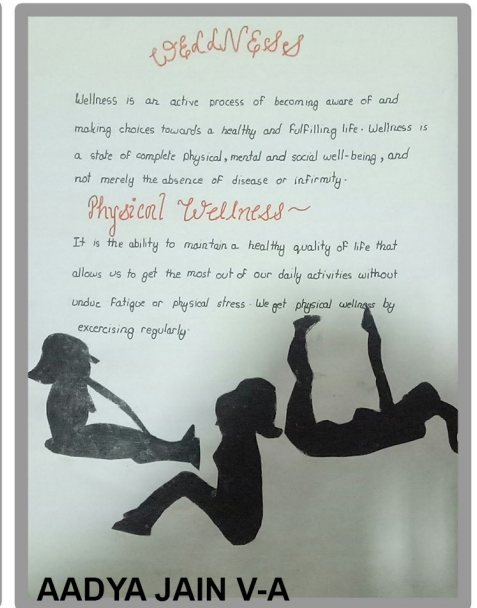
WORLD YOGA DAY



Earth is our home
 We live in here
 For the earth
 Our big homes are tiny
 Do you keep those
 "Tiny" things
 Clean?
 Yes you do
 Cause it's your home
 But the earth
 Is a bigger home
 But why don't we
 keep it clean?
 Here's why –
 You think
 "The earth is not only mine
 It's ours So why should
 I only keep it clean?"
 Here you have a chance
 To make
 The earth Green not Grey
 On this auspicious
 Environment Day you
 Plant trees
 Then you think
 Oh! Yes, let's plant a tree
 And my work is done
 Well No, it's not
 Because everyday
 Is environment day.
ANGONA SARKAR V-B



TANISHKA PANCHAMIA IV-D



AADYA JAIN V-A



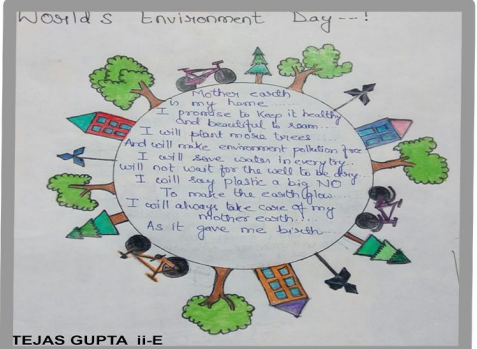
YUVAAN GUPTA IV-D



SHREYANSH BOTHRA III-E



TUSHIKA BAL III-A



TEJAS GUPTA II-E

The World Environment Day Campaign was started in 1972 by the UN General Assembly and is celebrated on the fifth of June every year. It is a day to recognise and encourage people worldwide to save and protect our environment from different environmental challenges the world is facing today. World Environment Day 2020 was hosted in Colombia in partnership with Germany with the theme "CELEBRATE BIODIVERSITY". Biodiversity is the variation of Earth's terrestrial, freshwater and marine species, as well as their habitats. With 1 million species facing extinction, there has never been a more important time to focus on biodiversity. The entire ecosystem relies on all parts from the smallest bacteria to the largest vertebrate. They are all interconnected. Some produce oxygen that others breathe in. Some provide food for large species, which in turn become prey to even larger species. Every living organism has a role to play in the maintenance of balance. So with one link removed from a chain, the chain will be left broken forever. Thus we should be involved in this program for a better future and we must promise to keep our environment safe. --**YASHVI AGARWAL V-C**

Physical, Mental and Spiritual well being and healing of the Earth

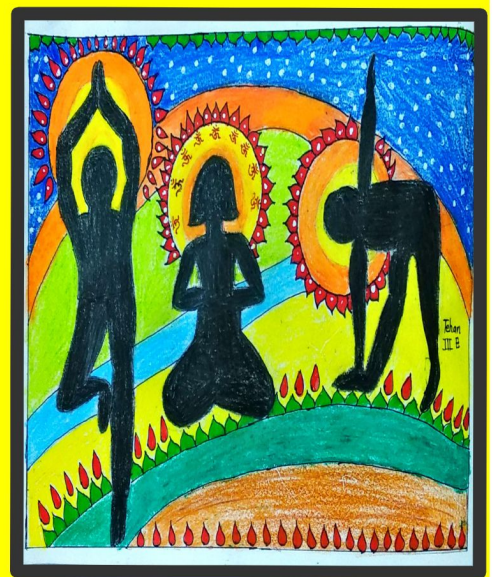
A strong environmental connection can heal inner human wounds caused by electronic gadgets like TV, Phone, iPad, etc. A healthy earth, free from pollution can bring mental change in human beings. Being in nature reduces anger, improves memory, increases our problem solving skills and improves creative abilities. A germ free earth provides humans with fresh air, fresh water, positive energy, a healthy mind and body. Humans should take care and enjoy the beauty of nature. Instead of staring at the TV screen, we should get engaged with nature or do some yoga or exercise. We can also go for a workout or play an outdoor sport. Breathing in nature gives us a fresh mind whereas playing video games, excessive use of the phone or T.V. makes us tired, lazy, sleepy, our mind stops working and causes damage to our eyes. But being with nature doesn't harm us, rather she takes care of us like our mother. We should also take care of her. This would have a positive impact on Mother Earth.

SAATVIK LADHA III-A

Well Being

Mental, Physical and Spiritual health are closely related to each other. In 1948, WHO defined health as – “ Health is a state of complete physical, mental and social well being and not merely the absence of disease.” A person’s well being not only means being free from any kind of disease but it also means having a sound mind, good relations with friends & family . A healthy lifestyle includes regular exercise, consumption of a lot of water, eating a healthy and balanced diet. Meditation, chanting the mantra ‘OM’ at least 5 minutes a day helps to increase our mental and spiritual well being. We should always do regular exercise , yoga and meditation along with maintaining a healthy and balanced diet because a healthy brain can only contribute towards the betterment of the society. Today, Earth is seriously wounded by pollution and violence . So we all must learn from our spiritual Guruji “ Sri Sri Ravishankar Ji” , how he has devoted his life for the betterment of the society. Today ‘Art Of Living ’ is helping millions of minds across the globe to become a better person and in turn they all are contributing towards the healing of our Earth.

Tehan Ekansh III – E



Health is the primary thing after which everything else follows. When we maintain good health, everything else falls into place. Maintaining good health is dependent on a lot of factors. It depends on the air we breathe to the type of people we choose to spend time with. First, we have physical health. This means being fit physically and mentally. If we exercise daily it will help our body to maintain physical fitness and we will have a longer life span too. Do not consume junk food all the time. Try to get adequate sleep regularly instead of watching TV. Second comes mental health. The mental health of a person impacts their feelings and way of handling situations. We can maintain our mental health by being positive and meditating. Lastly, social health is also equally important for the overall well being of a person. We can maintain our social health by communicating well with others and by attending social gatherings. We should always eat healthy food and play brain games to sharpen our mind. By taking nutritious food we can keep ourselves healthy in all ways. We should give importance to our mental, physical and social well being. --Dhanvi Agarwal III-D





EARTH

Let's save our earth

This round planet where we live

Full of plants and other living things

Let's reduce, reuse and recycle

Let's save trees and grow green

Let's all work together

For a better planet

For you and for me.

SAMPRITI AGARWAL IV-B

REDUCE, REUSE AND RECYCLE

Let's talk about environment because it is now a topic of concern.

One day while I was walking in the park it struck my mind with a spark that this is my beautiful world.

Let's guard it from getting destroyed.

So I made a plan with a cleaning clan, to always take a stand and make the greenery expand.

Also to make the world aware, let's have pollution free air.

Let's make the pollution mad so that the trees are always glad.

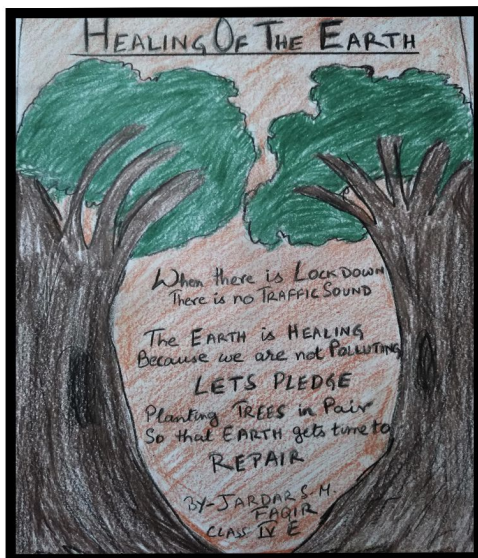
When we step out we see a happy tree.

So would it be stress free?

Let's together join hands, never to give up.

As simple as a ride on a tricycle, lets all Reduce, Reuse and Recycle

AARAV DUTIA III-C



कोरोना

कोरोना कोरोना इससे तुम डरो ना,

इसको हम हराएँगे,

दुनिया को जिताएँगे

चाइना ने हमको जो बीमारी दे दी है,

हमने भी जंग की तैयारी कर ली है।

हर मुमकिन कदम उठाएँगे,

लॉकडाउन को सफल बनाएँगे,

कोरोना कोरोना इससे तुम डरो ना।

यह जो बीमारी है बस एक कहानी है,

इसे हम खत्म करके दिखाएँगे।

इससे हम लड़कर नया इतिहास बनाएँगे,

कोरोना को हम जड़ से मिटाएँगे।

NIDHI NIKHAT IV-B

We should take care of the world environment. Our environment is the most important thing which we need to live in the planet. Without it we cannot live a single day. We will not have food and water if we don't take care of our environment. We should plant more saplings so that they grow into big trees in some years. We should make people aware of the planting. We should always take care of our environment and love it.

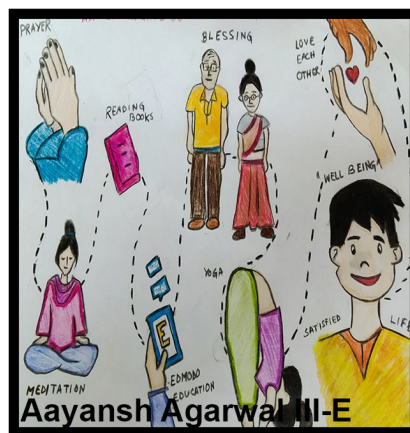
WELL BEING

Sitting in my balcony in the evening I could see the birds fleeing back to their homes for their WELL BEING.

I want to go out and play, meet my friends and be gay, but mom is disagreeing and she says it's for my WELL BEING.

When will Corona be freeing us? We all want to go sightseeing and Pop says only vaccines can be guaranteeing the world's WELL BEING.

PAAVAI GOEL II-D



SAY NO TO PLASTIC

We should not use plastic.

It destroys the earth. Whenever I go with my mother for shopping we always carry a cloth bag with us.

My parents always encourage me to discard plastic. They tell me to plant more trees.

We should never waste paper because paper is made from trees.

Along with trees we should also save water. We should always take care of

MOTHER EARTH.

AVEEGYAN SHARMA III-B

Let's start painting the Earth green

Our job is to paint the earth green. Let's get united to make our environment pollution free.

Pollution affects our health, to cure we have to waste our wealth.

So, stop cutting trees, we get oxygen for free.

Stop wasting water, nothing can be much better.

Stop using a plastic bag, it is a deadly sack.

Stop destroying biodiversity, it is facing adversity.

Stop driving smoke emitting vehicles, it's littering our environment.

Help to stop global warming; it is giving us a warning.

Please let us save nature for the bright future.

SHREYANSH BOTHRA III-E

MOTHER EARTH

Mother Earth, Dear Earth

I pledge to look after you with care

As you are the place we all share.

I have plans which are clear,

Planting more of trees to have fresh air

I pledge to use a dustbin,

So that the rivers are clean and forests are green.

I want to reduce, reuse and recycle, to lessen the garbage load,

As that's the best way to keep you away from waste which has overflowed.

Mother Earth, Dear Earth,

I love you as I am a part of you and you a part of me.

PREKSHA JAIN III-D


A Home in Home

It was only that day,
When it was calm,
We knew that Nature,
Would never cause us harm.

All the creatures were taking enough rest,
The birds were staying in their nests,
They fed their babies in a different way,
The babies ate and played the whole day.

There came a storm,
The storm was scary and not at all warm,
All the creatures lost their domes,
Lets get together to build their homes.

A small step for the wandering paws,
Little food in their hungry jaws,
A small place in our heart,
A little wish to start,
Can give them a home in our homes.....
Uraa Kumar II-C



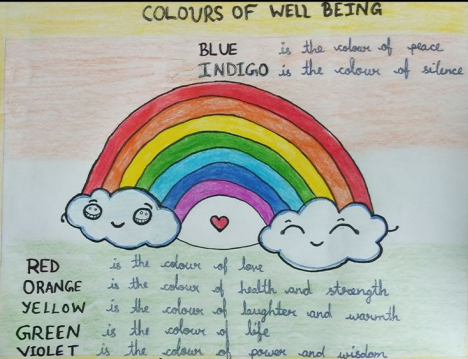
CLASS-4D



JASMINE J SINHA IV-D

COLOURS OF WELL BEING

BLUE is the colour of peace
INDIGO is the colour of silence



RED is the colour of love
ORANGE is the colour of health and strength
YELLOW is the colour of laughter and warmth
GREEN is the colour of life
VIOLET is the colour of power and wisdom

Disha Bagaria III B

REAL SUPER HEROES



WE ARE SAFE THANKS TO YOU

WASH HANDS
WEAR MASK
SANITISE HANDS

AARAV DHIR IV-A

Healing for the Earth

We are literally consuming the Earth which sustains us. The time is not far away, for its ending. People do not care for it as some of them think that Mars is an option.

We are not thinking for its healing but are blaming all that these disaster which are taking place now are all because of the year 2020 is unfortunate. Although, we all now it is all because of us. Let me give you some examples for better understanding:

- If China would reveal that they had given birth to a virus all of the countries could take precautions as they would not be devastated.
- Volcanos are also blasting and earthquakes are taking place too, all because of global warming which happens because of us.

Now everyone would think of planting trees and practicing the 3R's of waste management could become the key to success.

Healing is equally important for us and the world too. The option is yours, do you want to lose the opportunity to call your planet, Mother Earth or want to continue it incessantly and become its savior?

AARAV KHANDELWAL V-C

Together We Can, Together We Will

Reduce
Recycle
Reuse

Heal Our Earth
Heal Our Future
Plant More Tree
Save Water

Keep Growing Plants

can save let's save the EARTH

KASHVI SARAOGI IV-B

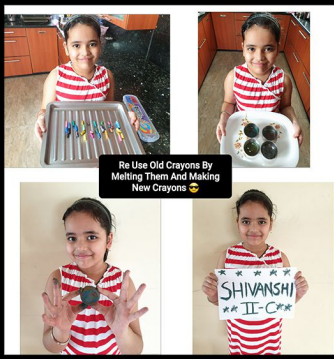


Please Help our Mother Earth!

GAYATRI BARIK VI-A



Re Use Old Crayons By Melting Them And Making New Crayons



SHIVANSHI II-C




Holi Basil (Tulsi) plant



Environment Day Shivanshi Sharma II-C

SHIVANSHI SHARMA II-C




ATMA JA SAIMA BOSE DUTTA IV-C



LEORA TAPARIA IV-C



MOHUL SEN V-C



RISHAAN RAY III - B




GEETIKA TAPARIA V-F



SHAMBHAVI TEWARI IV - A



SAKSHAM SARAOGI III-D



MAYANK KOCHAR II-E



TEJAS GUPTA II-E

MIDDLE SCHOOL EXPRESSIONS

MOTHER NATURE

Nature is a part of you and me,
She's a part of us,
We!
It's the beauty and light by which people are charmed,
But by now she's quite harmed.
She gifted us with a civilization,
But what did we do?
We only spread hatred and devastation,
Cutting of trees and pollution is how we tortured her.
A beautiful soul indeed she is
With a pure heart of gold!
The combined karmas of every person
Is the result of the outbreak.
The nature is rejuvenating itself,
It's restoring the divine spark in it
It's taking a break.
This is a lesson to learn,
Something on which every person should reflect upon.
Don't take nature for granted because she's our mother,
Our beloved Mother Nature!

AARUSHI VERMA VIII-F

पृथ्वी और कोरोना

आज विश्व जिस कोरोना नामक महामारी का शिकार हो रहा है उसका मूल कारण मानव द्वारा प्रकृति के साथ की गई छेड़-छाड़ है। अपने स्वार्थ के लिये मानव ने जल और वायु को प्रदूषित किया वही पृथ्वी का दोहन इतना किया कि उसकी क्षमता कमजोर हो गई।

कोरोना वायरस की वजह से मानव जाति का ही लॉकडाउन हो गया है। कारखाने बन्द हैं, गाडियाँ नहीं चल रही हैं, इस वजह से दुनियाँ भर में प्रदूषण के स्तर में अचानक गिरावट से ओजोन परत पर सकारात्मक प्रभाव पड़ा है। नदियों का पानी स्वच्छ और कीटाणुरहित हो गया है। आसमान नीला और फलक पर उड़ते हुए सफेद रुई जैसे बादल दिख रहे हैं। दुनियाँ का ये लॉकडाउन प्रकृति के लिये वरदान साबित हुआ है। जानवर बाहर बेफ्रिक हो कर घूम रहे हैं, कहा जा सकता है कि पृथ्वी ने अपनी मानसिक, शारीरिक और अध्यात्मिक चिकित्सा कर ली है। वही मानव के लिये यह एक चुनौतीपूर्ण समय है।

इस अभूतपूर्व समय के दौरान हमें अपने आपको स्वस्थ रखने के लिये योग करना चाहिये जो हमारे शारीरिक और मानसिक स्वास्थ्य को बेहतर स्थिति में रखता है। पर्याप्त नींद लेनी चाहिए हमें स्वास्थ्यवर्धक खाना खाना चाहिए। एक स्वस्थ आहार मधुमेह, हृदय रोग, मोटापे के साथ-साथ अवसाद और चिंता की संभावना को कम करने में मदद करता है। कुछ समय पूजा पाठ या संगीतसुनना चाहिए यह हमारे मन को अध्यात्मिक चिकित्सा देता है।

-ईशानी सिंह VII-A

NATURE

Arjun and Maya were twins who lived in Kolkata. One day they were visiting Botanical Garden with their parents and strayed off looking for flowers. Suddenly they heard someone crying behind a tree, when they looked around they saw a little girl. She was covered with cuts and bruises, was wearing a dirty grey dress and was crying bitterly. Her eyes were very strange, one eye had yellow and orange pupil while the other looked silvery and grey white. Maya and Arjun were astonished; Maya asked the little girl, "Who are you? Why are you crying?" The girl replied, "You can call me Nat, and I'm crying because these cuts are hurting so much!" Arjun was about to ask how she got hurt? But before he could inquire, another bruise appeared on the girl's forehead and she shouted at Maya, "You're hurting me!" Maya was baffled. The girl pointed at Maya who was holding a bunch of flowers she was plucking from a bush. "But how am I hurting you by plucking flowers?" Maya asked as she looked back but to her surprise the girl had disappeared! They looked for her everywhere but couldn't find her. After few months the lockdown was declared due to the pandemic COVID-19. Maya and Arjun were looking wistfully at the park near their house which they could see from their window as they couldn't venture out. It was then that they saw a little figure skipping joyfully along the park. It was the mysterious girl from the Botanical Garden! It was just that she looked very different. All her cuts and bruises had magically disappeared. Her dress was a beautiful clear blue and her mismatched eyes shone like the sun and moon. She seemed to be at peace and one with nature. Maybe you have guessed who the girl was?

CHITRANGDA BAGARIA VI-B

नव संचार

इस वैश्विक महामारी के समय, जब सब अपने घरों में बंद हैं, उस दौरान, पृथ्वी को एक पुनर्जीवन मिला है | प्रकृति इस दौरान, अपने आप का पुनः निर्माण कर रही है और एक नए सवेरे की तरफ आगे बढ़ रही है | वे अपने आप को पुनः तरीके से परिवर्तित कर रही है, अपना सृजन कर रही है | यह परिवर्तन, हम खुद, अपने नयन से देख पा रहे हैं | हम यह देख पा रहे हैं की कैसे धरती की चमक, धरती की खुशी और धरती का भूषण: उसे वापस मिल जा रहा है | पशुओं-पक्षियों को सड़को पर स्वतन्त्र होकर चलते देखना, फूलों को फिर से खुशी से खिलते देखना, जलीय जानवरों को फिर से समुद्रों में आते देखना और पहाड़ों की चोटियों को हिम से फिर से ढकते देखने-यही तो है जीवन का असली मनोरंजन, यही तो है जीवन का असली उपहार | परन्तु, धरती के साथ-साथ, धरती के निवासियों का भी इस दौरान शारीरिक, मानसिक और आध्यात्मिक कल्याण हो रहा है | हमें शारीरिक कल्याण की बहुत आवश्यकता थी | इस दौरान, हमने अपनी थकान, अपने शारीरिक घावों को और शरीर को तंदुरुस्त और ताज़ा बना लिया है | मानसिक रूप से भी, हम बहुत बलवान हो गए हैं | हम इस दौरान, अपने तन और मन को शांत करके, अधिक-से-अधिक सीख लेने की कोशिश कर रहे हैं | हम आत्मनिर्भर बन रहे हैं और अपने मानसिक रूप को शांत रख के, फैसले लेने का सिख ले रहे हैं | हम अपनी स्पष्ट अलगाव के बावजूद, अपनी आत्मा को एक जुट करने की प्रार्थना की शक्ति का अनुभव कर रहे हैं | हमें इस दौरान, अपने-आप के अंदर झाँकने का एक पल मिल रहा है जिसका हम उपयोग कर रहे हैं | इन सब चीज़ों को अगर हम जोड़ के देखें, तो हमें यह पता चलता है की इस दौरान, हमारी आंतरिक वृद्धि भी हो रही है | हम अपनी व्यस्त और शोर-वाले जीवन से निकलकर, अपने अंतः मन का उपचार कर रहे हैं | वैसे ही धरती माँ भी अपना पुनः विकास कर रही है | तो, हम यह कहकर इस अनुच्छेद को समाप्त कर सकते हैं की जो भी चिकित्सा है, वह एक और सभी के लिए उपयोगी है क्योंकि वे हमें अपनी अतीत की गलतियों को पहचानने में मदद करता है और हमें अपने आप को पुनर्जीवित करने का एक अवसर प्रदान करता है |

Shaivi Kumar VII D

MOTHER EARTH

Today I was thinking about Mother Earth,
 I could see the resources have a lot of worth.
 People throw plastic and garbage here and there,
 And this makes Earth from bright to fair.
 There are factories everywhere,
 which produce smoke in Earth's front and rear,
 And I guess this is why Earth is no more fair.
 It is so sad; Oh dear! Oh dear!
 My Mother Earth is losing her complexion due to pollution
 But don't worry I have a solution,
 Just give life to a plant and earth gets hope,
 The plant will act as air purifiers and clean the smoke.
 Let us pledge to stop destroying the earth by our evil mind.
 Do not forget the suffix of mankind.
 Hence let us adopt a motto and win...
KEEP CLEAN & GO GREEN

YUVRAJ DAGA VI-D**THE TREE**

A tree that helps all day,
 And never forgets to pray.
 It raises its arms and voice and says,
 The relationship between me and
 humans always stay.
 The dawns, sky all grey,
 The rays of the Sun like a tray.
 To me all animals not pets or stray,
 The clouds and the breeze how they play,
 To watch this I don't have to pay,
 As I grow, my day of living,
 Starts getting low.
 The woodcutters came
 And tried to cut us for their gain.
 I watched this and cried in vain.
 Why does mankind give us pain?
 If they cut us to death
 In humans, trees will not have faith.
 Without us they will have to face death..

-- HIMANSHI KHAITAN VI-F**TREES**

"Trees are everywhere we see,
 The beauty of nature is in trees.
 Their colours make up the greenery,
 Their sight is a beautiful scenery.
 It all begins from a small seed,
 Air, water and sunlight is all it will need.
 It will grow into a mighty tree,
 with or without any heed.
 Planting them is a very good deed.
 They give us many things, like shade.
 Their kindness will never fade.
 They give us vegetables and fruits too,
 Soil erosion is prevented by their roots.
 Yet we pollute the soil,
 We cut them down,
 And eventually spoil.
 The entire ground.
 Imagine a world without greenery,
 Do you think it would be a scene merry?

MANAV SABOO VI-C**WHAT TO SAY**

Who has appointed them? I wonder.
 The sun who appears every morning,
 It's never late or absent
 I have never seen him frowning
 Whether at the time of rising or drowning.
 The wind that blows forever,
 Whose mission is to provide air and stop never
 Enables the flowers to pollinate and the birds to fly
 Helps humans to breathe and survive.
 The tall and strong pillars of nature
 Who are home for many
 Trees shade us and shelter us,
 Why don't we humans think twice before felling them as an
 enemy?
 The flowers that bloom every season
 Tossing their colourful heads in the breeze
 Feeding the insects and butterflies with nectar,
 Without their presence, the alluring nature would freeze.
 The sweet song of the koyel,
 In comparison, even human composers will easily fail
 The peck of the woodpecker, and the chirping of the barbet,
 sparrow and dove to name a few
 Turns the nature's band so rich and royal!
 Without her, the night sky seems haunted
 She lights up the dark with her shoon
 The moon among the stars, is the silver gem
 Yes, she is nature's fame.
 Do they get paid?
 Do they wait for appreciation? Or do they expect?
 No salary, no recognition
 It's time for us to introspect
 If only we humans could learn something from them,
 The world will flourish without a problem.

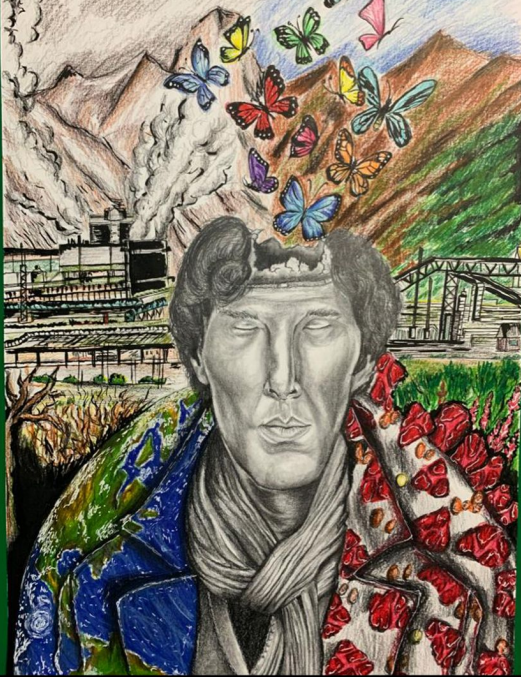
ABHILASHA NANDI OF VIII-A.**THE GENEROUS NATURE**

When we look around to see
 Nothing in the world comes free.
 All that we use has a price
 Mother Earth is full of surprises
 The water we drink, the sunlight which helps us to see, the
 tasty fruits, the sweetest honey nature has plenty to give!
 The value of these things is selectively ignored.
 But when one fine day it will be gone, we will understand how
 much we were wrong.
 Don't wait for that day, don't let Earth get sore.
 To begin with let's replace smoke with air.
 Use paper with utmost care.
 Add to the purity of the breeze.
 Let's not cut but plant new trees.
 Stop abusing wastage.
 We aren't familiar with nature's rage.
 Sing the slogan of recycle, reduce and reuse.
 Nature is a good gift to one and all.
 How we have it is now our call.
 For people, animals, birds and fish.
 Let us make it an Eden of bliss!!

AARUSH GUPTA VI-D

MIDDLE SCHOOL ART GALLERY

SUKHJEET SINGH VII-C



SHAMBHAVI DUGAR VIII-F



I don't want to protect the environment, I want to create a world where the environment does not need protecting.



KESHAV KEDIA VIII-F

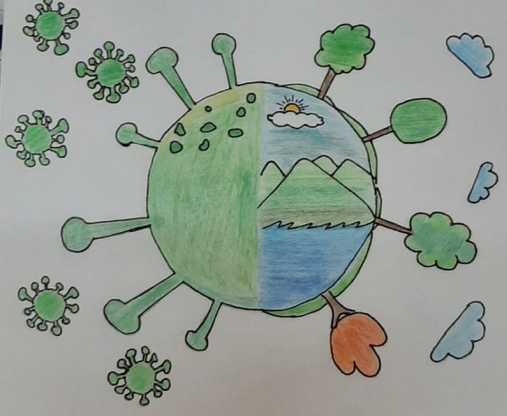
NEETI MADNANI VI-D



"IT IS OUR DUTY TO SAVE ENVIRONMENT'S BEAUTY"

Anushka Agarwal 8F

EARTH IS BREATHING THIS HAD TO HAPPEN FOR THIS TO HAPPEN



LET'S NOT WAIT FOR A GLOBAL CRISIS THE NEXT TIME

REJOICE FOR THE BINDING OF THE BEAST

Dancing
 The leaves falling;
 Singing
 Scintillating birds chirping;
 Swaying
 The winds blowing;
 Laughing
 Radiant rays, bright brilliance
 Of the Hyperionian sun
 Playing with dusty earth;
 Hyacinths – springing.
 Mindless immemorial Death,
 He comes walking swiftly by.
 Long nightmares by the dim street-light
 A gaping gluttonous skull by broad daylight
 Supposed scions of divinity laughing in lunacy,
 In insanity, tearful tyranny,
 The false gods -
 A blotting bane on viridescent dales.
 Cruel carnivorous Death,
 He comes running swiftly by.
 Now the ravenous beast
 In vain howls for release;
 In darkness tries
 To break the binds:
 Faltering, it cries.
 A trembling tremor on the lips of the puerile
 inane
 Broken blood-bathed hands of the childish
 gods with their broken cities
 on the darkening plain.
 Plutonic pulverizing Death,
 Upon them his horde is set.
 Dancing again
 The leaves falling;
 Singing
 Rejoicing birds chirping;
 Swaying
 Unhindered winds blowing;
 Sparkling
 Neptunian waves rising;
 Shining
 Pulchritudinous stars
 Stellar lights ornament the sky.
 And mindless immemorial Death,
 He comes walking swiftly by.

SWAHAM CHAKRABORTY XI-E

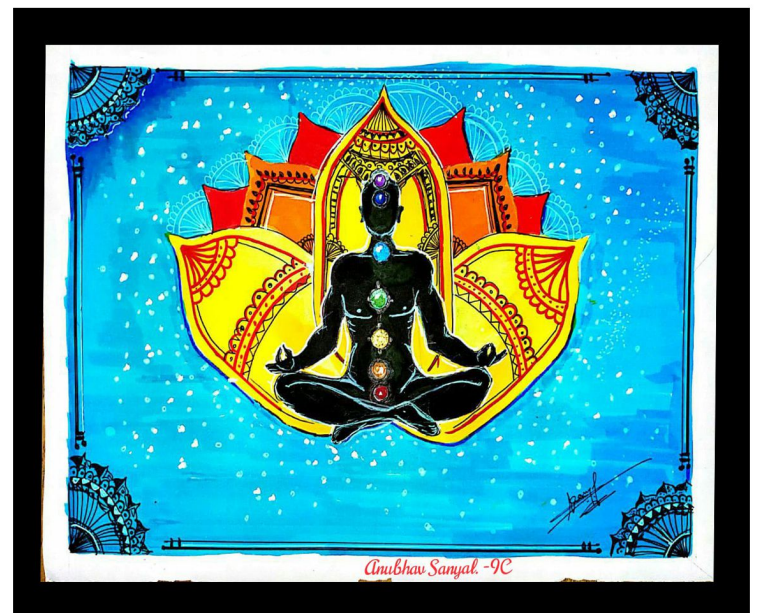
My sister's piercing eyes in a rest, a rest alike the
 plants
 on whom this realm imposed the weight of breath.
 Breath, somewhere to sight is the mere wind that
 remembers to pass by the flowers over the obelisks.
 Flowers on whom this realm imposed the weight of
 death.
 Some obelisks are those where some unborn sleeps
 and some obelisks with love and remembrance on
 their breast, blossom and boon rests on them.
 But all obelisks like men, who remain, in life or death.
INDRAYUDH SINHA XI - E

LOOK AROUND!

Broken bottles and charred pieces of glass
 Wadded up newspaper tossed on the grass
 Pouring of concrete and tearing out trees
 Is this the environment that surrounds me?
 Poisons and insecticides sprayed on our food
 Oceans filling up with thick oil crude
 All sea life destined to a slow awful doom
 Are these the things we are to consume?
 Mills pumping out irons, pumping yellow fumes
 Airlines emitting caustic gases from fuels
 Weapons of destruction tested at desolate sites
 And is this the air that is to sustain life?
 There has to be something that someone can do
 Like raising the awareness to those around you
 That if we don't heed the problem at hand
 It's your life that's at stake, the destruction of man.

GAURAV HARLALKA IX-E**THE TIMES WE'VE BEEN LIVING IN ARE STRANGE**

The times we've been living in are strange
 And this is the time when, In our body, we can bring a
 positive change .
 Let's look around
 And look within
 Keeping the Environment clean
 And Our minds sound .
 In these months of mishaps
 We have a good long productive gap.
 I know the world is struggling
 And times are Negative,
 But you're surviving
 Take that as something positive.
 Less going out saves the Environment
 Staying home more helps you work on self development.
 Breathe , Relax , Exercise and eat healthy
 Days will Improve , Lives will be steady .
 Work on your self, on your body ,
 Relax and Don't tense
 This is for everybody
 Make full use of the time and value your own existence !

MEHA JAIN XI-D

SENIOR SCHOOL EXPRESSIONS

“The Earth is what we all have in common.”

—Wendell Berry

Earth is what we all have in common and thus it is a collective responsibility of all of us to come together and take steps to protect it. I have noticed that whenever the pollution levels have gone shooting high, then there have been pandemic and epidemic outbreaks and the economy halts and it is nature which has to take steps to heal itself. We are humans, the greatest creations of god. God has not made us to conquer nature but to protect it from being conquered.

“Nature is painting for us, day after day, pictures of infinite beauty.”

—John Ruskin

We always think that just a small contribution from us will not have any effect on pollution control but if we look out of the box and millions of people just do their part in this activity, then a major difference will be brought about. It is not only that it is the environmentalists who have to think about nature always but we too can lessen their burden by playing a small role.

Healing the world is a tedious job as we think it to be. We just need to turn off all lights, fans, geysers and other electrical appliances when not in use. Use cold water instead of hot whenever possible. Opt for small-oven or stove-top cooking when preparing small meals. Run washing machines and dish washers only on full load or else there will be wastage of energy. Take baths by using a bucket of water rather than a quick shower and install water-efficient showerheads and sink-faucet aerators. Install an air-assisted or composting toilet. Practise rainwater harvesting. Explore getting a solar water heater for your home. Learn how to recycle all your household goods, from clothing to motor oil to appliances. Start separating out your newspaper, other paper, glass, aluminum, and food wastes, practising waste management and segregation. Encourage your local recycling centre or program to start accepting plastic. Urge local officials to begin roadside pickup of recyclables and hazardous wastes. Encourage friends, neighbors, businesses, local organizations to recycle and sponsor recycling efforts. Use recycled products, especially paper. Re-use envelopes, jars, paper bags, scrap paper, etc. Bring your own canvas bags to the grocery store. Encourage local governments to buy recycled paper. Start a recycling program where you work. Limit or eliminate your use of "disposable" items. Urge fast-food chains to use recyclable packaging. Avoid using anything made of plastic foam as it is often made from CFCs, and it never biodegrades. If our car gets less than 35 mpg, sell it, buy a small fuel-efficient model, and spend whatever money you save on home energy efficiency. Maintain and tune up your vehicle regularly for maximum gas mileage. Join a car pool or use public transport to commute. Encourage auto centres to install CFC recycling equipment for auto air conditioners. Freon is released during servicing to become both a greenhouse gas and an ozone layer destroyer. Don't speed; accelerate and slow down gradually. Walk or use a bicycle whenever possible. Urge local governments to enact restrictions on automobile use in congested areas. Enjoy sports and recreational activities that use your muscles rather than gasoline and electricity. The list is never ending but though the list is never ending it is human psychology to just fulfill his greed without looking at his need. It is a humble request from me to remove this idea of selfishness and look around the globe and everybody as a family member and try to complete our job for which we have been sent on this planet.

“The Earth is a fine place and worth fighting for.”

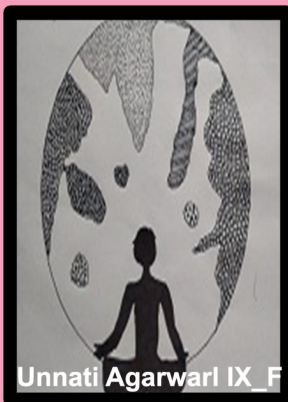
—Ernest Hemingway

PANSHULL CHOUDHURY IX-B

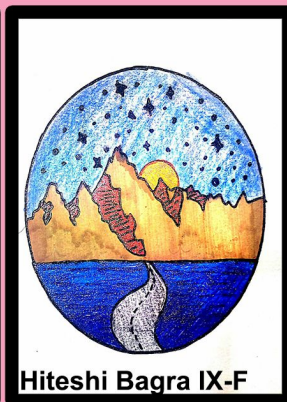
Stress

May it be mental pressure
May it be peer pressure
But in all your problems you can
find your own treasure.
Don't lose your uniqueness,
In your own foolishness.
In the rat race,
maintain your own pace.
Leave the world behind,
Then your potential you can find.
Manage your own time,
Else you will have to pay a heavy
fine.

Prisha Bhatt IX-F



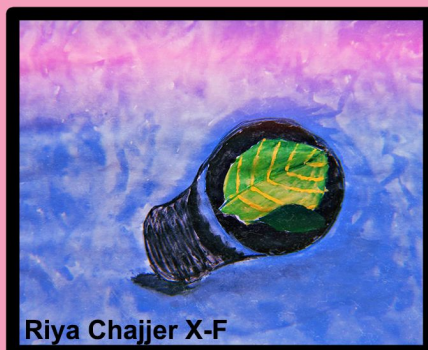
Unnati Agarwal IX F



Hiteshi Bagra IX-F



Yash Doshi IX-F



Riya Chajjer X-F



Himaakshi Daga X-D



Riya Chajjer X-F

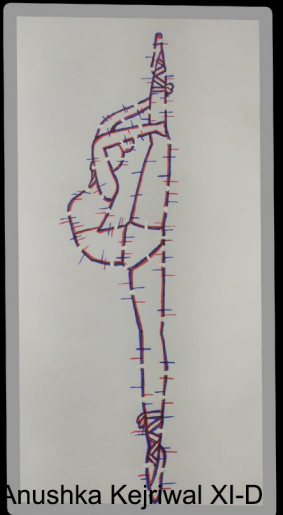
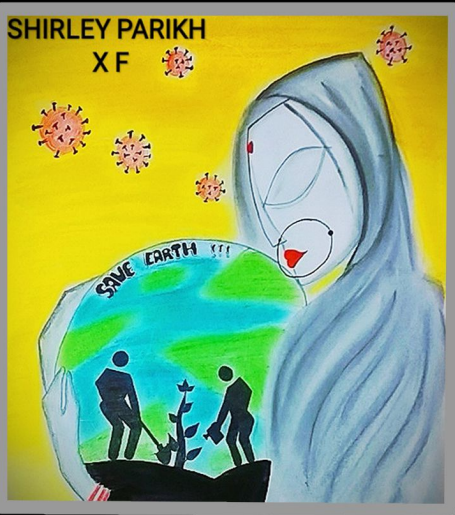


Shakshi Nahata XI-C

Vanshika Chaturvedi IX-E

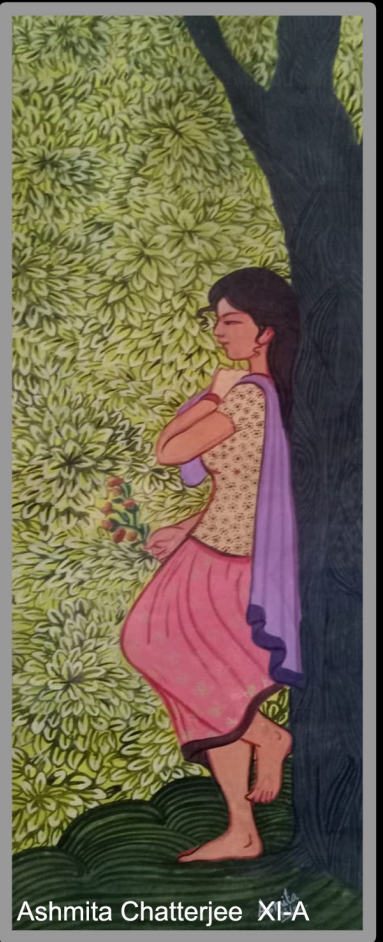


Yashvardhan Agarwal IX-E



Tiyaasha Das XI A

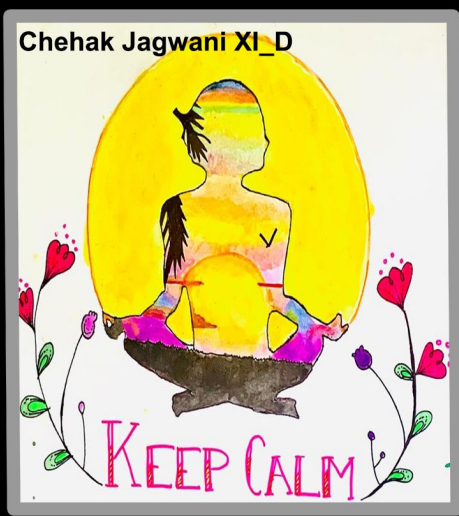
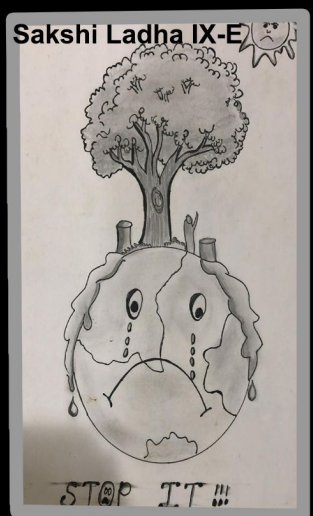
Anushka Kejriwal XI-D



KANAK BHIMSARIA X-B

Anushka Agarwal XI-C

Ashmita Chatterjee XI-A



Sakshi Ladha IX-E

Shanvi Singh XI-D

Chehak Jagwani XI_D