



### From the Principal's Desk...

Dear Readers,

2021 is the Silver Jubilee year for Manav Rachna family as it marks 25 years of its existence! Completely concurring with the fact that this is no time to celebrate, we were not going to get stuck in the conundrum of striking a balance between expressing thankfulness to God and the people responsible for this achievement and being sensitive towards the predicament being faced by the human community. Therefore, Manav Rachna Educational Institutions are going to mark this achievement with the help of stringing the beads of six mindfully chosen themes throughout this year. All our co-scholastic activities will revolve around these six themes; hence, our MRIS21 C Gazette will also have reflection of the same in its pages.

I was in awe reading the poetries and articles, watching the performances and listening to the interviews...what a variety displayed in these pages to follow, of our students' ability to think critically and independently along with their flair for writing – a true reflection it is of the Manav Rachna spirit!

The very essence of our vision is a holistic approach to learning and this includes five areas of development: Cerebral, Emotional, Physical, Social and Spiritual. This approach strives to break down the silos in education leaving space in the students' natural memory card to explore, research and innovate.

In an era where generation gap doesn't wait for the next generation, but is experienced after every few years, MRIS 21C encourages and guides students to innovate and create instead of cramming up information which may not be needed anymore. Through the introduction of subjects like F&S (Future Skills and Sustainability), we are preparing students to face the challenges of this fast paced world along with training them to be sensitive towards their peers and others in their surroundings through the instilling of values during the Life skills classes.

And as a dutiful member of the family, it becomes my responsibility to share with you that Manav Rachna went out in all directions and ways possible to do whatever it could to help the people in and around the vicinity and like every noble intention is supported by that divine power this too was. I'm sure this makes us stand smiling together as contended stake holders and it also should keep you rest assured that children in our campus will grow up into magnanimous personalities contributing to the society, making this world a better place to live in.

Bad habits die hard and one of mine is keeping the best like the dessert for the end...I feel humbled and at the same time proud of our worthy faculty here at MRIS 21C that has helped the school win the Eduexcellence Award in the following two categories:

- \* Co-scholastic Activities
- \* Innovation in the Curriculum

Many congratulations to you and the entire family...miles to go before we sleep my brilliant MRIS 21C team!

Ms. Seema Anis



The Chef Pair



World Yoga Day



Mock sessions



Meditation session

# English - The Language of Opportunities

## Building Sustainability For Future Learning Through 'Annual Project' At School



Hetul  
I HOW

I have had wonderful experiences at my school MRIS 2IC, but today I would like to share my views about the way 'Annual Projects' done at school has helped me to be a responsible citizen.

In this particular session, we learned about ways to save the Earth, which is highly affected by air, noise and water pollution. Air pollution has immense negative effects on our planet as well as on human health. 'Global Warming' is one of the most worrying factors, and it is a direct result of the 'greenhouse effect', which is produced by high emission of CO<sub>2</sub> and Methane gas into the atmosphere. Most of these emissions are produced by factories, cars, gases released from our air conditioners etc. 'Climate Change' is another consequence of global warming. So, my teacher said that we, as future citizens must take responsibility.

Changes in my life: I discussed whatever I had learnt at school with my parents. We planted some oxygen producing indoor and outdoor plants. Whenever we stop at the red light, I remind my father to turn off the car engine. This helps to save fuel and prevent unnecessary air pollution. I try to recycle old household goods and reuse them at home. I have also encouraged my mother to use cloth bag while out shopping.

Through these very small changes I hope to bring about a difference in the near future and keep my planet clean and beautiful.

### Some Amazing Facts about "A renewable energy source - Solar power"

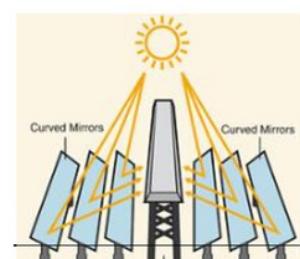


Shubhi Gupta  
V Amartya Sen

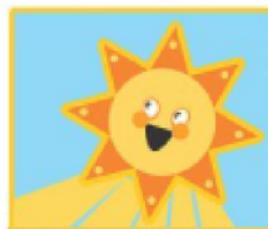
Candy coloured solar panels capture different parts of Sun's light spectrum and do not need direct sunlight to work.



Solar plants can last for more than 40 years and use mirrors to gather heat from Sun.



With artificial Photosynthesis Sun's energy gets trapped in Photovoltaic (PV) cells which is used to generate electricity.



By promoting community solar power plants, people don't need to install their own solar panels.



# English - The Language of Opportunities

## Amazing Facts

A NASA Spacesuit costs 12 million dollars.



Carolina Reaper is the hottest chilli ever known.



Polar bears are left-handed.



It is illegal to chew gum in Singapore.



Yawning cools your brain.



An average cloud weighs 1.1 million pounds.



Kangaroos cannot walk backwards.



Fish can cough.



Goats have rectangular pupils.



An adult's blood vessels could circle the equator almost four times if they were laid end to end.



**Did you know?**



# English - The Language of Opportunities

## Innovation And Creativity

### MRIS - Preparing 21st Century Learners

School is the place where children experience most of their 'firsts' and above all, they experience a comfortable environment where education is imparted, knowledge is shared and teachers offer care as well as affection for students to learn happily. But, recent advances have led to the change of many techniques, including the way we communicate, learn and collaborate. MRIS prepares the 21st Century learners in such an advanced environment and gives us the reassurance that we, the students, are in a modern environment, where teachers are equipped with all the latest technologies.

Being modern learners, we need new techniques for smarter learning and MRIS, being a futuristic organization, always introduces and helps us to adapt to the latest technology. Our school is constantly improving the teaching methods and evolving with the use of new and developed techniques which makes learning more precise, joyful and much easier. A few new techniques which I feel has helped me to become an advanced student, are as follows -

- Introducing new technologies in order to offer advanced ideas, smarter and quicker work. Even amidst the pandemic, our school introduced us to 'Microsoft Teams' and trained us to use its various features to attend our classes with ease, submit our assignments on time and give our exams securely.
- Collaboration - Using the advanced technology permits us to collaborate by creating PowerPoint Presentations, Virtual Whiteboards or other digital resources which help us to brainstorm and share ideas so that our sessions are interactive and there is exchange of ideas between student, teacher and peers.
- Show-casing the students' creativity on social media page, which boosts our confidence, helps us to groom our personality and encourages us to enhance our skills, with the aim of representing our school on a global platform.
- Going digital- Another important attribute was introducing E-books when we couldn't step out of our homes to buy books. Links being shared by our teachers allowed us to access various online resources helping us to create study notes. Webinars gave us the opportunity to interact with eminent personalities, thereby keeping us informed about the latest happenings, tips to stay safe and healthy amidst the pandemic, and ways to improve our physical and mental well being.

To sum it up, MRIS creates a bridge between fun-learning and technology, which attracts the 21st Century learners. The efficiency with which we are taught helps us to welcome new opportunities and prepare ourselves to face the ever-changing world around us.

Niti Gupta  
VIII Mahadevan



# English - The Language of Opportunities

## Equitable Learning Opportunities

### A Classroom for All

The 21st century classroom has children coming from diverse backgrounds. Every child displays a range of abilities. Therefore, schools must ensure to incorporate theoretically sound and culturally responsive pedagogy. Our school is futuristic and understands this need and welcomes diversity and supports the best learning opportunity. First let us understand these terms individually:

Equity is about ensuring that every individual has an equal opportunity to make the most of their lives and talents. It is also the belief that no one should have poorer life chances because of the way they were born, where they come from, what they believe, or whether they have a disability.

Inclusiveness or Inclusive Education is concerning equality and human rights. It is based on respect and values which welcomes diversity in the classroom and a wider part of society. It gives equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those who are differently abled or belonging to other minority groups. In our school, teachers ensure there is inclusiveness and equity through basic things like-

- Assembly, Celebration of birthdays and Achievements
- Assigning students differentiated tasks in a group activity or project, based on their abilities
- Ensuring hundred percent student participation in school events and competitions
- Empowering growth of students and teachers with the belief that everyone has the ability, which could be different for different individuals
- Newsletters – Written expressions for people who can see and read and video links for those who can't see and can hear
- Differentiated approach:
  - i) Activities
  - ii) Worksheets
  - iii) Assessments
  - iv) Frequent counselling sessions

I feel happy and proud to be a part of my school that values equal rights and gives equal opportunities to every student.



Ishanvi Kesarwani  
VII Aryabhatta

# English - The Language of Opportunities

## Inclusiveness And Equity

### Everyone is Different!

We all are different from each other in a certain way. Our unique qualities make us different. Still, we are learning in one institute, a place where everyone is given equal opportunities. For me and my twin brother Rio, inclusiveness means getting equal opportunities and resource. But, some students have some additional needs, they need individual attention and extra help from teachers. Being classmates and friends, we should also understand their needs, challenges and help them to deal with it.

We should not mock or bully them, rather give them equal opportunities to develop their social skills and help them express themselves. I have always found my school to accommodate every student, give them a secure environment to make learning and growing a smooth process for them. We have a wonderful team of teachers in our school who help us gel with every student through common class activities. Only when we as students are sensitized, we will be able to create an inclusive environment together.



**Nio Patnaik  
V Alfred Nobel**



# English - The Language of Opportunities

## My Mother

My mother is a woman,  
a great human.  
She is sincere, amazing,  
always loving and caring.  
She loves me like no other,  
and never compares me  
with another.  
She likes to explore,  
And never gets bored.  
She is my mother,  
the best in the world,  
I pray for her health and happiness,  
and may all her dreams come true!



Ranveer Singh  
VII Aryabhatta

## Nature

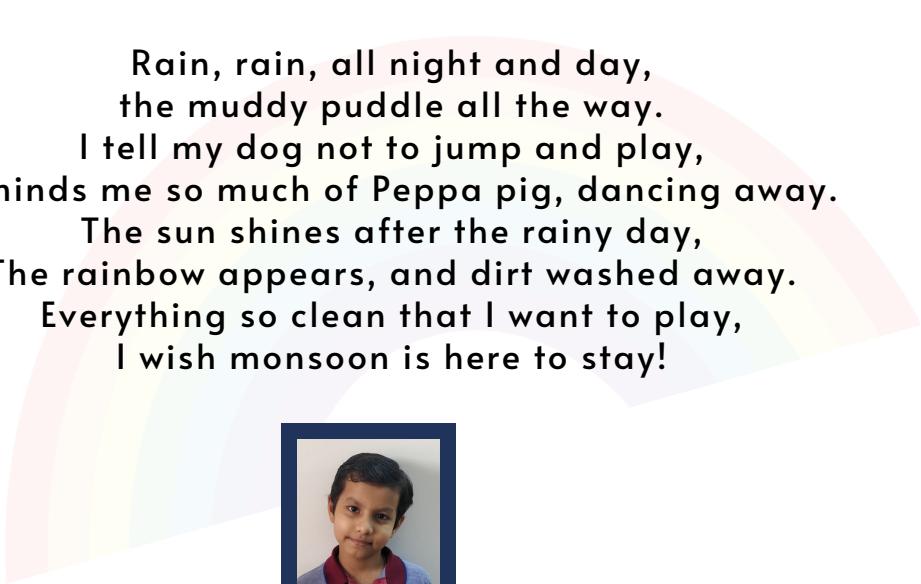
Butterflies fluttering  
around,  
canoes moving slowly,  
across the subtle waves.  
Kids laughing and  
gawking;  
bugs flying,  
ducks fighting,  
and families unwind,  
couples holding hands.  
This is relaxation.  
This is nature.



Maahi Dahanwal  
III Australia

## The Rain

Rain, rain, all night and day,  
the muddy puddle all the way.  
I tell my dog not to jump and play,  
reminds me so much of Peppa pig, dancing away.  
The sun shines after the rainy day,  
The rainbow appears, and dirt washed away.  
Everything so clean that I want to play,  
I wish monsoon is here to stay!



Atharrva Kaushik  
IV Atlantic

# Design Thinking and Entrepreneurship

I can create!

**Our students have been enjoying their 'Future Skills and Sustainability' classes. Watch our students demonstrate their wonderful creations by merely clicking on their pictures!**

"For the things we have to learn before we can do them, we learn by doing them." – Aristotle

This experiment demonstrates the existence of pressure in water. It was conducted during one of our 'Future Skills' session. The practical demonstration was hands-on, fun-filled and lead to a deeper understanding of the topic. It is a simple, easy- to- do experiment. I would like to thank my school for giving me the opportunity to develop my skills and knowledge in an enjoyable way.

**Aashna Aftab  
VII Aryabhatta**



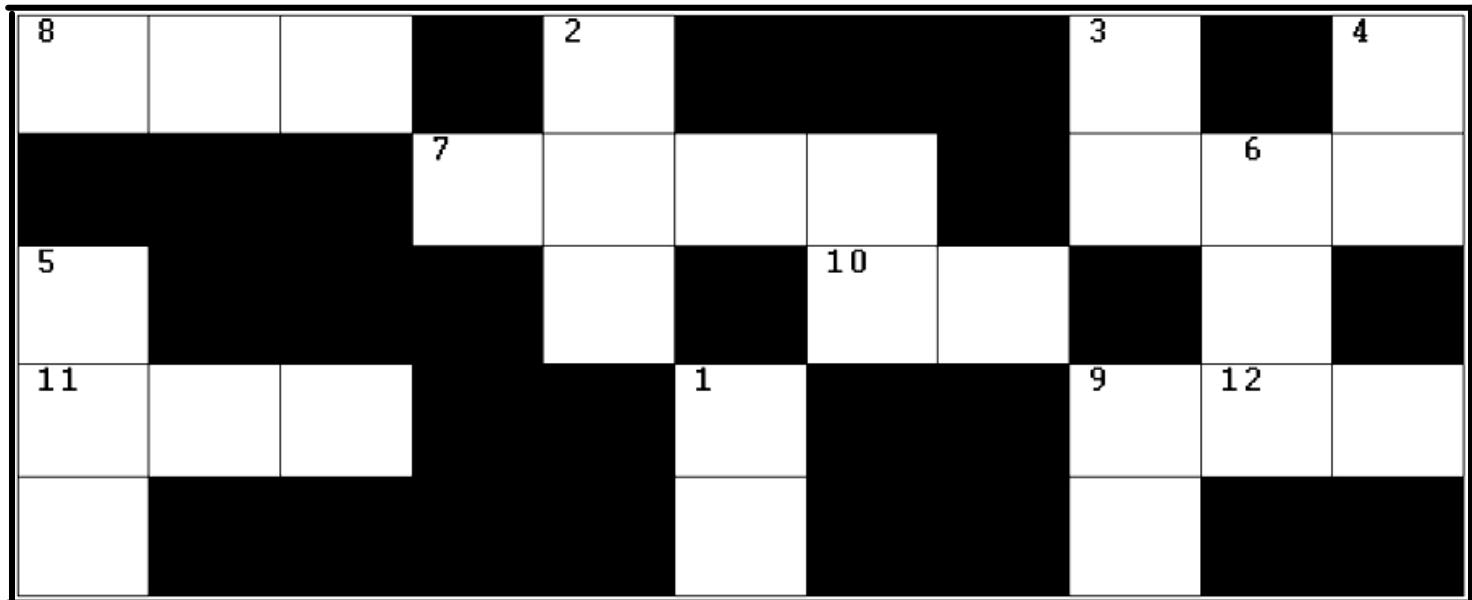
My project is a working FM Radio, which I have assembled myself. I have assembled it from a kit that we have at home. During the lockdown, I have been learning various things about science and have been playing with the Snap Circuits kit. This is very easy to use and I enjoy working with it. All the parts fit together very easily and I have been working on it from time to time for the past two years. My parents also help me from time to time. I enjoy working on the Snap Circuits kit.

**Geet Parhar  
IV Atlantic**



# दिनचर्या ऑनलाइन

## वर्ग पहेली



### ऊपर से नीचे

1. मैं बहुत विशाल जानवर हूँ ।
2. मैं बहुत तेज़ दौड़ता हूँ और मैं बहुत सुंदर हूँ ।
3. मैं जंगल का राजा हूँ ।
4. मैं एक ऐसा जानवर हूँ जो बीन बजने पर दौड़ा चला आए ।
5. मैं सबसे चालाक जानवर हूँ ।
6. मैं सबसे तेज़ दौड़ने वाला जानवर हूँ ।



भव्य कालरा  
५ अल्फ्रेड नोबल

### दाएँ से बाएँ

7. मुझे गाजर खाना पसंद है ।
8. मैं एक ऐसा जीव हूँ जो पानी व ज़मीन दोनों पर चल सके और मैं सबसे धीरे चलता हूँ ।
9. मेरी बाँग से सब उठते हैं ।
10. मैं जल की रानी हूँ ।
11. मुझे भालू भी कहते हैं ।



वर्ग पहेली के उत्तर समाचार पत्रिका के अंदर ही हैं...तो आइए ढूँढते हैं उत्तर ।



# दिनचर्या ऑनलाइन

## आओ सजाएँ धरती का आँचल

माँ से हर कोई प्यार जताता,  
ये धरती तो है हम सबकी माता।  
जैसे माँ करती हमारा पालन - पोषण,  
धरती माँ देती हम सबको भोजन ।  
धरती पर मिलता है पानी ,  
बिन पानी है बहुत हानि।  
हरे - हरे पौधे , हरी - हरी घास,  
उन्हीं से आती हम सबको साँस।  
फिर भी मतलबी हुआ इंसान ,  
अपनी धरती माँ का ना रखा ध्यान।  
चारों ओर प्रदूषण से हुआ नुकसान,  
धरती माँ भी हैं परेशान ।  
चलो माँ से प्रेम जताएँ,  
आओ मिलकर पेड़ लगाएँ ।  
आओ सजाएँ धरती का आँचल,  
आओ बनाएँ बेहतर कल ।



आद्या श्रीवास्तव  
४ पेसिफिक



## मेरा विद्यालय खास है क्योंकि ..

मेरा विद्यालय खास है क्योंकि  
इसमें कितनी ही चीजें हैं करने को ।  
कभी नाच सिखाते हैं,  
तो कभी गीत सुनाते हैं,  
शिक्षा देने वाली कहानियाँ  
भी सुनाते हैं ।  
ऑनलाइन कक्षाओं में भी हमें  
बड़ी रुचि से पढ़ाते हैं।  
बड़ा आदमी बनने की,  
हमारे दिल में लगन लगाते हैं।  
बड़े - बड़े मैदानों में दौड़ भी  
लगवाते हैं ।  
बड़ों का आदर , छोटों से प्यार,  
दया की भावना और अनुशासन  
भी सिखलाते हैं ।  
विद्यालय होता ज्ञान सरोवर,  
इसी बात को दोहराते हैं ।



इशिता भाटिया  
४ पेसिफिक



# दिनचर्या ऑनलाइन

## परिवर्तन की ओर बढ़ते कदम

परिवर्तन सृष्टि का नियम है। जीवन में कुछ भी स्थिर नहीं है। प्रत्येक क्षण कुछ ना कुछ परिवर्तन होते रहते हैं। मनुष्य का जीवन भी इस नियम से अलग नहीं है। सुख तथा सुनहरा भविष्य हर मानव का सपना होता है। इसी इच्छा को पूरा करने की लिए मनुष्य निरंतर प्रयास करता रहता है। किसी भी बड़े परिवर्तन के पीछे अनेक छोटे - छोटे प्रयास ही तो होते हैं।

कल को बेहतर बनाने के लिए अपनी सोच में बदलाव लाना आवश्यक है। सबसे महत्वपूर्ण बात यह है कि यदि हम अपने देश का विकास करने का प्रयास करें तो हम सभी के जीवन को सुखमय बना सकते हैं। अपने देश के विकास के लिए सबसे पहले प्रदूषण कम करने में अपना सहयोग देना होगा। वायु प्रदूषण कम करने के लिए सार्वजनिक परिवहन का प्रयोग करना होगा। जल प्रदूषण कम करने के लिए नदी और तालाबों में कचरा फेंकना बंद करना होगा तथा भूमि प्रदूषण कम करने के लिए प्लास्टिक के थैलों का प्रयोग कम से कम करके कपड़े और जूट आदि के थैलों का प्रयोग करना होगा।

हमें शिक्षा का स्तर बढ़ाना होगा। शिक्षित व्यक्ति ही अपने अधिकारों व कर्तव्यों को सही प्रकार से समझ सकता है। हमारे प्रधानमंत्री श्री नरेंद्र मोदी जी ने ऐसे कई अभियान चलाए हैं, जैसे- 'मेक इन इंडिया', इससे हम अपने देश का सामान प्रयोग करेंगे तो सामान बनाने के लिए बेरोजगार लोगों को काम मिलेगा और बेरोजगारी खत्म होगी।

'बेटी बचाओ, बेटी पढ़ाओ' इससे बेटे- बेटी में भेदभाव कम होगा और बालिका सशक्तिकरण होगा। 'स्वच्छ भारत अभियान' इससे हम अपने घर, आस-पड़ोस तथा देश को स्वच्छ बना सकते हैं। 'सबका साथ सबका विकास' जिससे हम आत्मनिर्भर बनेंगे। हम देश का सामान प्रयोग करेंगे तो देश का पैसा देश में रहेगा। भारतीय रूपए की भी कीमत बढ़ेगी। अगर हम सब भारतवासी एक साथ मिलकर प्रयास करें तो भारत फिर से सोने की चिड़िया बन सकता है।



समर्थ गर्ग  
७ आर्यभट्ट



# दिनचर्या ऑनलाइन

## हमारी वसुंधरा

धरती हमारे जीवन का आधार है,  
इसके पास वन - वनस्पति की भरमार है ,  
धरती के पास पानी, फल, फूल का खजाना बेशुमार है ।

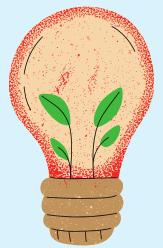
हमें सबको ये समझाना होगा,  
इस धरती के अस्तित्व को बचाना होगा,  
यह संदेश जन - जन तक पहुँचाना होगा ।  
आओ सजाएँ धरती का आँचल ,  
पेड़ - पौधे लगाएँ ,  
और धरती को बचाएँ ।



कृपा मेहंदीरत्ता  
७ आर्यभट्ट

हम सबको संकल्प लेना होगा,  
वरना धरती पर जीवन का अंत होगा ।  
प्रकृति हमारी बड़ी निराली,  
इससे जुड़ी है ये दुनिया हमारी ।

आओ मिलकर हम सब,  
धरती माँ का ऋण चुकाएँ,  
धरती माँ के आँचल को,  
स्वर्ग सा सुंदर सजाएँ ।



## परिवर्तन की ओर बढ़ते कदम

याद करो ऐ मानव , तुम आए जब इस धरती पर ,तब यह धरती कैसी थी?  
हरी-भरी थी यह धरती,नदियों की निर्मल धारा बहती थी ।  
हवा सुगंधित चलती थी और वर्षा रानी चंचल थी ।  
पेड़ों को काटा हमने,नदियों को कूड़ाघर बना दिया।  
जगह-जगह कूड़े के ढेरों ने हवाओं को दूषित किया ।  
वर्षा रानी दुबक के रोई, सूखा पड़ गया यहाँ-वहाँ ।  
अब जब हवा पानी हमसे नाराज़ हुए,जीवन खतरे में पड़ गया।  
अब तो सोचो ऐ मानव , तरीका इन्हें मनाने का।  
आओ हम सब मिलकर कुछ नन्हें कदम उठाते हैं ।  
अपनी प्यारी धरती को फिर से स्वर्ग बनाते हैं।  
पौधों को जीवन देते हैं,नदियों को स्वच्छ बनाते हैं ।  
बूँद-बूँद पानी की बचाकर ,भविष्य को भी सिखाते हैं।  
कचरे के प्रबंधन की कड़क योजना बनाते हैं।  
हवाएँ सुगंधित हों, फिर से वर्षा रानी झूम उठे , कुछ ऐसे कदम उठाते हैं।  
जीवन को प्रकृति की गोदी में बैठाकर लोरी सुनाते हैं।  
आओ हम सब मिलकर कुछ नन्हें कदम उठाते हैं ।  
अपनी प्यारी धरती को फिर से स्वर्ग बनाते हैं ।



माध्वी सिंह  
४ अटलांटिक

# दिनचर्या ऑनलाइन

## धरा दिवस

धरा दिवस एक वार्षिक आयोजन है, जो 22 अप्रैल को पर्यावरण संरक्षण के लिए दुनिया भर में आयोजित किया जाता है। इसका आरंभ 1970 में अमेरिकी सीनेटर गेराल्ड नेल्सन द्वारा किया गया था। यह अब 192 से अधिक देशों में प्रतिवर्ष मनाया जाता है। धरा दिवस इसलिए महत्वपूर्ण है, क्योंकि इस दिन हमें पर्यावरणविदों के माध्यम से पर्यावरण पर ग्लोबल वार्मिंग के प्रभाव के बारे में पता चलता है। धरा दिवस पृथ्वी को बचाने और पर्यावरण को सही रखने के लिए जागरूक करता है। जनसंख्या वृद्धि ने प्राकृतिक संसाधनों पर अनुचित बोझ डाला है। संसाधनों के समुचित उपयोग के लिए धरा दिवस जैसे कार्यक्रमों का महत्व बढ़ गया है। पृथ्वी हमारा घर है और ये धरती हमारी माता के समान है, जिसने हमें भोजन, पानी, हवा आदि सब कुछ दिया है। पर्यावरण संरक्षण एक बहुत ही महत्वपूर्ण विषय है। पृथ्वी पर मौजूद चीज़ें जैसे हवा, पानी, पेड़ - पौधे ये सभी मिलकर हमारा पर्यावरण बनाते हैं। पर्यावरण की रक्षा करना हमारा कर्तव्य है। हम अपनी मेहनत से धन तो कमा सकते हैं लेकिन ना तो प्राकृतिक चीज़ें बना सकते हैं और ना ही बढ़ा सकते हैं। इस दिन को विशेष बनाने के लिए प्रत्येक व्यक्ति अपने तरीके से योगदान दे सकता है। हम अधिक से अधिक पेड़ लगाकर व प्रदूषण को बढ़ने से रोककर इसे संभव बना सकते हैं।

किसी एक विशेष दिन को धरा दिवस के रूप में ना मनाकर हर दिन पृथ्वी दिवस मनाएँ और धरती माँ का ऋण चुकाएँ। हमें अपनी धरती का सदैव ख्याल रखना चाहिए। हमें अपने स्वार्थ व लालच को छोड़कर इसकी रक्षा करनी चाहिए।



मानस राय  
६ वर्षीय



# Multilingualism - An Enriching Opening

## French

### FAITS ÉTONNANTS SUR LA CULTURE ET L'HISTOIRE FRANÇAIS

(Enjoy reading some AMAZING FACTS about FRANCE)

I. DEUXIÈME LANGUE LA PLUS APPRISE AU MONDE! - Saviez-vous que le français est la deuxième langue la plus parlée en Europe et la premier en Allemand! Selon le ministère des Affaires étrangères et du Développement International, il y a environ 120 millions d'étudiants dans le monde qui apprennent le française langue étrangère.

(SECOND MOST LEARNT LANGUAGE ON EARTH! - Did you know that French is the second most spoken language in Europe and the first in Germany! According to the French Ministry of Foreign Affairs and International Development, there are approximately 120 million students worldwide who are learning French as a foreign language.)

2. Le règne le plus court d'un roi en France n'a duré que 20 minutes.

En juillet 1830, Louis-Antoine, dernier Dauphin, devient roi de France après l'abdication de son père. Cependant, il a fini par abdiquer en pas moins de 20 minutes.

(The shortest reign of a king in France lasted only 20 minutes. In July 1830, Louis-Antoine, who was the last Prince, became the King of France after his father's abdication. However, he ended up abdicating himself in no less than 20 minutes.)

3. Les escargots en France doivent avoir leurs propres billets de train.

L'un des faits les plus intéressants sur la France est que le pays exige des Billets de train pour les escargots. Les propriétaires d'escargots qui font passer en contre bande leurs animaux de compagnie ou fournissent des Escargots seraient passibles de lourdes amendes une fois capturés.

(Snails in France need to have their own train tickets. One of the most interesting facts is that the country requires train tickets for snails. Snail owners who smuggle their pets or supply snails are subject to hefty fines once caught.)

4. Il est illégal de jeter de la nourriture en France Un pays qui aime la nourriture autant que la France devrait être le premier à adopter une loi interdisant de jeter de la bonne nourriture. À partir de 2016, tout aliment non vendu mais comestible doit être donné plutôt que jeté, sinon vous pourriez vous heurter au bras long de la loi.

# Multilingualism - An Enriching Opening

(It is illegal to throw out food in France - A country that loves food, France was the first to pass a law, making throwing away food illegal. Since 2016, any unsold edible food must be donated rather than thrown away, or you could come up against the long arm of the law.)

## 5. ÉLÈVES BIEN LES ENFANTS, SOYEZ RECOMPENSE!

Les français récompensent les parents d'un enfant bien élève avec une Médaille. La Médaille s'appelle 'la Médaille de la famille française'.

(RAISE CHILDREN WELL, GET REWARDED! The French government rewards the parents of a well- brought up child with a medal. The medal is called 'The Medal of the French Family'.)

## 6. EN FRANCE, VOUS POUVEZ EPOUSER UN MORT!

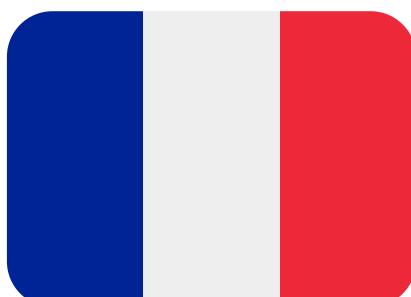
Un fait assez choquant a propos de la France est qu'en vertu de la loi française, vous pouvez marier à titre posthume dans des cas exceptionnels.

(One of the shocking facts about French law is that in France, you can marry posthumously in exceptional cases. This is on the condition if you can prove that the deceased had the intention of marrying you when they were alive.)



Jiya Gandhi  
VIII Kalam

Ishanvi Kesarwani  
VII Aryabhatta



# Multilingualism – An Enriching Opening

## French

### Interesting Trivia About The Life Of A Great French Leader CHARLES DE GAULLE LEADER OF 'FREE FRENCH GOVERNMENT'



Charles de Gaulle a né le 22 Novembre 1890 à Lille, France  
(Charles de Gaulle, was born on 22nd November, 1890 in Lille, France)



Son père, Henri était un professeur qui lui a appris l'histoire de France  
(His father Henri was a professor, who taught him about the history of France)



En grandissant, il a rejoint l'armée militaire en 1912  
(When he grew up, he joined the army in 1912)



Il a combattu officier d'infanterie pendant la Première Guerre mondiale  
(He fought as an Infantry Officer in World War I)



Lorsque l'Allemagne a occupé la France, il met en place son propre gouvernement français appelé France libre  
(When Germany occupied France, he set up his own French Government called 'Free France')



Il a dirigé les forces françaises libres contre l'Allemagne nazie pendant la guerre mondiale 2  
(He led the Free French force against the Nazis in World War 2)

# Multilingualism - An Enriching Opening



En 1958, Charles de Gaulle devient président de la France  
(In 1958, Charles de Gaulle became the President of France)



Il a également promu les négociations de paix en Algérie et a déclaré leur indépendance le 3 Juillet 1962  
(He also promoted peace negotiation in Algeria and declared their Independence on 3rd July, 1962)



L'aéroport de Paris Charles de Gaulle porte son nom  
(The Charles de Gaulle Airport in Paris is named after him)



Il est décédés le 9 Novembre, 1970 d'une crise cardiaque à son domicile  
(He died from a cardiac arrest on 9th November, 1970 at his home)



**Palak Baisla**  
**VIII Kalam**

# Multilingualism - An Enriching Opening

Spanish

## LAS CITAS MOTIVACIONALES MOTIVATIONAL QUOTES

Mantente positivo - mejor díasestán en su camino

Stay Positive - better days are on their way.

Los tiempos difíciles no duran, pero la gente dura.

Tough times don't last but tough people do.

Nunca sueltas esperanza - tormentas hacer personas más fuerte.

Never lose hope - storms make people stronger.

Las estrellas no pueden brillar sin oscuridad.

Stars can't shine without darkness.



Raj Aryan Sinha  
VII Aryabhatta



Aashna Aftab  
VII Aryabhatta

# Multilingualism - An Enriching Opening

## Spanish

### Famosos estilos de danza de España

España es una nación diversa y tiene muchos estilos de bailes. Algunos bailes de España son :-

- **Flamenco** - El famoso estilo de baile de España es Flamenco. Este forma de baile se originó en el 18 y 19 siglo. Flamenco baile es un arte configurado en las diversas folklórica música tradición de sur de España. La ciudad Sevilla en España es mejor conocida por Flamenco. Instrumentos musicales usados en flamenco están guitarra, tamboril, castañuelas, laud, gaita, cajón y bandurria. Joaquín Cortés y Carmen Amaya son las famosas bailarinas y bailarines de Flamenco.
- **Bolero** - El baile es de ritmo moderado y se acompaña de música de guitarra y castañuelas, y suele ser realizado por un solista o por una pareja. Aunque la danza ha pasado de moda, sigue siendo importante en la historia de la danza española.
- **Sardana** - La danza es realizada por un círculo de hombres y mujeres que se dan la mano y bailan al ritmo de una banda en vivo llamada cobla. Es un baile colectivo popular que se realiza en celebraciones y reuniones públicas y se ha convertido en un símbolo de la identidad catalana.
- **Muiñeira** - La Muiñeira es una danza y un género musical tradicional de Galicia. Se distingue principalmente por su tempo expresivo y vivo, interpretado generalmente en, aunque algunas variantes se interpretan en otras firmas de tiempo.

### Famous Dance Forms Of Spain

Kayna Sharma  
VII Aryabhatta



Spain is a culturally diverse nation and has many dance forms. Some of them are:

- **Flamenco** - The most famous music and dance style of Spain is Flamenco. This form of dance and music originated in 18th and 19th century. Flamenco dance is an art set up in the various folkloric music tradition of Southern Spain. The Seville city in Spain is best known for Flamenco. Musical instruments used in Flamenco are guitar, tambourine, castanets, lute, bagpipes, box-shaped drum and bandurria. Joaquín Cortés y Carmen Amaya are few famous Flamenco dancers.
- **Bolero** - The dance form has a moderate rhythm and is accompanied by guitar music and castanets, and is usually performed by a soloist or by a couple. Although the dance form has gone out of style, it is still important in the history of Spanish dance.
- **Sardana** - The dance is performed by a circle of men and women who hold hands and dance to the rhythm of a live band called the Cobla. It is a popular collective dance that takes place in celebrations and public meetings and has become a symbol of Catalan identity.
- **Muiñeira** - The Muiñeira is a traditional dance and musical genre of Galicia. It is distinguished mainly by its expressive and lively tempo, although some variants are performed in other time signatures.

# Multilingualism - An Enriching Opening

Tamil

## பொங்கல்

தமிழர்கள் பல்வேறு பண்டிகைகளை கொண்டாடுகிறார்கள். அவற்றில் பொங்கல் பண்டிகை மிக முக்கியமாக கருதப்படுகிறது. இந்த பண்டிகை 'உழவர் திருவிழா' என்றும் 'அறுவடைத்திருவிழா' என்றும் அழைக்கப்படுகிறது. தமிழர்த்திருநாளாகவும் பொங்கல் பெருமையுடன் போற்றப்படுகிறது. இது தொடர்ந்து நான்கு நாட்களுக்கு கொண்டாடப்படுகிறது. இந்த நான்கு நாட்களும் முறையே போகி, பொங்கல், மாட்டுப்பொங்கல்மற்றும் கானும் பொங்கல் என்று அழைக்கப்படுகின்றன.

க. போகிப்பண்டிகை: போகி மார்கழி மாதத்தின் கடைசி நாளில் கொண்டாடப்படுகிறது. மக்கள் தங்கள் வீடுகளை சுத்தம் செய்து தமக்கு வேண்டாத பழைய பொருட்களை தீயிட்டுக் கொளுத்துவார்கள். சூழந்தைகள் மேளங்களைக் கொட்டி நன்பர்களுடன் நடனமாடி மகிழ்வார்கள்.

உ. பொங்கல்: உத்தராயண காலமான தை மாதம் முதல் தேதி அன்று எல்லோரும், குறிப்பாக உழவர்கள், அதிகாலை எழுந்து நீராடி, புத்தாடை உடுத்தி, புதிதாக அறுவடை செய்த அரிசியில் பொங்கல் செய்வார்கள். பொங்கல், கரும்பு மற்றும் மஞ்சள் ஆகியவற்றை சூரியக்கடவுளுக்கு நெஞ்சார்ந்த நன்றியுடன் படைத்து வணங்குவார்கள்.

ங. மாட்டுப்பொங்கல்: பண்டிகையின் மூன்றாம் நாளான மாட்டுப்பொங்கல் நமக்காக உழைக்கும் மாடுகளுக்கு நன்றி செலுத்தும் நாளாகும். பசு மற்றும் காளை மாடுகள் அலங்கரிக்கப்பட்டு வணங்கப்படுகின்றன. சூழந்தைகள் மாட்டு வண்டியில் பயணித்து மகிழ்கிறார்கள். வீர விளையாட்டான ஜல்லிக்கட்டும் மாட்டுப்பொங்கல் அன்று தான் கொண்டாடப்படுகிறது. ஜல்லிக்கட்டில் இளைஞர்கள் காளைகளை அடக்கி தங்கள் வீரத்தைக்காட்டி பரிசுகள் பெறுவது வழக்கம். மதுரை மாவட்டம் அலங்காநல்லூரில் நடக்கும் ஜல்லிக்கட்டு விழா மிகவும் பிரபலமானது.

ச. கானும் பொங்கல்: நான்காம் நாளான கானும் பொங்கல் அன்று மக்கள் புத்தாடை அண்ந்து தங்கள் உறவினர்களையும் நன்பர்களையும் சந்திக்கிறார்கள். பலர் கோவில்கள் மற்றும் கடற்கரை போன்ற சுற்றுலாத்தலங்களுக்கும் குடும்பத்துடன் சென்று மகிழ்வர்.

பொங்கல் திருவிழாவானது நம் வாழ்வில் இருளை அகற்றி செழிப்பையும் இன்பத்தையும் கொண்டுவருகிறது.



# Multilingualism – An Enriching Opening

## Translation

### Pongal

Tamils celebrate various festivals but Pongal festival is considered to be the most important of them all. This festival is also known as the 'Farmer's Festival' and the 'Harvest Festival'. It is celebrated for four consecutive days. These four days are called Bogi, Pongal, Matupongal and Pongal respectively.

1.Bogi Festival: Bogi is celebrated on the last day of the month of March. People clean their homes and burn/discard old things they don't want. Children enjoy playing drums and dancing with friends.

2.Pongal: On the first day of the lunar month of January, everyone, especially the farmers, get up early in the morning, bathe, dress in 'Puttada' and perform Pongal on freshly harvested rice. Pongal, using sugarcane and turmeric are created and worshipped, with heartfelt gratitude to the Sun God.

3.Matupongal: Matupongal, the third day of the festival, is a day to thank the cows who work for us. Cows and bulls are decorated and worshiped. Children enjoy travelling in a cow cart. The heroic sport of Jallikattum is celebrated on Matupongal. In Jallikkat, it is customary for the youth to tame the bulls and receive gifts for their heroism. Jallikattu festival is very popular in Alankanallur, Madurai district, Tamil Nadu.

4.Kanum Pongal: On the fourth day of Kanum Pongal, people visit Puttaparthi to meet their relatives and friends. Many people also enjoy visiting places like temples and the beach with their family.

Pongal festival removes darkness from our lives and brings prosperity and happiness.



Karthikram Lakshminarayanan  
VIII Mahadevan



# Multilingualism - An Enriching Opening

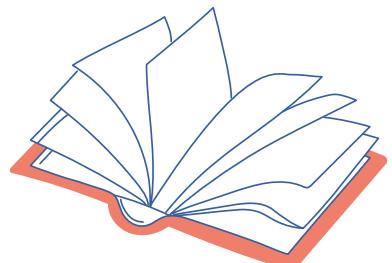
## Sanskrit



ज्ञानस्य स्त्रोतः  
पुस्तकं अहम् पुस्तकं अहम्।  
पुस्तकालयं शोभा अहम्  
ददामि सततं ज्ञानम्  
भवामि पथ - दर्शकम्  
ज्ञानस्य स्त्रोतं अहम्।  
सर्वेषां धनानां श्रेष्ठं अहम्।  
मम विनाशः कदापि न भविष्यति  
इदं सत्यम् - इंद सत्यम्  
यावत् स्थास्यति ज्ञानम्  
तावत् स्थास्यति पुस्तकम्  
ज्ञान - विज्ञानस्य भण्डारम्  
ये जनाः पुस्तकम् मूल्यं जानन्ति  
तेषां कृते बहुमूल्यम् पुस्तकम्  
मम् नाम तु पुस्तकम्  
पुस्तकम् अहम्, पुस्तकम् अहम्

## अनुवाद -

मैं पुस्तक हूँ, मैं पुस्तक हूँ।  
मुझसे पुस्तकालय की  
शोभा है।  
ज्ञान का भंडार हूँ।  
मार्ग दर्शक हूँ।  
मैं श्रेष्ठ धन हूँ।  
मेरा विनाश नहीं हो सकता।  
जब तक ज्ञान रहेगा तब तक पुस्तक भी रहेगी।  
जो पुस्तक का मूल्य जानते हैं, उनके लिए बहुमूल्य हूँ।  
मेरा नाम पुस्तक है।



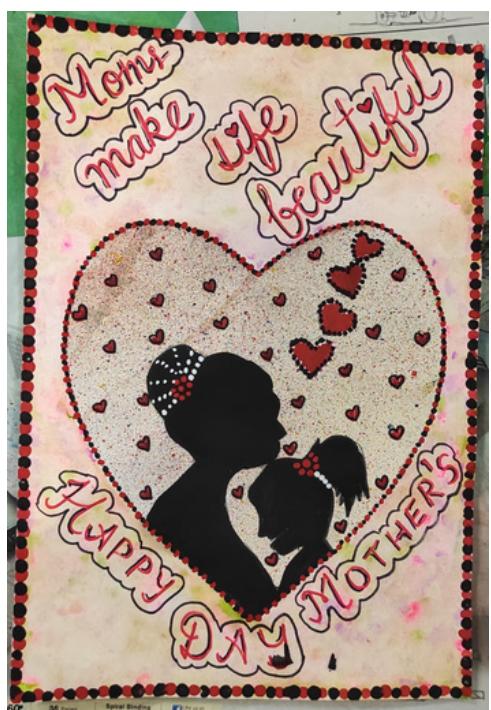
परिषि जैन  
८ महादेवन

# Paint like an Artist!



Saanvi Dewan  
Toddlers Cygnus

Dawik Maheshwari  
KG Venus



Diya Bhalla  
KG Venus

# Paint like an Artist!



**Purvi Bhalla**  
**I Expressions**

**Mayra Agrawal**  
**I HOW**



**Sharnaya Gupta**  
**III Europe**

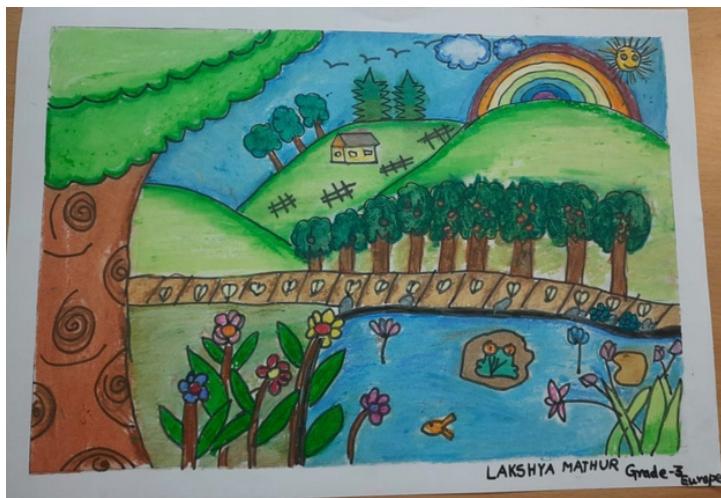
# Paint like an Artist!



Aarav Goyal  
III Australia

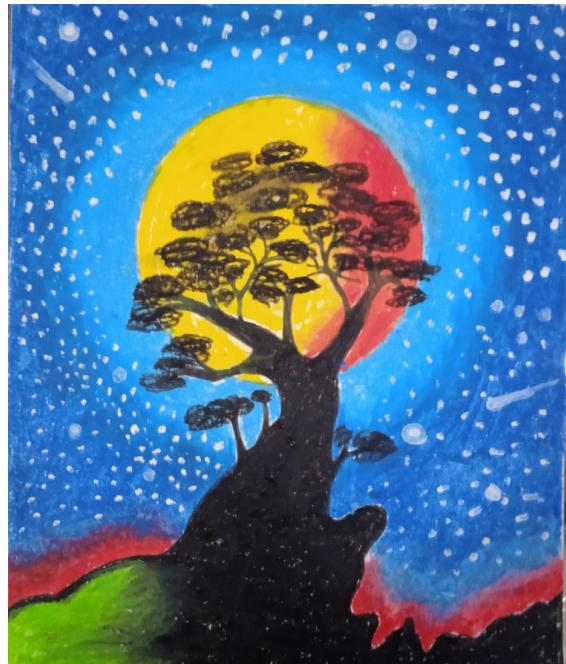


Sohan Ghosh  
III North America



Lakshya Mathur  
III Europe

# Paint like an Artist!



**Himank Kalra**  
**V RT**



**Paras Mendiratta**  
**VII Sushruta**

# Play the Tune!

“Where words leave off, music begins.” – Heinrich Heine



**Nivaan Bhat**  
**IV Atlantic**

I will make you proud, Dad!

I have played the tune of the famous song "Papa Kehte Hain Bada Naam Karega" on my guitar. This song is dedicated to my loving dad who is my superhero, my guiding light and mentor. I have played this tune using the 2nd, 3rd and 4th strings of the guitar. I have been learning guitar online for almost 11 months now. I had an inclination towards musical instruments especially guitar since the beginning. So, my parents, who are avid music lovers inspired me to pursue my interest and start learning guitar.



A small dedication to my country India

**Sashwat Singh**  
**V Alfred Nobel**



I am playing an acoustic guitar, it's a string instrument. Here, I am playing the tune of the song "Sare Jahan Se Acha". It is an Urdu language patriotic song for children written by poet Muhammad Iqbal, in the ghazal style of Urdu poetry. The song, an ode to Hindustan—the land comprising present-day Bangladesh, India and Pakistan, has at present remained popular, but only in India.

**Enjoy our students' mesmerising performances by  
merely clicking on their pictures!**

# *Sports and Well being*

## **Online Yoga classes in my school**

Every individual must ensure that they include Yoga as a part of their daily schedule. It helps us stay fit, relax our mind and body and become mindful too. Yoga has been known to be beneficial since ages, and not only for weight loss but also to keep the mind calm. Since the outbreak of the pandemic last year, we have been stuck at home and over the entire year and half, got exhausted because of the lockdown. It had taken a tremendous toll on our physical fitness and mental wellbeing.



A mind filled with negative thoughts over an uncertain future often results in sleepless nights, which causes daytime fatigue. But I had help from my sports teacher. Our school curriculum ensured that we do not miss out on our academics and also stay fit, while we are safe at home. Even during the pandemic, our school helped us by including online exercise and fitness classes, as part of our school curriculum. From time to time, we receive important updates on Covid Safety norms and tips to eat healthy and stay fit. Our fitness teacher has helped us to learn various yoga asanas, such as Upward Facing Dog Pose (Urdhva Mukha Shavasana), The Child's pose (Balasana), The Cobra Pose (Bhujangasana), The Mountain Pose (Tadasana), Breath Of Fire (Kapalabhati), Breathe in and out (Anulom Vilom) and the most effective pose for weight loss, Sun Salutation (Surya namaskar). All these asana's are very effective and helps young children to grow tall, stretch our muscles and make them flexible and lose weight.

**Navya Kaul**

**VI Scholars**

My name is Reyansh Singh and I am a student of Grade – 3 Europe. As part of our physical fitness programme our teacher teaches us online yoga. But, because of the virtual medium of our class, it is not only me , but my entire family who has benefitted from it!

We all know that practicing yoga ensures a positive effect over the mind and body. So everytime my teacher conducts her class, my family and I learn a lot.

For instance, 'Anulom Vilom' has various benefits – it helps us to be patient, improves our focus and relieves stress and anxiety. This is my favorite 'asan' and my grandparents also like it. We do it together in the morning every day.

'Kapal Bharti' improves blood circulation and digestion, thus increasing your metabolic rate rapidly. This 'kriya' stimulates the internal organs, especially the abdominal ones and therefore helps people with diabetes. My mother does it every day and since she has started doing it, she feels healthy and happy.

'Tadasan' helps in correcting your posture and improves your balance by making your spine more agile. It helps in increasing the flexibility of your ankles , thighs, and joints. My father likes to do 'tadasan' daily as he often has to drive for many hours altogether, and this asan helps him to relieve any stress in his muscles.

So, it is not only me who is learning everyday, online classes have had a positive influence on my family too! It has made me and my family healthy and positive.



**Reyansh Singh  
III Europe**

# *Sports and Well being*

## **Online Yoga classes in my school**

We all know the importance of physical fitness in our lives and with the growing concern over physical inactivity due to the current pandemic, our school has included online yoga classes in our curriculum for our overall well being.

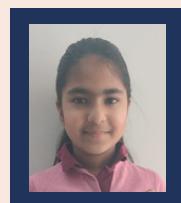
This is my experience of one of the wonderful yoga classes that I had attended and enjoyed. Our session started with joining our hands together and collectively saying 'Om' - this helps in relaxing our body and mind. Then we were asked to sit down and stretch our legs and bring them close to each other until both feet touched each other with our back straight, this pose is called 'Bhadra Asana'. This helps in making our thighs, hips and buttocks stronger and enhances flexibility of our legs.

We then covered our eyes with our palm and practiced 'breathe in and out' slowly, this pose is called 'Bhramari Pranayama', which helps in increasing relieving stress and makes our lungs stronger. Our teacher then asked us to use our thumbs to close alternate nostril and breathe in and out slowly, this pose is called 'Nadishodan Pranayama' which helps in relieving stress and helps making our lungs stronger.

We were then asked to stand up and stretch our body while holding our hands and stretching them upwards, this pose is called 'Tadaarasana' which ensures stretching and relaxation of our muscles. Other poses that also aid in overall well being of our body are 'Trikonasana' which helps in digestion, 'Ustrasana' or 'camel pose' that helps in improving posture and 'Bharmanasana' or 'table pose' that helps in making our bones stronger.

We finally ended our yoga class with 'Shavasana' where students were asked to lie down and relax their body after the yoga class.

I enjoy attending my sports class online, and also practice yoga because it has helped me stay fit and healthy. I also take a healthy diet as suggested by my sports teacher to build my immune system. I make sure to encourage my parents and my grandparents to do these yoga poses at home as they help in boosting immunity and internal strength.



**Tavleen Kaur Narula  
V Alfred Nobel**

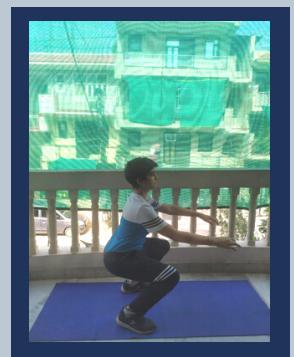
# *Sports and Well being*

## **How I have kept myself fit in the past one year...**

The pandemic has continued to affect our lives for more than a year now. But, me being a sports freak, I couldn't let myself get out of shape. So, I continued all the workouts that I had learnt earlier in school. Every day I wake up early, around 6 or 7 o'clock and do my workout on the rooftop of my building - 30 squats, 10 push-ups and 30 burpees. Even if you don't have much space, you can easily do these in a corner of your living room or balcony. This will help you to be fresh and active and you can then attend your online classes feeling rejuvenated. I have also kept junk food at bay and maintained a balanced diet. I have started drinking turmeric milk, dry fruits, fruits, eggs, and green vegetables. I also rest in the afternoon once my classes are over. This helps me to regain my energy and in the evening I am able to focus on completing all my home assignments with a fresh mind. Small lifestyle changes can help you stay happy and healthy!

**Naman Chopra**

**VIII Mahadevan**



We all are currently at home, as a result our activities and movements are constrained. But it is very important to be healthy, mentally and physically fit. I would love to share some tips with you all on how I have tried to stay fit and happy over the past year.

·Exercise and eat right - First of all, maintaining a daily schedule including physical activities, sleep and eating healthy meals are very important. So, I start my day with yoga that helps to calm my mind, so that I can focus and concentrate on whatever I do throughout the day. I eat a healthy diet including vegetables, whole grains and protein and keep myself hydrated. I also sleep 8-9 hours a day.

·Virtual dance classes- I love to dance so I have enrolled in online dance class. Music makes me happy and dancing helps me to be fit and agile.

·Sports - In the evening, I play badminton with my mom and sometimes I practice skipping.

·Social connectivity - I take some time out to relax and unwind. Staying connected with your loved ones provides emotional security and mental stability in these unprecedented times. So, I remain in touch with my friends and family over voice call and video calls.

So, it is up to you to take charge of your life and remain happy and fit. It is a wonderful opportunity to connect with yourself and your family, so make the most of it.



**Charvi Soni**

**IV Atlantic**

# *Sports and Well being*

## **How I have kept myself fit in the past one year...**

It is very easy to lose hope and feel demotivated amidst the pandemic. But in order to stay fit, we need to be happy too. To quote Voltaire – “I have chosen to be happy because it is good for my health.” So, every morning or evening, whenever I get time I ensure that I do some stretching exercises and yoga. I try to run 100 rounds in my backyard at home and also do skipping every day. It not only helps me to maintain my body weight but also increase my height. Along with a daily exercise routine, it is important to eat right too! I have started eating vegetables, fruits, sprouts and paneer to boost my immunity and have reduced the intake of junk food. My healthy lifestyle has helped me to stay fit, grow tall and keep my body flexible and agile.

**Aryan Chhabra**

**VII Aryabhatta**



## **Gymnastics for fitness**

Gymnastics is a kind of physical exercise that is done indoors, often using special equipments such as bars and ropes.

I would like to show you some of my favourite poses of gymnastics.

Some of my favourite poses, which I have done in the video are - Side and Leg splits, one hand and two hand cart wheels, stretching, front and back bridges.

**Vidushi Sharma  
II Nilgiri**



[Click here to watch Vidushi perform Gymnastics!](#)



# *Words from people who matter!*

Friends,

As we celebrate the Silver Jubilee of MREI, we thought of connecting with our teachers who have been a part of our school for all these years. Although the pandemic has kept us apart, technology has kept us connected. This space will give you a glimpse into the lives of our dear teachers. Hope you enjoy the telephonic interview of Ms. Sunidhi Kakkar and Ms. Raveena Kalra. Following are the excerpts from our conversation :-

Hiya – Happy evening ma'am. I am Hiya from Grade 7.

Ms. Sunidhi – Happy evening Hiya. How are you?

Hiya – I am fine ma'am. I want to ask you some questions. (smiles)

Ms. Sunidhi – Yes, sure.

Hiya – Ma'am, you have been working in our school for the past 15 years; what is it like being a teacher at MRIS 2IC?

Ms. Sunidhi – Hiya it has been a wonderful journey so far. It feels great moulding young visionaries in the school. As teachers, we not only get the opportunity to interact with large number of students but we also learn a lot in the process of teaching. At MRIS, the management is really supportive and we have the best of mentors. Teachers get multiple opportunities to learn and educate themselves and focus on developing their teaching skills too. So I have had professional as well as personal growth over all these years Hiya. (smiles)

Hiya – That's wonderful. (smiles)

Ma'am, it is said that everything changes with time. Could you please share your thoughts on how the teaching learning process has changed over the years?

Ms. Sunidhi – Certainly, the teaching learning process has changed over the years, which is a sign of progress. When I was a student, things were very different. We had a traditional classroom where our teacher imparted knowledge. The education system has changed rapidly over all these years. Now the idea is to liberate the child. The focus is on Project Based Learning, doing Hands on Activities, encouraging children to express their opinion and stay updated with the latest technological advancements. Amidst the pandemic, the teaching – learning process continued because technology kept us connected. MRIS was the first digital school in Faridabad and it gives me immense pride to say that we have always ensured that we are abreast with the changing times. So, teachers and students were comfortable using this online platform and the transition was very smooth.

[Click here to catch a glimpse of the interview.](#)



# *Words from people who matter!*

Hiya – Yes ma'am, I agree. We as students feel comfortable using the latest online platform like 'Teams' to attend classes and give online exams because our school has trained us well.

Which brings me to my next question, this year the MREI family has completed 25 glorious years. How do you feel being a part of this journey for the past 15 years?

Ms. Sunidhi – It feels absolutely great Hiya, because I have witnessed this wonderful journey. Over the years, I have not only grown as a teacher but also as a human being , I must have made many mistakes but I have always learned from them. I would like to share something with you Hiya, my mentors always say that making mistakes is acceptable only when you make new ones. You should always learn from your past mistakes and not repeat them.

Hiya – I agree, mistakes are the stepping stone to success. Ma'am, if you were to share one of your life lessons with all of us, that you feel could be of help to us, what would it be?

Ms. Sunidhi – Yes, of course. I would like to tell all my dear children that always stay truthful to yourself. You should always believe in yourself, set goals and work hard to achieve them. If you are convinced about something you should just go ahead and do it.

Hiya – Thank you ma'am, for those inspiring words. I'm sure our readers will feel motivated and proud to be a part of this wonderful and progressive institution.

Ms. Sunidhi – Thank you Hiya.



**Ms. Sunidhi Kakkar  
(Pre-Primary Teacher)**

[Click here to catch a glimpse of the interview.](#)



# *Words from people who matter!*

Saransh - Happy evening ma'am. I am Saransh from Grade 7.

Ms. Raveena - Happy evening Saransh. How are you?

Saransh – I am fine ma'am. It's been a privilege to have you as my teacher when I was a small child, and today I am going to ask you some questions, may I? (smiles)

Ms.Raveena – (Smiles with pride) Yes, sure. You have grown up to be a wonderful boy Saransh, so proud of you!

Saransh - Ma'am, you were among the first ones to join MRIS 2IC. How does it feel now as MREI celebrates its Silver Jubilee?

Ms. Raveena : I had started my journey with MRIS 2IC in 2004 and when I see how far the school has come today, I'm filled with pride and happiness. I am thankful to the management, teachers, guardians, students and well-wishers who have helped me enhance my skills. I really feel honoured to be a part of this beautiful family and the way we have been showered with love and gratitude throughout our journey makes me extremely happy. I am proud that all of us together have worked, are working and will be working for many more years to come to create the future for our beloved students.

Saransh - Absolutely! Ma'am, over the years you must have seen innumerable changes in the education system. So how do you ensure students stay abreast with the changing times?

Ms. Raveena - Definitely years back when I started teaching, the education system was completely different. But I would like to add over here that Manav Rachna has always believed in holistic and futuristic curriculum in keeping with international standards. Students at Manav Rachna are can speak and share their opinions with confidence. It is essential to keep up with the changing trends so we inculcate dynamic behaviour in kids from the very beginning. For instance, the online transition during the pandemic was very smooth as our kids are technologically smart.

Saransh - I agree. Although we are not in the 'school building', we are not missing out on our academics and physical well being, thanks to technology. Ma'am, my next question is, as a teacher of English, what do you do to ensure students are engaged in your class?

[Click here to catch a glimpse of the interview.](#)



# *Words from people who matter!*

Ms. Raveena - Since I am dealing with the younger lot, whose attention span does not last for a very long time, I need to ensure that I integrate a lot of Hands-on-Activities to keep them attentive and help them understand things better. For example, if I have to teach blending, I will ask students to run their finger under the word and blend the sounds together. I will ensure that they can blend the word at a slow pace, and then faster to a normal speed to say the complete word. This will help them grasp what is being taught in the class.

Saransh - (Smiles) Yes ma'am, I remember those days vaguely. And here I would like to say that students across all grade levels love you ma'am, you have taught many of us, would you like to share any experience with all of us that you feel changed your life and we could learn from it?

Ms. Raveena - (Happy) The one thing I have learnt is that kids are small in age but they are smart! They would go beyond the textbook and give you relevant examples from real life for almost everything, even the ones that you may not have thought of yourself. Teaching is a two-way process and it's not just us teaching students, but even they teaching us so many new things daily. So always keep your ears open to everybody irrespective of their age because even these cute little kids can teach you a lot.

Saransh - (Laughs) Thank you so much for your kind words ma'am. I'm sure students will feel happy and motivated after listening to your inspiring words.

Ms. Raveena - Thank you Saransh!



**Ms. Raveena Kalra  
(Pre-Primary Teacher)**

[Click here to catch a glimpse of the interview.](#)



# MRIS 21C - A Happening Campus

## Integrated Summer Project

Students at MRIS 21C are always taught to think ‘outside the box’, and to foster this spirit the students from Nursery to Grade VIII are entrusted with an Integrated Summer Project every year during the summer break. It keeps us engaged during the entire holiday. The project integrates knowledge and understanding of various topics across all subjects, encourages critical thinking and combines different skills and ways of learning that are unique to different academic domains, so that we can use these skills in a meaningful context. It keeps us motivated and the experience of doing activities hands – on is an important step in the learning process for all of us. Students embrace this opportunity to showcase their creativity, understanding and express whatever they have learnt so far.

The Integrated Summer Project not only promotes learning but also intends to create happiness and a positive mind-set which is the key to a good and healthy life. Writing stories, poems, ballads and paragraphs in Hindi and English helped students to display their creative side; observations in Science and Math helped in critical thinking; composing tunes and creating various art forms added a fun element. It was a fruitful way to spend the summer vacations for all the students.

Alvira Bhagat

VIII Mahadevan

## Mock Sessions to experience Live Classroom

MRIS 21-C Faridabad opened their online classes to the students and parents to see and experience, a series of Mock Sessions catering to Toddlers, Nursery, Kindergarten, Grades IV and VII which were conducted spanning five days. This session was conducted with the objective of enabling parents to see what their children do in the class. In these sessions, teachers conducted mock online classes for English, Numeracy, Science, Life skills, Sports and well-being, exactly the way they do in regular online classrooms. Students and parents who attended these sessions got a glimpse of the interactive classrooms where the teachers used various teaching methods and aids to make online teaching effective and interesting. This endeavour garnered a lot of appreciation from the parents.

Priyanka Sachdeva

Editor-in-chief

# MRIS 21C - A Happening Campus

# Meditation and Yoga Session with Ms. Himani

The mental and physical well-being of a teacher is of utmost importance, to have a fun-filled learning environment. With this objective an enlightening session on the enormous benefits of Meditation and Yoga was organized on 27th June 2021 for the staff of MRIS. The session was conducted by Ms. Himani, a Yoga teacher and a Certified Creative Dance Movement therapist.

The session started with the chanting of the Gayatri Mantra and a short speech wherein Mrs. Nisha Bhalla shared some valuable words. The virtual session showcased everything from introduction to yoga, its meaning, essence and its benefits. Ms. Himani also shared the calming effects of meditation and how it influences our body and mind by reducing stress. It was a very relaxing and informative session.

# Shiva Sharma

## English Editor

# "The Chef Pair" - Celebrating Fathers' Day

A unique online event "The Chef Pair" was organized on 19th June 2021 by MRIS 2IC to celebrate Father's Day. The event was telecast live from the School Cafeteria, which is a newly added facility. The Chief Guests were Chef Utsav Rohatgi and his son Junior Chef Tanish Rohatgi. All the students and their fathers from Toddlers to Grade 8 were a part of the virtual event. The event started with inspiring words from the Head Boy of the School, followed by a wonderful song on Father's Day. Then the chef pair got into action and helped the participants to prepare Veggie Quesadillas and Pancakes. The list of ingredients were shared a day before to help fathers be prepared and set up their venue. It was exciting to see the 'professional' Chef Pair in action along with the 'budding' Chef Pairs at home, following the recipe and cooking together. My father and I enjoyed the session thoroughly. The chef not only shared interesting cooking tips with us, but also resolved our queries from time to time. In the end, everybody displayed their delicious dishes and garnered a lot of appreciation from the chef. The Head Girl of the school extended her gratitude to the Chief Guests on behalf of the entire school and a wonderful song dedicated to all the fathers brought the fun filled event to an end.

Adwita Jain  
III Asia

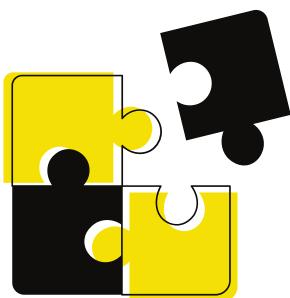
# MRIS 21C - A Happening Campus

# International Yoga Day

MRIS 2IC celebrated ‘International Yoga Day’ on 21st June, 2021. Amidst the pandemic it is very important to stay fit, physically and mentally. So, a virtual yoga session was conducted for students across all grades, teachers and parents. The session was lead by the fitness coach who not only talked about the health benefits of practicing yoga every day, but also demonstrated simple ‘asanas’ that could be done by everyone. The session began with some warm up exercises, followed by yoga asanas and ended with ‘omkar chanting’.

## Priyanka Sachdeva

## **Editor-in-chief**



## वर्ग पहेली - उत्तर कुंजी

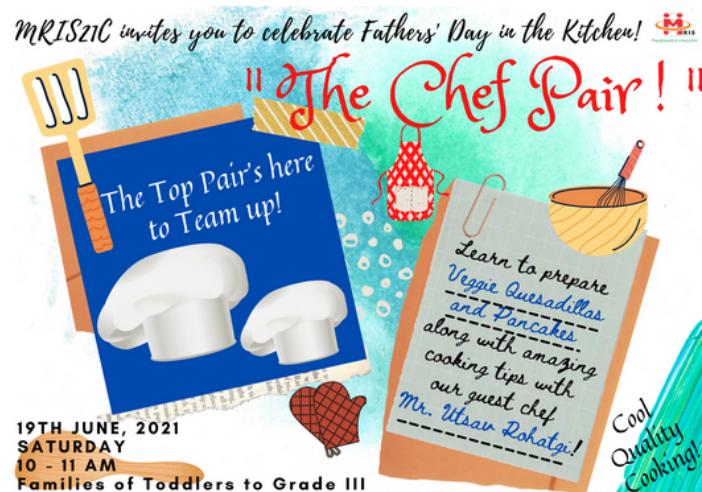
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| 2. हिरन   | 8. कछुआ  |
| 3. शेर    | 9. मुरगा |
| 4. साँप   | 10. मछली |
| 5. लोमड़ी | 11. रीछ  |
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# A Peek into our School Events



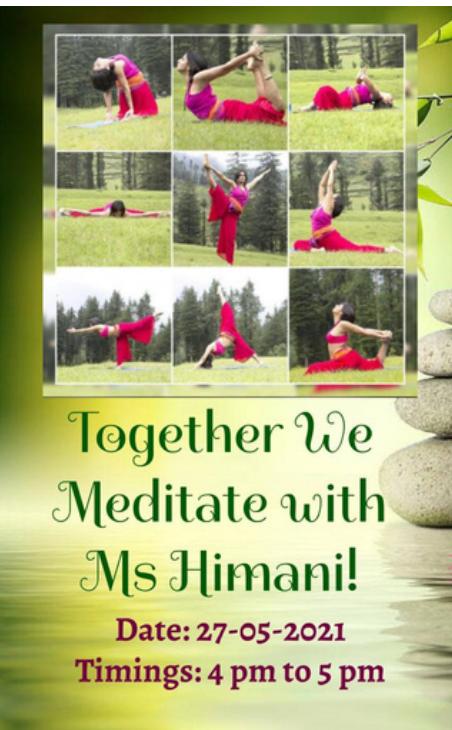
## The Chef Pair - Father's Day Celebration



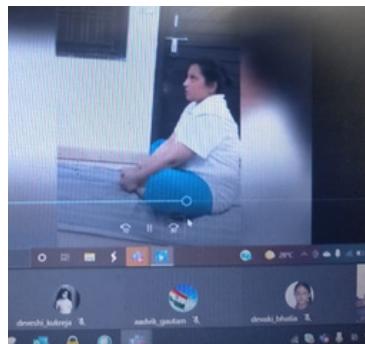
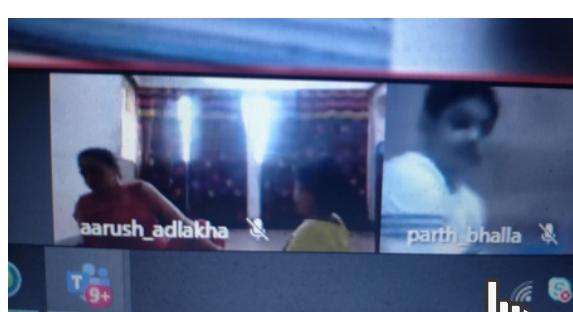
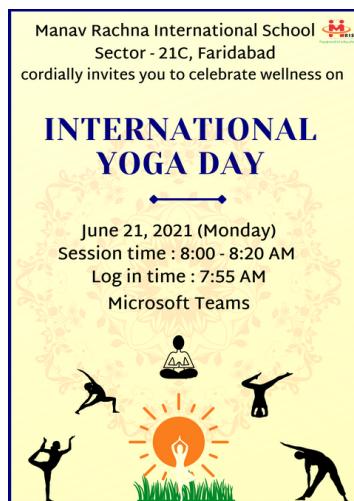
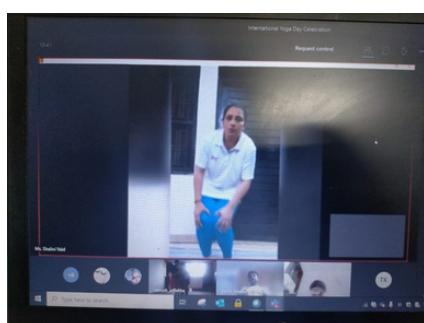
Click on the pictures to watch the glimpses of events.

# A Peek into our School Events

## Yoga and Meditation session



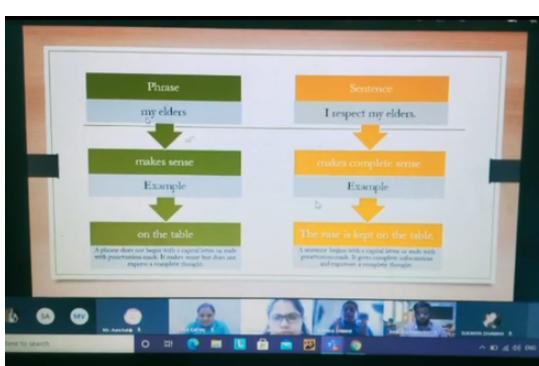
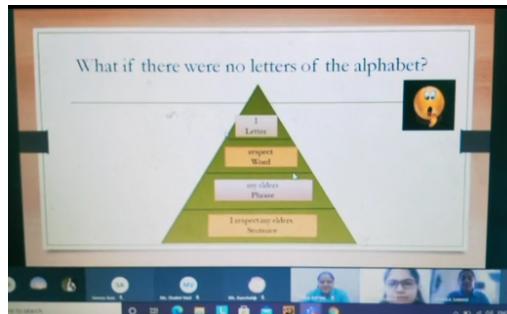
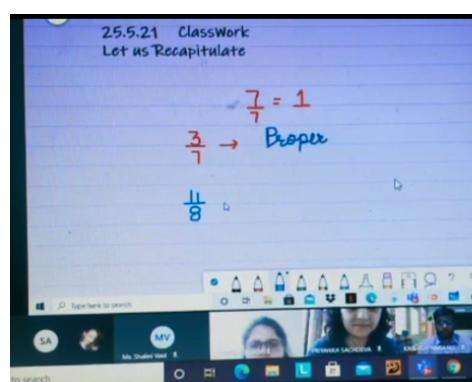
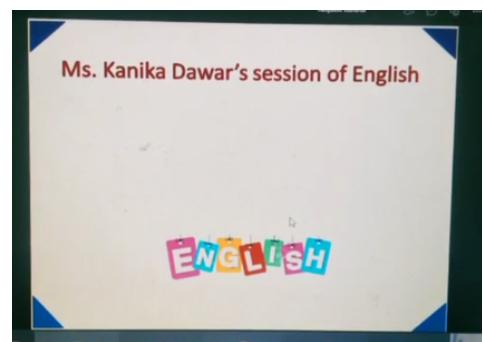
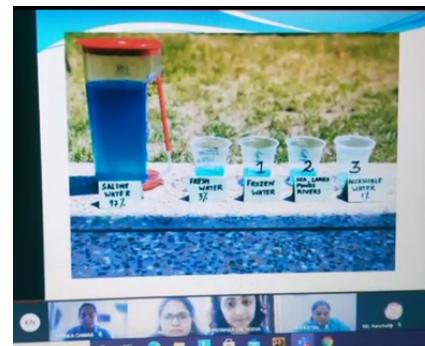
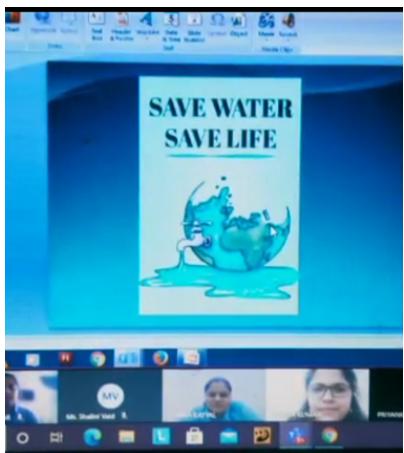
## International Yoga Day



Click on the pictures to watch the glimpses of events.

# A Peek into our School Events

## Mock sessions



Click on the pictures to watch the glimpses of events.

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**Watch out for an additional surprise in our next edition!**