

Podar International School
Cambridge
Nerul

Principal's Address - Website / E-magazine - December 2021



All of us, in one way or the other, have had a difficult time in the last two years because of the Coronavirus pandemic.

However, as we know, every challenging situation, forces us to think differently, and more often than not, results in spurts of growth in areas that were hitherto dormant.

The challenge of shortage of currency notes as an aftermath of demonstrization, enabled

rapid growth of wallets such as PayTM with remarkable ease of transferring money. The adoption of digital payment systems, like Google Pay, PhonePe and the UPI Interface, took place at such a pace that India surpassed China to become the country with the highest number of digital transactions.

This is the case with almost all critical situations in the history of mankind. What comes to us as a nightmare, a threat to our very existence, makes us develop new ways of doing things which, in most cases, leaves us in a better situation than that before the threat arose,

If it is needed, then why is it sometimes we are unable to sustain our energy and efforts when the crisis deepens? The answer lies in hope. When we have hope, it makes us persist with our efforts for a solution, when we lose hope, we lose the battle midway. While things can go either way, hope allows us to focus on the possibilities of a better future rather than of a worse one. This helps us to keep alert and sustain ourselves when the going becomes tough.

If one considers the current situation along the same lines. One will see the reason why we need to have hope. Hope that the situation will emerge soon, will most probably be one that is way better than before the pandemic. We are forced to rapidly adopt new ways of learning with the use of technology. This will enable us to blend physical classes with tools like Google classrooms, to radically change the way learning takes place in school and at home.

Let us all go ahead with full energy and keep our hopes alive.

Your principal,

Anjna Sahi

School Magazine - Director Message



expression.

It gives me great pleasure to contribute to the coordinated and united efforts of our Podar International School, Nerul teachers & staff in developing the School Magazine.

Our network of schools aims to infuse the strong cultural fundamentals of Indian society with advanced learning tools acquired from the world over, giving education an exciting and dynamic direction.

For over 110000 students of our more than 120 schools located across India, the school magazine is an excellent platform for creativity, innovation and cultural

The Podar Education Network legacy is long and enduring. For over eight decades, the Podar family has made education a mission and quality the fulcrum of their commitment. Our mission further envisions to build independent, responsible, global citizens through a widely accepted curriculum and practices that are founded on learner-centric education.

We have been entrusted with the future of our students, their career and their lives ahead. We are akin to the task to nurture them as learners, inculcate values and arm them with the necessary skills that will help them make the nation proud. Our expectations run high as we believe that each and every one of them will shine like the stars in our skies. Each day, every year, we scale new heights, never standing still.

I extend my heartiest congratulations to the Principal, teachers and students of Podar International School, Nerul to unitedly coordinate and produce an inspiring reflection of our school and appreciate the team on the endeavor to generate the magazine under the title 'A NEW AWAKENING'.

I wish you all continued success.

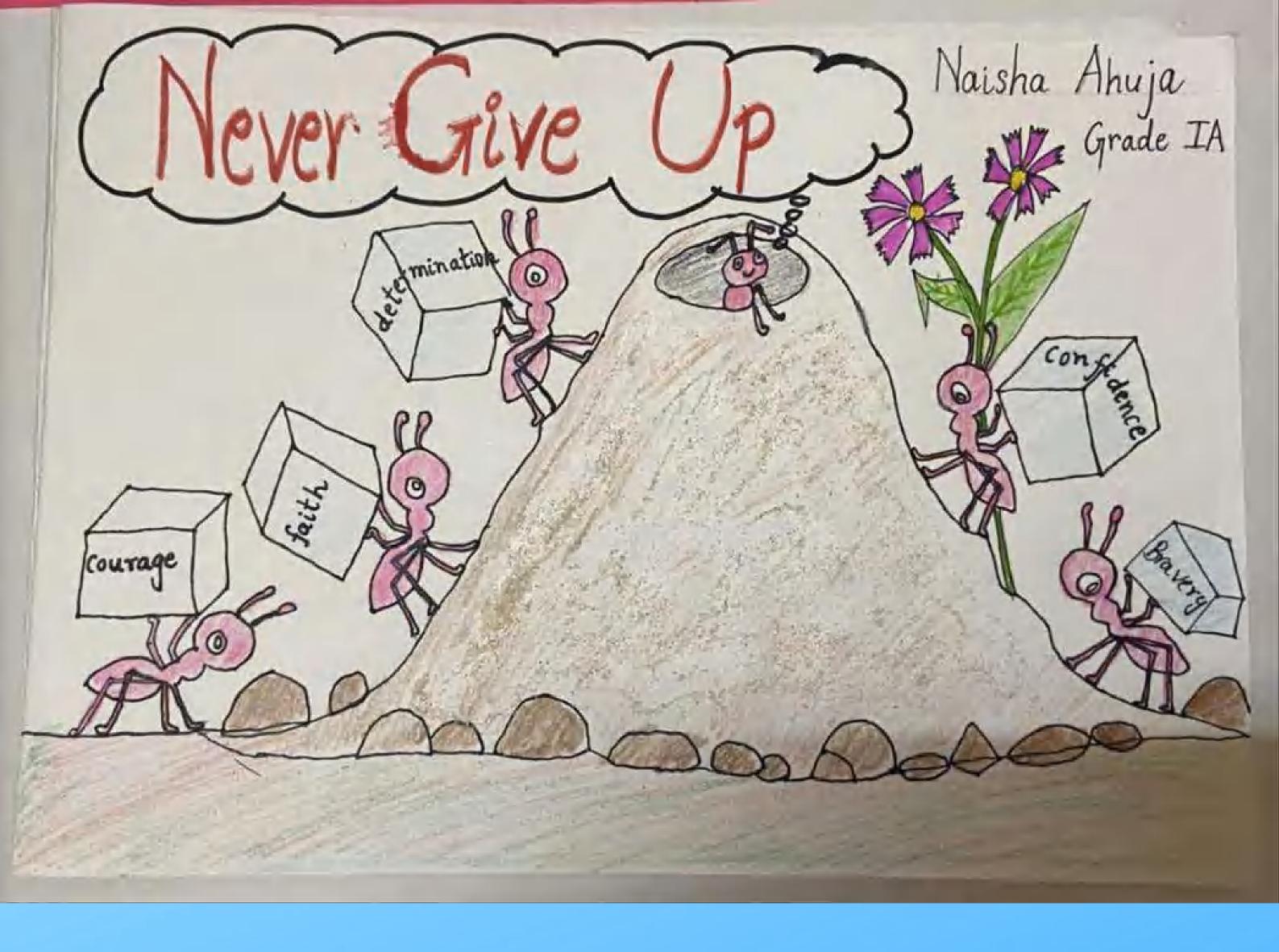
Gauray Pedar

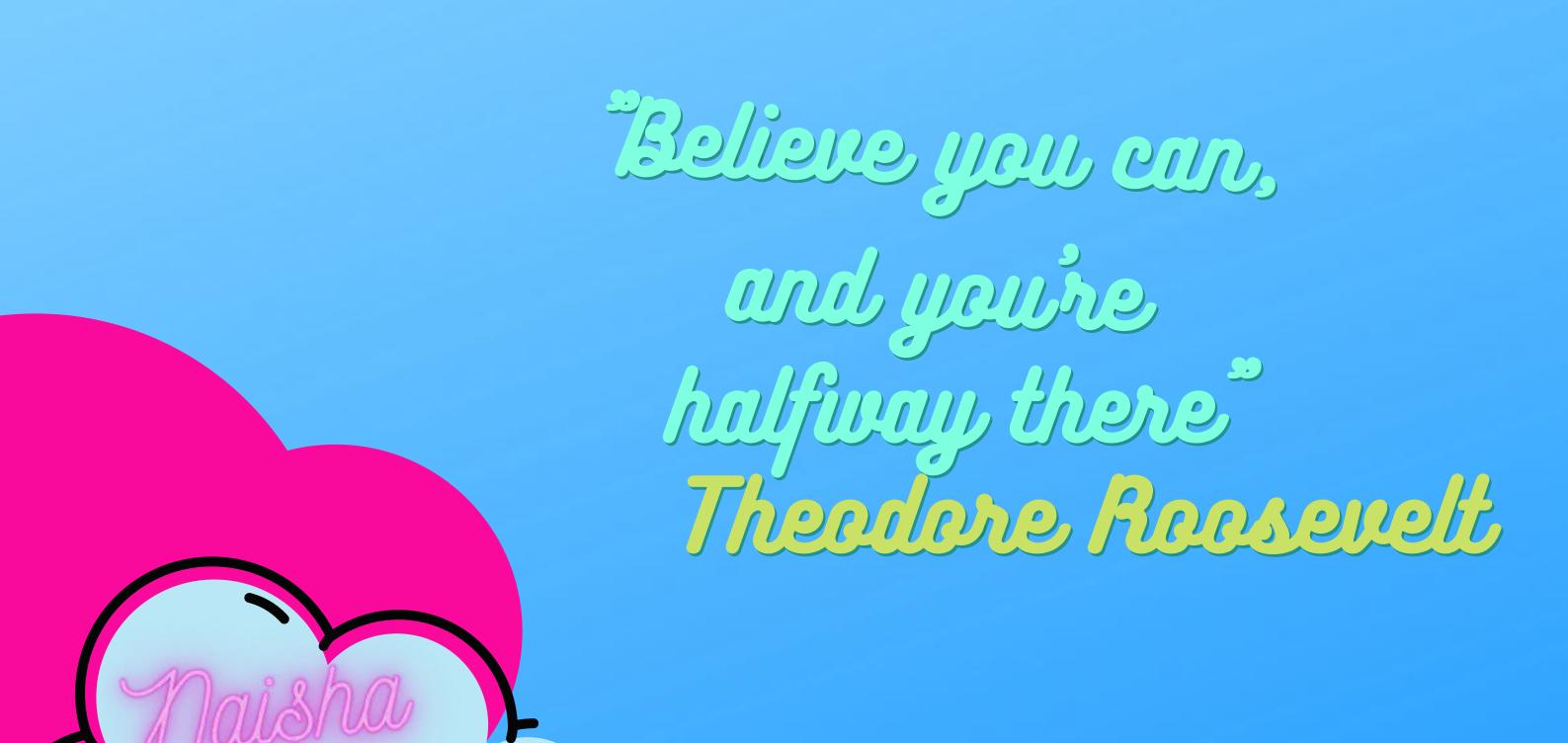
Director

Podar Education Network.









उन्मीद की विरूप

कम, बुरे द्वीर का असर होगा, उम्मीद ही कल बैहतर होगा।



-Nandan Kamath जातून कामन



Family

When We have each other, we have EVERYTHING.

Naisha Ahuja Grade IA

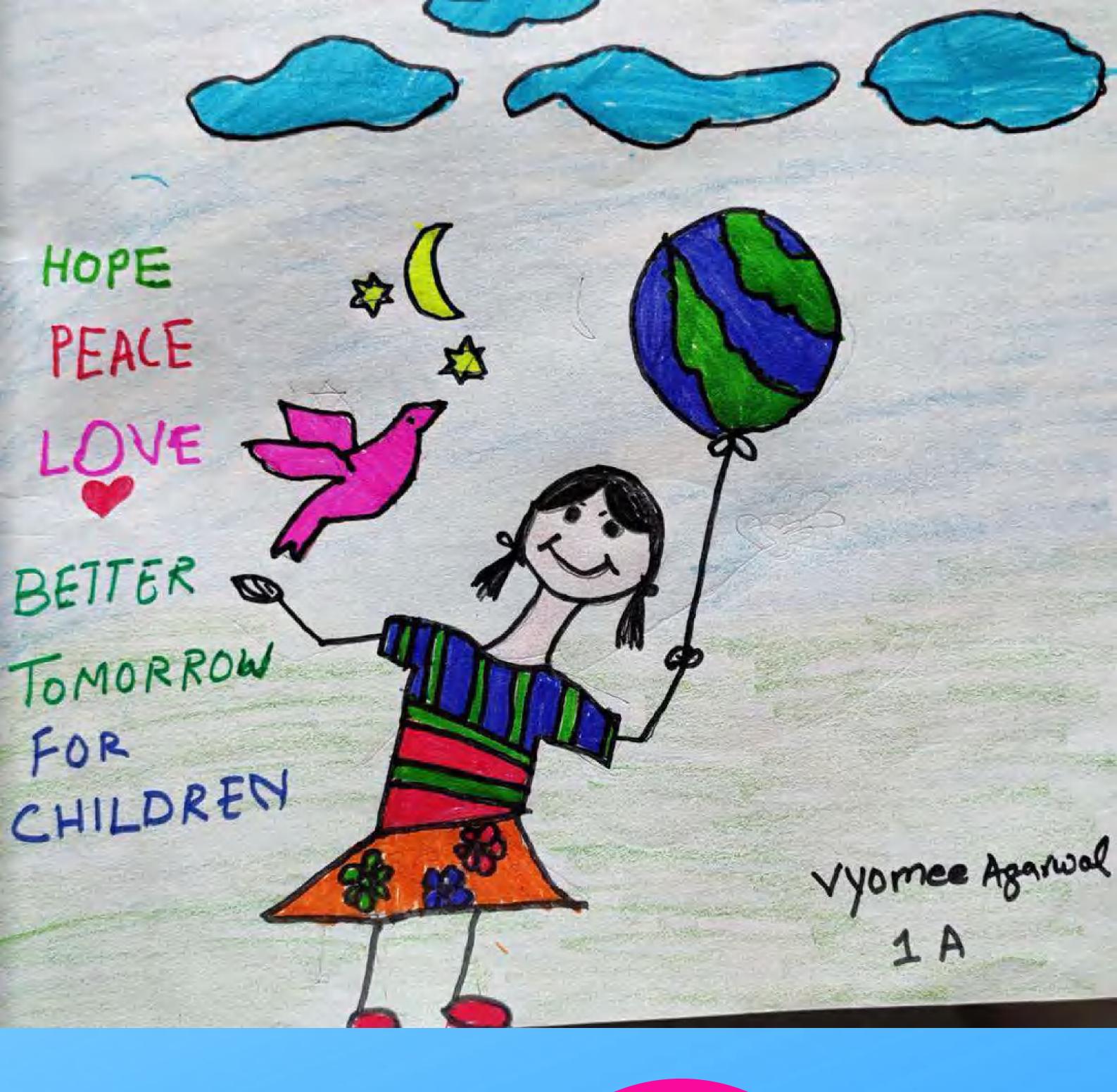
Family is a gift lasts forever







Never give up,
because great
things take time
Unonymous

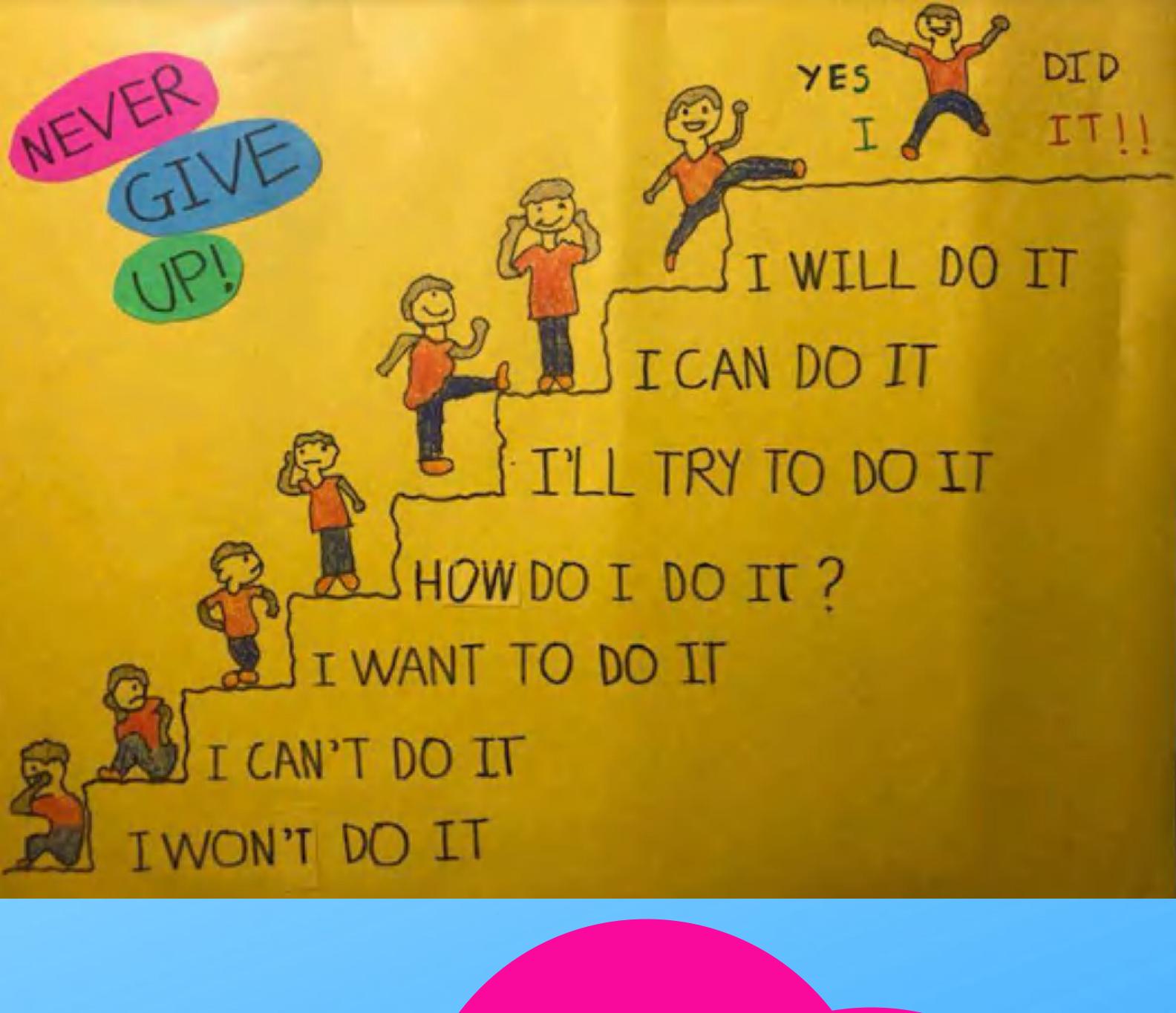




Hope is the last thing ever lost."



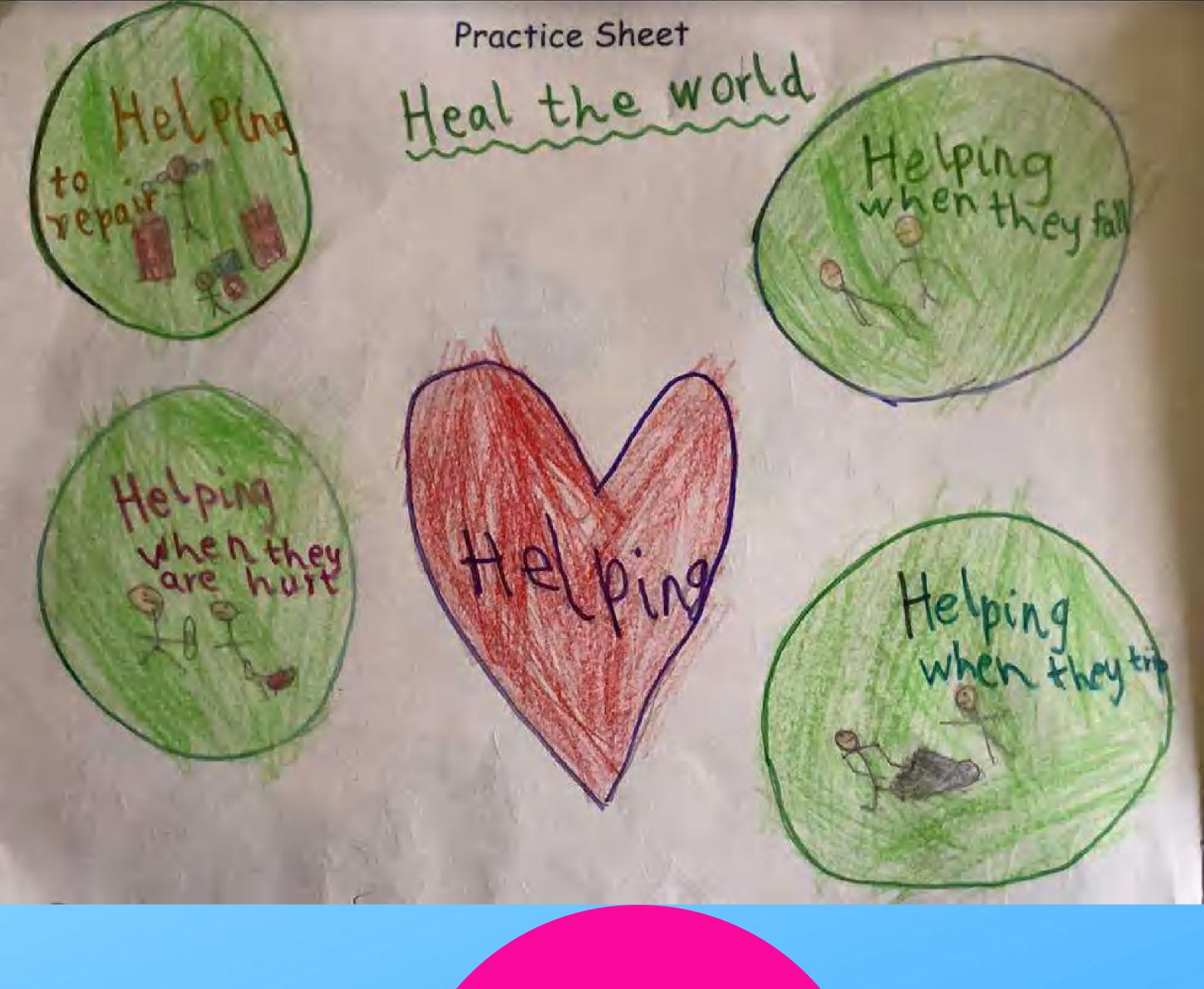




His hard to beat a person who never gives up Babe Ruth

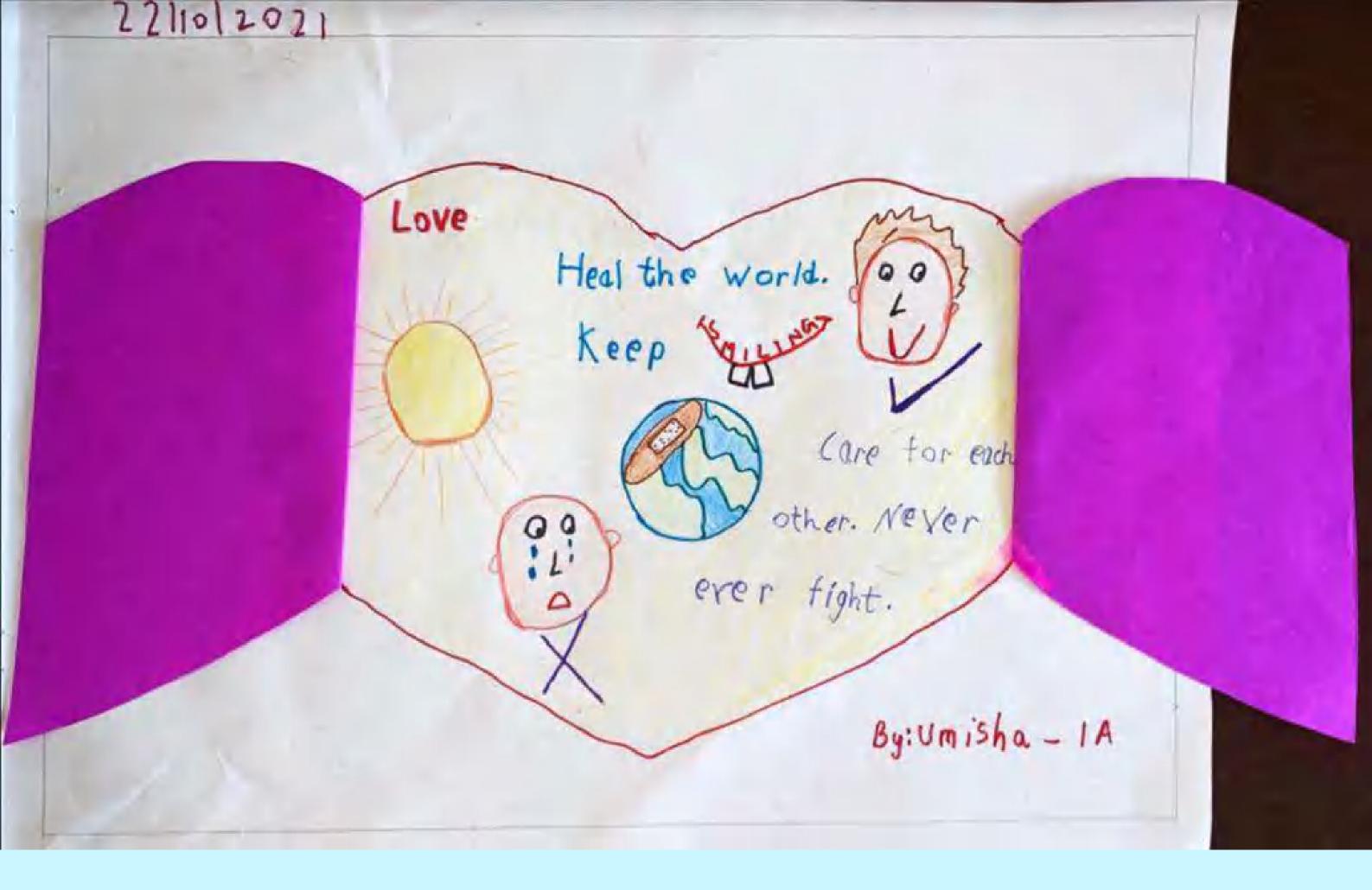
अम्मीद की विञ्चण 77 Oit 22 जनमान मिन्न विकास अस रोगामी के विकास त्रात्री से बीए एक स्थान कि किया FITMITT & हो साहस, से नारित आसान लगन है THE THEFT WAS TO DEVYANSH

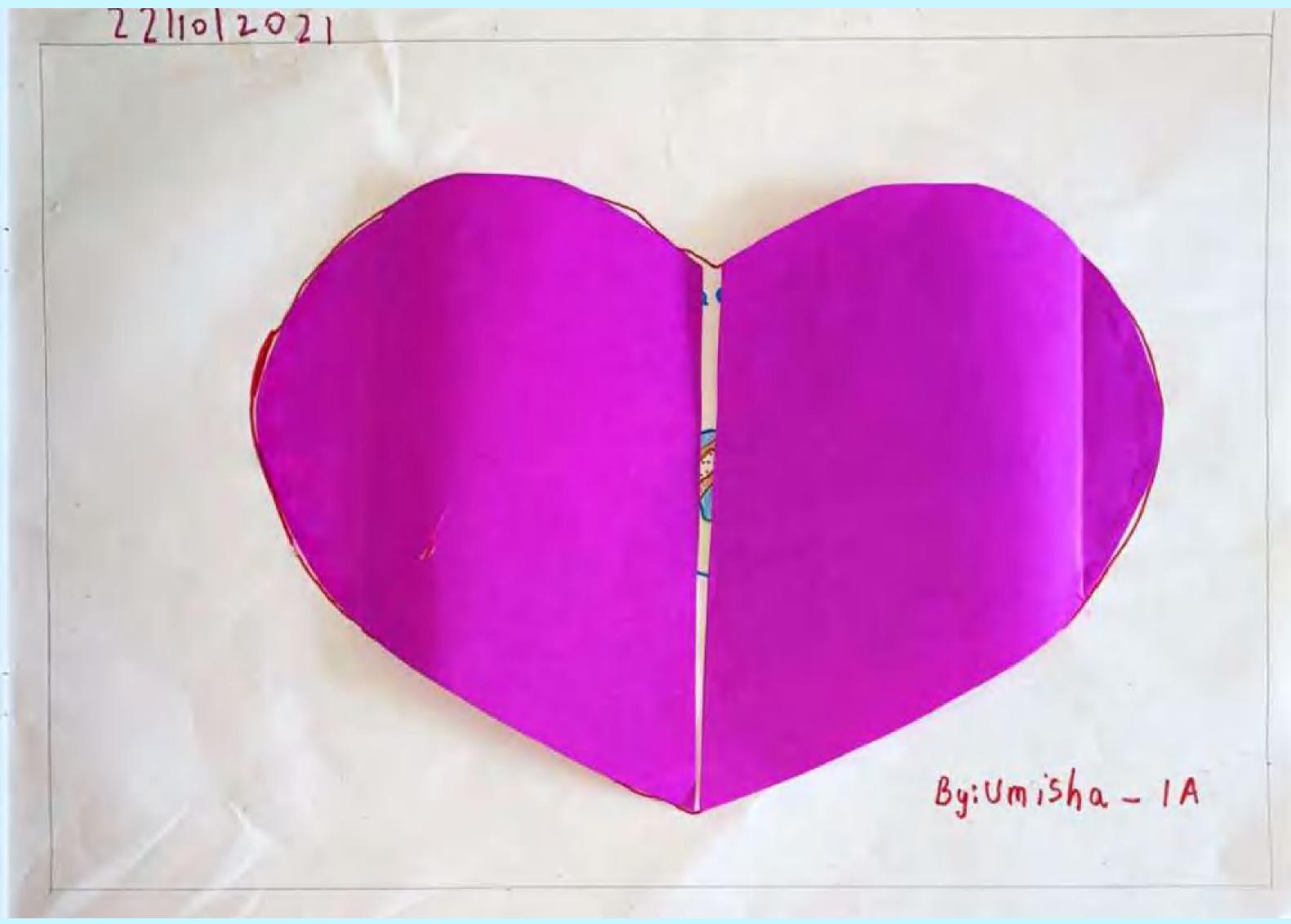




Each of us has a unique part to play in the healing of the world" Marianne Williamson









Deu Mehta

18

"Uinners never quit; quitters never win." Vince Lombardi



TRIYAANA SINGH Grade-1B

WWORK Hard

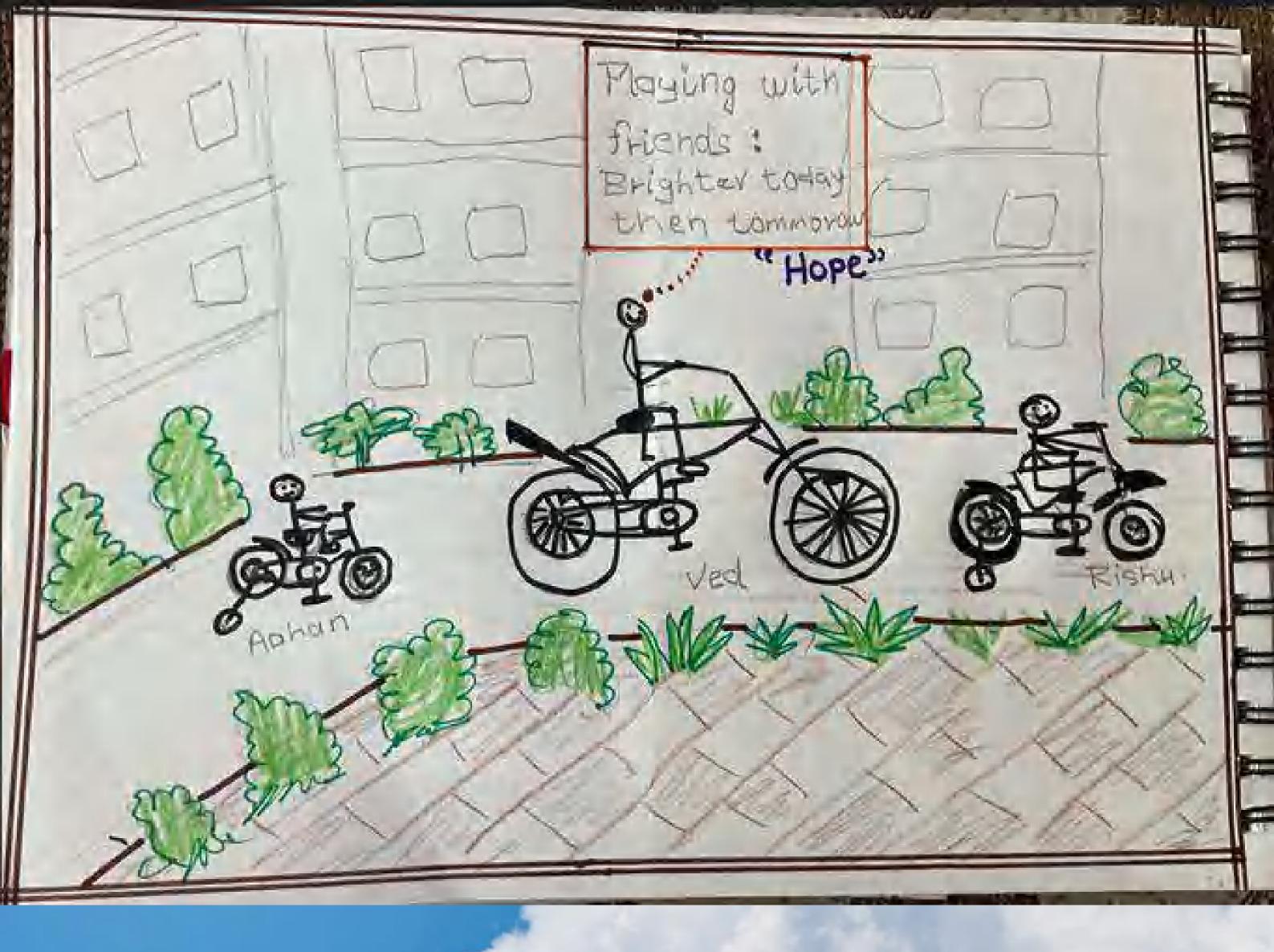
DREAMBIG







Myunsh - 118



Ved - 1B

"A real friend is one who walks in when the rest of the world walks out."

Walter Winchell



11.10.2021 Happy Thanks



Community helpers

Akrish Nager (2A)

Not all heres wear capes

WHEN YOU FEEL LIKE GIVING UP REMEMBER WHO'S WATCHING



NEVER GIVE UP

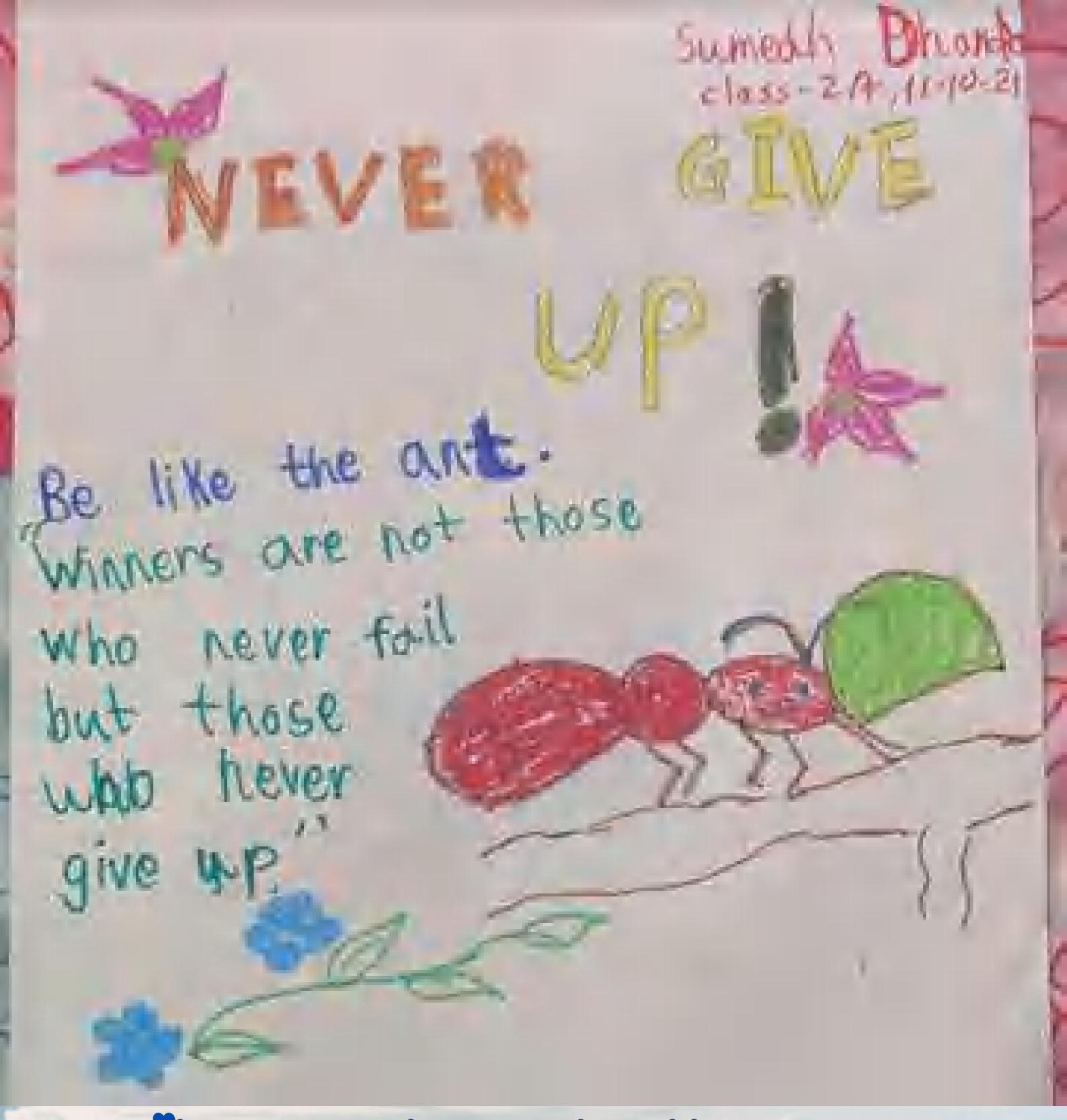
Anaaya Konde Grade (2A)

Romay Grade 2P

... NEVER GIVE UP... BECAUSE...

... GREAT THINGS TAKE TIME





7 never lose. I either win or learn.

~ Nelson, Mandela,







Krishna 2a



Sumedh- 2a

Jou may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life on its own.

Michelle Admin





Amagha

Hope to Hear the world



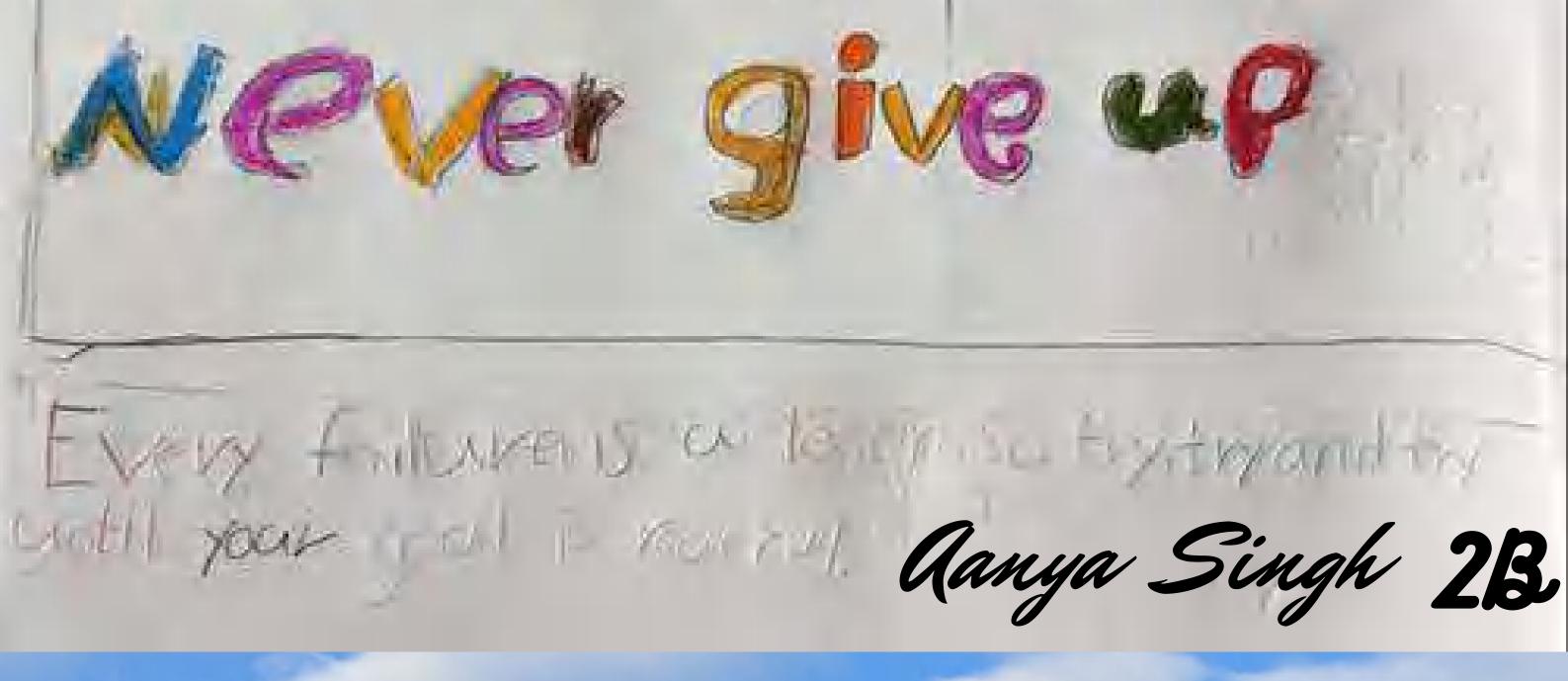
Once you choose hope; anything's possible ~ Christopher Reeve

There's a place in your heart And I know that it is love And this place it was brighten than Heal The World Make it a better place For you and for me, and the entine Haman mace Make better World And if you meally You'll find themes no need to cry In this place you'll feel there's no hunt on sorray Annaya Konde (ZA)



I can heat the world and make it as better place by turning off lights and electromics when I am not using them.

Grade 2A



Aarnav Choudhary 2B





"Never give up, for that is just the place and time that the tide will turn."

~ HARRIET BEECHER STOWE

Basit
2B

BASIT 2B



Kenisha 2B





"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

~ THOMAS A. EDISON

Sonat Patil
2B



Jaivardhan Mehta 2B

Never give up

HARD WORK
WILL NEVER
BETRAY
YOU

WORK
HARD AND
NEVER GIVE
UP

NEVER STOP TRYING.

NEVER STOP BELIEVING.

YOUR DAY WILL COME.

Tanay Karnavat 2B



Even a spider tries 100 times if it's web breaks

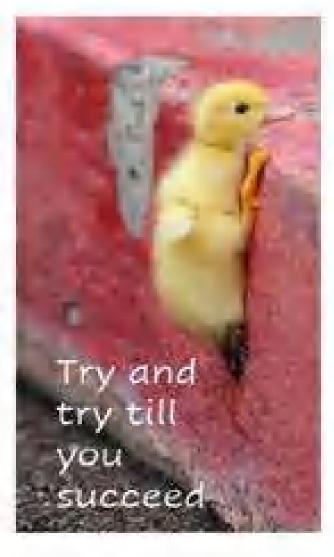


Matthe Athri
2B

Mandita
2B



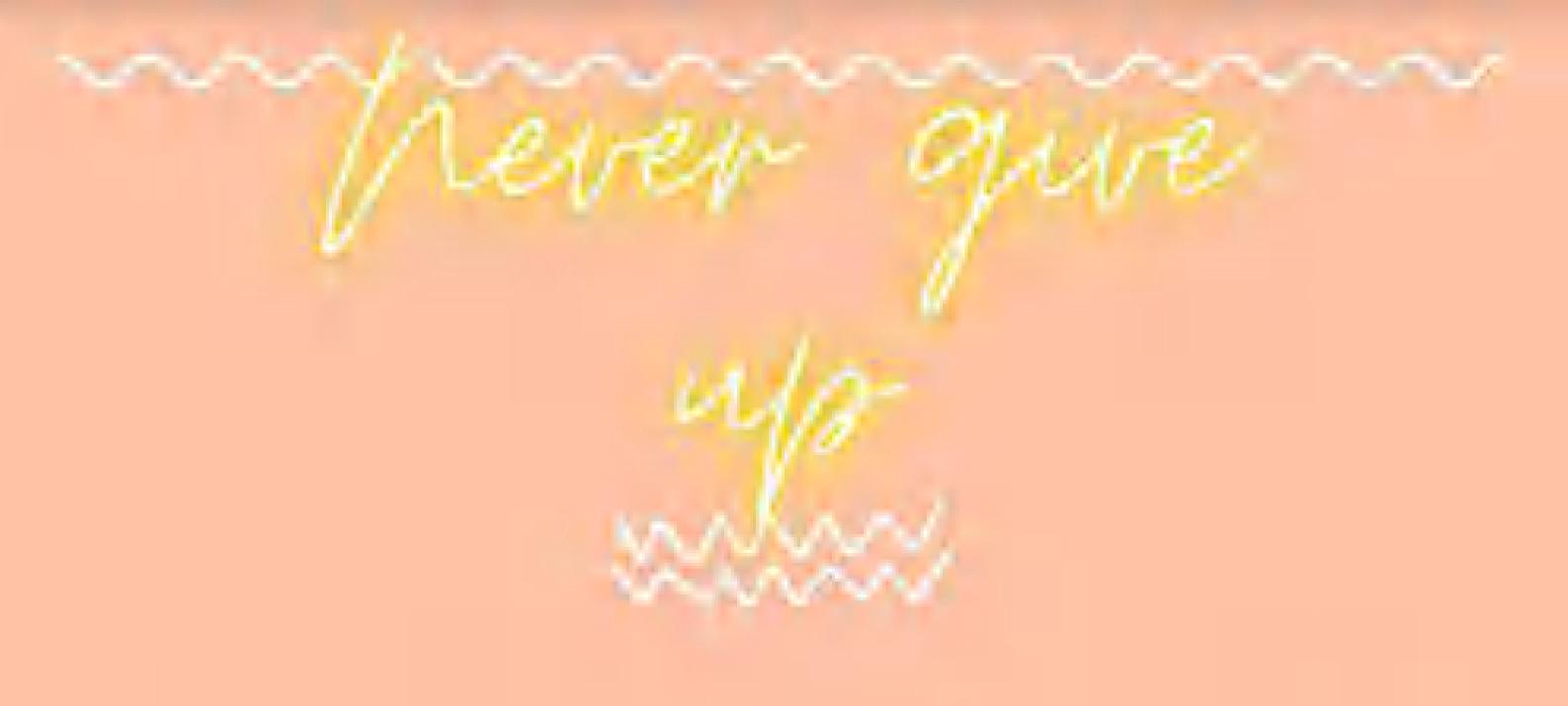




Never Give Up!



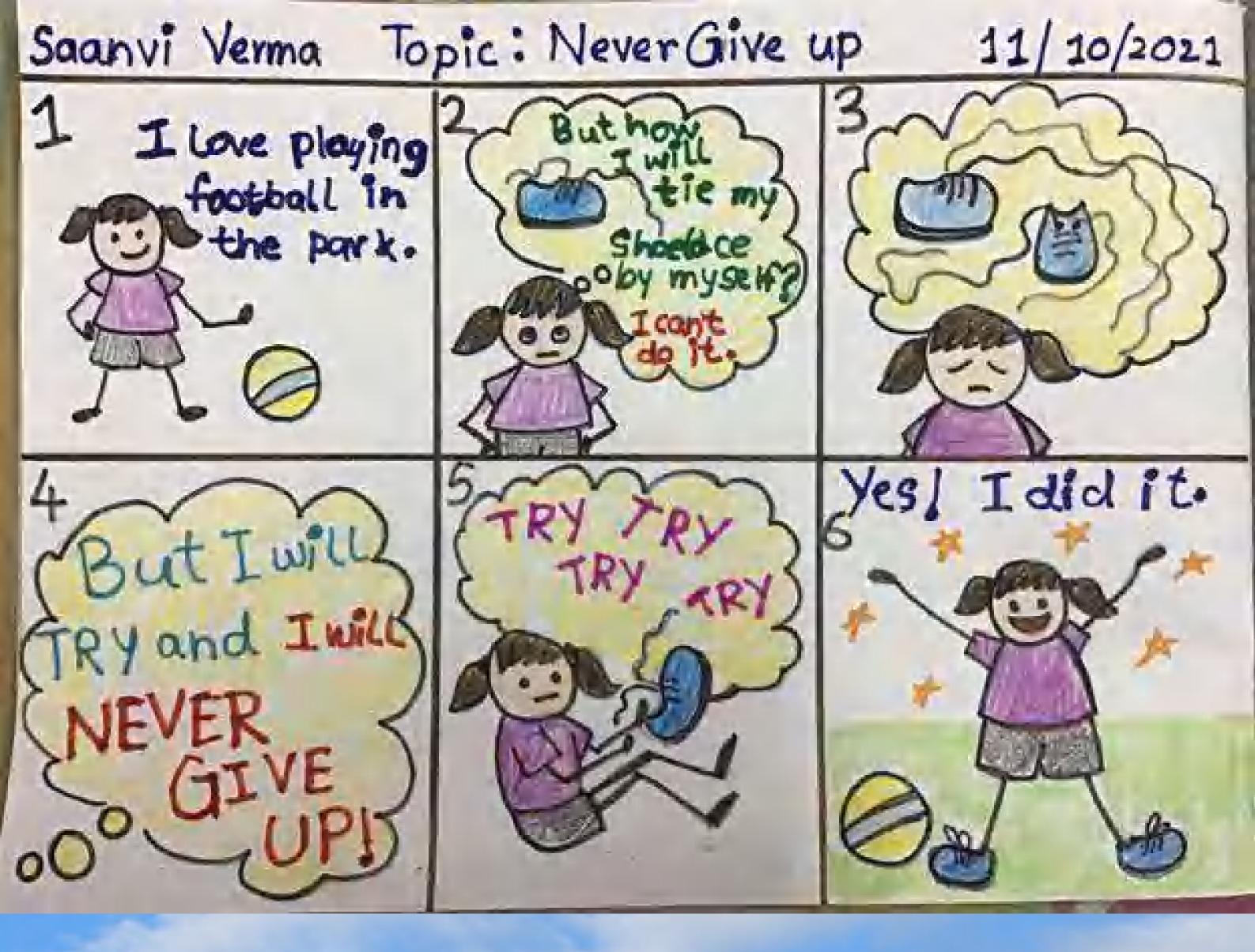




How to never give up

- Find something to do
- 2 Do that thing till you secses

Maitik
Attiri
2B

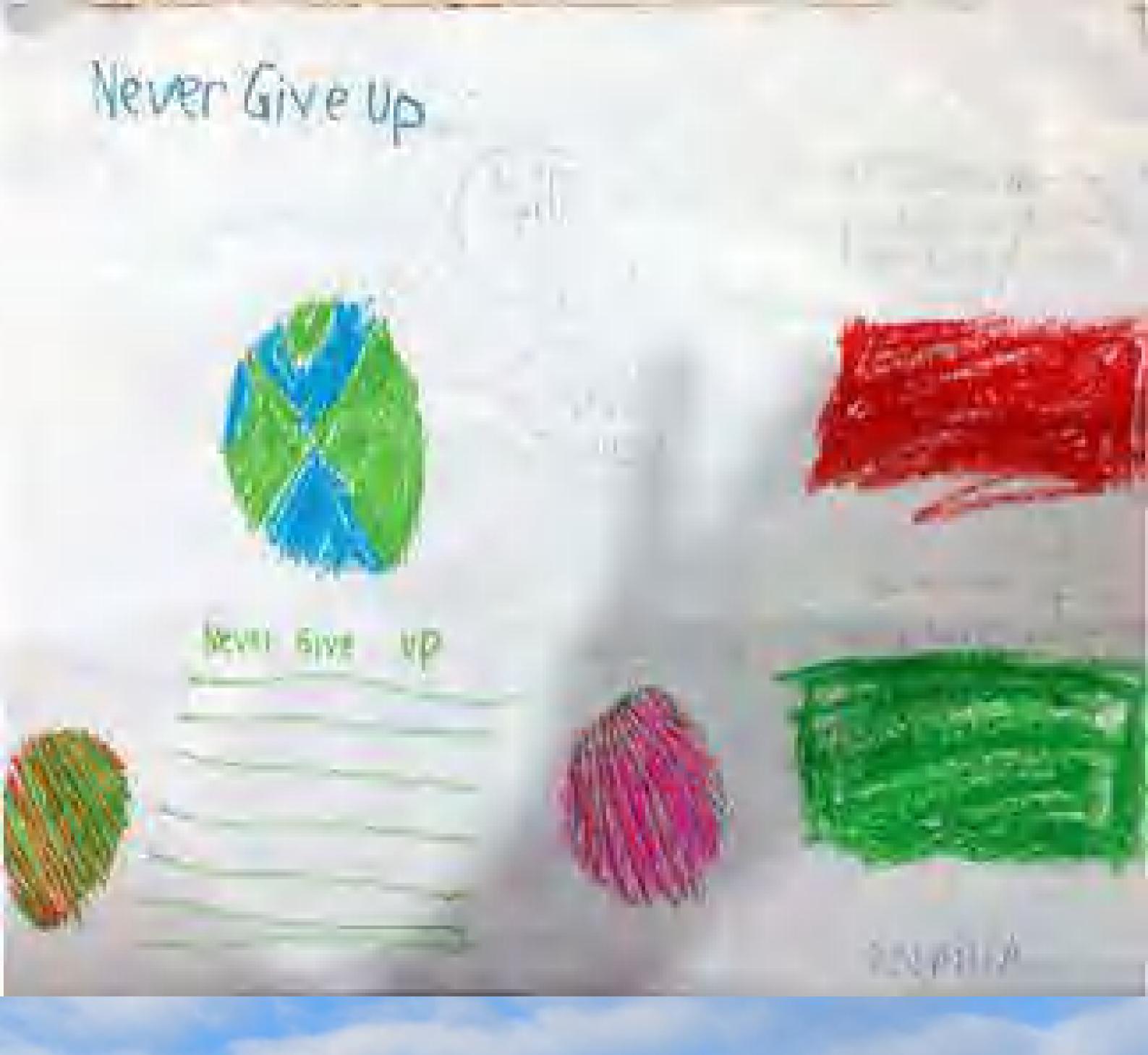


"There is no substitute for hard work. Never give up. Never stop believing. Never stop fighting."

Samulia - HOPE HICKS

Saanui Verma

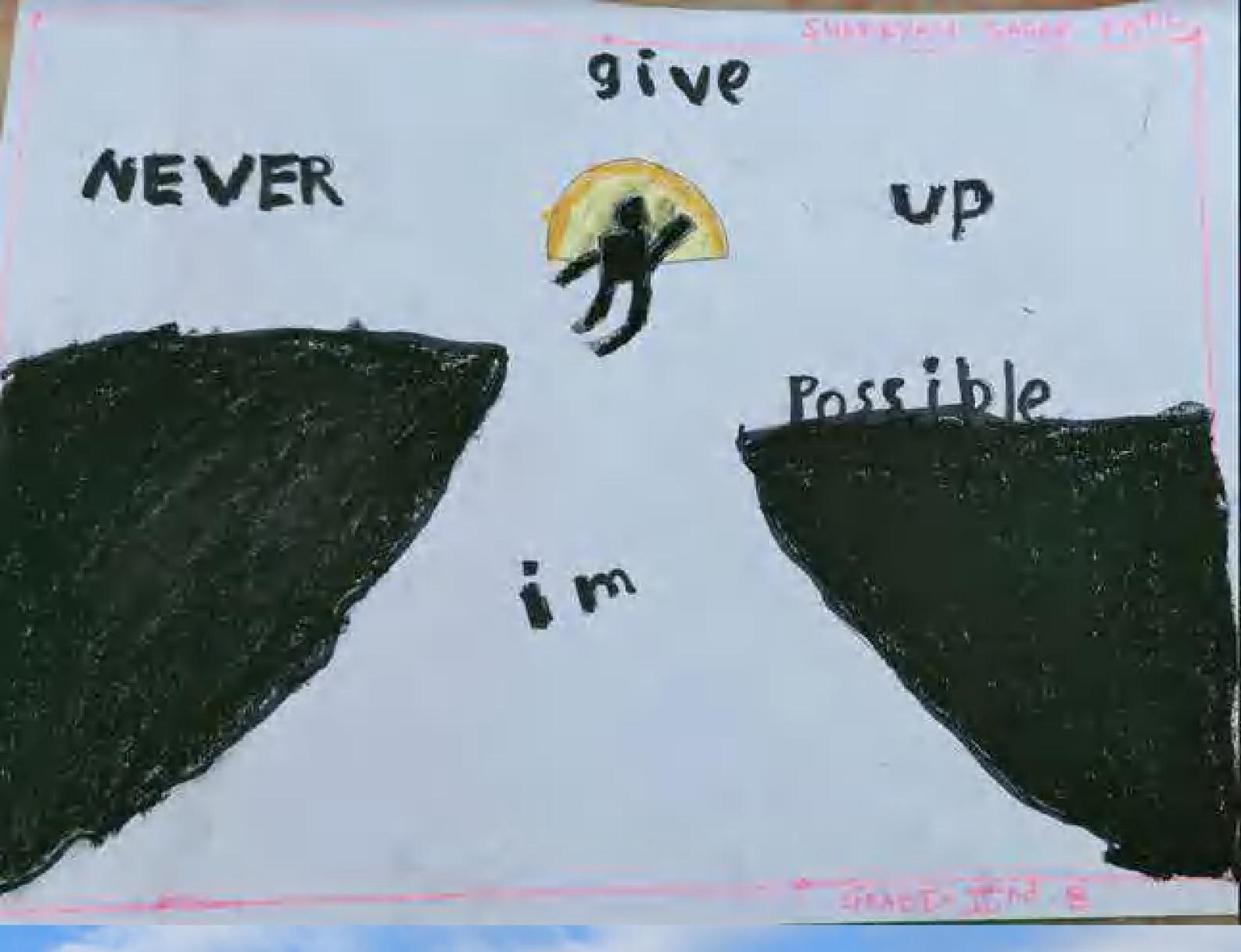
2B



"Never give up, have the passion. Don't be afraid."

~ BARBARA BROCCOLI

Anabia
2B



"When something really matters, you should never give up or give in."

~ GORDON BROWN

Shreeyan Patil 2B



"Never give up on a dream just because it takes too long. Time will fly, but it will never come back again."

~ ANONYMOUS

Sourish
2B



"Never give up on your dreams, no matter how painful and difficult your journey is."

~ IISA

Ameera Ulalele 2B







Since this was another year where school was majorly online, what were some challenges that you had to face?

Srikrish: The 'hybrid' classroom was a bit of a mess when introduced. It was unproductive for those attending online

Srikrish- Chairman

"IT WAS DIFFICULT AS A COUNCIL MEMBER TO CONNECT WITH STUDENTS"







What was your motivation that helped you stand up in the elections and some goals that you wanted to achieve?

Rujula: My zeal and ambition to work hard and achieve the best for my school has motivated me to stand up for the election.



RUJULA- HEAD GIRL

AS A YOUNG GIRL...

"...IT HAS ALWAYS BEEN MY DREAM TO BE A LEADER."







Why did you want to become the head boy and what qualities do you think should a head boy or head girl possess?

Aditya-Head boy

Aditya: Head Boy is a very prestigious role that requires certain qualities that I personally wanted to improve upon such as enhancing my leadership qualities, becoming a stronger and more responsible person. Organizing events, engaging my friends, helping the teachers, and representing the school in the best manner possible are just small ways I want to "give back" and hope I have done a good job at it.

What I believe are necessary qualities for the Head Boy role would be a high social understanding, good leadership, being a visionary, and being empathic/inclusive. I wish luck to future candidates!

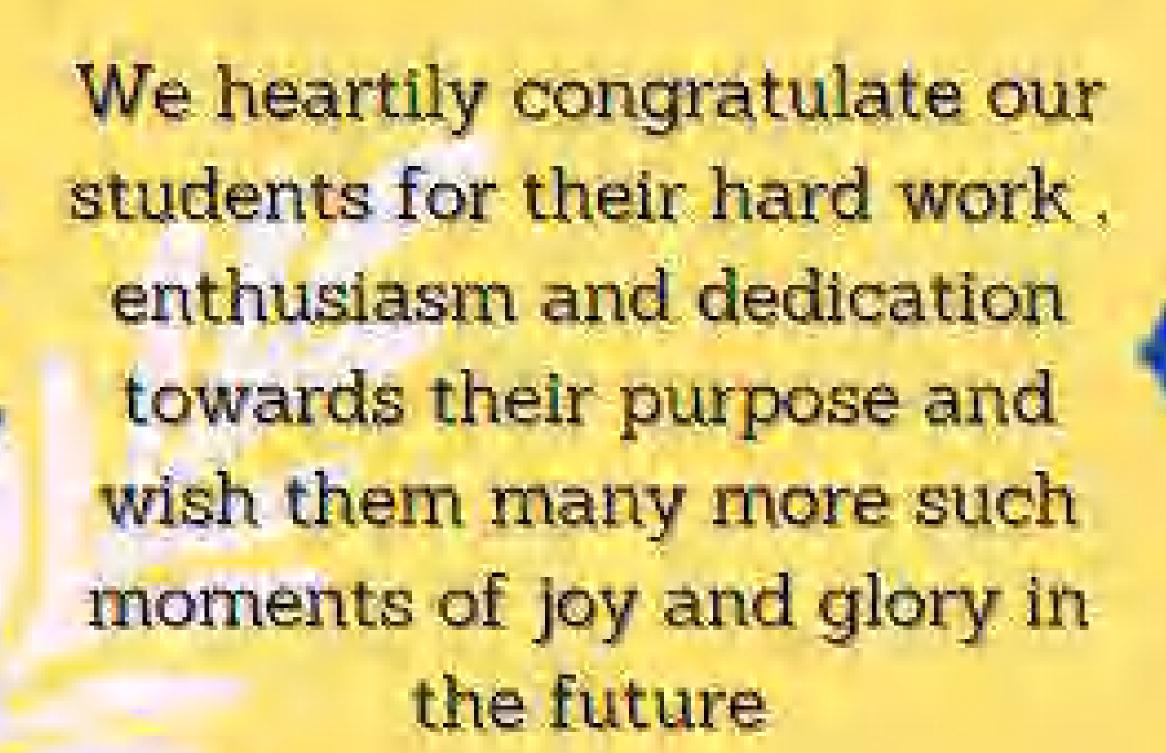
"...OTHER THAN THAT, I ALSO WANTED TO GIVE BACK TO THE SCHOOL THAT GAVE ME SO MUCH."







AS&A-LEVEL RESULTS MARCH 2021





I S H A

A* in English Language
A in English Literature
A in Sociology
A in Mathematics

GAYATRI SHARMA

A in Economics A in English Language





BHATT

A in English Language A in Hindi Language



Our shining stars who achieved "A" grade in all subjects they appeared for



MANDIRA RAKESH



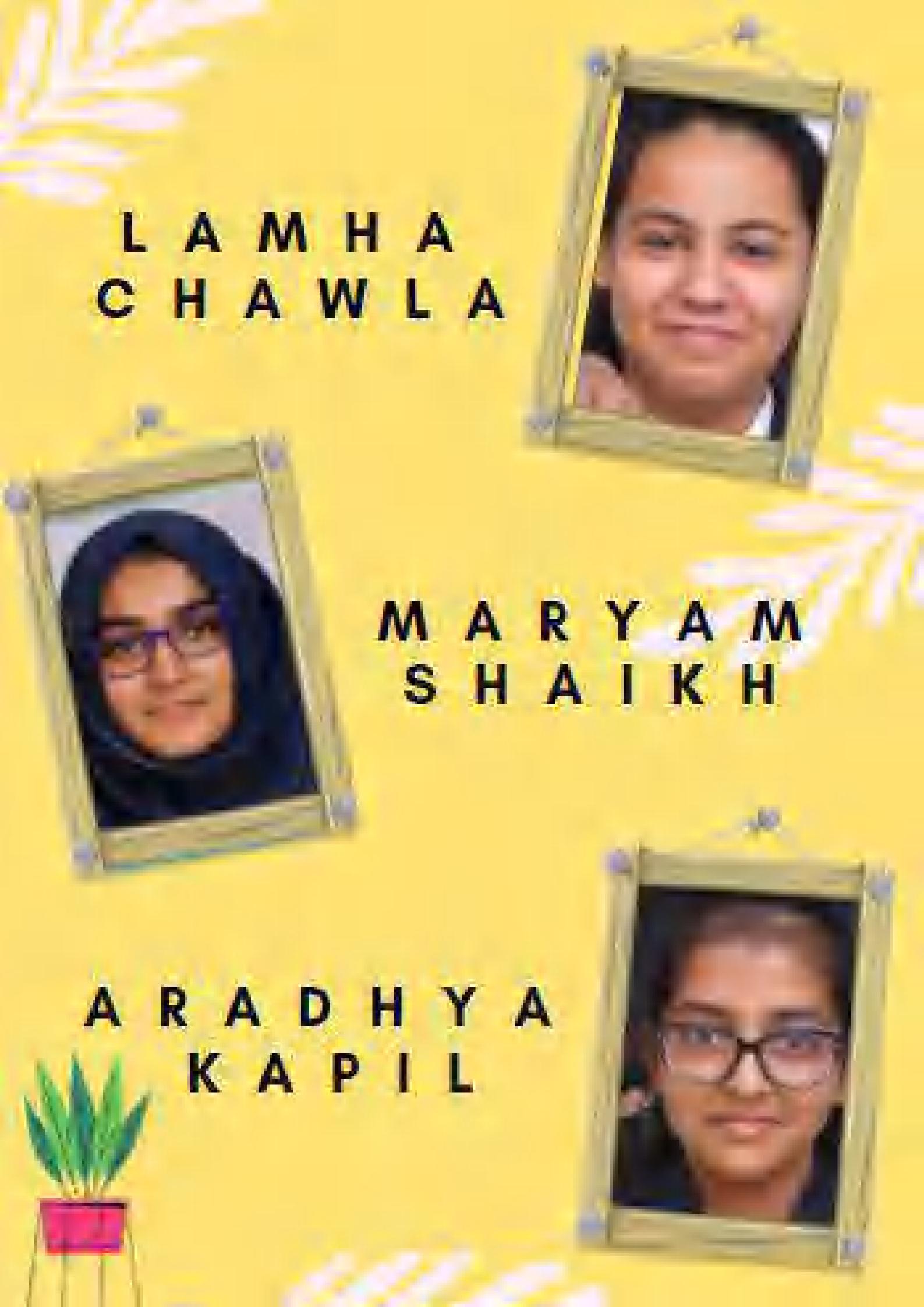
AS-LEVEL RESULTS JUNE 2021

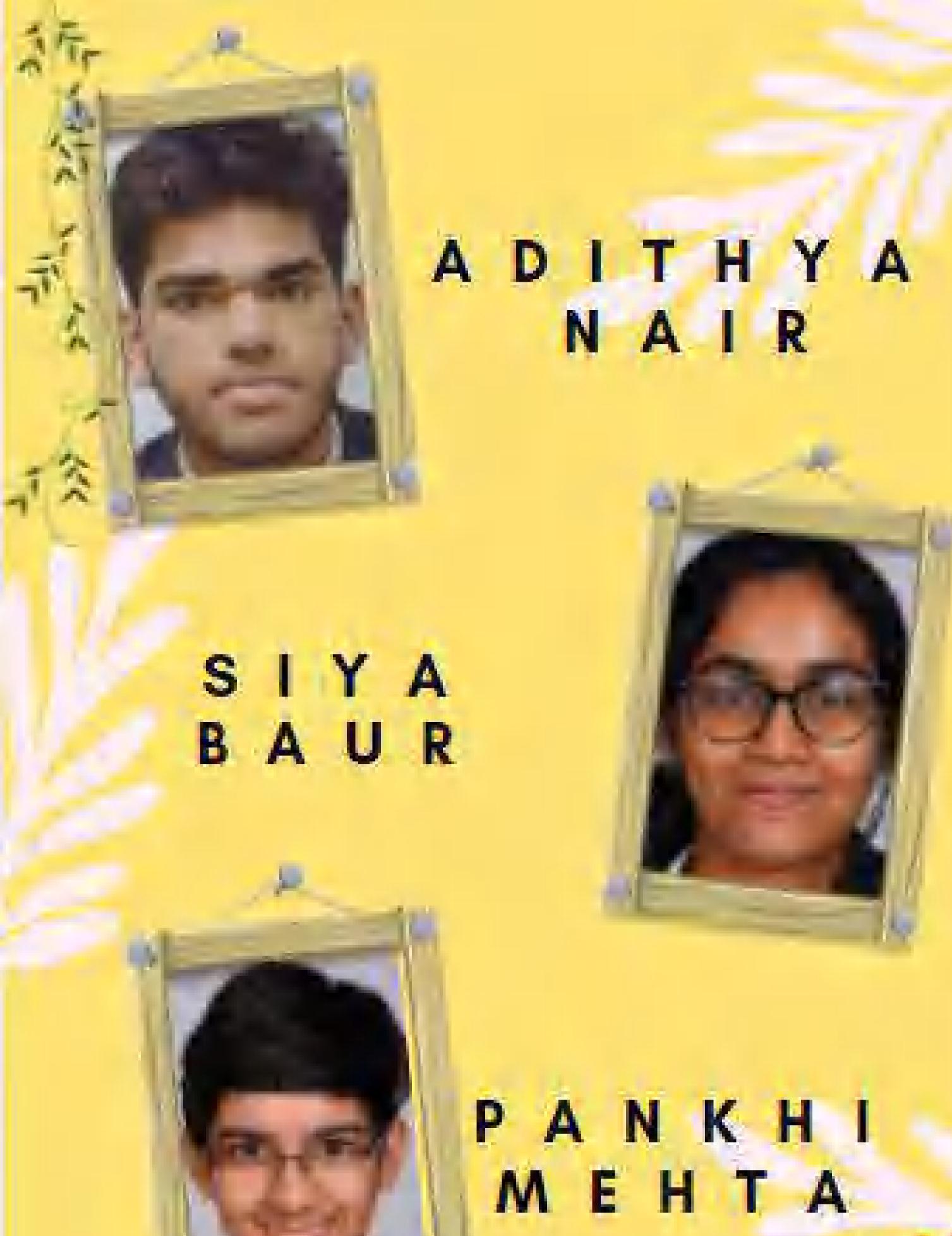
Our collection of beaming students who scored an "A" in all the subjects they appeared for

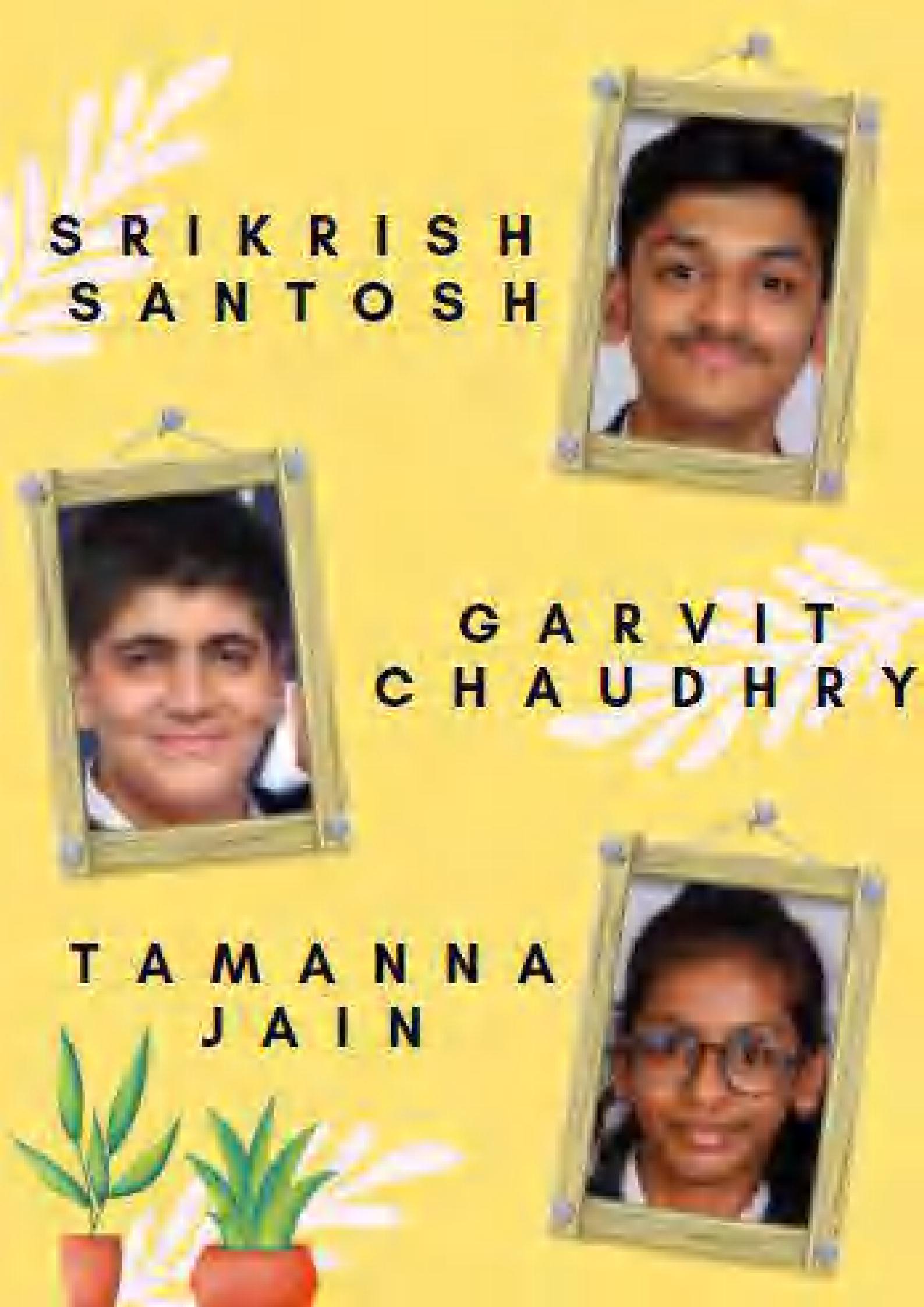


S N E H A
D E S A I









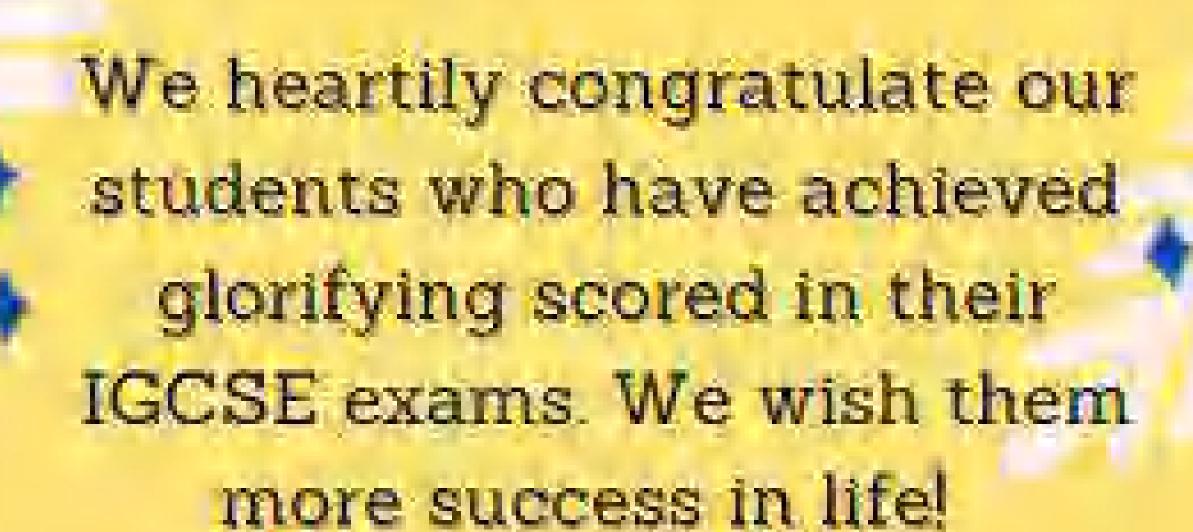




NISHTHA SINGH

Congratulations! Well Done!

ICCSE RESULTS MARCH 2021





MEILC. MISHRA

A* in 6 subjects A in 1 subject A K S H A T
B I S H T
A* in 5 subjects





ANATH BHUSHAN PRASAD

A* in 5 subjects

S R I K A N T P I L L A I

A* in 5 subjects



V E D A N T M E H R A

A* in 4 subjects A in 1 subject





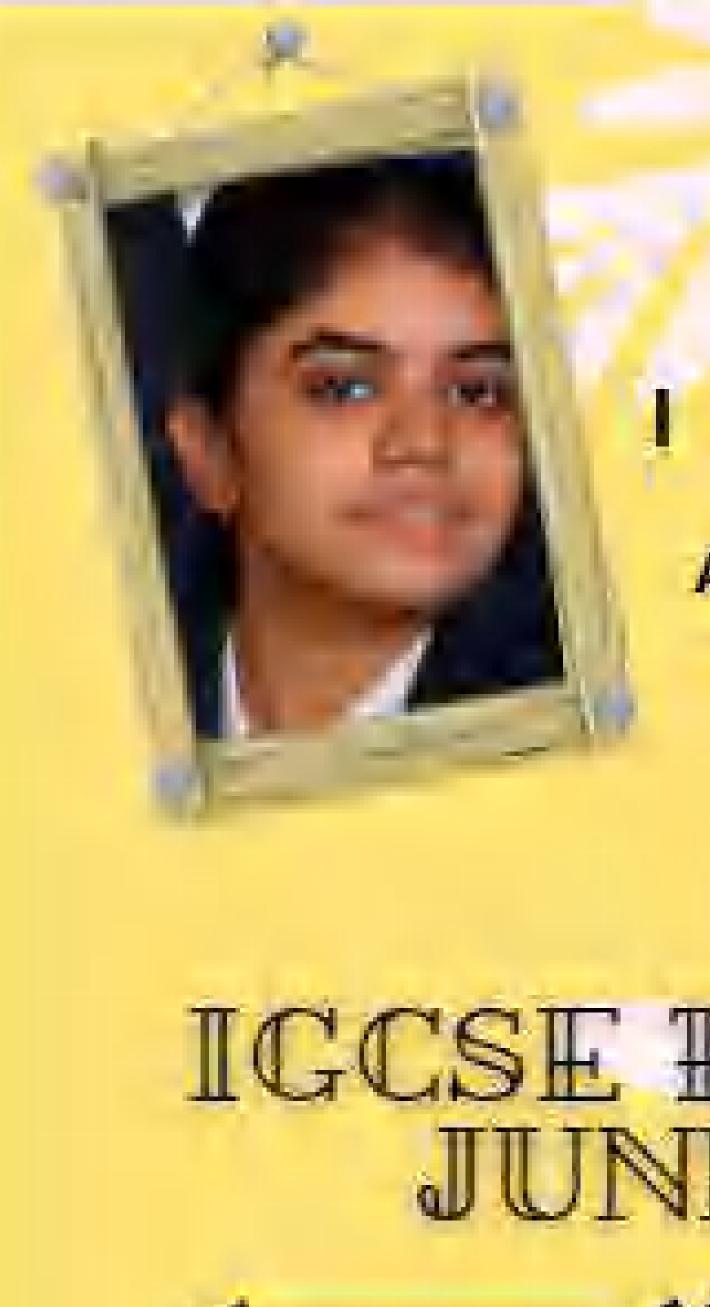
VIINAYAK KHADEKAR

A* in 3 subjects A in 1 subject

POORABI CHANDA

A* in 3 subjects A in 2 subjects

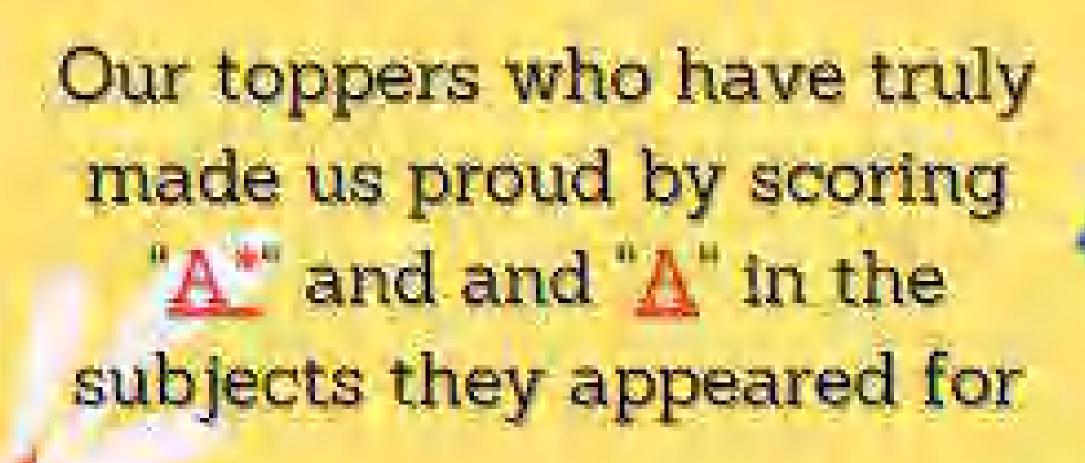




TANVI

A* in 4 subjects A in 1 subject

ICCSE RESULTS JUNE 2021





VINAYAK KHADEKAR

HARSHA



Congratulations!
Well Done!





NSO

GRADE	NAME	SCHOOL RANK
1	Saadhika Kumar	1
2	Shaanvi Nikhil	İ
3	Myra Ahluwalia	2
3	Varchasy Biyani	1
3	Inika Ganguli	3
3	Krisha Verma	4
4	Ritik Mandal	
4	Shaikh Mahammad Noufal	2
4	Aharsi Majumdar	3
4	Aadvikaa Kuntal	4

NSO

GRADE	NAME	SCHOOL RANK
5	Utkarsh Pallaw Saxena	
5	Anuraag Bose	2
5	Kushaan Bagchi	3





GRADE	NAME	SCHOOL RANK	
1	Sourish Kanojia	1	
2	Shaanvi Nikhil	1	
3	Daksh Wasrani	1	
3	Inika Ganguli	2	
3	Varchasy Biyani	3	
3	Krisha Verma	4	
3	Archishman Das	5	
3	Nihira Varier	6	
4	Shreeya Raut	1	
4	Aharsi Majumdar	2	
The same of the sa			

IIE O

GRADE	NAME	SCHOOL RANK
4	Divija Goswami	.3
4	Vansh Bang	4
4	Tanvi Bhargava	5
5	Adya Arora	
5	Divyanshi Mishra	2
5	Sehaj Singh Bisan	3
5	Ira.S	4
8	Manasvi Guha	
AS	Adithya Nair	

ICKO

GRADE	NAME	SCHOOL RANK
1	Saadhika Kumar	1
3	Saalif Mudasir Shaikh	1
3	Danish Kumar	2
4	Shaikh Mohammed Noufal	
4	Dhyana Rangrej	2
4	Ritik Mandal	3
4	Shreeya Kishor Raut	4
5	Parth Saxena	1

IMO

GRADE	NAME	SCHOOL RANK
1	Ditthi Chatterjee	
2	Shaanvi Nikhil	
2	Navita Gupta	2
2	Sahil Sompal Singh	3
3	Varchasy Biyani	
3	Aashra Das	2
3	Inika Aushin Ganguli	3
3	Devyansh Lavand	4
		100

IMIO

GRADE	NAME	SCHOOL RANK
4	Ritik Mandal	1
4	Tuhina Roy	2
4	Shaikh Mohammed Noufal	3
4	Aharsi Majumdar	4
4	Vansh Bang	5
4	Tanvi Bhargava	6
4	Arjun Patil	7
5	Utkarsh Pallaw Saxena	

IMO

GRADE	NAME	SCHOOL RANK
5	Anuraag Bose	2
5	Parth Saxena	3

Congratulations! Well Done!



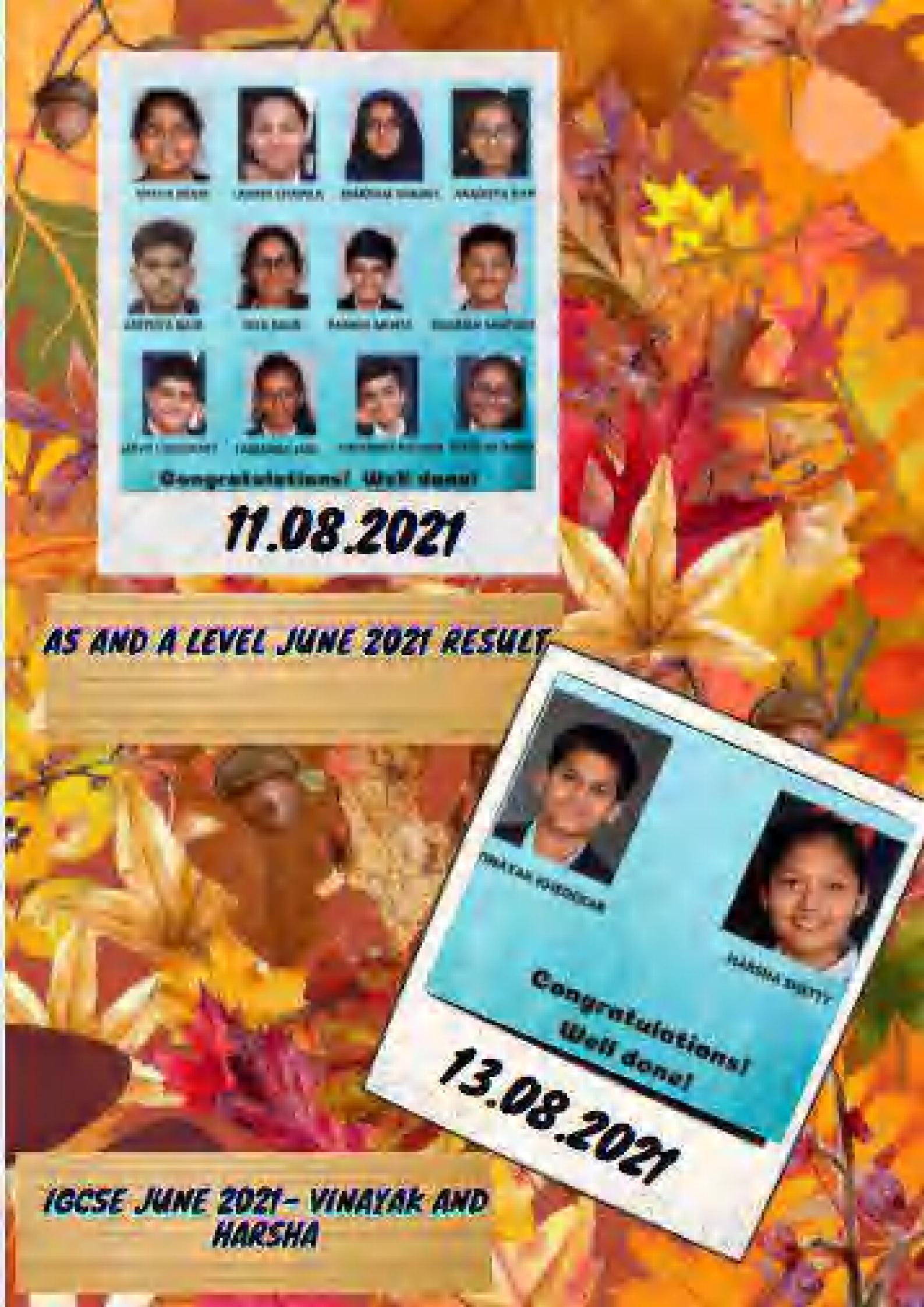




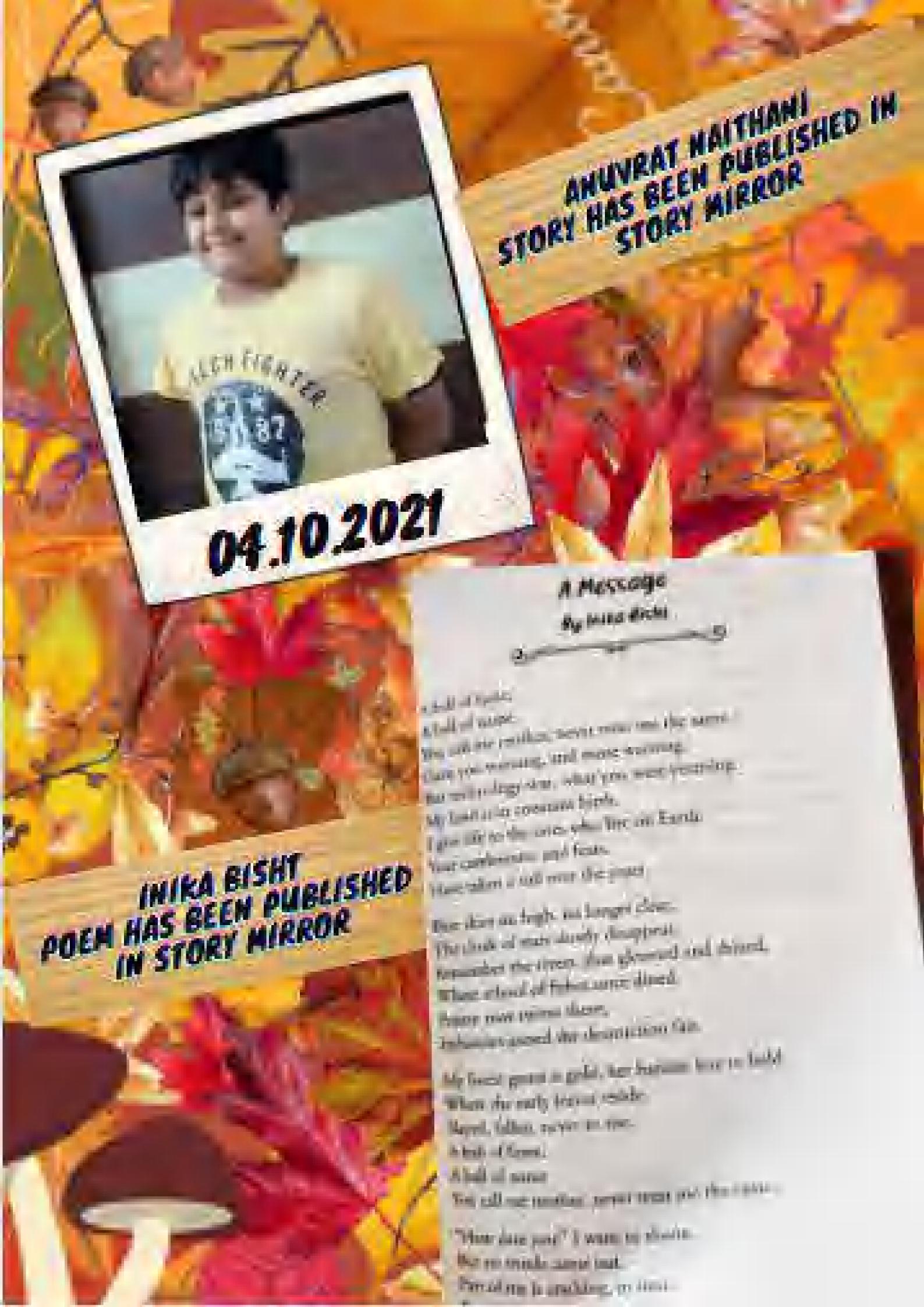






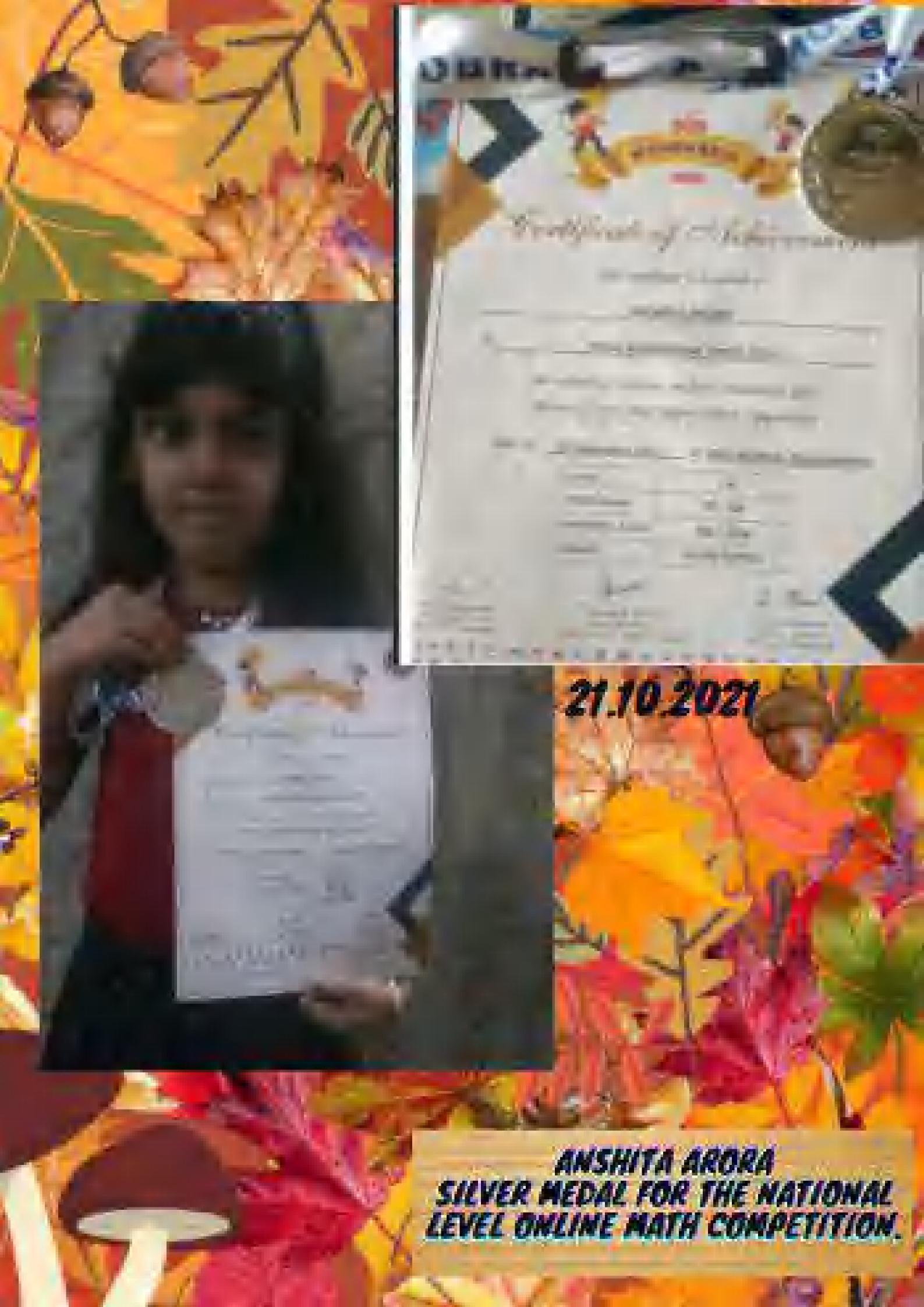
















उम्मोद की किरण

हम सब लोग भिन्न परिरिधतियों में उत्पन्न होते हैं और जीवन में आई परिरिधतियों का सामना भी करते हैं। जैसे आधुनिक समय में हम कोरोना वाइरस के दुष्परिणामों से जूझ रहे हैं। परंतु परिरिधतियों कैसी भी हो हमारे भीतर सदैव आजा की किरण जागृत होती है हमारे उज्ज्वन भविष्य तथा मफलता की।

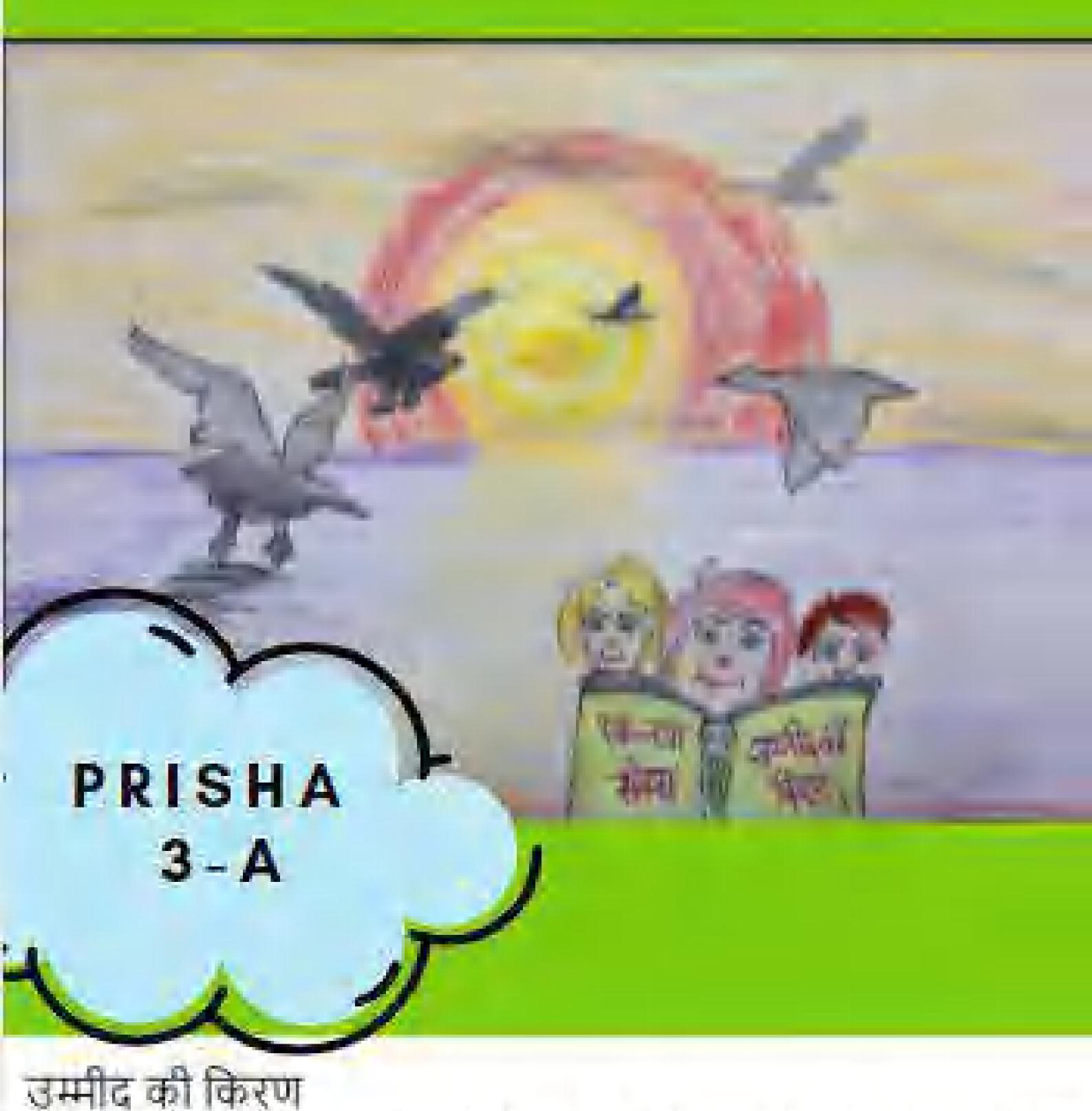
हमें अपनी योग्यता पर विश्वास होना चाहिए। इसी योग्यता से हम किसी भी नकारात्मक स्थिति का मुकाचला कर सकते हैं। अपनी क्षमता पर विश्वास करने में हम अपने स्वपनों को पूर्ण कर सकते हैं। इसी के द्वारा हम अपनी आशाओं को पूर्ण कर सकते हैं। दिन प्रतिदिन हम अपनी क्षमताओं से जीवन को बदल सकते हैं।

हम जैसे जिज्ञुओं के लिए जिसा एक माध्यम नहीं है सुनहरे अवसर के लिए परंतु जिसा एक घन है जिसके दवारा हम अपने भविष्य को सुरक्षित रख सकते हैं।

िक्षा है। एक मध्यम है जो हमें अँधेर से निकालकर प्रकाश की ओर ले जा सकती है। शिक्षा ही एक शक्तिशाली मध्यम है जिसके द्वारा हम विश्व की बदल सकते हैं। प्रत्येक पाणी में यह क्षमता होनी चाहिए कि वह स्वयं अपने जीवन में आए गलत तथा ठीक निर्णयों का अंतर स्पष्ट रूप से करे।

आववीर

3 37



उम्मीद की किरण जलती हुई मोमबत्ती की तरह होती है। उम्मीद की किरण झूले की तरह पहले आगे नहीं बढ़ ती फिर बहुत ऊपर पहुँच जाती है। उम्मीद की किरण हमें आगे बढ़ने के लिए बता ती ह। हमें कभी भी उम्मीद को छोड़ न नहीं चाहि। धन्यवाद

आन्या वत्स



हमें कोरोना महामारी से निमटने के लिए सिर्फ 'उम्मीद की किरण' रचानी चाहिए। निराभ के घोर अँधेर के वीच उम्मीद की एक किरण झिलमिलाती है वहीं किरण फिर मसाल वन जीवन को जगमगाती है।

हे मानव! हिम्मतं न हार, समस्या करे पहार पर पहार। खुशियों कदम चूमेगी, तेरा लक्ष्य पर भजर तू डाल।

हर समस्या का समाधान हमार आसपास है।

उम्मीद की किरण

रिस्तों में मिठास है घुल रही। मजहब की दीवार है टूट रही। दुआएँ भी खाली नहीं जाएगी उम्मेद की किरण भी निकलेगी।

दूटी थी हर उम्मीद कैसे वाहर जाऊँ में।

लगा मुझे महनत करने पर मैंने कुछ न पाया। अब मेरा हृदय दुग्त के सागर से उभर आया। इतने में दिग्ती एक किरण उजाले की, कूद गया अपनी मंजिल पाने को एहसाम मुझे भी है कि अब तक का सफर नाकामियों से भरा है। फिर भी उम्मीद की एक किरण बाकी है एक नई सुबह एक नई उम्मीद की किरण नए दिन के साथ स्वागत करते हैं। चेहरे की चमक बढ़ गई है सुबह की नई किरण से।

यालिफ

4 '31'

जैसा की किसीने ठीक ही कहा है 'जहाँ आशा है, वहां जीवन है ', आशा जीवन का सार है। इस महामारी के दौरान्ड जिस चीज़ ने हमें आगे बढ़ाया, वह एक उम्मीद थी एक दिन सभ कुछ सामान्य हो जायेग। इस आशा ने हमें प्रेरित आशावादी बनाये रखा जब हम इतनी प्रतिकृतताओं से गिरे थे।

इस महामारी के दुरंड हमारा जीवन ३६० डिग्रींज बदल गय। पहले रोज सुबह स्कूल के लिए तैयार होना और शाम को सहेलियों के साथ खेलना और परिवार के साथ आउटिंग के लिए विकेड प्लान बनाना; अभ यह सभ कुछ ठप हो गया है। हम और अधिक घरेलु या यूँ कहें नज़र बंद हो गए और हमारे विन प्रतिदिन के सभी कार्य ऑनलाइन हो गए हैं। लईकिन इस उम्मीद के साथ की जल्द ही चीज़े सामान्य हो जाएँगी, हमने खुद को इस नए सामान्य (नई नार्मल) के अनुकूल बनालिये ह।

सायशा जखमोला ४ बी

सम्मीद के किएण

उम्मीद का अर्थ है आशा — यानि जो हम बाहते हैं _सोचते हैं . सपने देखते हैं यो सब सच हो जाएँ।

मेरी भी बुध उम्मीदे हैं -अपने लिए, समाज के लिए, देश के लिए और इस सुंदर दुनिया के लिए। मुझे पूरा निश्वास है कि मैं अपनी क्षमतानुसार ऐसे सभी वार्य करूँगा जो मेरी उम्मीदों के सच वह दें।

मैं अपने लिए सुंदर मविष्यं बनानां चाहता हूँ । मैं एक साहती , गुणकरी , सत्य , सेवा और समर्थण क माय रखने वाला इनसान बनना चाहता हूँ ।

में समाज वो एकता एवं प्रेम के सूत्र में वॉधना चाहता हूं और अपने देश वो आत्मनिर्मर एवं शक्तिमान बनाने के उम्मीद रखता हूं।

अंत में . मेरी आशा है कि यह संसार एक - जुट परिवार बने और 'वसुधैव कुटुंबक्म्' स सपना साकार हो।

वर्चस्य बियानी

उम्सोद की किरण भी निकलेगी आज परीक्ष की है घड़ी कल यह भी ट्रनेगी उम्मंद की किरण भी निकलेगी स्वयं के संकल्प से ही। यक्र विपटा भी गुजर जाएगी। रहा पर की दहलीन ही रानेगी। उर्म्शद की किरण भी निकलेगी। रिंकों में मिटाम है घुल रही मजहब की दीवार है दूद रही दुआएँ भी ग्डाली नहीं जाएगी। उम्मीद की किरण भी निकलेगी आज पर्यक्षा की है धड़ी कल यह भी टलेगी।

प्रत्यूष रजन

3 37

कभी हार मही मानना

आवमी की चाहिए समय के साथ चलना जुशी ही या गम कभी यश मिले अधना अपयश का सामना कभी हार नहीं मानना रूव

कोशिश सदा करते रहेगा कभी हार नहीं मानना उभीद के सितारे सदा मन भी चमकाते रखना कभी हार नहीं मानना 🗴 र

क्षान्त करमा



दूरियों आज कल की महसूस बहुत हो रही हैं, पर घर पर रहना ही ठीक है, क्योंकि जंग अभी भी जारी है। आशा रखना बहुत ज़रूरी है, सुनहरे पल तो आते जाते हैं, ठीक समय जब आता है, वे खुशियाँ अपार लाते हैं। तल्लास केल जाता है, आशा का खोत प्रकट हो जाता है, प्रसन्नता छलक आती है, मुस्कान खिल जाती है,

ACCUMENTATION OF

नर हो ना निराश करो मन को

भनुष्य जीवन में हमें प्रत्येक कंदन पर रायमी और विकाद्यों ज रामना करना पहंता है। वह बार इन सक्तीकों से हम प्रवार आते हैं, हमारी हिम्मत और सतात टूट जाता है और निरामा हमारे मन वो पेर लेती हैं। ऐसे में हमें एक बात रायेब की ध्यान में रखनी माहिए कि जीवन का नाम ही समर्थ है। हमें सर्वव हिम्मत और आता का दामन बाने रखना चालिए और कमी भी अपने मन में निरामा के जाने नहीं देना चाहिए क्योंकि हिम्मत ,उत्साह और बन्ता के साथ मेहनल करने चाले हंसाम असे बहते आते हैं और निरामा के अंधेर जीवन में बूबा एक इतान मृत व्यक्ति की तरह हो जाता है इताहिए "मर हो मा निराम क्यों मन की ।"

अराध्य भारिता

असफलता ही सफलता का आधार है।

"असफलता प्रगति में सहायक है", अल्बर्ट आइस्टीन ने यह एक बार वहा था। यही सत्य है और हम सभी के भी यह स्वीकरना वाहिए कि असफलता ही सफलता क आधार है क्या आप इससे सहमत हैं ?

इस दुनिया में ऐसा कोई मी सफल व्यक्ति नहीं है जो अपने जीवन में कमी असफल न हुआ हो। किसी भी बड़ी सफलता की कहानी के बारे में हम जब जानते हैं तब हमें पता लगता है कि उनका जीवन कितनी गलतियों और असफलताओं से गुजरा है। सभी व्यक्ति असफलताओं के बाद ही सफलता का वरण करते हैं यह उनके जीवन का अनुभव है और यही अनुभव हमें गलतियों को सुधारने में मदद करता है।

प्रयास करने वाले क्ष्मी हार नहीं मानते । आज सभी लोग अपने भाग्य और परिस्थितियों के दोष देते हैं और निराश हो जाते हैं । अगर एडीसन स्वयं के माग्यहीन मानकर निराश हो जाते और प्रयास करना छोड़ देते तो आज दुनिया एक बहुत बड़े अविष्कर से दंचित रह जाती ।

संसार में दो ही मार्ग है एक में जीत है तो एक में हार एक में खुशी तो दूसरे में दुख। जब तक असफलता के कें केंटे पैरों में नहीं चुमते तब तक सफलता के फूल प्राप्त नहीं होते। जीवन में चुनौतियों क सामना उटकर करना चाहिए. विश्वास रूपी दीपक को जलाए रखना चाहिए सफलता एक ना एक दिन आपका वरण अवश्य करेगी।

दिव्यशी

असफलता ही सफलता वा आधार है।

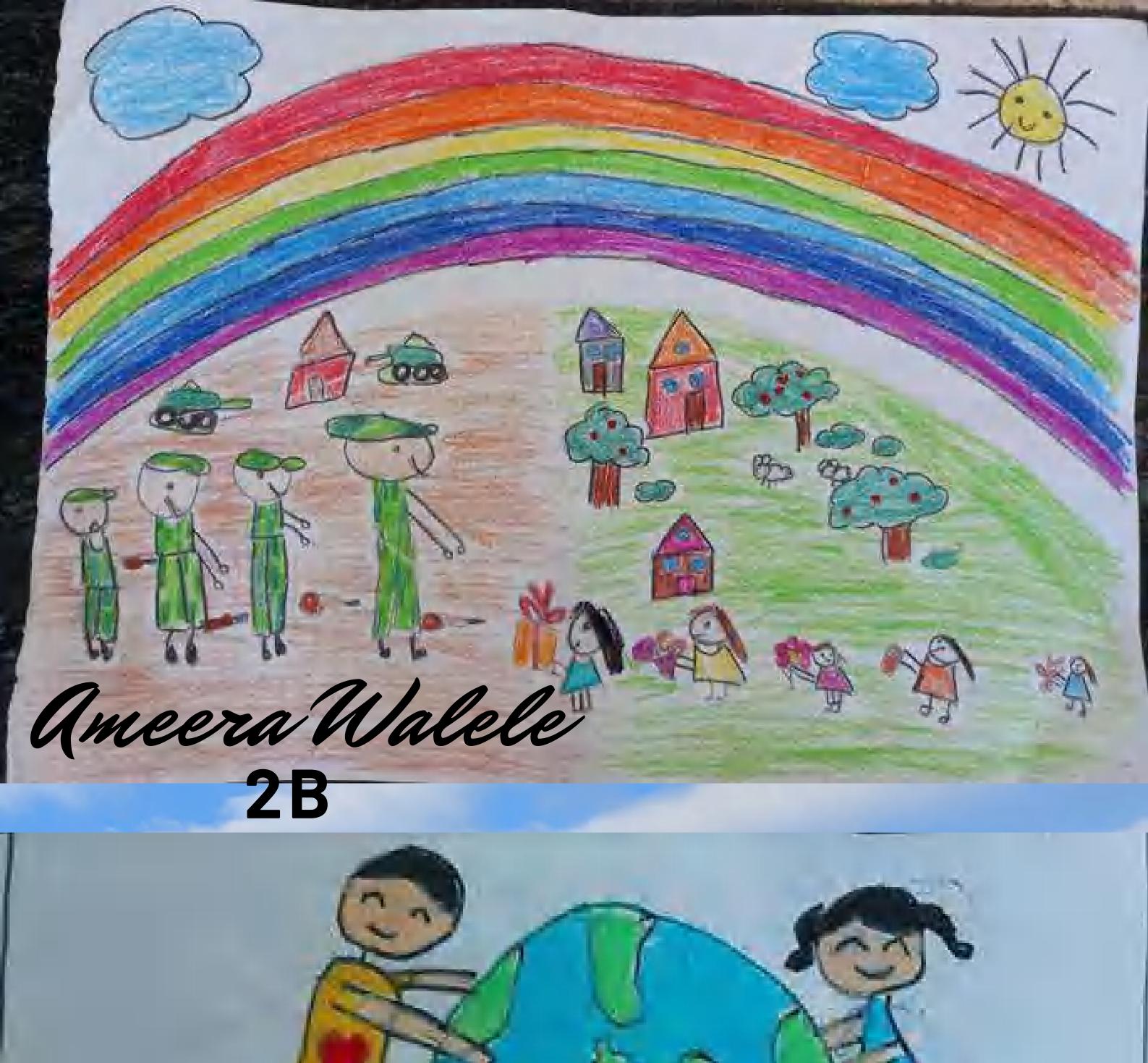
आजकल वी भागदोड़ भरी दुनिया में प्रत्येक व्यक्ति जल्दी ही सफल होना चाहता है। वह प्रत्येक कम में सफलता हासिल करना चाहता है। सभी के अपने जीवन में सफलता अवश्य मिलती है किसी के जल्दी और किसी के बाद में। हमें इन सभी के नजरअदाज करके पूरी मेहनत और सच्चे दिल से अपने वार्य करते रहने चाहिए सफलता कमी न कमी हमारा वरण अवश्य करेगी।

जैसा कि कहा गया है 'मेहनत क फल मीठा होता है' वैसे ही सफलता प्राप्त करना भी बहुत सुखद है। सफलता हमेशा कमी भी स्थिर नहीं रहती वह कमीं भी असफलता में बदल सकती है इसलिए हमें हमेशा प्रयत्न करते रहना चाहिए।

मनुष्य के अपनी असफ्तताओं से डरकर नहीं डटकर सामना करना चाहिए। 'हारना' और 'हराना' इन दोनों में सिर्फ 'आ' का ही अंतर हैं , और इस 'आ' के लाने के लिए मेहनत और संयम के आवश्यकता होती है। इसलिए हमें असफ़्ल होने पर घबराना नहीं चाहिए, लगातार मेहनत करनी चाहिए सफलता एक ना एक दिन हमें अवश्य प्राप्त होगी।

रीनक

Sa 2.









Teresa 2B



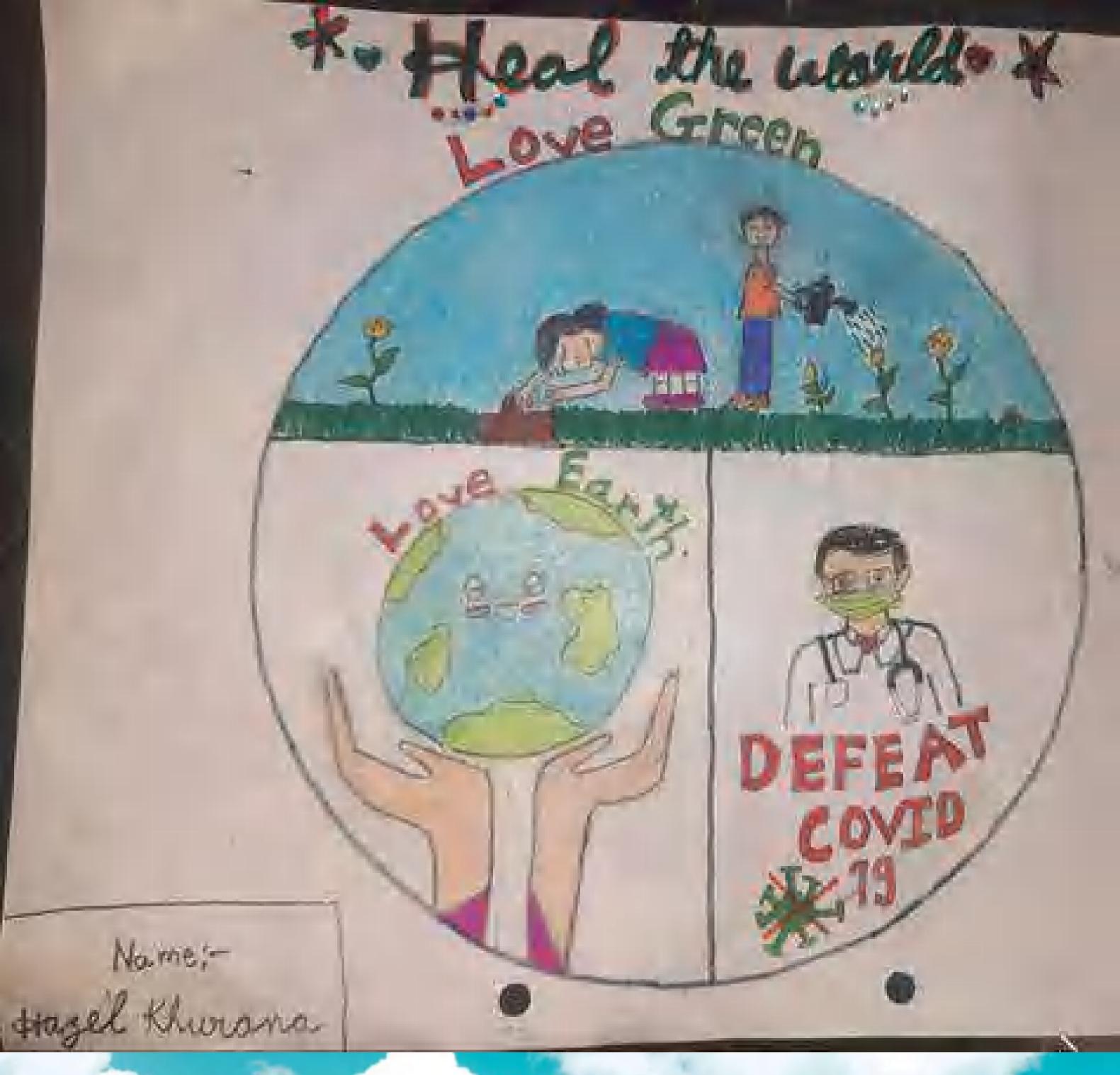
Jaivardhan 2B



"Peace cannot be kept by force. It can only be achieved by understanding."

~ ALBERT EINSTEIN

Sonia
2B



"If I said it once, I'll say it again: 'We have the power to change everything.'"

3 A

YUHEDA BERG

Hazel Khurana

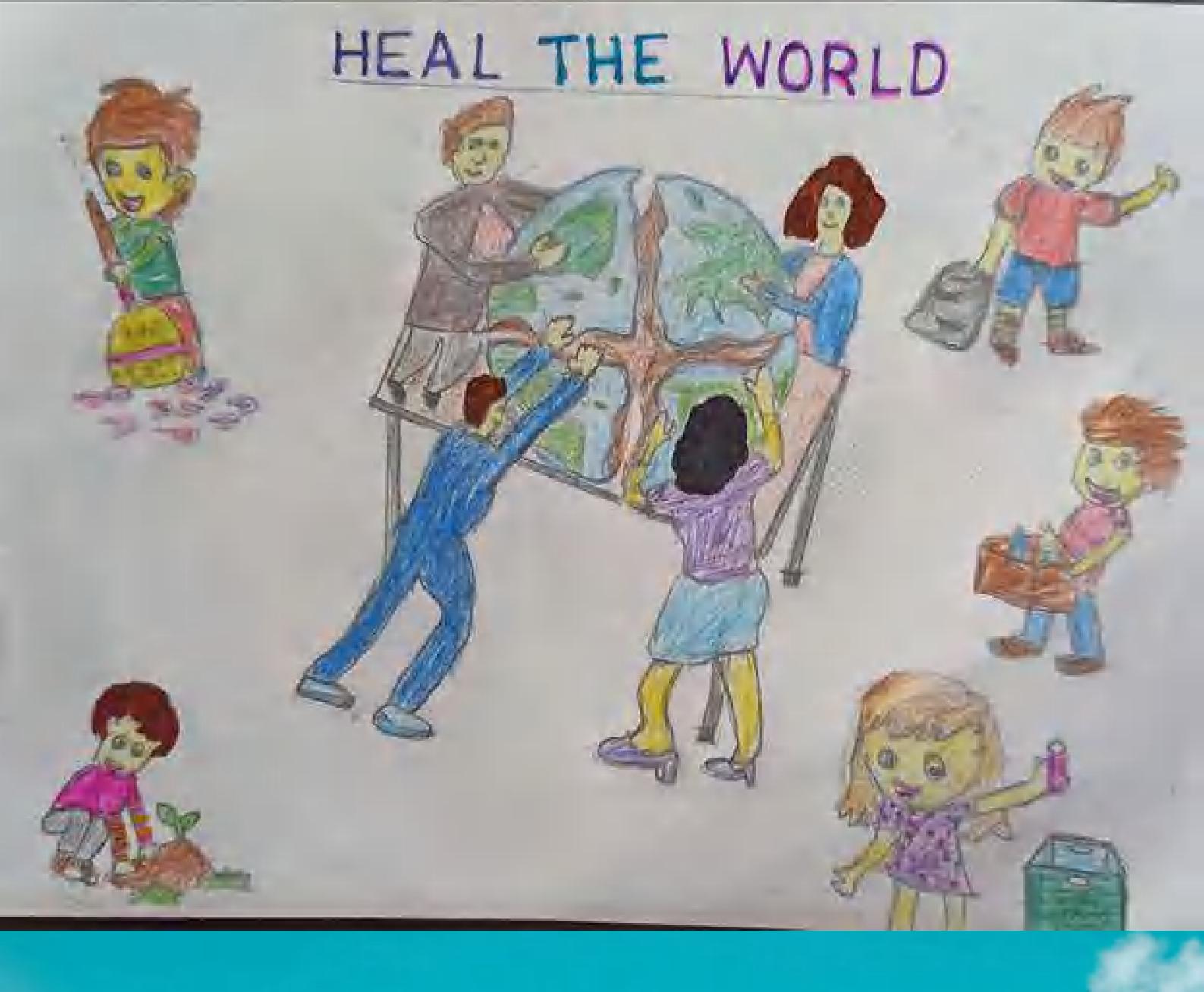




3A Prateet Patel

Heal the World. Make it a better place,
For you and for me And the entire human race.
There are people dying if you care enough
for the living. Make it a better place.
For you and for me.

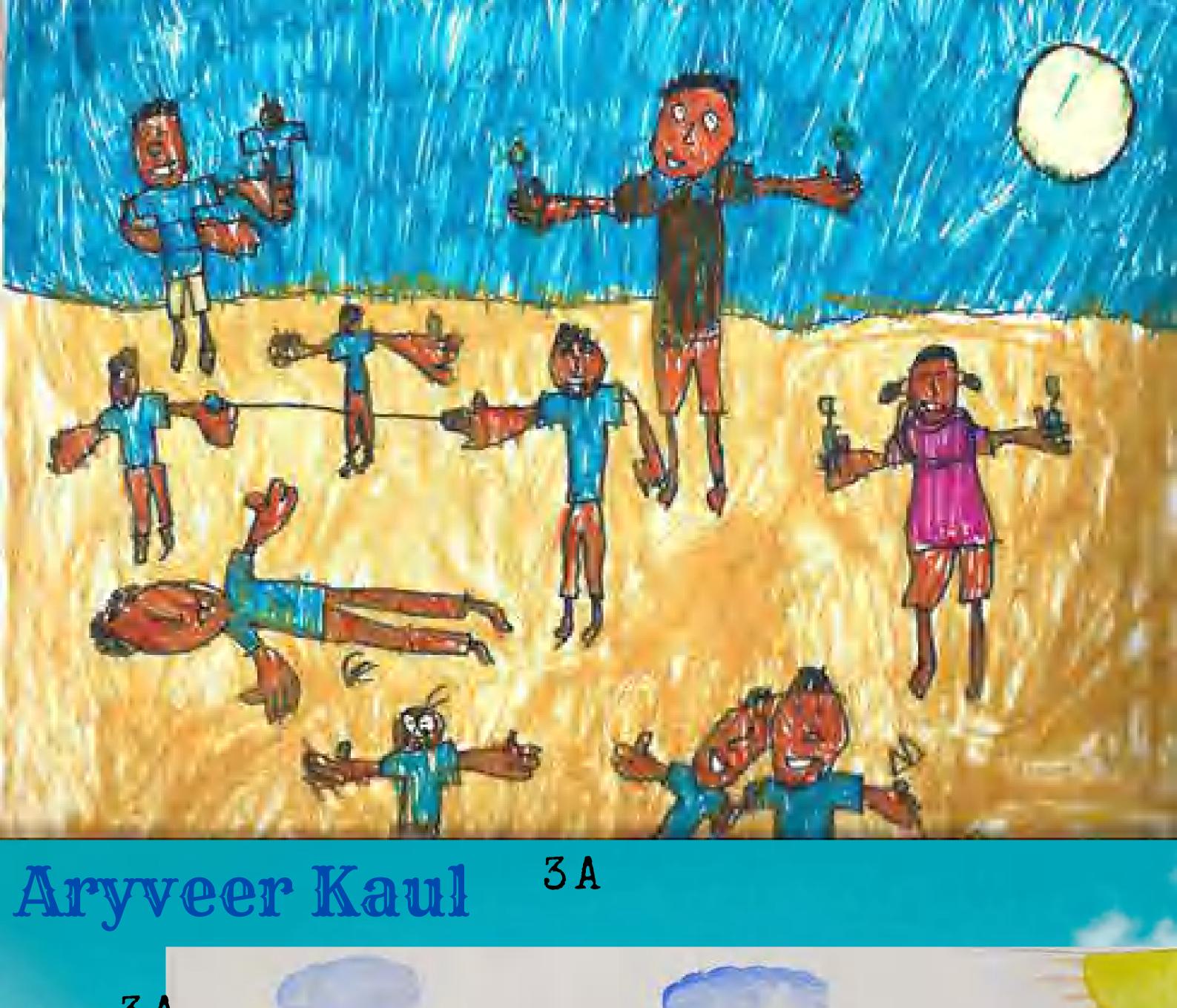




"We are here to *heal*; not harm. We are here to *love*; not hate. We are here to *create*; not destroy."

JA
Prisha
Naik

A.D. WILLIAMS







"When the well is dry, we know the worth of water."

BENJAMIN FRANKLIN

3 A

Ayaan Siddique



Ayaan Siddique 3A



Pratyush Ranjan 3A



"Our planet doesn't need more 'successful people'. Our planet definitely needs more peacemakers, healers, restorers and lovers of all kinds."

3 A

DAVID W. ORR

Kiara Mirchandani



THANK YOU TO ALL THE PEOPLE WHO BRAVELY PROTECT US...

3B ADITI SHRIVASTAV





The world is full of suffering, it is also full of the overcoming of it.

HELEN KELLER

SIDDHANT
SINGH

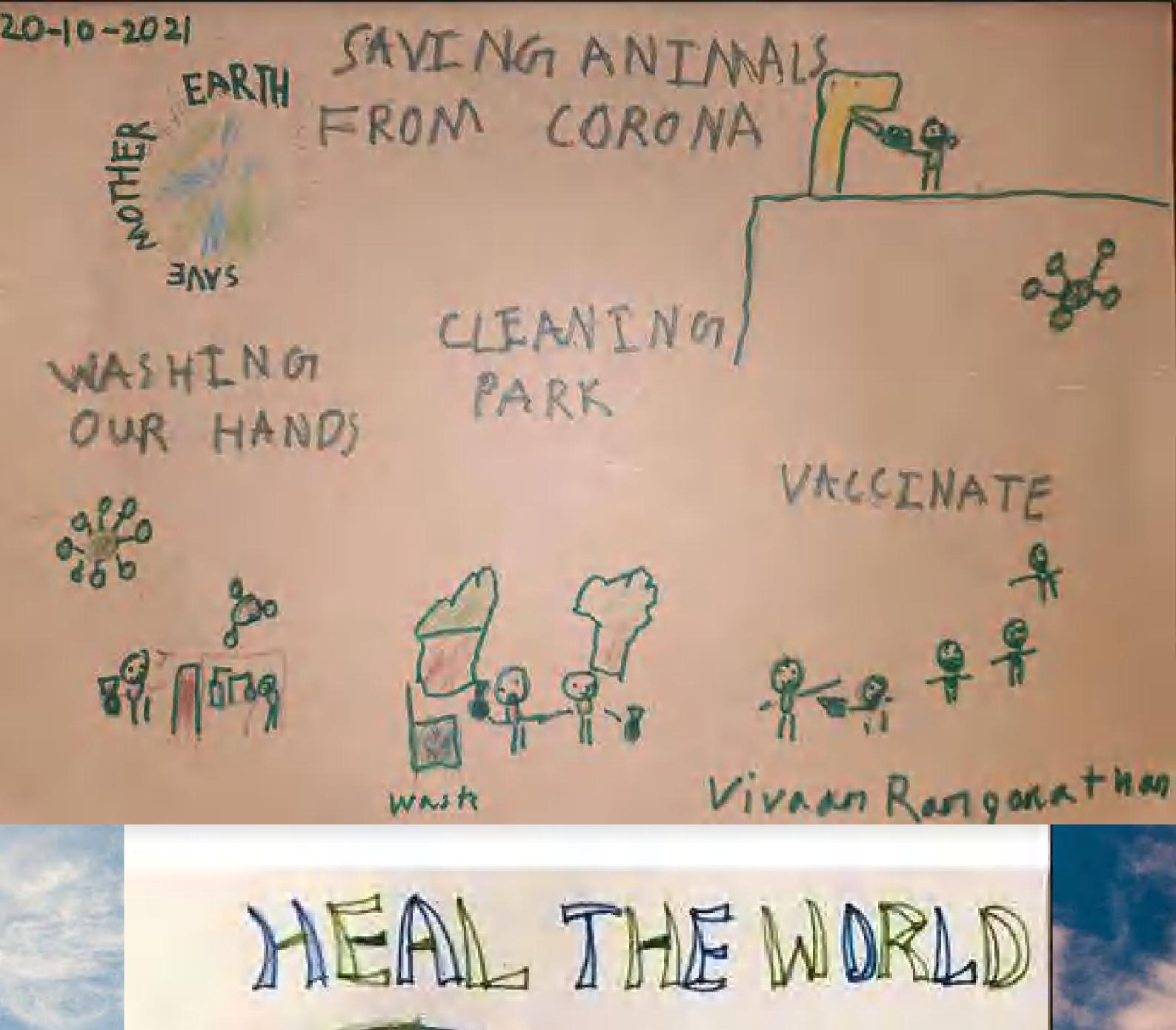


What the world needs

now is not for us to

extract suffering but to

ANNAH ELIZABETH
RUDRA





JA-38





HEAL THE WORLD

Devyansh 4A



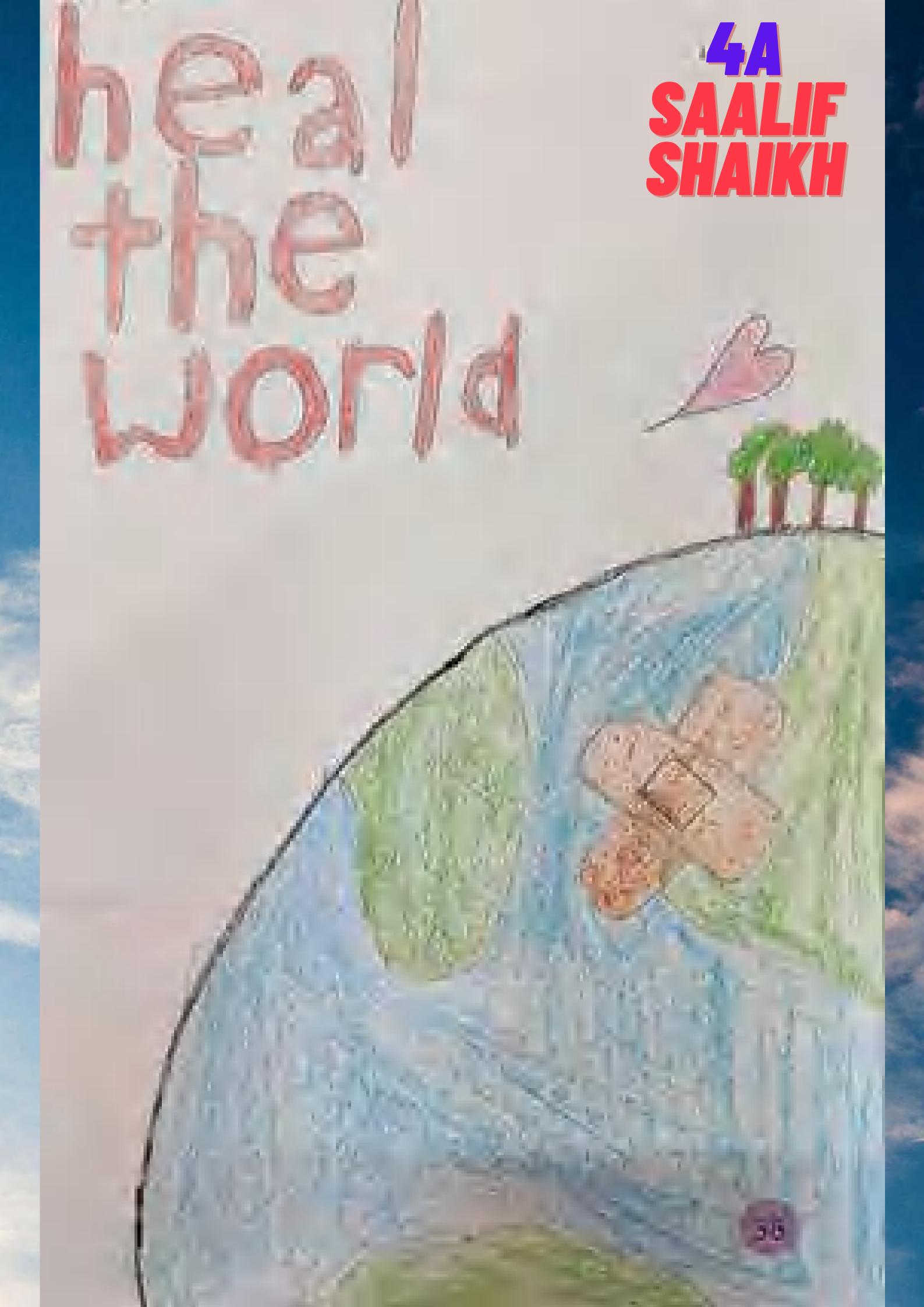




The greatest threat to our planet is the belief that someone else will

SARANYA ROBERT SWAN KATOCH







Helping one person might not change the whole world, but it could change the world for 1 person."

SHARAVI



expression of what it means to be fully human.







"We do not inherit the earth from our ancestors, we borrow it from our children."

NATIVE AMERICAN QUOTE

Aurika guha 10 j



20/10/21 Aurika u.h

"I we don't

end war, war

will end us.

H G WELLS

4B AARIKA GUHA ROY



"The Earth does not belong to man.

Man belongs to the Earth."

EXTRACT FROM CHIEF SEATTLE

4B ARAN PEDNEKAR







4B-SAIIII IIVANA

HOPE

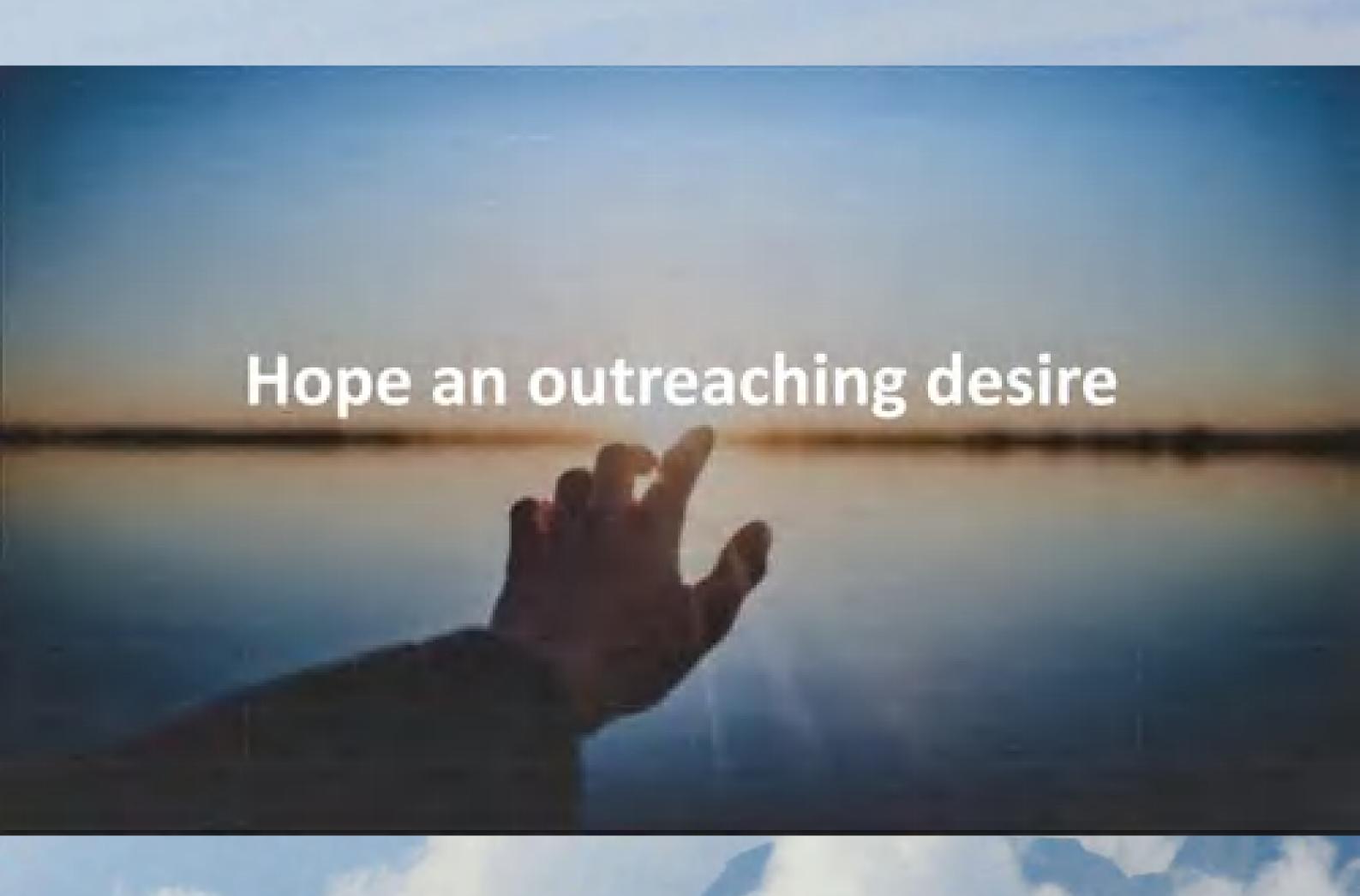
If you hope, there won't be fear,
If you hope, there won't be tears,
Hope is a word that
believes us to do things,
Hope is a word that
propels everything,
Hope keeps us going till the end,
Hope gives us the inner strength!

By: Atharva Nair

Why do we choose Hope?

To have hope is to want an outcome that makes your life better in some way. It not only can help make a tough present situation more bearable but also can eventually improve our lives because envisioning a better future motivates you to take the steps to make it happen.

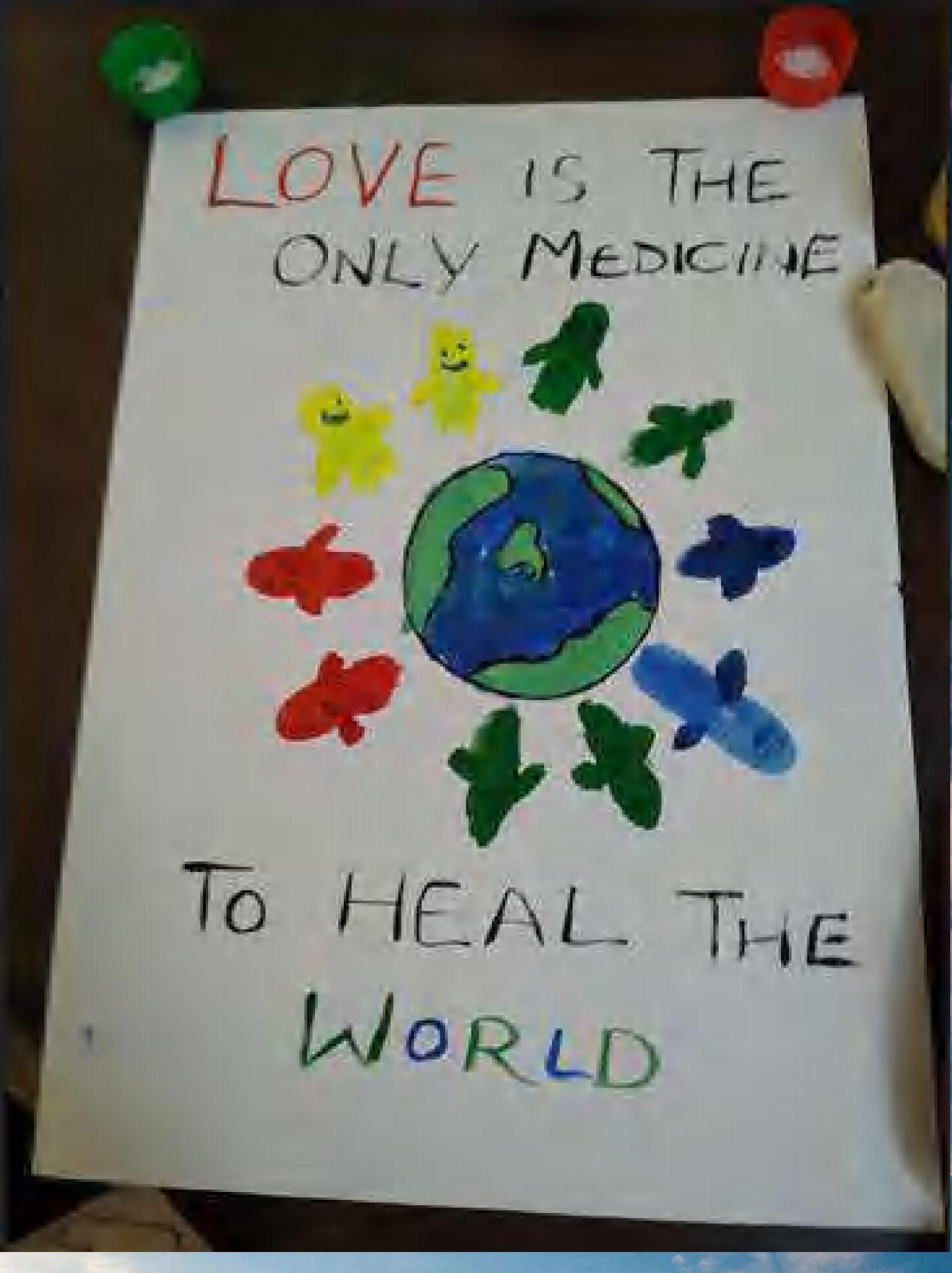
Once you choose
HOPE
anything is
possible.



Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

Thank you





5A Darsh Advani







"THIS PLANET IS OUR ONE AND ONLY HOME. WE HAVE NO OTHER CHOICE- WE MUST CARE FOR IT."

Nature Quotes

5A

Trisha Karnawat



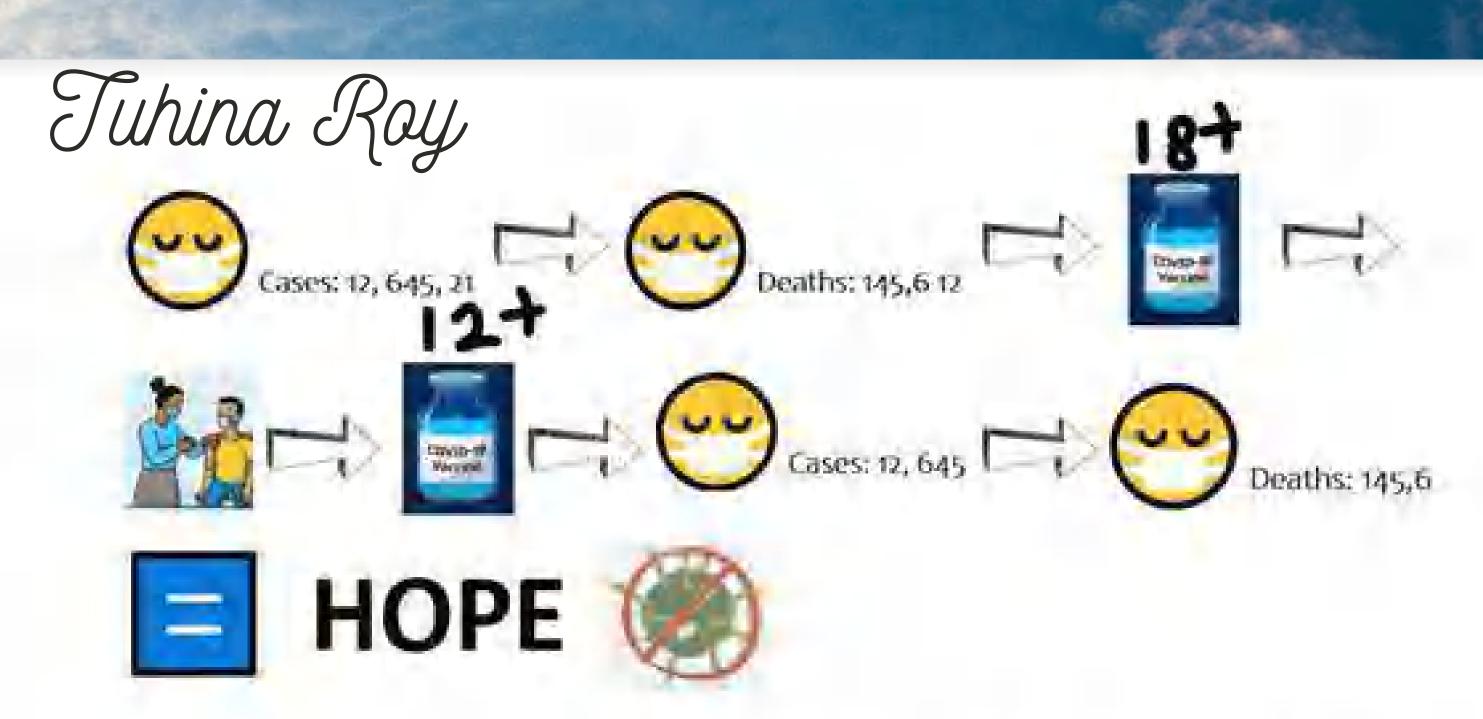
"WE ARE ALL IN THIS TOGETHER- AND WE WILL GET THROUGH THIS, TOGETHER."

António Guterres

5A
Advit Rathore



5A



First, we started off with many of cases and deaths. We suffered a lot, but then the COVISHIELD vaccine came out, people who were above the age of 18 got vaccinated. ZYDUS was soon made for 12 and above children, while that vaccine is getting approved by the government the number of cases and deaths are decreasing.



"Only after the last tree has been cut down. Only after the last river has been poisoned. Only after the last fish has been caught, only then will you find that money cannot be eaten."

NATIVE AMERICAN

5B PROVERB

AARUSH JAIN



"If working apart we're a force powerful enough to destabilize our planet; surely working together, we are powerful enough to save it."

SIR DAVID

ATTENBOROUGH

5B

ETHAN LOBO



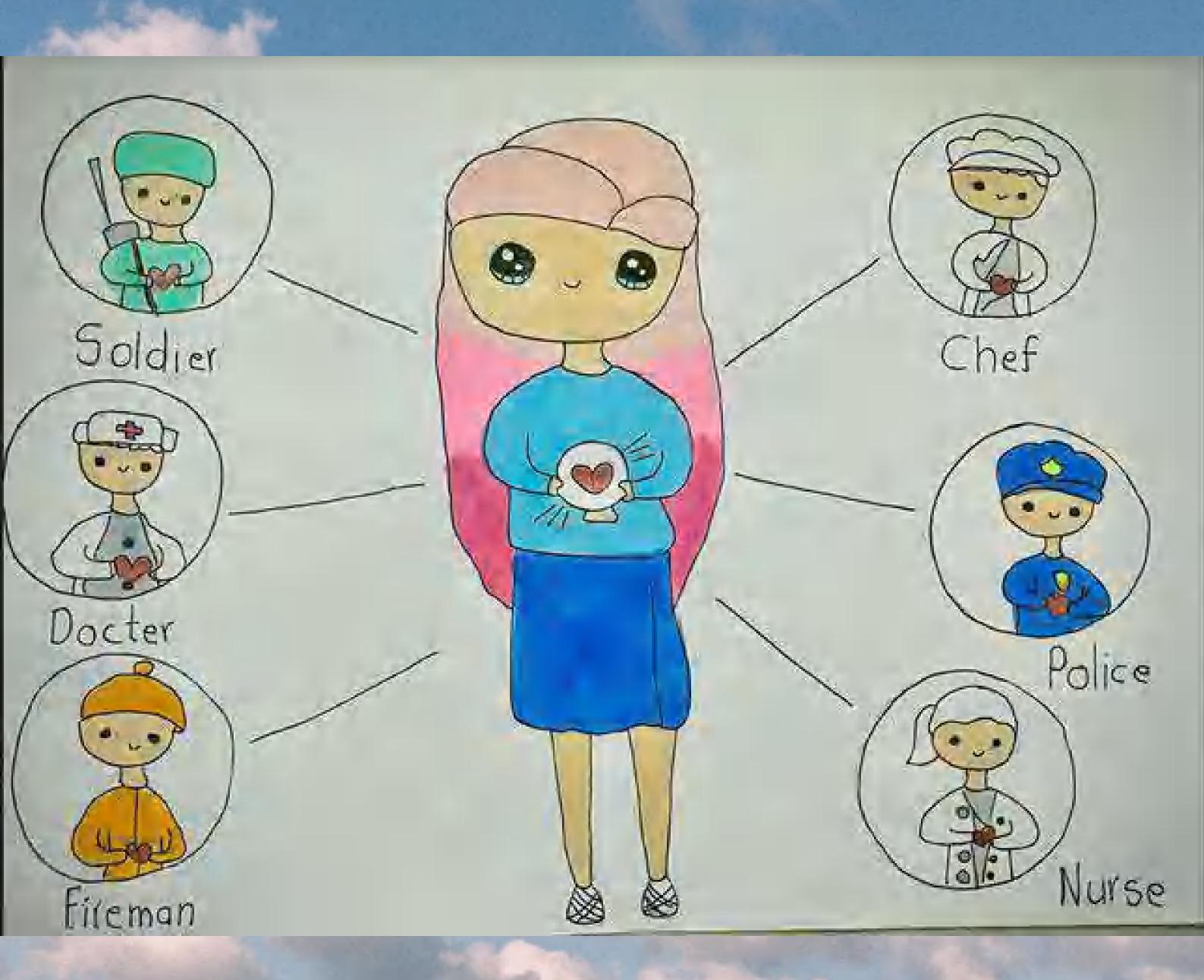
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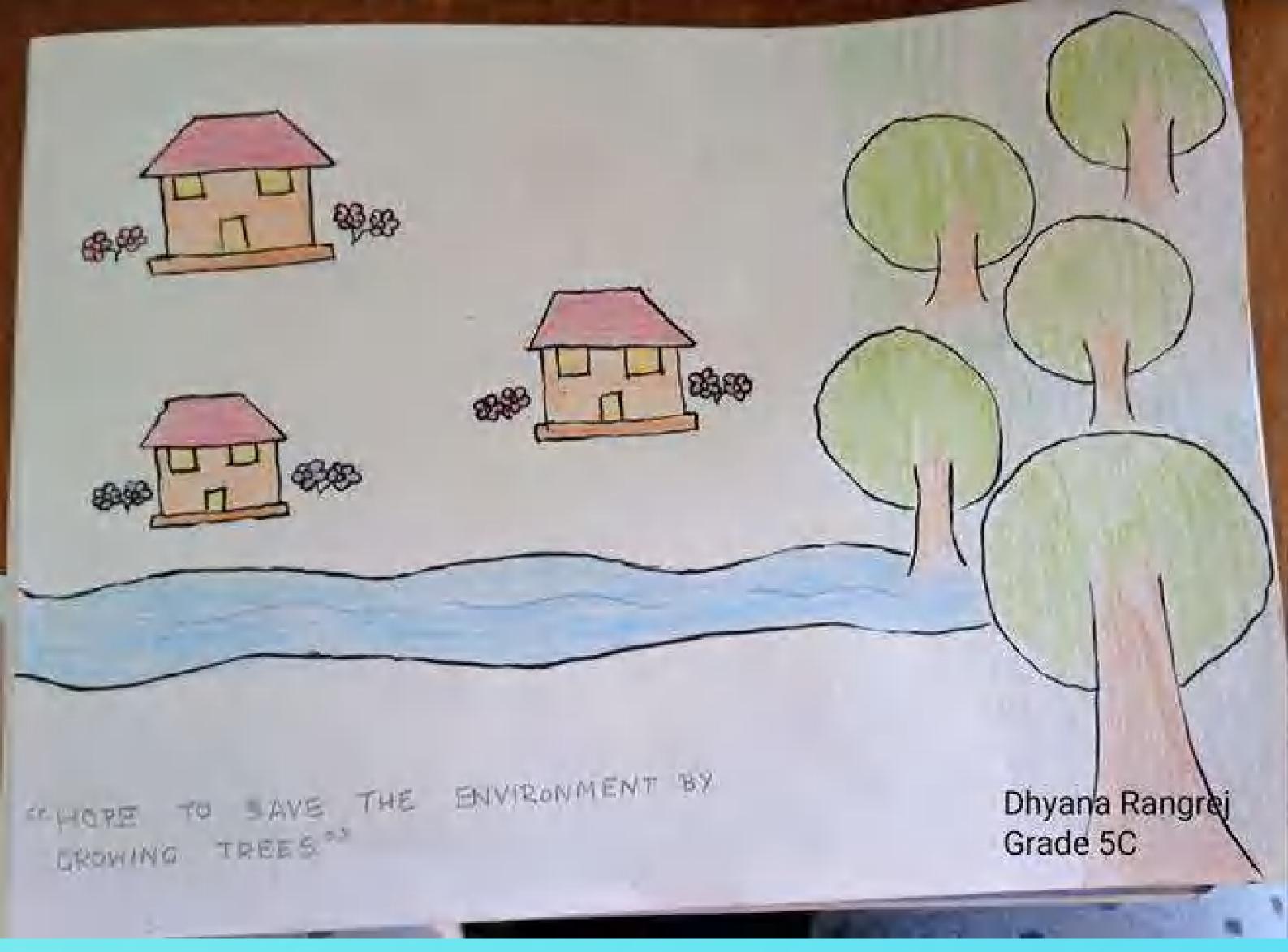


SANYA MULEY



53 KAAVYA
SHRIVATAV





JAYDEN PHILIP - 5C



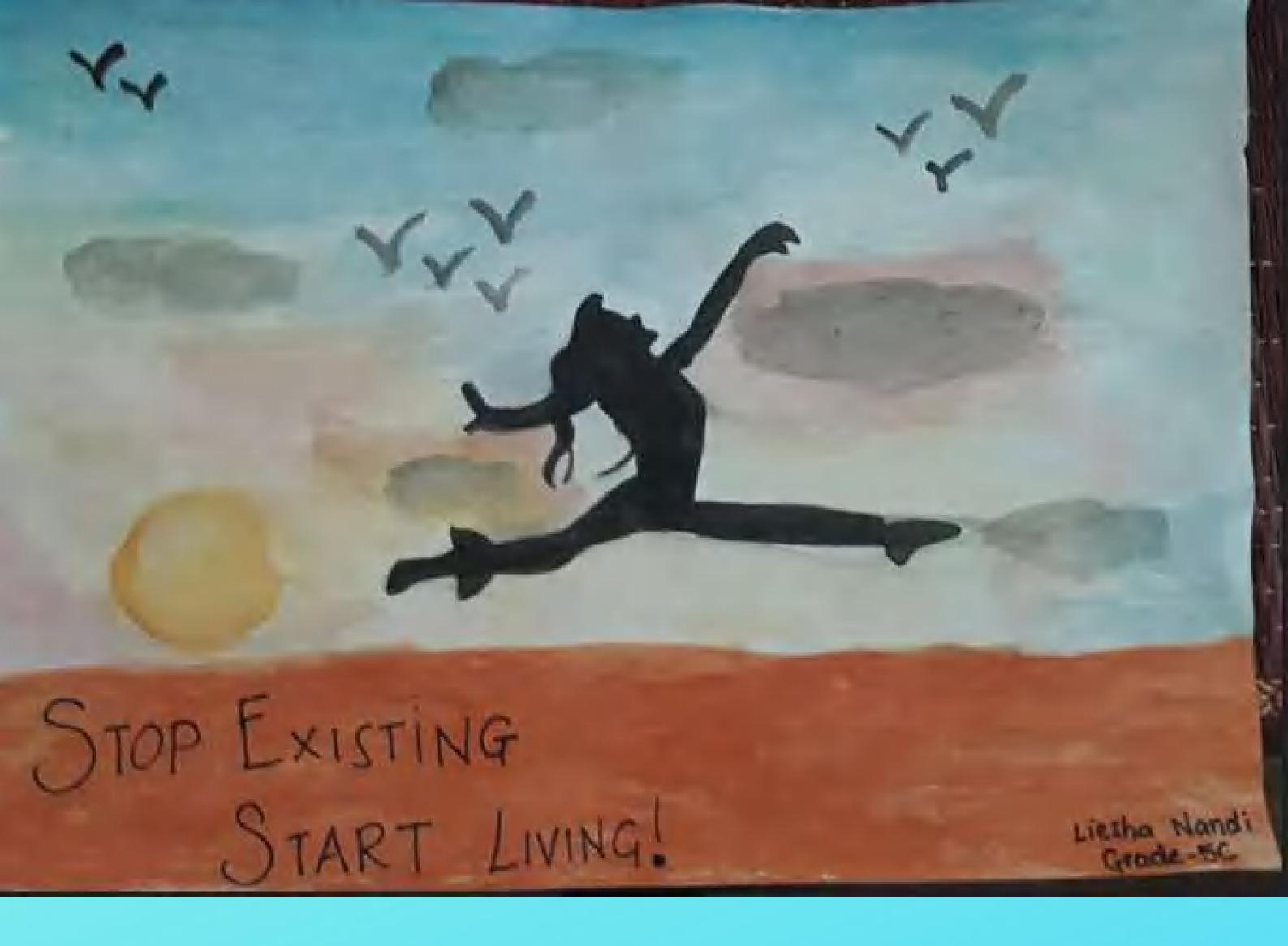




The moral arc of the universe is long, but it bends towards justice."

~ AARTIN LUTHER
KSING, JR.

ARJUN PATIL
SC



To live is the rarest thing in the world.

Most people just exist.

~ 056AR MILDE

LIESHA NANDI 5C



VAISHNAVI 5C



6 A

Aariz Ansari



Aditya T.K.



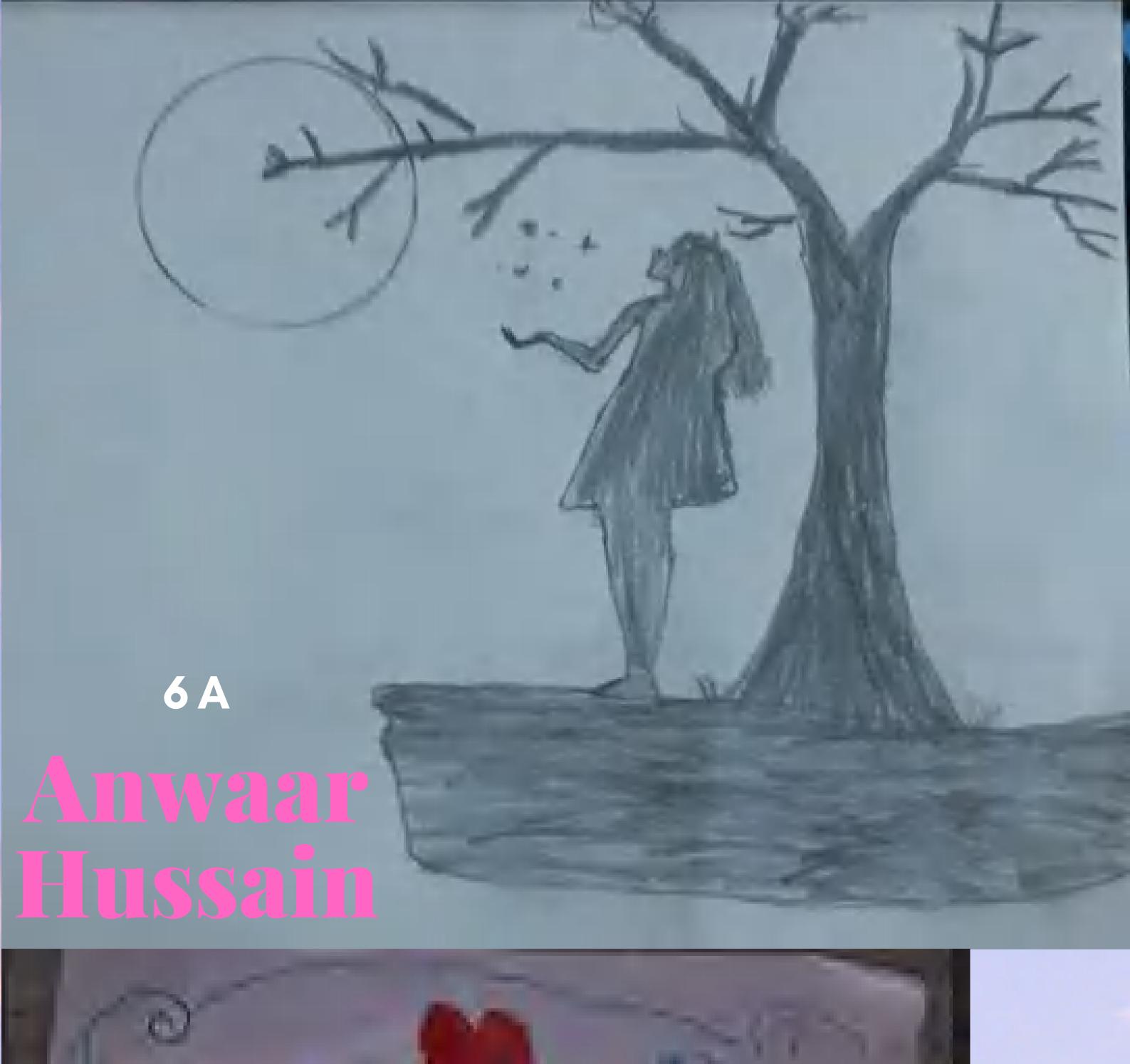
"HOPE is seeing light in spite of being surrounded by darkness."

SOUMYAJA

6 A

Anaya Rout







6 B



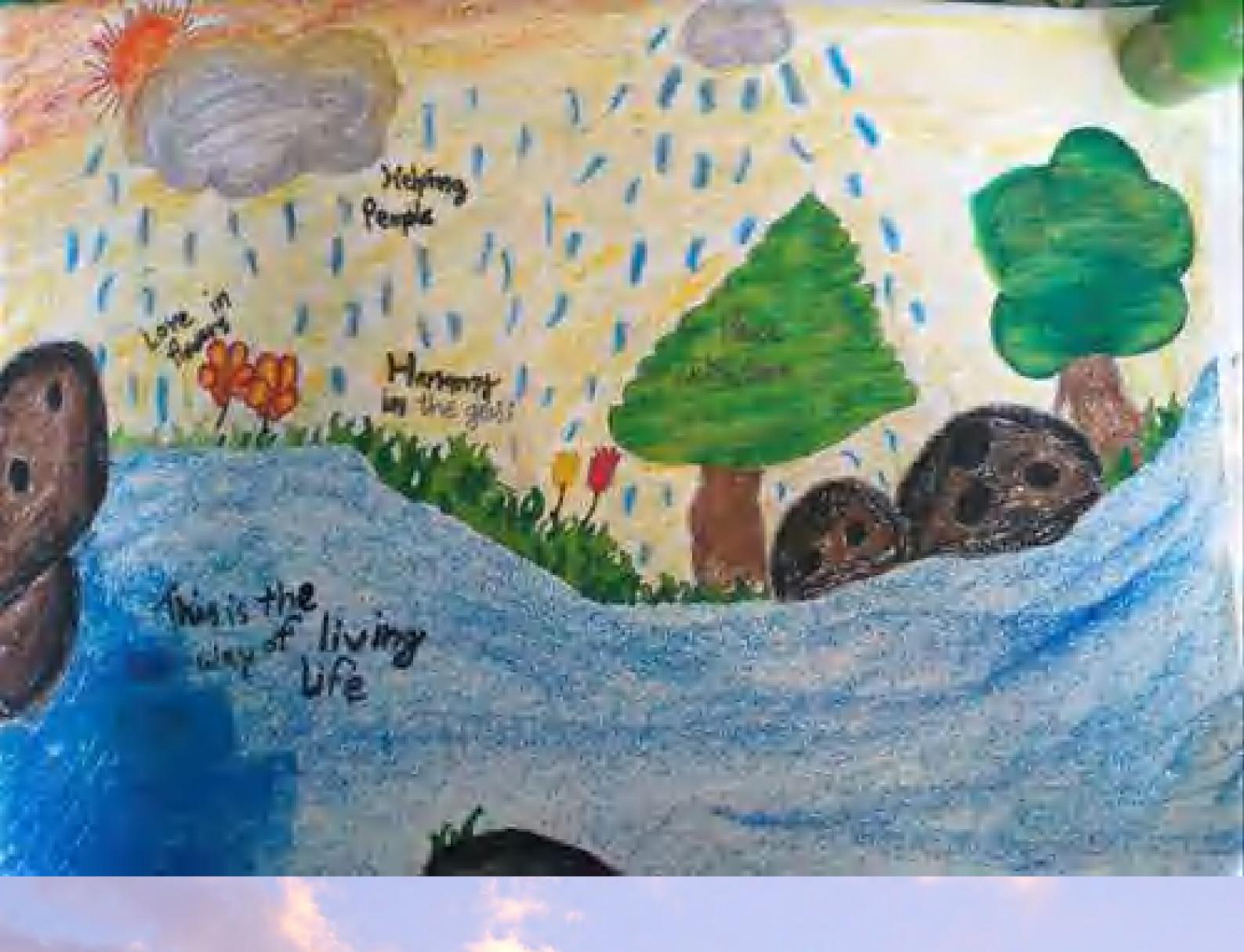
"No one has ever become poor by giving."

ANNE FRANK

6 B

Aishwarya T.K.





"A kind gesture can reach a wound that only compassion can heal."

STEVE MARABOLI

6 B

Ritvik Agarwal



"Don't lose hope. When the sun goes down, the stars come out."

UNKNOWN

6 B

Shamatmika Gadre



L'ANNIVER SAIRE D'OMAIR

L'INVITATIO

3N QUE VOUS LISEZ

CONCERNE LE 7ÈME

ANNIVERSAIRE DE MES

FRÈRES ET VOUS ÊTES

INVITÉS LA DATE EST

DONNÉE LE 23 JUILLET

CHEZ MOI J'ESPÈRE QUE

VOUS SEREZ LÀ ET NOS

AMIS AARUSH RUDRA ET

NASIR SERONT LÀ AUSSI.



ASHAZ

7



Joyeux Noël

Salut! Ashaz

Ca va bien? Je voudrais

vous inviter chez moi pour

une soirée de Voël, jai hâte

de vous y rencontrer

jespere que vous

apprécierez

temps neur to douze

nasir

NASIR

AARUSH DABHADE 7A



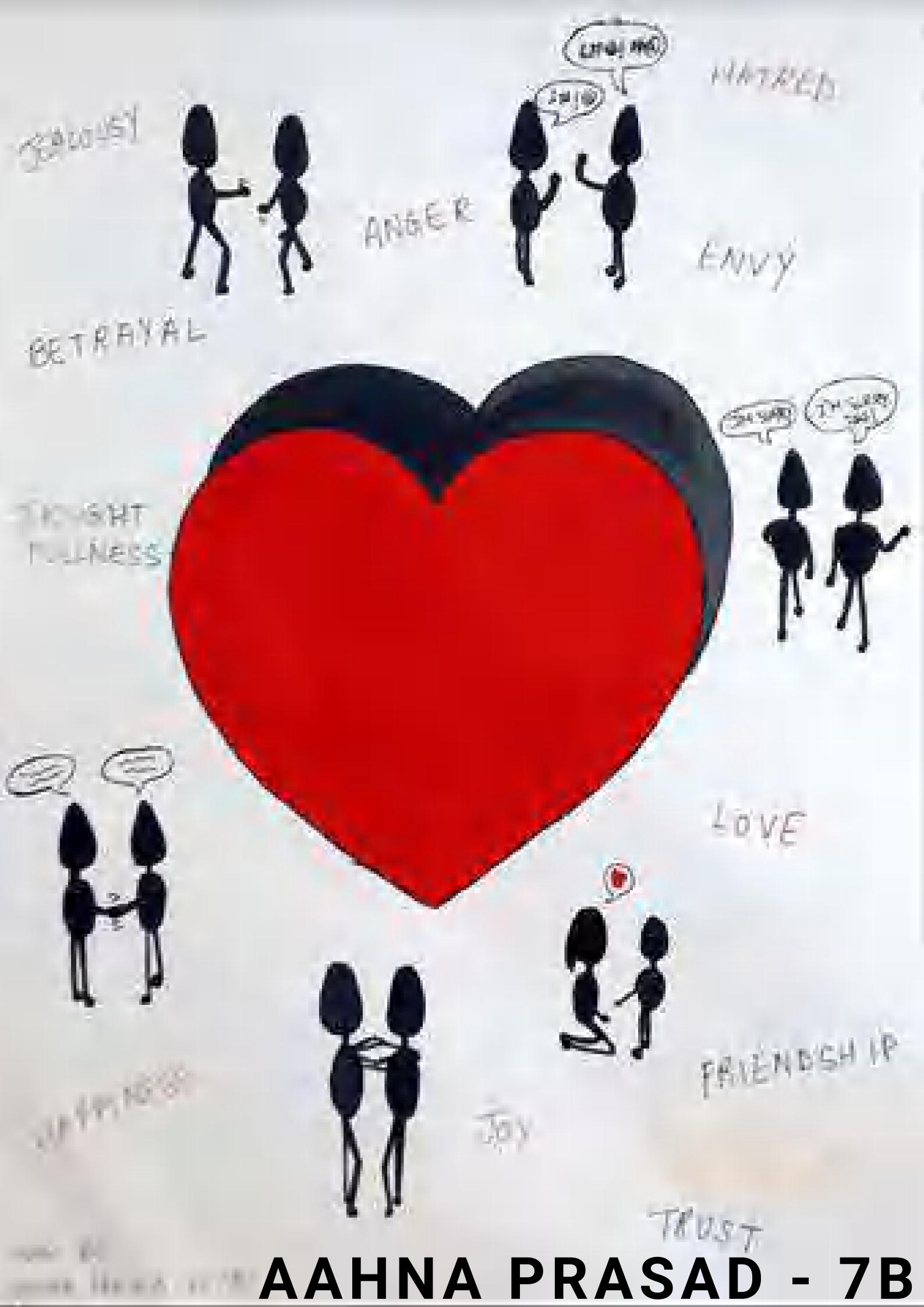
ADHYA SINHA 7A

THERE IS NOTHING TO FEAR ABOUT LOVE-AND IT DOES NOT PAIN TO LOVE.



VAISHVI RAMI - 7A





NIYAANT PARPUDI 7B "HEAL THE WORLD MAKE IT A BETTER PLACE FOR YOU AND FOR ME, AND THE ENTIRE HUMAN RACE."



PAVAN BHAVIRIPUDI 7B





"I HAVE FOUND THAT IF YOU LOVE LIFE, LIFE WILL LOVE YOU BACK."
~ Arthur Rubinstein

SHARANYA BALIGA

7B



Hope: During the Pandemic

We live in fear, we live with anger, we live with hate. Yet we also live with love and hope for a better future where everybody will be content. These are very difficult and unpredictable times. We cannot move out as freely as before. All our classes are online and we do not get to meet our classmates. We cannot go, or play with our friends, or socialize.

We are lucky that we get to connect with our classmates, teachers, and friends online. Also, we get to spend more time with our family. Our imagination is endless, and we can all work together to make the world a better place. We must learn from our mistakes and take care of mother Earth. Make sure we respect all living things and be responsible global citizens.

Let us hope and improve the chances of making our life worth it.

We must stay POSITIVE.

Kaamya Himanshu Joshi - Grade 3

Hope During a Pandemic

In the year 2020, a virus named Coronavirus evolved from the country China. It started from China and spread across the world. Soon, hundreds and thousands of people started getting infected and died due to the virus. Many countries' governments started declaring lockdowns. Due to this, schools, colleges, offices etc. remained closed for a very long time. Many people lost their jobs and faced financial loss. People started to lose their hope and became very sad. They were not able to meet their friends and relatives, or celebrate any festivals. People were hoping that doctors and scientists would find a cure to this virus very soon. Children were looking forward to attending offline school and playing in the playground. This hope helped us to find a cure, and scientists invented vaccines for this deadly virus. People can now go out- but they have to wear masks and use sanitizer. This ray of hope is enough to indicate that things are going to be better.

Zankhi D. Shukla - Grade 3A

Hope for a Bright future

We may be born in different situations or may face difficulty during the pandemic. No matter what situations we were born into, there is hope for a brighter future, and hope for success.

We need to have faith in our hopes and dreams, and faith in our destiny. As we grow in faith, it will carry us through the ordeals. Learn how, day after day, we continue to transform our life.

For young children like us, education is not only a ladder of opportunity, but it is also an investment in our future.

Education is the movement from darkness to light. It is the most powerful weapon which you can use to change the world.

The morale of every person should be strong enough to make him differentiate between the correct and the wrong decisions in his life. Hope can help us strengthen this moral.

Aryaveer Kaul - Grade 3A

HOPE FOR A BRIGHTER FUTURE

"Your future is as bright as you think it to be." – Anonymous Life is beautiful, yet it has its challenges.

The first step towards a bright future is to make friendship with your challenges – accepting your problems and trying to solve them is the first step to success. Whatever be the situation, one has to be patient in different circumstances. One should always stay focused to reach their goals.

Never try to escape from problems because that is an obstacle to growth and development.

Finally, just believe in yourself!

Sneha Mukherjee – Grade 3B

HOPE DURING A PANDEMIC A THANK TO OUR COLLEAGUES & FRONTLINES

- You heal our sick
- You clean our hospitals
- You run our labs and pharmacies
- You leave your homes every day to care for strangers.
 - You leave loved ones.
 - You leave comfort and safety
- We are forever grateful for all of your treatments on frontlines.
 - We are forever grateful to all of you from the bottom of our hearts
 THANK YOU!

Prateet Pate - Grade 3A

Hope for a brighter future

The meaning of hope is to have trust, expectation and desire for a specific thing to happen. Hope is a beautiful thing that can keep us going, even when life doesn't always give us what we want. Many people, including me, hope for a just, peaceful, sustainable and progressive society and future.

There are many problems that continue to worsen, and it seems that life is only giving us the opposite of what we want. To support such outcomes, it feels like there are many forces working against us.

With the advancement in the fields of technology, medical care, ecological preservation and education, one can be hopeful of improving society and nature to make it a better place to live in. With the education that we receive, I'm hopeful that we can remove poverty, give better quality of life, remove child labour, have better health facilities, make the planet greener and safer for all, and have a better future- with the help of everyone.

Shaanvi Nikhil - Grade 3B

Hope in the pandemic The Ray of Hope!

Early spring of March 2020
As I heard the birds sing,
I also heard silence, sirens, and sounds
That made my heart sink.

I looked out of my window

And saw nothing but concrete,

The trees were lonely, the plants were thirsty

And no humans to meet or greet.

As my mother stepped out to buy groceries, She was dressed up as an astronaut, Gloves, mask, socks, and face shield I wondered if she was feeling hot...

No hug, no touch, no handshake, Covid had scrambled us into isolation. Hospital beds were the new hotels, And the only solution was vaccination!

But in my heart, I felt a ray of hope When help arrived from everywhere, Doctors, teachers, neighbours, and the local watchmen, They showed us unconditional love and care.

Catastrophe has struck
And the virus has not gone away.
But the human race has emerged stronger,
As we discovered that we are better together.

Today I bow to God...

For healing and helping us, to overcome the difficult times

For teaching us the value of family and friends,

while keeping us safe, healthy, and fine.

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Once you choose hope, anything is possible

Hope is the essence of life. We cannot even live a life of peace without hope deep inside the heart. Life is unpredictable, hard, and quite notorious at times. Things go out of hand and beyond our control many times. Hope helps us keep the fight on and improves the chances of making our life better.

Hope- The essence of life keeps our eyes wide open for an improved future. When we stay positive about our future and feel that we must fight to win the problems, our probability to succeed increases. It happens because we fight trying to stay mentally strong and give our best efforts. The essence of hope is always very sweet. It's an inspiration to live life the best way we can.

So, make our hope strong. Hope will give us the courage and inspiration to stick to our dream if we breathe. If we have a strong aspiration, hope and faith, nothing can bring us down. It lets us aim for the sole purpose of our life.

Ayush Chandra - Grade 4A

Once you choose hope, ANYTHING is possible-

If you choose the way of hope to achieve something difficult, anything can be possible. However, if you do not, even the easiest things rum impossible. A hopeful person will always succeed, whereas a person with hopelessness will never be able to achieve their desires.

Have you ever borne across an extremely difficult task? You would probably want to give up, however, if you have hope, you can complete the task.

However, hopeful people have to be patient to succeed. If you are hopeful, but tack patience, you will not succeed. Patience and hope, together, lead to unlimited success.

As Desmond Turu has said, "Hope is being able to see that there is light despite all of the darkness."

Luke Krishnan - Grade 4A

HOPE

"Once you choose hope anything's possible"

The opposite of this quote is also true- once you give up hope and choose hopelessness, nothing's possible.

Hope is the feeling that somehow, things will get better; that they will somehow work out. You don't have to know how it will happen, but it's the belief, or even the wish, that it will.

That's why it's never a good idea to give up hope- because you just don't know how things will pan out. When going about your day, it's better to feel hopeful about the things you're working on, or the task at hand.

If you have hope, it's quite possible that it can all turn out for the best.

Nihira Varier - Grade 4A

GREAT HOPE

Oh! The incredible word,

Knows about it, even a bird.

It can give you the strength to speak in front of thousands,

It can help you face the biggest of burdens.

All evil gets destroyed in a finger snap,

The word is "Hope" the greatest of the worldly rack.

Advita Krishnan Grade 4A

Hope

Hope is an important thing which everyone needs in life. It is the greatest gift of mankind. Hope allows us to approach problems with a proactive and positive mindset, with increased chances of success in life.

Hope constructs our life and affects how you feel in the present. It gives you courage to think that things would get better even though the chances may not be in your favour. Hope helps us to be brave and improves the chances of making our lives better. Hope is one of the important cogs of life that keeps you moving on. Hope reduces feelings of helplessness, reduces stress, and improves our value of

If there was no hope, the whole world would be chaotic and scared to do anything. Without hope in our hearts, many of us would not even have a peaceful life. Life would be unpredictable, gloomy and miserable if there was no hope. If there was no hope there would be no aspirations and no goals.

When a person believes in hope, they will most likely live a normal life. Hope would help you in all your obstacles and make you feel that everything is possible.

As you now understand, the essence of hope is always very sweet. Hope will give you the courage and inspiration to stick to your dream. If you have hope by your side, nothing can bring you down.

Ahaan Pednekar - Grade 4B

A simple recipe for Hope

Ingredients:

- A tablespoon of Fresh Air
 - A pinch of Sunshine
 - A teaspoon of Kindness
 - A teaspoon of Love
 - A pinch of Sunrise
 - ¼ a cup of Exercise
 - · A pinch of Music
- A handful of Adventure Stories
 - A tablespoon of Nature
- A teaspoon of Learning New Skills.

Recipe:

- 1. Put Kindness, Love and Music in a bowl.
- 2. Mix the mixture and add Sunrise slowly.
- Mix the Adventure Stories and Sunshine in the bowl.
 - 4. Add Learning New Skills and fold well.
 - 5. Top with an icing of Nature and Fresh Air

Inika Ganguli - Grade 4B

Hope

Always think positive

Sometimes you may feel helpless; but then, if you start thinking positive and be strong, you can face everything coming your way.

Keep trying with no hurry

I once had a problem with History. I was not able to memorize the dates. Then my parents told me to go slow and keep trying. I soon got everything right. It is true what people always say: 'Try and try until you get it right'.

Aarna Mischal - Grade 5A

HOPE

When the night is dark and the dinner's bad,

HOPE becomes the sunshine and a delicious breakfast to be had.

When you are tired, down and feeling low, HOPE is the dream that keeps your flow.

HOPE makes you brave, gives you wings just like the birds, Let's your heart sing songs without any words.

When times are difficult, HOPE helps you work against the impossible barrier.

HOPE gives you a smile, whispering "tomorrow will be happier."

Anshika Prakash - Grade 5A



Intope is one of the most important things for marking to survive and thrive. Be it a terminally ill patient, a battered person or a failed one, hope keeps them going through their testing times and who other than our nearest and dearest friend can give us a better hope to face the situation.

Hope

Good thoughts.

Good things

The date was 31 December 2019. The Covid outbreak started. And people started to panic. And soon the condition worldwide was getting worse day by day. The only hope was making medicine or vaccines.

Creating medicine was a time taking process and we had no time because the conditions were getting worse. So, scientists started to make vaccines:

And on 16th January, 2021 the vaccine was launched.

That was the hope that the pandemic would end and after hearing this people had good thoughts about the end of the pandemic and good things happened that the third wave did not occur and the pandemic ended.

And so, we must thank our doctors and scientists who worked hard, risked their lives so that we stay healthy and immune to this disease. There are many scientists from parts of the world like India, Russia, UK, and USA which contributed in making different vaccines.

Anushrut - Grade VB

HOPE

To all the Frontline Workers and our heroes.....

Thank you for all that you did for us. You are sacrificing so much to save people's lives and to maintain normalcy. Because of your efforts, I can trust that my family, friends and neighbours will stay safe during this Pandemic. That's why you are the heroes of this generation.

Thank you. Thank you for what you do each and every say. Thank you for being there, when we are at our worst, when we are hurting or sick. Thank you for being the soldiers on the front line of this fight. No one made you choose this; you chose it because you are amazing and you decided to take care and help others.

Thank you from the very bottom of my heart for all your selfless efforts.

Ethan - Grade VE

Dear Frontline Heroes,

want to express my heartfelt gratitude to each and every one of you for your tireless efforts. You are mostly the reason that several lives have survived in these days of pandemic. You all seem to be true historical heroes at this point of time. Thank you for putting others ahead of yourself to fight on the frontlines, while everyone else is safe at home. You are really the reason why people have hope, and continue to move forward in these challenging circumstances. Thank you for persevering in the face of difficulties, stress, and pressure. Healthcare professionals: you are the bravest and the strongest people on this planet. Finally, thank you for putting your patients first; even if it means taking fewer lunch breaks and seeing your family less. I am confident that my family, friends, and neighbours will all be protected during this crisis as a result of your tireless work.

You are the unsung heroes of this generation- and I, along with a number of others, pray for all the front-line workers on a daily basis. With profound gratitude.

Michammed Noufel - Grade 5B

Hope; thanks-giving

Have we ever thought about how many people are risking their lives daily so that we can live comfortably? Even though they do not know us, they are doing this for us. I undoubtedly am talking about our soldiers who are putting their lives in danger day and night to protect us and our country. We must be extremely grateful to them.

While we are celebrating festivals with our family, some families know that their loved ones are fighting on the borders for bigger purposes. We must be grateful to their families, for their understanding. We must help them and their families in every way possible. Further, we must remember gratitude is a powerful force that not only makes us value what we have, but also opens the door to abundance.

Kavya Ni – Grade 58

Dear Doctors,

I am writing this letter to express my sincere gratitude to you for your hard work. I really appreciate everything you do for this society. Doctors contribute to the society in this way-

 We see doctors 24/7 trying to cure people. They never give up, risking their lives just for us.

Doctors help us by making us aware of the situation, diseases, etc.
 They also help us by making us think positively.

 During the pandemic situation, many of the doctors and scientists contributed to make vaccines for us

 We know that doctors are putting their lives at risk, whereas some already have lost their lives trying to save people. Such contributions shall always be respected.

We thank you for everything you do for us.

Yours truly, Shaarav Shendye – Grade 58

HOPE

No doubt life is a solid war zone. But it's not too bad either. Try to keep your eyes full of dreams. Hope not only gives you the strength to overcome pain, but it also makes the journey for the future easier. Let's not worry about the fact that today is bad. Hope keeps telling us that tomorrow will be better than this. Hope is optimism. When I'm hopeful for anything. I'm thinking that the somow and difficulty of today will soon end. Hope keeps us staying positive. As you know, our mind has lots of effects on our actions. If your mind tells you to stay strong on a path and not to lose courage, you will do so.

So, hope gives a positive mind power. It generates an aura around you which protects you from the negatives. This is why; hope will always be the essence of life.

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Hope: Good thoughts, Good things

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Hope is a very powerful word, which has the power to change your future. One should always think positively because positive actions lead to positive results. The Covid pandemic was distressing, and it affected many lives, but if you view this positively, you will realize an upgrade in humanity when people came forward to help strangers and expected nothing in return. Everybody was ready to help everyone.

It brought people and families closer, as we started valuing lives more than ever. Who would have thought that an 8-year-old boy would climb Mount Elbrus? It was the determination and willpower of Bhuvan Jai, an Indian that helped him to complete the summit. Every situation in life is temporary, hence when things are good, enjoy them freely, and when they aren't as great, believe you'll overcome it, it will not last forever and a better future will arise.

Azlan/- Grade 5C

Hope: A waking dream?

When we hope for something, we think of it as a dream for ourselves. For something that we want to happen. So, Hope could be a dream that is forming. That dream could become a reality or not. Hope is the dream or the feeling that keeps us playing the game of life. Imagine you are an athlete and you want to win the Olympics. Hope is what drives you not to lose faith in yourself and train more. If you are a patient in a hospital, you have a hope for the doctor to cure you. The doctor also has a hope for you to get better and that drives him to help you. Hope can drive you to finish something. It will help you to build faith. If you are a player in a cricket match and you lose hope, you wouldn't be driven to win. So, you put your best effort into the last few balls and you win. To conclude I would like to say, Hope is a feeling that is needed for everyone to be optimistic.

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Kavin - Grade 5C

HOPE IN OUR LIVES



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In this pandemic, we all had a desire to go to school, and live our normal lives- rather than being in this lockdown. We all had 'Hope', But first of all, what is Hope?

Hope is a desire for something that we most want in our life. It is also the belief that things will work out. Right now, in this pandemic, most of us

hoped for it to end. If we had lost hope, we were already doomed. If our government, doctors, and teachers lost hope, all our loved ones who got corona would be no more. In times like this, our faith can be challenged, and it can be hard to see where God fits in our lives.

A great thanks to all our doctors and helpers who leave their homes every day to care for others. They leave their loved ones, their comfort, and their safety, but they never lose any hope in their lives.

Dhyana Rangrej - Grade 50

Hope is a waking dream



Aristotle the famous Greek philosopher crice quoted "Intope is a waking dream." Aristotle assumed that hope is a powerful act of one's imagination which is so compelling that we start believing it to be reality. It simply means to never hose hope or faith in your creams.

Your faith in yourself can move mountains and impeze peep valleys.

If you see the scientific take on this philosophy, you wan see that making your dream come frue is very simple if you focus all your thoughts, energy and small brain ideas on that one goal and always stay goalive and hopeful about achieving your goals.

The Secret a famous book by Rhenda Byrne is based on this philosophy and proves the theory by telling us about many success stories of people who dreamed wen open eyes.

So, my friends "Dream with open eyes and have a hopeful neart it"

Lieaha Nandi, 50: Aristotle the famous Greek philosopher once quoted



Hope- stay positive and be happy

Staying positive and being happy leads to a healthy and happy life. Positive thinking overcomes obstacles. It brings about more energy, hard work which brings about success. It is a mental attitude, which focuses on the brighter side of life and people with this attitude are always successful, happy and smiling. How we talk and feel daily shows. in this behaviour. Hope and positive thinking go in bringing above a definite change in our behaviour. It is a way of life. It is a life skill. This saying says it all, "Where there is Hope, there is Life" where there is hope and positive thinking, attitude, there is always happiness and success. We can handle difficult moments in life with a positive attitude. The first step to be positive is to replace your negative thoughts. Positivity and hope come in when we are grateful for little things in life. It brings about hope for happy things in life.

Happiness, hope and positive thinking makes the world a happy and healthy place to be in. So, stay positive and stay happy

Aditya TK – Grade 6A

Where there is hope there is life.

Man cannot live without hope. It's the hope, which sustains life. One who gives up hope, is already dead, even before his physical death. We should always have a positive attitude. We should look at the bright side of things. We should neither blame the circumstances nor be cowed down by them.

Even in adverse circumstances we should maintain hope and believe in the ultimate goodness of things. One should read biographies of great men, stories of adventures and see only encouraging films and TV serials. Above all, we should move in good company only. Hope is the first thing that comes into play, when we start something. The biggest hope in this world, is the almighty God, who created this whole universe. In problems people remember him and keep the hope that he can't do bad to them.

Life is like a river that goes on flowing. Life includes existence, hope and renewal. Hope is necessary for renewal, and renewal is life.

Arya – Grade 6A

Stay positive and be happy

What is happiness?

Happiness doesn't have a definitive meaning. Everyone's understanding of happiness differs. The only similarity is that it is inferred as a positive

Everyone has several ways to feel happy. Happiness comes with what someone loves to do.

Happiness can affect your health and other people close to you. For different people

Happiness can be linked with different things. Research says that happiness encourages positive activities such as having a good sleep, schedule, eating healthier, socialising etc... Being happy can also reduce the chance of getting a heart disease by 13-26%, lower the experience. in pain, help make better decisions and creative problem solving.

Divya - Grade 6A

Positivity and happiness

Due to the lockdown, everyone's lives have been changed; some people. lost their jobs, some missed their family members, and some miss their relatives who were suffering from the virus. Some families are worried about their kin- who are doctors, nurses and other hospital staff members, working day and night treating the sick and infected people.

All hospital staff are suffering as well, watching their patients pass away everyday due to this virus. Many teachers and students are trying to cope with this new method of learning virtually. If we stay on the positive and bright side of life instead of the negative, we can make it through this pandemic. The three psychological practices one could try are –

1. Be more mindful' — focus your attention purposely on the present moment and accept it without judgement.

2. Share and practice kindness'

3. Practice gratitude' — thankful appreciation for what you receive, whether tangible or intangible.

Let's break the chain of negative mindset during this pandemic and hope for the best.

Naisha P - Grade 6A relatives who were suffering from the virus. Some families are worried

Essay on Stay Positive and Be Happy

* * * * * * * * * * * * * * * * *

"When I am replaced as we, even illness becomes wellness"

The coronavirus pandemic has affected Human Life and Education systems worldwide, leading to closure of schools and universities. In India too, the government closed the schools. The whole world has come to a standard, and the reason is the pandemic caused by COVID 19.

Due to the lockdown our life has turned upside down. Even in our dreams, we couldn't have imagined ourselves confined in our homes with no outings and unable to attend school and be unable to meet our friends and relatives.

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Nothing can stop us from learning

Once extended, it has made us realize the value of attending schools. We appreciate the hard work of our teachers who are doing their best to leach us through online classes. Teachers are not leaving any stone uncurred so that we do not waste our precious time sitting idle and they engage us by giving assignments.

initially, taking online classes was a challenge, however, we guickly adapted so that our academics did not get affected. E-learning has provided us with a better understanding of the concepts, and we can refer to books, saides, documents and assignments in google classroom anytime.

From bottom of my heart and soul ...

I thank all my Teachers
and Principal Madam.

I thank my Parents.

I thank Doctors,

Hearth Care Workers, Police.

Thank Farmers and Essential Service Providers, who are contributing seiflessly in difficult times....

Finally, I would like to corriery a message to all my dear bromers and sisters of India to be creative, positive and innovative and learn as much as possible from Digital resources to pass this situation of the pandemic positively.

Pavan - Grade 6A

Hope in corona times

Coronavirus had hit us in 2020 and changed our lifestyle. We were confined to our homes for a long time. Online classes have become normal and routine.

Watching the news has become a pain. You never know what kind of depressing news; we will hear regarding corona.

However, there is always hope. Humanity has tried their best to fight the virus. We now have vaccines against the virus. People have started travelling. We also have the hope to meet our friends and teachers soon in school. We hope that the 3rd wave will never come. We hope that we will again lead a social life.

I miss outings with my family. Online birthday parties are sood boring. We will have birthday parties offline once again. We will defeat this virus. Humanity has faced such difficult challenges in the past and emerged victorious!!

Good times are just around the comer!!

Utkersh - Grade 6A

Stay positive, Stay happy

SMILE! Stay positive. Stay happy! These are not just words, they are Miracles. Motivation comes with a positive attitude and this attitude can get you anything! This attitude is your biggest power. Staying positive makes you handle everyday stress and it increases life span. When positive things nappen. There is hope, optimism and belief. There is no waste in hard work. A positive mind brings happiness, joy, brightness and success. It works like Magicil

Happy thoughts and positivity work wonders at all times. Being positive negativity and makes life better to live... along with the negativity and helps in bringing about positivity all around. We can see so many negative things in life but a positive mind changes our thoughts and all is life with this hope. Positive mind and hope are well-being for the mind. Positivity is eternal like the sun and hope makes the world go round.

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Optimism brings opportunities. This makes us successful.

Be Positive! Stay Positive! Be Happy! Let Hope Live on Bring in the Magic!

Bring on the Power!

Alshwarya TK - Grade 88

東京東京東京中華中華中華

Where there is hope, there is life

Hanta was a village at the coordinates x=5067 y=8903. It was also known as the land of peace. Everyone did their work happily with joy. Everyone was treated equally. It was a world like never imagined. But all this happiness was done under the shadow of Ken. He hated happiness and adored a place with darkness, disgrace, and remorse. He had the power to make darkness, storms, and make a clean river poisoned. He was known as the maker of Widows.

He started creating storms, and made the sky dark. The flowers withered away. The water became the home for enormous crocodiles. Zombies poked their hands from the ground. The people were running here and there. But it was no use. Ken clicked his hands, and all the villagers vanished in thin air. That's when the 3 brothers got this news. They came to the rescue! Frostbite started to attack. His ice shards were so sharp, they could cut through metal. Inferno attacked using his fire balls. Ken tied the 2 heroes with snakes. It was game over for the heroes. Voltron slapped his forehead. He went underground, where the magical library is. He read all about Ken and gathered all the information. Voltron chose to do an ambush. Suddenly, he attacked!! Ken did not even notice the electric current. It zapped Ken, and Ken faded in the dust. The snakes disappeared. The crocodiles vanished. The zombies were pulled underground. The village was back to normal. There was hope. Where there is hope there is life', said Voltron.

Ramain Positive and Happy

Sometimes life is tricky
Sometimes things go wrong
Sometimes you led out of place
Or like you don't belong
Sometimes you will feel scared
But focus on the positives
Try to find them
They will be there
Sometimes you can't sleep at night
Step out of the light
The awful things will never vanish
If you try to
Listen to your pounding heart

Don't let it consume you. With all your blessings Be what you decide to be

Meeiam Nillesh Bhoite - Grade 68

Remain positive and happy

Remaining positive and happy is really good. There are multiple reasons for this, or should I say countless?

Most people don't find a way to be positive and happy; but since everyone is unique, the answer is to find your own way, that is the one and only way. We should stay with people who are positive and happy.

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If you are positive and happy, there are higher chances of you reaching and achieving your goals.

Here are lew ways to remain possitive and happy:

- Start a new day with a positive note: Maybe play some happy songs, or encourage yourself to do something great anyming that works for you. Decide/plan what you are going to do today.
 - Try to avoid thinking negative (even this has a very big effect). If you Think negatively, you might get angry, stressed out, and/or have difficulty steeping. This negative thinking has a very big impact which you may not expect. For instance, it can make you have higher chances of getting
- sleeping. This negative thinking has a very big impact which you may not expect. For instance, it can make you have higher chances of getting diseases, or shorten your lifetime!

 1. Try focusing on the best parts: There are many tool things happening in life, but even in the bad things, there are good things. No matter how tale of the goodness there is, it can turn out very helpful.

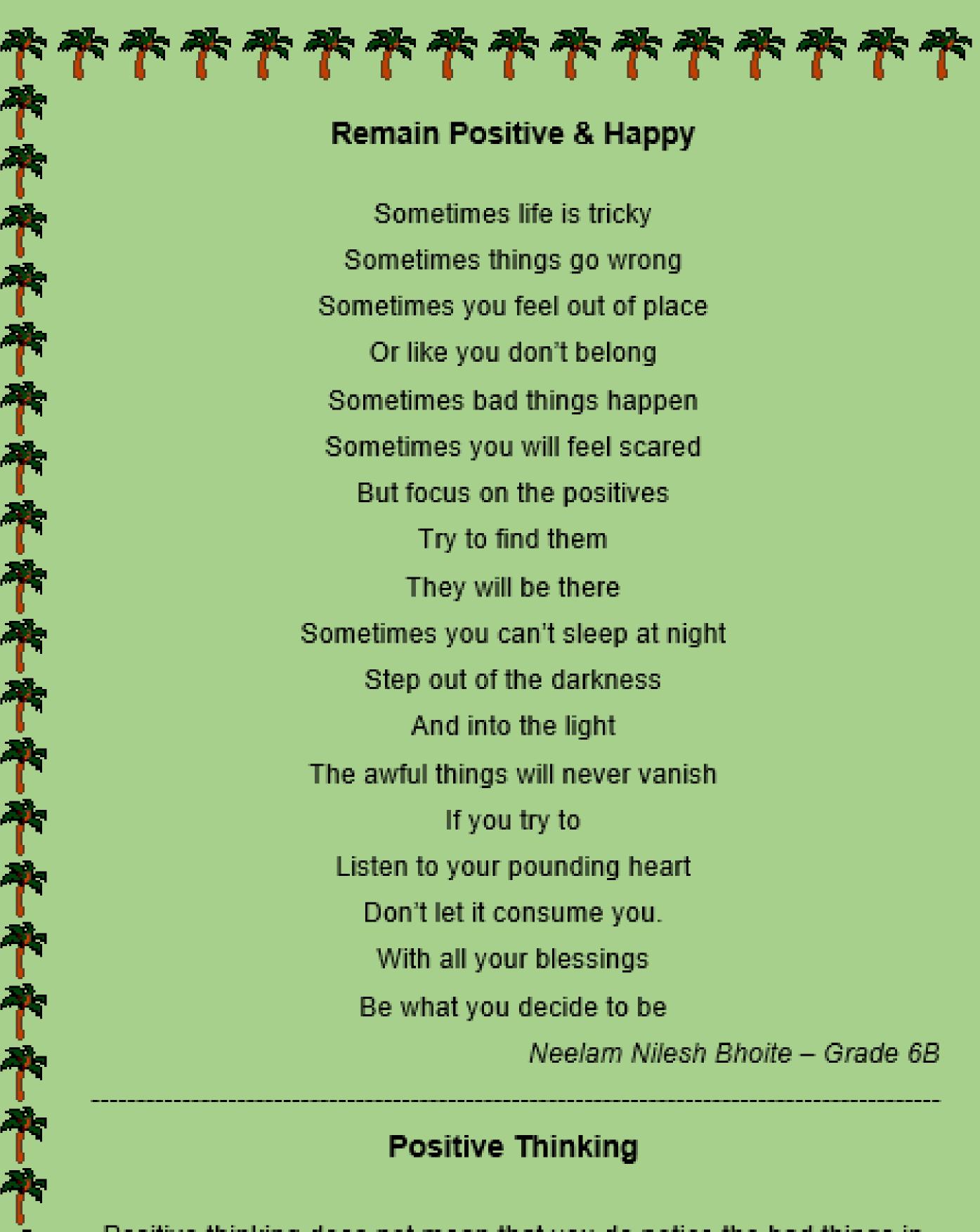
 Try various ways to ful!

 4. Try spending time with postave people, by to avoid negative ones; this said that negative people are contagious. People with bad moods may act at little more cranky and rude. You might notice that they can also ruin things for others.

 5. Try positive self-talk: Some may think that this is useless that that's just because they didn't try in. Trust me, this might hake you feel better, matter how bad anything that happened is. For example, if you messed things up just say to yourself. It messed things up, but I'll try a way to fix it. Putting in your best is the most important part.

 Remember, all these are super easy to follow, but we sail tend to do wrong. However, with the right amount of practice, you can do anything.

 (Klara Shetty Greate 08)



Positive thinking does not mean that you do notice the bad things in life. It means you try to find a solution in a productive way instead of whining about it.

There are a lot of benefits for positive thinking. The first one is better health. Negative thinking gives rise to stress, anxiety, frustration and

more. However, positive thinking helps you avoid all this and focus on staying healthy and doing better in life. Further, it is essential for us to fight depression which positive thinking helps with. Similarly, it will also help us to relieve stress. We know happiness can predict health and longevity, and happiness scales can be used to measure social progress and the success of public policies. Happiness isn't something that just happens to you. Everyone has the power to make small changes in our behaviours, our surroundings, and also our relationships that can help set us on course for a happier life. Happiness often comes from within. Learn how to tame negative thoughts and approach each day with optimism. Telling yourself "I have to stop thinking about this," only makes you think about it more. Instead, own your worries. When you are in a negative cycle, acknowledge it, like "I'm worrying about money" or "I'm obsessing about problems at work". Thinking about the things that bother you makes you think about things with Eagle Eyes, but looking at things on the bright side, makes you feel happy, and gives you a positive thinking. Few steps to make you happy and have a positive mindset are: Treat yourself like your friend. Do not try to stop negative thoughts. Challenge your negative thoughts. Raaga Rajan – Grade 6B



Stay Positive and Happy

Every person has a different understanding of happiness. Along with having different thoughts about the subject, people have personal ways to fulfil being happy.

Positive thinking is achieved through determination, perseverance, selfconfidence, and hard work. Positive thinking is an attitude that helps a person highlight the brighter side of their life and helps to lead a healthy and happy life.

Positive thinking brings an immense amount of satisfaction and leads to a healthy mindset. Positive thinking helps students overcome their obstacles and it also helps in making them healthy, determinant, and self-independent people. Everyone deserves to be happy, yet many people are unsure about how to achieve that same happiness for themselves.

Often repeating a specific action, looking at the bigger picture with positivity, and eliminating stress are ways to fulfil being happy. Stress can- and does- destroy any or all the happiness that a person may have.

To stay positive in a negative situation, here are some questions you should ask yourself.

- 1. Is this worth getting upset over at all?
- 2. What is the lesson here? What can I learn from this?
 - 3. Am I overreacting or overthinking the situation?
 - 4. How is this making me a better person?
 - 5. Can I control the situation?
- 6. What can I do right now, to make myself feel better?
 - 7. How can I see the situation with love?

Vaishnavi Papola - Grade 6E

Benefits of Staying Positive & Happy

Benefits:

Being positive and happy helps to keep a good impression on you because of being positive about everyone. It never allows many bad thoughts about you. It never allows any

Did u know?

bad thoughts about you. It automatically boosts you up and makes you emotionally stronger because of the thought: "I can do better next time" or "I will win someday." It is a great way to be interactive with society and make many new friends. It reduces your BP, boosts your immune system and it increases your sportsmanship, and makes your team members feel good about you. It makes you a kind person and a better person overall.



Sharing and giving to orphanages and poor people doesn't only make them happy but makes you happy too! Indulging in hobbies and reducing screen time helps you do it too. Sports also help by



making you learn to tolerate losses. Encouraging other people about things also makes you proud of yourself.

Parth Saxena - Grade 6A

A Whole New World

"Be the change you want to see in the world."

This was once quoted by Mahatma Gandhi, and till date, stands true.

A world of optimism and hope- sounds like a dream come true,
doesn't it? A world where the people treat each other like family,
acknowledge animals (as well as that this is their home as well), a
clean and pollution free world. It sounds like paradise.

But what makes our world different from the world of our dreams?

Nothing but the people in it; the world we all want to live in is right in front of our eyes! Yet we are blinded by our selfishness, greed, the urge to have everything and the thought that we humans are superior to the animals, nature, and the earth itself.

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And sometimes we get so lost in this thought that we forget the main point of living: being grateful for what we have instead of running behind what we don't, having fun, helping the needy, valuing mother nature for what wonders she has given us instead of exploiting them, being kind and most important of all, being able to see the difference between right and wrong.

Humans are destroying this beautiful world. So, to make this world the world of our dreams, we first have to change ourselves and our mentality. All of us are going to have to contribute in order for us to see the real world that has been in front of us this whole time.

Vaishvi Rami - Grade 7A

Learn from Yesterday, Live for Today and Hope for Tomorrow

Each moment in life is important and precious. The best way to live life is follow the Latin aphorism, 'carpe diem', which means to 'seize the day'. The present time is very precious, life is in the present.

Whatever you have to do, whatever you have to become; it all depends on how you use your present, so, can we then ignore thinking about the past and the future?

The past, present and future are bound together and shape each other. It is true that the present time is crucial. Your dreams and your ambitions come to life only when you use the present time productively and optimally.

But there is another truth. The present is shaped by the past. What kind of 'present' you have depends largely on the kind of 'past' you had. For instance, if you get a promotion in your job in the present, it is only because of your impressive work in the past.

Similarly, if your present is good, it also gives you hope for the future. You can consolidate on the present to realise an even better future.

There are people who do not learn from the past and keep repeating the same mistakes. For instance, America has lost billions of dollars and many lives by fighting wars that are not theirs to fight; Nokia failed to evolve and keep pace with modern technology; and these are to name a few. When you keep repeating the same mistakes of the past, you can't expect the present and future to be any different.

Live in the present; because that's what we are alive in/for. The past is gone, we can't change it; and the future is ahead of us, we can't predict it- so what remains with us is the present. And we must ensure that our present is well-lived.

Amritleen Kaur Arora - Grade 8

We must accept finite disappointment, but never lose infinite hope

Life is a series of infinite challenges; some lead to greatness while others lead to loss. However, we can't know which paths we should take for a win, since we cannot foresee the future. But that is what makes life so special- that the unexpected then always happens, and that makes us who we are.

Due to hope, we get ambitions and dream about what we hope to achieve. Even though it might seem impossible, it could come true one day. Thus, the phrase "Aim for the stars", which means to dream of something great.

Some researchers indicate that hope can help us overcome stress and anxiety; and it's true, as in every story that you've ever heard or read. Every time, there is a hero who gives people hope; even though he or she has a sad backstory. Nevertheless, they still help. This is

because they never lose hope, and in the end, they get their 'happily ever after'. Therefore, even when life gets you down, never lose hope; because something good always happens afterwards.

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Hope depends on the one condition that we should never forget or abandon it. We should always keep in mind that there is hope in life-so even when it crushes you... just try again.

Darpi Joshi - Grade 8

The Emotion That I Admire The Most

Topic: We must accept finite disappointment, but have infinite hope

Hope. I have always found the concept of hope to be beautiful. Out of all the emotions it is the one that I admire the most. I find it fascinating how it is able to transfigure into many feelings at once.

To some, it provides comfort like a flickering candle against the harsh snow, it doesn't matter whether the flame is small, it is still able to give people a reason to smile and live. To others it gives a sense of achievement, a reason to fulfil their dreams. It can be momentary, like a passing zephyr or something more powerful like a raging fire.

However along with hope there always seems to be another emotion tagging along, disappointment. Disappointment is quite literally the storm before the calm, which is hope. While wanting to be successful is a wonderful thought, you have to remember that the road will come with failures. What's most important is to never give up, and that is exactly where hope comes in.

It is an emotion that supports you like no other, the small beginning push that leads to wonderful things, something that makes you look back and smile. It engulfs you and gives you a strength beyond your expectation. A raging fire inside your eyes, a strong drive in your heart, that is hope. It's an emotion that makes humans...human yet is so unearthly itself.

Hope has the power to sing unsung poems, to paint dreams, to put a smile on faces that have known pain for the longest time and that is why hope is the emotion that I admire the most.

"Hope is the thing with feathers

That perches in the soul

And sings the tunes without the words

And never stops at all."

(Emily Dickinson)

Inika Bisht - Grade 8

"We must accept finite disappointment, but never lose infinite hope."

The quote by Martin Luther King urges us to believe that while we may not achieve our goals, we must not lose our aspiration. If our goal is noble and selfless, we will succeed. Success, in this term, does not necessarily mean attaining said goal, but the hard work that goes into the process of achieving it.

Hope is what keeps us going even when we feel as if there's no further way. Hope is what gets us to continue digging when we reach rock bottom. Moreover, hope is patience with the lamp lit. However, while it is extremely futile to say hope doesn't waver, it is almost just as faithful to say we find our way back. Maybe the reason why all the doors are closed is so you could open one that leads you to the perfect road.

Passion is what drives us to victory. Passion is the reason we exist.

Therefore, in passion, lies hope, dwindling as minutely as the centre of a candle. There exists no medicine as great as hope, a tonic so powerful as the better tomorrow. It is an essential without expectations. Nevertheless, hope is not always voiced out, but

certainly lives in the heart of everyone. It helps us not just survive, but thrive.

Outcomes are not equivalent to the dedication put in. There will always be setbacks, but they do not define us. What defines us is the ability to not lose ambition even when the stepping stones seem to tremble and almost crumble beneath our feet. We encourage forward. Hope is what brings us all together. We are one family. Your dreams are our dreams, your failures are our failures, and your success is ours. We share one goal, one hope, one glorious destiny.

Ishwari Chhatre - Grade 8

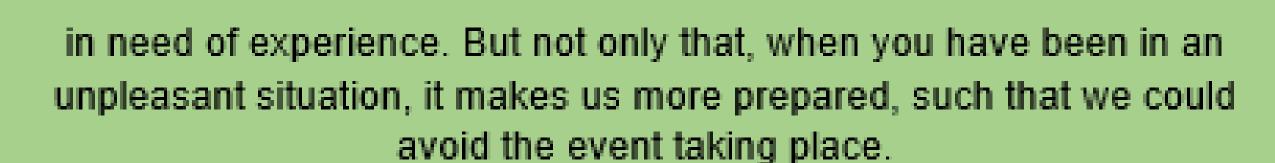
"Learn from yesterday, Live for today, and hope for tomorrow."

This quote is a great example of how to live in the world today. It helps us to stay calm in every situation and brings optimism, helps one to be motivated.

In the start of a poem (LEARN FROM YESTERDAY, LIVE FOR TODAY, HOPE FOR TOMORROW by Albert Einstein), they said learn from yesterday. But what can we learn? We can learn from the mistakes we have made in the past. This makes us more prepared for what we can do, in a case where the particular event is repeated from the experience you had in the past, you could try encountering the event in another way, maybe improvised from the last time the event occurred.

For example, if you had a hard experience of peer pressure, whenever you feel like your friend is pressuring you, you would know how to tackle this situation. So, these experiences help us in the present situation.

Likewise, we can apply whatever we have done in the past as an experience, so that when we need to have something to help us when



And when we hope for tomorrow is unpredictable, but we can work forward with goals and plans so that we get ahead in our life. We should also be optimistic. This makes our mood happier, and like I said in the beginning, you would be motivated. And when I mean by goals, we should use the acronym SMART goals.

Firstly, the goal should be specific, meaning that the goal you make must be in detail, not vague. This helps us to find the steps to achieve this goal.

Secondly, the goal should be measurable. It should have a step-bystep process to achieve the goal. Achievable, the goal should be
achievable. For example, I want to get an A on my chemistry paper.
This is achievable, and also realistic. The goal should make sense, so
here is the incorrect example. I want to build a hotel by next year. No
person can build a hotel at the age of 14. It is difficult. Lastly, time
frame, there should always be a time frame, in which you want to
complete the goal.

So, to conclude, we should learn from the past, apply it in the present and we should have goals made using the acronym SMART to make clear goals for the future. Thank you!

Lakshmi Kalyani Ramanathan - Grade 8

Learn from Yesterday, Live for Today, and Hope for Tomorrow

This quote from Albert Einstein talks about learning from mistakes, to not live in the past, move one and hope for a better tomorrow.

The first part is "learn from yesterday," which symbolizes, rather than regretting, not doing some work, or getting an answer wrong, or any mistake you've done in the past, try learning from it, when you do that, you will be able to do that work, you'll get that extra mark, or you'll get the solution to any mistake. The next phrase in the meaningful quote "live for today", means that you should live for today, not for the past, not for tomorrow, but live in the present. So, you learn from yesterday, and instead of regretting yesterday you live for today so tomorrow you don't regret today. The final statement of effect, "hope for tomorrow" signifies a hope for a better tomorrow than today. We should not hope for monotonous continuity, because every day is different, from the time the sun rises to the way your mood changes, so always hope for a better tomorrow, a better future. "Learn from yesterday, plan for tomorrow, live and make good

"Learn from yesterday, plan for tomorrow, live and make good memories today, because today is not coming back." This quote displays similar morals, but in other ways. It talks about how today isn't coming back so you should live today to the fullest, and "plan for tomorrow", talks about, if you have a goal, you should use every single day to plan for it and move a step forward to your goal.

Lakshya Lakshminarayanan – Grade 8

to other


you your bright future but working hard for your goals and then hoping for everything to go well, will surely take you to your destination.

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These minute changes which you can make in your daily life will make your life trouble-free and undemanding. Let's try to make these life changing decisions, it might start rough but eventually everything will be alright; just have faith in yourself. Keep learning from your past mistakes, live in the moment and leave everything else to The Almighty.

Zoya Shaikh - Grade 8

A Rainbow Spy

I glanced to the sky, A virulent rainbow spy.

Caught my target, descending to the subtle view.

As merry rain dew, sputtering alongside a ball of yellow blaze as it drew.

A spectrum of hues followed this gathering, performing a scientific phenomenon on its rue.

Discerning every anguish in a shade of its own.

A new bright sun entrusted to the world, bringing a smile to every fella

on its run.

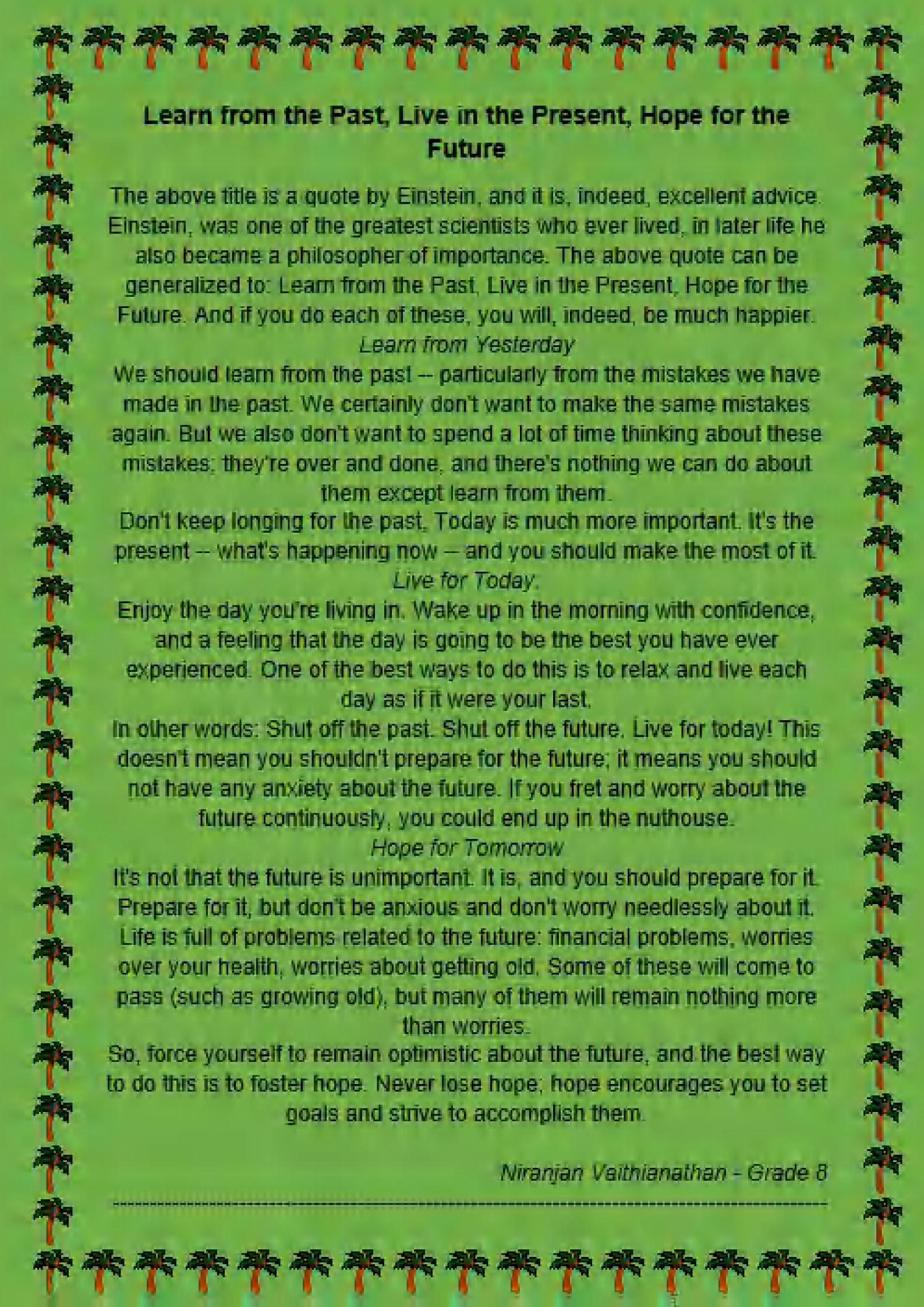
Each creature new-born now, every soul refines its fouls'
Life ventures a renewed turn, freshness spread everywhere on the run.
A new opportunity and a new beginning gratify every being out in this wildemess.

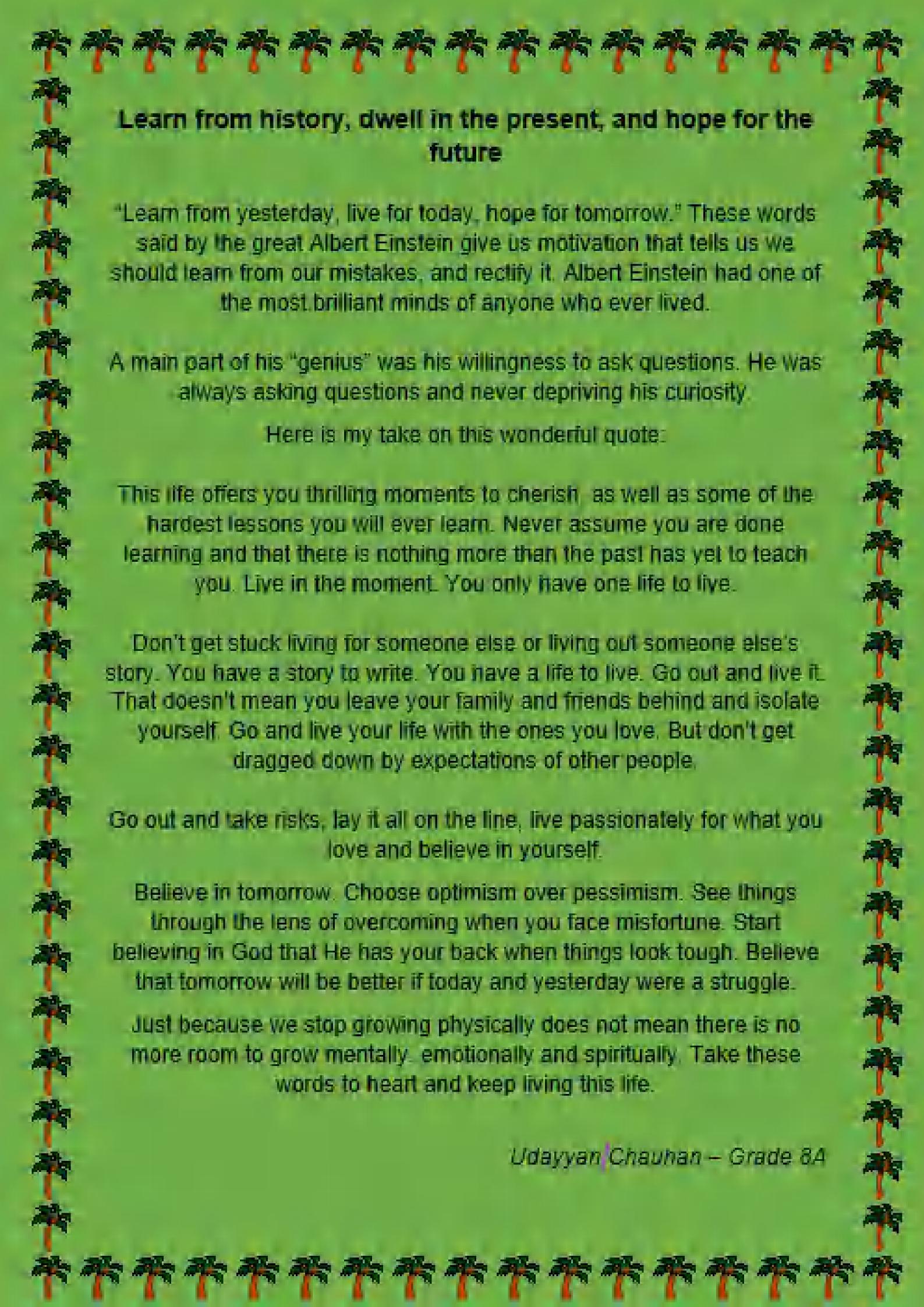
Me, a spy wishes to catch this happiness and deliver it over to the misery filled Earth.

But I alone would fail this task a thousand more hands and it shall be a doddle.

Or if only I would be able to pull the rainbow over to our planet, And the shine shall grace our sorrows into a glee for our minds. The Earth shall feel fine, finer and then the finest in a matter of time

Ishita C - Grade 10

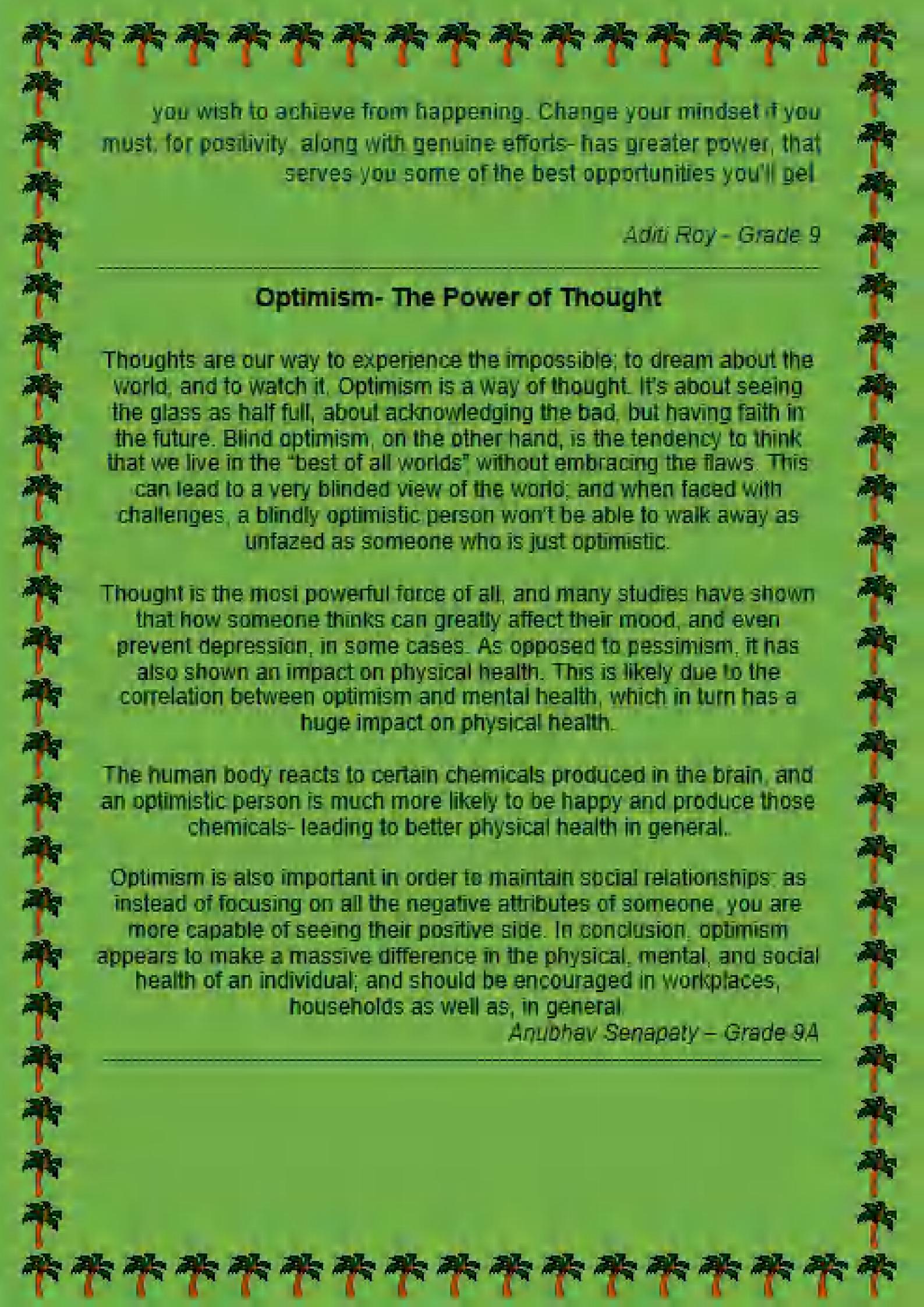


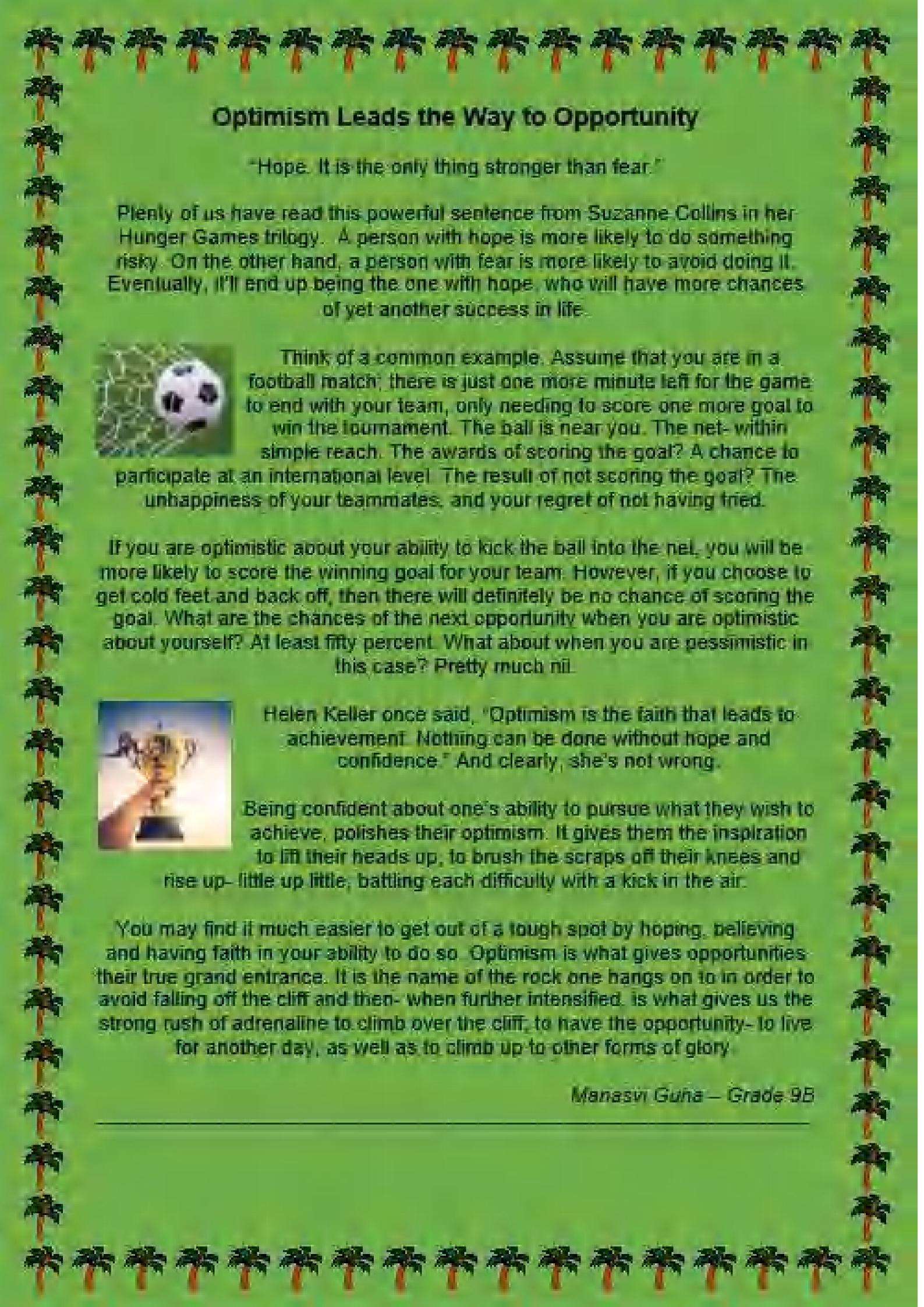




Some may even still be frightened to take a step anywhere outside, whereas some may feel the same fear for taking any of the doses considering the numerous unsuccessful trials alongside the rushed preparation. There might be a few who have given up completely and just let things happen as they take a back seat in life's journey, while many would have mixed feelings about this situation.

Whatever your thoughts are in this matter, always remember that negativity is a barrier that has such power to prevent almost anything



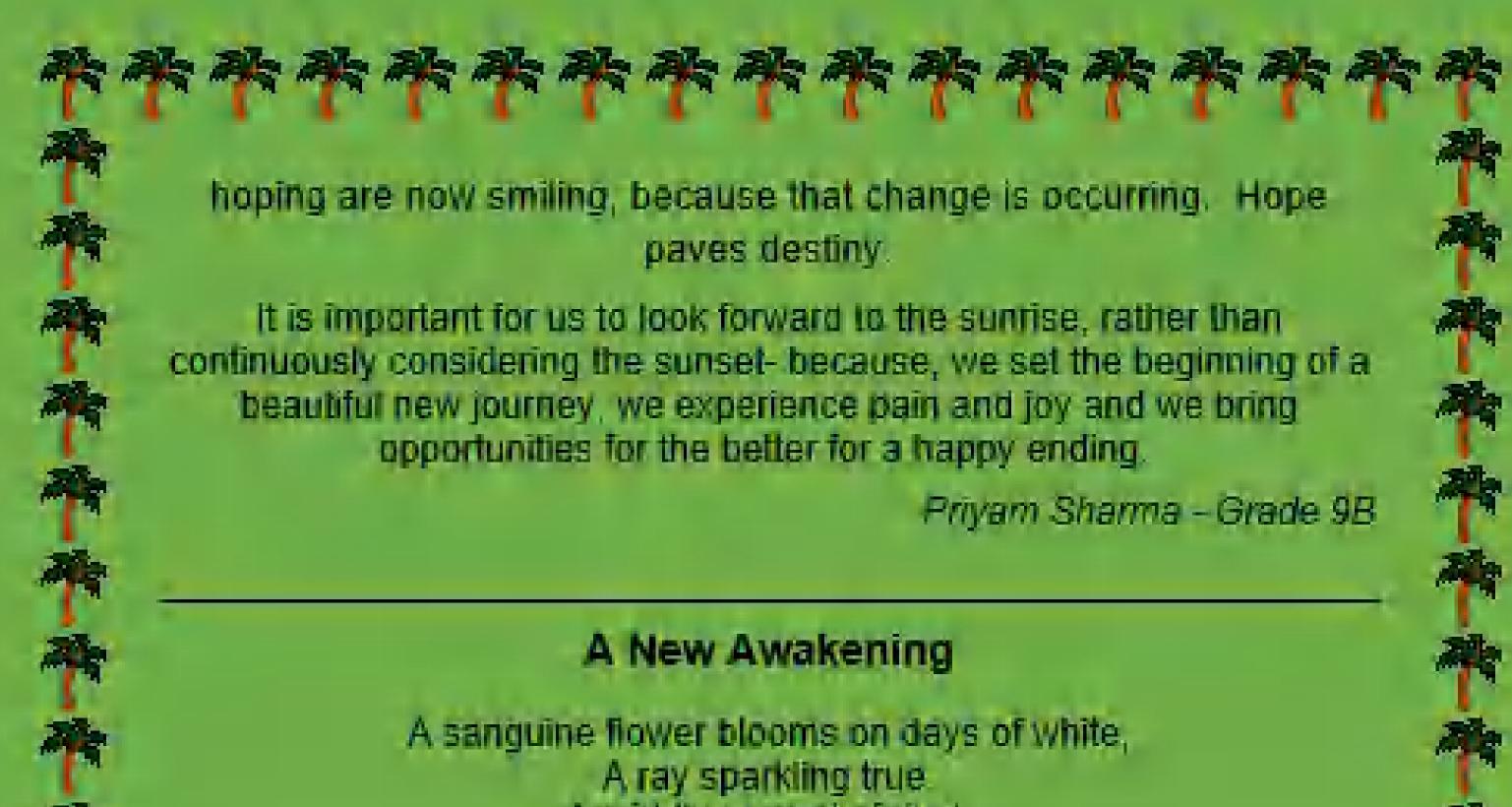


The Journey with Optimism Haven't We all faced that day? The day something disastrous; something unimaginable; strikes us, turns our life upside down, and we fall down hurt. Usually, the human mind tends to focus on the wounds- on every little aspect that has hurt us. Although what we should focus on, is to stand up again. I am pretty sure that almost everyone connotates exams with stress. Loads of stress. From a student's perspective, all we think during exams is 'how much portion is still to be revised', 'whether we will score well or not' and lots of other unwelcome thoughts. This is not anyone's fault- it's natural to think that way.

However, We need to change the habit of terming these thoughts as natural. Instead of reconsidering them (these thoughts), we can work on the study we have to do, think positively, and HOPE that all goes well. When this positive energy flows around, it brings a chance, and an incentive to do something better. There are examples of many out there who have buried optimism deep into their roots and have reached the highest of heights, and trust me, it isn't that hard. The snatcher of hopes - Covid

The on-going pandemic of Covid has hit our mental peace quite hard. Almost everyone had given up the thought of better. I remember the night of 31st December 2020, when it was New Year's Eve. I came across many people, who wished well for the coming year, carrying nothing but faith and I must admit, if put me into a good spirit. But a few people put messages on social media handles claiming 'Stop keeping hopes', 'Nothing is going to happen', and 'The cases will continue to rise'. This negative energy could have been quite impactful on some who didn't want to feel that way.

But then, why did these people say such things? Because if you see, this wasn't the case at all. Yes, there were a few ups and downs, but many life-changing scenarios occurred. Covid vaccines for 18 years+ were invented, the recovery rate improved to 98.06%, India came closer to 100 crore vaccination doses, and the vaccination for 2-18 years old is on its way! I know that those who had the strength to keep



A middle ground of dust. Marked in a promising avenue.

Why wail for light at the end of lunnels? Carry a torch of your own. In your hands, in your mind An optimistic seed has sown

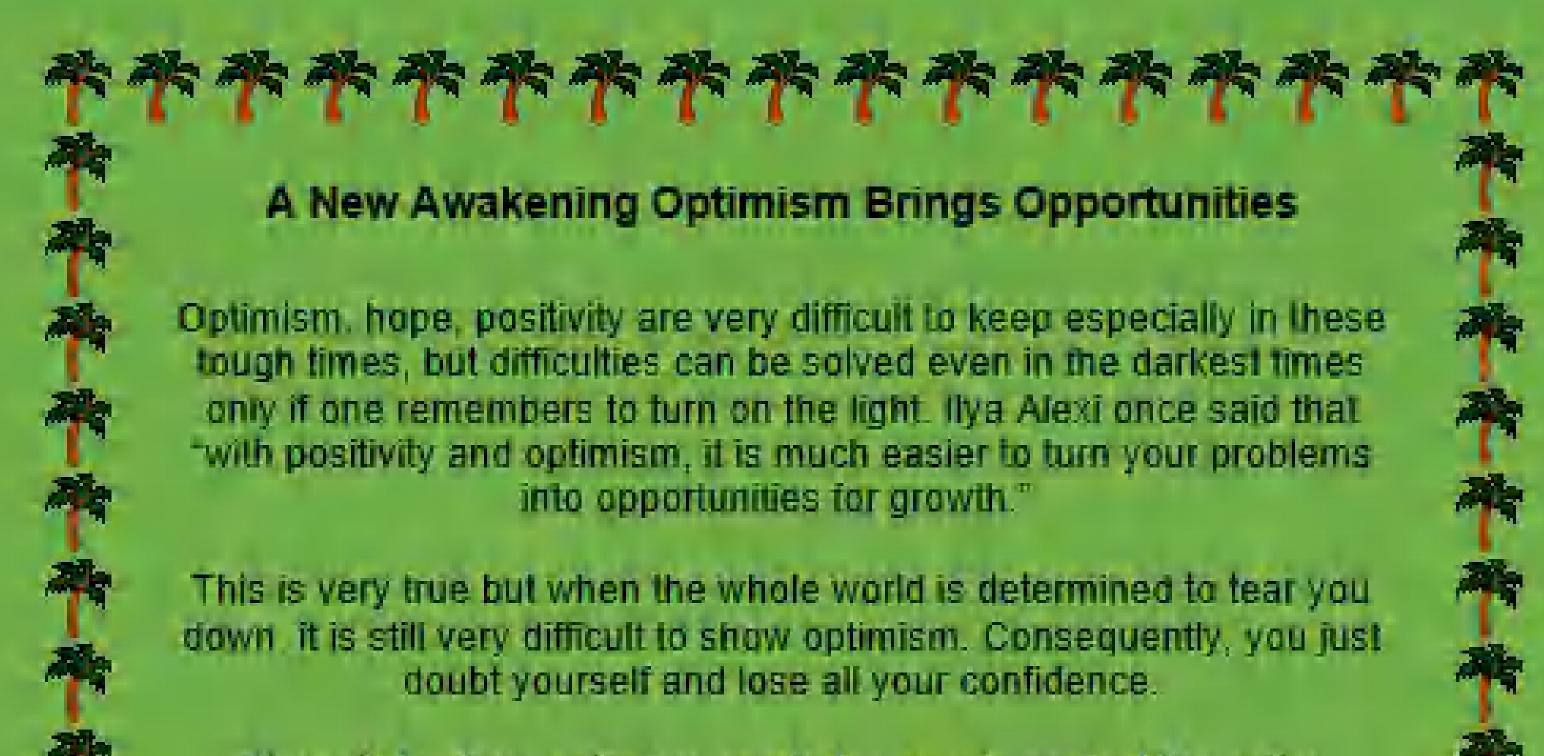
A mountain of heights to be reached Through the forest of sea green. into the waters and snowflakes. Of dulcet aquamarine:

Through all the locks and scars of life, Stands your inner view The journey will fill with optimism. In your worldly pursuit.

> A gleam of ray knocking, Uprising your spirits, soul. Divine light surpassing you. Energizing you whole.

There's hope all around you The rainbow screams pride If there's positivity Inside you A new awakening's but of hide.

Disha Nischal - Grade 9B

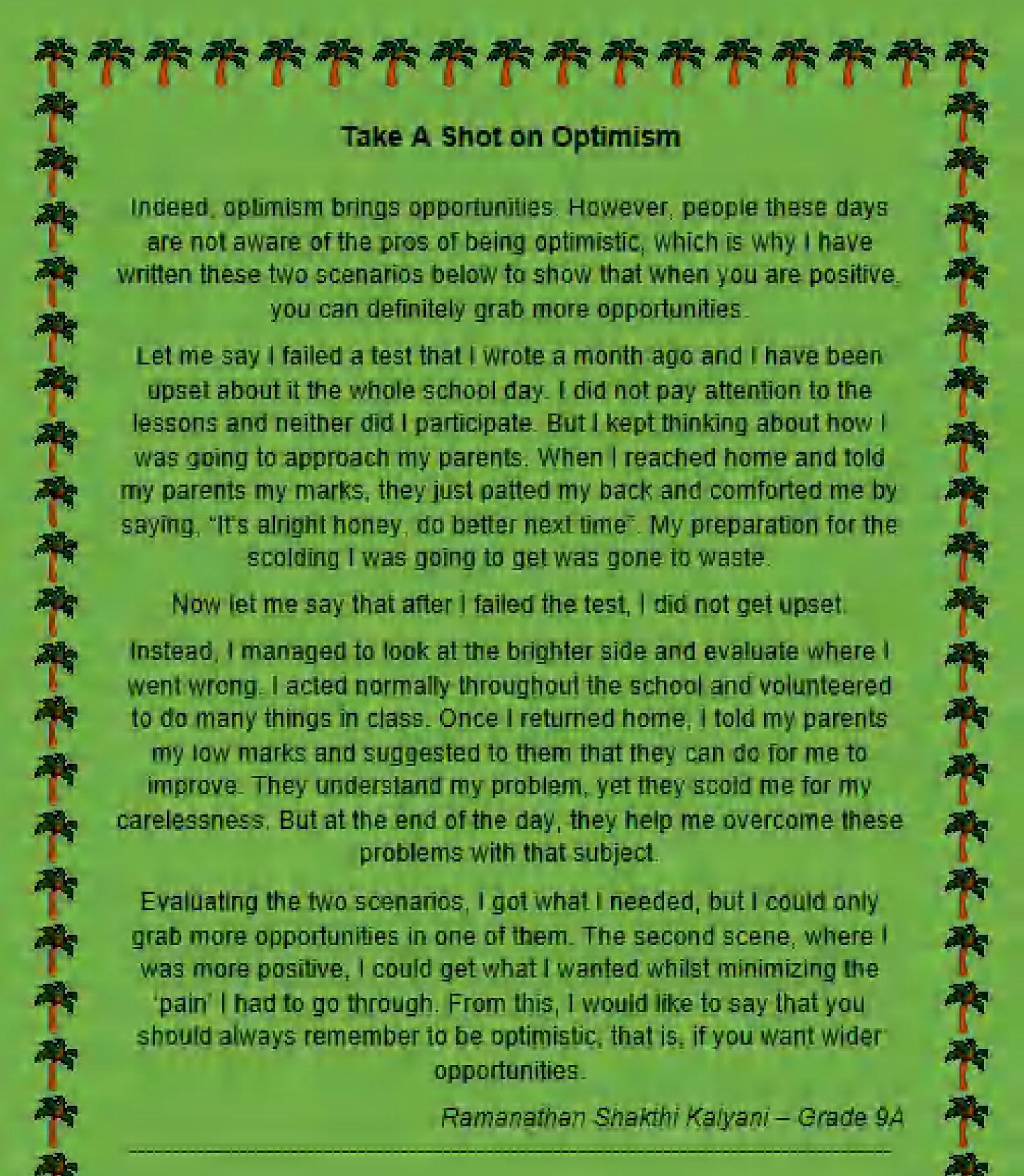


Strength to show optimism can help you win against the entire universe. Similarly, Dipa Karmakar, an Indian athlete, who had flat feet, which made it impossible to jump and break the world record, but she didn't give up. Successfully, she broke the world record and reached great heights. If she wasn't ready to fight the battle with her own self, she wouldn't have been able to become what she is loday.

Moreover, if one isn't optimist, then he may just lose the fight in his own mind and can't even stand up against a single person. As the saying goes 'difficult roads often lead to beautiful destinations', which will only stand true, if one remains optimistic throughout the journey and never gives up on the way to achieve his goal.

Being optimist attracts the opportunity to your doorstep and lets you take a leap of success. Once you decide that there is no stopping you then the whole world will help you to achieve your goal though if you just lose hope there will never be one opportunity for you to reach the sky. Your life is a reflection of your mindset and thinking and to attain great heights beyond limits you need to have optimism. Be optimistic and do wonders beyond the whole horizon.

Prutha Rami - Grade 98



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Optimism is a positive mental state marked by hope and the confidence in one's ability to succeed and have a bright future. It does not imply that life is always perfect. It entails accepting reality. It provides you with the possibility to grow into a better version of yourself. You know where you are and how far you need to go, when you're grounded in reality. Optimism may provide the drive to create preparations for going to wherever you want. Even the most depressing day comes with the assurance that 'tomorrow will most certainly be better'.

Optimism is based on three basic tenets, according the book 'Taking Care of Me: The Habits of Happiness":

Bad things do happen in life, but they are temporary.

Bad things in life are limited in scope, and tend to be small or insignificant.

People have control over their environments.

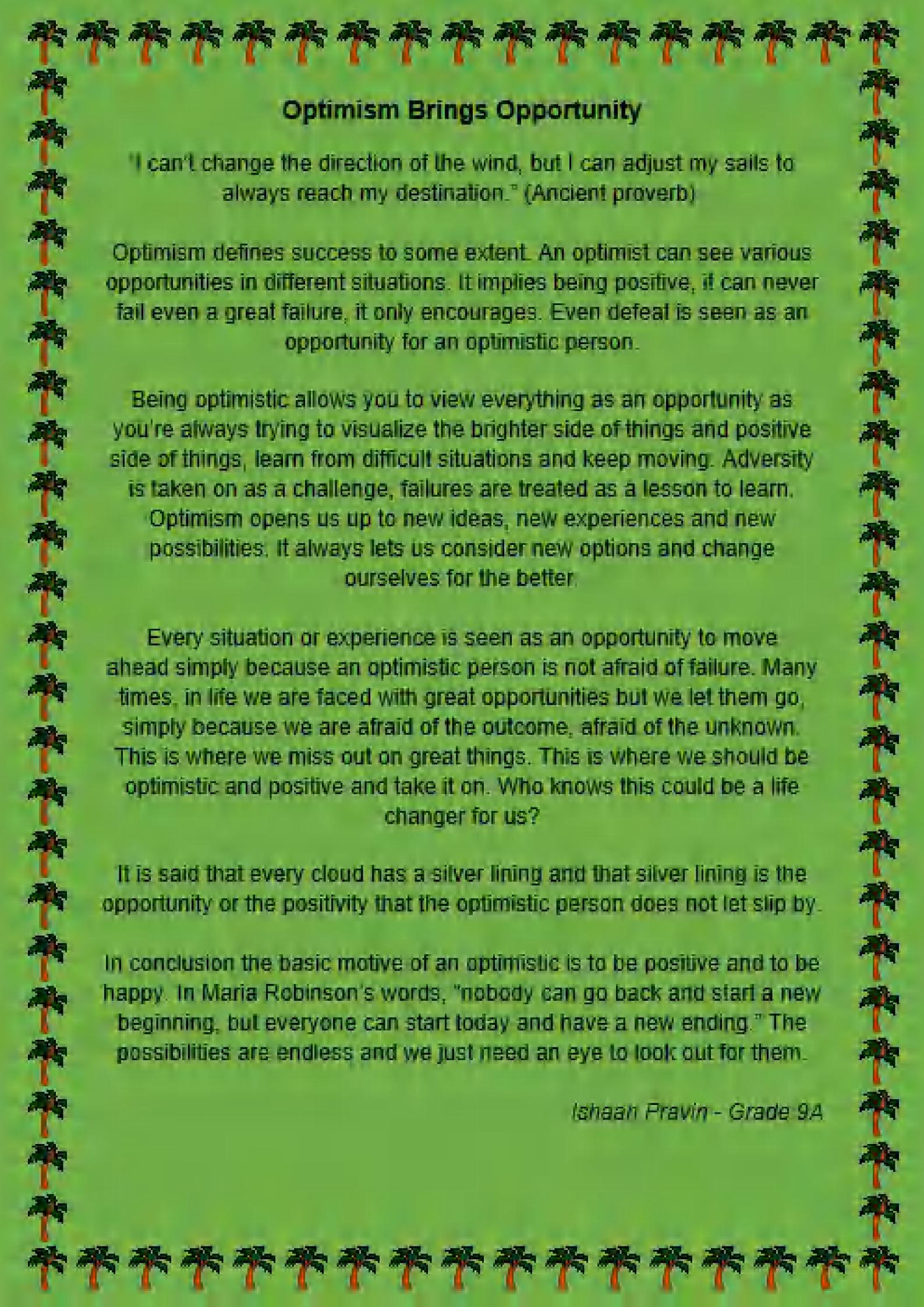
Optimists regard life as a series of opportunities with confidence. They contribute to some of the good they have come to anticipate, so they are generally correct more often than not – and they don't waste time obsessing about what they aren't. Being optimistic is thinking that there is a solution out there to be explored. In order to tackle complicated problems, you must be persistent and prepared to seek solutions in unexpected areas. You'll learn to perceive 'stress' as excitement brought on by a challenge. You're also more prone to developing a stronger and healthier mental being and health.

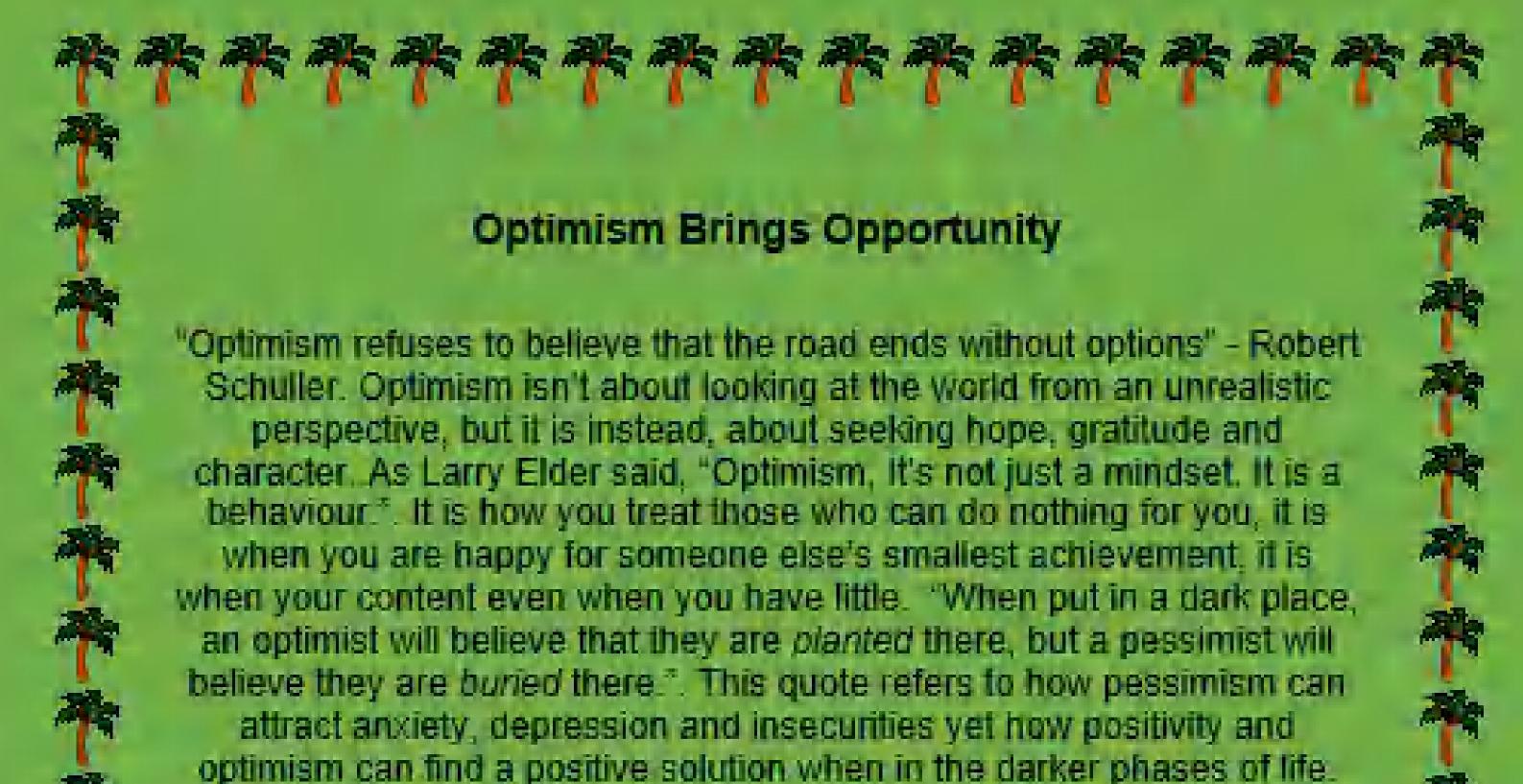
Furthermore, if your optimism is genuine, it will also pervade your relationships with others, making you more appealing and social.

How to make the change?

- Make positive statements, Replace words and phrases like "Impossible" and "I can't" with terms like "Challenging" and "I must", both of which highlight power and capability.
- Create an appropriate atmosphere. See inspiring films, Read motivation.
- Take a moment to appreciate what you've already accomplished.
 Consider what you accomplished to get to where you are now, and utilise it to remind yourself of your potential.
- Allow yourself to let go of mistakes. Rather than beating yourself up again and over, simply learn what you can and move on.

Tanisi Saxena - Grade 9A





overcoming tension, and de-stressing.
"Optimism is a happiness magnet". Be positive so you can make a brighter fulure for yourself and help others along the way to carve a similar path for them.

Optimism is a behaviour that will inspire us to improve our health,

Manini V.- Grade 9B

Optimism Brings Opportunity

"Optimism." What does it really mean? It doesn't just mean engaging in wishful and fantasy dreams, it is the way of looking at a situation now or in the future with hope and confidence of achieving it. It brings an opportunity.

Optimism is an attitude, a strong one. It is what keeps us moving, seeing situations in a positive and in a different way, helps us see new opportunities! Achieving something is never simple. There are hardships in the way of accomplishments.

Optimism has deeper effects on a person with hope. It has a positive effect on our health - both physical and mental health. Furthermore, it reduces our stress levels showing higher persistence in pursuing a goal. Moreover, improving attention and information processing. Even increasing motivation.



In conclusion, optimism brings new and hopeful opportunities in difficult situations to never give up on attaining your goal.

Safia Amiruddin - Grade 9A

Hope can Design a better Future

What is hope? Hope is belief in the impossible. It is the little voice that exclaims, "YES" when the whole world yells, "NO", it is the power that allows us to create what some of the best minds failed to imagine.

When we have to solve huge problems and find ourselves failing to do so, a feeling of dread and failure can set in, which makes the task seem even harder than it already is. This is where hope helps us. When everything seems lost, we take its help. It allows us to build courage as we take the problem head-on.

Hope is not a guarantee that we will achieve what we want to, but it does make it easier for us to focus on the problem. This allows us to solve our problems with much more ease and confidence.

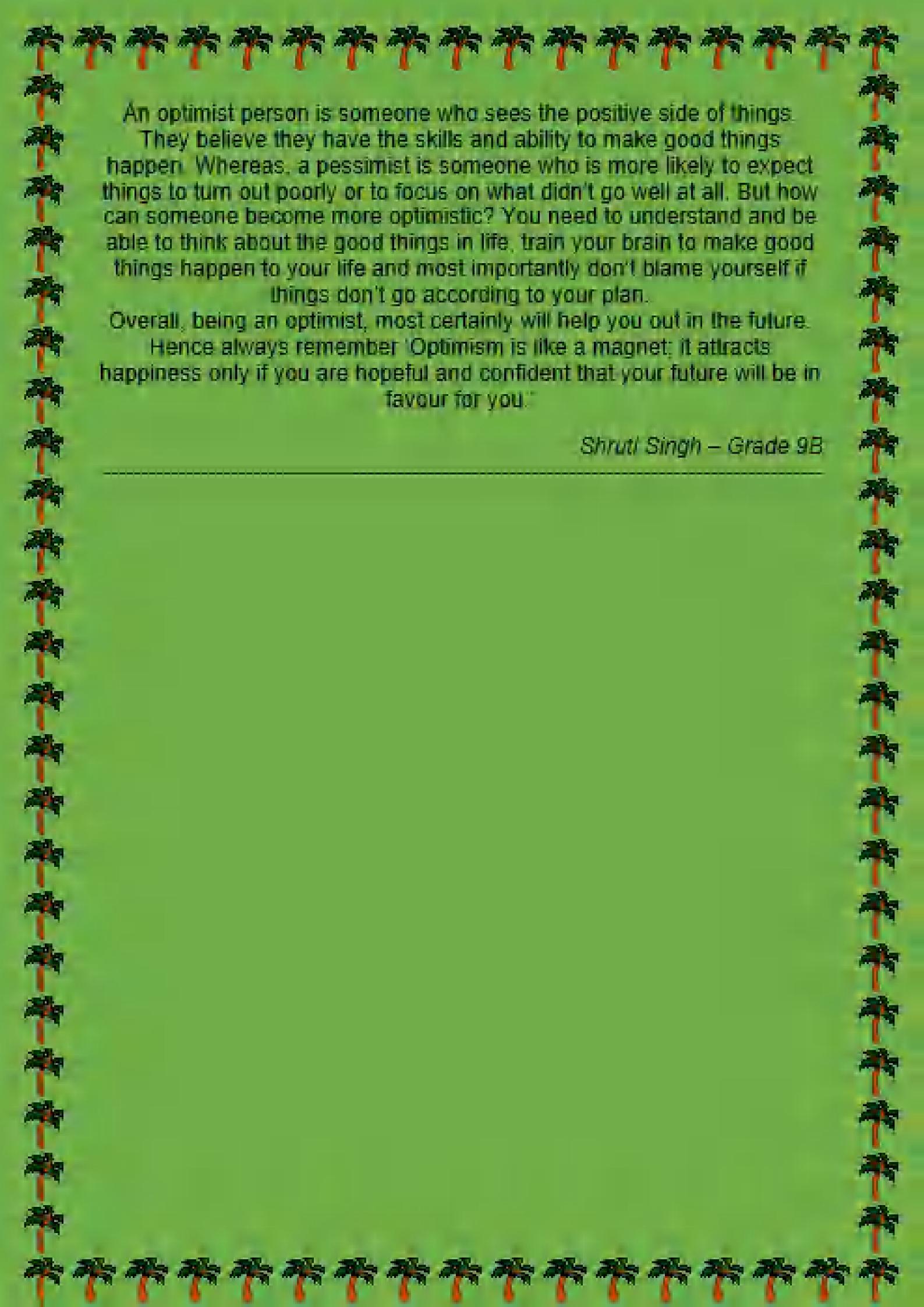
When our focus is unwaveringly high, we become capable of solving nearly all the problems we face, which then makes us excellent problem solvers.

Problem solvers are the ones that design futures, while solving obstacles no one can overcome. Hence hope can help design a better future for you and me.

Om Snvastava - Grade 9A

Optimism Attracts Success

As once said by Noam Chomsky, an American scientist and historian, Optimism is a strategy for making a better future. If you refuse to believe that the future can be much better for you, you are unlikely to step up and take responsibility for making it so, By being confident, and 'optimistic' you are very likely to have a better future, with higher chances of opportunities.



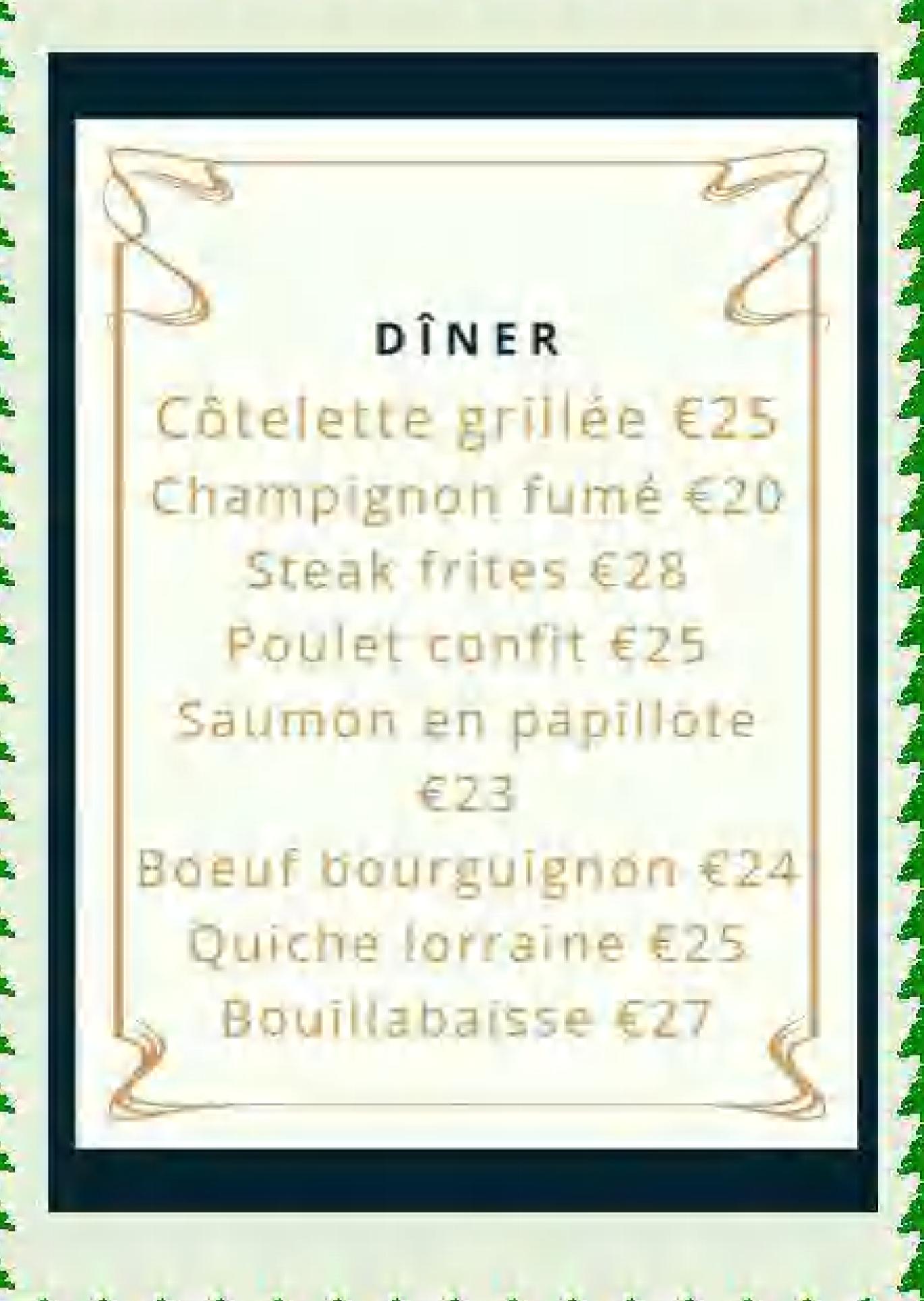


Aditya- Grade 6

Hors d'œuvres	Plat principal	<u>Dessert</u>
Croissant£25	Poisson£25	Lait au chocolat£15
Pâtes£30	Bacon et œufs£30	Crème glacée au chocolat£15
Pain au chocolat £40	Escargot£34	Lutin£15
Frites£09	Saucisse£21	Crème glacée à la fraise£25
Poisson frit£11	Crabe£31	Gâteau£20
Poulet£22	Poulet£38	Macarons£19
Pizza£20	Boissons	Truffes£21
~~~~	Thé£09	Cheesecake£18
~~~~	Jus d'orange£11	<u>Le plat du jour</u>
<u>Le potage</u>	Café£07	Crème glacée au chocolat
Soupe aux légumes	Milkshakes£10	Pain au chocolat
Soupe à la tomate		Frites
Soupe manchou		Gâteau
		Café
		Poisson









Annaya- Grade 6

Blue Moon Over Avila.

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Blue Moon Over Avila.

e menu

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Bon appétit

bistro

le petit déjeuner....

croissant

café Des œufs

Crèpes

entrées frites truffées soufflé aux épinards £7 gougeres £6 ufs farcis au crabe Soupes Soupe aux légumes Soupe de poisson Soupe à l'oignon

plat principal Au gratin ragouit de légumes Boeuf bourguignon £12 Flamiche cassoulet £12 Confit de canard £17 Ratatouille £12



Collins de lacunde

LA CARTE

Salades.

Salade du jardin.....208

Salade greeque.....208

Salade julienne.....308

Le potage

Soupe aux legumes......358
Soupe munchou......40\$
Soupe aux champignons.....408

Entrees:

Pizza au poulet......158

Pizza au legumes.....108

Sandwich au fromage.....208

Sandwich aux legumes grilles......158

Boissons:

Vin......12\$

Bier.....15\$

Lait au chocolat.....20\$

Jus du fruit.....25\$

Café.....10\$

Milkshake a la fraise.....10\$

The'.....5\$

Plat principal:

Poisson et Frites......45\$

Poulet et frites......35\$

Le steak.....40\$

Omlette aux chapignons.....20\$

Pates......20\$

Quiche au poulet......30\$

Crepes......10\$

Quiche aux legumes......15\$

Dessetts.

Mousse au chacolat......25\$

Gateau.....30\$

Mousse au chocolat.....25\$

Gateau.....30\$

Glace a la fraise.....20\$

Pain a Banane.....15\$

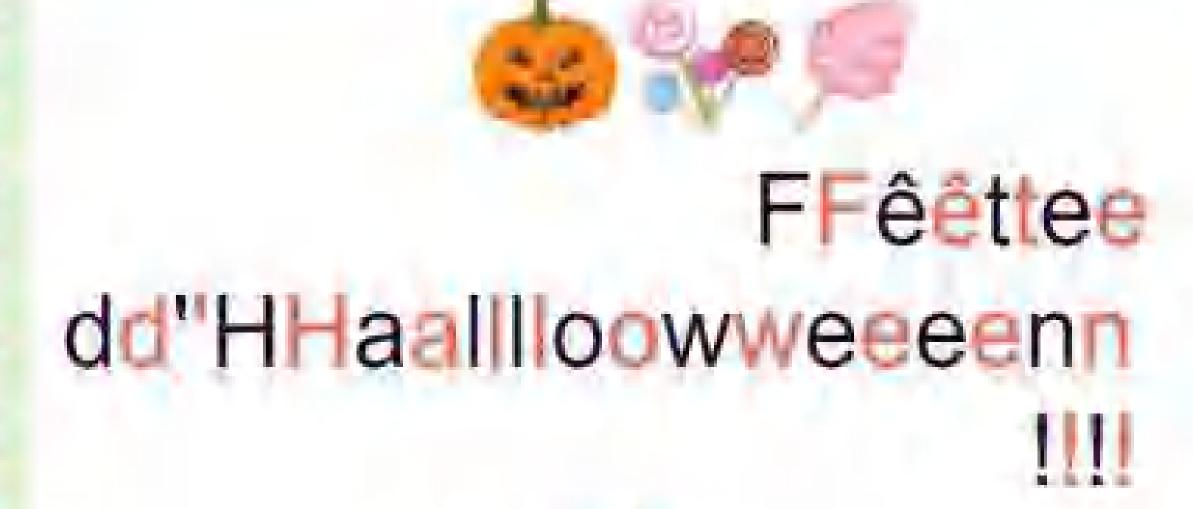
Pain au chocolate.....208

Gateau de framage aux myrtilles......308

Tarte aux pommes.....208

Macarons......108

Crême brulee.....208



Chère Niyati,

Je veux yous invîter à une fête d'Halloween qui aura lieu chez moi a la 31 octobre. Ce serait très amusant de s'habiller en costumes, et j'ai invîté beaucoup d'autres amis aussi, pour que nous puissions nous amuser beaucoup ensemble. La fête commencera à 19h chez moi. Veuillez confirmer si vous pouvez le laire, afin que je puisse prendre les dispositions nécessaires pour les sièges et la

nourriture. J'espère
vralment que vous
vous joindrez à nous
et que vous vous
amuserez beaucoup à
la féte!





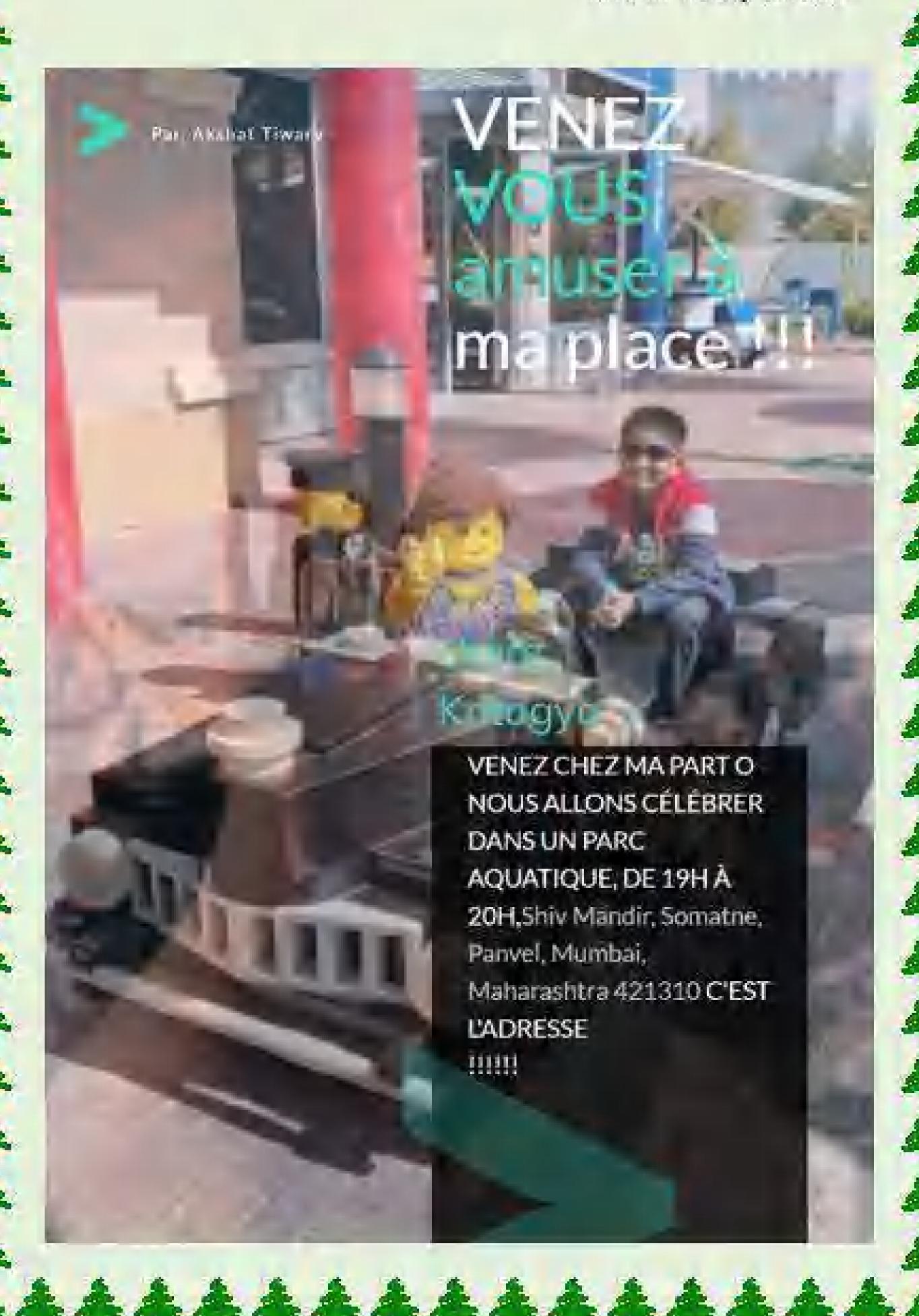


Ton meilleur ami.

Aanna RSVP

Mon numero de téléphone: 9182101202





17TH GCT SUNDAY 2021

Mon appiversdire!

Chere tsobelle:

Vous êtres invités a ma tern d'anniversaire?

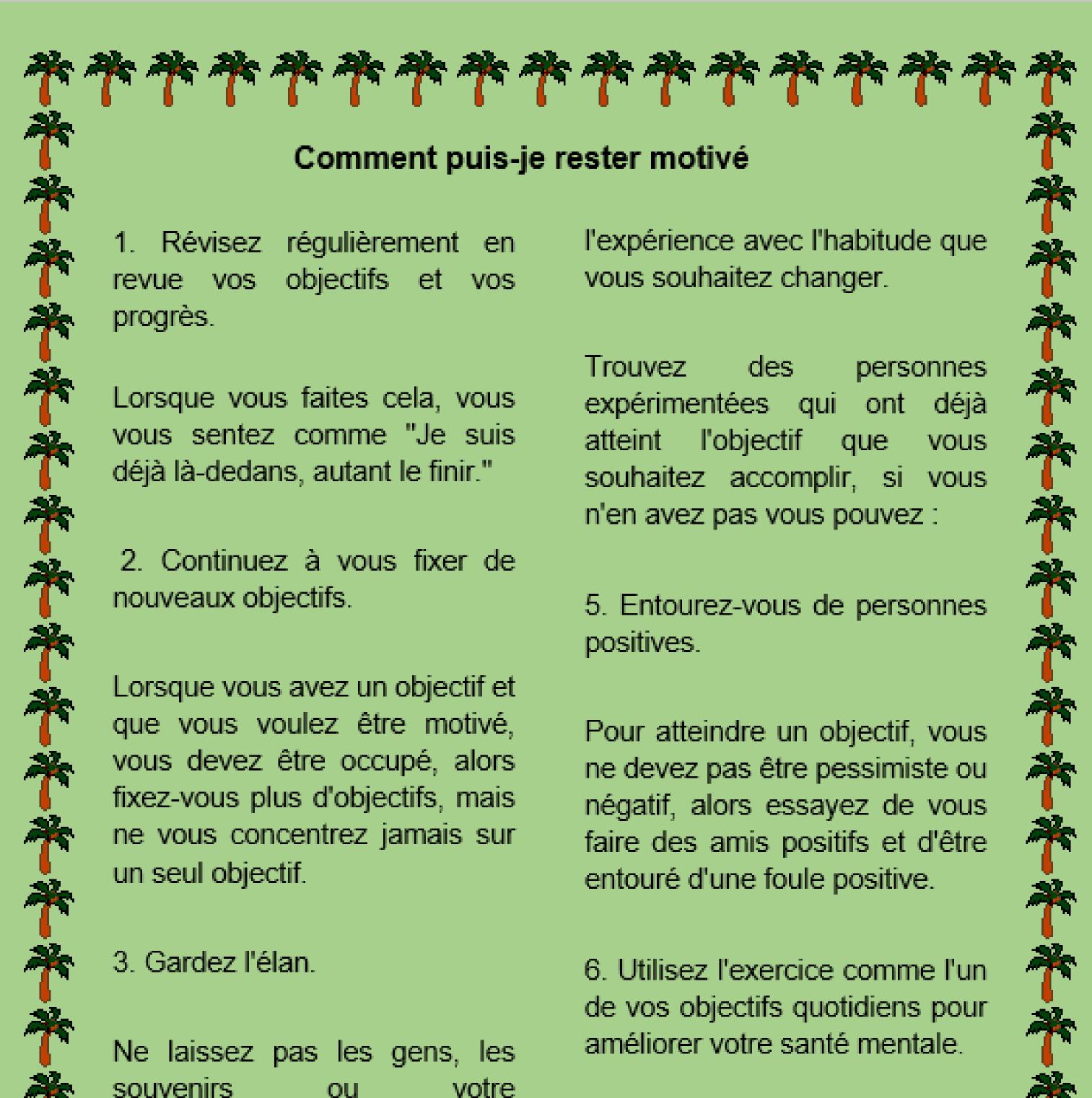
Je yeux célébrer corte journée spéciale avec vous et mes amis. Nous allans regarder des films, manger des gàteaux, danser, chantur et jouer à des joux ensemble. Oh, et mangez de délicieuses collations!

L'houre de la fête est lá pm, dans le complexe NRI, Seawoods.

TON AMI







Ne laissez pas les gens, les souvenirs ou votre environnement vous retenir, faites plus de choses qui vous rapprochent de votre objectif et moins de choses qui vous éloignent de votre objectif.

4. Trouvez des mentors - Un mentor est quelqu'un qui a de

L'exercice contribue à la santé physique ainsi qu'à la santé mentale, il peut vous aider à être plus énergique, vous rendre plus heureux et plus positif, et vous pourriez être plus motivé.

Lakshya- Grade 8A



Comment puis-je rester motivé

La motivation maintient notre comportement. Maintenant que nous avons une pandémie en cours, nous devons nous adapter à l'environnement qui nous entoure.

Lorsque la pandémie a commencé et que tout s'est arrêté, je pensais que rien ne deviendrait normal et que tout resterait fermé. Puis un de mes amis m'a dit de ne pas abandonner l'espoir que tout redevienne normal.

Les médecins travaillent et font de leur mieux. Après avoir entendu cela, mes espoirs ont grandi et je suis devenu motivé que la pandémie serait partie et que tout redeviendrait normal comme avant.

Parfois, tout ce qu'il faut, c'est de l'assurance et des mots justes ou des encouragements

> Lavanya Sriram Grade 8

COMMENT JE RESTER MOTIVÉ

Pendant la pandémie, beaucoup d'entre nous ne pouvaient pas sortir de chez nous, mais ensuite la pandémie a commencé à ralentir, nous avons commencé à sortir, à faire du yoga et des promener les chiens et ainsi de suite. Mais la pandémie n'est pas partie. Nous toujours rester forts. devons Donc, aujourd'hui, je vais discuter de la façon dont je reste motivé et de la façon dont vous devriez l'être aussi.

J'aime que ma journée soit un peu réaliste, sans tristesse ni colère, que du bonheur. Donc la première chose que je fais pour rester motivé est de trouver les bonnes raisons. Mon avis à ce sujet, c'est que quoi que vous fassiez au quotidien, il y a toujours bonne raison une derrière cela. Avant, vous ne pouviez peut-être pas les trouver, mais une fois que vous l'avez scanné, vous pourriez en trouver beaucoup!

Udayyan

Grade 8

Esprit Positif Mène à une Vie Positive

"Pour jouir d'une bonne santé, apporter le vrai bonneur à sa famille, apporter la paix à tous, il faut d'abord discipliner et contrôler son propre esprit." C'est une citation célèbre de Lord Buddha.

Aussi improbable que ça sonne, il n'y a rien dans ce monde qui peut plus facilement être manipulé et contrôlé que nos esprits.

Répétez quelque chose à quelqu'un assez de fois, ils commencent bientôt à y croire ; dire à plusieurs reprises à quelqu'un le besoin de faire quelque chose, ils le font dès qu'ils le peuvent. Alors peut-être, c'est possible de faire la même chose ?

Cela pourrait fonctionner de deux manières. Pour un, vous pourriez vous convaincre de penser négativement. Pour un autre, vous pouvez choisir de penser positivement.

Sûrement, celui qui comprend le pouvoir qu'ils ont sur eux-mêmes choisirait ce dernier? Je ne peux pas imaginer quelqu'un qui souhaite mener une vie positive en choisissant délibérément de penser négativement!

Pensez-y. Souviens-toi de la dernière fois que tu as joué au jeu UNO et a gagné, mais avait presque perdu. Maintenant, essayez de vous rappeler comment cela s'est déroulé, à côté de ce qui aurait pu être différent.

Lorsque vous étiez à un point où vous étiez convaincu que vous alliez perdre, lorsque tous vos adversaires disaient déjà « UNO » mais que vous pouviez à peine tenir en main toutes les cartes que vous n'aviez pas encore jouées, lorsque

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vous vouliez lancer toutes vos cartes sur la table et s'éloigner... mais s'accrocher avec un esprit positif, les chances ne sont-elles pas en votre faveur ?

De même, pensez positivement dans la vie de tous les jours. Utilisez une approche « je peux et je le ferai ». Vous pouvez vous voir et votre vie s'épanouir en une fleur extrêmement bien traitée.

> Manasvi Guha Grade IXB

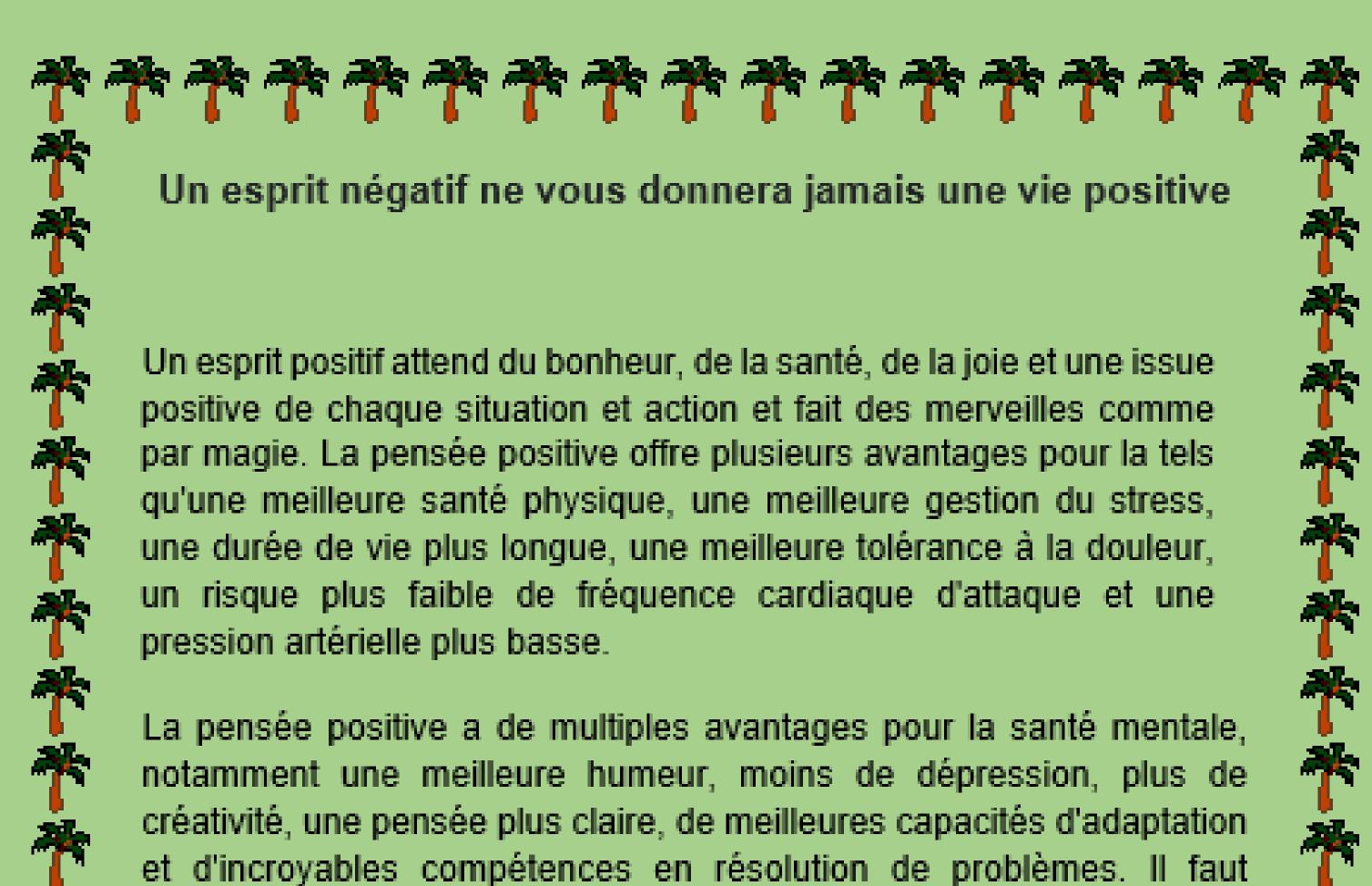
Un esprit positif mène à une vie positive

Un esprit positif mène à une vie positive, mais comment quelqu'un peut-il être positif en ces temps stressants ? Si nous prenons le récent confinement par exemple, nous pouvons voir que de nombreuses personnes ont perdu beaucoup de choses précieuses dans leur vie mais n'ont pas toujours abandonné et sont restées positives.

Si vous ne le croyez pas, nous verrons l'histoire de Sasha qui est une excellente danseuse et gymnaste mais malheureusement elle a perdu son travail mais cela ne l'a pas détruite. Elle a lancé sa chaîne YouTube et peu de temps après les cours pour les petits et maintenant, elle possède trois studios et a remporté plusieurs prix.

La positivité peut mener au succès, alors restez simplement positif et vous aurez une vie merveilleusement positive. Ne laissez pas la négativité entrer dans votre esprit et rendre votre vie misérable.

Prutha Rami Grade 9B



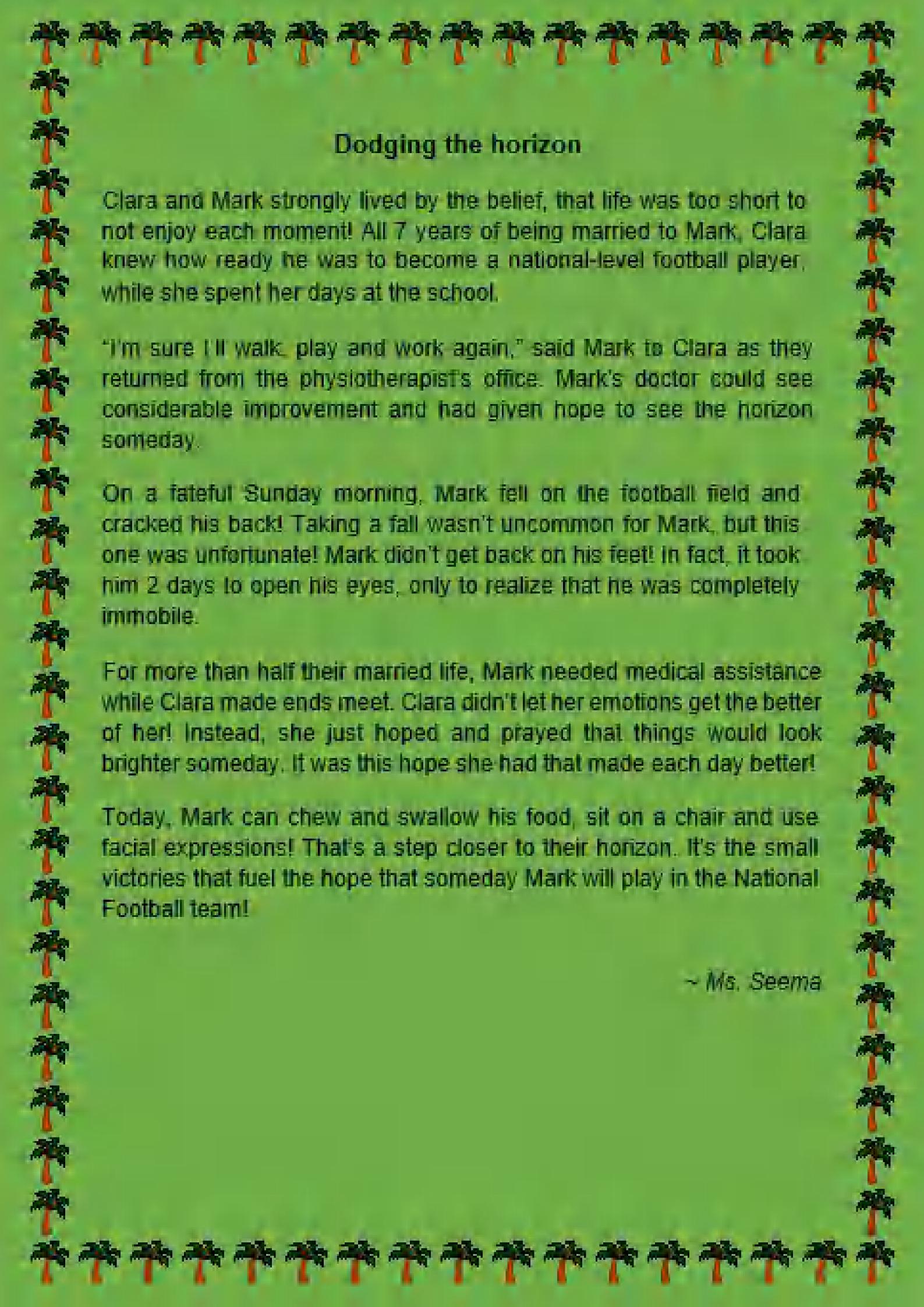
pression artérielle plus basse.

La pensée positive a de multiples avantages pour la santé mentale, notamment une meilleure humeur, moins de dépression, plus de créativité, une pensée plus claire, de meilleures capacités d'adaptation et d'incroyables compétences en résolution de problèmes. Il faut changer nos attitudes et croire que nous réussirons. Vous devez mettre en œuvre des techniques de pensée positive qui vous aideront à apprendre de vos erreurs, à rester concentré, à vous pardonner et à vous faire des amis et des mentors positifs. La pensée positive peut jouer un rôle important dans la vie de chacun.

Manini Vengurlekar

Grade 9B





उम्बाद की शह

उम्माट कता न छाटा नुम जीवन -पश्च पर आगे वह, उतार- घडाव ला आते हैं, मुस्किल उपन न हारा नुम, उम्मोद कामी न छाड़ा तुन। लाय विपदार्थ आएँगा, नर गर नजामा तुम मीतल नेरी अब दूर नहीं, पाछ भुद्र अव न दक्षा तुम, उम्माद कामी न छाही तुम। चना अधिंग छट जाएगा. दीपक की जी जलाओं तुम मत्य, अनुभाई माथ लाई। हे, उसका साथ निमाओं नुम उसीद कमी न छाड़ो नुस्।

भवता निया

Hope

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Helen Keller

The beginning of the year 2020 drastically changed the life of people all over the world. A disease which had its origin in a small city in China held the world at ransom. Millions were hospitalized. Lakhs of people lost their lives across the world. Countries alienated themselves. States and local areas closed their borders. People confined themselves to their homes. Everyone was depressed.

But there was a silver lining in the clouds, which led us forward. It was HOPE; the hope--- that everything would come back to normal; where borders would reopen; people would step out and mingle again.

This hope is applicable not just during a pandemic. Even in our daily lives, when everything seems lost, the hope for a better tomorrow keeps us going. A tree that sheds its leaves in winter, waits eagerly for the spring to arrive to regain its lush green coverage. A mother carries her unborn child with love and care in anticipation of hearing her child's first cry and seeing her child grow, hoping for a beautiful future. Without hope, there's no tomorrow. Hope is the universal language for a better tomorrow. Nurture this emotion. Let it never die out. This will be the flame that carries us through all the storms to come.

Unpredicted or unexpected can happen. The bygone year is the best example, but we are trying to overcome it. Let us hope for the best result, the best opportunity and the best future — the best of everything.

~ Ms Sudharma Nair English Department

EDITORIAL'S MESSAGE

'TIME AND TIDE WAITS FOR NONE' is an English proverb often attributed to St. Marher and Geoffrey Chaucer. Time stands still only in fictions and movies. Yesterday is past, today present and tomorrow future. We have to learn from yesterday's mistakes, act today and plan for tomorrow.

Every day is a new day, giving immense opportunity and energy to make our life more beautiful. Have you ever been struck by a thought that changed you completely? When you felt your life, this whole time was mundane, but there's something that has captured you? And now you want to charge into it. Such a thought may come at any stage of our life.

Like Paulo Coelho said in The Alchemist, we are travellers on a cosmic journey. Our destiny, our treasure exists somewhere. To get that treasure we have to embark on the cosmic journey and find our awakening. The higher purpose, the dream, is what keeps us moving forward.

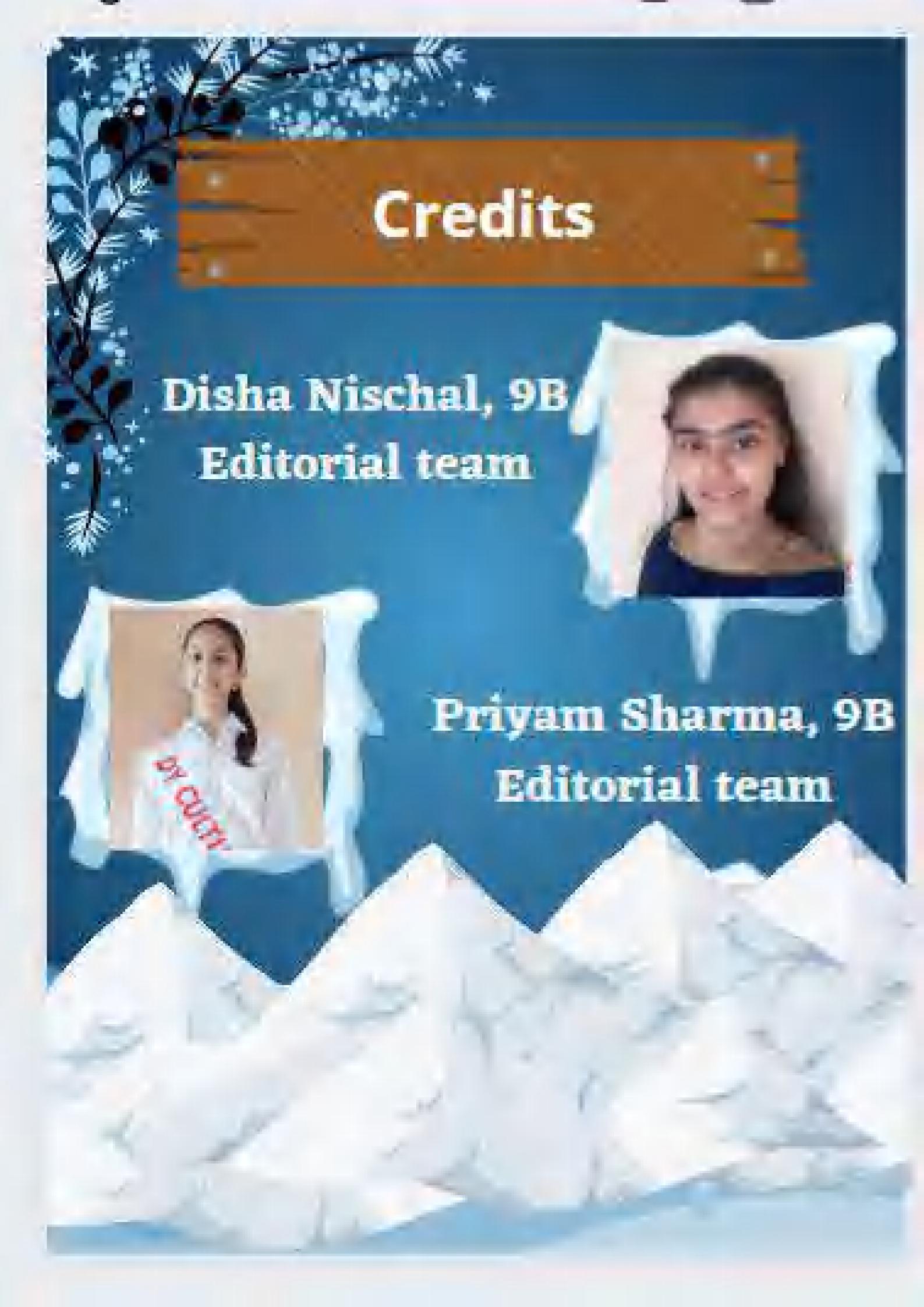
In the last 2 years, our lives have undergone a huge transformation. What we believed as normal was no longer normal. Many lost themselves in the huge waves of despair. Some found their calling and ventured into a new journey to experience success and failure.

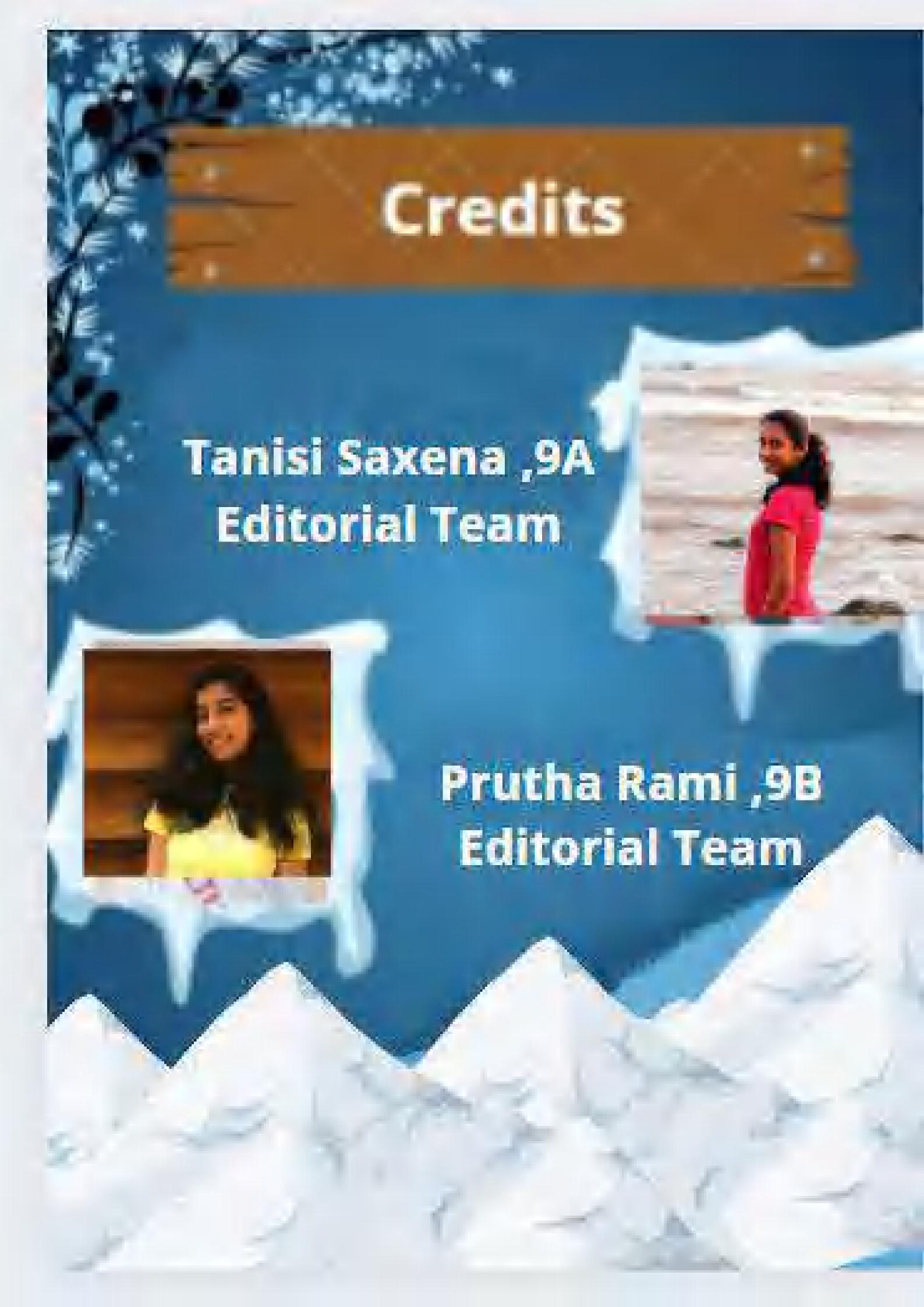
Keep your mind open, you may face a lot of storms. Be a fighter who can withstand the storms and find your own awakening.

Sudharma Nair Editorial team









Words from our team

"Everyday is a new Awakening."



Shreya Srivastava 10



Manasvi Guha, 9B

"The most barren of mountains becomes lush green after the first shower of rain. Every sunset is followed by a sunrise. Arise, awake....Find your own ray of sunshine!"

Words from our team

Disha Nischal

"The horizon waits for you; Come sail your ray. Hope awaits you; A new awakening every day"



I anisi Saxena



"Hope - the powerful ability to find the light despite all the darkness."

Words from our team

Priyam Sharma



"The true awakening, takes place within." 9E

"Hope is where you find the capacity of completing your dreams." Prutha Rami



"The nice thing about teamwork is that you always have others on your side."

~Margaret Carty

Teamwork was our key ingredient in successfully making this years e-magazine

