



WINGS

**JULY 2021
ISSUE 14**

**SELF INNOVATION/
SELF EXPLORATION**

Greetings Parents and Students!

We are proud to present the 14th edition of Wings, a collaborative effort of the School Editorial Board which primarily consists of students from middle and senior school and their mentors.

We would like to thank our readers for their amazing contributions to our previous issues. It is heartening to see the student response and we urge you to continue showcasing your creativity through this medium.

“The secret of change is to focus all your energy not on fighting the old, but on building the new.”

They say that your only competition is the person you were yesterday. To beat the old you, you must innovate, improve and create a better version of yourself - and that's how we segway into this month's theme: Self Innovation.

Self innovation means knowing your flaws, accepting them, and bringing a change in yourself for the better. There is always room for personal growth in one's life. And what better time to improve ourselves than right now, with a lot of introspective time in our hands to nurture our brains and self-reflect.

So buckle up to enjoy this mind-beckoning and ruminative issue that we have prepared for our readers for the month of July!

Happy reading!

Dhriti Malhotra
Director Principal - MRIS 46

News and Events

- **Oviyan Gandhi and Manan Sharma** of Grade IX bagged the second position in **Robotics** and fourth position in computer programming in the recently conducted **Skillathon Being Artifex (IIT Dhanbad)** Competition.
- To celebrate **Kargil Vijay Diwas**, 22 years of victory and the brave sacrifice of Indian soldiers at Kargil, real-life Kargil hero: **Brigadier Vinod Dutta** convened ‘**Rubaroo**’ (workshop) on 26 July, 2021 (Monday).
- **PT-1 cycle** for grades IX to XII ended on 23rd July, 2021 (Friday).
- **MUN Orientation session** was conducted by the students of the senior school on 29th July, 2021 to apprise the middle school aspirants about the MUN simulation model.
- **Career Counselling Sessions** were organized for Grade VIII-XII to equip the learners with the requisite knowledge and skills to make better career and life decisions.
- **Library Week** was celebrated from 5th July-9th July 2021. The theme was “Adventure in Space and Time’ to acknowledge the contributions of the scientists worldwide and also to garner interest of the students in science and technology.
- **Dealing With Changes in Adolescents Behaviour During Pandemic:** Dr Aleena Ali conducted a special workshop for Grade VIII students to address an array of mental, physical and emotional well being issues.
- **PROJECT UBUNTU:** Covid 19 Vaccination camp was organized in the school on 17th and 18th July 2021 to inoculate members of the wider community.

Self-Affirmations: An Introduction

The literal meaning of self-affirmation in Merriam-Webster is **the act of affirming one's worthiness and value as an individual for beneficial effects (such as increasing one's confidence or raising self-esteem).**

Affirmations are phrases or statements you repeat to yourself to combat and overcome negative thoughts.

When we repeat something to ourselves enough, our brain is more likely to start perceiving it as a fact. Individuals who struggle with anxiety, depression or constant overthinking are known to benefit from this method. Keeping in mind this month's theme of self-innovation, here's how to make an affirmation more efficient:

- Take a deep breath and stand in front of a mirror. Look yourself in the eyes and be confident. (I know it sounds like a dramatic movie scene but trust me on this.)
- Recognize that affirmations are not goals. Goals are a resolution to work towards in the future, while an affirmation is tethered firmly to the present.
- Tailor your words and phrases to yourself and be specific in terms of the situation. Remember that this is for *you*, and can be anything as long as they help.
- Set them in the present.
- Set a routine and practice every day.
- Keep it real. Affirmations are most effective when they are realistic and achievable.
- Accept that negative emotions are as much a part of you as positive ones. Sometimes it's better to embrace what you're feeling before letting go.

Self-affirmations are a well-researched psychological theory and can aid in reprogramming our thinking patterns over time. However, they are not magic. Affirmations are just a stepping stone, not a cure-all for problems.

Remember that you are talented, you are wanted, and you are loved. Stay safe and take care of yourself.

***-Shefali Talwar
(IX Ramanujan)***

Doctors' Day

National Doctors' Day is celebrated on July 1, in India, to mark the birth and honour the contributions of renowned physician and former West Bengal chief minister, Dr Bidhan Chandra Roy.

A doctor's life is a difficult, yet noble, one. That in itself is common knowledge. However, I wonder how many of us know to sincerely remember them, to look beyond the expensive payments and fiddling ministrations to find someone who actually cares. Someone who fights against death—and often succeeds.

They face pain each day, and cure it—all the while disregarding their own. I cannot even imagine the strength it must take to bear looking at wounds and tears day after day, all the while laboring to make it better. I have not ever seen such endurance as a doctor displays, working, working, working, fighting for a life that has stopped fighting for itself, staying up at nights to cure just one more person, to restore just one more smile, to save just one more life. To me, even an idle fancy of someday being a doctor seems a courageous one.

There is no better time to acknowledge this than the current Covid era. Doctors work overtime, running the risk of an infection the whole world quails from. Doctors are the ones most exposed—ignoring their own advice for the good of the populace. Still, they don't quit; they know, perhaps, that they are the last thing preventing a loved one from going where no one can possibly follow.

Can you imagine what society would possibly be without doctors, without extensive knowledge regarding medical care, without hospitals acting as safehouses for the injured? I can only see misery.

So let us, for now and for the days to come, remember the healing touch of a doctor, and thank them for being the pillar that lifts up those who would have otherwise fallen.

***-Ananya Agarwal
(VIII Charaka)***

Must Reads!

One Arranged Murder

Genre: Fiction, Mystery, Thriller

Author: Chetan Bhagat

About: ‘One Arranged Murder’ is an engaging, unputdownable thriller from India’s highest selling author and renowned storyteller, Chetan Bhagat. A gripping murder mystery set against the backdrop of a classic and dysfunctional Indian joint family and an arranged marriage, the book takes you on a fascinating journey with two budding detectives, namely Keshav Rajpurohit and Saurabh Maheshwari.

The book outlines the not-so-ordinary life of Keshav and Saurabh, two best friends who run a detective agency. The story is written in Chetan Bhagat’s signature writing style – simple, fluid and easy to read. Filled with spine-tingling and unexpected twists and turns with light-hearted humor, the book is sure to keep you on the edge of your seat until the end.

If you liked “The Girl In Room 105”, then this novel is definitely your cup of tea!

- ***Tashvi Khandelwal***
(IX Brahmagupta)

Activity Corner!

F V I F E A G Y D Z W U N O U Q Y E K W M Y W T
C J X U J P T Q X T X I T A Y L W N K L L S A S
T Q W G U L P A S J N V X B J N C Y F U W Z A D
N G Y O E C A E U S G T F N G G E X W B F O Q I
E A V V N H C O I J X N Q O H E M M K U U Z M Y
M O O X D I F G V H W S S I U G T I G U P Q B I
E N I M M Y H Q X Y G D S T N B P N C H G N H N
V X Q M G T U E V O Z F K A Z M Y Z G U F U W O
O D V W U O K J A Y D G F C Z R S C O S P E M I
R H X E T N W C J L P L N I N Z L U U H X M D T
P N C Z N O E H H Q J U H F O V W L E R S L N A
M Y J M E I G T K I I K A I J M H A I D H O N M
I Z X O M T J W S N K F R D C B V M X X F Q I R
F U P D P C Q M H I Z I P O X A U V M H K U X O
L Q B R O E I O A J L F N M L G W U Q J Y E N F
E M V C L P K J C A U C M T N J P N B X H Q W S
S K K G E S S B B M V W A I J Y C P C M P H I N
M K L X V O Z W E R Q D T Q F E X B V X J M Y A
K E M D E R R A G U D S G L L J Q F O I V C M R
P K H R D T U O F H A N P N P F R W P U N C V T
V G A B F N U D L C G T O K Z L B X D W Z G X F
P H R U L I C Z E T V F L Q G Y Q C D V R M V L
O N C H E B C R O E Q Z R A L D Z M D O I D H E
F U F E S E J I T J H Z F O W Z K Q H N L G K S

insight recasting novelty
upheaval modification introspection
self development self transformation
self improvement

Activity Corner!

Fun facts about the fastest growing language:

- There are more than 3472222 emojis used per second on specific social media platforms.
- The face with tears joy (😂) had been the most used emoji in 2015,2018,2020 and is still one of the most used ones .
- The first popular emojis are on display in the Museum of Modern Art in New York City.
- Coca-Cola was the first brand to use Twitter brand emojis or hashflags for a marketing event.
- We still don't know who created emoji and fight if it was the Japanese or Egyptians.
- People just chat in emojis for hours before typing a single word in chats nowadays.

Quick general knowledge questions:

- We all know the tallest building in the world, but do you know which is the second tallest one?
- Who is the richest person in the world?
- What was the Union budget of India in 2020?
- How much money does 'Amul' makes per month by selling milk?

Mother Earth, We Plea!

Look at the earth, she is full of life
Look at the frigid zone, it was full of ice.
Look at the polar bears, they are losing their lives;
Look as the penguins strive.
Puzzle sunflower, big red sage, Hinckley oak;
Dying because they are having a stroke.
From the cars, they die of smoke;
And this all, to you, is a joke.
Sunda tiger is a critical vogue,
And you all are rogue.
The Sunda tiger is not its brogue,
The Sunda tiger is still a critical vogue.
Look at the fish in the sea
We all put pollutant in the sea, yes, we agree.
Destroying all land and tree;
Yes, we agree, yes, we agree.

- ***Sneha Kesarwani (VIII Bose)***

- ***Carol Bhalla (VIII Bhabha)***

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MRIS-46

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