



MRIS REPORTER

MANAV RACHNA INTERNATIONAL SCHOOL

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EDITORIAL

These are both, exciting and challenging times for education. As we stand at the intersection of uncertainty and a strong resolve, we are clear that a closed school building will not close the learning of our children. If anything, our children will only raise to adapt to phenomenal change, increase their reservoir of empathy and compassion and embrace reimagined processes, skills and knowledge. Ensuring the emotional wellbeing of our students has been our priority - we strive to be the bridge of love, care, and connection for our children in these trying times.

Over the past few months, you are witness to the massive investment we have made in upgrading the technological frontiers across our schools. We are here to re-imagine school education, even before Covid-19, and build tenacious, robust children, with lifelong learning skills, adaptability, emotional resilience and a combativeness that will stand the test of time.

Many of you have heard of the New Education Policy that shall revamp the school and higher education system of our country. Let me assure you, ManavRachna International Schools are well prepared for the change. Ahead of the times; the pedagogy, teaching methodology, curriculum delivery at our schools is already aligned with the New Education Policy (NEP). In primary education, the NEP aims to reduce the curriculum content to its core essentials, focusing on key concepts and ideas in order that children are able to practice more critical thinking and among other things, more analysis-based learning. Here, ManavRachna International Schools for many years have been focusing on three Rs: Reasoning, Resilience and Responsibility. We have integrated Annual Projects based on UNSDGs within our school curriculum. At the beginning of every academic year, from Grade I onwards, students are allotted with specified Annual Projects based on UNSDGs.

The NEP also states that there will be no hard separation among 'curricular', 'extra-curricular', or 'co-curricular' areas, among 'arts', 'humanities', and 'sciences', or between 'vocational' or 'academic' streams. We have been rigorously following a unique life skills program that beautifully amalgamates the 'co-curricular' within the curriculum!

We have embraced change in all aspects. The coming days will continue to see a quantum shift towards quality education.

Enjoy the Experience.

AMIT BHALLA

Vice President, ManavRachna Educational Institutions

HAPPY STUDENTS, HAPPY PARENTS ... “HAPPY TIMES” REINFORCED AT MANAVRACHNA!

We are confident that the past few months have been a beautiful realization that this challenging time is actually a Godsend opportunity for us to be able to spend that much talked about ‘quality time’ with our family. The virtual world has helped us open conversations with some of the most well-known achievers from the sports and the corporate world. Some of these interactions with international speakers or with Olympian sports achievers, probably seem unachievable in the face-to-face world within tough time-bound schedules. ‘Knowledge Sharing’ has been of essence during the Covid times, the world has opened up and this shall be a trend that shall continue in the years to come.

Cultivating an environment which maximizes both development and delight among students has been the overarching learning outcome across our schools. To give our students an engaging environment, to let them benefit from experiential learning, and allow them to identify their strengths; ‘Happy Times’ were reinforced at ManavRachna.

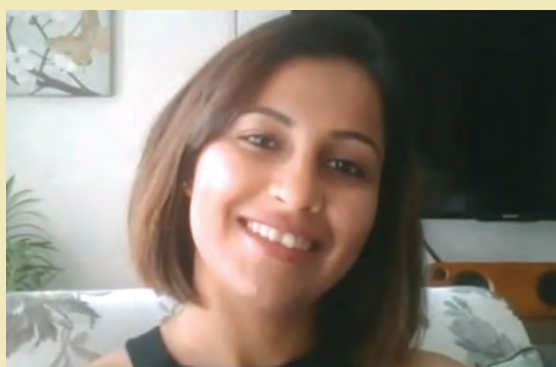
Manav Rachna Happy Times, a live conversation series engages students in a dialogue with thought leaders, celebrities, global practitioners and highly accomplished sports persons in inspirational and fun conversations on life’s lessons. In the last two months alone, more than 150 speakers have shared their stories and answered the queries of thousands of students and budding sportspersons.

While the intellect was stimulated, fun conversations with Filmmaker and Author Rakeysh Om Prakash Mehra; actors Divya Dutta, Daisy Shah, Jordan Sandhu and Sonia Mann engaged not just the students but entire families giving them the never-before opportunity to interact with such celebrated personalities from the comfort of their home. History was created in the sport of shooting, when three Olympic Games Gold medalists Vincent Hancock, Fehaid Al-Deehani and Peter Wilson came together in an episode of Manav Rachna Happy Times. Three ladies who have proven their mettle in international

Shooting Championships Shagun Chowdhary, Heena Sidhu and Ray Bassil left many budding shooters in awe of their aura during one of these interactions. Very rarely do we see a Former world No. 1 Olympian shooter drop the gun and pick up the rolling pin. That’s indeed what Daniele Di Spigno did by cooking authentic Italian pasta live in a session with shooters and students. One of the most decorated names in the history of Double Trap Shooting, Olympic Games Gold Medalist Russell Mark was among the recent speakers at the series.

‘EduCon’ - Educational Conversations for MRIS Students to interact with peers and distinguished personalities also aim at fostering the attitude of sharing, learning and appreciating.

Let learning be an enriching experience!



HARD WORK + PERSEVERANCE = ULTIMATE MANTRA

Unprecedented times of the year 2020 brought dilemma-like situation into everything. MRIS Students of Grade X & XII were struck by this lockdown as they didn't appear for all their

exams and had doubts about the coming times, particularly their results, and their future. The continuous support from teachers, peers and parents kept the things going amid this lockdown and they emerged out as winners!

Etching their magnanimous feat in the MRIS Saga of success, students of Manav Rachna International Schools across branches performed brilliantly at the CBSE Grade X and XII Results 2020. Perseverance and sheer determination along with zealous endeavor turned fruitful as the students touched phenomenal heights.

MRIS Grade XII Results 2020

Stream	Student's Name	Percentage
Commerce	Sanya Nayyar	97%
	Tanvi Thakur	96.80%
	Shrey Gupta	96.60%
	Ishika Arora	96.40%
Science	Nirmit Jadwani	94.60%
	Sonal Agrawal	96.80%
	Vishwa Maharajan	96.60%
	Sidhy Aggarwal (PCB)	96.60%
	Khushi Singh	96.40%
	Jai Bakshi	96%
	Tanvi Aggarwal	98.80%
Humanities	Bhavya Chhabra	95.20%
	Kiratpal Singh	95.20%
	Shalu Tiwari	94.80%
	Rishika Chakraborty	94.40%

MRIS Grade X Results 2020

Student's Name	Percentage
Divyanshu Sahu	99.20%
Aryan Bajaj	98.60%
Mayank Agarwal	98.60%
Khushi Sharma	98.40%
Rakshan Bhat	98.33%
Parth Adlakha	98.20%
Dhun Paliwal	98.20%
Sarisha Wadhwa	98.20%
Aryan Dhir	97.80%
Anaysa Kapur	97.60%
Vrinda Bagry	97.60%
Kaavya Bisht	97.50%
Shaurya D Verma	97.50%
Vijyant Sharma	93.00%
Tripatjot Kaur	92.00%

These results validates that these students have a clear foresight of goals that are aligned with the institution's goal of success

Check out detailed results on www.mris.edu.in > Academics > CBSE Results

THOUGHTS THAT MATTER



By Dr. M.M. Kathuria,
Trustee,
Manav Rachna
Educational
Institutions

In the memory of
Dr. O.P. Bhalla,
My Dearest Friend
and Founder of
Manav Rachna

Life is not a mere matter of chance. It is part of an orderly progress or growth. God is the sources of all life. He is known by many names but he is one and is everywhere. He cannot be seen or heard or touched but can be perceived. We are souls and our bodies which are our instruments only are not permanent, but we the soul are immortal.

Everything that lives has divine origin and has the same inner power in varying degree. Hence, we are brothers, not only with one another, but with every living being animals and vegetables kingdoms are all our younger brothers.

Just as within a seed a whole plants is hidden, so with in us, several latent powers are there. These powers grow through our experience in various lives. This is the evolution of life. The Theory of reincarnation has been accepted by seekers of truth of every religion.

Life starts at birth with the physical body and ends with its death. What about the soul, before and after death. This is the question to think about, one of the most important laws is the law of karma. Every thought, desire or feeling has a reaction. If we act to bring happiness to others, it also makes us happy. Thought is the creative force of our universe. We become what we earnestly think.

Our life is not mere matter of chance. It is governed by a great law and order. Whatever was best the possible for our good, that has been given to us. Karma is to be washed away before we attain the perfection. That is why, we see that the pious souls suffer a good deal on the earth and on the contrary, those who are not doing any good for others seen to be in the cradle of all pleasures.

Never think bad even for a bad one. We are doing double harm by doing so. We are adding badness in him and making ourselves also bad. Try to send always good thoughts for the good of all. Many good souls are working with us. Try to have their invisible help in abundance.

Do not think always of the 'I'. 'I' is a part of the whole plan, when you will work for the good of the whole, then 'I' is also included. Try to find out the place of 'I' in the plan.

Theosophy has the answer of all these deep questions. It unveils the hidden meaning of the scriptures. It will help us to understand the divine plan. It will make us a pen in the hand of the Mother Nature. It will help us to understand the truth behind all scenery.

THE PACKET OF PANDEMIC: PICK THE POSITIVES!

Online Classes & The Lockdown: "I have learnt many new things"



By Arohi Gupta,
Grade II (Aravali)

In March, I heard about corona virus. I wondered who is he? A ghost, a bad man or a monster! Anyways, I was happy. Corona came and there was lockdown. No school, no home work. First few days, I enjoyed a lot. After few days of merriment, I got bored of watching TV, eating same food every day, playing with the same toys. How many times could I read the same story books? I wanted to go out and play with my friends.

But mummy told if I go out, corona virus will catch me I will be very ill and that made me very sad. Then, the online classes started. I was in a big class now. I was happy again because now I could meet my friends even though on camera. My new teachers are also very kind. Sometimes, due to network problems, my sessions are disturbed.

Teachers send all the work online so that I can complete my work later also. I am enjoying my online classes. Sometimes, I feel like going to my classroom, sitting on my seat, eating tiffin with my friends and enjoying activity slots with them. It is only possible when corona virus scare reduces and schools re-open. Till then, I will learn a lot about Microsoft Teams: how to mute and un-mute, how to send chat messages, how to upload assignments and share files. Well! I can only say thank you corona virus for teaching me so many new things in such a short time.

NURTURING THE POSITIVE LIFE-LONG HABITS

"I write and read a little more; A habit that will stay with me forever."



By Asmi Kumar,
Grade IX (Gauss)

The coronavirus pandemic has changed our lives the way no other thing has ever done in the past 100 years! It has truly changed the way I look at many things now, including schooling, socializing, importance of studies, etc.

Due to this global pandemic, the government has imposed many lockdowns. The first lockdown was introduced on March 24, 2020. It was a nationwide lockdown for 21 days. During this lockdown, all the places were closed, except for essential services, so there was pretty much nowhere to go. So, we all had to find a way to pass our time at home. Because of this, I developed many good habits, which helped to keep control of my mind and stay occupied.

I started keeping a journal. I wrote my first entry on March 27, 2020. It has really helped me keep a track of my day and productivity. Moreover, it has also helped me to keep a positive aspect of life even during tough times. I would definitely recommend anyone who's reading this, to try to maintain a journal, as it gives clarity of mind and improves the thought process.

Then, I also started reading classic novels, such as The Canterville Ghost by Oscar Wilde, The Time Machine by H.G. Wells, Jane Eyre by Charlotte Bronte, Pride and Prejudice by Jane Austen, and a few more.

My attitude toward studies also became positive, and MRIS Charmwood has played a huge part in that. Because of so many online webinars, speeches and of course, the online classes held on Microsoft Teams, I slowly and gradually understood the value and importance of studying at my age.

But then again, everything has a positive as well as negative impact. The Covid pandemic has also had many negative impacts. The most challenging one being the increase in screen time!

That brings me to my next topic. The addiction to social media apps has increased a lot. Obviously, it harms our eyes and brain, as we are only getting lethargic.

But all positives as well as negatives kept aside, this whole coronavirus pandemic should be a learning experience for all of us. Though, it is a challenging time, we should try to remain positive, as it would only help us all.

ACCEPTING THE NEW NORMAL

It is a beginning of a new way of life...



By Divyanshi Singh,
Grade X (Archimedes)

"We can't re-write the chapters of history, but we can learn from them, evolve and adapt. The new normal may even be a better normal, certainly a different normal".

This COVID-19 pandemic has greatly affected our lifestyle. I, as a student never expected that I would not be able to feel the classroom environment for a prolonged period. But finally, technology and my school rescued me from the vicious cycle of depressing routine. I feel blessed that my school started with online classes soon after the lockdown. Weekly webinars organized by the school encouraged us. Frequent counselling sessions were also organized by the school.

The most important lesson I learned in this period was to be patient and contented. My school helped me learn new yogasans. It encouraged us to practice meditation every day. I soon realized that I should make some good resolutions to continue throughout my life. The resolutions must include being happy and simple and most importantly, doing regular exercises and yoga.

It's the beginning of a new way of life!

COVID makes me miss school



By EdhaTikoo,
Grade IX (Pythagoras)

This year has been really 'different'. The year itself started off with bad news - the Australian bush fires, followed by a possible WW III, and finally, the Coronavirus. Really, nobody likes to hear its name. And who even would? It has put all of us into home quarantine, being unable to go out.

Everyone's routine has been completely spoilt. A student who used to wake up early in the morning because of school and got to sleep early, is now waking up late and going to bed at odd hours!

It's finally made us all miss school!

However, this quarantine isn't so bad after all. People have been able to spend their time learning new things and doing creative stuff. Some are learning how to cook, and some are doing origami. Some are finally learning to appreciate self-care. Some people's lives have been changed completely. The schools have started taking online classes.

There have been a lot of Webinars to keep students from getting bored during this lockdown. There have been various extra-curricular activities taking place recently.

In this modern day era, where almost everything is done on our computers, from online classes to online meetings, technology has helped us stay sane. People have started to realise how important it is to look after themselves and have started taking precautions against Covid-19.

Together, we can all beat this virus and hopefully go back to our same old lives.

New Normal. New Thinking



By Kavya Bhatia, Grade XI (Einstein)

"Things may never go back to normal

You may need to create a new normal

And that's okay."

Today, we're suffering from a pandemic which is rapidly spreading around the world because of which most people are still confined to their homes. Schools and offices have remained closed for months. Most events and conferences stand cancelled.

But in the thick of all this gloom, there is a silver lining. Mother Earth seems to have rejuvenated itself - smog has given way to blue skies, marine life is seeing increased activity, pollution levels have dropped, and animals as well as birds are moving about on their own accord.

We were so busy with our work but this lockdown has provided us time to spend with our families. During this lockdown, I was pleasantly surprised to see how little we need to carry on comfortably with our lives. We have also learned the concept of 'preserve' and 'conserve'.

We were able to enhance our skills and could devote our time to the things which we were unable to do earlier. Education system got digitalized. We discovered self-sufficiency in our behaviour and the organisations understood the value of work from home.

The pandemic has brought with it a 'new normal'. This new normal has indeed led us to a new thinking.

Time to Rejuvenate



By Rishabh Gautam, Grade XI (Einstein)

It is right to say that this period in our lives is something we have never experienced before. Lockdown is something I never thought I would go

through, and it is something that is really unsettling for a lot of people at the moment.

To deal with the change of routine, I have built an 8-week programme of meditation and yoga for myself. I enjoy observing nature and feel healthy as we have not eaten food from outside. I enjoy spending time with my family and have started reading. This has improved by vocabulary a lot.

Humans thought that they were the owners of this planet but a minute virus has proved otherwise. We have not inherited this world from our forefather but borrowed from our children. This time has come as a time for rejuvenation for all of us and we must make the most of it.

ONLINE LEARNING: CHALLENGES & EXPERIENCES

Integrated virtual and physical classes are the way forward



By Harshal Raj, Grade IV (Southern Ocean)

The first challenge that I faced at the start of online learning was to arrange for a device and a good internet connection. I got

my elder brother's laptop and was very excited to handle it. I thoroughly enjoy learning and working on the laptop just like my parents.

The second challenge was that my mother's office timings, which were the same so my aunt helped me to adjust to online classes. Although we are currently not able to meet our friends and teachers in person, we do look forward to hearing and seeing them online during the classes. It is very exciting when we celebrate birthdays virtually.

One of my favorites during online learning, is the interesting videos that our teachers show us to make us better understand new topics. We also get to do many hands-on activities like researching on a topic.

However, there are many things that I miss about school. I miss attending sports classes in the ground. I also miss the fun bus rides and chit-chats with my friends.

I really wish the world would recover fast from this situation and we could go back to school with an integrated method of online and classroom learning.

Switch to online platform was seamless thanks to Manav Rachna



By Swati Narang, Teacher, Primary Wing

It has been a challenging period for everyone all over the world. The pandemic has thrown our daily lifestyle haywire. It is an unprecedented situation

which led to sudden shutdown of schools and colleges causing confusion.

Conventional teaching could not continue in a usual manner, hence online teaching gained momentum. Although the concept of online education is not new, however, designing the entire curriculum for online sessions in a short span was a daunting task. Also, children and teacher had very little time to get accustomed to online classes.

The challenges of online teaching are entirely new to almost everyone. In a real classroom, a teacher has the advantage of getting non-verbal feedback from students and responds accordingly. In a virtual class format, it is very difficult to observe and sense their reactions.

The methodology of teaching a lesson has also changed drastically in comparison to the conventional style. It is imperative to prepare a concise and well-researched presentation so as to sustain the attention and focus of students through the entire session. Home assignments are also awarded online but it is very challenging to ensure complete participation.

Disciplined routine is another factor that has been found crucial in conducting successful online sessions. It is not only about following a regular time schedule but setting up a designated place at home for conducive teaching and learning. It is the insightful leadership of the Manav Rachna management which helped immensely in overcoming the challenges of imparting quality education to the children by adopting new age technologies in a time bound manner.

The planning by the entire Manav Rachna team has been seamless and thorough as systems were designed in such a way where every stakeholder like teacher, student, parent and administrative staff was onboard and trained.

From creation of secure IDs to teachers' brainstorming sessions on how to conduct classes, time table planning to induction sessions, and most importantly children's online presentation capsules were carefully and precisely executed. The boundaries of online education have been redrawn with addition of extra-curricular activities which are not only organized for holistic development of children but are equally enjoyed by the students. It is the collective effort of everyone that has made the head start of online learning a huge success.

The Manav Rachna team has shown that every challenge contains within it the seeds of opportunity and growth. No matter how challenging the situation is, learning must continue.

Where there is a Will, there is a Way...



By Vanshika Srivastava, Grade X (Euler), MRIS Charmwood

After the lockdown, MRIS Charmwood started online classes immediately without wasting even a single day.

Of course, I was apprehensive about virtual learning. Will online classes help me understand the concept taught? Will I be able to connect myself with the teachers? These questions kept me bothering. But all my doubts vanished the day I had my first ever virtual class.

The Manav Rachna family has made everything very simple and comfortable for us. The teachers helped us continue our studies through the Microsoft Teams, which I must say is one of the best platforms for conducting online classes.

The teachers have provided us with all the necessary contents. This 'online connect' between the teachers and the students has definitely made the teaching - learning process effective. The teachers have left no stone unturned to make each and every child comfortable during online classes.

Technology has undoubtedly played an important role during this quarantine. As the classes continued, I started feeling comfortable and of course, now it is a daily routine till the schools reopen.

To cope with the lockdown period and to be quarantined was not at all easy. Our school was not only concerned about our academics but was also worried about our physical and mental health. Besides, teaching, the school has been conducting various online workshops, webinars to combat the stress. We have also been given the opportunity to participate in various inter and intra school competitions.

Being at home for such a long time has put me in a comfort zone! Once life gets back to normal, I would miss quarantine period for these positive self-learning sessions, online classes and of course, the family time that we are getting. Even the virtual calls with my family and friends are going to be really missed.

I can't wait for the school to reopen...



By Adya Gupta,
Grade VI (Achievers)

It was my birthday, 19th March 2020. While my excitement of turning 11 years old and soon approaching my teenage years (in another two years)

knew no bounds, I had to satisfy my inner child with a small gathering of people which included my grandparents and my immediate family to celebrate the occasion. A home-made cake by my parents and a lovely hand-made birthday card by my little sister were enough to pacify me. Then came the biggest surprise gift by none other than the Prime Minister of India who announced what was unheard of - a complete lockdown throughout the country for the next 21 days.

At first, when I heard that the school was going to shut down, I got a little sad that I would not be able to attend classes, see my friends, and see my teachers. After a few days, I got to know that our school sessions for the new semester will be taken online. I got very excited to start classes online, learn how to use Microsoft Teams and at the same time, was able to connect with my friends and meet my new teachers of Grade IV Achievers.

The meet and greet session at the beginning was helpful in breaking the ice. There we got to know our teachers, our curriculum, our schedule and all about the new subjects being taught. I was so happy to see my friends in the same class as me. Sometimes, we all had a good laugh when we could hear background noises whenever someone turned their mic or video on. Once, from outside someone's house, we could hear vegetable vendors shouting the prices of vegetables which broke the silence in class.

At first, I thought it would be difficult for us to do online classes because of network issues and things like that but all my new teachers were very helpful and supportive. We all adapted really well. One incident that really stands out was at one time when our teacher asked a student to turn on the camera, we all could see his grandmother on the screen instead of him. We all burst into laughter. I have had many enjoyable, fun and educative sessions but the thing that I look forward to most after many months of online sessions is meeting my teachers, new students and everyone else in person. I can't wait for the school to reopen.

Well! What can I say now.
Maybe "Go Corona Go".

10/10 for MRIS



By Arav Singh,
Grade VII (Aryabhata)

From the very outset of this pandemic, we faced a situation where we had to quickly adapt to the new online way of learning.

Having said that, gradually we got accustomed to this new normal! The virtual slots provided a significant aid to us, to cope up with our studies and proved to be more efficient. Initially, when everything looked soarduous, and when all the students were totally perplexed on how to handle such an advanced way of studying, the entire Manav Rachna fraternity made it so simple and effortless for us. Teachers and students were able to communicate and co-ordinate properly, which made our academic journey smooth and successful.

Use of technology was a major breakthrough and played a pivotal role in such a difficult situation and tapped the untapped potential. However, it also came with its own set of problems like intermittent network and technical glitches. But with the assistance of our teachers, we managed to handle them meticulously.

This new virtual MRIS Charmwood is the same as the real one, with the only difference being in the lack of physical interaction. Although these are virtual classes, but whenever I see my friends switching-on their cameras for morning prayers, it gives me a feeling that we all are still in normal school, without being present physically. Our teachers emphasize and ensure holistic development for us.

Our school was the first one to start online classes and has handled the situation very well! That is why I give it a 10/10! Changes are inevitable and it's always better to focus on adapting, rather than complaining!!

Online Learning: Challenges and Experiences



By Madhulika Mishra,
mother of Divyansh Mishra,
Grade VI (Discoverers)

Online learning started in the first week of April, 2020 and is being continued till date as Covid-19 outbreak emerged. It applied to all the levels of education and the

informal institution as well. If such situation continues: how are we going to take up this challenge?

During home-based learning, there are several methods in carrying out the learning process. Some would share information by WhatsApp, Microsoft Teams as in case of MRIS, video call through Zoom, or by subscribing to online learning platforms. The challenges we faced and the resulting experience (positive outcomes) can be summarized in the following manner.

- **Effective learning material sharing**

Through the e-Learning system, teachers can share the learning material in the virtual classes. They can upload various types of documents, e-books, videos, or others and they can set the time when those documents can be accessed. Therefore, the learning process can be more effective. Once the students and teachers are on the same platform, they can immediately work on the materials and instructions. This feature minimizes miscommunication because the documents shared can always be accessed at any time.

- **Monitored students' activity**

During the home-based learning, students will only need to log-in to their enrolled class. Once they are in the virtual class, the system will mark the log-in time as their attendance. Therefore, it also helps teachers review students' discipline rates. All students' activities in their virtual class are well-recorded as well.

- **Effective learning evaluation**

Through the same system, teachers can assess the learning process through various types of tests such as quizzes, chapter tests, or final exams. Moreover, the tests can also take in many forms. It is quite flexible in fact. Teachers can opt for multiple choices, fill in the blank, true/false, image matching, sequences, or more. They can also attach other media such as images, videos, or voice recording. To make sure that the test is effective, they are not cheating, you can use other software that can monitor students' devices. So, during the test teachers can find out whether they open other tabs to search the answer for the test.

- **Holistic performance reporting**

After completing the learning process and test, the system can automatically generate reports of students' development. It encompasses many aspects such as their punctuality, presence, task completion and quality, and test results. The system can also generate insightful reports for the teachers.

- **Involving Parents**

Parents can review their children's performance via online parent teacher meetings, and with additional notes from the teachers could be taken. Therefore, both teachers and parents can cooperate to provide their children with the most effective learning process at home over a virtual platform.

Conclusion

The Covid-19 outbreak makes us realize that no matter where the learning process takes place, schools should be ready to make the most of it. Investing in technology such as the virtual/online system of platform for the school is very crucial.

THE TREND OF HOMESCHOOLING- A FRESH START!

"Homeschooling brings more synergy among students, teachers and parents"



By Madhika Alreja Gaur, Teacher, Foundation Stage, and mother of Krishiv Gaur, a student of KG (Venus)

The Covid19 pandemic came as a shock to families across the world. Closing of schools was an unprecedented occurrence that eventually led all of us to the path of homeschooling.

Parents like me were left confused and worried about the uncertainty. What did the future hold for my son Krishiv, who was just stepping into KG? As parents we do our best, but it is the teachers who really make the learning possible. I still had many questions in mind, when I got to know that MRIS Charmwood would be switching to virtual learning. I was relieved that my son's education would continue even though I was still apprehensive about how I would juggle my classes and his studies at home.

However, all my doubts and apprehensions were laid to rest as MRIS Charmwood switched to online classes and ensured that thousands of its students, including my son, started the new academic semester a day ahead of schedule.

My son is now very comfortable with virtual learning and is picking up all concepts across all subjects with great ease. In context of homeschooling students, the world has definitely created a synergy amongst students, teachers and parents.

I have developed a learning schedule for my son after his online classes. So he gets time to read, play with his toys, draw, watch TV and of course, revise all that was taught in class on that day.

Home schooling is a great solution for all families to continue educating their children during the pandemic. In fact, I feel it has made my son independent, confident and instilled more discipline in him. And of course, made him more tech savvy!

Homeschooling: A fresh start!



By Priyanka Bajaj, Teacher, Foundation Stage, MRIS Charmwood and mother of Myra Bajaj, Grade III North America

Learning at home is quite different from learning at school. It requires us to reorient how we think about learning in general, and how we approach the process with our children - maybe even with ourselves.

While learning what works very often requires first finding out what doesn't, and then, adapting it. We're all human, change is almost always difficult but unavoidable.

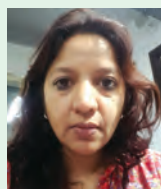
The lockdown has been tricky for everyone, including our children. It has been different for them to not physically meet their teachers and friends, and to not have 'normal' lessons. Whilst it is important that we teach and encourage our children to attend online classes, we must be flexible and understand that this situation is different for everyone and it will take time to adapt.

Now with six months into the lockdown with no clarity on when all of this will end, it has become a prerogative of children, parents and teachers to adapt to the new ways of teaching and keep the novelty factor alive to ensure seamless knowledge enhancement for students.

We, teachers at MRIS Charmwood are particularly lucky to enjoy the support of the school. Our mentors have enabled us in every possible manner to take the school to each child's doorstep. A special mention for our tech support team that equipped and enabled each teacher to quickly adapt to Microsoft Teams.

It is a change we never expected would come so soon, but it is here so we must say... bring it on!

Trends in Home Schooling



By Surekha Jain's daughter Antara Ravinutala studies in Grade III (North America), MRIS Charmwood

"There is no school equal to a decent home and no teacher equal to a virtuous parent."

A radical transformation in the approach to education due to the COVID pandemic is what we have to contend with and it has veered us away from the classical mode to an e-mode of education.

Homeschooling children is one of the consequences of this pandemic due to the closure of schools. This seeming disruption in normal scholastic life and routine is being effectively handled using technology by way of gadgets (laptops, mobile Phones etc.) and software (MS Teams, Zoom etc.) which allow audio and video streaming. Technology, therefore, has enabled the creation of a classroom environment albeit virtually.

Over the past few months, schools have efficiently and effectively embraced this change. MRIS has been in the forefront of setting up of such platforms and has done so quite seamlessly. From ensuring dissemination of course material to holding periodic tests and quizzes. The initial challenges of this new mode of learning was tackled by MRIS educationists by withholding not just the child but the parents as well.

Parents too, on their part, have taken up some measures to enable this change and make learning fun and effective at home. To list out a few:

- Replicating a harmonious school environment/ space at home which has led to more involvement of parents in the learning curve of a child.
- A well-planned disciplined schedule for the child at home which includes time for work & study and pleasure & play.
- Ensuring timely assignment submission and active participation in co-curricular activities.
- Frequent feedback and discussion with the child on the sessions being held also helps in tracking and monitoring progress in different subjects.
- Finally, help and assistance in the usage of new tools and devices for effective learning.

Homeschooling is here to stay and shall eventually become an integral part of imparting education in the times to come.

EMOTIONAL WELL-BEING

We shall overcome!

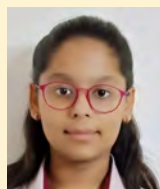


By Ahana Sharma,
Grade IV (Atlantic Ocean)

For me, lockdown is a very unusual, abnormal and for unexpected span of time,

I was sitting in my balcony,
my mind clicked and I started writing a rhyme!
Weeks and weeks of isolation,
But still infinite and unbeatable determination!
Each day, I'll do my best,
And I won't do any less!
Finding new hobbies, engaging myself in DIYs,
Attending MRIS Charmwood virtual classes,
Searching the Net,
Keeping myself busy and engaged,
My mind is now absolutely set!
I read several story books.
Cook meals for my family as a cook!
Watering plants, doing chants,
Playing game of consonants,
Observing ants!
Spending quality time with family,
Talking silly,
Eating together happily!
We are far off,
But we stand together
And together,
We shall overcome!
We shall overcome!

The New Normal



By Dhvani Jain,
Grade X (Archimedes)

Someone asked me,
What is the new normal?
A bit of family fun,
Maybe even sleep a ton.

Plenty of rest,
Followed by an online test!
All's pleasure, even formal,
In this new 'Covid' normal!
Watching days fly by
Giving online learning a try
Strange dreams,
Classes on Teams.
Missing the school corridor,
Life before Covid was so much more.
All's pleasure, even formal,
In this new 'Covid' normal!
Parties on Zoom,
From morning till noon.
Hobbies are new,
But people are few.
I've learnt to play the piano,
It seems like we're living in a Nano.
All's pleasure, even formal,
In this new 'Covid' normal.
Laptops are friends,
Cooking is a new trend.
Getting a new haircut,
Even when all barbers are shut.
Missing hugs,
But enough bugs.
All's pleasure, even formal,
In this new 'Covid' normal!

"उम्मीद" एक निर्णय



By Shivani Hingle,
Teacher, Primary Wing

"उम्मीद और खुशी" जिंदगी का अहम हिस्सा हैं। आज की दुनिया को देखो तो बहुत से लोग अपने आप को हारा हुआ मानने लगे हैं। जिंदगी के उतार-चढ़ाव के सामने वे अपने आप को मजबूर पाते हैं। इंसान ये भूल जाता है कि उतार-चढ़ाव जिंदगी का एक हिस्सा है जिस से कोई नहीं बचा। इसी उतार-चढ़ाव में उम्मीद की किरण जादू का काम करती है, यह अद्भुत है।

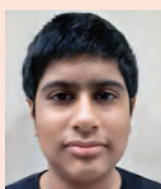
उम्मीद एक कला है। यह हमारी जिंदगी का एक महत्वपूर्ण निर्णय है जिस पर हमारी खुशी कायम है। हम सब एक दूसरे से उम्मीद पर ही जुड़े हैं। यह हमारे अंदर एक ऑक्सीजन की तरह है। जिसका जीता जागता उदाहरण ये बीते कुछ महीने हैं— कोविड-19 के आने पर पूरा संसार रुक गया, सबको एक नए रूप में जिंदगी को जीना सीखना पड़ा। इन्हीं मुश्किल हालात में हमारे अंदर बसी उम्मीद ने हमें जीने की राह दिखाई। सबने नए तरीके से कार्य करना सीखा, बच्चों ने शिक्षा ग्रहण करने का नया रूप अपनाया और वहीं हम सब ने रिश्तों की अहमियत को महसूस किया। हम उम्मीद को आशा भी मानते हैं तो विश्वास भी पर सच तो ये है कि यह एक ताकत है जो हमारे भीतर समाई है। जिसकी मदद से हम कोई भी कार्य करने के लिए तैयार रहते हैं। तभी हेलन केलर ने कहा था—

"आशावाद वो विश्वास है जो उपलब्धि की ओर ले जाता है। बिना आशा और विश्वास के कुछ भी नहीं किया जा सकता है।"

हमें अपने आप को उम्मीद से भरे रखना चाहिए तथा दूसरों को भी उम्मीद का दामन न छोड़ने के लिए प्रेरित करना चाहिए। जो इंसान अपने जीवन में हिम्मत तथा पूर्ण विश्वास के साथ ये ठान लेता है वे जीवन की ऊँचाइयों को पा लेता है।

"छोड़ो न उम्मीद का दामन, हौसला न हारो। आत्मविश्वास से जीत लो दुनिया, हर काम बेहतर बना लो।"

Welcome the New Normal



By Hemang Mehra,
Grade IX (Pythagoras)

A few weeks of isolation,
A few weeks of disconnection,
A few weeks of stress,
A few weeks of non-productiveness,
It's been a rough few weeks.

We will not have to live like this forever,
We have reshaped to the version of the new normal,
We don't hear the door bell ring,
We don't have a neighbour to cling,
We don't have loud horns,
We don't see our mates and teachers,
This new normal is a gaping hollow,
Echoing things that once used to be.
This new normal has started working,
This new distancing is lovelier than a hug,

This new mask is lovelier than a smile,
This new normal is working from home.

This new normal learning pods came home,
This new normal memories came flooding back,
This new normal the earth will heal.

And it continues,
The unimaginable mystery,
Adjustments are made,
Some with ease, some with difficulty,
Welcome, the new normal!

THE PACKET OF PANDEMIC: PICK THE POSITIVES!

Oneself should be one's priority once in a while.



By Kritika Arora

Accepting the New Normal means following the path shown by God in order to glorify yourself. It is the way one usually would never choose. Corona pandemic is surely an adversity but

the question is whether there are positive aspects as well. Yes, nothing in this world has been created with perfectionism. Even a coin has two sides. One toss will make you win and the other loose. The packet of pandemic is full of these aspects but it is our job to segregate them. Suppose someone asks me whether I want a time machine to go back to the old normal. My answer would be yes but with a bag comprising a few of the new normal as well. I feel this adversity told us the value of environment as well as society. Every single person wants to bid a goodbye to corona. Even the unexpected section of the society, the children, want the schools to reopen. This lockdown is altogether a new experience for all of us. During this lockdown, I have often heard people saying that this corona has tied us in a jail inside which our life has come to a break. I would say that our car did not reach the speed breaker by itself, rather we have led it there.



I would like to compare our current life scenario with an atomic structure. Protons are fixed in the centre and are not influenced by anything. On the other hand, electrons surround them but they are not stable. It's your decision whether to be a proton or an electron? Negativity is just like gravity which resists you from flying high. After this pandemic, I would like to live my life as a new myself, the one who has a positive attitude. I believe that one doesn't have to hunt for happiness outside as it resides with oneself. Healthy eating is another good habit adapted by some of us which I would surely like to continue. One should never eat less but eat right.

We have 24 hours in a day which seem to have increased. Probably, we conserve time that was earlier spent on roads. This pandemic not only provided us time for rediscovering ourselves but also for a quality family time. I will surely like to keep utilizing the conserved time for extracurricular activities such as art, dance and even building up skills on IT. The future belongs to those, who believe in acquiring more skills and combine them in creative ways.

I feel along with the skills, one should carry forward with lessons learnt. We have to realize that if we do wrong, we will get wrong. So, I want each one of us to save the Mother Earth before losing it. This adversity has led to one's break and other's record-breaking success.



By Tanu Arora

The busy and never ever stopping world came to a halt

When the corona virus knocked on our doors

It was a decision taken by all to be home and away

from the crowd

Home bound we were, safe with our loved ones.

The heart cried to see our friends and meet extended family

It was a respite to see the beautiful changes nature offered daily

We could not resist watching the sun set and birds flying in flocks

Star gazing became the new habit in the night we enjoyed the most

We were recalling days when we slept in open courtyards

It was a blessing to see the trees galore and sky so clear

What we did miss were the food times and hugs from dears

Everyone is working hard and this corona will go one day

But will it also take the cherished moments with it too

That is a question that shakes me up and brings tears to the eye

The laziness of the house and the cheerful fights of kids I don't want to say goodbye to

I can just wish that we slow down our pace and follow this rat race

A cup of tea and a warm bed will always be missed though

But I want to continue enjoying the night sky and sunsets too

I will go on praying for all the beings in this world

Will remember what this pandemic taught us all

To take a break and adapt to stay cheerful and tall

THE PACKET OF PANDEMIC

Pick the positives



This great epidemic has bought many things with it, but not all of them are bad. Many things have made this dark and gloomy time bright and cheerful. In these times, when we are in, the pollution outside has

decreased itself and the animals have moved out. More and more competitions are emerging. Many people have discovered their hidden talents.

The people have started maintaining their hygiene at an even bigger level. All have started washing their hands more frequently. Many people have developed new habits and have started spending more time doing arts or their other indoor habits.

Even though the precautions are to be maintained, people have found joy in many things. They have tried to make the best of the situation, and tried to remain happy throughout.

Shreyasi

The Light of Hope!



When a child learns to walk

He keeps on falling,

He doesn't give

But starts crying.

Then he stands up once more

Either with the support of

a chair

Or that of the door

Then he again moves on,

Till he can stand upon His own two feet.

And walk independently

On the street.

If a little child doesn't give up

Why should we?

When the stumbling blocks

On our way we see?

Hurdles are there everywhere,

It's your choice to cross them

Either by crying

Or for you to dare.

For, there is no need to be scared

When you are prepared.

Keep on moving upwards,

Keep climbing the rope,

Till you can reach the candle

That spreads the light of hope!

By-Rida Arora, VII - Galileo

THE PACKET OF THE PANDEMIC: Pick the positives



By Ms. Anjana Uberoi,
teacher

"Life is what happens to you, when you're busy making other plans!"

These words from John Lennon's beautiful ballad have never sounded more

powerful as they did in 2020. COVID-19 hit the world like a storm that nobody ever saw it coming. It united us all like never before, even if for extremely unhappy reasons. Every negative does have a complementing positive lurking around somewhere. Yes, even in a global crisis like this one. There were some positives that arose out of the new world order that COVID-19 pushed us into, whether we like to admit it or not. And perhaps, at the end of it all, focusing on these positives and remembering the lessons that the pandemic and the ensuing quarantine taught us will be the only things worth remembering.

So, here's what made the lockdown brighter in my opinion along with some valuable lessons that I believe it taught all of us:

1. **We can all be self-reliant:** As lockdown norms became strict and RWAs decided to impose severe restrictions on movement of domestic help, all of us realized that we can indeed live without maids and cooks. While this is no way undermines the value of the work they do, it was heartening to watch students cook for their parents, pitch in with chores, wash dishes and take responsibility for the cleanliness and hygiene of their own surroundings. I think a very important lesson that we all learnt in the lockdown was that if we all pitch in and break free of the outdated notions of gender roles, we can indeed survive with little to no help from others if the situation does demand that.
2. **The value of family:** The lockdown also taught us that ultimately what matters most is our family. When the entire world is locked out for us, that's all we have. Those of us who were staying with family enjoyed home cooked meals and the company of our loved ones.
3. **We need very little to survive:** We also realized that a lot of things that we spend our time obsessing over - holidays, clothes, eating out, movies; don't really matter. When we are bound at home, it's not the features of the car outside our house that can give us happiness or the brand of handbags and watches in our closet, but the relationship we enjoy with the people inside our homes.
4. **How beautiful it is to have friends, teachers and colleagues:** All said and done, the one thing I missed most during the lockdown was being able to meet my friends, students and colleagues on a regular basis. We all realized how blessed we are to have friends and teachers and peers who love us and add so much fun and excitement to our lives on a regular basis.

THE PACKET OF PANDEMIC When Corona Goes What Should Stay Back



By Jyotsna Pandey, parent

When was it the last time we felt so connected with the world? When was the last time we craved for a hug from our friend? Or when was the last time we all shared our fears & thoughts

altogether?

Corona ... Covid 19... Quarantine... Lockdown... Masks... Sanitizers!

These are some terms that we have been constantly using in our conversations since the outburst of Corona Pandemic that has hit the world really hard. Unbeatable measures from our Government, sleepless nights of doctors & nursing staff and unparalleled support of the police department has definitely simmered down the spread of virus in our country, but still, 'normal' is yet to come! None of us have clue to how long would social distancing last to reduce the Covid spread to zero.

The sudden outbreak and mandatory 'Stay Home' sure has affected the lives of every individual. But what's to ponder is that "why not mould these trying times as an ideal opportunity of our journey so far!" - A time to turn this challenge into a blessing and read between the lines, the lessons it has taught us! Go Corona Go! Yes, it must go & it will go! But what should stay back with us?

A sense of cleanliness & hygiene! We know that precaution is the only cure & doctors all around are advising basic hygiene and sanitizing. These are the humblest of 'Civic Virtues' and why not hold it back even when Corona is gone! Why not stick to the same cleanliness even when Corona is no more!

Let's take 'Swachh Bharat Abhiyan' more personally and implement it every day. Let's remind ourselves that nature is our mother! We all forget this at some or the other time. Let's hold back all the efforts of respecting and taking care of nature in every possible way we can!

Life is short, so live it & love it now! The pandemic definitely taught this to all of us. The rat-race is useless, jealousy has no meaning, greed won't last and anger won't solve anything. We must understand the meaning of connections hugs, kisses, catch-ups- something we all lived without in the lockdown due to the fear of virus. Time is all that you can give to people and let's hold this back once Corona walks off our lives. Let us value every relation even more deeply and live in the moment with our friends, family & loved ones.

Appreciating & valuing the little things should stay back! Taking pleasure in relaxing into yourself, inculcating passions and cultivating hobbies!

No country, no policies could erode this virus. So what's the rush? It's a lifetime experience and we all are sailing in the same boat. Let us all not rely upon 'flattening the curve', instead let's enjoy this rollercoaster ride with a smile on our faces and hope in our hearts.

The Packet of Pandemic-Pick the Positives!

While Corona will go, what
should stay?



By Navya Patnaik

It all began from a virus to an epidemic and then leading us to a pandemic which has shaken mankind today. Intimidating, isn't it? Apart from this, has anyone taken a glance on the

positive side of the pandemic? No! Having been extremely frazzled with the way things are going on we didn't think about good aspects of lockdown. We've named the pandemic as an 'unprecedented time' but have we ever thought of calling it a 'constructive time' or a 'memorialized time'! This is the major change that we must bring out in ourselves and in the society. We should explore happiness in every small thing when others are nagging about it.

As the proverb states, "Experience is always sowing the seed of one thing after another" and from this we understand that the new normal opens doors for things differently. This pandemic has taught me a lot of things and there are certain habits which I don't want to let go off. One thing that I would always be indebted for is the time that I got to spend with my family, explore the art of photography, baking, experimenting with various desserts, dedicating more time to art. I started taking health more seriously, sanitation and hygiene is now my utmost priority.

Digital and virtual medium have become one of the most important communication platforms and the entire population will adapt this sooner or later for their basic needs. This challenge of accepting the new medium of attaining education was at first very new and different for us but fortunately getting used to the online medium of learning was easy for us because of our school. The teachers have always been so kind and caring, we never felt the pressure that everything was being conducted virtually, we still felt connected and that is what made our online journey great. The online webinars and the counselling sessions were not only informative and helpful but also helped us in being emotionally stable.

There were great habits that I inculcated during these times. This pandemic taught me how to get used to changes and how to adjust with my surroundings. I learnt how to be patient and deal with every little challenge and to take out positive points of all. I made my own goals that I must accomplish.

Positive thinking is more than just a tagline. It changes the way we think and envision. I strongly believe that when I am positive, it not only makes me feel and sense better, but it also makes those around me better. At last I would want to say that we should stop thinking about the negatives and focus on building the new.

The Packet of Pandemic: Pick the Positives!



Hardships are ladder for success of mine,
Deep darkness causes star to much shine.

Sadhna Sharma

Life is a continuous journey of struggle and we human grow by the way of adaption to adversities by keeping positive attitude all the time. God has blessed us with art of converting the adversities into opportunities. Early man beat the danger of wild animals and hunger, by adopting hunting, inventing sharp weapons and learning the use of fire. Our ancestors kept on the journey of evolution by discovery of wheel, agriculture and eventually invention of machines which lead to industrialisation.

Adversity can break us or make us if we let it, the choice is ours. Many touched by adversity and fall down and never get back up, whereas some never give up in the face of adversity and become who they can truly be. Today world is facing a huge disaster in the form of pandemic spread by Covid 19 virus. This pandemic demolished the whole economic and social structure all over the globe. People are confined to their respective places and free movements are restricted. Suddenly humanity turned back to basic necessities of life. Suddenly whole world realized the importance of clean air and environment. Sanitization and cleanliness become inevitable part of our life.

Whole world has approved our culture of nature worship and 'Namaste' is recognized as the ideal way to greet someone.

We are the nation with the youngest population in the world whose energy can be channelised in different perspectives of social and economic upliftment of the world. Our Govt is also emphasising on creating a new "Atmanirbhar Bharat". Central government has introduced alluring schemes for new start-ups in order to encourage the youth to establish small scale industries. Our dependence on import items has been reduced a lot and we have set a new benchmark in production of medical items like masks, testing kits and ventilators. Our lifestyle has changed and we are abstaining from junk food. We are more conscious about our diet and exercise in order to improve our immunity power.

Adversity allows us the opportunity to find out what we are capable of, to develop our strengths, and to access aspects of ourselves that we did not know existed and inner resources we didn't know we had. Adversity teaches us that we have the ability to rise beyond our environment, that we are powerful beings who co-create our lives. This knowing brings not only inner strength and self-empowerment, but also wisdom.

Covid 19 problem has broken our perception of what is normal and deconstructed society as we know it. One such critical area, where the need for change has become evident, is education. The effects of the coronavirus and thereby its preventive measures, has upended the life of students, parents and teachers. We have realised that we require skills like resilience, adaptability, collaboration, communication, empathy, creativity and emotional intelligence. Online learning in schools has developed with new purpose, and it is a major deviation from the information-focused education existed before. Education approaches like integrated learning and experiential learning, with greater implementation of technology, are more relevant in schools today. Today education needs creating content and delivery systems that harness and utilize technology to its fullest. Education is getting more flexible and accessible, relinquishing its over-reliance on rigid structures that we considered necessary. Today education in Covid- 19 era, embraces learnings from science and emphasize a greater focus on issues that endanger our health, society, life and earth. We have well recognized the global problems like, environment, global warming, use of excessive plastics, misuse of drinking water and importance of cleanliness.

So we are fortunate enough to have enough adversity and courageous enough to exploit the opportunity to lead the world. We are the true successors of our forefathers, who took the world as family. We must convert this adversity into opportunity by following footprints of our ancestors who paved the path of prosperity and well-being of humanity.

3 Things Covid-19 Has Taught us!



By Smriti Arora

Parent of Fifth and First Graders

March 22, 2020. This is possibly the date India will never forget. From what started as a janta curfew

to many months of lockdown, Covid 19 wreaked havoc in our lives almost instantly and tested us on every possible level. As we navigated through this period and still are (locally, nationally and globally), I feel there are several things this pandemic forced us to ponder/focus on:

- Count your blessings. Yes, I mean it. If you have a roof over your head, three meals a day, it's a lot to thank God for. I taught my kids that. Value and appreciate what we have. And don't forget to help in whatever capacity you can.

- Focus on physical and mental health. Never before I was so worried about everyone's health in the family. And most importantly, to focus on myself too. As women, we often ignore our wellbeing. This was the period - where I focused on the age old Indian remedy - haldi milk or as we say in a fancy way - turmeric latte, and ensured that everyone consumed it.
- Adapt to the New. This is about the kids. Oh boy! Has this been some ride! The way the teachers quickly adapted to the online teaching, and their efforts to engage children is truly commendable. Hats off and a lot of gratitude. But we must not forget our little heroes - our children who quickly adapted to the new.

While the aftereffects of this pandemic are not likely to go away any time sooner, it is the human resilience that will help us sail and emerge stronger in the New Normal. Let's be together for each other in these difficult times.

While Corona will go, what should stay back?



By: Anvika Suri,
Grade V (Raman)

The world has seen so many changes since the breakdown of pandemic. We, the students have been hit hard due to the

restrictions. I never thought that we won't be able to go to school for so long and never imagined that school can become virtual one day. But all these things did happen. However, I also know that soon the environment will be back to normal and we will physically meet again.

I sometimes wonder how much we have changed since the mighty Corona virus has hit the world and I know some of these changes are going to last with me forever. Sanitizing and washing my hands regularly according to the W.H.O guidelines, having healthy homemade food to increase my immune system and spending more time with family has become my habit.

This pandemic has given me enough time to bond with my family and learn new things such as baking, computer coding and playing guitar. With school going virtual, we have become tech savvy. Now I am much more confident in using my laptop than I was before. In fact, I have become a small-time coder and utilized my free time to make games.

I really miss my school, my teachers, my friends, playing outside and going on vacations but this pandemic has brought out my hidden potentials which I was unaware of.

The Paradox of 'New Normal'



By Aarushi Sharma

Does Corona virus have the right to rule our lives? Can we win over this fatal disease? "When will this lockdown be over? I want to go out!" A microscopic

virus has created such a fuss that we are locked in our own homes. Isn't it funny?

The year 2020 has been very unpredictable. Our lifestyle has completely changed. This change has brought huge impact on our lives. What was unexpected, is now happening. People are changing, earth is healing and a drastic advancement in medical science and technology.

Corona is the very first disaster that has done some good to mother nature but destroyed the economic strength of people and countries. Due to lockdown people are stuck at home and the roads are deserted. This halt has given nature the time to heal itself. It has taught people to work from home. Parents, children and relatives are interacting more and more. Online learning platforms are flourishing. Companies have formed policies for working from home. Medical organizations have been working day and night to find a cure for this disease. People have started taking care of their health and sanitation. Awareness for sanitation in rural areas is increased.

However, over these advantages, this outbreak has cost many lives. People have lost their jobs. New startups and businesses have collapsed. Crime rate has increased. Due to increased unemployment, people are depressed, and many have also committed suicide. These disadvantages have created a more tackling situation for the government to fight against this virus.

People are waiting for the vaccine so that they can go back to their normal way of working, but I would caution that even if the cure for COVID is found, there could be many more undiscovered viruses waiting to affect human lives. So instead of rejoicing that the vaccine can resolve the COVID issue and going back to our old lifestyle, we need to learn and adapt to the changing times and accept this as new normal.

We must also keep in mind that in this pandemic we have learnt many good things. It has reminded us of our duties towards the nature and humanity. After things go back to 'normal', we must not resign to our old ignorance and fulfil our duties towards the mother nature and fellow human beings.

THE NEW NORMAL: A BOON OR A BANE

By Ambreen Gill,
Grade VIII (Kalam)



Thou say its dull

I say it shines

It is the way you see it

And the choice is thine

Change is the dawn

That welcomes the

morning

Change is the cloud

With the silver lining.

The way you think is all that will matter

Is it bad or good? Better is the latter.

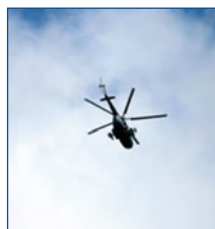
In the new normal thee say we'll drown

I say we'll rise

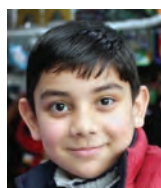
You say no scopes

I say it's a blessing in disguise.

(Photographs are clicked by me)



कोरोना के सकारात्मक प्रभाव पर कविता



जब फैला हमारे देश मे
कोरोना, हमने ठान लिया,
इससे नहीं है डरना।

मोदी जी ने किया लॉकडाउन
का एलान,

यही था कोरोना से बचने का समाधान।

मम्मी, पापा, बुआ, बच्चे सब हुए घर में बंद,

खूब किए मजे खूब उठाया आनंद।



Song- 'The new normal' is here

By Kabir

Mask and distance.
I'm ready to go!
Gloves and sanitizer

Whatta mean ya don't know?

Its all around us,
Its here and there
Basically corona
Is everywhere

"I'll explain"

When you say mask and distance
You don't wanna get it
its all around you
You will fret it
Come on, man!
Nothing to fear
Cause this is a new thing and
'The new normal' is here

"You get it?"

"Kinda"

It's all to avoid
There is no cure yet,
We are trying to find it
You can search it on the net

What're its symptoms
You might ask me
Cough, cold and fever
You will soon see

"I am getting it"

"Told ya"

Now are ya ready to Go?
Let's go without fear
And just remember
'The new normal' is here

It may end our world
The people we know
To stop this from happening
The cases should be low

Weather you like it or not
This is a new rule that has been layed
'The new normal' is here
You can't run away

मिलकर सबने किया घर का काम,
किसी ने की सफाई किसी ने बनाए पकवान।
ऑनलाइन पढ़ाई शुरू हुई,
बच्चों का नहीं हुआ नुकसान।
साफ सफाई कितनी है ज़रूरी,
सब बने बुद्धिमान।
खूब किया योगा और व्यायाम,
पिया हल्दी वाला दूध, शरीर को बनाया बलवान।
रखेंगे अब हम अपना ध्यान,
मिटा देंगे कोरोना का नामो निशान।
Mahaan

Finding Self In The New Normal



The World is in a Panic state. What started last year from Wuhan, a city in China, COVID-19 has infected millions of people throughout the world. Countries after countries had to undergo lockdown to prevent the spread of this deadly virus.

The world adapted to a new way of living- confined in houses, no playground, no social gatherings, and no visit to grandparent's house during holidays.

Life became stagnant. My parents helped me understand gravity of the situation by talking about it and how we should engage ourselves in productive pursuits. I made drawings and helped my younger brother in his studies. I learnt to prepare few dishes in cooking without fire. Yoga lessons by my father keep us physically active.

Our school, Manav Rachna International School organised online Webinars. These were useful in understanding this new normal. Regular interaction with teachers also helped as we are missing school, our teachers and friends. Regular online classes and class tests keep us engaged in learning process.

Online classes have been a new technology input in our daily lives. Our school pro-actively prepared for online classes. Initially, we did miss our real school. Now, virtual school is a reality, we have accepted this. Online classes ensured that I have a daily routine. I have kept slot for my studies, homework and play. Sleeping at 10 pm is a must.

Manav Rachna International School organised many webinars. Counsellors and experts gave their presentation and talked to us about understanding the value of what we have, OUR FAMILY as our strength.

During this time, we are focussing on building our immunity system by doing yoga and drinking Ayurvedic Kadhada daily.

I hope to keep these new habits as learning from this new normal and getting back to mask free, social distance free lives again soon.

Rudra Singh
7th Halley



New India - New Normal



Who would have thought at start of 2020, that this will be the year to remember for years to come for various reasons and things happening all around us?

Act I Scene I | 26 Jan '20 - Republic Day and Scenes of Happy India

Scenes of happiness all around in the world as well as in India, and Republic Day is celebrated with full fervour and excitement, and right from Armed forces of India to each State presenting their glories to the entire nation. Various cadets and children from across the various parts of the country are present and represent their States and various rewards of bravery were given all across.

Act I Scene II | 24 Mar '20 - 1st ever National Lockdown

Since mid-Feb'20, there were discussions and panic increasing through the country and more so across South East Asian countries where Covid had already arrived.

Come March and it was visible in parts of Kerala and slowly panic was increasing with less clarity all across. Schools and offices began closing finally in various parts of the country from early March itself. And then on 24 March' 20 PM Narendra Modi announced 1st ever nationwide lockdown of 21 days of all services and movement across the country.

Act I Scene III | 15 Aug '20 - Independence Day and New Normal

Scenes of Independence Day celebrations with new normal of masks and social distancing and a life adopted by each one of us.

From March to August, time has flown and we don't even remember or realize that we have spent half of the year from home. New normal came into existence and this way of masked life has been accepted by people across the country and world too. Kids as small as toddlers have learnt the way of Online education and every office has learnt and adapted the way of working from home.

No one including our grandparents had seen or imagined these scenes of lockdown ever in their lives and life will come to a standstill. Trains, aeroplanes everything is in a way non-operational since last 6 months and people are mostly spending life in this lockdown and unlock stages.

Most important learning from all this - Life never stops. In spite of all these tough times, people have adapted themselves to this new way of life and every event, festival, birthdays and celebrations are celebrated Online. Zooms and MS Teams have become new friends of kids.

You can never be sure of the future.

There is lot to reflect upon if we look back at everything happening through this memorable and strange year of 2020, but most important thing is that we are healthy and safe and we will surely implement these learnings of new living lifestyle for times to come.

Gunjan Arora

Father of Rida Arora and Jass Arora
Grade VII Galileo and Grade I Inquirers

Life As we Know With Corona



'Namaste' is the GOOD OLD GREET

'Social distancing' is best way to meet

Polkies, Paisleies, Checkered or N-95

Hmmm!! Let me see which mask shall I wear

No more fear because I am aware

With Sanitizers and masks everywhere

Curious neighbours keep in mind

This is the NEW INDIA not your dumping site
SAVE FOR RAINY DAYS was well said

'Healthis Wealth' is the latest trend

Vocal for Local is quaking.

Homemade delicacies taste best when dad is baking.

Learning has a new name,

Microsoft Teams hail again.

Karishma Awasthi

Mother of Kanushi Awasthi 7th Kepler
And Ayushi Awasthi 1st Inquirers.

The New Normal Has Arrived



By Rishima Sahu

When coronacame,

We were afraid of its name.

It was like a challenge given to us,
With no time to discuss.

We managed to adapt,
With some loss surely made.

But the learning did not stop,
Neither the race to get on the top.

We took time to adjust, As this was new for us.

Everything is done at homes,

Reading, assessment or creating poems.

The new normal is here, With masks to
fight corona fear.

The past never returns and the future is a mystery,

The only thing we can do is live our present happily.

New Normal



By Sanjeev Jain

COVID-19 impacted every aspect of our work and life. It has been called "the great pause," a time for reflection and introspection. People around the world now had this common

feeling i.e. "We can't return to normal, because the normal we had was precisely the problem." Virtual will be new way of working & operating. Satya Nadella (C.E.O. Microsoft) also quoted that COVID enabled 2 years' worth of digital transformation in 2 months. Example : Now 75 million active TEAMS users.

COVID also gave entire human race a chance to reflect, why human race is best in entire galaxy, why we always come out stronger when everybody thinks we are on edge, why we persist, learn and evolve for greater good.

- **Less is good:** The last 6 months have taught us that we can live life in 3 pairs of jeans and 6 T-shirts. Do I need a wardrobe full of clothes if I can manage life with much lesser. Answer is obvious. Probably it could motivate us to do more for under privileged.
- **Affordable & Best Education without border:** Education across all levels will be imparted online and homeschooling will be the new norm. It will also open up doors for adopting any international curriculum and compete internationally in early schooling itself at affordable fees.
- **Education for Rural India:** There will be opportunities for poor children in remote rural areas to be part of main stream education in very less fees. Children will go to schools only once a while, for group activities or for building social skills. Knowledge gets transferred via Zoom, Teams videos.
- **Service from Home:** Service industries that don't require physical touch with goods or people, will start moving to a WFH model. It would reduce costs and commute time and associated hassles
- **Health, back on Agenda:** A strong sense of urgency is realised for health infrastructure and hence PM announced National HEALTH Id for every citizen to collect all data points for entire India and build futuristic vision accordingly. This will encourage people to become more health conscious and readiness for any upcoming pandemics. Families are also shifting towards healthy living and eating.

In the end, every coin has two faces i.e. positive or negative. Our future relies on, how we perceive and wear the positive attitude to meet and overcome greater challenges and unlock new horizons of opportunities while taking everyone along with you. This alone really makes a lot of difference. Persist, Prevail, Pull off!

THE TREND OF HOME SCHOOLING - A FRESH START



The COVID-19 pandemic has not only affected millions of people around the world but has also disrupted almost every sector including the farming sector, medical sector and even education

sector. Its almost been 6 months that all the education institutions throughout the country are shut down.

The education of millions of students would have been at stake if a live saving mode of education would have not come, i.e. virtual education. Now, the future of our country can stay at home and study safely and they will even be prepared for such future conditions. All the educational institutes are using platforms such as Microsoft teams, ZOOM, Google Meet and many more. Amid the COVID-19 crisis, the virtual classroom has emerged as the best platform for the students. Many students, move out of the city, leave their families and friends to follow their dreams and be provided with higher education, but virtual classes took a role, now these students can stay with their families and follow their dreams together. All they would require is a nominal internet connection and device to attend the classes.

According to me, the video recordings of the live classes is the best feature of the virtual classroom. If a student did not understand a particular topic or could not attend the classes due to some particular reason, he/she can simply go through the class recording and not miss any topic. Online learning courses and classes use animations, Power Point Presentations etc. which not only makes learning more interactive and interesting but also, we can remember it easily for a long period. Moreover, whenever there is any doubt or we need to revise any concept, simply access the recorded video lectures that will definitely help us to absorb more and boost our retention power.

We can focus and study without any interference. The chances of distraction in the online classes is like negligible as there is no one to disturb you whereas sometimes there are in the physical classrooms.

In the times of COVID-19 pandemic, it is so important for all of us to stay safe. Online learning allows us to continue our studies from the safety of our home without giving a pause to our academic calendar. We can attend live online classes, take and submit assignments, participate in discussions, give tests online and so much more from anywhere at just a click.

When I came to know that we will now be having Virtual sessions through the Microsoft Platform, I was a bit scared as this was the first time for me. But now this is normal. This has even prepared us to face such problems

in our future as well. I have no words for the hard work by the teachers and the Manav Rachna Institution, their support is incredible! They never let us feel that we are at a distance, but like we are in a one-to-one conversation.

I do conclude that a student must have a will to study. If he/she has a will to do so, the student will do the best and be the best, being it the classes virtual or the traditional-physical classroom.

By Ishaan Kesarwani, Grade IX Ramanujan

Emotional well-being



By Sanidhya Sarthak

When we speak about health, we usually concentrate on our physical wellbeing, but we should not forget that one's mental well-being is as

important as physical well-being. This pandemic has brought many bad news and worries with it. Problems like childcare, job security give us a lot of stress and disrupt our routine. The endless news and social media coverage scare people and creates anxiety. Few weeks before my own sister had a breakdown by listening to the constant news coming up about the pandemic.

But even in darkness it is possible to create light. With the help of our school, MRIS-51, which is hosting many webinars and also sessions taken by the school counselor, we felt motivated. Our parents are also always supporting us and trying to make us happy in these dark times. We should ourselves understand and take care of us. We should keep ourselves busy to keep our minds off the bad news.

Always remember that these dark times will pass and bring joy afterwards.

WHEN THIS IS OVER



When this is over,
May we never take for granted,
A handshake with a stranger.
When this is over,
May we never watch a film

at a crowded theatre.

When this is over,
May we always remember how we got worried when we had fever.
When this is over,
May we always remember the struggles of a survivor.
When this is over,
May we always stay safe and live life better.

POEM: TEJASWI SAINI

GRADE: 8th KALAM, MRIS-51 GURUGRAM

THE PACKET OF PANDEMIC: PICK THE POSITIVES!

Let's be grateful to the lockdown!



When I think back to my first days in lockdown, what were some of my fears, worries and hopes? Am I the same person now that I was at the beginning of all this?

I think the past few months have given everyone a chance to explore and embrace ourselves. While so much alone time can drive one insane, it can also teach one a lot about themselves.

This has given me a strength to be grateful for the things that were so often overlooked before all this. It also provided me with so much time to reflect back on myself and gave me time to grow as a person. Through all this tragedy that surrounds this world, this lockdown has made me remember the importance of reaching out to people and being grateful for the amazing things that I already have around me.

I participated in several events- Speaker of the Year and Model United Nations. This was possible because of the free time and space I had. I've developed my oratory skills and overall personality. I attended many inspiring and informative seminars hosted by my school. I've been learning coding and attended Junior Detective courses via weekly online workshops. I have been taking this time to reflect and find ways to better my skills. I want to be happy and more appreciative of the privileges I have been given for the future.

The most important lesson I have learned from having to live through the Coronavirus pandemic is that not everything goes your way. But no matter what's happening, you must take control of the situation. That means get your work done, deal with what's being thrown at you in these times, make the most out of it, and never lose your motivation. I find it helpful to invest as much energy as I can into each new day because once this is all over, I don't want to look back on what I did during quarantine and regret it.

Many of us are unsure about what will happen next but I'm trying to be hopeful and optimistic. What I do know is that when things open back up again, and life starts to get more familiar, I'm going to want to hold onto these lessons I've learned during quarantine. I want to allow myself to confidently set my priorities, savour the precious moments as a family, focus on gratitude, and have faith.

Aashna Aftab, Grade VI (Explorers)

It has taught us some important virtues



Though Corona has given a harrowing time to the whole mankind and has placed the year 2020 as a dreadful year in history but is there some good that we have seen in these

times? In our hearts, all of us we know that we have experienced some very good things too.

Didn't we all get a breathing space? Life is not only about plans and schedules and running around for tasks or activities. Life is about staying happy, healthy and contented. Being restricted to homes with just our loved ones has made us realise the importance of family time and togetherness in our lives. Whether it was playing indefinitely or sleeping for long hours or exploring new recipes with mom or simply doing nothing, all of it made my days at home truly 'happy days'. I want this family time and togetherness to stay back.

Not spending on things that are not necessary has also made us learn the value of money. This very important lesson should stay back with us forever.

Hygiene and cleanliness is another very important virtue that a lot of us have absorbed in our daily routines, more strongly than ever before. This habit should become our behaviour forever.

In these days, we also have concentrated a lot to boost our immunity and be strong as well as healthy. We have started taking healthy steps such as doing yoga, eating nutritive food, meditation, extra activities etc.

A positive approach can change everything. We learnt that we should always think positive in every situation.

It was a true practical training on the saying- "Necessity is the mother of all inventions". Kids and adults have learned to operate the different online meeting platforms.

While dependency on screen time has been a big negative aspect, but if used wisely and optimally then, nothing can become harmful. It is up to us to immediately switch off our electric devices when the online class is over.

We all have realized through these tough days that we have to follow good habits throughout our life. Parents are trying to inculcate these things in their children.

While I pray that Corona ends soon, I also pray as much for the good things to stay on forever.

Asmi, Grade VII (Sushruta)

Step ahead with Patience



"Problems are not reasons to give up but a challenge to improve ourselves, not an excuse to back out but an inspiration to move forward."

Mostly this pandemic has left our lives distraught and has tipped our axis, it has come as a surprise to some of us and has changed the way we live and the things we did on a daily basis.

The lockdown has made us realize the importance of actually appreciating the things and people that we took for granted, but what it has taught us the most is the spirit of togetherness and helping where one can.

It has come to show us that money and material things are not as important as human life and caring for each other in times of need; it has shown how much greatness can come from working together and what it can do for a nation and community just by being available, and lending a helping hand where it is needed and wanted.

While this epidemic will go, some of these things will stay forever, such as:

- Being self-sufficient and believing in yourself.
- Maintaining a positive outlook towards life.
- Kindness.
- Hygiene.
- Valuing and cherishing the present...this certainly should stay back.
- Family time.

And in the end, I would like to say start by doing what's necessary, then do what's possible and suddenly you are doing the impossible.

Have patience- All things are difficult before they become easy.

Ms. Anubha, TGT, MRIS-21C Faridabad

ONLINE LEARNING: CHALLENGES & EXPERIENCES

We have Grown and Learnt Together



I want to share about some of the challenges and experiences of online learning in the current pandemic situation.

First let's understand what Online Learning is - According to me, Online

Learning is education that takes place over the Internet. It is often referred to as "e-learning" among other terms. However, online learning is just one type of 'distance learning'- the umbrella term for any learning that takes place across distance and not in a traditional classroom.

Now I want to share about some challenges in online learning that I faced in the past few months:

We faced many challenges in online classes and the following are the most common challenges that we faced:

- Technical issues
- Distractions and time management
- Understanding course expectations
- Lack of in-person interaction
- Getting disconnected again and again due to bad network quality
- Adapting the unfamiliar technology

And the major challenge is that we cannot interact with our teachers in person which is also much required for a student.

Now let me share my experiences of online learning. I am glad that we have this opportunity because this is the only way that helped us to continue our learning and studies even in such critical situation. With the ability to study anywhere, online learners, like us, can complete coursework at home. There is a flexibility to learn from anywhere you are. This advantage of online learning allows me to work in the environment that best suits me.

My school teachers are teaching everything online and very nicely, whether it is class studies, visual arts, performing arts and sports too. They have provided learning resources that leverage the strengths of the online space. All the teachers are putting their full efforts to teach us through this online learning method, and I am also enjoying my learning with the support of my teachers. It has been an enriching experience.

Hardik Virmani, Grade VI (Explorers)

Challenges became Opportunities!



COVID-19 has changed the world forever. Things are no more the way they used to be. Due to this wide-spread disease, children had to skip school and study online. When the classroom turned into

a virtual room - we were absolutely not prepared for it!

We had several challenges:

Challenge of connectivity: Not all homes had Wi-Fi not all students had knowledge of computers and hotspots.

Challenge of device: Not all families had laptops and other devices

Challenges of learning: Learning to operate MS-Team, and various other internet applications was very difficult task.

Our first online days: In the COVID-19 pandemic, technology came to our aid and helped students to study safely in their homes. The first days of online schooling were not easy for children as they were not aware of the features of the platform being used. However, the experience of online classes was amazing and we picked up quickly, but are still curious to know more. Also, there were challenges such as disturbance in the network, and some of my peers did not know how to use the device.

Besides technology, there were other challenges too...initially, we did not know how to behave in an online classroom - but our teachers made the rules of online classes clear to us and now, we comfortably follow the online class-rules, such as,:

1. Raising hand online, before we speak
2. Not chatting in the chat box during the class
3. Uploading assignments on MS-Teams in a timely manner

Now we are learning to celebrate technology- we even celebrated many events online, such as Spirit Day, Mother's Day, Teacher's day and many more.

Not just that, we received support in every possible manner from our school. Our Principal visits our classes and understood that some of us are facing problems in studies and so, she organized extra class after online class time as well.

So, on the whole challenges turned into opportunities for us.

Hiya Dubey, Grade VI (Explorers)

Online Learning: Experiences & Challenges



COVID 19 struck our country in March 2020 when we all were taking an academic break and gearing up for new session. We were excited to step into the next grade and to meet new teachers, new

friends and together move ahead with a new journey of a whole academic year. But to our dismay, it's been six months now and we have not gone to school. Unfortunately, lockdown was announced in March in the entire country as this deadly virus started gripping us. We all could see that this virus is not going to free us anytime soon, so many questions popped up in our mind as what is going to happen now, what about our school, our studies.

And then, Online Learning emerged as a blessing to be the new mode or I must say the 'new normal mode of learning'. I can't even imagine how our school management and staff must have teamed up and worked non-stop for days and nights to launch this new mode of learning and to make everyone including parents, students, and teachers comfortable with the software to be used for learning.

Microsoft Teams then became our new school, class, book, exam room, assignment folder EVERYTHING. Within a week our school made this happen which in itself as an achievement. Quite a number of times, I overheard my parents appreciating my school's efforts in making it possible and I also felt so proud and tried to get friendly with this new normal as soon as possible. I gradually came to know that this online learning mode is being used by all schools in entire world now and it was fun discussing it with friends, relatives and cousins studying in different schools in different cities.

So, basically the whole world came to a pause literally a pause...for few months but not our school. It kept on going no stop and still progressing with its own ups and downs. Now speaking of ups and downs, as we all know that every coin has two faces, so besides experiences, I also observed some challenges with online learning which I shall now share.

EXPERIENCES

1. Change is good: As they say, "Beggars can't be choosers", so initially when we were not friendly with this new mode of learning, we were very irritated but since we had no option, it was like either we study via this mode or don't study at all. Then, with persistent efforts, we understood how to make effective use of this medium.

We preteens are so petrified of changes but once we are cool with it, we enjoy it thoroughly. So, I consider this tool as a life saver because it literally saved our whole academic year. We have a fixed time table like school, we attend our classes, we clarify our doubts, we finish our online and offline assignments just like we used to do our class-work and homework for school. Everything is almost same or may I say we all are managing to make it same.

2. **Conceptual understanding:** To my disbelief, our school even conducted online exams. Can you believe it! But this time, it was not subjective, but objective questions, with MCQ i.e. Multiple Choice Questions. It's little tricky, but very effective. We don't need to mug up answers and write down, rather we put in efforts to actually understand the concept and attempt MCQs which are created in a way to challenge us, but if our conceptual understanding is strong, we can confidently attempt these questions and our answer will be correct. "No Pain, No Gain". Make efforts to understand the concept in depth and score well. My mother says it will help us in preparing our mindset for competitive exams at an early stage.
3. **No compromise with sleep:** OK, I may sound lazy here, but it's so true. Now we don't need to wake up early to get ready, finish our breakfast and reach school by 7:45 am. Now our school starts around 8:30 am and it gives me so much time to get a sound sleep. Actually, I am an avid reader and I can't get to sleep without reading a whole book which makes me sleep a little late, but thankfully the online class schedule has helped me balance that as well.

CHALLENGES:

1. **Technical Glitches:** To be online means to have a good network which is a bit challenging at times. Sometimes, network issues at our end or sometimes at teacher's end are a little bothersome. Imagine now we are not absent due to sickness, but due to network issues. Worst part is facing any such issue while attempting online exam. But we have to deal with it as these issues are by-products of the online world; however, our teachers are very patient and help us through any such challenges.
2. **Social craving:** We are attending class daily with teachers and all classmates but I really miss being with them physically. I miss hugging my friends and chatting with them during recess. I miss sharing meals with them.

I miss walking around the school and the smell of my school, call me crazy but it's true. However, this is not a challenge because of online learning, but because of the pandemic itself. Online learning is still giving us chance to at least see and hear each other on screen.

So to summarise, Online learning indeed is a new normal and we have accepted and adapted to it. But we as students need to be more responsible and have to ensure our attention in class on our own. We at this age can't expect our parents and teachers to supervise or handhold us at every single step. With each blessing, comes more responsibility and it's high time we realise it.

Prisha Singh, Grade VI (Scholars)



THE TREND OF HOMESCHOOLING-A FRESH START!

Homeschooling: The Trend that keeps growing with possibilities!



The COVID-19 pandemic has forced over 300 million children worldwide to adopt the new trend of homeschooling. The pandemic has shuttered schools for months which could have threatened the

right to education if homeschooling was not there. The time reminded us that children can be educated even without being schooled. They may get a better education and knowledge even then; but as they say, every coin has two sides. So, I am here to pen down the pros and cons of this new way of schooling as I see them.

The first advantage of homeschooling is flexibility. It gives the freedom to choose the teaching style and timing for the parents. We all know that parents have to be there to help children with schooling and homeschooling broadened the scope for us. Next is effective learning as many children find it difficult to learn while sitting amongst 20-30 children. For them, it's easier to sit alone and move through the study material more effectively. It also brings a sense of responsibility in the children as they get trained to finish works by the deadline. They get ready for college and even work atmosphere. Children also understand the mantra that their success is in their own hands.

Now talking about the cons, it starts with the anxiety a child can feel. It can be overwhelming for the children to take charge of their entire

study. I am sure that some of our kids may have felt the same when the crisis began. Also, in terms of socialization, homeschooling took away the opportunity to socialize with other children and get engaged in healthy activities; so, our kids are missing the personal touch and warmth. It has also reduced the opportunity for children's emotional development and eventually the power of adjusting/ co-existing with others.

I would like to conclude with the note that homeschooling was an all-new experience for us. While it has its good and bad notes, it also taught us how to adjust as per the demand of time. We may take away the positive notes and apply a few new changes in our future schooling trends.

Ms. Nikita Chhabra, Mother of Diva Chhabra (Grade VII, Sushruta)

From the diary of a teacher & a parent...



The times we are in, remind me about a deep and thoughtful discussion I had with few of my fellow colleagues one fine evening in the midst of winters 2019-20. While it

was a casual chit-chat then, it never occurred to any of us that the situation we spoke about would actually come upon the world so swiftly,

d with such intensity. And the theme of the discussion was that we (bunch of grown-ups in mid 30s with kids who have just started going to schools) were probably the 1st generation that has been raised in one of the most peaceful, growth-oriented and uninterrupted times in the Indian and/or human history. And we spoke about the barbarism and brutality of the ancient times, imperialism era, the great depression, dictatorial and non-democratic governments, world wars, cold wars etc. And that we have come a long way now with a world which is more unconventional, more interconnected, growth oriented with a firm belief that such level of disruptions are the things of the past. The chatter ended on a high note that our children will be living a life which will be more civilized, sophisticated, competitive, technology driven and that the education system will play a very crucial role in shaping the society at large.

And then in March '20 came upon this pause- The LOCKDOWN due to the COVID pandemic. The world has witnessed high scale disruption in every aspect of human life. To my intellect for us adults, the most painful thing is to see how children are affected by this pandemic. Socializing with peer group, sports, outdoors, fitness activities have completely gone for a toss.

Like all other organizations and institutions worldwide, schools which are of utmost importance in overall personality development and mental upbringing of a child, have had to undergo changes of such level that were never imagined or planned by managements, school bodies, boards, governments or even global institutions. Years of academic planning, education delivery methods, strategizing had to be altered in such a short span with an aim to keep up the most fundamental requirement of the human society i.e. effective learning and development of the kids today who will be responsible for shaping up the tomorrow.

The last few months have changed my perception about our education system completely. I am an educator myself and we are trained to adapt to any change that is required to ensure effective learning for our students. But today, I express my personal observations of how my son, Ayaan's online classes have helped in bringing continuity in learning by using the most unconventional and innovative ways.

One can clearly sense how tough it would have been for an educational institution to overnight shift from a personalized classroom model to a web-based digital learning model. I would like to list down a few areas where the school management and staff have worked day and night to bring about this revolutionary change and would congratulate the whole body in implementing this so effectively and with such grace.

- Thinking, believing, investing and implementing in digital learning model
- Identifying and collaborating with the right IT system and support
- Imparting training to teachers, staff and parents for using the systems
- Training towards lecture delivery by using various audio-visual aids

I think the best part of this journey was the morale booster webinar sessions by esteemed guests and dignitaries like Ms. Smriti Irani, Dr. Nanda, Dr. Shibal Bhartiya (Eye Specialist), etc. This thoughtful gesture and endeavour by the management portrays its commitment towards the organization, brand, cause and reputation they have built in all these years.

We have heard of the term adaptability which is a slow scientific process, but the way the school has adapted itself to this pandemic is remarkable in its own ways and brings hope to all parents/ individuals that we are capable of handling any type of crisis that may befall upon humanity.

I am certain that by now, most of the people would have realized that the way this new learning model has come up this has actually worked in favor of kids because this has made them more - confident, self-reliant, sharp, observant, good listeners, techno-savvy, good speakers etc. I have personally seen all these changes in my son. TOUCHWOOD!! All our initial doubts about the effectiveness of this model have vanished now. I am a happy parent and really feel that this was the best thing that could have happened for our children at this time.

Ms. Rashmi Gera, Mother of Ayaan Gera (Grade III, North America) & Teacher- MRIS 21C, Faridabad

Thanking School would be Enough?



They say "Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

Homeschooling is a progressive movement around the country in the Pandemic times. It is rather

the best way of imparting knowledge in the current scenario. Like any change around us takes a little time to absorb and understand, homeschooling took its own share!

Initially as a parent, I was apprehensive about my daughter's adaptation to this new trend but with the regular and constant support provided by MRIS 21 C Faridabad, transition to online classes became smooth and easy. From enabling students to use online platform effectively for classes to empowering them to submit their work digitally, the school tutored students aptly. I could see my daughter learning the nuances of online classes and further teaching few to me too.

The school has provided a well blended time table to the students in which the child is totally occupied and is enjoying simultaneously. My daughter has a fixed schedule of getting up timely and is always excited for the online classes. Plethora of activities in parallel with learning has made Homeschooling so much fun!!

I am a proud Parent and a Teacher of the MRIS family. Can't thank the institution enough!!

Ms. Sonia Katyal, mother of Aanvi Katyal, Grade IV (Atlantic) & MRIS-21C Teacher

Participation from 14 Countries in 'Expressions Matter!' - International Online Event by Manav Rachna International School, Sec-21C Faridabad

Manav Rachna International School, Sector-21C, Faridabad organized an International Online Event- 'Expressions Matter!' in which students from 135 schools across 14 countries, 18 states and 54 cities participated. This mega event received a total 2300 registrations providing them a glorious opportunity to unlock their creativity during the lockdown, and interact with participants from all walks of life.

Competitions held in the following categories: Languages (Hindi/English), Visual Art, Performing Arts (Music/Dance), results of which were announced during The Grand Finale held online recently. Over 1500 audience joined the finale across FB live and Zoom meet marking the grand success of Expressions Matter.

Padamshree awardee Dr. Ushakiran Khan and Cultural Ambassador of India; Ms. Tanuja Shankar & Dr. Ivy Ojeda were the Guests of Honour of the Grand Finale. Dr. Ricardo also played Puerto Rico music on his flute and the Hungarian artists having recorded an Indian classical performance was played during the event.

For results and more details, check out the Facebook page of the school.

EMOTIONAL WELL-BEING

Be Aware of your Emotions & Learn to Manage Them



Emotional health is an important part of overall health. The people who are emotionally healthy are in control of their thoughts, feelings and behaviour. They're able to cope with life's challenges.

They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships. Being emotionally healthy does not mean you are happy all the time, rather it is about being aware of all your emotions. It means you can deal with your emotions, whether they are good or bad. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. For example, as per reports in this COVID-19 scenario people's mental and emotional well being has decreased by 73%, which indeed has led to the spread of panic more than the pandemic. Instead of panicking and affecting our mental health, we should be calm and composed to handle this situation. Here are some ways that we should do to keep our mind healthy:

- Be aware of your emotions and reactions- Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- Express your feelings in appropriate ways- Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside can cause problems for you, your family, friends and teachers.
- Think before you act- Give yourself time to think and be calm before you say or do something you might regret later.
- Manage stress- Learn relaxation methods to cope with stress. These could include taking a short break, deep breathing, meditation, and exercise.
- Strive for balance- Find a healthy balance between study time and play, and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.
- Take care of your physical health- Exercise regularly, eat healthy meals, and get enough sleep. Keep your physical health from affecting your emotional health.
- Stay positive- Focus on the good things in your life. Forgive yourself for making mistakes and forgive others. Spend time with healthy, positive people.

Arini Singh, Grade VII (Sushruta)

"It's Okay to Not Be Okay!"



Emotional well-being is an imperative part of comprehensive health for every individual. People who are emotionally healthy are in control of their thoughts, feelings, and behaviours. They're

able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks.

Our children's well-being is paramount to us at MRIS. We have always strived to provide an ideal environment for promoting good emotional wellbeing and identifying early behaviour changes and signs of mental distress, specifically in these unprecedented and trying times. In keeping with the same, we organised several webinars. 'Hope beats Despair' is an example of one such webinar of seeing the light of hope despite being surrounded by darkness. Renowned panellists, Dr. Vinita Kapoor, Pediatrician, UK and Dr. Uttam Nanda, Respiratory Consultant, UK addressed several questions on how to cope with the stress, children's whimsical behaviour, family and work pressures and such like.

Parents play a vital role in the emotional development of their children. Parents can support their children in learning as to how to express their feelings by instructing, modelling, and guiding them in applying the skills of emotional management. As a parent, helping children with their feelings can both help them feel better and lessen behavioural issues. Children who can deal with their emotions often experience more positive feedback from others and are more successful in everyday existence.

TIPS FOR PARENTS

1. Managing parental emotions- Self-awareness is fundamental to emotional management. Try to be more aware of your mood and your thoughts about the mood. You can attend to your child's emotional needs more effectively when you are in good psychological health yourself.
2. Be sensitive to your child's feelings - Observe your child's behaviour and listen to your child. Tell your child what you think he feels like or restate the feelings he expresses when he is not able to express his feelings adequately.
3. Listen to your child - Be empathetic to your child's feelings. When your child is frustrated and distressed, try to reflect his feelings verbally and to paraphrase what your child says so that he knows you really understand him. Avoid being judgmental and critical. Avoid giving advice prematurely when he tells you about his troubles.

Ms. Kanika Dawar, Teacher, MRIS-21C

My teachers and parents were together in this journey with me!

'Nothing is constant but change.'



None of us could have ever imagined what was on cards for everyone in 2020. The pandemic caused by COVID-19 seems as if it has just come out of a fiction and has changed our lives all

together. Man, being a social animal, has been deeply affected due to the social distancing needed to curb this.

Everything around our lives has completely changed during this lockdown & education too.

As a student, I would say it had initially created a dent in the education sector too, but I am really proud to be a student of MRIS 21C as in this situation our school has been doing really very well & emerged as a 'Wanted Hero'.

Not only our studies are being taken care of virtually on a very serious note, but even the emotional well-being of every student and even the parents too. Our School has been conducting various webinars on regular basis for student as well as parents by many experts from numerous fields for the same. I have dance, music as well as sports classes too virtually, which are a breather as all my extracurricular outdoor activities have been impossible during the lockdown. I have such patient, hardworking and wonderful teachers who I can't stop thanking.

My parents too have played a pivotal role during this time. They ensure counseling me time and again as I have been away from my friends, playmates and even my cousins. They have ensured spending loads of quality time with me like playing board games, reading books together, etc. which we could earlier do only during holidays.

They made me understand that we should look for positive in every situation & my school as well as family is an example for the same.

During this time, when I have loads of time on my own, I have been utilizing this time to learn new things and follow my passion. I have done lots of web learning using YouTube and other websites to learn so many new subjects like coding software, animation, solving Rubik's cube, playing the guitar, etc.

To sum this all up, emotional well-being in a situation like this is of utmost importance and is the need of the hour and I am thankful to my school, Principal ma'am, teachers and my parents who at this time have played the most important role in my life for my emotional well-being.

Thank you!

Arhaan Jain, Grade VI (Explorers)

THE PACKET OF PANDEMIC: PICK THE POSITIVES!

'Lens of Optimism'



By Anuradha Upadhyay,
HoD, Science
MRIS 46

On the one hand, there is a constant fear among all of contracting Covid 19; being isolated from family, friends, colleagues, society; and stress regarding the future, finances, job security and the imminent economic recession. All of this has cumulatively had a deep negative impact on people's mental health.

On the other hand, if we look through the lens of optimism, the lockdown has revealed several positives as well. Our discipline of hygiene has improved vastly. Unable to step out of our homes except for essentials, this lockdown has taught us to clearly differentiate between essentials and non-essentials in our lifestyles.

We are realizing that our true needs are quite simple and we can function perfectly well even with the bare minimum. Having a schedule while we are confined to our homes is helping us increase productivity and keeping us in good spirits. In the absence of domestic help, we are realizing that it is possible to take care of the household chores ourselves. We are learning to cook, clean, and tidy up - chores that many of us had stopped doing otherwise. We are actually becoming 'self-sufficient' in so many diverse ways.

Suddenly, we are learning that it is possible to work from home and accomplish quite a lot, thanks to technology. We are working from home not only to keep our jobs going, but also in an attempt to bring a 'sense of normalcy' to our lives and those of others. Lockdown has helped us revive our forgotten hobbies and passions much to our delight. It may be reading books, cooking or drawing pictures. This has not only refreshed our thoughts but brought charm and warmth in our minds. The lockdown has provided us with ample time to enjoy nature in great measure. We have enjoyed every bit of the greatness of Mother Nature these days.

All in all, this lockdown has definitely offered its own set of positives. We have become more aware of our emotional needs, we are understanding people better and we are bonding with each other like never before. Let's keep these positives going even after this pandemic has passed.

"If you succeed you will earn, if you fail you will learn!"



By Ms. Monika Madan
PGT Commerce

Do you know there are many successful companies that started in the recession of 2008; these include: Mail Chimp, Groupon, Slack,

WhatsApp, Uber, Cloudera. Disney was set up in the Great Depression of 1929 to bring smiles to everyone!

General Electric (GE) was launched during the Depression of 1892. General Motors was launched in 1908 during another depression. IBM was launched in 1911 in the middle of a 2 year long tough period of business going down. HP was set up on January 1, 1939 right after the 1938 Depression. Hyatt was set up in 1957 during a depression. FedEx was launched in 1971 right after the 1970 depression. Microsoft was set up in 1975 right after the oil crisis.

The crisis we are in will also give rise to several unicorns. This is a once in a lifetime opportunity. Entrepreneurs will be born. Give entrepreneurship a chance. You will develop skills which will shape your future career. If you succeed you will earn, if you fail you will learn. 2020 will be a landmark year for the next wave of companies to come.

The future is for automation! Parcel delivery by drones; Risk, resilience, and rebalancing of global value chains-Global B2B is going to be the next new normal. Food supply chains, insurance and food packaging industry will undergo a major revamp.

The 'meaning' or 'purpose of life' will evolve. Meaning also has to do with one's sense of significance in life, whether a person believes his/her contributions matter and whether his/her behaviour is purpose-driven and consistent with values. In other words, we need to understand and appreciate why we are doing what we are doing. The most important thing is access to our social support system: friends, family and neighbours. Fortunately, we can use technology to connect to each other even if we are practicing social distancing.

If you do something you really enjoy that makes you lose track of time, such as playing an instrument or baking, it's especially helpful. Researchers call this a "flow" state or fluid state. Apart from managing stress, we as epidemic survivors will imbibe to be more:

- Mindful about our surroundings & relationships
- Nurturing new norms of social skills
- Cultivate social action
- Skills to self-management



संघर्ष का दूसरा नाम ही जीवन है। ध्वंस में ही सृष्टि का बीज प्रतिकलित होता है।

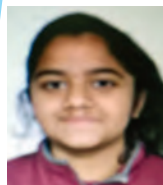
कोरोना संक्रमण के कारण तालाबंदी ने जहां कुछ लोगों के जीवन में ठहराव ला दिया,

वहीं कुछ के जीवन में अत्यधिक गतिशीलता ने प्रवेश कर हुनर को निखरने के लिए नवीन आयाम उपलब्ध कराया। उन्हीं में से एक सौभाग्यशाली मैं हूँ, जिसके समक्ष कोरोनाकाल जैसी चुनौती एक सुअवसर रूप में प्रस्तुत हुई। समयभाव के कारण जिन कार्यशालाओं, संगोष्ठियों व प्रतियोगिताओं का हिस्सा कभी-कभी न बन पाने के कारण मुझे खेद रहता और असुंष्टि की स्थिति रहती, वह अभूतपूर्व रूप से महा अवसर बनकर उपलब्धियों के रूप में मेरी झोली में आगिरी। इससे मेरे ज्ञान व प्रतिभा को प्रखरता, दृढ़ता तथा ऊँचाई प्राप्त हुई। अतिरिक्त अभ्यास व लगन से विभिन्न प्रतियोगिताओं में सफलता, विभिन्न गोष्ठियों संगोष्ठियों एवं कार्यशालाओं में वक्त्यासंसाधन, विभिन्न श्रेष्ठ समूहों तथा मंचों की सदस्यता व भागीदारी, विशिष्ट संस्थाओं के मुख्यपृष्ठ पर साक्षात्कार, तकनीकी दक्षता, लेखिका व श्रेष्ठ कवियत्री रूप में एक आदर्श तथा अविस्मरणीय पहचान मिली। विभिन्न संस्थाओं व मंचों द्वारा मुझे राष्ट्रीय व अंतरराष्ट्रीय स्तर पर सम्मान व प्रशस्तिपत्रों की प्राप्ति हुई, यथाकाव्य-स्वर्णसम्मान, साहित्यसंगमसम्मान, नवांकुररचनाकार सम्मान सर्वश्रेष्ठ श्रेष्ठकाव्य-रचना सम्मान और ऐसे ही अन्य।

इसके अतिरिक्त विभिन्न पत्र-पत्रिकाओं में रचनाओं, शोधपत्रों व प्रस्तुती करण का प्रकाशन आदि। यह समय मेरी सृजनात्मकता, लेखनी, कला, शोध, अनुवाद, साहित्य व काव्य यात्रा को चरम पर ले जाने के लिए सर्वश्रेष्ठ सिद्ध हुआ है और अभी भी यात्रा जारी है। वक्त का हर लम्हा शिक्षा देता है। समय एवं अनुभव ही हमारे सर्वश्रेष्ठ शिक्षक हैं। "जहाँ चाह वहाँ राह" उक्ति को मैंने स्वयं के जीवन में प्रत्यक्ष होते देखा है। जीवन में सकारात्मकता, जोश, उत्साह, आत्मविश्वास, स्वाभिमान, धैर्य, अधिग्रहण, क्षमता, सृजनात्मकता, लगन, परिश्रम व नवीनीकरण जैसे गुणों का उद्भव हुआ। मेरी सुप्तकलाओं जैसे चित्रकारी, मृत्तिका कला, गायन, अन्वेषण में चेतना का प्रस्फुटन हुआ इस समय के प्रति मैं हृदय तल से आभार प्रकट करती हूँ कि इसने मुझे सफलता के उच्चव नवीन धरातल पर ला कर खड़ा कर दिया।

Anjani Sharma, TGT Hindi (MRIS 46)

The benefits in the tragedy



By Riya Mehra,
Grade 11 Entrepreneurs

"There is no medicine like hope, no incentive so great and no tonic as powerful as the expectation of tomorrow" - everything has its own pros and cons. The entire world was in the clutch of Coronavirus. The spread of the virus was so colossal that it compelled the World Health Organization to declare it a pandemic. The outbreak of the virus had unprecedented implications on the global economy. But at the same time we got to spend time with our family and plan our work better. This actually helped us build a better future for both our work and family. As life slowed down, we have found ways to stay connected with people. Our board examinations ended on March 18, we were very happy but at the same time a bit dejected as we couldn't go out. A few days later there was a nationwide lockdown. At first I was very piqued and I just wanted to go out and meet others but slowly as time progressed I got to know about so many more prospects of life that I didn't pay much attention to earlier. I started focusing on my hobbies and discovering my potential. I figured I could impersonate the voices of animated characters. Realized the true meaning of being with someone, realizing how important my family is for me & how much I value their presence in my life.

People around the world started cooking, spending more time with their loved ones, we became more connected to each other. It also made me realize that the ones who love and respect you will always stay in with you no matter what happens. And if this is not life, then what is? Life is a package of happy moments and sad moments, hardships and good times and this is how we grow. So my biggest takeaway is to enjoy life no matter what happens because life is too short to think about what if.

While Corona will go, what should stay back?



By Jiya Bhojania,
Grade 11 Capitalists

It is truly justified to say that Coronavirus is a "pandemic", not just a health pandemic, but a pandemic in various other aspects. But every cloud has a silver lining. The humans who were initially considered to be the most vulnerable to the lockdown and its aftermath, in fact came out as the best learners. The anthropocentric view of humans gradually disappeared, and they emulated a sense of modesty.

It was assumed that the lockdown would turn our lives into lackluster, plain vanilla-type, turned out to be a treat due to the various indoor activities we could perform, like reading books, playing indoor games, browsing entertainment content, etc. Even after the pandemic is over, the growing awareness and practice of overall health and hygiene, accompanied by the sanitization processes taken up should continue. The understanding

of controlled expenditure ought to be held on to for the long run. The cooperation of various global agencies must prevail for future projects, the way shown during the hunt for the COVID-19 vaccine.

While it was anticipated that the lockdown would decrease productivity and encourage lethargy among people, it was not so. People could easily take upon their hobbies and pursue it. Talking about my personal experience, I was able to hone my culinary skills and my command on French, which I had really wished to do. Further, I was fortunate enough to attend various webinars about career prospects, MUN workshops, poetry session, Scrabble classes and tournaments. I could easily give a huge chunk of time for reading books and comic strips, and reminiscing about my childhood by watching my favourite cartoons. I was able to identify my hidden curiosity and inclination towards subjects like mythology and astrophysics. In a nutshell, the lockdown experiences, to me, were a strict teacher-I learnt a lot from it unwillingly, but at the end of the day, it gave me some of the most important lessons and reality checks.

ONLINE LEARNING: THE NEW NORMAL!



By Ms. Neelam Sehgal,
Parent

With a very heavy heart, I had sent my daughter to write her last exam on March 16, it was a difficult decision as my office had already shut down and allowed us to work from home due to the spread of COVID-19. As we waited for the results, I was not sure of her studies for the next class and was mentally prepared for a long holiday or a session break.

I thought this year we would begin the session for children in July as the school may need some time to re-plan and adjust to the new normal of virtual teaching. Honestly, much before I expected, Manav Rachna offered the online logins for its students and started the session before the scheduled date. They were already prepared and had a plan not just to offer but implement. The seamless transition to virtual school was another moment of pride for me to choose Manav Rachna for my child back in 2012 from her Nursery until now.

As human beings, embracing virtual reality is not easy for any of us. However, with respect to my child getting adapted to the new model of education, it wasn't that difficult for which I give the credit to the foolproof technology MRIS supports and offers to its students. While technology can offer platforms but utilizing it to the best is in the hands of school management and its teaching staff. Kudos to the MRIS teaching staff, as they continue to deliver their best in spite of all daily challenges and help our children adapt to this new world of virtual reality. The school is helping its students to cope with all activities, I won't say that all are getting justified as certain things possibly can't be impactful virtually and the school can't help but push the kids and that they are doing. My heartiest congratulations to Dhriti Ma'am and her team for delivering a wonderful impact and a big THANK YOU for helping my child grow in all spheres and prepare her for the future.



Online Learning- A Makeshift Arrangement or the Future of Education?



By **Utplakshi Sharma**,
Science Dept.

I'll begin from the beginning. There were days when waking up early felt like grasping shadows, when a peaky kid at home demanded all my attention, I often found myself wondering, why couldn't I work from home? How I envied my husband who could sit in Pajamas all day long and carry on with business as usual. They always say, be careful what you wish for, you might get it! On 22nd March, Modi Ji called out for a nation-wide lockdown and suddenly everyone was trying to decide what best to do, with the time that was given to them. Honestly, it was fun waking up late, trying various dishes that looked so doable and delectable and also enlightening. Then the difference between the reality and expectations became clearer.

Soon enough, my calling, my profession was asking me to adapt, evolve and innovate. The long lazy days were now replaced by hectic training schedules, round the clock calls and elaborate dishes ousted by soulful Maggie. And after these fast and furious drills, we teachers metamorphosed into front line warriors ready to ensure that learning continues unabated. Without our familiar teaching aids like the whiteboard, markers and duster we were left scratching our heads, looking for ideas which will help us implant new concepts and ideas into our young learners.

A year which could have been easily wasted as a zero year; had been redeemed! The online learning comes with jam-packed benefits for learners of all types. It's a buffet where there's something for everyone: Interactive games, Challenging Puzzles, Virtual Educational Tours, Comprehensive PPTs, Regular Innovative Assessments, Captivating Videos, and Recorded Class Transcripts. The Virtual platform has also eliminated distractions like peer pressure and is giving every learner an opportunity to learn at his own pace and perennial access to all the learning resources.

Apart from the core curriculum, the indispensable life skills have not been left behind. Be it our student's physical fitness or their mental well-being everything is being looked after through Sports and Soft Skills sessions. The school is leaving no stone unturned and is ensuring that students are getting exposed to diverse learning experiences through various workshops such as Learn to Code, Speaker of the Year, Quill Club writers, holistic webinars, inter school competitions etc.

While online learning has many perks, it can never match traditional classroom approach in certain areas. Nothing can ever replace the hugs and smiles from our lovely kids, their ringing laughter in the school corridors and the liveliness and synergy of our classrooms, we along with our kids will continue to do what we have been doing, whether it rains or shines.

THE TREND OF HOMESCHOOLING, A FRESH START!

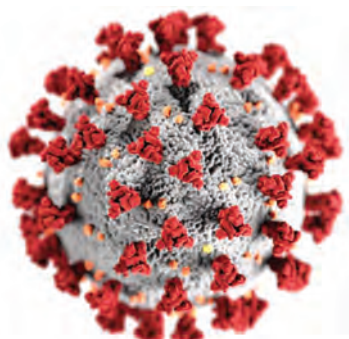
The whisper has now become a roar!



IPSITA SHAW,
TGT SCIENCE

We all knew that homeschooling was all set to make its presence felt but none of us quite expected it to be staring in our face as early as March 2020. Though not by plan and design, home schooling became the new normal accompanied by dozens of 'HOW's! How are we going to conduct online classes and ensure that students understand concepts? How are we going to continue with the co-curricular activities & assess the students while keeping a check on the screen time?

After five hectic months of student-centric timetables, Parent Educator conferences, online assessments, webinars/ talk shows/ workshops, today we can claim that the students, parents and teachers of the MRIS family are confident and satisfied with this learning platform. A few learnings during these months: Staying at home does not mean we are on a holiday; Plan and organize the day, setting aside 'me time' as well; Be open to new ideas, adapt, and be eager to learn even from an eight year old. They are born tech savvy. Embrace and enjoy the new normal- the world is your oyster!



EMOTIONAL WELLBEING

'In the middle of difficulty lies opportunity.' **Albert Einstein**



By **Nidhi Arora**,
TGT- English

The paradigm shift in the education sector in the current academic year did not let the educationists stumble because of their unstinting faith in the power of education, passion for their job and most importantly the camaraderie they share with their students. While the mentors were empowering themselves and leading as front liners, they did not leave any stone unturned to make this experience an enriching one for the students and ensured that learning was not compromised at any rate. The management did every bit possible to keep the faculty and the students charged at all times.

A series of webinars and celebrations kept the calendar chock-a-block with not a single dull moment. A host of activities were taken up apart from academics to keep the momentum high like - Online Class parties, Library Week, World Environment Day, International Yoga Day, Mother's Day, Father's Day, Independence Day Celebration, Important Festivals, Annual Inter-School events and Manav Rachna Happy Times to name a few.

Virtual platform offered a great opportunity to connect with the experts in different fields through Webinars. Workshops on themes like mental health, leading an emotionally smarter life, Teacher's emotional needs during COVID times, sensory issues and classroom strategies, New Age Career Options, Profile Building and College Applications were organized from time to time to provide a fresh insight to both the students and the teachers. Student interactions with renowned people from the field of performing arts, sports, radio & television was another positive of this pandemic.

Important exchange of information and ideas related to NEP 2020 and Report Card of the new normal, an on-line school newsletter by the students for the students so that children could freely express their ideas, articles and poems and reach out to their peers despite being housed in the four walls are some of the enriching activities taken up during this time which were driven with passion and were reciprocated with a phenomenal response!

Raising emotionally strong kids



Rashi Tyagi
TGT Science
(Teacher-Parent)

teenagers, I feel we parents have a great role in making our kids strong and emotionally stable. This pandemic has been difficult for all especially for kids

as they don't get to meet their friends, haven't met their new teachers in person and are learning something completely new that too on an online platform. All this hasn't been like a roller coaster ride for them.

As a parent, helping children with their feelings can both help them feel better and reduce stress. We should try and create a positive atmosphere at home where they feel free to express themselves. If kids are feeling low, frustrated or sad we should tell them it's ok to feel so, but it is important that they express themselves which will help them to know their feelings and bounce back soon.

We as parents should listen to them without being judgmental or critical. Every day, there should be some family activity to revive the parent-child connection. We can plan to play games with them or cook with them or maybe just sit together in the evening and share some anecdotes from our childhood.

Covid lockdown has provided us with time, which we can utilize constructively to nurture our kids by spending quality time with them. In this way we will be able to connect better with our kids at an emotional level thereby building a healthy bond with them.

Family Times

"There's only one thing more precious than our time is that what we spend it on"

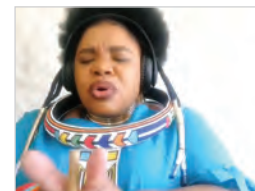
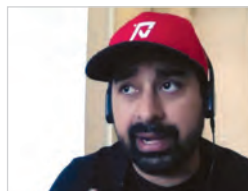
The lockdown due to pandemic gave us ample time to introspect and rejuvenate but sheepishly, we all went into a same routine at home which created boredom. Manav Rachna International School, Sector-46 Gurugram then, came up with a unique concept of Family Times to give everyone an opportunity to spend an hour of good thoughts and a good laugh, that too with a personality, we crave to connect with. From a TV sensation to a global storyteller, Family Times became a global entertaining and sharing platform in no time.

'Family Times with Manav Rachna' kicked off with its first 'Musical Story Telling' session with India's first female Dastango - Fouzia Dastango! Deemed India's first female Dastango, and having performed over 100 shows based on a myriad of themes, both in India and abroad, Ms. Fouzia has a treasure trove of stories that aims at fulfilling the social, emotional and educational needs of children.

In Season 2, we had young enthusiastic minds interacting with the Youth Icon Rannvijay Singha (Actor, TV Star, Youtube Creator). Rannvijay Singh's name is synonymous with sports, sneakers, bikes and adventure. He shared his life experiences and talked about the importance of fitness across age groups.

Season 3 witnessed one-of-its-kind Storytelling session with Bongiswa Kotta, International Storyteller from Pretoria, South Africa. She uses storytelling to bring cathartic expressions to her listeners. She considers storytelling a heart-to-heart connection rather than just an art form!

Creating Moments that last a lifetime!!



HOPE

"I always marvel at the humans' ability to keep going. They manage to stagger on even with tears streaming down their faces."

-Markus Zusak, The Book Thief

COVID-19 has currently blanketed the entire world in grief, with no end in sight. There is not a single corner that hasn't been struck by the disease's claws.

In such unprecedented times, hope is the only thing that keeps most of us going. Every day, we wake up hoping that soon, it'll all be over. In the face of adversity, we hope that we can break through a seemingly unbreakable wall. Hope is a strong word, one that has enabled people to achieve tasks that were considered impossible.

Through the years, the human race has persevered through hardships using the power of hope, determination and an adamant will to defeat the catastrophe looming over them. COVID-19 is no different, just one of the many hurdles that we have to cross. There is a landmark shift to online/virtual platforms for almost everything under the sun to keep things going.

There are people all over the world who are working day and night and risking themselves to find a cure to the pandemic, to put an end to it. We just have to place our trust in them and keep fighting.

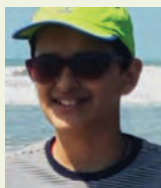
As Markus Zusak so eloquently put, even when our minds are clouded with anguish, we keep moving forward.

**Remember, we're all in this together, and we will get through it.
Stay Safe, Stay Healthy!**

-Shefali Talwar (Grade VIII, Khorana)

THE PACKET OF PANDEMIC: PICK THE POSITIVES!

While Corona will go, what should stay back?



The world is shutting down. Places that were once teeming with the hustle and bustle of daily life have become ghost-towns with massive restrictions put on our lives - from lockdowns and school closures to travel restrictions and bans on mass gatherings. There are essentially three ways out of this mess:

- (1) Vaccination
- (2) Enough people develop immunity through infection
- (3) Permanently change our behaviour in the society.

Each of these routes would reduce the ability of the virus to spread. Globally, science will come up with solutions. This lockdown has been a learning phase for everyone, I am sure. I have learnt. The first and foremost thing that I have learnt is that nothing is impossible, at least when it comes to managing a house.

At the beginning of the lockdown, I saw people putting up pictures of themselves baking, cooking, and laying out delicious meals for their families. This lockdown gave me a chance to rediscover the hidden talent in me. I have learnt to live with 'less'. The most important fact that I have come to realize is that I cannot take anything for granted now. Lockdown has taught me so much. The early morning walks, taking care of the flowers in my pots, chirping of the birds, gardening, reading, just sitting quietly or chatting with my parents, meeting friends, nothing is trivial. These are important tasks that keep us grounded.

It took just one invisible being, a virus, just a lockdown to make me realize all these truths of life!

Being a student:

I can focus on my syllabus so that I can score better. I have also joined some online courses for improving my digital knowledge skills. I am prepared better for the next crisis- If such a thing happens in the future, I will be ready and be mentally and physically and emotionally prepared. I have faith in God and a better tomorrow. This lockdown has taught me the true value and meaning of freedom in our lives. This is the first time I have experienced curtailment of these, often taken for granted, aspect of life. It reminds me of the famous song "Don't it always seem to go, that you don't know what you've got till it's gone" We often find a thousand things to crib about, not realizing the million things we have to be thankful for.

Help and support often comes from the ignored and overlooked quarters of life. The usual go-to places for essentials became unreachable due to the lockdown. Online suppliers were unavailable and the long queues in supermarkets were a deterrent. It was the small neighbourhood grocers and vegetable vendors who came to the rescue for many of us. The very same establishments that were ignored in favour of the big stores became our saviours. COVID-19 has shaken the lifestyle of humans. Whatever was supposed to be normal is now viewed to have a different scenario as we are out of our normal lives.

Waking up everyday, following a daily routine and being a part of rat race in whatever field you are was something we were a part of, which is completely different now. But this dark thing unlike others has a bright side too. The lockdown has brought families together which were physically present in one place but mentally they were always out in their own life. That's a beautiful part of this lockdown but there are people like me who got stuck and are missing this beautiful opportunity.

To be honest, this situation has made me learn a lot of new things about myself.

Let's see the things I learnt about myself in this lockdown.

I was more of a materialistic human running after the illusionary world and I thought I would get the things that I aspired for. The new ME thinks it was something temporary I was running for. When Mother Nature took control, no one remained powerful, no one remained strong. Everyone is equal in her eyes. And I should yearn for more realistic things now.

I have some skills which I am exploring right now, and these are the skills I never thought existed in me. Like drawing and maybe writing, I am still working on it. I think that this situation has made me realize that I am stronger than what I think about myself. Staying on my own in this terrible situation was not my cup of tea.

I learnt that I should build good relations with everyone no matter how that person is. You never know when you need someone's help. I learnt when the situation is worst, your brain and your body forget your comfort zone.

Lastly, I am learning to be myself. Every day, I thank God for this beautiful day and the new me is leaning towards love and compassion in a real way.

'Here's The Truth:

Your Situation Is Never Permanent,
It's What You Make It,
Life Isn't Solid, It's Fluid
It Changes'

Agastya Deswal, Grade VIII-A

A Hidden Blessing for All of Us!



"What doesn't kill you, leaves you stronger" - an old proverb, that I never found more meaningful.

The pandemic Covid-19 caused by Coronavirus has made massive changes in everyone's life, poor or rich, rural or urban. We all eagerly wait for the vaccine to eradicate Corona soon. But I think some of the changes it forced us in, must stay back permanently.

Restricted at home for months with nowhere to go or visit, some of its hidden blessings have made us learn how to -

- Interact with others, friends, relatives and even undergo our academic classes - all this remotely using technology as the backbone.
- Respect and value the resources of life- food, water, luxuries and almost everything.
- Become extremely conscious of hygiene and cleanliness as our life-saving mantra. The 'Swachhata Abhiyaan' called earlier by our beloved PM Sir, came as a blessing during this period.
- Find a new respect for some that we took for granted earlier - security guards, delivery boys, police force, doctors, nursing staff, hospital facilities, house-help etc.
- Value and care for other forms of life that depend on us to survive - homeless dogs, cats, cows, and so many species of birds around us.
- Extend a helping hand to our parents in day-to-day tasks at home that keep us alive, well-fed and ticking.
- Discover new hobbies, restart some old ones, and think of acquiring some new skills that made us better us.
- AND, be thankful to Almighty, for everything, everyday of our lives.

Many precious lives have been lost to this deadly virus. However we have redefined the meaning of life, compassion, and our worldly needs. While I hope the learning stay with us now, I pray that our world never has to suffer a pandemic, ever again. Amen!!

Baani Manchanda

We are back on the track!!



Everyone just wants to eliminate Covid-19 from their lives. It is a tough task, but we will surely be successful.

However, while Covid-19 backs away from our lives, there are some things that

should stay with us. Most important and most ignored aspect - the discipline it has brought to our lives. Before Covid-19, we were all busy. We did not have time to guzzle some food, talk properly or get some good sleep! But now, all of this has transformed into a disciplined life; waking up at 7, doing some yoga, finishing ALL the chores, attending online office or school, eating at 2 and so on. We have managed everything and are toiling every time. In these crawling hours, we also get time to connect with our family members and friends and our homes! Before lockdown, we didn't really care about what was happening in our homes. We did not notice things.

We didn't give much importance to talk to our family members or friends. But at this stage, we share deep connections. We love our homes. Our beds are the best places to get cozy. We are in touch with many old friends and relatives. We really forgot how amazing they were!

We all want to get rid to Covid-19. We just want to change everything. But one thing shouldn't change; the skill of time management and being organized. I guess we all have mastered it by now and it wouldn't be difficult to carry it on. I will try my best to do so and I hope you all will make your efforts too!

Devangi Kashyap, Grade VIII-H

The Packet of Pandemic- a Utopian Society & Safe Haven for all



Since time immemorial man has been trying to make his life a bed of roses and has been toiling hard and making tireless efforts to build a paradise for himself but in this endeavour he has turned

a blind eye towards all the happiness and luxuries he has achieved. In 2020, the corona virus pandemic has given the human race a chance to enlighten itself and to learn the real motive and joy of life. People have started to understand that true wealth and happiness lies in the arms of our loved ones and not in money, luxuries or the materialistic world we all are a part of. This lockdown has taught us how to live life in a better way. It has given us the opportunity to get our heart and soul in the right place. Though we are considering the dark side of this pandemic but it is true that every cloud has a silver lining and so does this lockdown.

The people who were mentally stressed have been given an opportunity to rejuvenate, people who had a hectic lifestyle and could barely make time for themselves and their families have now got the golden opportunities to explore themselves and enjoy with their family to their heart's content. People have started taking up hobbies which they never could, new poets, authors, dancers, singers and many more rising stars are emerging and this lockdown has given them an opportunity to get the limelight and social media has given them a platform to display their talents and achieve the place that the very well deserve. The online classes have been a boon for the students they can have uninterrupted classes and learn in solitude. The children living in the rural areas who could not go to school just because that they did not have a school in their village are now able to receive education from world class teachers at the click of a button. Thanks to our government, the problem of poor network connection has also been solved as now, few of the best teachers are giving free lectures which are being telecasted of televisions as well as the radio and these lectures are also dubbed in different languages for the students of linguistic groups of our country so that education of our youth is not compromised. These online classes are catering education to every single child who wishes to gain education.

Knowledge is flowing like a river in every household and is accessible to all regardless of their economic status. Now the youth of our country can come through with flying colours and can serve the nation with their knowledge. This lockdown has turned out to be a blessing for Mother Nature. The ecosystem is gaining its balance once again which was continuously being disturbed by human activities. It has saved a lot of endangered species of animals from extinction as the climate suitable for their survival has been restored. The pollution levels have gone down drastically. The pollution levels in Delhi which used to be exceptionally high are now satisfactory. The sound of the chirping birds in the morning which had completely vanished from the cities has now become a daily routine because of less pollution in the air and absence of noise of the traffic on the roads. The world has regained its stability, peace and tranquillity. This lockdown may have a thousand ill impacts on the world in various spheres but when looked at with an optimistic sight it is a blessing in disguise. It has shown the human race nature's potency and has taught us that Mother Nature is all powerful and more tolerant than any other power ever known but once she loses her patience there is no power on Earth that can stop her from reclaiming what is rightfully hers and regaining her balance. This lockdown has given the human race time to think about the sins it has committed and the ways by which it can stop exploiting the environment by polluting the environment, burning forests, and a lot more. Human race is supposed to live peacefully with other

organisms on the Earth but because of their greed they have ended up being the reason of extinction of numerous innocent species. This lockdown has given the human race to understand what 'HUMANITY' really means. Once this lockdown is over, we must not forget all that we have learnt from it about creating opportunities for all, about us, about humanity and about the cycle of life. We must turn over a new leaf and be better human beings and make this world a better place for all living creatures. We shall make the best of this time and should work towards building a utopian society and make this world a safe haven for all because that is what is expected not of humans but their greatest possession that is humanity.

Devyaangini Verma, Grade X-D

Let's not scratch our life after pandemic



Initially the pandemic was served before us as a wholesome meal. Wholesome doesn't mean healthy or unhealthy but balanced. We were given the gift of choice, we could either devour the whole of it with pride or nitpick and

scrunch our noses at the bitter dishes. Really, the choice was and still is ours. Though not to lie, challenges and obstacles crumbled down consistently from above (at the beginning) as if the sky was an accumulation of butter-deficit cookies. However, many may argue that there exist a few warm slivers of gold thread amidst the intricate patchwork woven by the corona virus.

Of course when this epidemic ends, no one will fret over the uncertainty that produced an itch in our bodies, too fatal to scratch; however one most definitely will reminisce over the moments that became the blinding light of hope in the murkiest, darkest hour of grief. The baking sessions, the peaceful self reserved time of the day or the virtual happy hours with loved ones, all will imprint themselves into the rich soils of our mind. While we let go of the negative energy, the gratitude for little things and appreciation for all those who surround us should be left bonded with our souls forever.

During this period, having tasted a flavor of the true essence of literature has been the sweetest treat. Time devoted to physical and mental well-being on the yoga mat and time spent in indulging in extracurricular activities has been like living a fairytale. Plus the timely online webinars organized by the school are just required cherry on top.

If human beings are soaking each limb in healing energy, connecting deeper with their inner self and indulging in the art of self exploration; what more could have I asked for? All these virtues are exactly what I yearn for to mark their territory in each heart and always be welcomed in our homes. Remember, this chapter of life might be a bumpy road but it is leading somewhere, somewhere we can't envision even in our wildest dreams.

Lavanya Singhal, Grade X-A

ONLINE LEARNING: CHALLENGES & EXPERIENCES

Online Classes- Acquaintance with aspects of learning

Online classes for children, especially small kids brought a lot of challenges in the beginning, such as the additional screen time, engaging children and embracing the technology. MRIS-14, Faridabad helped a lot by encouraging and engaging kids through lots of interesting offline activities that helped cut down the screen time. They also made learning fun and engaging for the kids. Teachers are very patient with the children in guiding them to embrace the technology and



tools involved for online classes comfortably which helped them in adjusting to the new normal of schooling.

As parents, it is very important to help children organize and manage their time. It is also an opportunity to help children get acquainted with the technology and tools for online learning beyond the classes. Further, reflection and refocus on what is working well and what are the areas of improvement at the end of week is very important. Additionally, it is very important to help children with exercises, health and diet to enable them to give their maximum effort in learning with a healthy body and sound mind.

Ms. Shweta Sorout, Mother of Aaryan Sorout, Grade II-G

Technology to the rescue!!

The lockdown that was imposed on March 24, 2020, to curb the spread of the novel coronavirus has resulted in a boom in the use of technology. It has transformed the centuries-old, chalk-talk teaching model to one driven by technology. A multi-pronged strategy was the need of the hour to manage the crisis and

build a resilient Indian education system. Seamless integration of classroom learning with e-learning modes to build a unified learning system was the biggest challenge.

At MRIS, the transition from brick and mortar classroom to the virtual classroom was a cake walk. Technology has mitigated immensely the damage that could have been done to the education sector and moreover to the students. Today, every student has access to online classes through Microsoft Teams. Though the transition was seamless, there were some challenges initially. Integrating all the course material into online content is a task at hand

for the teachers. I must say our teachers at MRIS, have put in great efforts to ensure that our learning and understanding of each subject is to the fullest. From creating special presentations, to subject enrichment classes, uploading extra study material or extra-curricular content, they are doing it all.

To widen our perspective, the school has also invited experts from various fields to impart knowledge on special

classes for Radio Jockey, Computer Coding Certification, Intricate Art (Rangawali), Art Installation and Investment Landscape in India. To further ensure our physical well-being, MRIS in association with the CBSE is encouraging the students to participate in a fitness program titled 'Fit India Freedom Run'. Under this program, the students need to run to avoid laziness and illnesses like obesity and stress.

Furthermore, to ensure our safety, we have been advised to run under parental guidance. Our parents too are putting in that extra effort to ensure our learning doesn't get hampered in any way. Their support through these times has been indispensable to make our learning environment comfortable.

I would not lie that at the beginning of the session, I was doubtful as to how the online education system will plan out. But with few months in to this, I am fully satisfied with the way the classes are going on. The school has definitely played the most important part to make this journey a successful one.

Abheer Hans, Grade IX-E

THE NEW LEARNING



Covid-19 struck us without a warning and left head of all educational institutions scrambling to respond to its exigencies. It has also created a need to creatively deal with such unforeseen and once-in-a-century catastrophic events that are being predicted as the 'new normal'. The alacrity of our school has resulted in a spate of online classes for learners of every level ranging from scholastic subjects, co-scholastic areas such as fine and performing arts to mental wellness and physical fitness.

However, it would be overly simplistic to sit back and relax assuming the job to be well done. Comparing face-to-face learning with online learning brings forth significant deficiencies in the online mode such as lack of human connect, absence of opportunities of collaborative learning, teacher supervision and the most glaring being lack of opportunities for hands-on learning in complex subjects such as science and mathematics. Besides, amid the rush of hosting online classes the best teaching practices such as addressing learners. Multiples Intelligences also the definition of Quality education has undergone a metamorphosis in the online mode, and now it includes the ICT components that help overcome all the challenges that have resulted due to the physical distance between the teacher and the learner. ICT has the power and potential to help the users overcome not only these challenges but also make some unexpected value additions to classes that could result in an improved teacher and learner performance, leading to an enhanced learning experience.

"It's not a lecture classroom online". "It's an active learning classroom online." The online class should have a well-planned sequence of activities for 'active engagement' that allows the learners of opportunities for interaction and hand-on, experiential learning.

Ormrod Jeanne Ellis, professor of educational psychology says, "Through gamification and technology, a teacher can successfully meet most of these needs in an online class". Technology is a huge enabler, as it can be used to customize learning to learners' level, interest, and academic and social needs. Rich texts, images, videos, audios, and games bring fun, excitement, collaboration, and challenge to learning. The learners, being digital natives, view online classes as 'edutainment than education' and continually set new learning goals for themselves.

While learners can't wait to get back to the schools, this spell of online learning is going to act as a phase of transformation in the field of education. Although there is a global crisis surrounding us, we have been taught to make the best of every situation and we are striving to do so.

Manleen Kaur, Grade XII-F

" THE BEAUTIFUL WORLD"

Life goes on so swiftly
 And makes me a better person each day.
 So many thoughts bombard the mind, flashes all the time.
 Sit on it or act, is the step to be taken perhaps.
 Look for the way; find directions as the destination is not far away.
 After all, it is blooming amidst the Universe you and me live in.
 Gather the power and pluck it as the opportunities out there are unlimited.
 It is for our brain to perceive if the glass is half full or half empty.
 My God! My soul shaker- Enlighten me and always keep me directed towards the
 Right side of the brain, the positive me.
 World is as beautiful as I allow myself to see. My vision, my conscious gave me that
 freedom to see only the best in others and ignore the rest.
 Sometimes, life is not only what we see with our eyes open, it can also be felt, when
 the eyes are wide shut as our soul never sleeps
 The vibration that I give and get makes this 'World a beautiful place to be'.

Ms. POOJA SACHDEVA (BGT-Grade I-A)



How technology came to our rescue during this pandemic?



First time in our lifetime we faced a pandemic because of the coronavirus. Due to this pandemic, we had to maintain the new norms of masks and social distancing. We even experienced a lockdown and thus, normal physical schools were not possible. Nevertheless, we could continue our studies because even in the time of crisis the government thought practically and brought an amazing solution of online learning in order to continue the progress of the youth of the country. These classes are provided to us through Microsoft Teams. Children have been making the best out of it but there were many challenges in these online classes which were overcome soon after as it is said "Life is full of roses and thorns; it's us who choose to count petals or thorns".

The eyes were getting harmed a lot but the teachers taught us exercises and techniques to relieve our eyes of the strain. No face to face interaction could take place with the teachers initially and then to overcome this, we were told to switch on the cameras to get more personalized connect with our teachers. To make the sessions more interesting, subject enrichment activities were started. No one could think of this entire taking place from such a distance a few months back and technology made it all possible. Physical exercise was lacking as in school children kept moving and at home they just sat without much movement. Even there was no sports block to play outside in grounds. So, the sports blocks were resumed where teachers taught amazing exercises to remain healthy at home. Many children did not have books but the teacher's shared the

theory in the form of PPTs which were shown in class and available for us to study. Many children were unable to speak, read or answer in the class due to technical faults. The chat box was ready for them to interact. Thus, due to the constant effort of our teachers, parents and faculty, we overcame many such issues. We got a chance to study even in this time of crisis and lockdown in spite of these challenges.

Not forgetting that "All coins have two faces", let us look at few positive aspects. Our travel time to school and back home is saved. Due to less travelling, the pollution level has lowered. Children get more time with their parents and can use this golden opportunity to learn household chores which come in useful for both boys and girls. They can pursue their hobby if possible through net services. These online classes can help us to gain more technical knowledge that too under the guidance of school experts. Parents can even attend the classes together with their children and thus can work with their children on overcoming their weaknesses. The children are not only learning the syllabus but also learning the right use of internet and mobiles, iPad or tabs and laptops. All kinds of activities, studies and even examinations are taking place sitting home on a laptop. Thus, we can say that the technology came to our rescue during the pandemic. The children are able to get education at home only because of it. The best and most amazing part is that we are learning the benefits of technology itself.

To maintain discipline is a difficult task in online classes but MRIS-14 managed it by making certain protocols to be followed during the classes. Some of them are:

- The children are not supposed to unmute their mic and switch on their video during the ongoing classes until and unless the teacher tells them to do so.

- The class should not be disrupted so the children are told to put their queries in the chat box.
- The children are supposed to send the pictures of their work in chat box
- The teachers upload weekly assignments that the students are supposed to submit their scanned copies.

These rules and the cooperation between the teachers and students have made online classes possible. So, we can definitely say online classes are a boon brought to us by corona.

Rijul Gupta, Grade IX-E

COVID 19 AND VIRTUAL LEARNING



Due to the epidemic COVID 19 or coronavirus, we the people are facing the unknown and unwanted difficulties. As a result, every human life is under several problems than ever. Even the student

learning has been affected due to this havoc as all the educational institutions are closed. Perhaps still in this tough time, Artificial Intelligence came to rescue the learning of students helping in imparting the knowledge continuously, efficiently & bridging the missing academics through the world of digital environment. Virtual learning has not only helped students but also the teachers are able to impart education with a more ease and accessibility. There are many platforms at present available to help the desired students to gain useful knowledge like Microsoft Teams, Zoom etc. These virtual learning methods are a way different than those in school premises. The students are able to virtually interact with the educators maintaining the wanted "Social Distancing" rule. The institutional staff always put up their best to impart education in the best way possible.

Rishika Singhal, Grade IX-H

THE TREND OF HOMESCHOOLING- A FRESH START!

My Journey of Virtual Classes with MRIS!!

In the ongoing face of COVID19, schools are closed and unfortunately, students were missing the joy of study. But MRIS has helped students to continue the journey of education through virtual classes.

In the beginning, some students including me, were facing difficulties in attending the online classes as it was altogether a new experience for students, and they were not familiar with this type of platform but continuous effort put by MRIS team has not only helped students in getting familiar with the platform but they are also enjoying it.

1. Logging at the first time at the first day in virtual classes

Students were very anxious and didn't know "How to login". But, MRIS team shared a PPT with all students and it helped them a lot. I do remember when my father told me that Aayush there is no need to worry as PPT has detailed steps "How to configure your login ID". After creating the login id, we also did a walkthrough before the actual online classes. It gave me confidence and I was very excited to join the classes.

2. Technical and internet issues

Many students faced technical issues in attending the classes or between the classes. Therefore, they miss some important things or their whole session. But MRIS teachers did remarkable job and helped students to beat these challenges by providing videos, ppts, and recordings of every session. It helped students to understand the topics even if they missed some point due to technical issues. Our teachers are very helpful. If sometimes we get disconnected from session & ask "Mam I was disconnected for some time, pls help me", Our teachers explain everything again and it helped us a lot.

3. Virtual classes were made enjoyable

To overcome the boredom and to make students happy and joyful, the teachers and school planned some music, Art & Dance classes. During my music classes, I noticed my sir was playing piano & harmonium while singing. I asked sir "How you are creating music while singing". He said that you need to concentrate and enjoy it, and it will happen automatically. Then I started learning Piano by my own by watching videos on YouTube and now

I can play good piano. Also, the school has planned some I.C.T classes and coding classes. In coding, the children learn a good thing and enjoyed, I personally completed the 17 hours coding course offered by RoboGarden and they also offered me the certificate for it. I also created a small game with my coding skills and played it in my free time. I used to play this game on my mobile and wondered how it works but when I created my own game, I was very excited and showed it to all my family members. They appreciated me a lot. I am very happy. Now I have added a new job in my job list i.e Software Engineering

Also, our Shweta Ma'am organized one Online party & all students participated in it. It helped all of us to relax. We enjoyed our party and students also showcased their talent like music, dance etc.

4. Time Management

Time management is a difficult task for the students, as online classes require a lot of time and intensive work. But the school have set enough time for the class to start and for the class to end. The teachers also gave the students a time to complete their work. In case any student has not completed his or her work they can do it at the daytime when the classes are over & then, submit their assignment. We also learned how to manage the time as if we don't submit our papers in given time frame, we are not allowed to submit it. Our teachers reminded us that we should do our task on time else it will be a wastage. They conducted mock test before actual test to make us understand the pattern.

5. Bad effect on Eyes- Health Issue

Students are attending the classes and they are learning nicely but they and their parents have issue for the risk of getting their eyes weak, which is a health issue. So, the school has provided a 20-minute break for the students to relax, eat their lunch and to wash their eyes'. The teachers have also suggested wearing anti-glare specs to protect our eyes.

6. A Sense of Isolation

During our school, we used to interact with our classmates and friends frequently which is not possible in online classes. Even if students try to connect through different emails or messaging applications, it would be very hard to understand what the other student is trying to explain. This creates a sense of isolation for the student and it can be quite hard for a student to deal with it.



For me it was very difficult as I have chosen French as one of my language due to which my section was also changed and some of the students were totally new to me. But MRIS teachers created certain groups and asked students to participate in debate competition. We exchanged our contacts with other students and prepared in group for this competition. After our classes, we used to call each other, and it helped us to understand others and we get familiar with each other.

Aayush Sharma, Grade V- F

This is how we coped.



No doubt, online classes are a boon for students in this pandemic COVID-19 situation and thank God that MRIS accepted the new challenge very quickly and facilitated online classes. MRIS also stepped

in and provided a waiver to the fee structure in view of parental concerns. Most importantly, the school remained lively by holding several events on live competition even during the lockdown period. Initially, we experienced a problem in coordination with the school classes, our office work from home, network speed, arrangement of four numbers of laptops/ mobiles, as our two children are in MRIS and we are both working, so there was a bit of a mess. Another problem was that keeping my child in front of the screen for 3-4 hours was really challenging. Now it has become a part of life and has become a bit comfortable. Also, I would like to mention that during this lockdown period, there were only teachers who were bridges between parents and school and all teachers of my son's class are simply awesome. The only thing I am very sad for is that my children could not use the amazing facility of MRIS infrastructure in school this year.

Ms. Shikha Singh, Mother of Ashaman Singh, (Grade II-D)

'The New Normal'



The COVID-19 pandemic has emerged as a major challenge for parents who are struggling to help their children adapt to the "new normal". While government and health officials are doing their best to slow the outbreak, the educational systems are collaborating collectively to deal with the ripple effect caused by the novel coronavirus. The uncertainty in what lies ahead in terms of the academic future, tertiary education and social presence has stirred not only the parents but the educators as well. There are a plethora of problems faced by the kids who at the elementary level do feel happy about being close to their loved ones but are a victim of the stress levels of parents who have been thrust into multiple roles.

Deadlines beckoning in sporadic hours between setting up children with daily activities, cooking, cleaning all while trying to stay calm to support children emotionally definitely have risen up the stress level of the parents. Teenagers have been isolated from their friends and are finding it tough to keep up pace with the online classes. While the confusion peaks, the educators have played a very positive role by encouraging students to practice self-empathy and use the time to grow personally and academically.

The ability of the teachers in my daughter's school that is Manav Rachna is exceptionally commendable. They have not only been flexible with children but also adaptive to the new methods of teaching. The few being intimidated with the technology have to take the bull by its horn and have set their course for re-learning.

Teaching online is a herculean task in terms of class management and class discipline. While parents are struggling with right time, hardware, atmosphere at home, teachers are struggling with using the right platform as student learning for them is paramount. Teachers while being proactive themselves are also introducing the concept of self-discipline and self independence. Keeping an eye on the fact that perfection should not be the goal right now is a much larger and important issue. Times are such that teachers and schools have come home and it stays like this till when, its unknown. What matters is that the teachers and parents should establish a new equilibrium amid the new normal. Teachers, school administrators and the parents should support each other for the better times to come.

Ms. Aarti Bansal, Mother of Anya Bansal, Grade IV-A

EMOTIONAL WELL-BEING

CURSE OR A BOON?



Yesterday was heavy, Put it down!

Every coin has two faces. With the bad, comes the good. Correspondingly, this global pandemic also had a probability of good

and bad before Covid-19 started. Countries all around the world are fighting this rampant situation. No one can deny the fact that this battle is difficult and hard but not impossible. Time will make its way ahead, so why should we be the ones struggling with the past?

We all have been so busy living our lives that many of us fail to recall the real and genuine moments we've spent with ourselves and our loved ones. But, we must say this pandemic is a kind of boon to us that is helping us to reconnect with the ones we'd lost touch with. We've got time to spend with our family and plan our work better. And this would actually help us to build a better future for our work and family both. Let's sit aside for some time and cherish the beautiful retrospect of our life again.

Being hygienic is no longer just a good habit but the very skill we need for survival. There is something we cannot change and that's really not going to change by itself i.e. connecting with the fellow beings. We all have had a change in our lifestyles for the good, from shaking hands to Namaste. We're paying attention to cover our mouths when we cough, to sanitize our hands after touching anything because we know if we don't, what can be the result.

Educational organisations have found a way to embellish this tapestry. Classes have begun again, thanks to technology. And as the entire education system grows, we can expect an increase in reach and accessibility of education within every section of society.

It is truly quoted - "Keep your face to the sunshine and you cannot see a shadow." Let's learn a lesson from these tough times and make ourselves better human beings. Let's just focus on the good. And finally, it's we who are locked down - not the hope and not the opportunities.

Aayushi Choudhary, Grade XI-D

DEAR EMOTIONS...



Dear Emotions,

So long I've been procrastinating this. But now, look, here I am, writing to you, asking for your well-being. I hope, truly hope, that this little piece finds you well! I really wanted to apologize for last time,

when I forced myself to falsely presume that you did not exist. But then, guess what, you never cease to pounce all through my chest and dance till I know you're there!

Anyway, there was something I was really concerned about. I've always found myself so lucky to have all of you in my life. After all, that's who I am. But then sometimes, you bung me to a bottle of trouble and cap the lid so tight, that it gets hard to make headway. It really gets thorny when you get on a scene, all together, fighting furiously, to be heard. Indeed, it's a bedlam that deafens.

And now, there have been many saying, how it's always better to get you to a therapist, a doctor, and what not! But deep within, I know, that's not what you need. All that you need is me! All we need to do is hear out our stories, and know who's right at that very moment. Oh yes, I know how much you love dancing and just don't worry, I ain't restricting you on that. Getting along, is all I want you to pledge. Now, look, here I am, writing to you, not just asking for your well-being, but telling how we'll go through this, together!

Love,

Me

Arushi Sethi, Grade XII-C

GOLDEN: MY HAPPINESS ISN'T STOLEN



"I'm not good enough, I'm a big failure!"

"Honey, I know life can be tough,

But you'll get through this, don't fear!"

"How will I do this?

This is too exhausting!"

"Don't you dare call quits!

'Cause sweetheart, it will be so rewarding!"

"Who am I?

Does my existence really matter?"

"You're YOU, you've got no one to satisfy.

It might seem impossible now, but life gets better."

"You are worthy, you're not broken!

You're whole, every part of you is just fine.

You're not bronze or silver, you're thoroughly golden!"

Rang the voices of my parents, my teachers and my own.

Dhwani Gola, Grade XI-A

COVID- PANDEMIC OF OPPORTUNITIES?



Year 2020 is a year of awareness, self-introspection, exploring new opportunity and more importantly a year of technology and digitalization. It starts with

the pandemic "COVID-19" which took many lives and created disturbance in the entire value chain and ended up creating lots of difficulties in terms of life threatening, unemployment, social distancing and many more. The pandemic creates uncertainty amongst many of us.

But at the same time, this pandemic created various opportunities in the entire value chain. In the last 2-3 months, a new industry worth INR 10000 Crores has grown up in the name of PPE Kit. Not only this, the increase in sale of tractors clearly indicates that the demand for agricultural sector has immensely increased. People have started moving from urban to rural areas to explore agriculture as the source of income which encourages de-centralization. COVID-19 has forced us to learn and explore many new things in our lifestyle. Students and youths are also improving their computer skills, and becoming tech-savvy. They are focusing more on their own start-up rather than depending on jobs. Many people may be languished because of the pandemic that the entire world is suffering from. But they must not forget that this pandemic will definitely come to an end, and after that, our lives will shine with the light of positivity.

Ishita Panda, Grade XI- C

Human Mind: A miniature of the Universe



Miniature of the Universe,
Is the human mind.

Where cold of the Jupiter,
And fire of the Mars coincide.

There are even some

planets,

Filled with diversity and life.

In the mind also, there are some stars,

That inspire,

And give us hope of life.

Just like the Universe ever expands,

The growth of knowledge is always in scope.

In it, we can unleash infinite mysteries.

Apart from many similarities they share,

Also, some differences arise.

Darkness in mind,

Can be lighted with joy,
And big black holes of the brain,

Can burst with love and care.

But, humans, in this are very unfair,

Considering stories of mind, a shame,

Make them despair.

They get lost in darkness,

And curable black holes engulf their lives.

Many of the earthlings can be saved,

By eliminating myths about mental illnesses!

Rafa Hasan Zamir, Grade XI-B

EMOTIONAL WELL-BEING



In 1947, WHO defined health as a 'state of complete Physical, Mental and Social well-being'. Till now, we have been focusing on physical well-being but there is something even important

than it and that's emotional well-being. Emotional well-being can be easily defined as the emotional quality one experiences. It is only possible when we possess the capability of being confident, positive and to be able to cope up with the ups and down in our life.

Emotional well-being is hindered by various social and economic factors. Studies showed that during the "COVID-19 PANDEMIC", the emotional well being of the people was lowered by 74%. It had a major negative effect on the mindsets of the people which in turn was enough to ruin others. Student, amidst their online classes suffered and reported more anxiety, high level of anger and more boredom than they actually did during their on-campus routine.

But times during these difficult, we had many well wishers in the form of our parents, teachers and our frontline warriors who motivated us. They taught us how to strive for balance, maintain physical health, connect with others and expressing our feelings properly. They taught us about the ray of happiness in these times that is presence in abundance but to find it we must look at things from a different point. Emotional well-being has a direct impact on our health and to maintain it, we must learn to be happy by not suppressing our feelings.

Rajveer Singh, Grade IX-F



In the early years of my childhood I didn't quite understand what my role was all about. I always wondered why it is that I have to go to school every day because my mom said to. When I was growing

up, I found the answer by the guidance provided by my parents and my teachers.

Looking back at the past, I have grown and learned so much here. Some students will have a drive from inside to learn new things and explore new ideas while some others look into successful persons around them and get self-motivated to learn hard. However, this is not the case for all students and many of them will need immense motivation and inspiration from teachers and parents to work hard. I am grateful to all my teachers, especially Ms. Mamta Wadhwa- Director Principal MRIS14 who has provided that inspiration and motivation to me and helped me explore my inner potential.

At Manav Rachna, children are challenged to be at their best among their peers who share their sense of purpose, believe in the value of hard work and are building the courage to pursue their dreams. MRIS is the true torchbearer of quality education movement.

The community outreach programme under the aegis of Dr. O. P. Bhalla Foundation benefits one and all with its prolific activities and generous ways of giving back to the society. The school counsellors of MRIS-14, Faridabad, English teachers and some students set off on their journey to the Govt. Girls' School at Mohna Village in Faridabad in order to impart English Grammar classes and counsel the senior students using customized teaching methodologies. The school counsellors conducted a one-hour orientation session with the senior students of the school highlighting the various aspects of career choices and sensitising them towards the various professions that could be pursued by them. The visit turned into an eye-opener for me and it helped me in my overall development.

The school gave me various opportunities and introduced me to the concept of Model United Nations. I have participated in MUN and other debates and this has enabled me to gain valuable skills from public speaking and diplomacy to team building and negotiation. I have developed confidence and leadership skills through my experience at MUN. Model UN conferences are opportunities to practice research, public speaking, teamwork, negotiation, and writing skills in a safe and structured environment.

As a person who attended MRIS14, I have been able to benefit enormously from the learning experience that my school provided. Indeed, without having attended that school, I wouldn't be writing these words. The learning environment that was provided to us by the teachers in our school has made me a confident person which helped me in settling down in a foreign university.

Sanya Bhalla, Alumna

Manav Rachna International School
Sector 14 Faridabad



AARYAN AGRAWAL
SPORTS CAPTAIN
2020 -2021



DEEWA DAHIYA
VICE SPORTS CAPTAIN
2020 -2021



SUYASH CHHABRA
JUNIOR SPORTS CAPTAIN
2020 -2021






Times School Survey 2020
Manav Rachna International School

IS THE NO. 1 SCHOOL OF FARIDABAD
WE ARE THE 'LEADERS'

RANKED NO. 3 AMONG THE LEADER SCHOOLS IN GURUGRAM

RANKED NO. 1 AMONG THE 'CHALLENGERS' SCHOOLS IN FARIDABAD

RANKED NO. 1 AMONG THE 'INNOVATORS' SCHOOLS IN NOIDA

Manav Rachna International School
Sector 14 Faridabad



RISHABH ARYA
HEAD BOY
2020 -2021



ISHITA BINDRA
HEAD GIRL
2020 -2021






Manav Rachna International School, Sec-14, Faridabad

SCHOOL TOPPERS
CBSE Class X Results



KHUSHI SHARMA
98.4%



ARYAN DHIR
97.8%



ANAYSA KAPUR
97.6%



VRINDA BAGRY
97.6%

MRIS - Sec-14, Faridabad
Congratulates



SIDHY AGGARWAL
Score- 620/720



BHUMIKA TEWATIA



HIMANSHI SHARMA



AYUSHI SONI



APOORVA BHARDWAJ



RIYA MISHRA



RASHMI NARWAT



KARAN SHARMA



PRABAL TANEJA



HARSHITA




GARGI SAMANTA


Manav Rachna International School, Sector - 14, Faridabad

SCHOOL TOPPERS
CBSE Class XII


DISTRICT TOPPER




TANVI AGGARWAL
HUMANITIES
98.8%




TANVI THAKUR
COMMERCE
96.8%



SHREY GUPTA
COMMERCE
96.6%



SIDHY AGGARWAL
SCIENCE (PCB)
96.6%



KHUSHI SINGH
SCIENCE (PCM)
96.4%

Manav Rachna International School, Sec-14 Faridabad

Glorious Achievement in CLAT 2020



JATIN GOYAL
ALL INDIA RANK 5
in MHCET Law 2020



YASHODHARMAN



YUKTI



YAGYA PASSI

Manav Rachna International School
Sector 14 Faridabad

CLAN CHIEF 2020 - 2021



ANUBHAVA SINGLA



PRIYANSHU MITTAL



MANSI SOMANI



AMAN KOHLI






Manav Rachna International School
Sector 14 Faridabad

Congratulations!!



Dhruv Kumar Dhiman



Kartik Goyal



Rudraksh Bhatnagar



Rishabh Dhall

students of
Manav Rachna International School, Sec-14, Faridabad
cleared
JEE-MAINS 2020
and are eligible for JEE ADVANCED 2020

THE PACKET OF PANDEMIC: PICK THE POSITIVES!

While corona will go, what should stay back?



By Ms. Kanika Garg,
CI- Toddlers (Orion)

Even though the pandemic has slowed down our lives, the world is still moving with umpteen things that we are refrained from doing. Being cognizant of such circumstances, MRIS Mohali pulled out all the stop buttons to entail distinctive virtual activities and ensure that learning goes on, uninterrupted. We ensured that foundation-stage students learn everything they should have learnt while attending structured classes.

Consequently, we shifted the conventional teaching to virtual meetings within no time, ensuring every child gets the same personalized attention as they got before this mayhem. This online setting made our lives even more adventurous when Early-Years happily embraced the challenge of getting accustomed to the new normal. Within the blink of an eye, everything started looking the same as it would have before COVID-19.



Challenges arise all the time, but 'life skills' is one aspect of learning that will lifelong benefit children even when this pandemic will go away! It is imperative to teach children how to tackle any untoward incident that they may face, especially after this pandemic has taught us that nature's fury unleashes its worst side!

Thus, the children virtually moved one step further towards 'preparedness' with their class in-charge through their Life Skills session. They were meticulously muddled online by performing drills for Nature's fury- an Earthquake. During a damaging earthquake, life protecting actions must be taken immediately. There is no time to decide what

to do next, everyone must already know what is to be done. Thus, the young enthusiasts participated whole-heartedly and responded well to all the complications of a real earthquake by making their very own preparedness plan. Such planning and drill helped them evaluate how well all parts of their emergency plan work together. This on-screen experience was ethereal and children along with their instructors took this challenge sportingly, even during these tough times.

COVID-19 will surely pass, but the knowledge and experience children gain should stay with them forever, and we should continue to prepare ourselves for any disaster, small or big, natural or man-made that may strike us in the future.

We All are Together in This



By Aarohi Anchal,
Grade VIII (Kalam)

While Corona will go, there will be various things that would be left with us. These things have taught us innumerable lessons that will help us in our future. Today we are stronger because we all are together. Even after these tough times, this unity and togetherness will be left with the country. The way all the Corona warriors are working by putting their lives at risk to save other lives shows the value of caring. These compassionate people will always be there, with the same spirit, to help us out. These undesirable times have taught us to change with changing scenario. It has also taught us how we can manage and carry on with changing environment. All these things will help us for our future.

During lockdown, there were various things done by me to make my day more productive. When I used most of my time in learning new things, I saw a tremendous productivity in my day. Other would be that I got more time to spend with my family. During our normal days where we all were busy with our work, I think that this time is the best to spend time with your family. Also, as a student, I got more time to study and concentrate more on my studies. At last, I would just say to try to be creative and productive because you never know how creative and amazing you can be. Stay Safe, Stay Happy!!

Choose a positive for yourself!



By Shrihan Kohli,
Grade VII (Aryabhata)

The novel coronavirus is continuing to claim the lives of millions of people across the globe. This deadly virus has instilled a gripping sense of fear and peevishness among the people. To be honest, my situation is no different. My heart skips a beat every time the news of COVID-19 spreading like fire flashes on the Television screen.

Initially, the not-so-conducive atmosphere took a toll on my mental peace. But soon, I braced myself and started indulging in various recreational activities. I spent quality time with my parents by playing games, cooking and conducting crazy dancing sessions; which would have not been possible in the normal routine owing to their strenuous schedule. I even played a Lawn Tennis tournament in the month of July, where in one of the matches I got the opportunity to play against a National-level player. I must say, this was a lifetime experience.

Also, I took genuine efforts in improving my command over my third language- French. This lockdown period has definitely been stressful for all of us. But on a positive note, it has brought the best out of every one of us. I learned how to be more considerate and compassionate towards my loving ones. While corona will go, I wish we as people, would remain the same loving caring human beings. During all these months of corona threat, the skies have become bluer, the crime rate has ebbed away and the pollution level has drastically subsided. While corona will go, I wish that all the positive effects on the environment stay back.

Above all, while corona will go, I wish that humanity stays back as the quintessential quality.

Renew Refresh and Reboot



By Ms. Namrata Natt,
Academic Coordinator

The much talked about turn of events in the recent past has led to a lot of anxiety. This anxiety and the new found home boundedness has led to mundane lifestyle choices. Suddenly, we have come to terms with a lot of changes within and in our surroundings. Adjusting schedules for our own work and making space for donning the hats of a homemaker, a caregiver, a cook, and a mother have actually proved that we are

multitasking and have that innate ability to rise to the 'occasion'. The media is storming us with the latest perspectives on the COVID-19 which are adding to the anxiety levels. Amidst all this so called 'chaos', I think we still have one power left to us. The Power of Perspective.

Over this period, I have had the time to Introspect and internalize that no matter how grim the situation is, no matter how anxious we get, no matter what future holds for us in store, no matter what is next. We must break the habit of believing everything we think. Mind is a powerful tool and yet most of the times, it controls us. With all the negativity surrounding the present times, we often forget about the people who could survive this virus or how fresh and crisp the air feels, how we can see in the distant without the smog blurring our view, how being at home has exposed a person within us who had some hidden talent which could not come to the fore because of her incessant pursuit of being worldly successful. Our mind is so fine tuned on the negatives that we can't seem to count our blessings. With all this negativity in our minds, we are giving strength to 'The Negative Vibe' which not only shrinks our hopefulness but also increases the level of disappointment.

This is the time to distinguish the fact from the story: Breathe. Stay positive. Nothing lasts forever.

Just remember, whatever you are feeling is fleeting. Feelings of anxiety must be abandoned. Replace your thoughts with deep breaths. Remember everything is temporary.

With parents working from home, families have more time to do fun stuff together like playing board games, cook meals, indulge in art and craft, and much more. This time has opened new avenues of channelizing our energies. I wish that when corona bids us final goodbye. Opportunities for bonding should remain. We must appreciate beauty. Let's not underestimate the power of beauty, the small plants on your kitchen's windowsill, a beautiful cup to drink your tea from, you and your child sharing each other's workload, time travel with closed eyes, catching on your favourite old movies. We must not underestimate this power of pleasure in simpler things. It has a unique ability to rearrange one's thoughts.

Let's hold on to this Power of Positive Perspective while braving this pandemic. In these crucial times, ask yourself: what is this here to teach me? Learn the lesson and move on.

So just blink to renew, refresh and reboot.

Retain all the Positives



By Ms. Navpreet Baweja,
PRT

As the annihilation from the ongoing COVID-19 pandemic continues to rise, it's not easy to find reasons to be cheerful. However, life is not all doom and

gloom.

The coronavirus lockdown has brought with it a smorgasbord of side effects - and some of them are surprisingly positive. While many are spending time alone and are unable to meet up with anyone in person, others have reported being more in touch with their friends and family than before. Furloughed workers may suddenly have found themselves with more time on their hands, while others might be reminded of the importance of family and friends in this time of crisis.

Thankfully, internet technologies have meant that many people have been able to reconnect with their loved ones online. While social events on online platforms may never quite replicate the feeling of seeing someone in person, they have their advantages. Zoom gatherings, for example, can easily get large groups of people together without anyone having to host, or any restrictions. They can also be attended from the comfort of your own home - without having to dress up and commute. After everything becomes normal, I would like to be in touch with all my old friends the way we have come together afterwards long. This habit of socialising will stay back, the talking and sharing sessions with relatives and friends would stay back after this pandemic with me. One more thing that would stay back is use of the technology in day-to-day teaching in the classrooms. Conducting online surveys, quiz with students after completion of topic would stay back. Last but not least maintaining hygiene inside and outside home which has now become the part and parcel of our lives would stay back with us forever.

So, keep your face to the sunshine and you cannot see a shadow, once you replace negative thoughts with positive ones, you'll start having positive results. So, let's forget about all the negatives and just retain the good things learnt during these tough times.

I learnt self-discipline ?



By Aayushman
Chaurasiya,
Grade III (Asia)

"Everything happens for the good" A popular phrase we have heard

many times.

Corona is a blessing in disguise for us as we learn a lot of things from our challenges too. I personally learn self-discipline, from waking up in the morning, meditating and then, praying that I stay safe at home to helping my family in house chores. I notice nature more than before and I have also come closer to it by planting more trees, taking care of

nature itself and also feeding the birds in my free time. I would really like to continue my habit of self-discipline so that I will not be dependent on my parents for small things like setting alarms for activities throughout the day or organizing my room on my own.

I learn about technology while sitting at home with different activities that the school has provided. From operating Microsoft Teams (which is usually used by adults in offices) to attending webinars conducted by many renowned people, these webinars enhance my knowledge in different areas of life and are great for my growth and personality. I really feel good that we are learning to become the best versions of our selves - becoming strong by being alone because we all know that whoever stays alone is always the strongest.

So, I believe self-discipline has made my lockdown better, brighter.

Family Time. Self Assessment. Innovative Learning



By Myra Sharma,
Grade 2 (Everest)

When lockdown started, I was excited to stay at home, wake-up late in the morning and have playtime all day. And my papa used to stay home (during lockdown) with us for the whole day. I could disturb him anytime. Every morning, I hear my mom and amma about grand feast as everyone is at home. I, my younger sister, and papa have watched all Children movies during this time which we used to plan but never watched.

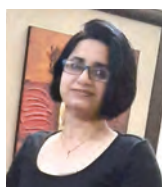
I noticed that no one was in rush, we (I and my younger sis) are always playing and curating new activities. I loved the time when all of us - Mom, Amma, Papa, and Nivi sit in one room and talk.

During this time, we got a chance to move to another city for 2 months where my papa works. We drove for 2 days to reach our new place and I found out on the map that it is in the center of our country. My mummy showed me a map where she pointed out the exact city where we are going. First time I saw Wind mills knowing about how it functions and why it is so necessary for Maintaining Earth Greenery.

I have learned so many technical things also like how to independently operate various apps, attending online classes on my own which enhanced my confidence in becoming more vocal with teachers and through this I moved one step ahead in virtual learning.

My parents made me realize we have to be prepared for everything.

ONLINE LEARNING: CHALLENGES & EXPERIENCES



By Ms. Gagan Deep,
CI- Grade 1 (Visualisers)

Learning has evolved with a new dimension of technology. This pandemic has unraveled the need of looking at things from a different perspective. It is very important for facilitators to bring out the methodologies to reach each mind for better understanding. But the question arises 'HOW'? How it is possible to teach the concepts with the new normal?

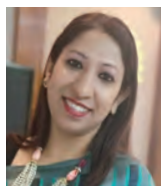
Will it be easier for children to understand? How are they going to interpret the scientific terms? Will they be able to do something on their own? What would be the new face of inquiry?

All these questions gave a new direction to teaching; a direction in which facilitators were also going to be risk takers. They needed to step out of their shoes to walk a long way taking their students along. To understand the bigger concepts, smaller steps were taken. To create curiosity, an experience was established. To impart a big term, a small story was narrated. And this led to a new experience of virtually but effectively learning, understanding and doing.

At MRIS Mohali, we believe that pragmatic learning must continue even through online sessions. Thus, students of Grade I reflected upon their learning about different divisions of the human body and the role of bones and muscles in it through a hands-on activity, 'Mr. Bones' where they created a skeletal system with readily available material at home like play- dough, wheat dough, potatoes. They aligned it with toothpicks, hairpins to understand how bones give a framework, called the skeleton, to the body.

This activity gave them a chance at experiential learning about the functions of bones and muscles and helped them explore the concept of movement of joints along with grasping new, related vocabulary. Thus, in the face of challenge, the facilitators at MRIS know how to move a step ahead and ensure that the children understand their concepts as effectively during their virtual sessions as they would have during their physical sessions.

Tough times don't last, but tough people do



By Ms. Achint Kaur
Sandhu,
Coordinator-Middle &
Senior Wing

Yes, we are tough people! And we have proved it to the world in these harrowing times. Rising like a phoenix, we, the educators, were perhaps the first ones who overcame the trauma of a complete lockdown, charted a course, equipped ourselves with the necessary supplies and embarked on the journey that everyone had deemed perilous before - the journey of Remote Learning.

The foremost task was to get everyone on-board. Once that was handled; the teachers armed with a variety of resources, stepped into the world of online teaching. The beginning seemed arduous but soon it became fun. We had the power of the Internet at our beck and call! Never before have I been able to address so many different learning styles in one class - a video for the visual learner and a song for the auditory, a puzzle for the intra-personal and a group task for the inter-personal, a hands-on project for the kinesthetic and a virtual field trip for the naturalistic, the options were endless. With carefully planned training sessions from the management, the teachers became savvy at creating forms for assignments and assessments. The normal pattern of assessment was followed in these online sessions with ease and flexibility for all.

Five months down the line, our ship does sail in and out of choppy waters at times, but we mostly manage to remain out as we have learnt how to steer towards safer tides. This pandemic has facilitated the mighty shift of school education to the virtual mode. The teacher used to be the parent at school and now the parent is the teacher at home. Children of today belong to the Online Generation and now, so do the teachers. I would love to share an endearing definition of a teacher that I came across during my zillionth Google search in these last few months and I am sure that it holds true for all: A Teacher is a multi-tasking Rockstar who lives to inspire and loves to encourage! So, kudos to all the rockstars out there!

Outdoor Activity is dearly missed!



By Daksh,
Grade V (Tagore)

When the pandemic hit us, we did not think that we would have to stay at home and have our school classes online. It was a very

big change for me as well!! In the beginning, I was very happy and excited for online classes because I thought it would be nice to learn and use technology, but who knew it would go for such a long time. Like every coin has two sides, similarly, online learning has its pros and cons. While there are some new experiences, there are new challenges as well. First challenge was adapting myself to the new style of learning and technology. Initially, I got late for the classes because I was not comfortable with the use of applications, but after sometime, I got used to it and it was a nice and different experience. The teachers really helped us and were very patient in handling all our queries. The second challenge was that there were a lot of distractions studying at home so it becomes difficult to concentrate.



Thirdly, the screen time has taken precedence over physical activity. Though we have sports and dance classes, but we miss playing outdoors and our sports activities. And lastly, what we miss the most in our online learning is the wonderful conversations and fun time with our friends and teachers though our school MRIS has helped us at every step to make this time very productive for us. E-learning has certainly given us new experiences and helped us to become more comfortable with technology and also taught us an important lesson i.e. there is always a solution in a difficult situation.

New Friends. New Teachers. New Subjects.

By Ishaan Sood,
Grade V (Tagore)



When I started online classes, I thought it would be really boring and there would be problems like no internet and sound echoes.

But when it began, it was

really fun. I got to see my friends, new students, new teachers and new subjects like French. But the most surprising part was that there were online classes for Sports and Dance. But there were issues like network problem, and sometimes, someone forgets to mute his or her mike and we hear the background voices that create lots of disturbance in the class. But then, after the initial hustles, things started settling down, less internet issues and we started having more fun in the classes.

Then, one day the teacher announced that there would be a test. My heart started to beat faster than the speed of light. But, it was just a click to the right answer. It was super easy. Now, I am extremely comfortable with the online classes. Thanks to the efforts of my teachers and the school.

Adapting to this new normal was challenging

By Ritwik Sharda,
Grade IV (Indian Ocean)



Initially, I found it really difficult to adapt to this new protocol. I missed my friends, my teachers, my mess and my grounds.

I found it hard to concentrate in the class. Children interruptions, connectivity issues, voice disturbance used to irritate me. But after so many interactions with my teachers, listening to the inspiring words of Principal Ma'am, my parents made me realise the importance of online classes. It made me more independent and disciplined. Now, I setup my own alarm, do all the work on time, participate in the activities given or asked, listen to the recordings if I miss any topic, read books in my free time and help my parents too. I am now well adapted to this new normal.

Students encounter technical difficulties

Problem: Technical problems are one of the main challenges of online training. Very often, there are issues with laptops, operating systems, applications, browsers or smartphones. The online session does not get connected and student and parents are confused how to continue. All this adds to frustration and reduces engagement, the learning experience is disrupted.

Solution: Online class setup presentation and training given to students. Also, dedicated IT support team is there who helps and guides us whenever required. After initial issues everything is settled now and very easy to use.

Students need to talk to people

Problem: Students may sometimes get frustrated due to the lack of human contact, the absence of a teacher and an inability to discuss it with their classmates. Sometimes, the online world, no matter how vast it may be, can become too small for the student and they may need a physical space where they can resolve their queries and practice in real world.

Solution: Personal attention given by teacher to all students. Camera is turned on in between to have better interaction. Visual training is given to students where they learn by following teacher. Group discussion and open sessions to allow students to discuss and resolve their queries among themselves.

EMOTIONAL WELL-BEING



Recent theories have discovered that the emotional state of a child decides how a child will behave as an adult in a society. Therefore, emotional well-being can't be

neglected especially during this ongoing pandemic COVID-19, which has lead to various levels of stress in each one of us. Children are the most vulnerable age group of these, as they are not really open to share their concerns and problems, and are too young to understand what is to be discussed and with whom, and how to express themselves coherently.

Therefore, sensitizing little ones about emotional expression is an imperative area of teaching-learning. Manav Rachna International School ensures that education encompasses emotional development, whether online or offline. Consequently, adding various fun activities through virtual sessions to add the much needed smile on the face of children.

Online Learning Challenges & Experiences

In this article I want to share various online learning challenges we faced during lockdown as school is closed. I am presenting it in "Problem" and "Solution" way. All these are real problems which I faced and the solution as given by MRIS team.

I am thankful to my school MRIS teachers which made online learning so good by supporting us and making it a fun.

Regular Classes Can be Boring and Tiring

Problem: Regular subject classes without gap can be boring and also will be tiring for students. Also it put strain on eyes and mind.

Solution: Between subject classes, there are physical activities classes and also creative learning classes. This change, in between, makes learning interesting and students get refreshed.

Students can't practice

Problem: The best way to learn something is by practicing it i.e. learning by doing concept. It is only by practicing the things we do and with actual experience we are able to understand in better way and memorize it forever.

Solution: Practical learning sessions conducted by teachers. In LIVE camera sessions, students do various activities along with teacher. Also, various practical tasks are given as assignment to learn new things in a playful way.

Activities like 'Virtual Play Date' prove to be one of the most enjoyable experiences for the young minds who have no other outlet for their brimming energy and emotions under the lockdown. During these specially scheduled sessions, the children grasp concepts via play like grasping numeracy while building LEGO, learning how to knead a dough while sharpening their gross motor skills amongst others. Definitely, play is the highest form of learning. Children are also encouraged to recognize their myriad of emotions and at the same time learn how to express themselves through activities like 'Let's Express'. Under this, the question "How are you feeling today?" receives the most gratifying and exciting answers by the children, sometimes through emoticons created by them. Children are also sensitized about whom they can talk to about their emotions.

If I'm angry whom I can talk to?

If I'm sad whom I can talk to?

If I'm happy, whom can I share my joy with? and so on!

Such initiatives give the educators a sense of satisfaction after watching children freely express themselves and effortlessly learn through play.

Ms. Gurleen Kaur Gill, CI-Nursery (Titan)

THE TREND OF HOMESCHOOLING- A FRESH START

A Unique Feedback Mechanism by MRIS

"Everyone who remembers his own education remembers teachers, not methods and techniques. The teacher is the heart of the educational system." -Sidney Hook

After the outbreak of Coronavirus Pandemic across the entire globe, the 'New Normal' of homeschooling is in vogue now. This trend can be seen as a perfect balance between safeguarding the health of the children and imparting education to them. Hence, this fresh start is apt and the need of the hour.



As we look back, this virtual and digital interactive concept came with its own challenges. Challenges, if handled well, can be converted to right opportunities; and we as parents are thankful to 'TEAM MRIS' for the 'smooth handoff'. Initially, we were skeptical about the focus of children during interaction, the side effects of long screen time and output in terms of grasping of skills by the young minds. But innovative, rich content based and quality education road map drawn by 'Team MRIS' and their qualified faculty allayed those fears. The end result is that my child now awaits and longs for his next session in his 'New-School'. Personal interaction with the Principal over the Coffee Session as the part of feedback mechanism, the patient and composed handling by the Class Incharge during online sessions is highly appreciable and worth mentioning. The virtual celebration of birthdays (even on holidays) with friends is really teaching my children (including the younger one) to value companionship and buddy system. As a mother, I would like to thank the Principal and my son's class incharge to remain pivotal components in this journey of his virtual education.

Ms. Anupama Rawat, mother of Ranish Singh Rawat, KG Earth

The model of Homeschooling continuously evolves

Could we even believe 6 months back that homeschooling as a concept was even remotely possible in India! Yet here we are, thanks to the Coronavirus pandemic that has helped us challenge our beliefs, develop new skills and accelerate adaption of technology! Though the present study mechanism of our children is not strictly home schooling, since they are still following a structured methodology, but this is as close as it may get, as children are at home all the time and parents must play a major role in taking their education forward.

At the beginning of this journey, there was enormous anxiety and we were wondering how our children are going to continue their studies! Thanks to MRIS Mohali that took immediate steps (I believe it was the 1st school in Tricity) to reinvent itself and set up technology platform to take forward the educational journey of our children and beat the disruption caused by this pandemic.

When the classes restarted in a new avatar, there were challenges to adapt to technology. This was a first for all students and even for teachers but the entire team at MRIS Mohali who has been trained so well to be patient with children, ensured that the students became comfortable with technology in a short span of time. For e.g the attention span of children was as low as 15-20 mins in front of the screen but the experiential style of teaching made sure that they were actively engaged. The dance, music, visual arts and sports sessions made home schooling not just about studies but fun too!!

The biggest challenge that we faced with home schooling was increased screen time since children now had access to laptop freely with online games and TV becoming their favourite pass time but with regular guidance from the teachers of MRIS Mohali, we were able to set up a study schedule for our kids at home and guide them to limit their exposure to electronic gadgets and screens.

Initially with the start of home schooling our schedules went haywire because we had to be either present with children or guide them along with our office work and daily chores but now after 5 months, we as parents and our children as students have become comfortable with this new model of education. Though we have made efforts to assimilate to this new reality, this has been made possible by the relentless effort of MRIS Mohali teachers who also have learnt and adapted to the new way of teaching very quickly. Their commitment and dedication towards the development of our children have always amazed us.

We are sure that with each passing day, we will learn new things and evolve the model of Home Schooling.

Ms. Divya Singhal & Mr. Vineet Singhal, Parents of **Daksh Singhal** (Grade V-Tagore) & AavyaSinghal (KG -Mars)



Hope is the only thing stronger than fear!

On 24 March 2020, the Prime Minister of India announced the national Lockdown. We had travelled from Ambala to Maharashtra to be with my grandparents and alleviate their fears of the worldwide pandemic. We took all due precautions and kept ourselves safe. It was during my stay there that I realised that amidst all fear, there was hope of this situation passing away one day. We learnt to harness the day's energy by engaging in creative togetherness like cooking, gardening, playing carrom, Housie, Pictionary, Snakes and ladders, brainwave and kept ourselves busy. This togetherness acted as a cure for fear and grimness for all of us.

The news which showed dismal situation of the world was watched only for a scheduled ten minutes daily. It is only in darkness that you can see the stars! Many enjoyable things that I had never done before were now routine- baking, skipping, Yoga! I even painted Worli Art on my Garden walls! Thanks to MRIS and my teachers, this was all possible even while my online classes were going on in full swing! I never felt away from school and enjoyed my friends' company during the 'Cheery Evening' sessions! My team had the opportunity to win the Runner's Up trophy in the online Tricity Inter School Quiz! I have even started my own YouTube channel and am posting videos on it in my spare time.

Overall, even though this pandemic has isolated us in unprecedented ways, we as human beings have found new meanings in our lives and I am sure our creativity and faith in humanity is going to make this a better world to live in!

Vihaan Narang, Grade VI (Scholars)



The New Learning Model for Homeschooling

Homeschooling is a concept where we bring school to our homes. Homeschooling is very popular nowadays in both schools and colleges.

When we started homeschooling, we faced a lot of difficulties:

1. Students were unable to get familiar with the application
2. Faced problems to login in the app
3. Repetitive classes
4. During sessions, students started speaking in groups, for example, multiple students unmuted their mic which were very difficult for teachers to control.

But, MRIS took a great stand and help everyone to understand the application and be familiar with this new learning model. Our school department sent emails to the students so that they can get the app install and login into it. It helps everyone to start using the application and to understand various features such as Notebooks, Assignments etc. It was really a very helpful step from our school.

Our teachers help us to maintain timetable by sharing a schedule which contains proper routine such as wakeup time, then exercise and have breakfast before starting our online sessions. They also guided us to use reduce screen time. It helped us to maintain a good healthy routine.

I sincerely thank all my teachers and my school to adopt Online Learning and help us to enjoy modern learning.

Nevaa, Grade III (Asia)

Homeschooling as a journey

Who knew that one day a pandemic will hit us and we all will be locked up in our own homes with our loved ones for an unpredictable time but unfortunately it is happening now. Many questions are in our mind today, employees are thinking about what will happen to their jobs, employers are thinking about what will happen to their businesses and as parents we all are thinking what will happen to our children's education and future.

Thank god that internet technology has helped many of us to bridge this gap and now with this new trend of work from home and digital learning through various software, a connection has been established between the teachers and students. Introduction of online classes has given birth to homeschooling for many students, keeping in mind their safety and well-being from the COVID-19 virus. My 4.5 year old daughter has adapted herself to learn with her new class teacher on the other side of the screen and this practice is making her way different than traditional schooling would have made her.

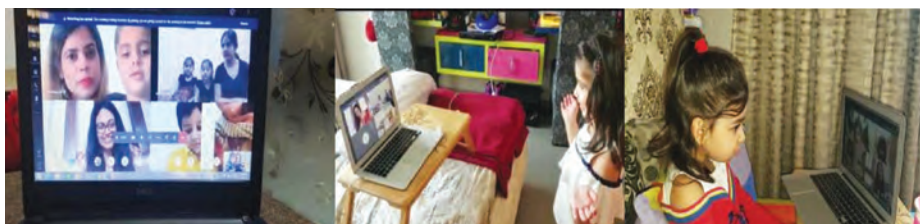
This new trend is giving us the benefit to get more close to our children, knowing their learning abilities and weaknesses. This trend has made our children more responsible towards their studies, ICT and their learning has taken a whole new direction.

This trend has made them a digital learner and without them knowing it, they are entering a new era of learning. They are becoming punctual and have improved their time management skills.

But, this trend has changed their various habits, sports routine, working in teams, disconnection with classmates, which has slowed down their physical and mental growth someway.

A Glimpse- of the journey from 1st day to an independent learner today

Parent's Name: Khyati Ghai, Student's Name: **Ms. Khyati Ghai**, parent of Dhaanvi Ghai
Grade: KG-Mars



Homeschooling teaches parents?

Homeschooling is a trend which was almost unheard of before April 2020. With the pandemic spreading and total lockdown, this seemed to be the only option left for the children. This was a complete paradigm shift and like all changes, it was initially very difficult to accept it. However, as the acceptance set in, it brought along many challenges. These were just a few of the many challenges that seemed to daunt every parent. However, these proved to be short lived. I was once again glad and thankful that my children study at MRIS. The swiftness and pro-activeness with which Manav Rachna handled this enormous task made the task so easy. Never for a moment had it felt that the teachers and staff were unprepared for this Herculean task. The technology, the support, the guidance, the indulgence was unprecedented. Not a single day was lost. While most of the other schools were struggling to adapt to the situation, classes had already started at MRIS. The kind of training and backend preparation that must have gone behind this is anyone's guess.

I would like to share some of the things that I have learnt while homeschooling my children. Setting goals in sync with the school, getting organized, setting aside a dedicated place for academic work, following a schedule, involving the entire family, collaborating and co-operating with the peers are some of the many things that have made homeschooling fun and effective.

We must all remember that children have been worst affected by this pandemic. Their world has tumbled upside down. We all need to do our best to make it as comfortable and useful for them as we can. And for this, we as parents need to stand as one with the school, the teachers and the staff to make the entire process wholesome and effective. This too shall pass and the children once back to their school will surely be better people who can appreciate the little things more.

Ms. Ruchi Pant, mother of Aatreyia Pant,
KG (Earth)



THE PACKET OF PANDEMIC: PICK THE POSITIVES!

Unforgettable Lessons To Keep!



The Corona pandemic has showed that humans are not infallible and communities need to be prepared. Since the corona virus breakout was first reported at the end of 2019, a lot of changes

have been observed by everyone.

However, the human brain is unbreakable and scientists are working day and night to find a vaccine. Corona, has taught us to put restrain on unwanted expenditures and made life more simple. Young adults and teenagers have cooperated very well during this pandemic by cutting down parties, eating out and going to malls. Come what may, humans will be victorious and corona will go but the lessons and values that it has taught are unforgettable.

Drishti Kaur Nandra, Grade XI

Tough Times Never Last



"Every pessimist finds a difficulty in every opportunity but an optimist finds an opportunity in every difficulty."

The whole world is under the same situation today, but not everybody is able

to be optimistic. The time is not bad, but it is how you visualize it. The glory these days is in being patient and trying better than you have ever done. People have fought a lot harder than we are doing in this pandemic situation. I too have been sanguine all the time in this quarantine. Now, we all have started to connect to our family more which was like a hidden gem earlier. The time you waste in enjoying is not wasting time anymore. This is the most special thing that should stay in everybody's life even after this pandemic ends and we all hope it soon does. Also, a lot of people including me have encountered their hidden talents and are working on them, which is just like a stress buster.

The talent which everybody has discovered is going to last for long if you practice it and I am sure if you have discovered something in you, then it is really unforgettable to not to practice it. You feel cheerful after doing that! Don't you? Surprisingly, the environment has also experienced a drastic change. It is free of pollution which I don't think anybody would deny to. Also, how could anybody forget about all the online courses which have provided a lot of opportunities in our lives? We have started to learn a lot more new things due to these courses, which were rarely viewed before the pandemic had struck and the lockdown had started. A lot of people have learnt time management in this hard time. Being patient

is also a quality of life which a lot of us have learnt. Lastly, I would like to say that there is an end to everything like this article and this pandemic is also going to end bringing a brighter day through the dark night.

Tripatjot Kaur, Grade XI

Japan, you were right!



As they say "every coin has two sides", the global pandemic also has a positive side. The pandemic has forced us to inculcate and modify many habits in our lifestyle, which should have been done a long back.

Wearing mask every time we move out is one of them. Wearing masks when suffering from common cold is a part of the Japanese culture from a very long time. Sadly, Japan was the only country to adopt this culture. But now Covid has given us an excuse to start wearing masks and everyone should make the best out of this opportunity.

Another great habit that Covid has helped us inculcate is maintaining our hygiene. Routine hand wash and complete sanitization after a trip should have been a must, even before the Covid era. It, not only is a way of preventing Covid, but, also is a way of maintaining personal hygiene. This allows us to lead a healthy life.

Khushal, Grade XI

The Realization is Real



"Every cloud has a silver lining" is an age old saying. Sometimes, when things seem to be falling apart, they may actually be falling into place. We are experiencing tough times at present, there is fear for life

and health all around us, but tough times never last, and we all are praying and hoping for these tough times to go too. But, at the same time we want certain things to stay back.

We know that a lot of people experience positive, psychological growth from difficult times. On a positive note, we also want to hold on to all the lessons that will stay back when this crisis is over. In my opinion, the most important thing that I would want to stay back is the realisation of how important friends and family are, unity is strength, health is wealth, how important it is to be grateful for all that we have, greater appreciation for life, empathy and adaptability, no matter the situation is.

In a wider perspective, I would also want the realisation of how important it is to take care of our planet, taking care of natural resources and to value all living beings as much as we value ourselves, to stay back.

Hoping and praying good times ahead, in the near future.

Nandini Behl, Grade XI

The Silver Lining!



Six months into 2020, and we already have "Can we uninstall 2020?", this version has a virus in it" memes swarming us on social media. Countries around the world have called for nation lockdowns and everyone is encouraged to stay

home. It's easy to lose hopes and brood over the negative side effects of any event but we are fighters only if we notice the silver lining of the pandemic.

We all were so busy living the 'life,' that many of us had lost those real, genuine moments with our loved ones. The pandemic has actually given us some time to break free from physical workplace tensions and spend some time with our family.

With companies, schools and colleges operating virtually, students have been able to focus on their careers, make some great credentials and learn new skills, all from the comfort of their homes.

Sharing my personal experience, I have really learnt a lot. The lockdown has given me time to work on my college portfolio. I built on my own social venture from scratch, I took part in online contests and won various prizes and above all, I started working out early in the morning. Even though these six months were not that easy, the beautiful moments spent with family will always be cherished.

"In the rush to return back to normal, use this time to consider which parts of normal are worth rushing back to".

Prabroop Kaur, Grade XI

Fruitful Changes it brought for us!



While the COVID19 is turning out a very deadly thing in our daily lives, this virus has also brought in some changes in our society. Although not all positive, but still, in this time of crisis, some changes are to be appreciated. The most

common issue in the world before the pandemic was global warming, which was lowered due to the lockdown in many parts of the world. You could feel the wind blowing, see the clear blue sky, clean waters, noise-free environment which are a welcome change in the today's world. Also, the habit of people to eat junk food was significantly reduced as every eatery was closed.

People started eating healthy food. They had a lot of leisure time in their hands, so they were also able to work on their hobbies and be more productive. People also started doing workouts in their homes as to remain fit in this crisis.

This all leads to the statement that while this virus has affected everyone badly, it has also brought some changes in the way all people live their lives.

Ansh Mankoo, Grade XI

ONLINE LEARNING: CHALLENGES & EXPERIENCES

MY EXPERIENCE OF ONLINE ACTIVITIES



In this pandemic situation, we cannot meet our school friends or our beloved teachers because of COVID19. But Manav Rachna International School has been

organizing some online activities for us which were simultaneously full of fun, knowledgeable and enjoyable.

So, I, Kishalyer, a student of MRIS would like to share my marvelous experience.

The Rakshabandhan Activity was one of my 'favourites' as we were asked to make a sweet dish for our sibling. I baked a cake for my little brother and I was so happy because it was the first time I ever baked a cake.

Then we had an activity, 'How COVID19 helped me to reinvent myself?'. In this activity, we were given an opportunity to express how COVID19 helped us to reinvent ourselves. It was a wonderful experience as it helped us in enhancing both our confidence and vocal skills.

The Teacher's Day activity was very fascinating for me. Even on teacher's day, I enjoyed it as there were dance performances, and many more activities.

Not to forget, the Investiture ceremony which was one of the most exciting and amazing opportunities. We, the students of Grade 5 had experienced how it felt to be a part of the investiture ceremony for the first time. As it was online, it was quite exhilarating! Thank You once again Manav Rachna for giving us this opportunity.

The Independence Day celebration was also a fun way to learn about our country, India. With all our friends giving knowledgeable speeches about how India got freedom was more interesting.

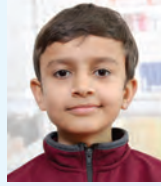
MRIS also organized an English Debate on the topic- 'Should mobile phones be allowed in school or not?' It was a great experience too.

Last but not the least, was the Paper Bag Activity. I enjoyed this activity because I love to do art and craft and also we learnt something valuable which was to stop using plastic bags and use paper bags.

I am grateful to Manav Rachna International School for making this pandemic situation fun with these activities.

Kisha Iyer, Grade V (Amartya Sen)

Online Activities Kept Kids AFRESH



The sudden lockdown due to COVID19 pandemic has thrust schools and teachers into an emergency remote teaching mode. Online education is necessary

because children benefit from structured learning environment. MRIS has played its best role in students' life by conducting various lessons through activity mode. Fun, varied and knowledgeable activities were conducted like English debate activity which taught them a lot. Flip teaching activity was one of the very unique and truly exciting for kids as it boosted our knowledge and confidence both.

Father's Day activity and Paper Bag activity taught us to say no to plastics, maths activity to evoke a feeling of unity, strength and being calculative taught us a lot. MRIS had even arranged make up sessions for mothers too to make them feel special.

Investiture Ceremony was one of most challenging activities for us.

Aarav Kalra, Grade V (Amartya Sen)

THE TREND OF HOMESCHOOLING- A FRESH START!

Homeschooling Together: Parents and School Join Hands

The situation that we find ourselves in because of Covid-19 is unprecedented. It has made a huge impact on the lives of families - both children and caregivers. There has been an uproar that children are suddenly out of the school and that they are missing it so much. Many schools have come forward to continue teaching the children through online classes, projects etc. I would like to share the experience we had as parents of our children's school Manav Rachna International School Ludhiana.

One of the first communications we received from school was an email to the parents explaining what a great opportunity this is for children to learn life skills at home. They reminded us to make sure to involve the children in some of the household chores according to their developing capacity. Children can make the bed, dust a shelf, set the table and clear it, wash dishes, help with simple cooking, fold and put away clothes,

water and tend to plants. Not all of them of course, but the children could choose what they would like to do and we need to help, remind them to do it consistently- joyfully, in a spirit of collaboration not as a manager or supervisor.

We were also suggested schedule for the day with a list of many online, age-appropriate resources that were carefully checked and categorized by the teachers. With math language and other included music, yoga, other physical activities, art and craft, and drama activities.

Another thing that the teachers did was to have an individual interaction with each child during their sessions. Through life skills sessions, facilitators chatted with them about what was going on with their lives, asked them if they were comfortable with the activities suggested, if they had any questions etc. Most importantly, these meetings were very fluid.

The current situation has made us value even more, the organization that keeps working day and night to make our life easy and smooth. As a parent, this support that we have had from Manav Rachna International School Ludhiana has been both helpful and enlightening, and it has helped us to realize that we are not alone.

Alone we are humans, together humanity standing together with unity and unanimity.

We are Warriors for Education!

COVID-19 school closures and their related challenges have reflected that we must liberate learning from out-dated curricula and the disproportionate emphasis on information transfer.

We at Manav Rachna have always looked at our students as "whole persons" and invited them to bring their whole lives into the classroom. When the country first went into lockdown, teachers connected with their students by every means possible. This was a stimulating task for just a matter of few days but we were able to connect with our students via Zoom and then Microsoft Teams, and this technology enabled education as the magic bullet that allowed the education process to carry on uninterrupted in current times. With a strong support from the management, teachers galvanized each other eventually managing to connect with 100 percent of our student body from the day the session was supposed to begin, i.e. April 01, 2020.

While lamentable, the disruption to education systems worldwide offered valuable lessons and provided a unique opportunity to reimagine education, the curriculum, and pedagogy. Technology certainly has the

THE PACKET OF PANDEMIC: PICK THE POSITIVES!

potential to achieve universal quality education and has improved learning outcomes too. Our endeavor to educate children has been guided by the question "Who am I and what is my relationship with the universe and others in it?" This question has taken on even greater relevance during the crisis while decontextualized academic learning and a disproportionate focus on facts and information have been downgraded.

Manav Rachna has demonstrated how the development of social consciousness by students should be a major goal of education, and that lessons of equality and core democratic values should be given as much importance in the official curricula than math, science, and language lessons. Now even the governments are ready to integrate such a curriculum into the National Curricular Framework. This crisis has even empowered a wider cadre of teachers, driving them to reinvent their roles from that of transferring information to enabling learning. The shift to distance learning has afforded many opportunities to teach differently, encouraging self-learning, providing opportunities to learn from diverse resources, and allowing customized learning for diverse needs through high-tech sources.

EMOTIONAL WELL-BEING

Mutual Responsibility

The safety and wellbeing of our staff, students and their families remains our top priority at Manav Rachna International School. COVID-19 is currently a risk to the world as a whole and as a school group, we are facing challenging times as we adjust to a different way of learning, working and living for the foreseeable future. We understand the stresses and strains this puts on our students, staff and their families both physically and mentally whilst we all have to stay at home.

We have been regularly providing guidance to support emotional well-being of all associated with the organization, through Individual Counselling Sessions, Group Counselling Sessions with teaching staff as well as with Parent groups, Care calls.

We look after one another, embrace similarities and differences, and promote the well-being of each other. The school counsellor is there to support our community. Students, staff and families are encouraged to reach out to her when they may need. It is important that families know they are still able to contact

their school's pastoral/well-being support mechanisms just as they would if the school building was still open. We are committed to providing clear, consistent and accessible communication across different channels to help support our students, staff and families with their health and well-being. This will include raising awareness and providing guidance, and support to our school and office communities.

Adjust. Stay Strong. Care.



In this time of pandemic, I believe that there is absolutely no point worrying about anything. Instead, we need to stay strong & look for ways to keep ourselves safe & sound.

Talking about how I adjusted to this environment, I kept myself as busy as possible, so that there was no time for me to even realize how bad the situation was. This helped me to stay joyful and fit. I personally feel that it's really essential to stay very strong in such moments because people across the world are facing difficulties, and all that we can do is to sit and pray for our well-being and for everybody else's safety.

We can also do a little from our side, by donating a small amount of money. A few days back, I saw this advertisement talking about the hard time people in Assam are facing. I then, read about it and asked my father to let me donate some money. This way, I not only helped others but it also gave me a great feeling of how I was able to do a little on my part.

A week ago, I lost my grandmother so I know how the people who have lost their family members feel. I am sure that I've been calm and steady even through these hard times, and have adjusted well to this situation.

Mannat, Grade IX (Aristotle)

Role of Parents from the diary of a child



Emotional well-being helps your child cope up with their feelings and emotions, & learn how to understand their behavior.

Certainly, parents cannot completely shield their children from the world; there will always be potentially harmful influences that are beyond parental control. However, there are measures that can be taken to minimize a child's risk of developing problematic mental health symptoms or disorders.

Parents can be a powerful motivation in fostering self-acceptance and strong self-esteem, by encouraging and helping kids explore interests and talents, while also teaching them the importance of setting realistic goals and productive ways of achieving them. For example, by providing their children with the opportunity to regularly earn an allowance through the completion of simple but necessary chores around the house, parents can offer their children a sense of personal accomplishment and self-reliance.

In the age of potentially harmful influences that can come through the use of electronics and engagement in the cyber world, children should not spend more than 2 hours in front of a screen daily. This covers social networking, gaming and watching TV. The key for parents is setting standards and limitations on electronic and internet use. As an alternative, parents can encourage and provide opportunities to engage in other activities, such as exploring hobbies, reading books about the topics of interest, and establishing play dates.

There is no easy answer, but being a parent is about more than just providing the basic necessities of life, such as clothing, housing, and food. It is important for parents to remember that children are not little adults with the judgment and social reasoning capabilities that typically come little later in life. When it comes to promoting good mental health in children, children and adolescents need guidance, instruction, and appropriate role models. Parents need to interact in a loving and accepting way towards their children, set and enforce appropriate boundaries with respect to social influences, communicate with their kids regularly, take interest in their activities, and promote the development and achievement of realistic goals.

Parineet Sond,
Grade IX-J C Bose (Water Sharks)



ROLE OF PARENTS IN KEEPING THE WELL-BEING OF THEIR CHILD

It's very aptly quoted-



PARENTING- RULES
WITHOUT
RELATIONSHIP= REBELLION

AND

RELATIONSHIP WITHOUT
RULES= CHAOS

But,

Relationship + Rules= RESPECT+ RESPONSIBILITY

During these unprecedented times, our duty as parents increased drastically.

From adjusting to our children's tantrums and crankiness, to being co-operative with him/her, it was the perfect time to build a healthy bond with them. Our children were never used to staying locked up at homes. As a parent, it was our duty to be empathetic and understand their mind-set as well. It was our responsibility to strike an emotional balance.

Parenting, is a never-ending responsibility. If u scold them too much, they REBEL, and if you don't, we tend to lose control over them. Parenting is an emotional ride. We never realized how emotionally consuming it could be, until we ourselves became one. Of course, nobody can be a perfect parent, but the love behind whatever we are doing for our children, is all that matters.

Ms. Neha Kalra, mother of Bhavya Kalra, Grade XI-Entrepreneurs



Parenting during Pandemic

COVID-19 pandemic is having a profound impact not only on the health and economic situation, but also on the psychosocial well-

being of societies across nations. Especially, the children group is facing additional challenges to understand, absorb and deal with the changes that COVID-19 is bringing to us.

Childhood is a critical period in any human's life which marks the foundation of the personality and emotional resilience's capacity of any person. Being very keen observers of people and environment, children are noticing, absorbing and facing the current stressful situation of COVID pandemic, which invariably is impacting their well-being adversely. Fear and anxiety about their own health and the health of loved ones is getting multiplied especially when they are forced in the confinement of homes and are unable to go out, play, attend school or interact freely.

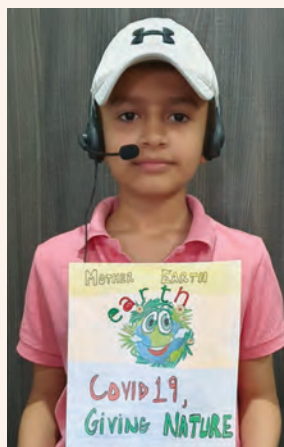
The psychological and emotional wellness and support to overcome this testing time, will determine a child's well-being for the rest of their life. So, as parents we have to be at the forefront of providing relief and emotional support to our children to help them cope with this stress, fear and anxiety.

And to help them tide over this crisis and emerge stronger than ever, our role is

- To allay the fears and anxiety by rationalising, comforting, reassuring and instilling courage to face any situation.
- To promote an environment where they can grow up and develop their full potential having fun and feeling being safe and healthy.
- To facilitate a space where they are listened, comforted and reassured positively. They can express their thoughts and feelings, and are free to ask any question and are answered honestly.

- To provide resources and environment to keep them engaged positively and effectively.
- To set positive reinforcements for following safe and hygienic practices and not giving into fear or anxiety.
- To help set goals which are related to learning in particular and are strongly associated with the higher levels of well-being like picking up a new hobby.
- To introduce a healthy, spiritual and productive regime and lifestyle.
- To help connect with nature and environment closely.
- To help them understand different perspectives and value of jobs, and nurture their respect and empathy for others.
- To allow them to participate in household chores to help them acquire more life skills to become more confident, independent, responsible, accountable and humble.

Mr. Bappa Sen,
Father of Khushal Bappa Sen, Grade XI



ART CORNER



ART CORNER





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