

MRIS REPORTER

MANAV RACHNA INTERNATIONAL SCHOOL

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EDITORIAL

The year has been phenomenal, unpredictable and extraordinary in every sense. The structural and strategic changes we have witnessed in Education in this last one year have been remarkable. What stands out most is that we have much to be thankful for.

It is imperative that our children count their blessings and focus on the gains of the year than the gaps. It is important they remain grateful and humble. The year has built immense reservoirs of patience and resilience in us all. Children have become more self-reliant, empathetic and displayed a maturity that defies their young years. Every child has been heroic in her/his endeavours and adapted to a novel way of living, learning, evolving.

This year has brought with it far greater challenges than the previous year. While, at Manav Rachna, we have been praying for the health and well-being of all of us; I also take this as an opportunity to reiterate that we stand committed to our staff, students, parents and their families in these tough times. COVID -19 might have isolated us from each other but we have never been so united in spirits.

We are proud of our dedicated self-help groups working 24X7 to find hospital beds, oxygen, medicines in these tough times. Vaccination drives to safeguard students, employees and their families are being organized at regular intervals. Free nutritional and physiotherapy consultation is provided to those affected by Covid. Awareness programs on Radio Manav

Rachna have been providing the much-needed support and resilience to people in these tough times. A 30-bed Covid care facility has been initiated at the MREI campus. The 'teacher on call' helpline has been running successfully to handle academic distress calls from government school students.

As we sail through these tense times together, we believe that we will all emerge strong and in good health with the grace of the Almighty, and with the magnanimous nationwide support of our warriors who are toiling hard to provide with essential supplies and services amid this situation.

Dr. Amit Bhalla
Vice President
Manav Rachna Educational Institutions



YOUNG AUTHORS FELT PEN

"From composing memorable fantastical worlds to inspiring political revolutions, there is little that cannot be achieved with an idea and a pen."

After a successful launch of 5 books by its students, MRIS has initiated the Young Authors Felt Pen (YAFP) programme to identify, challenge and nurture students in their creative abilities and open new doors for them. It aims to provide young creative talent a platform and a professional experience to hone their writing skills with the aim of being published. The YAFP project kick started early this year when students across all MRIS branches (Grade V upwards) submitted their entries for the shortlisting process. YAFP has picked up MRIS CW as its first venture school and is currently working with aspiring 15 hand-picked young authors from there. Over the year, it will cover all MRIS schools and facilitate students in a unique journey of developing creative expression, converting an idea into a story and realizing their dream of being published.



Anecdotes from 'soon to be published' authors

"My experience with YAFP was great. I found my true potential for writing and also understood that there is always a scope for improvement. We should never be over-confident. I am delighted and truly thankful that I got an opportunity to be a part of this programme." - Dhriti Lowe



has helped groom me as a writer and filled me with an immense sense of pride." - Simran Bhandula

"The YAFP has been a unique and tremendous opportunity for me. As a student who has always wanted to write stories, this initiative has taught me a lot about how much effort it takes to be a good writer. I consider myself extremely lucky to be a part of this programme." - Oishi De

"YAFP has been one of the most enriching experiences so far. From learning how to construct a plot to analyzing drafts so as to nail it to perfection, has been nothing short of a life-long lesson to the world of literature" Ananya Senger

"I got to write a story with wonderful guidance. This experience will surely prove helpful in the coming years as I have received a few certainly valuable pointers and suggestions. Once in hand, this book will always be a cherished possession of mine." Arshi Garg

"It has been an exceptional opportunity for me to work with others and present a story to others. This project has helped me immensely as now I have an increased vocabulary and am more confident in presenting my ideas. This project was challenging and worth the time and effort. I am satisfied and content with the outcome and I hope all the readers enjoy it, once it is out." - Mithila Ravinutala



futureskills & SUSTAINABILITY (FS & S)

Manav Rachna has always been visionary and forward moving when it comes to education in its schools. Be it introducing tinkering or robotics to its students that focus on conceptual learning or the CREST curriculum or pioneering life skills and the UN sustainability based projects, Manav Rachna International Schools have always have an edge over others.

Taking its learning approach to the next level, MRIS has integrated its unique features into a more holistic program named Future Skills & Sustainability (FS & S) for the Academic Session 2021-22. The basis of this futuristic program is founded in E2030 Position Paper on the Future of Education and Skills, OECD, The Future of Jobs Report 2020, World Economic Forum, UNESCO - Future of Education Initiative and NEP 2020.

The program will be implemented through different verticals of Tinkering, Coding & Technology, Media & Design and AgriTech. The verticals are experiential and inquiry based and will be introduced gradually.

The Tinkering Projects in the program which link SDGs and STEM activities will primarily incorporate design solutions, industry connect, entrepreneurship, innovation, SDG plug-ins (economic, social, climate and environmental), self-awareness and values, 21st century skills, life skills.

The chief focus of Coding and Technology will be computer related foundational learning and competence development - age appropriate - for employment from around 2030 onwards. It includes development of computational thinking skills through programming languages, app and web development, gaming technology, AI (Artificial Intelligence) and ML (Machine Learning).

The Media and Design vertical would focus on SDG advocacy through mass communication and ethics, photography and photojournalism, scripting and blogging, radio and podcasting, anchoring and presenting, video production and vlogging, digital media, graphics and web design, and citizen journalism.

The connecting educational link between all the verticals is sustainability. Through this powerful tool, MRIS wants to plant a universal idea in the students and help them turn this abstract idea of sustainable development to an achievable reality.



LIFE & CAREER DEVELOPMENT PROGRAM @ MRIS

Career and subject selection choices can be a difficult and challenging aspect of a student's life. We believe that each child is unique and given the right guidance and resources can unlock his/her potential.

LCDC or Life and Career Development Centre has as its mission as

- To empower students in taking a well-informed career decision
- To enhance self-awareness by getting better understanding of aptitude, motivation and interests.
- To mobilize a behavioral development approach through adequate delivery of workshops addressing knowledge, attitudes and value enhanced career skills.

LCDC has a very unique approach in preparing children for career readiness and believes that it has to be an on-going process rather than a last minute discussion and decision. LCDC would start orienting students from Grade VIII onwards. It has a holistic approach wherein it would be having a comprehensive career development program and a life skills program.

The Career Development program would help students in understanding themselves- knowing their attitude and aptitude, exploring different options, getting focused and creating an action plan. LCDC would also be conducting a comprehensive Psychometric Test, which aims at helping children understand their personalities and aptitudes better so that it can be mapped to the most suitable career/subject choices. A dashboard would be created for each student individual where they could keep a track of their journey from Grade VIII-XII and understand for themselves various developmental programs they need to undertake at various steps and also help in the profile building required for college admissions. The students would also be given an in-depth understanding of college admission options both in India and abroad and how to approach various entrance exams. For Grade XII students, it is imperative to understand how to be ready for transition from school to college and to create awareness about industry requirements and helping them develop skills required. The LCDC would also have a program of alumni connect and university advisory.

The Life Skills program has an interesting blend of topics based on their psychological and developmental needs. These have been formulated keeping in mind the guidelines of WHO & CBSE. LCDC will do a lot of value addition to the delivery of the program and will also source industry experts to run some high impact sessions for the schools. The life skills plan falls under the major headers of learning to be, learning to know, learning to live with others and learning to live. The basic premise is to get the students to be self-aware and future ready.

The entire program aims to create progressive thinkers of the future.



GRATITUDE



"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melody Beattie

While the pandemic spreads its fangs further, while we try to maintain our sanity, while we make a conscious effort to look for some method in this madness and carve semblance of normalcy, it is best to take a pause, reflect and extend a warm sense of gratitude to all around us and for all that we have.

The year has been tough for all, yet we are thankful to have pulled it through together.

Switching overnight to an online mode of teaching was indeed a mammoth task for all. Teachers, our Covid warriors, rose to the task, worked tirelessly in spite of personal and professional challenges to ensure that academic progress continued unhampered. Besides academics, they ensured that celebrations, annual events, activities of the school calendar too continued to happen and students got as many opportunities to explore, learn and grow as in real time. We extend a heartfelt gratitude to all MRIS teachers who have been our frontline warriors and holding fort day in and out.

The shift was not easy for children too, who besides learning in a physical space missed interaction with peers, physical activities and all the fun and excitement of school life. They too with time adapted beautifully to this mode and used it for their benefit. The noise and excitement of class discussions was soon replaced by enthusiastic online discussions and presentations. Senior students who were technically more adept, helped their teachers to navigate through their online challenges. We appreciate their enthusiasm that kept us going and working towards bringing them the best.

My special gratitude to the parents who rose to task and donned multiple hats. While managing various fronts at home and WFM, they have been shouldering the additional responsibility of co-tutoring their children and supporting teachers in all possible ways. Times have been tough for them too, but it is always heartening and encouraging seeing them go beyond their comfort zone and attend classes with their children. Some have approached teachers to take a few tips on how to teach or clarify their doubts. The bond between teachers and parents has grown stronger as each understands the other better. The consistent effort put in and support extended by parents is indeed creditable.

As the second wave has hit us hard and put out our excitement of welcoming children back to school pulling down teachers, students and parents, we hope for a speedy recovery of all who are suffering and pray for everyone's safety. We are thankful that we have each others' back and are there to support in whatever capacity possible and beyond.

Let's ensure that this attitude of common care and being grateful to the ones who have made a difference in our lives spreads and motivates everyone to respond in the same spirit. Our young students show gratitude, sensitivity and compassion and Manav Rachna accomplishes its mission of creating better human beings.

Ms. Sanyogita Sharma, Director MRIS



THOUGHTS THAT MATTER



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 source 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 plant 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 seem 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.

By Dr. M.M. Kathuria, Trustee

EDUCATION TRENDS IN THE COVID WORLD

What is Bite Sized Learning?



Bite-sized learning - also known as Micro learning - breaks down information into small, manageable chunks instead of subjecting students to long, uninterrupted sessions, but

length is only one factor of what makes it up. All bite-sized learning modules are short, between 1 and 15 minutes, but not all short modules adhere to the bite-sized format.

What makes a module (a video, a piece of text, a podcast-this method is especially applicable to online learning and can make use of all media forms) truly bite-sized is not only its short fruition time, but it's simple, focused structure that is centered on one learning objective at a time and gives students only the essentials. Learners can then make their own connections between single modules and choose to revisit them in any order they wish to see how topic A relates to topic B, instead of being presented with long, complex lectures in which the teacher makes the connections for them.

Thus, learning about a subject in bite-sized chunks keeps you more focused and actively involved in your own learning process and should not be considered an inferior method that panders to the supposedly less intelligent student population of today: by reducing topics to bite-sized modules, we are not 'dumbing them down', but adapting them to our increasing understanding of the physiology of the human brain, which has always had alternating cycles of attention and distraction, even when life was slower and less busy, and even more so now that technology and social media overwhelm us with information coming from all directions.

The objective of a bite-sized learning module is no different than a Google search because the learner approaches it with the same expectation: to find a solution to a single problem just when he needs it.

The average learner thinks in thin slices-wants to resolve one problem before moving on to the next. In fact parents also should make sure that they give the child ONE concept to digest and induce ONE change in behavior or attitude to fulfill ONE learning objective.

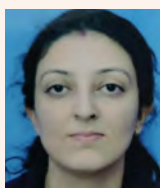
Learn anywhere, anytime

Breaking down information into small nuggets can also serve as a refresher of half-forgotten concepts and skills that is easier to access than finding the exact point you need in a longer module, which is ideal if you need to solve an unforeseen problem quickly and cannot afford to waste time looking for the answer.

This is why it might be useful to introduce bite-sized learning early in a student's life: learning is a continuous process that does not stop after school is over, but may take a different form that fresh graduates, accustomed to long, traditional lectures, are not familiar with. If we supplement a typical school setting with examples of bite-sized learning, we are giving K-12 students a taste of what learning will probably look like in their immediate future.

Kanika Dawar
PRT - English

Social Emotional Learning



Ask our very own 'know-it-all' Google for quotes on Childhood and hundreds of result options appear with different words but same underlying meaning - Childhood is the most

beautiful time of one's life, away from stress and worries. Really? One heart-to-heart conversation with a child and we get to know about the struggles and challenges childhood or learning and building up years pose for innocent children.

While in school, children spend almost half of their day being surrounded with so many other children. They interact with each other, build relationships, make age appropriate decisions and get social. They play, have fun, learn through books, activities and their experiences. Amidst all this, they unknowingly take stress for various reasons. A second grader might worry about not being the one to get teacher's pat today; a fourth grader might be upset for not being able to speak his lines well on the stage; sixth grader might be upset with not being the most popular one in the class; a senior grader might be struggling with bullies around...and we feel children have the most care-free and stress-free life. These realities make it extremely essential for their schooling years to be focusing on their social and emotional abilities too besides other areas of learning.

Social-emotional learning encompasses developing self-awareness, self-management, social awareness, relationship skills, and responsible decision-making in children. In fact these skills benefit students and adults alike. People with strong social-emotional skills

are better equipped to manage daily challenges and build positive relationships. These skills equip children to grow into mature beings learning how to deal with day-to-day inter-personal challenges and emotional trials.

Social-emotional learning makes a student mentally healthy and receptive, leading to better performance on academics and behavioral fronts. So, let's build socially and emotionally strong children who take on the world with a smile and succeed wherever they go...whatever they do.

Shalini Vaid
TGT - ICT



LOVE YOU MOM

For my loving and caring Mom

My mother is a super hero because she reads to me and can tell what I want even when I am not speaking. My expressions are good enough for her to judge about my mood and requirement. I know my mother is proud of me and she will be the happiest person on the earth, when I achieve great heights in my life or career. When I am older, both my mom and I will travel to new places as she has a flair for cooking and loves tasting new dishes. Traveling will give us an opportunity to explore the dishes around the country and the world.

Adhyant Singh
Grade- IV



My multi-tasker mom!

My mother is my super hero because she takes complete care of her office, our house and of me at

the same time. She loves me so much... more than anyone ever could.

I know my mother would be proud of me when I'll take care of her, would be able to clean her room and help her.

When I am older, my mother and I will help each other.

Ayaan Warsi, Grade- IV

Best Support



My mother is my super hero because my mom has never left my side and I know she will always be there, no matter what I am going through. She will always be there waiting for me with her arms wide

open.

I know my mother is proud of me when I live up to her expectations and keep myself safe from the negativity.

When I am older, my mom and I will explore the whole world and learn something new together.

Ishaan Mukherjee
Grade- IV

Helping people together



My mother is my superhero because she is the strongest woman I have ever met; she has the kindest heart, and has an amazing ability to multitask.

I know my mother is proud of me when I help her in daily chores, when I help those who are not as privileged as I am and when I do well in studies.

When I am older my mom and I will work for the betterment of underprivileged children.

Nivaan Bhat
Grade- IV

A Wonder Woman



My mother is my super hero because just like Wonder Woman she rescues me from all the problems and stands by me in all situations.

I know my mother is proud of me when I show respect and empathy towards others.

When I am older my mom and I will go for long walks together so that we always have enough time to share our thoughts.

Somil Baweja
Grade- IV

My Best Friend



My mother is my superhero because she helps me when I am in need. She has always been there to take care of me and always inspires me to work hard so that my effort doesn't go in vain. When you have a

mother, you always have a friend. A mother never lets you down. She always supports me in my sorrows and enjoys in my achievements.

A mother's love endures through all.

I know my mother is proud of me when I perform well in school or any other activity. My mother is proud of me when I put in my best, even though sometimes I might not come first in whatever I am doing. I always try to do my best so that I can make my mother proud. She's always proud of my achievements.

When I'm older my Mom and I will be best friends.

Geet Parhar, Grade- IV

Many Names, One Mom



Mom, mama, mother, mammy, Eema or Ema, mami, mere or manan - whatever you might call your mother that's not really her title it's her superhero code name.

My mother is my superhero

AMAZING

LOVELY

STRONG

HAPPY

SELFLESS

CARING

Mother,

- You are the best doctor and your hug is the best medicine.
- You are my best friend, best chef, best teacher and best counselor.
- You are always kind, loving and caring. You always protect and guide me.
- You are always there for me and you help me to solve all my conflicts.

I know my mother is proud of me when-

1. I perform well in the school
2. I help people in need
3. I give biscuits to puppies
4. I am creative
5. I wake up early in the morning and pray
6. I face new challenges
7. I help her in her work
8. I give respect to all
9. I work hard

When I'm older my mom and I will go on a world tour. It will be a memorable way of saying thank you for all those years that she supported to me.

It is also my mom's dream that she goes with me for a world tour, but she does not want to go by train, not by car, not by plain but ...rather by bike.

Harshavardhan Sharma
Grade- IV

My Lovely Mom



My mom is the best mom! She loves me a lot and takes care of me in every way. She is very brave. She takes care of all problems and is never afraid to handle them. She wants

me to be a good person and teaches me the right things to do. She wants me to be happy always. She does house work, always keeps my bedroom clean, and helps me keep it tidy. She stays positive in everything and she has been keeping us safe even from COVID. My mom is my superhero!

She also has fun with me and takes me to malls. She helps me study properly at all times. I know my mom is proud of me always. She is also proud of me when I do something creative and something special, and when I help someone or take care of others.

When I'm older my mom and I will have fun every second. I will do anything for her. I will take her to places, taking trips together and I will always keep her happy and healthy. She is my very sweet mother and I love her the most!

Aarav Naik
Grade- V

My Mother



My Mother is my superhero because she is epitome of SACRIFICE, COURAGE & COMPASSION. I know my mother is proud of me when I help others with sincerity. When I am older my mom and I will go on

a World Tour together!

Aarohi Raina
Grade- V

Values



My mother is a superhero for me because she always helps, cares and is there for me. I can rely on her easily. She is always there for everyone when we need her. She is a gift of god to me and my family.

I know my mother is proud of me when, I follow the values given by her.

When I'm older my mom and I will spend cheerful time together. I will take care of her as she takes care of me.

Gurleen Kochhar
Grade- V

Cool Mom



My mother is my super hero because,

she helps me and she solves all my problems.

I know my mother will be proud of me

when I'll become a great athlete.

When I'm older my mother and I will go open a restaurant.

Suryaansh Bhatnagar

Grade- V

My Mother- My Superhero



My mother is my superhero because she has the power of managing her office work fast and she also cooks fast.

I know my mother is proud of me when I

complete my homework, I behave well, respect everyone and obey the elders.

When I'm older, my mom and I will go to shopping and we will go on vacations.

Anisha Mittal

Grade- III

My Mom, My World



My mother is my superhero because she takes care of all my needs. She is my teacher, friend, cook, nurse and everything.

I know my mother is proud of me when I help others and behave well.

When I'm older my mom and I will live together, visit beautiful places and enjoy.

Mridush Tanay

Grade- III

To my super mom!



My mother is my super hero because my mother is very special; she always guides me, protects me, as well as, cares for my family and me.

I know my mother is proud of me when I get full marks in studies.

When I am older, Mom I will help you support you and care for you.

I love my mother very much!

Shaurya Shrivastava

Grade- III

THE STAR OF MY LIFE...MY MOM



My mother is my superhero because she is my all time supporter, she is the person who understands me like no one possibly ever can. She is always there for me, no matter what happens.

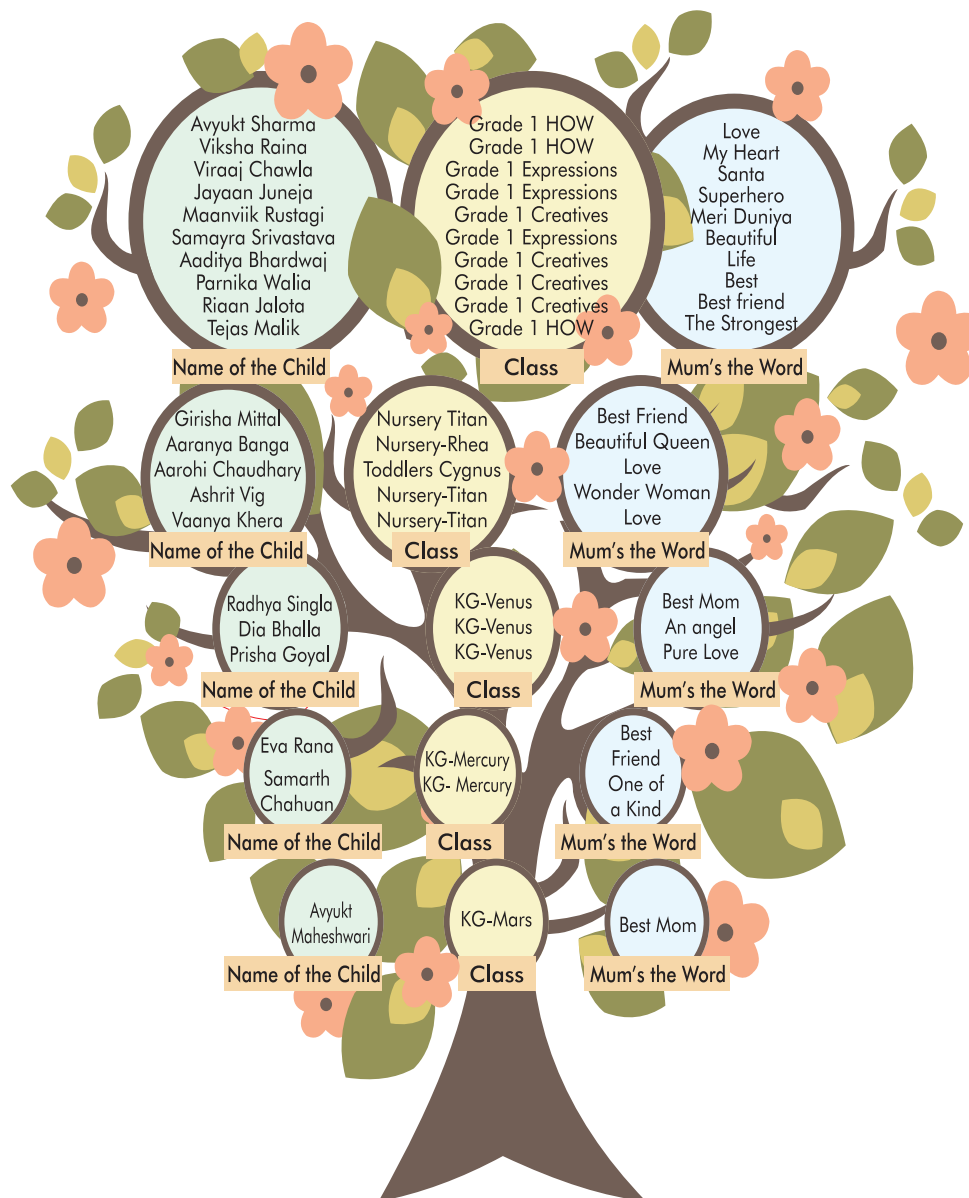
I know my mother is proud of me when I try to be self- dependent, I study on my own, I help her with some basic household chores, when I excel in academics, sports and I complete my tasks at the right time without delay. She's my strength and I've promised her that I'll never let her down.

When I'm older my mom and I will take trips together and explore the beautiful world. She's everything to me and she'll be till the very end. It is rightly said that 'life doesn't come with a manual, it comes with something better, an angel, who'll always look out for you, even in dark...a mother'.

Amaira Puri

Grade- III

MUM'S THE WORD - ONE WORD THAT COMES TO MIND WHEN YOU THINK OF YOUR MOTHER



The Word This Issue



What empathy means to me

Empathy is being able to understand how someone else is feeling, even when you aren't in the same situation.

Example 1: Have you ever felt sad when your friend is wounded? That's Empathy. Because you know the pain you feel when you get wounded. Sharing his sadness is a kind of empathy.

Example 2: Have you ever been with a friend who just got a new toy and he is so excited about it and you get super excited too? If you are feeling excited because you know how great it can feel to get a new toy (even though you didn't get a toy and you aren't playing with it) that's empathy. Being excited with your friend happiness is a kind of empathy.

Ayaan Khullar
Grade- II

Empathy- Being Kind



"Empathy is seeing with the eyes of another

Listening with the ears of another

Feeling with the heart of another"

When you feel sad just because a friend of yours has lost a cricket match and is feeling sad-that is empathy. We should always be empathetic by:

- Showing care and concern
- Helping others
- Spreading love

Mishika Gupta
Grade- II

How I help others



The meaning of empathy is "to help others". I feed stray dogs and cats as they don't often find food. I feel that just as I get food, all living organisms should get food. No one should go

hungry.

Vihaan Mishra
Grade- II

Valuing others



Empathy means to understand and share feelings of other people. Everyone should have the quality of empathy. This is same as valuing perspectives. We should value other people's feelings. If we won't value

what others think we will not be able to learn more. Let us learn it with an example: In the current scenario, I saw my mother overburdened with household work as there were no house helps to ease her load. I wondered what I could do...How could I help? Then, an idea came to my mind; I decided that I should do some household work which is appropriate for my age. From the next day onwards, I started helping and supporting her for household work. This helped me reduce her burden a little bit.

We should show empathy to other people as it helps them.

Bhava Kalra, Grade- V

MOTHERS- OUR GUIDING STAR



My Mother, My Friend

Happy Mother's Day Everyone!

God blessed me with a wonderful mother

My mother is full of joy and life

I am her child.

Mother is not just a word

It's an emotion.

She is the one whose loves and care never end,

Her smile is like sunshine,

I am lucky because my mother teaches me the tough

lessons of life to do the right things, even when I am not sure what the right thing is.

My mother, my friend...

A tender smile to guide me through life.

Mother O' Mother

You drive away every bother,

You're the sun that always shines,

I am so blessed that you'll be always mine.

Ananya Gupta
Grade- VI

My Strength, My Mom



MOM is the ANGEL that GOD puts on this EARTH She CARES for us and GUIDES us, We can feel her LOVE and GENTLENESS. You stand by me through thick and thin,

You never gave up on me when I didn't win.

You showed me the way from wrong to right, You held me tight in the horrifying dark deep night.

Whenever I lose my way,

You help me to get back on track.

Whenever I was in pain,

Your love comforts and soothes my strain.

You are the gardener of my heart,

You planted all good things to give my life a beautiful start.

You always encouraged me to dream,

You nurtured the seeds of self-esteem.

MOM, you are my strength,

I know you are the one who'll support me...to any length.

I am proud to be called as your son,

I am thankful and feel as the luckiest one.

Thank you for your guidance and faith,

Thank you for making all crooked roads straight.

Thank you so much for who you are,

Mom, I love you...you are my guiding star!

Parth Bhalla
Grade- VI

Mother's Love



There's no love like a mother's,

Her heart is filled with care.

With Christ as her example,

Her Saviour's love she'll share.

A mother's love is endless,

Never changing...for all time.

When needed by her children,

A mother's love will shine.

God bless these special mothers,

God bless them every one.

For all their tears and heartaches,

And special work they've done.

When days on earth are over,

A mother's love lives on,

Through many generations,

God's blessings on each one.

Be thankful for our mothers,

Who love with higher love,

From power God has given,

And strength from up above.

Tanish
Grade- VI

Mothers- Our Guiding Star

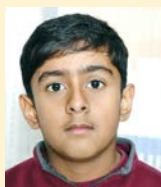


Mothers are our guiding star,
They help us to drive our life's car;
When we're down, she doesn't let us starve,
And gives us her love, which is like energy bars;

She looks into the distance far,
And warns us, if something's bizarre;
She can't see on our face a scar,
She takes us to our path of success,
Mothers are our guiding star.

Arhaan Jain
Grade- VII

MOTHERS



A flower she is, a beautiful smile she has,
She is the person who cares for us,
She is the person who lives for us,
She is everything for me;
She is my mom.

A heart of gold she has,
My world she is,
An inspiration for us,
She does so much,
A thank you for her is not enough,
There is no one like her in this whole world.
No one can be like her,
God has only made one like her,
I always wish I can be like her,
But no one can.
No one is talented like her,
I love her more than anyone else,
She is jolly and caring,
She is loving,
She is my mother.

Arshveer Singh Virdi
Grade- VII



Mother



You gave me love and watched me grow,
You taught me things I'd need to know,
You comforted me and

dried my tears,

You gave me laughter throughout the years.
You taught me to care, to be understanding,
I know there were times I was so demanding,
Your wisdom and strength guided me through,
Without your love, I don't know what I'd do.

That constant faith you'd had in me
Has given me wings and set me free,
Thank you so much...for just being you,
All the love, the laughter,
You're the best...It's true.

Aryan Chhabra,
Grade- VII

My Mother, My Best Friend



My mother, my best friend,
my sincere guide,
You taught me to rise above every tide.
My whole world revolves around you,

You are the source of joy whenever I feel blue.
Mom, you are a mystery...how can you do it all?

You have a perfect solution for my problems,
Whether big or small.

Whenever I need,

You are always there,

To give me warmth and all the care.

Your love follows me everywhere,

You are precious every way,

You add the sunshine in my day.

I promise to make you feel proud,

Mom you are best I can say it aloud!

Saransh Gupta
Grade- VII



Mother



Oh my wonderful Mummy!
I am your sweet little Aarini,
I love when, you hold me close,
I love when you comfort me through your hushed voice,

I love the way you feed me and the way you read to me.

Even with the Sun blazing in the sky,
The shade of your love,
Gives me the courage to try.
You have incredible power,
Your faith in me, kicks starts the fire,
That pushes me to fulfil all my desires.
I cannot think of a life without you,
Because in the blink of an eye, You banish all my blues.

It's amazingly true,
Mom, I want to be always like you!

A part of you,
We rock together, me and you,
You are an angel,
My World is beautiful,
Because of you.

I sometimes, wonder...
Where from do you get that courage,
Where from do you get that energy,
You wake up before me,
You help me in getting ready,
Everything is in order because of you,
You are the powerhouse of energy.
I feel as if, you are the God's robot,
You are equipped with all the features.

So it is true...Mommy, I would never have been able...

Able to be what I am today,
The person I am today,
It's all because of you.

I love you Mom, Today, Tomorrow and always!!

Aarini Singh
Grade- VIII

BECAUSE SHE LOVES ME...



God gave a wonderful mother to me,

Because he was impressed by me! She taught me how to walk and taught me how to talk,

She taught me how to write and never lose a fight,

I feel blessed, I feel relaxed,

She is my strength and she is the best!

A lady who never stops, a lady who never drops,

A lady who never grows old, whose heart is made of pure gold,

He made me a child of a wonderful lady like thee,

Because he loves me!

For all the sacrifices she makes for me,

For all the pain she bears for me,

In her white shiny eyes and soft rosy cheeks you see,

He gave a wonderful mother to me

Because he loves me!

She took care of me when I cried and held her all day long,

She sat beside me when I studied dusk and dawn,

All I know is I am highly blessed,

With a mother who always wished me the best.

I thank her from the bottom of my heart for all that she has done for me,

I pay gratitude to the Lord for giving me the best mother there could be,

He blessed me with the best, because he loves me!

HAPPY MOTHER'S DAY.....

Niti Gupta

Grade- VIII

MOTHERS OUR GUIDING STAR



The most influential person in my life,

And someone who I could unhesitatingly ask for advice.

The best person who can be,

This person means the world to me.

She is none other than my mother,

And has always been my greatest supporter.

She is my faithful guide,

I look up to her with love, trust, and pride.

She put in a lot of efforts to help me get my basic concepts right,

She raised me to take a flight.

She has been my best friend, my source of inspiration, my guide and mentor,

She listens carefully to each thing, which I adore.

She lightened up my path with knowledge,

Which I always acknowledge.

She was the first to recognize my talents,

And encouraged me to become gallant.

She motivated me to be on a right and meaningful path,

And played a significant role in my growth.

She guided me, inspired me, amended my mistakes,

She is my guiding star, who helped me to turn my failures into success,

And become a better version of myself.

Devanshi Ahuja

Grade- VIII

MOTHER



I see the word MOTHER as an acronym...a very special acronym that defines who my mother is to me.

M- Mother is a special word, a special person who means the whole world to me.

O- One who always stands by me through all moments of laughter, tears and worry.

T- She Teaches me to stand confidently in this dynamic society of ours.

H- The one who Helps me to reach my goals, no matter what.

E- Every child needs a gentle hand to guide, so God decided to make the loveliest person in each child's life...MOTHER.

R- My mother is my Role model and I will always remember the things that she has done and continues to do.

Mom...Thank you with all my heart!

Palak Baisla

Grade- VIII



The Ultimate Bond



Mum I truly love you,

And think of you each and every day,

I thank you for loving me so much,

Even when things aren't

going my way.

You always lift me up,

when life lets me down.

You always find my smile,

When I fall you pick me up from ground.

You are my sunshine,

That brightens my each and every day.

You are the rainbow in my life,

That clears the grey clouds away.

Today I want to tell you,

Just how much you mean you to me.

I want to thank you for your friendship,

And the love you have given me.

Teghroop Kaur

Grade- VI

MR STUDENT REFLECTIONS



How I up skilled in this pandemic?

If I ask, 'which is your worst year till now?' 90% of the people will surely say 2020.

The reason is known by all - the pandemic. I think that

only 10% people think that pandemic is a source of inspiration, which teaches us to spend more time with our family and leave the phone for some time. I also took advantage of this time, instead of being on the phone all day long, I learned new activities.

In pandemic one thing that I loved was spending time with my family and it is from this time that we spent together that I learned to cook with the help of my mother. I tried creating new dishes on my own, tried some new flavors and experimented too. With the help of my mother, I also learned traditional and cultural food.

Some of my dishes were- Oreos ice-cream, biscuit & frosting cake, mug cake, gujiya, atta laddoo, mac & cheese... and many more!

Aadya Vashista

Grade- VI

How I optimized time in the pandemic?



Spending time during the pandemic was a challenge, but I spent my time constructively during the pandemic...like by creating a journal. Journals are an interesting way of expressing our feelings as

well as boost our happiness by listing what we're grateful for, despite our struggles each day.

This also turned out to be the best time to spend with grandparents, parents, cousins, and other family members. Also, everybody is doing telecommuting. There is no compelling reason to venture out of the house and meet with family members you can pick the telephone and call them and talk with fabricates more family relations.

I learnt many different recipes like- Cake pops, Dalgona coffee, delicious ice cream recipes and many types of milk sweets.

I would like to share my recipe of making cake pops!

1. Make single layer chocolate cake
2. Make just enough homemade chocolate frosting
3. Crumble the cake
4. Mix the two together
5. Form into cake balls
6. Dip the cake balls in chocolate
7. Drizzle chocolate over them...and they are ready.

Ikshita Mahesh
Grade- VII

My Learning in Lockdown



I longed for the day that I could stay at home and my parents did not have to go to work; little did I know that my wish would very soon come true. Although it did, I found myself wondering, was it truly a

dream come true?

Since the time the lockdown first began and despite all the games I have played or all the films I have watched, throughout all the boredom, I have grown to appreciate school more than ever before. It has given me a chance to realize that going to school is not an option that is given to me but an opportunity or perhaps a privilege if you will, because it truly is a blessing to be able to go to school, not only to learn, but also to talk to your classmates and teachers and ask them how they are doing. Through physical presence we have an opportunity to sit in a classroom lesson and learn new and interesting things every day. Something I now miss.

During lockdown, school is somewhat different than it was before, as it literally takes me minutes to get ready for school every day. I can also sleep for longer as there is no travel involved for me to reach school. After the first couple of lessons I can enjoy my first break by eating breakfast in my kitchen, which I can't do when at school.

My school day has become straight forward. I log into the computer every morning and complete my work. There is a daily timetable which I always look at the previous night to prepare myself. Classes are conducted online by the teachers and if there are any questions the teachers are always online throughout the lesson to assist us.

We have break times like we would at school and assignments to do as well. It hasn't always been easy though. It did take some getting used to. I did go through some difficulties in the beginning. Finishing work within the allocated time span, saving the wrong document, accidentally deleting it or not being able to type in the required field were all common issues at the beginning of our online learning. I remember when sending my finished work to my teacher was an accomplishment by itself. Looking back to the first week all this was difficult however now it all seems like a piece of cake!

My favorite part of the school day of course are the online classes on MS Teams, because I get a chance to see and talk with my fellow class members and teachers as if I would in the classroom. It reminds me that I'm not going through this alone and my friends and teachers are there for me.

My life during this pandemic has indeed changed. My daily routine has been different. It has taken some getting used to. Online learning was a challenge initially, but with time and experience it has become a part of my new everyday life.

Perhaps I had never thought how lucky I am to be able to go out whenever I like. I took the world and what it had to offer for granted. This experience has definitely made me wiser.

Within my family, I have learnt that this is a temporary situation that will soon come to an end. I have the confidence that we will successfully get through this and it will also have helped us all appreciate our normal everyday living environment and the outside world. I am also hopeful that school life will soon become normal again, but my virtual learning experience will have made the ordinary feel extraordinary.

Our mornings will soon be back to the usual morning rush to get up, get ready, and to not be late for school. Since the quarantine began, I have found the answer to the question I asked myself in the beginning, was it truly a dream come true? My answer is that no, it was not a dream but a lesson in life. Being in lockdown has truly taught me that we shouldn't take freedom for granted, freedom is a privilege, that we should appreciate and be thankful to for all that we have.

Shaurya Bansal, Grade- VII

Skill I developed during the Pandemic



The lockdown gave me a whole lot of experience, which I had never thought of. It was like a new journey where we could explore new things and discover our hidden talents. Many people found their innate

talent or hobby, including me. As in the pandemic, it's risky to eat outside food, so people started cooking and baking several dishes at home. This gave me a chance to discover my talent, which I had never tried before. I found that my talent is baking desserts. I loved the smile on the faces of my family members after tasting my dishes. It gave me a strong push to come up with something better. I loved the compliments I got from my mother and father whenever I baked an extraordinary dish. They were proud that I found something I love and could keep getting better at it. Baking is magical. Simply using some basic ingredients did wonder to my dish. I would like to share the dessert which I made during this pandemic.

This is a caramel pudding which I made using melted sugar (caramel), custard powder, bread crumbs and milk.

Recipe of making caramel pudding:

1. Take 1 cup of sugar and melt it in a pan. Stir it continuously and after some time it will form caramel.
2. Pour that caramel in the baking tin as a layering.
3. Then take milk and put it on medium flame for some time until it starts boiling.
4. Make a mixture of custard powder and water. Add this mixture in milk and start stirring it.
5. Take 4 slices of bread and grind them into crumbs. Add bread crumbs into the milk and mix it.
6. Keep the mixture on mid flame for 10 minutes. After that you will observe that a thick paste is formed.
7. Grease the tin and pour the mixture.
8. Keep the pudding in fridge for 2 hours and the pudding is ready.

Alvira Bhagat, Grade- VIII



How I up skilled in this pandemic?



I have upskilled myself in many ways during the pandemic. To cope with the fact that I couldn't go out to eat because of COVID, I indulged myself in the art of making various delicacies at home. My inclination towards cookery began around April 2020 and by July, I had mastered making so many dishes. I made cakes, brownies, cookies, choco-lava cupcakes and many more kinds of desserts.

During that time, I also started sketching and using oil pastels, blending colours in the pictures. And in no time, I was willing to do it for hours; a hobby I found peace in. The colours used to blend so easily and beautifully that it was breathtaking. Well, this reminds me of some tips for sketching and blending that I learnt over time and I'd like to share them with you too-

- Keep the pencil tip slanted while shading a picture.
- Fold a tissue into a small triangle and use the area around the tip for blending.
- Look out for the white spots and blend them to get an even and beautiful picture.

Furthermore, I also worked on my personality. I even focused on honing my communication skills. I participated in various public speaking events that were held online. I won the elections for the position of The Head Boy of the school and even got the opportunity to speak on radio few months ago. I'd like to share the two things that I abide by while preparing my content and myself in respect to public speaking-

- Write and speak what you truly believe in.
- Take time to think, understand and acknowledge your views about the topic and then pen them down. If the content comes straight from your heart and mind, it will make it easier for you to learn it.
- Always keep in mind that your content reflects your thoughts. Once you've drafted the content and you're confident about it, fear nobody. Don't fear getting judged. Always think of yourself as a person who can bring a positive change amongst people by her/his words. However, always bear in mind to not hurt anyone with your view.

Naman Chopra, Grade- VIII

How I up skilled in this pandemic?



Last year, we saw the world where everything came to a standstill, when a global pandemic struck the world. When everyone was worrying about what they are going to do in future and how are they were going to earn their livelihood, we, children, were thinking about how are we going to study and how are we going to carry on with our extracurricular activities. Despite everything, we all started to

get involved in things that we enjoy, the things that we didn't get time to do as we used to have a busy study schedule, which also involved travel. During the spare time that I had in the pandemic, I started to develop new interests. I tried many ordinary things that I had my interests in but nothing excited me, so I tried a thing which is a bit extraordinary and it was PHOTOGRAPHY. I never actually thought I would have an interest in photography but it was perfect for me. If somebody wants to try photography, they should definitely use these tips (and actually as you start it you discover these things by yourself).

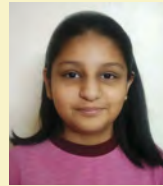
1. Always focus on the beauty of one subject at a time.
2. Take several shots to capture the real beauty of the article or object.
3. Try to keep the pictures natural and do not edit them.
4. Always look for symmetry.
5. Find different perspectives and angles of a picture.
6. Use good lighting while clicking pictures.

I enjoy photography because it helps me to capture the moments in my life that I never want to forget. It helps me to relive that moment at any time. Lastly, I feel that I love photography because it makes me feel like a special one living with nature or the people who are the subjects of my photography. I am also really inspired the words of Destin Sparks - "Photography is the story I fail to put in words".

Parishi Jain, Grade- VIII

MY MR, MY SCHOOL Importance of School

Schools are like the building blocks that give shape to our minds and make us better human beings. It is the place where our learning starts. Nobody can teach us the way Schools do. School is the place where the foundation of our knowledge and morals are laid. School



provides an environment where we can learn a lot of basic skills. I love my school very much.

Ananya Bhardwaj, Grade- VI

'School is a building which has four walls with tomorrow inside.'

- LON WATTERS



School is a place where we start formal learning. School is the place from where everyone gets their education. It is a place which develops our personality. It is a place that enhances our capabilities and prepares us for the future. It is the first place where we build bonds of friendship. We enhance our skills and boost our self- confidence.

My school is the best. We study but we also enhance our skills; like we have our drawing, dancing, singing classes also. My school also

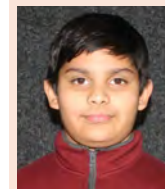
arranges events and programmes from time to time wherein we have an opportunity to explore our potential and show our talent. Our school also inculcates manners, ethics and moral values that help us to be the responsible and reliable citizens of our country.

Our teachers teach us concepts in a creative way like - explaining with the help of PowerPoint Presentations, using videos etc. The school has an experienced, talented, helpful and committed staff. In our school the helping staff is also very reliable and responsible. They all are very kind, polite and dedicated towards their duties. Our school also takes care of hygiene and cleanliness in our classes.

During the pandemic also, our school left no stone unturned to make us feel like we were present in our school by organizing online sessions. Lastly, I would say that I am 'HAPPY IN MY HAPPY SCHOOL'.

Anushka Ticku, Grade- VI

Nourishing minds.....



Manav Rachna, as the name says, it really creates good human beings and I am proud to be a student of this school. It is one of the top 10 schools of Faridabad. My school is my second home and its teachers are my second

parents, who have put in all their efforts to create numerous good human beings. My school has good infrastructure and all the other facilities that are required for us, which is another reason that makes it a good school. The school inculcates in us spiritual and moral values which are the essence of a person. The clean and positive atmosphere of my school inspires me to be present each day and study. I love my second home and wish it continues to create good human beings.

Devansh Bhatnagar, Grade- VIII

My Feelings about Grade 8



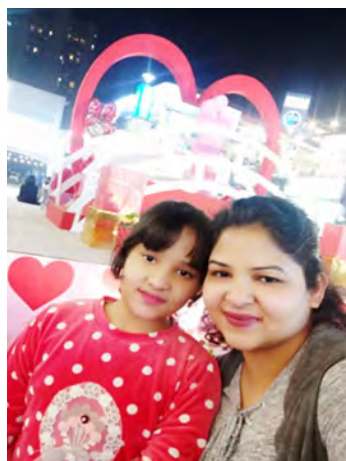
'Every moment is a fresh beginning' - T.S Eliot

The new academic session 2021-22 has started at our school MRIS 21C. This new journey is special because this year marks the commencement of Grade VIII, and my experience,

as a student of Middle School, so far, has been wonderful. I feel the care with which our teachers handle every aspect of academics is commendable. Although the environment around is hostile, my 'happy school' has kept me happy. The classes are online but I can feel the emotional connect with my teachers. An added bonus this year is the fact that my Principal ma'am and Headmistress ma'am are also going to conduct classes. I am looking forward to interact with as our teachers, and I'm also keen to learn and enhance my knowledge while attending their classes. I'm sure it is going to be an enriching session! My aim is to work hard and make my school and parents proud of me!

Hiren Singh, Grade- VIII

MOTHER'S DAY SPECIAL



My mother is my superhero because she is my go-to person for all my needs.

My mother is proud of me when I do good deeds, I behave well and empathize with everyone.

When I am older my mom and I will be friends forever and will take care of each other always.

My Mommy is my super star

Twinkle Twinkle little star, My Mommy is my super star.
I love my Mommy very much and I am her little twinkling star.

That's why she named me Danica which means a shiny morning star.

Danica Joshi
Grade- 3



माँ की ममता

भुला कर नींद सुलाया है हमको,
पलको पे जिसने सजाया है हमको,
वो रूप भगवान का, मूरत भगवान की,
जिसने चलना सिखाया हैं हमको।
कोई और नहीं वो माँ होती है,
जो हर गम खुद ही सहन कर लेती है,
स्पर्श माँ का, करुणा माँ की,
भुलाई नहीं जाती,
ऐसी ममता की मूरत जो कोई
और कहलाई नहीं जाती।
ये माँ ही होती है जो हर
गम खुद ही सह लेती है,
वरना रिश्ते तो बहुत है,
पर माँ की कीमत चुकाई नहीं जाती।

समर्थ गर्ग

कक्षा-7, आर्यभट्ट

Happy Mother's day



Our Daughter studies in a 'Happy School'

It was the onset of the pandemic last year and we thought the last session of our daughter, Diva, now studying in Grade VIII at MRIS 21C, would pass in uncertainties. We were going through mixed feelings. Amidst the confusion of the pandemic and online classes, things went on, months passed by. We all experienced new situations, virtual education, which nobody had thought of. But it all went on effectively. Then, the happy news came that one more year has been extended in the same premises, and that the School has become a full fledged Middle School with the addition of Grade VIII. We all felt extremely relieved and comfortable; we felt that between the confusion of the pandemic and the admission to a new environment, the children will need one more year to settle down. But, with this news coming in, the comfort of known teachers, known friends and their own school for one more year, lifted the burden off their shoulders. We asked our daughter about how she felt. We thought, children would like to meet new friends, explore new horizons, but she has a different perspective... More than the excitement of making new friends and moving to new premises, the feeling of ownership has taken the front seat. She was happy that her school has extended till Grade VIII, a higher class, as though it was her own achievement. She is very happy to continue with the same teachers and continue learning with her friends. After the session break, the classes have started for the new session. The very fact that the Principal Ma'am and the Headmistress Ma'am are teaching them in Grade VIII is extremely fascinating for them. It's been a few days, but the excitement has not worn off yet. She is waiting to ride the bus and go to school to attend the regular classes, as she misses her classroom and playground, where she can learn, play and excel with all her friends and beloved teachers. We hope and pray for better times, so that our children can safely return to their 'Happy School'.

Regards,

Vikas Chhabra
Father of Diva Chhabra
Grade- VIII

Our Children are in Safe Hands!



Being a parent, my utmost concern has always been my child's education. It has been a decade since my

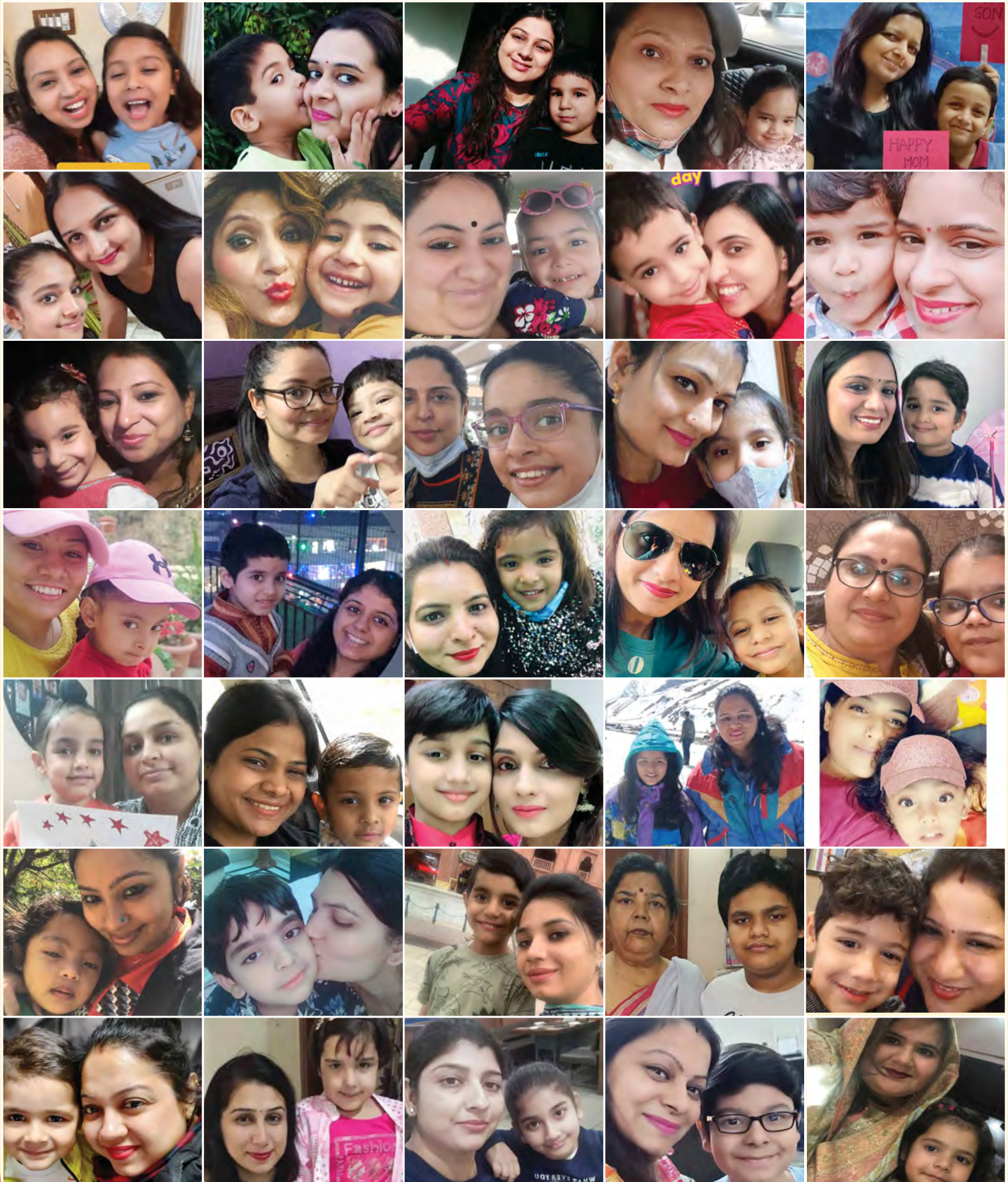
daughter, Niti Gupta, is studying in MRIS-21C and she is now extremely attached to everything associated with this school, whether it be teachers, classroom or the comfortable environment. The introduction of Grade VIII in MRIS-21C is a delight, not only for the students but also for their parents. We are relaxed and elated that our children are in the same safe hands. The arrangement of additional resources such as NCERT books, science laboratory, new faculty, developed and spacious classrooms etc is properly being taken care of by the school. It has already been a week since the session has started and I am glad to see that my daughter is enjoying her class sessions and all the necessary resources have been provided to the children by the school even in the present situation. It is overwhelming to see that the Principal (Mrs. Seema Anis) and the Headmistress (Mrs. Aanchal Adlakha) are themselves teaching the students directly to ensure that they do not face any problem in understanding the complex concepts. The continuous support and efforts put by the MRIS staff have helped us to believe that our children are in secure and nurturing hands and leave us with no doubt about the education, environment or the management of the school. As always, it is a pleasure for me to see my daughter spending another year full of joy, enthusiasm, education and learning in this school. I am highly grateful and want to congratulate the entire team for achieving another milestone and extending the MRIS-21C branch, which makes it a complete middle school.

Ms. Nupur Gupta
Mother of Niti Gupta
Niti is a student of Grade- VII

ART CORNER



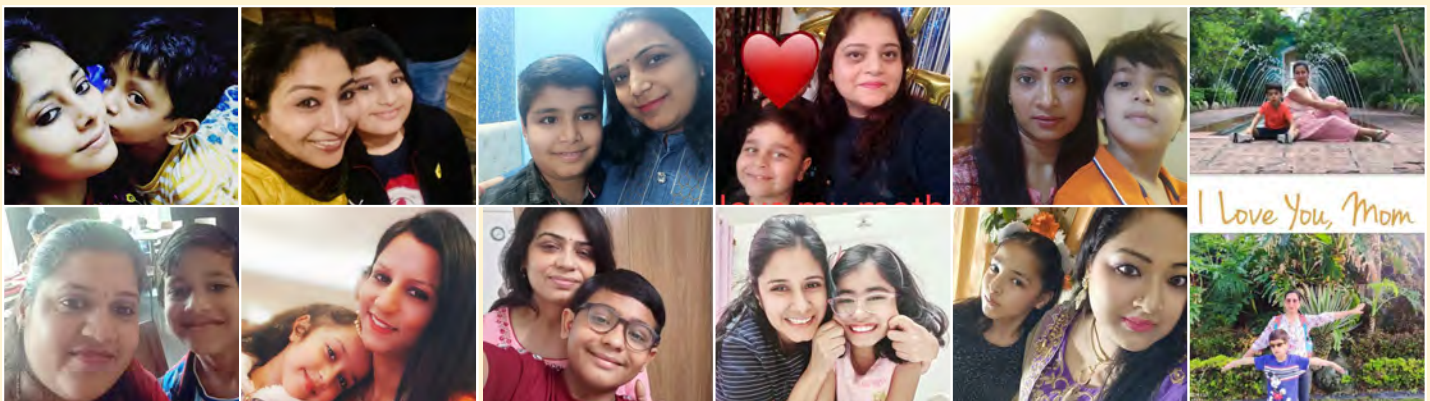
SELFIE WITH MAA



ART CORNER



SELFIE WITH MAA



EDUCATION TRENDS IN COVID WORLD

How we adjusted to the new normal

Facilitating an online course among today's classroom requires an educator to be innovative, creative and to have an impactful learning.

We, at Manav Rachna, exhibit an educator-facilitated environment, an active student centred learning process and self-directed learning while balancing a facilitator's role to further enhance the learning process.

Apart from doing regular content based e-learning on Microsoft teams, to enhance efficiency of teaching- learning process, various strategies were adopted. This comprised of e-mentoring as it encourages the learner to seek online professional assistance from the mentor. Along with it e-structured group activities were conducted in the form of small group discussion, peer learning groups and many more.

At MR we don't believe only in formal learning but children were also exposed to e-informal peer interaction, which resulted in good learning and facilitates the learner through e-mails, net learning groups etc.

E- discussion forum was also used where learner was expected to initiate discussion and pose questions.

So, to summarize, since online teaching is need of the hour and new normal, concept of instructional design is used during online teaching as this concept mainly focuses around designing own classroom around your learner's unique background and your ultimate goals.

Vriti Kalra
School Counsellor

Socio-Emotional Learning

Social- emotional learning is the way in which we manage and understand our emotions while responding to the world around us. This includes how we process empathy and maintain healthy relationships. Setting positive goals and making good decisions are a keystone teaching in social-emotional learning skills.

The focus of education has shifted in the last few decades due to a better understanding of effective learning. Where once the classroom was stoic, rudimentary, and uniform, it is now lively and complex. We at Manav Rachna International School, Sector-14, Faridabad believe strongly in the philosophy that that the way kids walk into the room matters, and how they feel about their teacher matters. The methods of learning go beyond the textbook and the "right" approach is unique to every student.

It's important to remember that students develop socially and emotionally at the same time they are developing academically and these are integrated in the classroom setting and the teaching pedagogy.

Social-emotional education is the concept of teaching children how to respond to the world including:

- Problem Solving and overcome challenge
- Managing emotions
- Dealing with others
- Managing Impulses

Strong SEL initiatives in the classroom have resulted in greater academic success, fewer behavioural issues, less emotional distress, positive social behaviour, better teacher-student relationship, less bullying, improved career readiness and positive school climate.

Dr. Neha Gupta, TGT Science



5 QUESTIONS WITH MAA

A Memorable Conversation

What was your idea of spending quality time with your friends when you were young?

In my childhood we used to spend a lot of time outdoors... with friends in the park, at each other's home (on terrace, in veranda) and we used to go for picnics over the weekend and during the vacations. We used to play hopscotch, Kho Kho and many other games rather than spending time on the gadgets as the children nowadays do.

Which sport you loved and played?

I played badminton when I was a student. Though not professionally, it was with my siblings and friends in the park. I even played with you when you were younger, you might remember.

Which vegetable did you not eat as a child?

I did not get any options, I had to eat what I got but I did not prefer greens (saag) to the rest of veggies as I felt it was bitter.

Where would you prefer to go - hills or beaches?

I prefer hills as they have beautiful sceneries, waterfalls and a peace of mind.

Have you ever been abroad? What was your experience like?

I have been to Chicago for an official trip. What I mainly remember is one of my colleagues lit an incense stick for worship and it triggered the fire alarm.

What was the thing that mostly got you in trouble?

I along with my siblings and cousins used to ring doorbells of random houses in our neighbourhood and run away from there. One time my brother was caught by an uncle, whereas the rest of us managed to escape. We had to go back, apologize and get him back. We were scared till our nerves but thankfully the uncle did not complaint to our parents.

What was the funniest thing I did in my childhood?

When we used to go to theatre to watch movies, you would go and sit in the stairs. As soon as any song came you used to start dancing and as soon as the song ended you would whisper in my ear "When will the next song play?"

Rijul Gupta





Getting to know Mom

Mom, the first question is 'Which sport you loved and used to play as a child'?

Ans- Badminton. I enjoyed playing badminton with my friends and used to play this sport in my childhood a lot.

'Hills or Beach-What do you like more?'

Ans- I would prefer Beach because looking at the sea provides me immense pleasure and peace of mind. So, I would enjoy sitting by the beach more than visiting a hill station.

This is an interesting question- 'Do you really have a third eye'?

Ans- Yes. A mother always understands her children and what they really want. I can sense if you are not keeping up well just by your behaviour. So I do think I have a third eye. I always try to reach out to my child's heart, and most of the times I am able to do that.

Now the next question, 'Which vegetable you didn't like to eat as a child'?

Ans- As a kid we fail to understand the importance of nutritious food. Same was the case with me. So I was not keen on eating green vegetables like Cabbage, Pumpkin and the other green vegetables that children usually don't like but are good for our health.

"So, you do understand why we children also hate eating these vegetables."

"Yes"

'What profession did you want to get into as a kid?'

Ans- When I was young I was not clear with my thoughts but I liked doing maths and playing with numbers so I was pretty sure that I was going to take that stream.

'What was life like for you at my age?'

Ans- When I was of your age, life was simple. I was very studious so my only focus was to study. There was no social media, mobile phones or internet connection so no distraction. For me having good time meant talking to friends, going to park with them or spending time with family and watching movies.

'What were your hobbies?'

Ans- I loved listening to music and I used to ride a bicycle a lot.

Now the last question- 'What advice will you give your younger self?'

Ans- To live your life completely because the days that are gone never come back. Just don't have dreams but also work hard to make them a reality. Fulfilling responsibilities is important but cherishing ourselves is also equally important otherwise we can have regrets in future. So if you don't want to regret then live each day fully.

Ananya Baweja

Questions with Maa



Q1 - Which vegetables you didn't eat as a child?

Ans- I never liked bottle gourd when I was a child. In fact, I don't like it now also.

Q2 - Which Sport you loved and Played?

Ans- I loved to play badminton when was in school and even participated in school tournaments.

Q3 - Do you really have a third eye?

Ans- I strongly believe that I have a third eye because of my strong intuition. I could say so due to my personal experience. Like I always gets to know what is going on in your mind without you even telling me!

Q4 - Hills or Beaches - What do you like more?

Ans- I like the beaches most because watching the waves has an extremely calming effect on me and the amazing sunsets at beaches are simply breath taking.

Q5 - What is your idea of a perfect breakfast?

Ans- An idea of a perfect breakfast would be fruits along with scrambled eggs on a slice of sourdough bread. This well balanced breakfast can sustain for hours.

Jaskaran Singh Bagga

HOW I UPSKILLED DURING THE PANDEMIC



Lockdown: A Saga of Luminescence and Learning

The term lockdown is perceived by some as a trap at their own abode, while some optimists discern it from a 'glass half full' theory, while glancing at the opportunities of unexplored arenas to rekindle their skills and introspect their inner self.

At that point of time, we had two choices, to be optimistic or to be pessimistic. I chose the path of optimism, hope and vigour. It is the foundation of courage and true progress. The situation was tough and so was I. I believed, looking towards the positive side of the scenario would strengthen my resolve rather than sulking and thinking about the situation being worsened. We stayed away from the hustle-

bustle of the world. When the lockdown was announced, it seemed as if the world muted itself. But after a couple of months, we all got used to it. One thing that we all got to do and enjoyed the most was spending time with our family. To commence with, I decided to refine my skills in the co-curricular domain as we got time to temporarily further ourselves from the rat race of academics. From tapping on the funky beats of music to singing melodious notes of soulful symphonies, the experience was a saga of learning and luminance. Although it was difficult to learn dance on an online platform but nothing is impossible if we put in our level best to make it possible. It is sad how in this busy world we get absolutely no time to spend with our family especially our grandparents whom we adore the most but spend least time with. This was certainly a blessing in disguise for all. I pondered over rediscovering the inner me. From reading books to flipping pages of cooking books, graduating from half burnt chapattis to delicious cakes, the soul-searching journey has been real.

I feel nature in itself teaches us values and morality. It teaches us to be caring as it is with this care that a seed blooms into a flower, it teaches to take a pause in the wheel of time and introspect ourselves. I wish to conclude by saying that this lockdown has been a key to open the doors of enlightenment.

Shreya Bindra, Grade- IX C

Extended my skillset



It was a special day as it was New Year's Eve. I had heard about some kind of virus spreading in China but I didn't think much about it until it started spreading like wildfire in the Southern parts of India.

After a month, it was declared that a lockdown would be initiated in India. I had decided that during this lockdown, I would stop procrastinating and would be productive. The first hobby that caught my attention was Art. It was the perfect thing to begin with, and I knew soon enough that I could transcend barriers of academic pursuit if I set my heart to it.

Owing to my mother's consistent encouragement, I began drawing daily. I started painting but I felt I could do more, so, I started exploring Digital Art in which I would make art using Adobe Photoshop. After a while, I started venturing into Graphic Designing. It was daunting at first but I grasped the nuances quickly and got used to the process. After drawing every single day for three months, I had gotten pretty good not great but good enough to call it a hobby which is exactly what I was looking for but I was worried that I was not doing enough so I took the plunge by starting to design patterns similar to basic Microsoft platforms.

To be honest, I was not a big fan of computers. All I ever wanted to do was watch YouTube and pass my time leisurely. Now, I knew that was not the way to go so I got enrolled in an

online live coding platform where I would be taught how to code. When I say code, I refer to writing lines and lines of code to make games, websites and apps. I started thinking about becoming a software engineer or even a data scientist. In my opinion, the lockdown has helped me unlock the potential I never knew I had.

Well, that's my journey of learning things that would help me become my better self!

Ayaan Abrol

Resorted to a healthy diet



Hello everyone!

The Brew House recorded 10x growth during the pandemic lockdown as consumers turned health-conscious. Even I was one of those people who turned out to a healthy diet. So,

here I am with one of those recipes I made and found it to be extremely healthy.

INDIAN SUMMER SALAD

INGREDIENTS:-

3 carrots, bunch radishes, 2 courgettes, half a small red onion, small handful mint leaves, roughly torn

For the dressing

1 tbsp. white wine vinegar, 1 tbsp. Dijon mustard, 1 tbsp. mayonnaise, 2 tbsp. olive oil

METHOD:-

STEP 1: Grate the carrots into a large bowl. Thinly slice the radishes and courgettes and finely chop the onion. Mix all the vegetables together in the bowl with the mint leaves.

STEP 2: Whisk together the vinegar, mustard and mayonnaise until smooth, then gradually whisk in the oil. Taste and add salt and pepper, then drizzle over the salad and mix well. Leftovers will keep in a covered container in the fridge for up to 24 hrs.

MAKE IT YOUR OWN: Replace any of the veggies with any of the following: shredded fennel, thinly sliced raw broccoli or cauliflower, chopped red or yellow pepper, shredded mange tout or sugar snap peas.

Hope you'll have a lovely meal.

Aayushi Choudhary

Grade- XII D

Pushing My Interests



This pandemic had started when I passed grade 10. I had so many plans about what I had to do in the holiday after exams like go out, meet my friends and going on a vacation after a whole year of studying

so hard but then came the news of lockdown. At first, I was so disappointed and sad that we would just have to sit at home.

Then I thought to myself why not use this lockdown to do something innovative or learn something new. I started with baking but that didn't go as planned, so I switched to art. I started painting and now when I see my recent artwork it is much better than it was back then. After a month or so I had to get back to studies and the lockdown was still going. The idea of online classes felt weird but eventually it all got normal. I focused on studying and painted in free time. Sometime later, there was this digital project that got me into video editing. I edited videos for my sister's YouTube channel, I also edited dance videos of junior grades as asked by the teachers from our school. Then I started making animated videos. I made one for the school's 'SAY NO TO CRACKERS' campaign. This is how I skilled up in this pandemic.

Lavanya Arora

Grade- XII B

LOCKDOWN LEARNING



During the pandemic we all have learnt to adapt and upskill ourselves to fight this battle. When the lockdown began and schools were closed, there was a ton of spare-time but our connection with our friends and family was limited to virtual conversations. All our extra-curricular activities suddenly paused.

However, lockdown was a great time to upskill ourselves. Each one of us has a different way to cope with it; some of us have resorted to music, art, dancing. While a few of us discovered joy in cooking and reading.

Cooking is a great way to express creativity; the sky's the limit of experimenting with diverse ingredients. It all started with making Dalgona coffee, for my parents one evening. It went on with helping my mother make supper, surprising them with a nice cake and make myself treats and snacks. Taking a bite of something made by your own hands is very fulfilling, even if it doesn't always taste great.

I likewise began reading books of various genres; fantasy, sci-fi, mystery, historical etc which was refreshing. There were times when I lost track of what was going around while reading. I ended up reading all novels of Marissa Meyer, an American novelist and some more. It was the best and ideal opportunity to develop this interest.

Finally, No matter where we are, someday our skills will prove to be useful.

Jhelum Roy, Grade- X D

My Lockdown Cognizance - Digital Art



mundane.

My world turned topsy-turvy since the start of this pandemic. The country went into quarantine and schools were shut. Locked at home, unable to see friends at school or the neighbourhood made the days extremely boring and

So in order to keep myself preoccupied I decided to get a new hobby. I saw a fascinating advertisement on digital art so I decided to dabble in it. I started with a specific type of digital art called Manga art. Different from the usual style of cartoon comics people normally see, manga art is popular in Japan. It is imbibed in the traditional culture of Japan.



There are different styles of drawings through which an artist can express his work. Each artist develops his or her art style by tinkering it to make it more appealing. The internet has helped spread manga throughout the world leading to a huge upsurge in its fan base.

At the first glance it may seem easy to draw digitally but it is much more complex than you think. There are various tools to learn about and different methods of shading and texture application etc. I had to learn about digital software. These applications make digital drawing much easier and gives room to creativity. However there are some cons too, since this form of art is online so it is very easy to steal it and claim it as your own.

So, if you have an artistic flair – try taking up digital art.

Anoushka Devgan, Grade- IX E

Assimilating diversity through language



Growing up, I had only ever been around English; the only taste of foreign language. In primary school, I attended a summer camp where we sang a French poem but I have no other memories of

it whatsoever.

During the pandemic, we all were engrossed in our televisions, mobiles etc. Surprisingly, my interest developed in a famous K-POP (Korean pop) band called BTS (방탄소년단). As it was K-pop, their songs were Korean. I was really fascinated by the new Asian language. All of the songs that I had listened till now were either in Hindi or English, so I just assumed that every one of my age must be doing the same.

I remember the first time I heard their songs; I was in awe of their fluency. I then searched up millions of apps and websites to find out more about the language. Then I started learning Korean. I found myself looking forward to the lessons and an inexplicable thirst to learn the language.

I have taken up French as my third language, due to the fact I genuinely enjoy speaking a foreign language. It was really thrilling for me to learn Korean as I was interested in it and was really ecstatic. Though I haven't learnt the language, yet I know how to engage in simple conversation in Korean such as-

안녕하세요(hello)

안녕하십니까(Good day)

어떻게지내 (how are you)

Learning a different language has broadened my perspective and I now have immense respect for other cultures with a rich history too.

The completely different methods of teaching and learning a language in comparison to learning other topics of our curriculum is so refreshing. It involves a combination of speaking, listening, reading and writing. I've done dictations, played vocabulary games and more. This is a very interactive and new way of learning. To have another language is like possessing another soul.

Not only the language but also the Korean tradition, culture and etiquettes have really fascinated me. I have even tried to indulge in some age appropriate K-dramas.

It is like a different vision of life. The skills that come along with learning a language are also one of the main reasons I enjoy it too much. I think that being able to communicate with more people and learning about a culture different from your is reason enough to want to learn a language. Languages have made me become more aware of what's happening in the world around me and given me insight into how other people think.

"Knowledge of languages is the doorway to wisdom"

Saanvi Julka

The Birth of our Solar System



One interesting topic that I learned about in the past few months during the lockdown was through watching the "Discovery Science" television shows is our Solar System, about which a lot remains unknown. The birth of our

Solar System, like most others, happened about 4.5 billion years ago from a massive cloud of dust and gas called a nebula. Our universe is filled with numerous such nebulae. The birth of our Sun marks a momentous point in the evolution of our Solar System. Once enough nebular hydrogen gas underwent nuclear fusion reactions, it began radiating massive amounts of energy and heat, thus imparting luminosity to create the Sun. As we know, this source of mass and energy at the core of the Solar System is critical to sustain it.

The creation of planets is equally interesting. Over time, the massive clouds of dust rotating around the Sun collided and created larger particles, which acquired significant gravity after they became about a kilometre each in

diameter. The gravitational attraction from the largest of these particles further accumulated massive amounts of dust to form the cores of the planets. The first four planets from the Sun - Mercury, Venus, Earth and Mars - became "rocky" planets, with a smaller layer of surrounding gas, such as the Earth's atmosphere. The Asteroid belt, a collection of numerous, small rocky bodies after Mars, separates the more massive "gas giants"- Jupiter, Saturn, Uranus and Neptune - from the inner planets. Perhaps owing to their significantly larger masses, the gas giants have many more orbiting moons than the rocky planets.

Interestingly, one theory postulates that the largest planet, Jupiter, could have been a twin star of the Sun. This potential star lost out to the more massive Sun, and could not gather enough mass in the young Solar System to ignite into a star. Pluto, a relatively small icy mass far beyond Neptune, and earlier designated as the ninth planet, has since lost that status. Pluto is part of a huge band of icy bodies orbiting the Sun about 150 billion kilometers away from it, named the Kuiper Belt. The ongoing search for Planet 9 is but one of the numerous secrets of the fascinating cosmos that continue to inspire the human quest for further discovery.

Shreyas V Mylavarapu, Grade- X D

Covid Times - A Learning



In recent, COVID times can be seen as a precursor of natural balancing act of nature. Coronavirus is a form of culmination of man, which is born due to the human mistakes. Man has repeatedly

ignored nature in order to fulfil his infinite desires. He as exploited the flora and fauna, day and night

This pandemic has been an extremely difficult time for all of us to face. All the businesses and occupations were shut down for a long period of time. None of us knew that the virus would turn out to be so harmful that everything would be in such a chaos. Unemployment problem has been practiced by majority of people. We students were absolutely unaware that this year would be so hard to face. The schools shifted at the houses itself. Education system saw a big transformation. Small vendors failed to live their livelihoods in peace. But on the contrary many people did not leave any stone unturned to make this time an integral one. Lockdown filled their minds with bright ideas. Social media has been a medium through which people have started their concerned work. Content posted on YouTube by Youtubers, bloggers and the popular stars have got views and support and this has played an essential role of income. If I talk about my experience the outbreak has been a crucial time for me for developing myself better.

All the family got quality time to enjoy and sit together after such a long time. I used to spend all of the time in dance practice, book reading and drawing. Besides I also discovered many facts about the disease and ways to overcome. It was a positive as well as negative experience for me.

Sirisha,

Grade- X D

"Eat Healthy Stay Healthy"



Cooking has always been a part of my life, but the lockdown has pushed me to experiment even more than earlier. I have baked spinach burger buns from scratch, tried my hand at

bean burritos, kala chana tikki with hummus and basil rocket pesto, and fixed some Thai-style mango peanut cold soup. My mother has always motivated me too learn new recipes from her and my grandma and I keep on experimenting new and unique cuisines. I have enhanced my skills in culinary art...

When I started out with my culinary experiments, it was essentially about passing time but eventually, it turned out to be something that uplifts my spirits. It became something to look forward to every day. As I dived into the world of food blogs, recipes, I must be honest, it got intimidating as well as interesting.

Don't we all worry about taking something perfect and completely ruining it? That's what I felt about all the delectable recipes I came across, and I still do. Having said that, cooking has turned out to be an escape from reality and I feel good, even when I burn the whole dish.

Sometimes, you may feel like you don't fancy cooking and you want to go out to a restaurant or get a takeaway. It is definitely a good thing to reduce stress or provide a sense of normality. However, these practices also help to reduce food waste. Cooking became a way to deal with all the restaurant food cravings.

Both home cooking and confidence in cooking has been linked to better diet quality, and practicing cooking increases confidence. And yes I can proudly say now that my culinary skills have boosted my confidence and in courage me too eat healthy.

The lockdowns saw a surge in what is termed "Healthy food practices".

Keep eating healthy and stay fit .

Kyra Chadha

MOTHER - OUR GUIDING STAR



It is truly said, "A mother is she who can take the place of all others but whose place no one else can take."

A mother is our friend, our sibling, our inspiration and the person without whom

we cannot even imagine our lives as she teaches us to have confidence and believe in ourselves. Mothers are one of the first indications of sovereignty of God in our lives. It is equally right to say a mother is the most noteworthy and unequalled creation of God. The word mother is an emotion, it fills everyone with joy. Mothers share a deep connection with their children. This connection certainly cannot be matched by anyone else. Even fathers fail to establish this kind of relationship with their children. Our mothers are like our security blanket because she saves us from all the problems. From the start of a child's life, a mother is the most important figure of attachment. There is no self seeking or opportunism in a mother's heart. Mothers are those highly responsible women who strain every nerve to ensure a brilliant and dazzling future of their wards. They are the emotional backbone of the family. No matter how much pressure they have from the family, they will never give up on giving her child what he/she needs. As it is truly said that Motherhood is the greatest and hardest thing as a mother never feels satisfied as to what she is giving her child. The love that she gives her child cannot ever be returned. In the words of Agatha Christie, "A mother's love for her child is like nothing else in the world. It knows no law, no pity; it dares all things and crushes down remorselessly all that stands in its path." Mothers always stand by their children at all times even if we get wrong somewhere in life, they never back off. They can decipher every gesture of their children since the time they are born. For expressing our love, regard, gratitude and thankfulness to our mothers we celebrate Mother's Day every year.

Happy Mother's Day to all the mothers out there!

Aishani Chaudhary, Grade- VIII A

The Person Who Makes Her Child a Successful Human being - Mother



Your first friend, teacher, lover and everything is your mother. Saying this is not just enough to describe a mother. Mother is one who lets us know how special we are, she is the one who loves us the most, she is

the one who smiles when we are happy, she is the only for us to be alive. She keeps us in her womb for nine months but in the heart till her last breath. It is rightly said that the children who are blessed with parents are the luckiest. Many children understand it and always respect and obey their parents but those who don't they suffer a lot in future. A child with a single parent as father truly knows the importance of having a mother. Mother is not just a mother she is a wife, she is a daughter-in-law, she is an employee and many more. She has so many responsibilities that sometimes she even forgets herself. A mother is very protective for her child. She had not slept for many days because of her child. She is the one who shows most concern when her child is not well. She is the one who could sleep with empty stomach but her child's stomach would always be filled. Being a mother is the toughest job in the world. A mother not only cares for her child and family but also has so much work to do. She has to wash the clothes, cook the food, clean the house, wash the dishes, does the office work, and she has so much to do that I can't even describe her daily life work. She would always want that her child should get the best, wear the best, eat the best and do the best. The feelings of a mother can only be understood by a mother. Mother does a lot for her child and after doing this she expect that her child should respect her, study well and be a successful human being. There are many people who don't respect their parents

and leave them in the old age home once they grow up. For these people I would just like to mention a beautiful quote said by Dr. A.P.J. Abdul Kalam Azad "Never ignore your mother who loves you, cares for you and misses you because one day you might wake up from your sleep and realize that you lost the moon while counting the stars."

Hats off to all the mothers for doing so much for their children and family.

A big salute to Mother Teresa.

Wishing all the mothers a very Happy Mother's Day.

Thank you

Chanasya, Grade- VIII A

Mother's Day



"God could not be everywhere

So he made mothers"

When a child is born a mother is also born. A mother not only takes care of her child but also looks after the whole family. She nurtures her child by sacrificing her own interests. She develops her child since his birth. She also teaches her child many things in the life like good manners, etiquettes and how to develop a personality. She plays a very important role in a child's life. She is an inspiration for her child because she encourages the child at all stages of his life. She is always worried about her child's wellbeing and happiness. Every mother loves her child a lot. Besides being mother she is also a best friend of her children. Her caring attitude towards her children is endless. She gives unconditional love to her children. She is a superwoman for me. No one can take her place in my life. On this mother's day I wish her happiness, good health, long life and wellbeing.

Thank You

Parikshit Kukreja

MOTHERS- OUR GUIDING STAR

My Guiding Star



Mother, our guiding star and the one who loves us the most,

The one who supports us,

The one who sacrifices herself for us,

The one who guides us in tough situations of life,

The one who gives us will and motivates us to withstand the toughest things in life,

The one who guides us on the path of love and truth,

The one who guides us when we are in trouble,

The one who helps us to reach great heights,

The one who guides to be a perfect human,

The one who guides us the way to success,

The one who makes us happy when we are sad,

The one who feels pain for us and says nothing,

Mother, you are our guiding star and at last I just want to thank you for everything.

Bhavya Sekhri, Grade- VII B

Decoding Motherhood



Mother (moth • er)

1. A person who loves us unconditionally
2. The maker and keeper of precious memories
3. A person much loved and greatly admired.

"It may be possible to gild pure gold, but who can make his mother more beautiful?"

- Mahatma Gandhi

A Mother is the central pillar who supports everyone's lives. She is the person who rises before any other member of the family and goes to bed the last of all. She is our first teacher, our first guide and most of all, our first friend. She is the first face that we wake up to everyday. The main witness as we move from crawling on all fours to walking upright on two; as we put our feet on the pedals of a bicycle and are off; as we take the first step into the school bus, trembling with excitement and nervousness. A mother's love for her child cannot be compared with anything else. Her sacrifices are numerous, but she never looks back or regrets it. Let's add a mythological twist to it -A mother is Brahma (the creator) and Vishnu (the nurturer). However, she can also sometimes be Shiva (the destroyer) when she is angry. Nevertheless, mothers have the highest levels of forgiveness and could forgive any mistake that we unwittingly make. A mother is someone who guides us in the long and unpredictable path of life, at the same time helping us make wonderful memories that can never be forgotten. She is our guiding star.

Naisha Gupta
Grade- VII B

"Just as a pole star is to a sailor so is a mother to a child."



Nothing can fully describe a mother's worth to a child. A mother is the most selfless person on earth striving to improve, guide and teach her child every day. A child is born in the world without knowing

what it is. But growing up, he acquires all the knowledge of the world. A teacher is the bridge between the two circumstances. It must not be reiterated that a mother is the first teacher. A mother's contribution to a child's character is formidable as it chisels all aspects of a child's personality. A child learns how to behave well in classes, how to respond when asked something and what not. A mother compromises her own priorities to fulfil ours and that is both commendable and truly invaluable. She eats dinner after we had done so. She wakes up early so that we are comfortable for going to the school.

Guiding us through difficult times and multiple dilemmas is one of the most important aspects of a mother's contribution to a child's life. If we are stuck in a particular situation our mother implements her foresight and experience to counsel what is right and what is not. Almost always are we roped out by these situations by our mother. Our mother can be considered as guiding lights as she guide us towards a successful and bright life. All of this tells us that our mother teaches us throughout. This knowledge helps us in our life seamlessly and worthlessly. We must understand that whatever our mother does for us invaluable and always respect her. Everyday should be mother's day.

Vivekananda
Grade- VII

MR INNOVATES - LETTER TO THE EDITOR



Brief account of the new technology now widely used in e-learning

Tejas Sethi, X-F, MRIS,
Sector-14, Faridabad
10 April, 2021

Dr. Amit Bhalla
The Editor

Manav Rachna International School
Sector-14, Faridabad

Subject: Brief account of the new technology now widely used in e-learning.

Respected Sir,

Since the historic beginning of the new decade in 2020 with the COVID-19 outbreak, internet has been breaking down barriers to entry and has been removing the traditional gatekeepers in many established fields. One of the key domains which have undergone a metamorphosis is education. We, as students, have attempted to adapt ourselves to the 'new normal' ways of online learning alongside our dedicated teachers who have tremendously worked hard to make online teaching effective and interactive.

Technology has come to the forefront in these testing times and being immersed in it throughout the year has honed our technical skills massively. With the number of COVID cases in full swing, online learning platforms like Microsoft Teams, Zoom, Cisco Webex, Google Classroom etc. have come to the rescue. No doubt, we thoroughly miss the physical classroom learning, but in these pandemic times, these online learning platforms have provided the optimal alternatives. It has allowed us to venture into ways of learning we had not envisaged earlier, like learning through slides, playing quizzes with our friends etc. Giving online examinations has been an altogether new experience and regularly testing knowledge through assignments allows us to keep pace with our academics. Also, there have been other online

tutoring platforms which students have largely adopted in this online era of learning, like Byju's, Vedantu etc. The concept of MOOCs (Massive Open Online Courses), which are free online courses available for anyone to enrol and provide an affordable and flexible way to learn new skills, have also gained attention. Some of the massive open online courses' providers are: Udemy, Udacity, Coursera, Edx, Stanford Online, Khan Academy etc.

A year ago, everyone was afraid to think about the way the educational methods were on the brink of metamorphic change from offline to online learning; but now teachers deserve to be congratulated for embracing the new ways of disseminating knowledge to students effectively and students should also be felicitated for procuring the knowledge enthusiastically and cooperatively. The school has broken the rigid barriers of traditional academia and has inculcated technology and innovation as a part of its ecosystem and now it's going to be tough to put that genie back into the bottle.

Yours Sincerely

Tejas Sethi

Optimizing attention through technology

Dear Sir,



The COVID-19 pandemic has pushed us to isolation. It feels like we are marooned in distant islands all alone. All the while, friends have been kept at a distance in order to stay safe.

Before this pandemic disrupted our lives and forced us to open our laptops and learn from home, it used to be a great experience. With the start of a sudden pandemic, it was difficult for me to keep myself motivated. Going to school, meeting teachers and friends has always been the food for life. Everything has turned online. Even though every effort is being made by schools, nothing can replace physical interaction.

The remote working and isolation have affected the productivity of the students. This is because of lack of physical interaction with peers, educators and not having a suitable environment. It's been difficult to utilize time efficiently until I came across a very thoughtful app "Todoist". It helps us plan and organize our day, get reminders, track our goals which is a great way to check our productivity. The app has a "Pomodoro timer" which allows us to focus on one task at a time, limits distractions and procrastination. With this we can make our own rhythm of work and break and stay productive.

Soon we will overcome this, "It might be stormy now, but rain doesn't last forever".

Thank You

Yours Truly

Jhelum Roy

Grade- X

SWAYAM and other MOOCs to enhance skillset



Respected Sir,

Through the columns of your esteemed Reporter, we have always learned the prime virtues of provoking and propagating knowledge, within oneself and in the

society. Therefore, today through the medium of this letter, I feel immensely honoured to be able to share about another unique, innovative and digital platform, which believes in and strives to carry on the same motto: SWAYAM. SWAYAM platform is World's Largest Online Free E-Learning Platform Portal designed by the Indian Ministry of Human Resource Development, to achieve the three cardinal principles of Education Policy viz. Access, Equity and Quality. It achieves this purpose by covering School/Vocational, Under-Graduate, Post Graduate, Engineering and Other Professional Courses. It is one of the Government's MOOC platforms which have gained fast popularity in our nation.

The platform basically brings to learners distance education that is aimed at offering all the courses from school (Class 9) to post-graduate level. The key development credits and gratitude go to MHRD (Ministry of Human Resource Development) and AICTE (All India Council for Technical Education) along with Microsoft, which have made it capable of hosting 2000 courses.

SWAYAM, which stands for Study Webs of Active Learning for Young Aspiring Minds, succeeds in fulfilling major objective and goal of its development, of providing the best teaching learning resources to all, including the most disadvantaged. It has helped students to virtually attend the courses taught by the best faculty; access high quality reading resources, participate in discussion forums, take tests and earn academic grades. And all these for nothing but just the learner's dedication and accomplishment in return; yes this platform is absolutely free of cost, which is why this has become one of my and my peers' most looked up to platforms lately.

I hope that you shall allow this platform some space in the next edition of our MRIS Reporter, so that all the students can take advantage of it that desire to do so and every reader can draw inspiration from this aptly and virtuously developed teaching and learning platform, SWAYAM.

Thank you

Yours Truly

Yashika Tripathi

Grade- XII

CALM



Respected Sir,

Through the columns of the esteemed MRIS Reporter, I would like to draw attention to this brilliant application that helped me overcome another hurdle in my life.

Last year was a problematic one for people all over the world due to the global pandemic. Jobs were lost, education was stalled and the entire world lived in terror. While the earth is far from being normal, something I doubt it'll ever be again, most of us have managed to survive in the deadly conditions that we were subjected to. For me, the saviour was the application "Calm".

Calm is an app designed to help in maintaining mental well-being. This includes helping with anxiety, stress, sleep problems, panic, etc. As a then 11th grade medical student, stress was a normal occurrence. My controlling, hypochondriac personality definitely did not help. This is why I turned to Calm. Calm free version has many sessions based on different areas of interest like focus, stress, sleep, discipline, etc. It also has nature sounds that really helped me. Although the application is free, its paid version has many more benefits and is affordable as well. I would say that it's absolutely worth investing money in. Another thing to note here is that meditation alone does not guarantee proper health. A balanced diet, morning and night routines, physical exercise, etc. are extremely important as well.

NOTE - This app is not an alternative for professional help. It is simply for stressed out people who would like more productivity and stability in their lives. If you're facing any serious symptoms, please contact a professional.

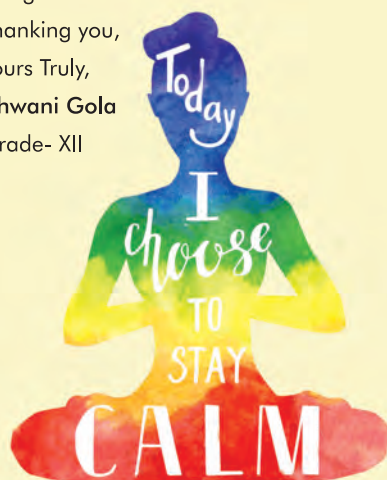
On that note, Calm has really improved my lifestyle and my state of being and I would definitely recommend it to fellow human beings.

Thanking you,

Yours Truly,

Dhwani Gola

Grade- XII



Brooklyn 99: A review



Brooklyn 99 is a hilarious show about cops that fight crime in the streets of Brooklyn. The show's main dynamic is mostly based on Jake Peralta being

immature and Captain Holt fathering him while we fans gush over nerd Amy, scary Rosa, friendly Terry, weird Charles, confident Gina and practically useless, Hitchcock and Scully. Brooklyn 99's diversity makes my heart swell with pride. Two black men, two powerful Latina women, an Ashkenazi-Sephardic Jewish man and four Caucasian characters make a wonderfully weird and lovable family. This show is full of hilarious anecdotes and bizarre experiences.

Its highly realistic and impartial approach to world issues will forever impress me. Holt's prolonged struggle in the NYPD as a gay, black police officer, Amy and Rosa's struggle with sexism as women officers, Terry's subjecting to racial profiling in his own neighbourhood, Rosa's coming to homophobic parents, it's all a reality. Also, as childish as he can be, Jake is the most person fair-minded character I've ever seen; defending his Captain's honour, helping his bisexual friend come out to her parents, encouraging his wife to follow her dreams. This show has taught me a lot about reality, some of which is highly depressing but, it gives me a different perspective of this world and inspires me to do something to bring a change, no matter how small. Oh, and I almost forgot...Go 99!

Dhwani Gola

The Truman show: The Duality of Reality



The Truman show is a 1998 psychological satirical piece which has ridiculed the persistent growing obsession of media that considers the viewers not victims any more rather exploiters for their own entertainment.

The film is about a man named Truman

Burbank's life who has been filmed all his life without his consent or permission for sake of consumerism namely reality television show. All people around him are actors including his parents, wife and even his best friend and are very well aware about everything happening around them being fake except for Truman, the main character, who is unaware of the fact that his all life is a scripted reality show. Truman has been exposed to life time full of hints portraying the fact that his world is not as it seems and to incorporate those clues means to configure the narrative of his existence and rewrites like that cost. The writer has perfectly keyed in to our grandparent's generation of cold war paranoia of being watched and judged and ironically our generation of narcissism that bugs us when not seen. That is the joy of the film's allegories and layered readings stand out vividly. It is not pedantic or preachy rather asks so many questions that are impossible to be ignored. It struck me how it can be read as an allegory of present. Our own world has been facing a rupture of events that create several conspiracies and unfold mysteries about the reality, that political aspect that shows how the messages of the dominant ideology are absorbed into media and education but ideologies do not last forever rather crumble under the own weight and increasing refusal of people to believe it. Most important of all, The Truman Show imagines liberation, not as utopia but as a world flavoured like our own full of multiplicity, contradiction and obsession of people with budding media. It is a world gained by only struggles and pain that often looks like an evil portent in the moment. Not a huge disaster rather a small shadowy door that opens into a territory unmarked, that is unknown but invested with greater authenticity.

Sunayana Khanna, Grade- XII F

Mum's the word

When my son hears



my name he thinks of

- Reading time
- Painting
- Hugs
- Kisses
- Stories

Rakhi Tandon

Mother of Rudraksh Tandon, Grade- KG VI

Words that come to my mind when I hear the word "Mom" -



kind, mentor, generous, my best friend, cheerful, hardworking, pathfinder

Sukriti Chawla

Mother of Dhvani Chawla, Grade- KG

THE WORD THIS ISSUE



What Empathy Means to Me

Dear sensitive mamma...

I see you feeling weak and misunderstood on a tough day on the mommy rough.

You feel everything so

deeply, so it's hard not to notice. You wear your heart on your sleeve about almost everything.

You take on everyone's emotions and experiences and make them your own-every unfairness in the world is yours to fix. It's hard not to see that upset look you get when I fall, scraping my knee, tears rolling down my cheeks. I see you running over to make me feel better, consoling me by offering your hand and hugging me tight.

You let others' pain flow through you-so when I feel sad, well... that takes you to another level. It's like an electric current shooting through your body-you MUST make me feel better or BOOM! -you will blast. You can handle the most because you feel the most. That experience gives you insight into others' pain. This incomparable empathy not only extends to your own children, but to other moms as well.

You are strong because you take on a lot and don't cower away.

You are strong because you let yourself feel fully.

Kaira Manchanda, Grade- III A

Empathy



To describe other person's emotions, we might use one of the two words, Empathy and Sympathy. Both the words sound so similar and do you know the origin of both the words is also same i.e. from

Greek. But there is a major difference in these two words. Let us understand.

Sympathy is the feeling of sorrow and pity for someone else's misfortune or bad situation while empathy is to understand the situation or pain of other person by putting himself in that person's place, feel that pain and try to help him in overcoming that pain.

For Example - One of my friends fails in exam and he is crying.

Me (with Sympathy) - I feel sad to see him crying and I feel sorry for him.

Me (With Empathy) - I remember the days when I get less marks and how bad I feel. I go to my friend, give him a warm hug, and tell him that I know exactly how you feel my friend.

Manav Phogat, Grade- III C

Empathy



Have you ever had one of those days when you just needed someone to talk to, some one to really get how you were feeling? Well, if you have, you were more than likely needing a dose of empathy.

So what empathy is all about? Empathy is when you are able to understand how someone else might be thinking or feeling. It is like "putting yourself in their shoes" and trying your best to imagine what they might be going through.

I remember an incident when my little sister, Seerat, who is just 3 years old was low coz of toothache. I can feel the pain and stress she was going through. Seeing her condition, I got disturbed and heart-broken. To overcome the situation and to calm her, I taught different "Yoga Asanas" and "Meditation". We also played with toys and danced which made her feel relaxed and motivated to come out of the pain she was going through. So, the 4 Mantras to practice empathy are:

- Pay attention to others feelings
- Think before you speak or act
- Realise everyone is different
- Stand up for others

Practicing empathy makes us a "Caring & Better Human".

Avyaan Bhatia, Grade- II A

EMPATHY



My name is Amaya Mahajan, I study in Grade 2-D. I am here to draw your attention towards the word "Empathy" according to my knowledge.

As we all know the word e m p a t h y m e a n s

"the ability to imagine how another person is feeling and so understand his/her mood".

It basically means that it is very important to know or understand how someone is feeling about the actions we do or the surroundings, because only then we can make out how to deal with that person.

Amaya Mahajan, Grade- II D

"EMPATHY" in my words

I feel happy when everyone out there are happy!

I feel sad when everyone out there are sad!

I feel excited seeing people excited!

Everyone has feelings and even me, so I am happy, sad, excited where my

family and friends are involved as we are part of each other.

Shanaya Chauhan, Grade- II C

MY MR, MY SCHOOL



What my school means to me

I completed my 3rd year in Manav Rachna International School'14 this 26th March 2021. I have made plenty of friends, improved in many untrained skills, gained confidence on my academic front, and interacted well with many teachers. Going to canteen during Friday lunch breaks was to die for. But it was not all the same the time I entered my new school.

I still remember, I entered my new class as the teacher asked me to come in. All eyes were on me.

"I am not looking weird, right??" I asked myself at that time.

I introduced myself and sat at a corner. I was alone even during the lunch time.

The study sessions went well. The teachers explained the topic as if I was doing it since years. They drew well-labelled diagrams for better understanding and conducted various activities or experiments. We were also provided revisions sheets for making the knowledge permanent in our minds. I also participated in Visual Arts and Performing Arts.

As my passion is to dance, I was successful in impressing our Dance Mentor. I was always good with pencil shading and thus, gained a lot of appreciations from my Drawing Instructor. I was also further selected for many dance events and championships.

I also built a hobby of singing. So.... MUSIC TEACHER, HERE I COME!!

Remember I said, I was alone for some time. That "SOMETIME" was only for three hours. Students were friendly and I made new friends quickly. They supported and guided me a lot in the first few days. Many of them had same interests as me.

I know, just three years is a small span of time, but I have learnt that my school MRIS -14 pays equal attention on both academics and cultural activities. Be it Class Subjects, Sports or PA/VA, we are all covered.

Sometimes I laugh when I hear "Kanyaa, admission no. 5729" as all those happy memories flash-up in my mind.

"It's better to enjoy, rather looking towards the dark side"

Kanyaa Saxena
Grade VIII- D

My glorious days at MR



When I think about my school Manav Rachna, I perceive it to be far more than just a place where we study subjects as per the curriculum. I can say this with true conviction

because from my first day outside my home, till today, I have been connected to Manav Rachna Sector - 14. Since the start of my academic quest, I have found that Manav Rachna is place for learning and honing skills, ensuring overall development.

I vividly recall, almost a decade back when I first set my toddler feet in MRIS - 14, I only had some basic skills besides knowing my name, address and personal details. With constant support from the teachers and the blessings of my family, I can proudly say that I have not only discovered and developed some inherent skills like writing, vlogging, sports and a few others, rather I have taken them up to noteworthy achievement levels.

Teachers here, right from my early years have been more like coaches. Here, I have not only excelled in academic proficiency but have also gotten the chance to discover various other extracurricular talents in me. What has worked amazingly at Manav Rachna is not only hand - holding me towards excellence but rather rewards and recognition which I have been bestowed upon at every accomplishment. I cannot thank enough our esteemed Director Principal ma'am, Ms. Mamta Wadhwa and all my teachers who have been extremely encouraging throughout.

Even during unprecedented lockdown times, Manav Rachna has assured an exemplary quality of education through the online medium. Even as I feel my journey with Manav Rachna has just started, I have already managed to author a book on the Football World Cup, 2018 and am successfully running a horticultural channel by the name 'My Urban Organic Garden'. This is in addition to several gold medals that I have won in Olympiad tests and many other rewards in school declamation, cooking and quizzes. I can proudly state that my school Manav Rachna will have an indispensable role in developing me as an accomplished citizen when I grow up.

Thank You MRIS - 14!

Gunmay Marwaha
Grade- VII



My Journey as an MR Parent

"School is a building which has four walls with tomorrow inside."

LON WATTERS

Manav Rachna International School, Sector 14, Faridabad holds a very special place in my and my family's heart for reasons which I am very proud to share with you all. My younger daughter has been a student of this prestigious institution for more than 9 years. When she had joined the primary wing she was an introvert and lacked confidence. I clearly remember interacting with Principal Ma'am - Ms. Mamta Wadhwa, she assured me I had taken the right decision and to my delight after a month only I could signs of improvement in my daughter - academically as well as in extra-curricular activities. She had made friends which were earlier missing from her life, participating in the school events, the teachers I must say had been very cooperative towards her providing her with all the help she needed.

The senior wing was a challenge as she turned into a teen, everything was priority except studies, but again the teachers stepped and took her the right path. She participated in MUN's, Theatre workshops as well as Nukkad Nataks and other clan competitions. When the 10th Board Examinations were round the corner the teachers ensured that she was given extra classes and had a wonderful result with their guidance.

Year 2020 has been challenging for all of us as parents we were trying to cope up with the pandemic. Today when I look back I am happy that my child is studying in one of the best schools with great infrastructure, having latest technology and the best lot of hard working, polite teachers. MRIS - 14 was the first to start the online classes. As a parent I observed the online classes, the PPT's made for all the subjects were great, notes were provided for all the subjects which were of great help to the students. The year went by and now my daughter is in Grade 12th. I am certainly hoping to see her excel under the guidance of her mentors. Words are less to thank all the ones behind the making of my daughter Pia Malhotra.

Mr. Munish Malhotra
Father, Pia Malhotra,
Grade- XII

Dear Team MRIS,

We are gratified to team MRIS Sector 14 for upholding standards of education since the day we got our daughter Tejas Sethi admitted to Toddlers in the year 2009 till date once she has progressed to 10th Standard.

Each year we recognized that the child is learning/unlearning underneath the guidance of a proficient team of teachers who have mentored with care and discipline along with adept support staff of MRIS Sector 14.

Special thanks to Director Principal Ms. Wadhwa for leading the institution with such flawlessness as mentors' mentor.

We look forward to encompassing this association for another 3 years as brand envoys of MRIS Sector 14.

Regards,

Dr. Sourabh Sethi
Father of Tejas Sethi

Time flies, it waits for none

When I look 14 years back, the saying seems so apt that "Time flies, it waits for none." My daughter, Yashika Tripathi, was just two and a half years old when we got her admitted in "TODDLERS." I still remember those teachers with whom my daughter shared a very special bond. I personally feel that MRIS has given my daughter the opportunity to hone her skills, speaking and writing, apart from grooming her in studies and holistically developing her for the long life which lies ahead. The school and the staff have given me wonderful experiences with an insight of their own learned ones. It has made my daughter confident, calm and considerate, for which I'll forever remain grateful to the entire Institution.

Sunita Tripathi
Mother of Yashika Tripathi, Grade- XII F

Progress follows when you put in the efforts!

Big thanks to each and every teacher at MRIS-14 to ensure that the kids' studies and overall development doesn't get stunted due to extended pandemic situations and ongoing virtual education. I really appreciate that in the bygone session 2020-2021, the focus was not just completion of academic syllabus but it was assured that the kids learned properly and MRIS values were inculcated in every step.

I would like to take this opportunity to specially thank Ms. Harshita Banerjee, the Base-Group-In Charge of III-H who left no stone unturned to ensure a smooth transition from classroom learning to interactive online sessions. She was readily available to support any query right from day one of the commencement of the session till the Familiarization Day for IVth Grade, dedicated all 24/7. As a teacher of

GES and Soft Skills she has been one who strikes a perfect balance between strictness, class discipline and affectionate warmth for the kids. As a mentor to my kid Harshita ma'am instilled a lot of confidence and boosted her towards self-learning. She could instantly establish a bond with her student with her adept interpersonal skills and boosted her spirits high always through immense support and care.

I also wish to extend a heart-felt thanks to Ms. Nisha Chaudhary for treating my kid like a true philosopher and guide, which bond is very difficult to be established over online sessions. She would repeat all the topics with a lot of patience and hard-work only to ensure that the student has understood the concept and learnt it all in the classroom itself. She explored all new avenues of innovative teaching for her language classes to make her sessions interactive and fun-learning for kids. Nisha ma'am established a fine tuning with my child to enhance her leadership qualities.

I am overwhelmed to see the progress and overall cognitive, creative, communicative, socio-emotional development of the child despite social constraints overcoming the challenges of online education for the session 2020-2021.

All the best to the MRIS Team.

Regards- **Dr. Tanu Shree Gulati**,
Mother of Anvita Gulati, Grade- III H

WE TOGETHER WILL COME OUT OF IT! LEARN & GROW JUST -



I am writing this to appreciate the efforts of my daughter's (Vaani Rawal) class in charge Mrs Prachi Pandey of Grade IV-G. 2020 was a tough year and we all were learning to cope up with the situation.

As a parent I am so glad and satisfied with the way Prachi ma'am handled everything. She is such a dedicated and hardworking teacher. Her passion for teaching was clearly visible in her work. She was always there to help the parents and children all the time even after school hours. Her dedication is so impactful that I couldn't stop myself from writing this mail.

I have experienced this before also when Vaani was in Grade-I and Mrs Shweta Sharma was her class in-charge. Shweta ma'am was equally dedicated and passionate for her work. And this year Prachi ma'am not only connected with the children but also with the parents and left a positive impact on us.

I feel so fortunate that my daughter was placed in the classes of Mrs Shweta and Mrs Prachi as both the teachers inspired Vaani a lot.

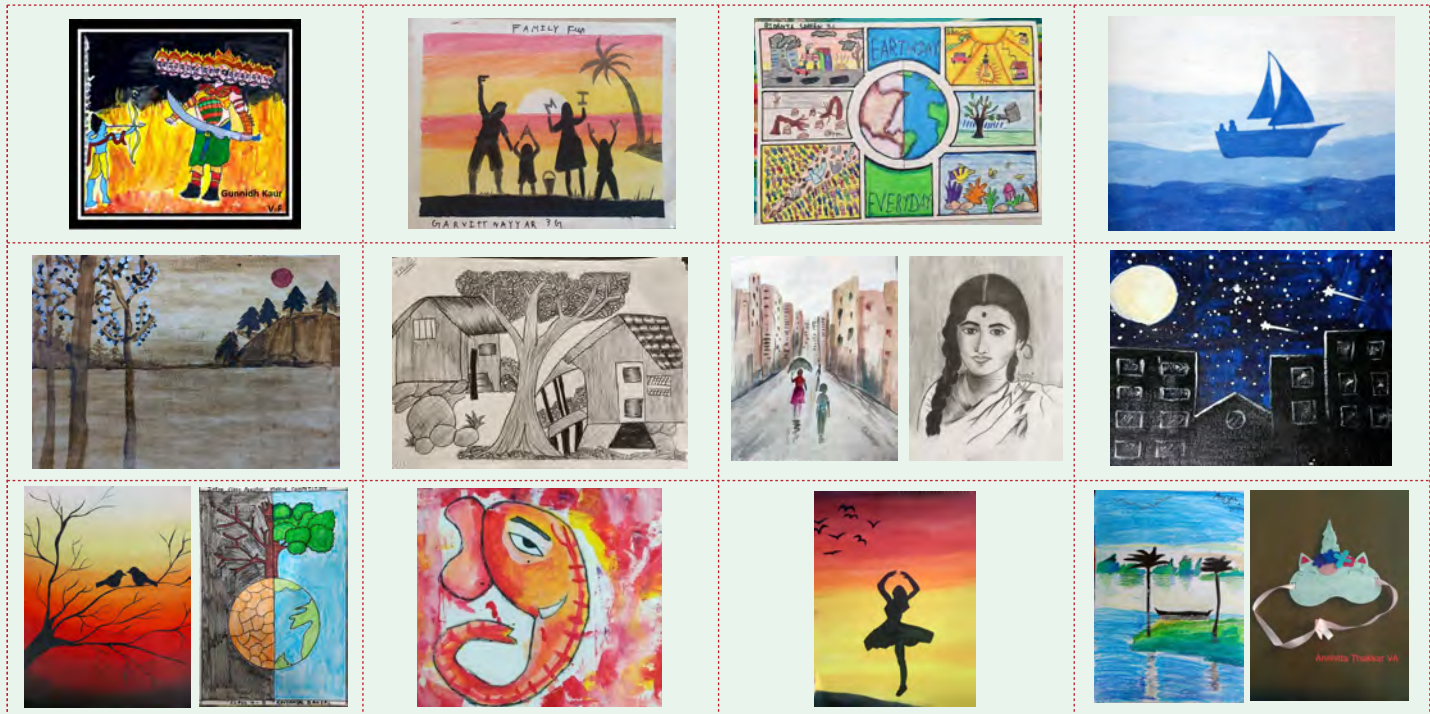
I would like to take this opportunity to show my appreciation and gratitude for the efforts which have been put by you as a principal to take the school into next level. Among a principal's many responsibilities is to motivate teachers to power through the tough times. We are forever grateful for your impact on this school.

Congratulations for a successful online academic year.

Regards
Sheetal Rawal



ART CORNER



SELFIE WITH MAA



MOTHER'S DAY SPECIAL

MOTHERS-OUR GUIDING STAR



Mother

A mother is one of those,
Who is as sweet as a Rose.
One whose smile,
Can make the dark sky blue
And her tender words,

Are always true.

She is only one of a kind
As god has had her designed.
She is the one who acts as a teacher,
Teaching us things we're not taught at school.
She is no less than an officer,
Keeping us as safe as an important tool.

She can make the flowers bloom,
Even before monsoon.
She is the best friend you've ever had,
Who'll never betray you.
She can never make you sad,
And always leads you through!

Advika Bansal
Grade- VIII (Kalam)



MOTHERS ARE OUR SUPERHEROES



Mother's Day

My mother is my superhero because she is always there for me through thick and thin. She is strong, fearless, hardworking and doesn't give up easily.

I know my mother is proud of me when I act well-mannered, be a good listener and surprise her with small acts of kindness. She also motivates me to be the best person I can be.

When I am older, my mom and I will travel all around the World, and enjoy the best leisure activities and food.

Ishaan Jha, Grade- IV (Atlantic)

Mothers- Our Guiding Star



All the times when I don't say 'Thank You'

For all the little or big things, you do

I love you because you stop and listen,

And all the love you gave me throughout these years,

And I don't want to thank you with any tears,
Thank you Mumma....

For all the delicious treats,

Thank you Mumma....

For all your love so sweet,

I never wanted to make you angry,

But you know, that's what kids are for....

You are my guiding star,

You're my Rockstar,

Who's always there for me, Who's always a supporter

Who's the best moments recorder, I'll too,

Always be there for you....

But mum just one last thing to say,

HAPPY MOTHERS' DAY!!

Kanushi Awasthi, Grade- VIII (Bose)

Mothers- Our Role Model



Mother, the most beautiful word in the world,

Full of emotions and full of compassion,

A word more powerful than a full force hurricane,

That can take a flight higher than the highest airplane.

A mother understands what a child does not say,

For she holds our hands for a while but our hearts always,

She leads us with words that are wise,

For she is god in disguise.

Mother, to some of us you are our best friend,

To some of us, a role model,

To some of us you are the best the way you are,

But to all of us, a guiding star.

Khanak Amit Jain
Grade- VIII (Bose)

A Perfect Woman



Those were the days,

When I was a kid,

Wrapped in your arms, did I sit,

Everywhere you went, you took me along

Our relationship was more

than strong.

I stared at you, cold and long

Thinking how I loved you, mom,

I found you also so very pretty

More than any celebrity.

I jumped around you night and day

Wishing our love never fades away,

You told me, mom, "Life is a struggle"

But, I didn't understand then

And wondered when you would cuddle.

I grew up, 10, I still loved you, mom

But mom now you don't look the same,

I wondered how you had changed

From my childhood to this range.

I came into my teens, 15,

Mom was growing weak n' lean

I wondered if I was the reason

And decided to take care of her

Through all the seasons.

I remember pointing out to God

To give me her,

He nodded and gave a spur

Oh, Lord, I thank you again

To provide me a perfect woman.

Rida Arora, Grade- VIII (Kalam)

My Mom



Manya Arora,
Grade- V (Tagore) I love my mom very much!

My mom is my superhero because she always helps me through any obstacle that comes in my life. She helps me in every project work, solves each query, and she is kind enough to help me in my studies, even though she has a lot of household and office work. She also has to take care of my little sister.

I know that my mom is proud of me whenever I achieve something in my studies and when I take care of my little sister in her absence.

When I will grow older, my mom and I will be best friends, and we will share every moment of my life with her.

THE WORD THIS ISSUE

Reyansh Sahu, Grade II (Everest)



Empathy means to understand another person's feelings and emotions like we were feeling it. An example can be:

"A child who broke his toy car empathizes towards a child who lost her doll. The person can understand their pain and so empathizes towards them."

Shriya Bansal, Grade- IV (Pacific)



Empathy means knowing how the other person is feeling as he/she has come across the same situation as you had faced earlier. The best example to understanding the word 'empathy' is that in these times of COVID-19, my

friends are bored of sitting idle at home, having nothing much to do, and that is something I am experiencing too. So, I can also say that I am 'empathetic' towards what my friends are experiencing as I am also facing similar situation at my end.

Spandan, Grade- IV (Pacific)

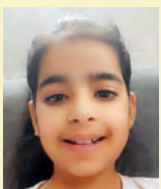


Empathy means feeling what the others are feeling. It means being aware/ conscious of the feeling of people around us.

For example - Recently, my International English Olympiad (IEO) results

were out and I got very good marks and a medal as well. But my best friend from my society couldn't get good marks. So that she doesn't feel bad, I did not announce my results to her.

Taisha Dhawan, Grade- IV (Atlantic)



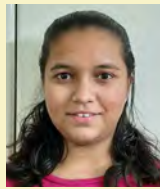
The term empathy is used to describe as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. I believe that it is important to be a good listener and show

empathy to people facing some problem.

I will share an incident that made me feel empathy deeply. During winters, my friends and I were playing in the park. I saw one of the old maids asking for a blanket from an aunty, but she refused. I felt really bad for her. She was not even able to walk properly because of the chilling winter.

I stopped that old lady and asked her to wait there for five minutes. Then, I went back home to ask my mom for an old blanket. My mother gave a new blanket and an old sweater for the lady. When I gave these things to her, she smiled. Her smile made me really happy.

What My School Means To Me

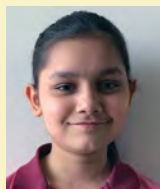


My School, MRIS-51, is much more than a school for me. It is like my second home. I am in this school since Nursery and am studying here ever since. Whatever I have learnt till now, I learnt it here

whether it's academics, sports, art, dance. In my school, we are like a family. I love my teachers as my mother and the teachers also love me like their child. They know my qualities and weaknesses. Whenever I achieve something, I am always appreciated by the teachers and other students. I have always been happy in my school. This school has seen me grow. I am very happy to be the part of MRIS-51. I love my school very much and will always remember the love I got from it.

Rishima Sahu, Grade- VII (Halley)

MR STUDENT REFLECTIONS



How I up skilled in this pandemic?

"A problem is a chance for you to do your best."

The COVID-19 pandemic might have brought difficult times in our lives and brought about changes

that we did not like, yet, for me it provided me an opportunity to enhance my creativity and imagination skills. During our school vacation, when we had nothing to do and nowhere to go due to this crisis, I along with my crafty family decided to learn something new. We spent our time watching crafty videos, and then later, designing things with the material that was available to us. We started learning modelling clay art and after a period of time started enjoying it, creating beautiful masterpieces. We made wall hangings, magnets, designed canvases and much more. Later we also learnt a bit of mandala art, coffee painting, embroidery and many other things. This inturn helped us to create things with our own ideas and kept us busy even in the boring lockdown days, helping me and my family upskill during this pandemic.

Advika Bansal, Grade VIII- (Kalam)

Pictures of our creativity:



Vegetable Soup



During lockdown, I, Rishima, learnt to cook a lot of things like cupcakes, pizza, doughnuts, etc. One of them was vegetable soup. This is a healthy and nutritious food item. I made it with a combination of many vegetables. The ingredients I used were:

- Carrot- Vitamin A and K
- Beans- Magnesium and Iron
- Corns- Proteins and fiber
- Sprouts- Vitamin K and Magnesium
- Mushrooms- Potassium
- Lemon- Vitamin C
- Salt- Iodine
- Black pepper- Fiber
- Water
- Corn flour

Here is the recipe:

- Step 1- Wash and chop all the vegetables nicely.
- Step 2- Add water in a pan. Now add all the chopped veggies and put them on a stove to heat.
- Step 3- After it boils, add salt, pepper and roasted cumin powder.
- Step 4- Add corn flour to make it thick.
- Step 5- Put it in a bowl and it is ready to be served!

This recipe is high in nutrients and fiber, and is very healthy and delicious as well.

Rishima Sahu, Grade- VII (Halley)



My Mom is a Superhero



My mom is a superhero!
Yes she is!
She's the best in the world
When I hurt my knee
And I need some sympathy
When I need some help

With school work or anything

My mom comes through!

My mom is a superhero!

Yes she is!

She's the best in the world.

Mrigank Shekhar Bhardwaj,
Grade- IV (Pacific)

I know my mother is proud of me when

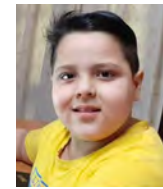


I am Reyansh Sahu and I know my mother is proud of me when, I achieve any medal. She knows that I have worked hard and is always proud to see me winning. She is also proud when I help others or do a good thing for someone.

She has always taught me that helping others is good manners and it makes them happy. This makes me a good person and my mother is proud to see that. She is also proud when I do my work myself because it makes me responsible and self-reliant. She says that we should do our work ourselves and is proud to see me doing it. I love my mother and would always make her proud.

Reyansh, Grade- II (Everest)

MY SUPERHERO: MY MOM



My mother, my superhero, is the most important person in my life. I know my mother is proud of me when I try my best. It doesn't matter to her if I win or lose. My efforts

matter a lot to her. When I'm older, my mom and I will live a joyful life with all sorts of comfort because my mom was the only one who built me up and it's my duty to give her a joyful life in return. Every mother is the greatest gift for her son or daughter. Everything can be compared expect the love or happiness a mother gives to her child.

Shaurya Sachdeva, Grade- V

MY MR MY SCHOOL

My School is my Learning Space



"Let today be the start of something new!" is what is in my mind as I enter through those glass doors of my school building. For me, school is not just a place where I come to learn new things but also a place where I can socialize and interact with my teachers and my dear friends. It is not

just a building made up of bricks and mortar, but a place full of learning, fun, memories and achievements, a platform that allows us to dream big and set a vision for our future.

Going to school provides me with an opportunity to learn something new with each passing day and an ability to evaluate how I am doing and work on my shortcomings, to be a better person.

Advika Bansal, Grade- VIII (Kalam)

माँ तू माँ है तुझे पता है



माँ तू माँ है तुझे पता है ,
मुझ को क्या अच्छा लगता है ।

कभी खत्म ना होने वाला ,
तेरा प्यार बहती नदिया है ।।।

माँ तू माँ है तुझे पता है ,
मुझ को क्या अच्छा लगता है ।

नहीं जरूरी सदा हो छाया ,
धूप भी चलती है जीवन में,
मेरे ताप से जली रही तू ,
ताप रहा है तेरे मन में।

जरा-सा जब भी मैं कुम्हलाया,
तूने अपना साया रखा है ।।

माँ तू माँ है तुझे पता है ,
मुझको क्या अच्छा लगता है ।।

उंगली पकड़ी चलना सीखा,
जीना सिखा उठना सीखा।
जीवन की इस दौड़ धूप में ,
गिर गिर के संभलना सीखा।
नारायण भी तुझको मांगे,
कोई नहीं तुझ सरीखा है ।।

माँ तू माँ है तुझे पता है ,
मुझको क्या अच्छा लगता है ।।

अ आ ई ए बी सी डी,
तुझको आया या ना आया ।
अनपढ़ कहीं रह ना जाऊँ,
मुझको तुमने खूब पढ़ाया।
कभी डांट से कभी लाड से ,
तूने जीने का मार्ग दिखाया ।।

माँ तू माँ है तुझे पता है ,
मुझको क्या अच्छा लगता है ।।

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जरा सा जब भी मैं कुम्हलाया,
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माँ तू माँ है तुझे पता है ,
मुझको क्या अच्छा लगता है ।।

Sanvi Garg



How I Upskilled in the pandemic

As I love cake, I learnt to bake a healthy version of cake, i.e. Atta Cake with Jaggery. Here goes the recipe:

Atta Cake

- Whole wheat flour - 1 1/2 cup
- Jaggery - 1/2 cup
- Curd - 1/2 cup
- Milk - 1/3 cup
- Canola oil - 1/2 cup
- Baking soda - 1/2 tsp
- Baking powder - 1 tsp
- Cardamom powder - 1/2 tsp
- Nutmeg powder - 1/2 tsp
- Tutti-Frutti - 2tbsp
- Dry Fruits - 1/2cup

Steps of making:

- Pre-heat oven at 160 degrees for 10 minutes. Grease loaf pan with butter.
- In a bowl, add finely chopped or grated jaggery and oil. Mix well until jaggery melts.
- Sieve all the dry ingredients and wet ingredients.
- In another bowl, add all the dried fruits and tutti frutti. And around 2 tbsp of whole wheat flour and coat the dried nuts with fruits
- Add milk and mix everything till everything is well combined.
- Pour the cake batter in a prepared loaf pan.
- Top it with chopped almonds and bake it in the pre-heated oven for 35-40 mins at 160 degrees.

Rishith Jha, Grade VIII (Kalam)

MRIS MEDIA CLUB

Book review of 'Pride and Prejudice'

Set around the 18th century in England, this book consisting of an intricate plot beautifully put together with humour, wit, irony and satire by Jane Austen is a must-read.

The book follows the romance of snooty, unapproachable Fitzwilliam Darcy and high-spirited and lively Elizabeth Bennet, belonging to different backgrounds. The first impressions of Darcy and Elizabeth did not go well. Darcy passed off Elizabeth as not beautiful enough for him and rejects the very idea of dancing with her, she hearing him say such decides that he is an arrogant and obnoxious snob. The amazing thing about "Pride and Prejudice" is that it isn't just a love story. But it is about being proud and prejudiced. Elizabeth's character is proud, she gets the wrong idea about Mr. Darcy, the first time she meets him, due to a poor first impression. On the other hand, Mr. Darcy misjudges Elizabeth and becomes prejudiced against her poor standing in the social-economic class. This book is great for young feminists as through the main character Elizabeth Bennet, we learn the stereotypes women had to face in that time. Elizabeth always thought for herself and did what she thought right. We see her being pushed into marriage but she declares that she would only marry for love. Teenage readers would love to see this classical drama unravel and take shape.

The book is direct yet playful; searing yet light; funny yet profound. Pride and Prejudice is a book that will keep you hooked to the last page and once read, you will keep on returning to it time and again

Kanan Arora, Grade- IX (Brahmagupta)



Saina Nehwal: Shuttling to the Top



"Every champion was once a contender who refused to give up."

When the best sports movies of all-time are listed, one would think of the most recent one. The pages of the film industry

are full of biopics. Chakde India remains the goal standard. Mary Kom, Bhaag Milkha Bhaag, MS Dhoni: The Untold Story, Dangal, Soorma, Saand ki aankh and many more add on to the list of sports films. Elements that are common in all of them includes discovery of innate talent, family making sacrifices, a sweaty training and the dark night of the soul when the athlete loses his or her way. A tangled way finally leads to a triumphed victory. All this lasts with an inspirational anthem. These biopics may be a source of entertainment for some and a life inspiration for others. I am talking about none other than Saina that was released in end of March 2021. The film is based on one of the World's Number 1 Badminton Player, Saina Nehwal. The star athlete has put Indian badminton on the global map and made the sport aspirational.

Writer and director Amole Gupte not only hits most of the sports film beats but also brings in women empowerment. The film 'Saina' depicts the journey of an athlete that ends with the tricolour flying high.

In the movie, Saina describes herself as Bharat Ki Beti. She can be described as a champion for her victory at Olympic and Commonwealth games. Her determination and honest devotion continue to take her to the pinnacle of success. Further, she is blessed to have such supportive parents. Her mother, Usha's hand reminded me of Mahavir Singh Phogat in Dangal. She could adjust with nothing other than being number one.

According to the second half of the movie, her career falters and she goes against her coach. But she has never learnt to look back. Instead, she focused on vigorous training to make her future bright. Parineeti Chopra's eyes truly depict fire and anguish of Saina's journey.

I feel ethnicity isn't as important as capturing the essence of a person and evoking emotion. The main objective of the film was to ignite young minds and motivate them to follow their passion. It truly sets as an example of breaking all barriers to achieve great heights. It breaks the misconception of society that does not allow girls to play sports.

The movie has influenced millions including me. It helped me realize the importance of outdoor sports. It led to my stepping out of my house at 7 a.m. just to devote some time for playing badminton. Though I have never thought of being a player but pursuing my hobby is what I have gained.

Kritika Arora

Grade- X (Archimedes)

Avoid Junk Food



India has the second-highest number of obese children in the world, next to China. 35-40% of the school-going children are obese and have excess weight, which causes sloppiness, lack of memory, inertia, and less

interest and concentration in studies. It is mainly due to eating junk food and having unhealthy dietary habits.

These days children enjoy eating junk food like pizza, pasta, burger, chips, and cold drinks more than homemade food. The question is why and how children get tempted to eat junk food. Mainly, it is due to watching junk food advertisements on TV and social media.

Eating junk food is harmful to health as it contains white flour, preservatives, chemicals, and many other toxic substances. It causes many digestive issues, and the body lacks proper nutrition, as junk food has no nutritional value.

So we should eat healthy nutritious food and instead of cold drinks we should drink homemade juices. Examples of healthy drinks can be lemon water, coconut water, orange juice, etc.

Fresh, healthy food keeps the body light, you don't gain weight, and the mind also remains fresh, light, and focused, makes our study enjoyable and effective.

Hence, I request that children avoid junk food and have more fresh and natural stuff in the meal. It would keep the body and mind healthy and energized. It would be a great help in increasing focus and concentration.

Mridul Singh, Grade- X (Darwin)



SELFIE WITH MAA



EDUCATION TRENDS IN THE COVID WORLD

Changing Scenarios

"The center of any educational process is the human relationship between a student and a teacher"

The COVID-19 has resulted in closure of school campuses across the world and as a result, the status of education is modified drastically. With the distinctive rise of e-learning, whereby teaching is undertaken remotely and on digital platforms. Pathbreaking technological innovations like online classes, learning management systems, etc., are now becoming a part and parcel of our education system. Thus, what we contemplated until recently as the future of education is now becoming the norm.

During this tough time, it was our prime concern to make sure continuity of learning and supporting the mental health and well-being of our students. We vigorously believed that learning never stops and that no learner should be left behind and to ensure this, we worked individually, as well as collectively, as a team of MRIS to find solutions and create new learning environment for our students to allow education to continue.

"The whole purpose of education is to turn mirrors into windows". Teaching virtually is taxing as you need to monitor the interest of the students and simultaneously need to break the monotony. As a team of MRIs, we were not only concerned about clearly presenting the material to our students, but also making them eager to learn. We were sure not to stop imparting knowledge. With every session, we found ourselves wondering how could we spark some interest and engage the students to make it an interactive session. To accomplish it, we involved numerous methods and tools in our teaching practices and the result has been fruitful enough.

As said, "together, parents and teachers, we may give our children roots to grow and wings to fly". Manav Rachna International School, as a team, has also worked with parents by giving plenty of workshops to give feedback and to train them how to supplement their child's learning.

The next crucial step was to move from traditional learning to bite-sized learning. It was our utmost priority to fight against boredom of our students and this is where bite-sized learning turned out to be efficient.

It offered a primary antidote to boredom by primarily increasing a learner's psychological engagement. It led the students to consume short, snappy yet meaningful content. We used different set of games, quizzes, tools to inculcate this in our teaching practices.

It encouraged the student to carefully process information-not hastily and thoughtlessly consume an overwhelming amount of knowledge which resulted in better learning.

There were number of times when instead of delivering the notes, we as facilitators created our own multi-media and shared it with the students beforehand for flipped learning. This converted the role of the students from 'passive receptors' to 'active participants'.

COVID-19 has disrupted educational systems on a global scale, creating unexpected challenges. The move to remote learning has presented additional challenges, including barriers to engaging with technology, reduced access to educational supports and individualized learning interventions, and a loss of social connections. But we were firm not to stop until we accomplished our goals and vision. We rapidly adjusted our practices and developed innovative approaches to provide inclusive education to all the students of Manav Rachna International School. We ensured every child was valued and received high quality equitable education. As a team of this esteem organization, we worked together in leaving no page unturned.

As it is rightly said- "If you are planning for a year, sow rice; If you are planning for a decade, plant trees; if you are planning for lifetime, educate people". We as a team were determined not to stop and make sure that learning goes on no matter what.

Ms. Sahej Taneja, English Facilitator

"Change is the Only Constant Thing"

Times have changed due to the global pandemic- Covid 19 that has entered our lives for quite a few months now. The team of Manav Rachna International School firmly believes that Covid is a part of our world and we have to learn to live with it. Only thing that continues to motivate us and makes us strive towards the best are our virtues of dedication and continuous learning. We, as teachers, have continued to focus towards the process of learning among the young learners from all aspects including academics, physical or socio emotional. We ensured not to leave any stone unturned to make the young learners ready for upcoming times. Various engagement and exploring activities and hands on learning experiences are designed and conducted for better virtual learning.



The online classes are not mere a platform of e-Learning but it has focused more on bite sized Learning so as to make it effective and long lasting for our kids. Today's learner thinks in thin slices-he wants to resolve one problem before he moves on to the next. So, we make sure that we engage him in ONE concept to digest and induce ONE change in behavior or attitude to fulfill the learning objective.

Inclusivity in Learning has always been an important part of the system of Education at Manav Rachna International School. We have always performed true role of mentors.

Together all of us at Manav Rachna are dedicated for making these challenging times easy for our students. The process of learning should never cease and go on. Our focus on these trends will definitely help us all to move forward towards a better future.

Priya Pant

CREST Facilitator

MUM'S- THE WORD

- WALKING MIRACLE
- SELFLESS
- GUIDING STAR
- SUPER-HERO
- GRACEFUL
- PRECIOUS
- LOVABLE
- DEVOTED



MY MOTHER-MY SUPER HERO

My Inspiration



My mom is my superhero because she gave me everything, she gave me love, she gave me her soul and she gave me her time. My mother is the first indication of the presence of god in my life. She is better than any superman.

She is the only person who knows the true meaning of 24/7.

I know my mother is proud of me when she sees me as the most humble, kind and considerate person. I will pursue new challenges and activities by focusing on doing my best and working hard always to achieve my aim in life.

I am sure that my mom and I will always have the strongest bond and she will be my mentor and my best friend. She is the most affectionate and empathetic mother who has always provided me with stability and will always give moral guidance. She will always be my first love. In short, I will always be around her forever.

Aarav Kalra, Grade- VI (Scholars)

MOTHERS- OUR GUIDING STAR



My Ray of Sunshine

'IT MAY BE POSSIBLE TO GILD PURE GOLD, BUT WHO CAN MAKE HIS MOTHER MORE BEAUTIFUL?' - Mahatma Gandhi

"God could not be present everywhere so he made a mother". Isn't it true? Mothers share a deep connection with their children. This connection certainly can't be matched by anyone else. The saying is also true as the status of the mother is equivalent to God. She is the one who gave us life and made us stand on our own feet. I can firmly say that my mother is an essence of truthfulness, love and sincerity and without her I am nothing.

She is the most influential person for me in my life and she is the one on whom I can completely rely on. She is like the sun that chases out all darkness and gives the light of happiness and love upon me.

In my heart what I have is respect and admiration for my mother as she is my first teacher who has always showed me the right path. There are many qualities which I see in her which makes her the world's best mother. She loves me strongly and deeply without any condition. Whenever I am in trouble, she arrives ahead first. Mother is not only a word but the basis of our living.

I am nothing without my mother. She is the reason for everything I am and all that I will be.

Salaj Soni, Grade- VIII

My Universe



My world, my universe, she is my everything,

When I came to this world, she was the happiest creature indeed.

Since the day I started crawling,

From winning to falling...

She always picked me up and said,

I am always there to lead your way.

Twelve to Sixteen was the age,

When her protection seemed to me as cage.

In most of my choices she had some objection,

So, I used to run from that care & protection.

I fought with her and sometimes spoke rudely,

But my angel guardian never left her duty.

Slowly with time I saw & realised,

She is the one who made my life shine bright.

Today I have no hesitation to admit & say,

That she is the guiding star of my way.

She is the one whom I lean upon,

as she make my all troubles gone.

A best friend, a teacher, a fighter,

All these blessing I have found in one person and she is my mother.

She lights my life like a candle in a dark place,

She is my superpower, who taught me to live with grace.

Why do people say you can't share everything with your mother,

Just open to her once, the pain will disappear and there'll be nothing to bother.

Sahej, English Facilitator

MY MR, MY SCHOOL

What My School Means To Me?

"School is a building which has four walls with tomorrow inside."



Every child's first and most significant stepping stone in life is school. I hold a special place in my heart for Manav Rachna International School, Ludhiana. Despite the fact

that I arrived at this school later than most of my peers, this academy has taught me a great deal, and I wish I had the ability to attend this school much sooner. Being in this school has allowed me to learn a lot of new things and improvise my skills. The sports academy and the techno lab are two of my favorite places to visit at any given time. I feel full of life whenever I am present there.

As stated by Bill Gates, "Technology is just a tool. In terms of getting the kids to work together and motivating them, the teacher is

the most important." I can proudly say that in my school teachers are exceedingly patient, cooperative, polite, and caring. Whether it's the theoretical lectures or the enjoyable activities, there's never a dull moment here. My school has a way of making things for the students a little more exciting and enjoyable. I've got the chance to take part in activities that I never imagined I'd be able to attend. This school is extremely important to me, and I would rather be at MRIS than somewhere else. It is without a doubt, a home away from home.

Vardaan Behal, Grade- IX

How I came out of my shell



I was always the shy girl who didn't really want to stand out. Towards the end of grade 6, I finally started to be more outgoing. That year was pretty hard for me. I thought I wasn't going to make, but thanks

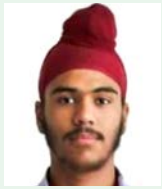
to my teachers who made it possible. I finally broke out of my shell and am moving on with all my confidence. I would like to thank my teachers for helping me through the challenging times. The school provided me the congenial environment to learn, grow and empower myself. MRIS has provided the wings to my imaginations. Loving and caring teachers, helpful friends, the best opportunities to explore yourself... what else do you require if your school provides you this. It is because of my teachers that I can be myself and be the person I have always wanted to be since I became this more outgoing person now. I am best known for my awesome school spirit, respect, caring and loving personality, and great attitude.

The school years are going to be the best years of my life.....

Mohika Jethi
Grade- VII



Learning should never stop



F-26
BRS Nagar
Ludhiana
9th April 2021
The Editor
MRIS, Ludhiana

Subject- Learning should never stop

Our planet is developing at tremendously fast pace due to which we have to put our 100% to be a part of this race and this can only be achieved learning a new skill each day. I've understood how important learning a new skill is due to which I'm always into learning something new. This summer I did the same, I learnt a new skill which was Industrial modelling. So, what is Industrial modelling? Basically, in this we use a 3D modelling software such as Autodesk Fusion 360 in my case which is then used to convert your imagination with the help of modelling tools on the app to something which can be easily understood by others and help you give a better clarity of your design. Bringing your idea to a shape can be a very helpful thing. For example, if there is a major flaw in our design, dimensions or material used you can easily figure it out without spending too much time making a real-life model of it. This also helps us reduce cost of the material which would be used for prototyping and saves time as it is much faster and cost effective to design a model on your computer first. I've been always fascinated by engineering and this proved to be a great start for me as now I could bring my idea to life without the access to adequate tools and machinery and share it around the world by putting the least amount of effort. Getting started was not easy I met with many struggles but managed to get past them once I got a hang of it; it became much more fun and interesting as now I could design something original. I still remember the first ever thing which I designed was a cap which helped visually impaired people navigate through numerous obstacles around them, at that time I didn't have the adequate knowledge to make something like that come to life but after having a 3D design it made my life much more easier as now I could divide what I needed and what I had to learn to make something like that possible and in a span of few month I had gathered all the materials and adequate knowledge to make a real life prototype and here it was a full-fledged working model which I ended up naming 'The Instructors Cap'. I hope millions of other people who used 3D modelling to bring their imagination to life think the same. 3D modelling is a wonderful skill to learn it helps you see a world from a different perspective

and helps to get curious about the internal working of different objects. And if you ever thought that doing mathematics is a waste of time then you should definitely check this out as it lets you use your mathematical skills in real life problems. Personally, I would advise you to learn 3D modelling as it such a useful tool in your day-to-day life; perhaps why only modelling you should learn any new skill which you like! As famously quoted by the genius inventors, Wright brothers 'It is possible to fly without motors, but not without Knowledge & Skill'.

Yours Truly
Inderjot Singh
Grade- X

THE WORD THIS ISSUE

Empathy



"The highest form of knowledge is empathy" Empathy means being aware of each other's feelings. It also means sharing feelings with everyone. For example, if your friend is happy, you would be happy for them too. If your friend is sad, you would be sad for them and try to cheer them up. To show empathy you have to treat others as you want to be treated, put yourself in others shoes, ask yourself "how would I feel if that happened to me?". Taking time to listen to others, using caring and supportive words, giving hugs and trying to help to find a solution are some other ways to show empathy.

Naitik
Grade- IV



MOM

Mom, you're wonderful
So gentle so dear.
You brought me my first toy,
You filled my heart with joy. I am fearless, safe and sound,

I can do anything when you are around.
You are my cushion when I fall,
You support me whenever I call.
You filled my days with rainbow lights, fairytales and sweet dream nights.
A kiss to wipe away my tears,
Gingerbread to ease my fears.
You gave me the gift of life,
Thank you for being papa's wife.
I thank you for your tender care,
for deep warm hugs and being there.
You are the sun shine to light my day,
I love you more each day.
Just one little wish for you,
But it's loving and true.
I wish the nicest and best things
Will always keep coming to you!
Yug Pant, Grade- VII



MR INNOVATES- LETTERS TO THE EDITOR



Discovering new technologies

DH-4 RVP OMAXE ROYAL
RESIDENCY
LUDHIANA
10 April 2021
The Editor
MRIS, Ludhiana

Subject- New technology and application I discovered and what I like about it.

Respected sir

During the ongoing pandemic, many students found it very difficult to study alone without the presence of a teacher. I am grateful to my school for starting the online classes with zeal and enthusiasm during the initial stages of the lockdown so that our studies could carry on smoothly. Even though they didn't leave any stone unturned but still we needed some time to adjust to this concept which was entirely new to us.

I found this great app called 'Unacademy' which helped me to revise my basics plus brush up my concepts through their excellent videos. It is easier to understand things when you watch them and then take quick revision tests for the same. Watching and observing them helps you to remember concepts for a longer time as pictures and videos are embedded in one's mind and not easily forgotten.

Unacademy's success stories include thousands of students who have cracked toughest of examinations, improvised their ability to speak and write better and increase their knowledge. Their vision is to partner with the brightest minds which is why they have courses on every possible topic in multiple languages so the whole world can learn and grow from these courses. They have on board some of the top educators in the country, including Kiran Bedi, India's first woman IPS officer and now the Governor of Pondicherry. Educators get your doubts cleared and test your preparation via Live Test Series, Quizzes, Practice Section and much more.

I had a wonderful experience with this application and I would suggest it to anyone facing the same problem.

Thanking you.

Yours truly

Lavanya Nijhawan, Grade- X

Adjusting to online classes



D-3 Celista Grand
Omaxe Royal
Residency
Ludhiana
April 10, 2021
The Editor, MRIS

Subject- Talking about new technology and app discovered

Respected Sir,

I would like to talk about the new technology and the app that I have learnt and discovered during pandemic.

Technology is something that is gaining increasing importance in the world today. Wherever you look, there is technology. The pandemic has changed the lifestyle of people. As nobody can go out for their work, all are working via online apps. Attending online classes everyday has become the 'new normal' for students during the lockdown. As schools were shut because of the lockdown to contain the spread of coronavirus, online class have taken centre stage in students' life now. We discovered a new app called Microsoft teams. This app is really helpful for children as they are benefited with same purpose of learning that they initially were before the lock down started. This is a platform for everyone to interact even though they are far away from each other and enables flexible communication. This app is so easy to use. The online classes have made our life much easier in many ways. We discovered a new method of learning. The e- learning method requires only an internet connection and a device and then we are all set for studying. Online learning gives students the opportunity to plan study time around the rest of their day. Students can study and work at their convenience. With online classes, it's much easier to focus on what is going on.

So, through this letter of mine I hope I could share my experience and the benefits of online learning and which app we discovered. It has made our life much easier and now it's fun to attend the online classes.

Thanking you

Yours sincerely

Myra Bansal
Grade- X

Blessing in disguise



D- 520
Model Town
Ludhiana
10 April 2021
The Editor
MRIS, Ludhiana

Subject- Blessing in disguise

Respected sir

I'm always keen about knowing global issues and SD goals, but due to my academic schedule it's difficult to spend my time for good. So, I just wanted to talk about the app which I have discovered during this pandemic.

The global goals - It's been an initiative taken by UNGA which is a kind of blueprint to achieve a better and sustainable future by 2030. It has made my life easier in a way as it provides me with the knowledge regarding global goals like - peace, justice, climate action summits, clean energy, gender equality and some serious issues like - gender mutilation, hunger and poverty, CO2 levels and many more.

The excellent thing is that it just does its own job well as its set on the wallpaper of phone. It's my way of utilizing my time for a better future and better life. The eyes of all future generations are on us! I am grateful to this app for enhancing my knowledge.

Yours sincerely

Pavitt Pawaan



MRIS MEDIA CLUB



Book Review: Sister by Rosamund Lupton

"You're lost, I'm coming for you, Sister.."

Although the overall book was amazing, most people won't be able to get the hang of it. In this book, Tess the younger of two sisters dies an unfaithful death. Beatrice- her elder sister refuses to believe it. She goes through a lot of trauma learning about Tess's life and how little she knows of her sister.

This does sound like an interesting book, the only pitfall here was how confusingly the author has presented the book.

For me, I've read hundreds of books and it was still quite difficult for me to understand, there had been several times where I'd have to turn back a few pages because I just couldn't get the hang of the book!

Rating: 4/5

Age recommendation: 12+

Genre: thriller/ mystery

Lavanya Nijhavan, Grade- X

Book Review: The Perks of Being a Wallflower by Stephen Chbosky



The book that I have read is, 'The Perks of Being a Wallflower' by Stephen Chbosky.

This book consists of the letters that Charlie, the protagonist, sent to an anonymous reader, about his perspective of life. From these letters, I have learned that Charlie is a considerate introvert who is both the protagonist and the antagonist, creating a conflict between himself. Throughout the letters the contrast of both perspectives becomes more apparent, as he is confused, and fighting with himself. Causing his abusive childhood, and the suicide of his only friend Micheal, even more challenging. As a result of all this, Charlie is motivated to have a new start in high school. At high school he experiences many parts of friendship with Bill, Patrick, Sam and Aunt Helen, honesty with Mary Elizabeth, and addictions to many drugs.

The main conflict in the book is of Charlie's blinded compassion held for Aunt Helen, and the guilt held for her death, causing him to not hold her accountable for the abuse she gave him.

Charlie forgave her after going to rehab, and realizing everything can be seen differently, causing him to exert feelings of hope for a second chance. Furthermore, after reading the book I realized that the author portrayed Charlie to be observant, to prove everything

can be seen differently if you change the perspective. Thus, I believe the theme continued throughout the book is, you can only understand someone by seeing yourself in their perspective.

'The Perks of Being a Wallflower' was overall very entertaining and had great messages embedded within it. I would recommend this to anyone who would be into the perfect coming of age story. I really enjoyed how the story was told in letters. It gave it unique and authentic feel. One of the best parts about this book was the characters and how Chbosky managed to make them feel like they weren't just Charlie's friends, they were also yours. On the contrary, one thing that I didn't love about the book was that it referenced a lot of songs and books that I didn't know much about. Thus, the book wasn't as great as it could've been if I had known what Charlie was referring to. It would've been easier to follow with fewer references to songs and books that the reader may or may not know of.

Lavanya Nijhavan, Grade- X

HOW I UP SKILLED IN THIS PANDEMIC?



Innovation and Persistence

It comes as no surprise that this pandemic proved as a useless time for those who became a couch potato in the whole lockdown, but it has been the most beneficial time for those who utilized this time. Due to the online studies, the children had no concentration and gave lame excuses to their parents for not studying. But I used this time, I made an app which has proven beneficial especially for those who were in need this lockdown. I became inexorable towards completing my app in just 9-10 days. When my app came live, I kept my eyes peeled that how many people were going to download it. The people called me up and had a heart-to-heart talk to me. Before making this app, I thought that it was out of question to make an app but my father gave me inspiration. When this app became popular amongst my known ones, I was on cloud nine. I just stole the show which gave me inspiration to do more. Though, I was a hard nut to crack but as said 'Nothing is impossible'.

Let the person have avidity in anything but the person should utilize it perfectly.

Bhakti Sharma, Grade- VIII

My Scrumptious Adventures



2020, as we all know was quite a year, and for sure everyone picked up a skill or two while quarantining. I myself worked on enhancing some of my hobbies in the course of developing certain new ones. I've developed a keen interest in cooking, baking, dancing and video editing.

As I just mentioned that I have worked on my cooking, I'd like to share some of the thing I've cooked for my family.

Even though we have been stuck inside, we have productively used the time which we had in plenty. So, cooking and baking came out to be major concern in my house as nothing was available outside. From pizzas and falafel to rasgullas and jalebis, everything was prepared in the house. As the lockdown provided us an opportunity to be with our family and spend quality time with them, it also led us to leave all the physical activities we would usually do. So, in order to keep myself fit and sane I started dancing. Learning from online sources was fun as I continued to learn everything at my own pace. For a little while I was pulled towards learning a new language, so I started taking French classes. That practically sums up my skills 'all enhanced and skilled up now', am I right? So, with that 'au revoir' everyone.

Nadar Kaur
Grade- IX



ART CORNER



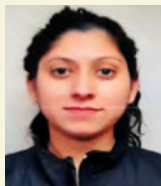
SELFIE WITH MAA



SELFIE WITH MAA



EDUCATION TRENDS IN THE COVID WORLD



ART: A GREAT THERAPY TO HEAL & ENJOY

The Covid-19 pandemic is definitely a new normal for all of us. We all are fighting to bring life back on track, and thus, we need to know about how to get inspired, guided and how to control traumatic stress, while developing and maintaining relationships and amplifying hope.

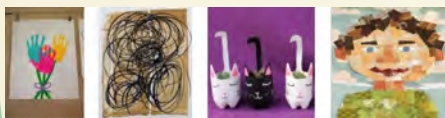
Art is a great therapy for mind, emotions, and very effective for health too. Art makes a deep impact on us. It can change our perspective towards life. Art helps and supports groups allowed for the expression of emotions both positive and negative, we can show gratitude, love, sadness, fear, anger through art.

During this lockdown when people are not able to move about and are not in contact with each other, the following steps at home can keep learning art enjoyable for them.

1. **Handprint** - Taking hand impression with paints is the easiest way to learn art.
2. **Collage** - Tearing the waste newspaper or coloured paper and pasting on recycled base (example: sheet, paper plate etc.) to make a collage with this simple technique.
3. **Art with nature** - In this, we can connect with nature or use anything from nature like green leaves, dry leaves, dry twigs and sand. They are a great way to relieve stress.
4. **Art with recycle material** - Use plastic bottles, tin boxes, cardboard boxes, waste newspaper. Make planters with discarded bottles and pen stand, and make some designs with paints on bottles.
5. **Doodle art** - In doodle art, one can scribble for releasing stress and make imperfect drawing and painting.

Lockdown or unlocking whatever the case may be, art has always been and will continue to be a major stress reliever.

Ms. Meenakshi Sharma
Art Teacher-MRIS Mohali



SHOULD THERE BE A LIMIT TO MEDIA FREEDOM?

Freedom for INDIA had been a long struggle until we got independence in 1947. All thanks to the freedom struggle that we INDIANS realise the essence of freedom and value it the most.

Our constitution has clearly mentioned in Article -19 "Everyone has the right to freedom of opinion and expression, this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers."

In the beginning of 20th century, it was the print media which flourished manifolds and now in 21st century, it has been extended to television and social media in particular. Freedom is vital for any society to progress but brings lots of discrepancies, if remain unchecked.

India is the largest democracy in the world where MEDIA is considered to be the fourth pillar of democracy.

Media brings transparency in the system, reaches out to the common man with authentic information about the social, economic and political issues of the country, keeps a vigil on the government by playing the role of critic, which makes the government more accountable, helps the government to reach out to the masses with its development schemes more efficiently.

This all sounds great until the media is responsible enough in realising its duties but when media becomes biased in any manner, the information which ultimately reaches the common man is not at all genuine and eventually, the society at large becomes misinformed and the true meaning of MEDIA falls prey to the biasness of a few media giants.

It is more apt to use the term "regulated media" for limiting the freedom of media in a society as in today's scenario of globalisation, time is less and work is more, so it is the media that keeps an individual aware and one is bound to agree with the information that one is getting through media. Critical thinking is highly influenced by media these days. Media has the power to instigate riots, change the course of the general elections, polarise the politics at large, etc. So, it becomes inevitable to keep a check on Media as well for unbiased dissemination of information and let truth reach the masses.

Government must draft a law which has the provision to penalise and punish the culprits of fake news and biasness towards any section of the society. Strict steps like these could only curtail the nexus of fake news.

In the end, let us recall the words of wisdom by Lenin, the great Russian Philosopher "If word is more powerful than bullets, then why should we permit every idiot or criminal to own a printing press?"

Ms. Navjot Thakur
PRT Mathematics





ROLE OF LIBRARY DURING PANDEMIC

In plagues and during circumstances like the current covid -19 pandemic, when data flare-up is huge, it is an ideal opportunity to help the general public to remember the significance of libraries and the job of custodians in getting sorted out and scattering the data. Precise data is the way to deal with the turbulent circumstance. Trade of bogus data is by all accounts on the ascent. It has caused a circumstance of 'infodemic' as expressed by the Director-General of the World Health Organization (WHO). This has influenced research work seriously as well as made disorder among the laypeople.

On account of exploration, genuine data from multidisciplinary data sources is pivotal for the improvement of antibodies, taking care of social issues, and to make rules and guidelines. Scientists are profoundly subject to libraries for dependable data. Most recent information about the progressing research is made accessible to specialists through peer-surveyed scholastic diaries, books & reports brought in by the libraries. These assets ought to be shared for scattering research results which assist analysts with settling on more proficient choices about the episode.

Exceptional lists of sources on COVID-19 are made accessible. Running virtual data administrations, curating the data hotspots for medical care experts, giving far reaching looking to confirm based data, keeping up electronic interlibrary credit benefits just as keeping up reference administrations are a portion of the remarkable endeavors by bookkeepers.

A library is the best asset to save individuals from bits of hearsay and falsehood in a pandemic. With actual libraries being closed, administrators are dynamic in giving on the web data administrations to the overall population. Numerous libraries are directing data education programs cautioning individuals about COVID-19. It is recommended that during the secured period, individuals can do relaxation perusing and composing.

The motivation behind the library is to protect and send the recorded information. Libraries and Librarians are indistinguishable from the general public in which they serve and the general public in which they live. Subsequently, a library in a pandemic is irreplaceable.

Ms. Monika Mukh
Librarian, MRIS Mohali



INCLUSIVITY AT MANAV RACHNA

"When we listen and celebrate what is both common and different, we become wiser, more inclusive, and better as an organization."
- Pat Wadors

Schools provide the context for a child's first relationship with the world outside their families, enabling the development of social relationships and interactions. Respect and understanding grow when students of diverse abilities and backgrounds play, socialize, and learn together. We at Manav Rachna completely agree that inclusion is an integral part for socio emotional development of every child present in the campus.

Teachers here not only act as mentors but also facilitators who always lend a listening ear to all the students irrespective of their intellectual, physical and social differences. Listening to small things like their day-to-day experiences, new discoveries and conflicts in their mind helps in building self-esteem of our students. We value diversity and the unique contributions each student brings to the classroom.

At MRIS, every child feels safe and has a sense of belonging. Not only teachers but students and their parents participate in setting learning goals; with this partnership, all round development of child is possible.

Teachers here have the training, support, flexibility, and resources to nurture, encourage, and respond to the needs of all students. We follow an inclusive curriculum in our school. It avoids binary narratives of good and bad, we adapt the curriculum to the learning styles of children with special education needs.

We enable the entire community-including mainstream and special educators, social workers, parents, and students-to work together and participate in the design, delivery, and monitoring of education, thereby, reframing inclusive education as a shared responsibility. Every child at Manav Rachna is special for us. We believe that all students learn differently. We help kids to understand that difference is just a normal part of life.

We believe in developing a culture that is inclusive for everyone and where everyone who joins feels that they have an opportunity to succeed and grow.

Ms. Navpreet Baweja
PRT, MRIS Mohali



THE IMPORTANCE OF DANCE DURING THE TIME OF CORONAVIRUS

Art transcends all barriers and boundaries. With art there is no race, religion, age or colour; just the joy of rhythm. The current Covid-19 pandemic is enough to daunt even the strongest, but dance with its unique power is already serving as a useful vehicle of hope and positivity to bring relief into a world that could be perceived as struggling under a huge cloud of uncertainty and gloom.

When one dances, one connects to the music and to the self. In that one moment, you become one with yourself and the universe. It is no wonder that throughout history, so many cultures have used dance as a way of meditation and connecting with the almighty. At a time like this, dance can also be seen as a way to meditate. In a way, dancing is many things rolled in one - cheerleader, doctor, priest, entertainer and physical trainer.

You dance to celebrate life and the gift of being born. You dance with gratitude, love and trust knowing all will soon be well. The world is dealing with something larger than life and while we take the time to pause and think of all those suffering, we must also take the time to celebrate ourselves and others and turn this world of gloom and doom into one of hope, love and togetherness. Today the air is cleaner, the sky is bluer, the trees are greener and life all around is dancing a dance of celebration. What better time to dance than now?

Ms. Anu Nain
Dance Teacher



WERE WE BITING OFF MORE THAN WE COULD CHEW?

(BITE SIZED LEARNING)

Portable speakers, compact iPods, pocket sized projectors, miniature perfumes, the list of bite sized things and our obsession for them is never ending. The convenience they offer without compromising on the quality of experience is unparalleled. The same inadvertently applies to the world of education too.

While we recently made it through the first anniversary of our first 'lockdown', the realisation that young learners were being made to bite off more than they could chew, choking them with an overdose of information, dawned upon educators the world over. Henceforth, the sudden surge in the trend of 'Bite Sized' education was witnessed, which focuses on improvising ways to achieve learning objectives rather than just on knowledge transfer.

This trend was so evident in the way MRIS educators delivered their online sessions using virtual platforms and teaching aids like on-screen interactions, virtual whiteboard, animations, multimedia, online educational games and reading apps and software. The main focus was not on trimming down the content delivered in terms of duration but on focusing on one learning objective at a time. This approach helped tide over the barrier between the educators and students sitting on opposite ends of their screens and helped in creating a unique connect.

The pandemic gave us the time to pause and think & ensure that we, as educators, improvise our strategies. Bite-sized learning is literally more consumable and makes for better knowledge delivery and retention and is the way to go in the world of e-education that ensures learning at one's own pace and place.

Ms. Kanika Nikhanj
Academic Coordinator
Early Years & Grade I



IS BITE SIZED LEARNING THE FUTURE OF E-LEARNING?

With the sudden revolution in e-learning during the lockdown, many new terms came into existence, one of them being bite-sized learning. Instead of delivering training over a continuous course, content is broken down into bite-size chunks so that the learners can easily fit them into a vacant time slot in their busy daily schedules. Facilitators ensure it's clearly annotated, indexed and even searchable so that learners can access the specific learning they desire on demand on their mobile device or PC.

Bite sized learning is an e-learning paradigm that has taken the world by storm. In a recent survey conducted, 94% respondents stated that bite sized online learning modules were preferred by them. This is a more effective way of learning in the modern age. Research suggests that distributed or bite-size learning delivered by e-learning can increase information transfer by 17 percent and results in greater understanding, application and retention than a day long equivalent.

Cost wise too, it can prove to be up to 30 percent cheaper. As you can see, bite-size e-learning is without doubt a solution to the current problem of a distracted learner, giving them the chance to learn at a time when they can offer their full attention and when they are at the peak of need of knowledge. Bite-sized learning enables students to access training in a way that feels comfortable to their different learning styles, whether that's watching a 2-minute 'how-to' video, reading a short article or completing an exercise. Indeed, Bite Sized Learning is the future of e-learning.

Ms. Ritika Bhasin
Centre Incharge (Grade-I, Visualisers)



MOTHER'S DAY SPECIAL

A Perfect Gift to Me
The God made a wonderful mother
A beautiful mother
He moulded her heart of gold
The shine in her eyes
Her smile of a sunshine
He made a wonderful mother
And he gave her to me!

Fatehvir Singh Minhas, Grade VIII (Kalam)



A MOTHER IS SYNONYMOUS TO WARMTH!!!

Our day starts with our mom sitting beside us. Always having a smile on her face and by giving us a warm hug. They pamper us, they scold us, they cuddle, and they cry! If moms would not exist, the world would be something different. Our mothers work non-stop during the day to fulfill our demands. They care more about us than themselves. You will never see your mom refuse to you for anything in the world. We would not have been here if our mothers had not been there. So, let's make this Mother's Day special for them!!

Happy Mother's Day!

Aameenjot Brar
Grade VI (Achievers)



MR INNOVATES - LETTER TO THE EDITOR

Navya Neil Modi
Klv Signature Towers
Mohali-70117-66926
April 5, 2021

Dr. Amit Bhalla
MR Innovates
Manav Rachna International School
Mohali

Subject: An App I Learnt During The Lockdown

Dear Mr. Bhalla,

This lockdown has been a very big problem for all the people, especially students and business men. It made studying difficult for the students as a higher percentage of them are unaware of the concept of studying online.

In my case, I feel online study very boring and then I do not have anything to do for the rest of the day and so I started learning video editing as a secondary work. I use Adobe Premiere Pro for editing. After learning for a few weeks, I was editing videos wonderfully and this secondary work of editing became my hobby. I started making meme and roasting videos, the people got attracted to my videos and some of them hired me as their video editor.

I converted this secondary activity into a hobby and utilised my free time during the lockdown. For video editing, you can message me on modiji1307@gmail.com or contact me on 70117-66926.

Sincerely,

Navya Neil Modi
Grade X (Panini)



THE WORD THIS ISSUE EMPATHY

Empathy is a practice of putting yourself in someone else's shoes. Empathy is when you feel someone's emotions along with them.

Example:- I have a pet dog. When he is sad, I feel sad and when he is happy, I too feel happy and we play. Few days ago he fell sick and he was very sad. I was worried and I too was sad. He can't speak and explain but I can feel what he feels.

Divnoor
Grade II (Everest)



MR PARENT REFLECTIONS

MRIS adopted a practical approach to learning during pandemic

"Parenting in itself is a beautiful journey. What make it even more charming are the various stops that we come across on the way. For my children and me, MRIS is one the most perfect stops. MRIS has proved that education is not just going to school but also the school coming to you. The last year has only added to this belief. MRIS has gone through us in the joys and difficulties.

The quality of educators, management, support staff and the technical staff is exemplary. Their readiness and training to deal with any situation is heartening. The passion and the engagement of the educators were palpable and were instrumental in fostering love for learning and wonder in my boys. The goal was lofty but the school made it look easy. The hands-on experience and practical approach towards learning benefitted my children immensely.

As a parent, I loved the flexibility of being able to take an active role in my children's education. I couldn't have been happier about my decision to enrol my children in MRIS."

Ms. Ruchi Pant
Parent of Agastya Pant, student of Grade IV (Indian Ocean)



THE GIFT OF EMPATHY

Empathy, for me, is being in your shoes, What you feel, I also do.

I am always there to say a kind word to you, No matter what you feel or go through.

The world needs people who laugh & cry together, People who always stand with each other.

I would love to give you my smile any day, Whether you are far or cross my way.

If I can cure even one heart in pain, I shall feel my living is not in Vain.

No kind deed is big or small,

Even the smallest effort stands tall.

Let's try and make this world happier,

Let all our smiles combine and make it brighter.

Agastya Pant
Grade IV

RIGHT EDUCATION INSTILLS CONFIDENCE FIRST

"This has been an absolutely incredible experience for our son and for us too; the teachers have always been kind, understanding and encouraging to our son. We are so grateful that he got to a point where he feels comfortable while talking in class and talking with his teachers without any hesitation; now he is more confident in his studies and we couldn't be happier seeing the transformation that took place. What more could a parent ask for?

Thank you to all teachers and Principal ma'am for such amazing support and guidance for Us!!!"

Mr. Shashank Sharma
Parent of Nevaan, Grade IV



TEACHERS GUIDE THE STUDENTS

RIGHT!

It is an honor for me to share my experience with MRIS, Mohali. Last year had been difficult for all of us, but I still remember the kind words shared by the Principal, Ms. Taruna Vashisht Ma'am, where she requested all parents to focus on the positive side of this pandemic. Ma'am also talked about how to be different and do same things differently. Her soothing words gave us all a lot of encouragement to carry on with virtual sessions.

My son Aarav's facilitators, especially Kanika Garg Ma'am, have provided unflinching support and care to all children of the class. They have always been a great guiding force to us and have always encouraged participation in all online activities.

It is really satisfying to see that the school focuses on holistic development of children. Please keep up the good work at MRIS, Mohali and may your banner keep flying high.

Ms. Komal Khurana

Parent of Aarav Khurana (Toddlers, 2020-21)

IT WAS A HOME-SCHOOLING EXPERIENCE FOR ME WITH TEACHERS!

The most challenging aspect of this pandemic period was education. When parents and children collaborate in learning activities, bonding between parents and children increases as they are able to spend much more time together.

The experience of home-schooling a child, albeit with help, has been really interesting. In comparison to the other schools, MRIS set an exceptional example for education and helped children learn and grow while staying safe in their homes. At the beginning, things were new and we took some time to understand the technology. But through the dedication of his Centre In-charge and all the other Activity In-charges, Aayansh started responding and even looking forward to his online classes. Studying at home has also allowed family members to spend more time with Aayansh and gain a deeper understanding of his strengths and

weaknesses. From paying attention to actually learning something every single day, the virtual class has generated great respect for his teacher's patience and perseverance.

The regularity with which MRIS keeps coming up with activities, projects and competitions shows the amazing effort they put in, which is quite laudable. They have managed the transition from school to home so smoothly that we hardly notice the difference anymore.

Home-schooling and online classes have become the new normal for now for us.

Ms. Sheetal Garg

Parent of Aayansh Garg- Grade-I



I THANK MRIS FOR BEING A CHILD-FRIENDLY SCHOOL!

At the outset, I wish to wholeheartedly congratulate the MRIS Fraternity for being a truly child centric, focused and child friendly school. I would like to congratulate and thank the teachers for the tremendous effort they all put in everyday despite this pandemic. My son Harnav has grasped numerous life skills taught to him that he will carry for the rest of his life.

I am indeed deeply grateful for all the love poured into the development of these toddlers under every teacher's guidance and hard work. I'm left with the feeling of not being able to express enough in words and I would like to thank MRIS once again for its commitment towards all the students.

Dr. Amanpreet K. Chhatwal, mother of Harnav Singh Chhatwal, Toddlers 2020-21

THE TREND OF HOMESCHOOLING - A FRESH START!

The current Situation wherein Covid-19 has abysmally affected our mind and soul with challenges in many sectors and Education is one of them. Paradigm shift from Physical to Virtual medium for Kindergarten students is never easy. Blackboards replaced with Power Point and Videos on virtual interface. Children were somewhat forced to remain indoors with confined environment requiring psychological oxygen and morale boosters. Initial days were testing for Teachers, Students and Parents at the same time but under able guidance of the MRIS Management and faculty the transition was smooth and teething issues were amicably resolved by them. Teachers have not only been able to gather attention of students and keep them interested over the duration of classes but also nurtured them to learn critical aspects of innovative learning through efficient use of Technology. All thanks to her Centre Incharge Ms. Ritika for that. The assignments and course content were adapted in content with COVID 19 situation that has led to better grasping power and learning of children. I am witnessing improvement and yearn for knowledge in my daughter, which is priceless and helping in building strong educative foundation.

We are privileged to have MRIS teachers and administration as our Support system for the development of our children. Continue the Good work team MRIS, we are thankful for your untiring and endless efforts.

Ms. Niti Kohli

Mother of Anandita Wason- KG Mars



AN EXCITING JOURNEY WITH MRIS!!

The journey as MRIS parent has been exciting and fun filled irrespective of the unprecedented times of COVID 19. The team MRIS has put its best foot forward to make this ride intriguing and comfortable for both parents and students. A big note of thanks and kudos to team MRIS.

Ms. Gurpreet Kaur, parent of Rehmat Kaur, Toddlers

MR STUDENT REFLECTIONS HOW I UP SKILLED IN THIS PANDEMIC?



GOOD CHANGES ARE ALWAYS GOOD

Time spent with my family and myself has been a great experience and I am still learning from it, in other words, it is a mixed bag of the different skills which I have learnt but differently.

I have figured out how to value nature more, because of the development of our nursery and from my strolls around my area just as the path close to my home. A few of the youngsters have accepted the open door to seek after self-awareness. Although the isolation has been troublesome, it permitted me more opportunity to read for explicit subjects and get old diversions once more.

Self-isolation allowed me a chance to chip away at my specialty abilities a ton and I am so cheerful on the grounds that it makes me stand with pride that I am improving and testing myself by drawing. I have additionally been making a ton of music, playing a wide range of instruments. This time has been incredible for rehearsing.

I am appreciative that I have my folks and sibling with me, and I have been attempting to invest additional work to call my grandparents who are all the more desolate.

I have been investing a ton of energy with my younger brother Jai and my family. It has been ideal to assemble our associations with each other and invest energy doing what we haven't done in quite a while. I'm learning the estimation of straightforwardness and focusing on connections.

Penank Mukh
Grade VI (Scholars)



I LEARNT SKILLS FOR LIFE!

In the pandemic, I have learned and done many new things and honed my skills, and I'm fascinated of what a bit of free-time can do for you and your way of life.

My passion, my mind & my heart; it all goes to Astronomy. So, I've started to take astronomy classes under Sarvesh Bhardwaj: an Indian Planetary Scientist & Member of the Planetary Society, USA as well as an organizing partner of Vikram Sarabhai Astro-Quest, New Delhi, India.

Under his teachings, I've learned many new concepts and theories about Space-Time and the Cosmic Sea, including Einstein's Theory of Space-Time, Newton and Gravity and even about the science of Planispheres.

I've also learned new skills and techniques in piano as well, under Anuja Rishi. She has guided me and now that I'm in Grade 3 of Piano, it seems as I've learned a lot. This includes new fingering techniques, scales, exercises, and of course, all new songs: The Entertainer, Jericho, Study in D Minor, Hound Dog, nDcrr Agnt (Personally I don't know why it's spelled 'Agnt', but of course, it's the writer's choice). And now soon, I'll be appearing for the Grade 3 Trinity Piano Exam and maybe will go to Grade 4!

At the same time during the pandemic, I even learned Python (The Coding Language not the Snake)! I've exercised my hobbies and am currently learning on how to Wheelie and Stoppie on a Cycle (it being my favorite sport; who knows, it might get added to schools one day). I have been practising my Magic Skills and Cooking as well, and I'm still trying to grow my YouTube Channel and trying to monetize it. I've visited many places, all the gardens in Chandigarh, all the malls, and even the biggest adventure parks in Shimla! I do love travelling and vlogging! I and my best-friend Faiz are still trying to compete in reading books, by Rick Riordan and J.K. Rowling. I even spend some yo-yo time when I'm bored, and spend the same in learning new tricks from Mark Hayward on YouTube.

All in all, during the pandemic, I think my life has actually gotten better, learning new skills & researching to life's questions and problems; the pandemic has been great so far.

Aaryaman Chaurasiya, Grade VIII (Kalam)

MRIS MEDIA CLUB



HITCHHIKER'S GUIDE TO THE GALAXY- DOUGLAS ADAMS

I quickly realised that it was going to be impossible for me to sift through hundreds of digested books floating around my sub-consciousness & fish out this gem. So, I asked myself, if a Vagon constructor army *spoiler alert* were about to demolish Earth, which book would I rucksack before thumbing off the planet? It instantly reminded me of this book.

The hitchhiker's guide to the galaxy by Douglas Adams is a common example of the common English humour: dry but hilarious. It is a unique trilogy consisting of five novels and a short story that still has to be concluded definitely.

To read the hitchhikers guide to the galaxy, you need to step into the garden shed of a marverick genius when he is out to discover what ideas are floating around. Through the journey of this perplexing world, you need to remember two words "DON'T PANIC".

This is the story of two human beings who survived the Earth's destruction and their adventures in the space time to the meaning of life, in Artur Dent's case finding a decent cup of tea.

Douglas Adams goes to extreme lengths to describe how technology in the space works- such as the Babel Fish that translates any and every language for you or the Improbability drive. It clearly bonkers to the 'Brownian Motion' (one of the first contributions of Einstein in the field pf physics).

It is surprising to know how this book read at the age of 12, primed me with so much science and physics. I realized how the English language could be made to so amazing things & defy all rules while still making hilarious sense.

Gurpreet Kaur, Grade VIII (Kalam)



ALEXA & KATIE

Alexa and Katie is a Netflix Series that released in 2020. It has 4 seasons. In

this series, there are two best friends named Alexa and Katie. They both can't live without each other and thus, make a lot of sacrifices for each other. Alexa had cancer and went through chemotherapy. In the first episode, when Alexa starts losing her hair due to the medication; Katie supports her and shaves her head too. They were childhood friends and had a meet-tree, where they used to discuss different things that happened during the day. This show also tells how their high school went with wigs, problems, friendship-insecurity and much more. This show is funny and hilarious and also, watching it with family is more fun. It also tells how Alexa was scared of cancer even after she was cured; she always felt anxious about cancer re-entering into her life but her family and Katie were always there and helped her overcome this fear. It also tells how diseases like cancer not only affect the patient but also affect the patient's loved ones. The show also talks about Alexa's lover, Spencer who also suffered from cancer. Katie and Aiden also had a fun love story.

Overall, this show tells the viewer that even with many problems, diseases, anxiety, stress and insecurities, we always have that medicine which surrounds us with love and happiness. And there is always a friend who has got you back.

Indrusha Pillai
Grade VIII (Kalam)



MY BOOK OF IMAGINATIONS

Harry Potter is my book of imaginations, and whenever I read it, I

imagine it is real. The only best friend I have is my book. I also have other friends, but none of them is as close to me as my book. I sometimes imagine that the "Howards School of Wizardry and Witchcraft" is real.

Harry Potter is a series of seven books, which was also adapted as eight movies. J.K. Rowling is the author of this award winning series of these seven major books. She has also written seven minor books. This book explains all about the wizardly world and its significance.

Every festival - like Christmas, Halloween, New Year was celebrated at Hogwarts with decoration of the school and a feast - with plenty of food for everyone. The teachers took the decision wisely for the students and for the education of magic. There are many sorts of curses one could do in magic; some were legal and others were illegal. Students are taught how to fight against the illegal curses and their defence in the dark arts class.

There were different types of classes: 'Divination'- in which one gets to know about their future; 'Potions'- in which students learn about the magical types, causes and uses of potions and how to make potions. There are rules and regulations on the magic world and if someone breaks the rules, they are punished by the ministry of magic.

There are many tournaments that take place at Hogwarts, some are meant for everyone while others are not. If anyone takes part in the tournament that is not appropriate for their age, they are directly taken to the headmaster of Hogwarts - professor Dumbledore. Dumbledore is a kind and humble man, with a very long and silver beard. He wears spectacles, a long hat and wizard robe.

At Hogwarts, even muggles (non-magic people) are allowed to study. The students get timetables at the beginning of the year, which tells them about the schedule of their classes. The school has a hostel and is a boarding school, so everyone has to stay at Hogwarts. Every year, everyone gets an opportunity to visit their family on Christmas. The children are dispersed and go home on a train called "Hogwarts Express". The children come back to school after their break on the same train.

When the students are at Hogwarts, they feel like they are at home as Hogwarts is a second home for them. Teachers take all precautions for the health and safety of the students. If someone is not feeling well, they are sent to the hospital wing immediately.

The currency in the wizardry world is galleons. One needs to buy books, parchment and other things at the beginning of the year. The students are there at Hogwarts for seven years. Students are eligible for admission at Hogwarts at eleven years of age for the first year. The students are meant to do a lot of hard work. If you want to be at Hogwarts you have to be focussed, disciplined and hardworking. One has to wear black robes as uniform in the school. The students have their own trunks to pack their clothes and wizardry stuff. The students leave the parents at the age of eighteen and do jobs to earn money and support themselves.

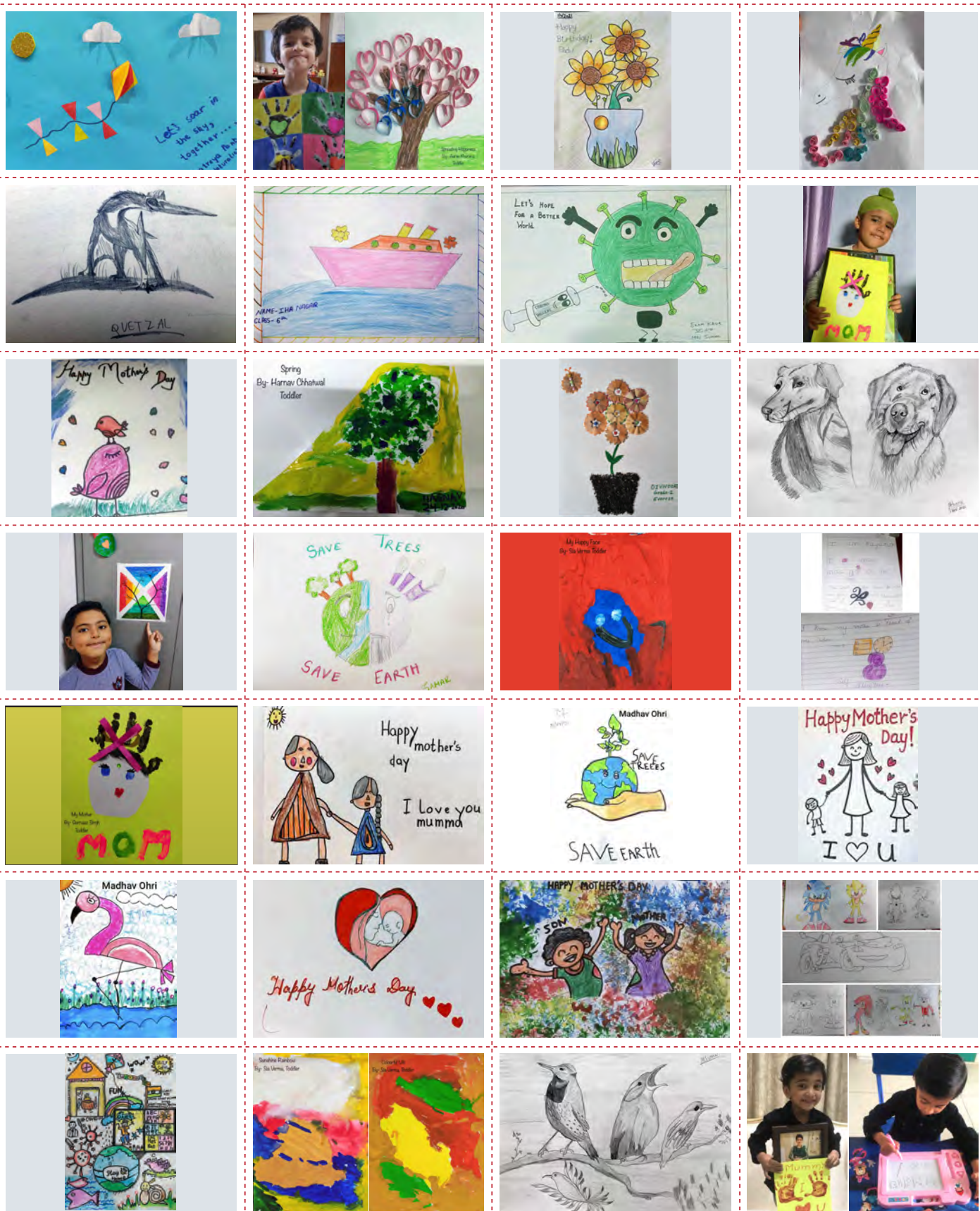
Everyone at Hogwarts is not meant to tell muggles (non-magic people) about magic and the wizardry world. Every witch and wizard like the board game of wizardry chess in which every soldier, camel, horse, king, queen etc. move to the next space on their own when the wizard or witch tells them to move.

In the wizardly world, performing illegal curses is considered to be very rude. A wizard does not know how to operate muggle things if they are non-muggle wizards. People in the wizardry have house elves to work for them. House-elves are creatures who are born as slaves. Once their masters pass them a cloth, they are free from slavery, but most of the house elves do not get freedom. These magical creatures can do magic when they are slaves. Once a house elf is free, it can even play tricks on its master.

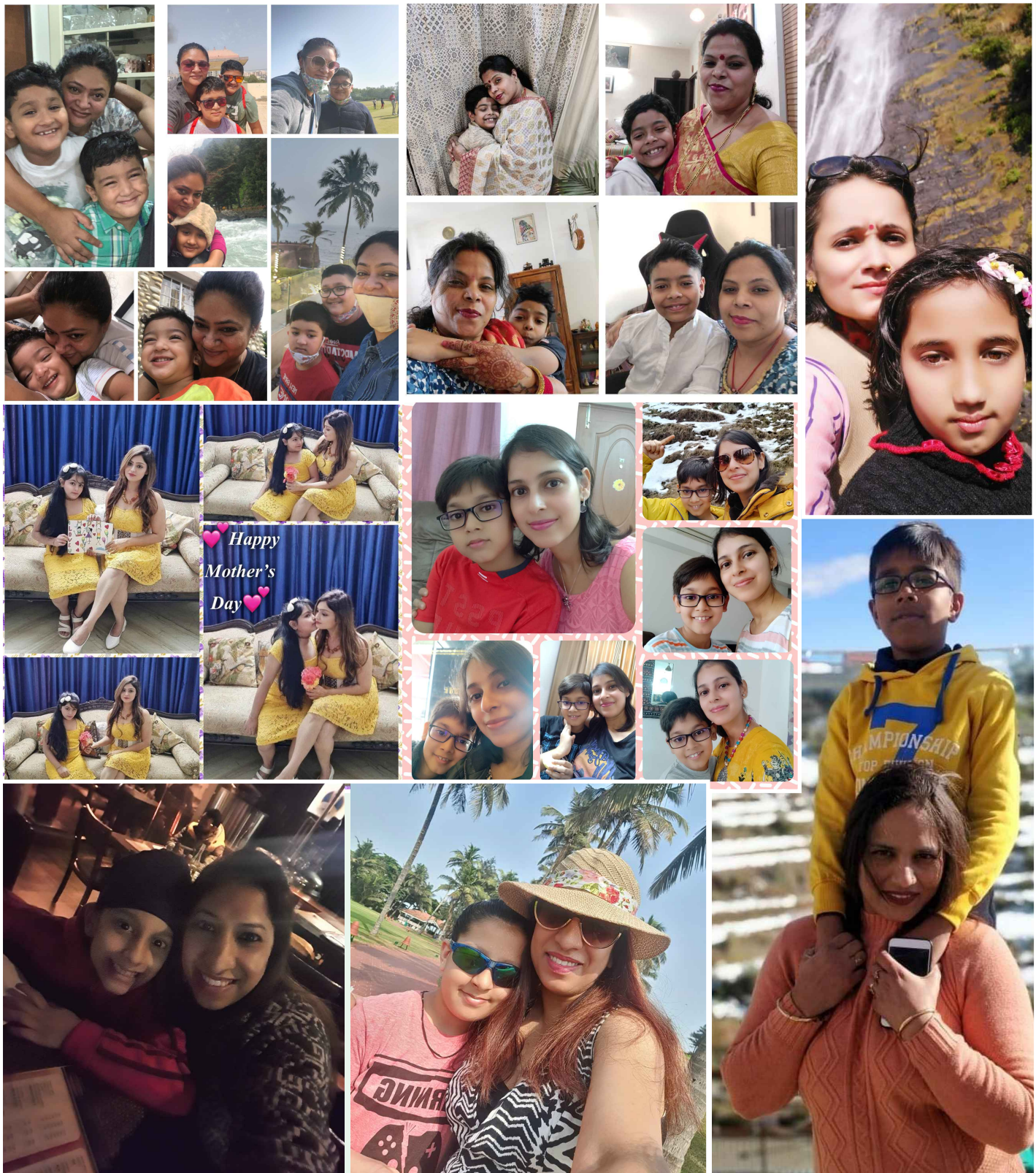
Diva Azad, Grade VI (Scholars)



ART CORNER



SELFIE WITH MAA



EDUCATION TRENDS IN THE COVID WORLD



Learning- A Makeshift Arrangement or the Future of Education?

I'll begin from the beginning. Eons ago (at least that's how it feels) 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! My dear life and the entire cosmos, issuing a disclaimer now, I don't take me seriously, why did you? Why?

Honestly, it was fun waking up late during the WFH and lockdown, trying various dishes that looked so doable and delectable and also enlightening when 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 Maggi.

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
- Recorded Class Transcripts are just to name a few.

All learners whether Auditory, Visual or Kinesthetic are being catered to. 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 is abounding with 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 learning and teaching must go on, we would work all the hours that God sends, as this too shall pass.

Utplakshi Sharma
Science Dept.



संघर्ष

संघर्ष का दूसरा नाम ही जीवन है। ध्वंस में ही सृष्टि का बीज प्रतिफलित 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 कोरोना काल जैसी चुनौती एक सुअवसर रूप में प्रस्तुत हुई। समयाभाव के कारण जिन कार्यशालाओं, संगोष्ठियों व प्रतियोगिताओं का हिस्सा कभी- कभी न बन पाने के कारण मुझे खेद रहता और असंतुष्टि की स्थिति रहती, वह अभूतपूर्व रूप से महाअवसर बनकर उपलब्धियों के रूप में मेरी झोली में आ गिरी। इससे मेरे ज्ञान व प्रतिभा को प्रखरता, दृढ़ता तथा ऊंचाई प्राप्त हुई। अतिरिक्त अभ्यास व लगन से विभिन्न प्रतियोगिताओं में सफलता, विभिन्न गोष्ठियों संगोष्ठियों एवं कार्यशालाओं में वक्ता संसाधक, विभिन्न श्रेष्ठ समूहों तथा मंचों की सदस्यता व भागीदारी, विशिष्ट संस्थाओं के मुख्य पृष्ठ पर साक्षात्कार, तकनीकी दक्षता, लेखिका व श्रेष्ठ कवयित्री रूप में एक आदर्श तथा अविस्मरणीय पहचान मिली। विभिन्न संस्थाओं व मंचों द्वारा मुझे राष्ट्रीय व अंतरराष्ट्रीय स्तर पर सम्मान व प्रशस्ति पत्रों की प्राप्ति हुई, यथा काव्य -स्वर्ण सम्मान, साहित्य संगम सम्मान, नवांकुर रचनाकार सम्मान सर्वश्रेष्ठ व श्रेष्ठ काव्य- रचना सम्मान और ऐसे ही अन्य।

इसके अतिरिक्त विभिन्न पत्र-पत्रिकाओं में रचनाओं, शोध पत्रों व प्रस्तुतीकरण 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। 'जहां चाह वहां 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 सुप्त कलाओं 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 उच्च व नवीन धरातल पर लाकर खड़ा कर दिया।

Anjani Sharma, TGT Hindi





FIVE QUESTIONS WITH MAA

A Memorable Chat

Question 1: What would your dream vacation be like?

Answer: After being at home for more than a year, thinking about vacation is quite weird (laughs). But if I had to choose my dream vacation it would be all four of us chilling at some beach probably in the Maldives.

Question 2: You are always after me, forcing me to eat this, drink that and scolding me for not eating much, were there any fruits or vegetables you didn't like as a child?

Answer: (laughs) truthfully speaking, as a child, I hated bottle guard and bananas. In fact, I still hate bananas. I remember my younger brother eating my share of bananas when I would eat slow, he loved bananas and I would be so grateful to be saved from a scolding from my parents.

Question 3: Who was your favourite actor when you were younger? What was your favourite movie then?

Answer: Madhuri Dixit was very popular during the 1980s and 90s. I think Tezaab was my favourite film of that era, even your generation knows of the song Ek Do Teen and what a massive hit it was.

Question 4: What sports did you play as a child?

Answer: I wasn't a complete sports enthusiast but I loved playing badminton and volleyball. I played badminton with my friends in my colony. As for volleyball, I was a pretty good player and represented my school in various inter school tournaments.

Question 5: What's your favourite childhood memory?

Answer: My favourite memory as a child would be the day I spent in Gulmarg when I was 12. I did sledging for the first time, was the only one of my siblings who decided to do it. Going down through the ice, the thrill and adrenaline rush, it felt amazing and that's of course why I remember it.

(Special thanks to my Mumma Renuka Sharma)

Karishma Sharma
Grade XI Mendel



MY MOM-MY CELEBRITY

"Mothers are the biggest bloom in the bouquet of life."

If I made a list of the people I admire, my mother would probably fill more than half of it- She can do anything and everything in a jiffy. When I start describing her, all the words and adjectives in the world fall short. She is nothing less than a celebrity for me, which is why I decided to take her interview.

Manya: Which sport did you love and play as a child?

Mom: I never realized the importance of sports as a child. I used to play badminton, but not very frequently. Later in my life, I recognized the importance of sports for one's physical and mental development.

Manya: What do you prefer more - Hills or beaches?

Mom: As a child, I was fascinated by the serene beauty of the hills. But now, when I have grown up, the stillness of the hills does not attract me anymore. Rather, a sunny beach is where I would prefer to go for a vacay.

Manya: What is your idea of a perfect breakfast?

Mom: Oh! I relish eating hot aloo parathas with white butter!

Manya: As a child, what did you want to become when you grew up?

Mom: Education is very close to my heart. I dreamt of opening my school and becoming a Principal there.

Manya: What was the best present you received as a child?

Mom: Oh! receiving a big packet of sketch pens used to be like heaven for us.

Wow! The interview was quite insightful. Someday I would love to take my mom to a beach and treat her with aloo parathas.

Manya Gupta
Grade X Leibniz



KNOWING MOM BETTER

What is the most fulfilling part of being a mother?

The best part of being a mom is the unconditional love we have for our children. Watching them learn, grow, and become individuals separate and distinct from you. Loving them for no other reason than that's what you want to do. Seeing them love you and others.

What was the most annoying thing I did as a baby?

When you were 3 years old you felt the need to narrate everything, loudly. We were on the bus going downtown, it was constantly, the bus is stopping, the bus is moving, people getting off, oh look buildings, clouds. I didn't mind it too much since I liked that you were observing things but you had to yell out your observations. I tried to get you to tone it down but you kept forgetting after 30 sec and went back to yelling.

What was your favourite snack when you were young?

Since childhood I've loved Papdi Chaat. Back in the day, every time I used to go out that is all I used to have. The sweet-and-spicy flavour is so rich, it gets me everytime. I still love it as much as I did before.

What would your perfect day be like? Describe it.

Early morning waking up late without any rush to do the chores, going to my mom's place and spending time with her, meeting some friends and having heartfelt convos, do some fulfilled activities with my children or go for an outing. Also a day of exemption from preparing lunch & dinner would be a blessing.

If seasons never changed, which would you most like to live in eternally?

Most definitely autumn. It's not too hot-not too cold, just how I like it. Everything looks very lovely and pleasing.

Yukta Thakran
Grade XI Einstein





MY MOM

You make the sun shine on a cloudy day,
A flawless person to all, you portray.
The love you gave is so true so pure,
Keeping me forever, safe and secure.

You make flowers bloom merrily in spring,
For soaring high, it was you who gave me wings.
You make the coldest day cheerful and warm,
You seem like a goddess in a different form.

When I am sick, you sit beside me each passing second,
You are the tenderest person, I must reckon.
You love me even in the darkest of times,
Your voice I relish, is as melodious as chimes.

You are at cookery and painting, the very best,
Magical qualities and talents you possess.
You are greater than the warrior fighting by,
Honestly speaking, on you I always rely.

Your scolding is a blessing in disguise,
I must say, you're the sweetest apple of my eye.
Remember this, I will always love you,
I'll try my best to never make you blue.

Tanya Srivastava
Grade VII Ptolemy



MOTHERS OUR GUIDING STAR

My Mother: My World

"A Mother is the one who can take the place of all others, but whose place, no one else can take."

The 2nd Sunday of May is quite a memorable day of our lives. Yes, I am talking about a special day to honour, love and respect the person we always look up to, our mothers. This day is dedicated to care and appreciate her selfless contributions to us and the society.

Mothers are thought of to be one of the most powerful beings on Earth. The greatest kind of love is a mother's love in any species.

Have you ever pondered upon how much she has loved us?

From teaching us manners to staying right by our sides throughout countless days and nights, this amazing person has cared for you, is beyond calculation.

One can never alone repay the unconditional love and gratitude given by their mothers; but what we can do is to start caring for them, now. The best way to celebrate the auspicious day is by giving her a day off and little tokens of appreciation like gifts and handmade cards, or even by giving her a relaxing breakfast-in-bed! I can't wait to have a blast with my mom by spending time and loving her.

Tanya Srivastava
Grade VII Ptolemy



MY SUPERHERO

My Mom is my Superhero
She is the best
My mom is my Superhero
She outshines the rest

Sick or not
She takes care of me
Doesn't want the same
Though I love her and that she loves me

Amazing, Loving, Beautiful and Patient
Are a few words that describe her
But none can even scratch the surface
If they describe my Mother

She loves me with all her heart
Scolds me when I'm rude or lazy
But she finds when I'm lost
And comforts me when tears make
my eyes hazy

My Mother is my Superhero
She is the best
My Mother is my Superhero
She outshines the rest

Shreya Mahesh Iyer
Grade VIII Bose





MY MOTHER, A SUPER HERO!

Everyone's Savior

My mother, does not look like a super hero but inhibits all the qualities of a hero. From the hour she wakes up, she starts doing the house hold chores. She manages office along with kitchen. Sometimes, when she scolds me, I think that she does not love me, doesn't give me time and from now, I'll never talk to her again. But then I realise that it was my mistake and not hers. I go to her, apologise and she hugs me tight. The feeling and warmth in that hug can only be given by a mother. we feel that she always takes out her frustration on us and we are like her soft toys but, her intentions are very different than we think. We are never able to understand how our mom thinks but she, she without saying understands our feelings, our words and are problems. She has a secret ability hidden inside her which cannot be described by anyone. She would never share or show her emotions to us. we just listen to her and take her sayings for granted but then, when we are in a problem, our mouth automatically speaks out the word, 'mother'. She has the ability to feel and understand others, she has the ability to forgive others, she has the ability to care and the ability and right to scold us. There is love and care in her scolding as well, the thing we need the most, is to feel how our mother feels. When we are sick, she is the only one who is there for us, she gives us blanket, she gives us medicines and most importantly, she gives us her precious love to us. In the whole world, she is the only one who is the closest to our heart, we fight with her, we share with her, we laugh with her and we play with her. She will always be there for us no matter what happens. We can give up on each and everything but she cannot. She is the one who gives us hope and tells us that everything is possible, she is the one who becomes our friend when no one's there and she is the one who gives us advice and saves us from our difficulties. She supports us in each and every part of our life, whether it's our bad or our good time. She is our best and most important friend and no one can ever take her place!

My mother is more than a super hero, because she has the qualities which are beyond even a super hero.

Kashvi Soni
Grade VIII Bose



MY MOTHER, MY HOME

"Mother is the heartbeat in the home; and without her, there seems to be no heart throb."

-Leroy Brownlow

My mother is my super hero. Why super hero? Because just like a super hero, my mother protects me from all the dangers coming towards me.

She teaches me how to face these challenges and develop a positive attitude towards life.

Whenever I cry, she comes to me. At times, I am depressed in some situations she herself gets to know the reason and tries to solve it without me asking for help from her.

Again, a super hero is a person who defends and makes the people of the world come together and live with peace. My mother is also the button of the family who holds everything together.

She is the most hardworking member of the family. She gets up early in the morning, prepares breakfast for the entire family and does all the household chores. She herself doesn't eat until we do because she loves us.

Although she gets angry, but not unnecessarily. She gets angry when we continuously commit the same mistake. She does this because she doesn't want that we create some nuisance later in our life.

Although my teacher teaches me numerous concepts but whenever I have a doubt while studying at home, I always rush to mother. She leaves all her day long work, just for teaching me few concepts.

I can't tolerate when tears come in her eyes. Therefore, I quickly wipe the tears streaming down from her eyes, hug her warmly and make her feel happy.

Above all this, I believe that mother's happiness is my happiness. A day without her is a day without my life line.

Arush Dua
Grade VIII Bose



KNIGHT IN SHINING ARMOR

My mom is my knight in shining armor She has nurtured me to be a good human being. She has been

my teacher since the moment I came into this world, whether it was learning how to tie shoelaces or doing algebra. A mother, by definition, is a woman in relation to her child, but to me, she is a lot more than that.

When my mother was young, she led a challenging yet happy childhood. She worked hard to complete her studies with limited means and thereafter shone bright in her professional life. She did all this so I can lead a comfortable life.

She is a very outgoing, cheerful and an adventurous person. She is the glue that keeps the whole family together and it is always family first for her.

She still makes a lot of sacrifices. If there is less food prepared, she will give it to others & take little herself.

A superhero is a person who risks his or her life to save others. I believe my mother does the same.

Saanvi Bhola
Grade VIII Bose



MY PERSONAL SUPERHERO

Not all heroes wear capes, some are near you disguised in their mundane form.

Mothers are the best example, they support us, teach us and most of all help us.

My mother is the epitome of selflessness and diligence.

She always prioritizes family first and makes sure she does what's best for the family.

She is there to support me when I am down and out.

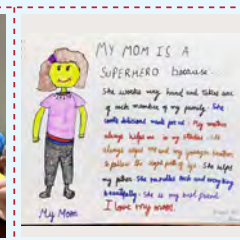
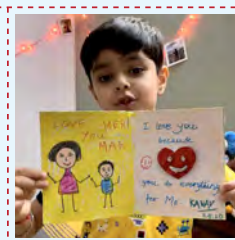
She is present to guide me when I am in need of it.

She is present in the good times to celebrate and in the bad times to share my griever.

She protects me from the bad and cares for me the most. This is why I say, "My Mother Is My Superhero"

Harkeerat Singh
Grade VIII Bose

ART CORNER



EDUCATION TRENDS IN THE COVID WORLD



SOCIO EMOTIONAL LEARNING

Social Emotional Learning (SEL) is an integral part of our education and human development. In today's world, SEL can be the all-essential process that allows young people and adults to acquire and apply skills, knowledge, and right attitudes to developing a healthy identity. SEL can help people manage their emotions while also achieving their personal and collective goals. It allows us to feel and show empathy for others, establish and maintain healthy relationships, and also improve the ability to make responsible and caring decisions.

Years of extensive research have shown that the combination of social and emotional skills together contribute to student's academic achievement and well-being while also preparing them for their overall well-being. The faculty at Manav Rachna helps children in learning social and emotional skills while also helping them in learning how to apply this in real-world situations.

There is a pressing need today to conceive education in a more encompassing manner and we ensure that students become academically as well as emotionally and socially competent. Socio-emotional skills are best understood as being the beliefs and attributes that allow students or children to manage them and their relationships with others. Being aware of one's strengths and weaknesses, having the ability to manage stress and to self-regulate in challenging situations, and making a choice after weighing both the pros and cons in any life situation is what we teach students while enhancing their socio emotional skills.

All these skills remain malleable throughout life, and there is a huge body of evidence that shows that these skills are what actually predict academic success and positive long-term outcomes for a student.

SEL can help advance education equity and excellence through authentic partnerships that include the school, family, & community. SEL can help address several forms of inequity & empower young adults to create a thriving society in the future and hence it should be an important part of the current education system.

Ms. Roopal Wadhwa
TGT Mathematics



MRIS ANOTHER NAME FOR INCLUSIVITY

If there is a place that defines inclusivity, it has to be Manav Rachna. I write this piece not just as a teacher associated with MRIS Charmwood for the last 10 years but as a mother of a child with special needs.

My son joined MRIS CW as a 3 year old in Toddlers and currently (at 13 years) studies in Grade VIII. When I got him admitted to school, I was not aware of his condition. However, the teachers observed his performance in class and started giving me regular updates about his progress.

My son's class teachers as well as the heads of the school were extremely supportive and encouraged us to seek professional help for him.

In each class that my son was promoted to, he received immense love, affection and attention from his teachers and classmates. All his teachers sensitized his classmates towards him and encouraged them to interact and communicate with my son.

The teachers modified the syllabus according to my son's capabilities and helped him at every step. His special educator at school trained him wonderfully and ensured that he utilized his time effectively in school.

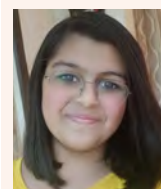
The support of the school's heads has always been tremendous. They have all showered my son with immense love and have always encouraged him.

I feel blessed and am full of gratitude that both me and my son have been a part of the Manav Rachna family. Being associated with them has made our journey smoother.

Ms. Vasudha Dixit
Primary Wing teacher



Getting to know Ma



Q 1) What Bollywood trend did you follow when you were in college?

"There was a white colored suit famous from the blockbuster film Maine pyaar kiya which was trending at that time so I also got that suit made and got a haircut like actress Bhagyshree. Madhuri Dixit was my fashion icon at that time."

Q 2) Would you rather stay in a luxurious mansion in India or travel the world while living in small cottages?

"I would rather travel the world because seeing new places and learning about their history is a thing that fascinates me."

Q 3) A glance at the future or correcting a mistake in the past; what would you rather choose?

"I would like to glance into the future because one should not dwell on the past."

Q 4) Do you think that the pandemic has a positive side?

"Everything has a positive side. It gave me more me time and I got to learn more about technology."

Q 5) What is the one thing you really wanted to do but never did?

"Hotel management is the one thing I wanted to study. However, I can proudly say that now my home is as charming as a hotel."

Akanksha Chandhok
Grade IX Aristotle

MY MUM, MY SUPERHERO



My mother is my superhero because despite being a person with special needs, she has given me the best upbringing.

Guryash Pratap Singh
Grade III Asia



My mother is my superhero because she always motivates me to become a good human being by facilitating me in my daily chores and studies.

I know my mother was proud of me when I brought laurels to my school and family by doing my best in studies as well as in other activities.

When I am older I will cook my favourite meals together with my mom.

Unnabh Sharma
Grade IV Southern Ocean



My mother is my superhero because she can do anything.

I know my mother is proud of me when I do good in my tests and when I respect others.

When I'm older my mom and I will shop a lot and help each other in making things easy.

Tvisha Goel
Grade IV Southern Ocean



When I'm older, my mom and I will be the same as we are now: cheerful, caring and crazy. Although my maa often jokes that I will change when I will get married! She looks so cute when she cracks silly jokes.

When I am older, me & my mom will plan a "shop till you die" day. I will prepare delicious, finger licking and mouth-watering rasmalais for her. I will gift my mother a big nursery where she can plant as many plants as she wishes to.

Pragmay Agrawal
Grade V Nelson Mandela



My mother is my super hero because she is the strongest human being I have ever met and she also has the kindest heart. She works harder than required and is the most important person in everyone's lives.

Pranjali Nautiyal
Grade V Alfred Nobel



My mother is my superhero as she takes care of me and my family. She always protects and guides me.

Yohaana Dogra
Grade III North America



My mother is my superhero because she protects and guides me. She does everything patiently with affection and understanding.

Yash Das
Grade V Alfred Nobel



I know my mother is proud of me when I help and respect everyone. Her eyes shine when people appreciate my caring nature.

Saanvi Sharma
Grade II Aravalli



My mother is my superhero because she protects and guides me. She is the most precious and tender person.

Maanya Nakra
Grade II Nilgiri



When I'm older, my mom and I will go for long holidays to Goa, Europe, London and North America. When I will complete my studies in law, I will do my training with my mom

under her mentorship. I will also be a helping hand to my mom and drive her to the office and courts, so that she doesn't get tired of driving all day. On weekends, I will take my mom out for picnics, parks, movies, dinners, shopping and parties. I will also treat her with a delicious walnut ice-cream. When I will become a judge, my mom will be so proud of me.

Atharv Madan
Grade III Europe



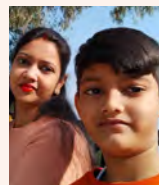
My mother is a superhero because she has played an important role in shaping me as a person through her thoughts and her teachings.

Guransh Gill
Grade V Mother Teresa



My mother is my superhero because she has the superpower of kindness.

Chitranshi Sah
Grade III Africa



My mother is my superhero because she is a strong human being and has the kindest heart.

Ayush Gupta
Grade IV Indian Ocean



I know my mother is proud of me when I achieve something or when I am trying to do something good and I succeed.

Parth Kumar
Grade IV Indian Ocean



HOW I UP-SKILLED IN THIS PANDEMIC

First Time Cooking

I was talking to my friend and she gave me the recipe of chocolate lava cake. I asked my parents if I could make it, but we were not sure about the recipe that my friend had shared.

So we decided to experiment and bake a cake by innovating. We only made a small one but it turned out to be delicious. After few days I made my own cake.

Following this, I wanted to make something different so I tried making capsicum filled with vegetables and cheese.

I then tried my hands at making mashed potatoes, potato chips, salads, beetroot, veg balls, sandwiches etc. Now I want to be a baker or a chef.

Arohi Gupta

Grade III South America



MOTHERS: OUR GUIDING STARS

Most Important Person

Mother is the most influential person in the life of every individual. She is a very hard-working person. She plays a crucial role in the development of her child. She is like a guiding star, teacher and best friend for her child. My mother manages everything in the house and take cares of me and other members of the family. She teaches moral values and good manners to me.

In my opinion, my mother is the most beautiful person in the entire world. We cannot imagine the sacrifices a mother does for her child. She wakes up early in the morning and sleeps late after finishing all the household work.

God is everywhere and I see god in my mother.

Chinmay Chopra

Grade VII (Galileo)



“SENDING MY DAUGHTER TO MRIS CW HAS BEEN THE BEST DECISION”

MRIS Charmwood has given wings to the children even in these trying times through transitioning to online learning with an inspiring speed following the abrupt cessation of schools. The tremendous effort put up by the MRIS team to ingrain the students with confidence and training equivalent to the conduct of offline classes has been commendable. The curriculum of the school not only focuses on imparting exceptional cognitive educational learning but also emphasizes on the development of values and character which is indispensable for achieving academic excellence by the students.

Since we are working parents, we feel an immense pride in seeing our daughter attending her online sessions independently. The immense patience, love, care and hard-work put in by all the teachers and not giving up demonstrates their commitment towards the children. Their polite and proficient attitude towards the parents is responsible for strengthening the bond with the school all the more. Innovative and unique ways of imparting education depicts the professionalism and expertise of the teachers.

MRIS Charmwood is doing a commendable job in handling young kids whilst shaping their minds in a great way even through virtual sessions. We are grateful to the school for keeping the journey of learning going on for them. It makes us proud to see our daughter learn in such a wonderful environment. Last but not the least to mention that sending our daughter to MRIS Charmwood has been the best decision of our lives.

Ms. Gagandeep Soni

Mother of Divisha Soni

Grade III South America



“AT MRIS CW OUR DAUGHTERS ARE GROOMED FOR A GLOBAL ARENA”

As we begin this academic year, we have entered the 10th year of our association with MRIS. If I look back, we came to NCR as working professional parents looking for a school in which our daughter could be proximate to culture of India but still be groomed for a global arena, and MRIS Charmwood has done enough and more over the years to repose confidence in our decision.

We also decided to admit our second daughter at MRIS Charmwood at the appropriate time given our experience. The school has taken leaps to enhance the overall learning of our children & provide them with an environment where each child is motivated to bring out its best.

The frequent parent teacher interactions with micro feedback about a student makes a perfect “Jugalbandi” between parent & school to shape up my daughters the right way.

The academic learning has also been made easy. The teachers give personal attention in case some child requires extra help. The subjects wherein they are good are also nurtured in the right way.

Activities or initiatives like Tinkering lab, Annual Projects, Crest Assembly go a long way in enhancing the overall personalities of children. The publishing of Reporter magazine, theatre classes for students makes learning fun. We have witnessed the impact of such activities on both my daughters with each passing year. The human touch and care for society is reinforced by initiatives like “Ek Mutthi Daan”.

The adaptation of the school to an online mode once the pandemic struck has been amazing. The complete academic year went by and the children never felt away from school. The school managed most of the activities academic as well as non-academic throughout the year with complete finesse.

Looking forward to more such enriching years for both my daughters.

Mr. Shreekanth Gupta

Father of Adya Gupta and Arohi Gupta



MUM'S THE WORD

One word that comes to mind when you think of your mother

Super Genie: Simrah Zakib, Grade I (Expressions)

Best: Anaisha Mittal, KG Mars

Flower: Vedika Parmar, KG Mars

Beautiful: Aadvik Bhatia, KG Venus

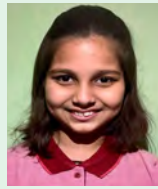
Loveable: Aliza Fatima Ansari, KG Venus

Superhero: Aadvik Sinha, KG Venus



Empathy is being able to know how someone else is feeling, even when you aren't in the same situation. Sometimes we call empathy being able to "put yourself in someone's shoes" and see things from their point of view.

Soumya Pathak, Grade V (Alfred Nobel)



THE WORD THIS ISSUE EMPATHY

Empathy makes us experience what another person is going through.

Vaishnavi Sharma, Grade V (Rabindranath Tagore)



Pranjali Nautiyal, Grade V (Alfred Nobel)



Empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine yourself in their place. Examples: Hunger of a poor, hungry person and a patient in pain

Empathy is seeing through the eyes of another, listening with the ears of another and feeling with the heart of another.

Saanvi Sharma, Grade II (Aravalli)



Empathy is when we feel someone's pain and care for them and support them.

Chitranshi Sah, Grade III (Africa)



A night before my grandparents' wedding anniversary last year, a lockdown was imposed. This made me empathise with them.

Guryash Pratap Singh, Grade III (Asia)

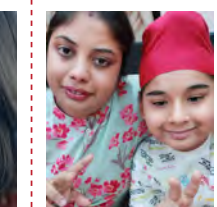
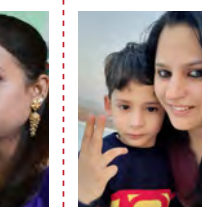
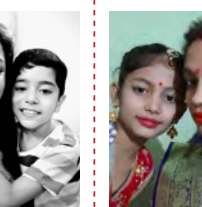
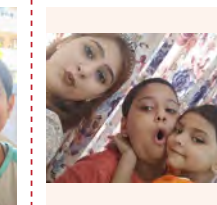
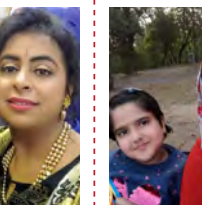
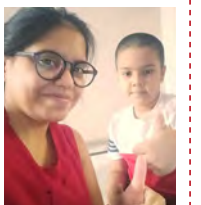
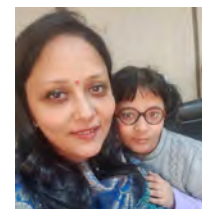
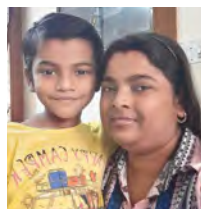
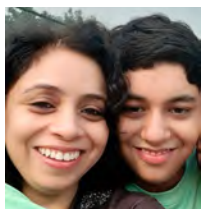
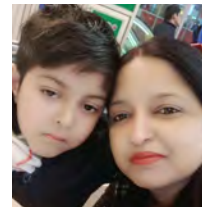


Empathy is being able to understand how someone else feels even when you are not in the same situation. For example, when your friend loses something and you feel sad about it.

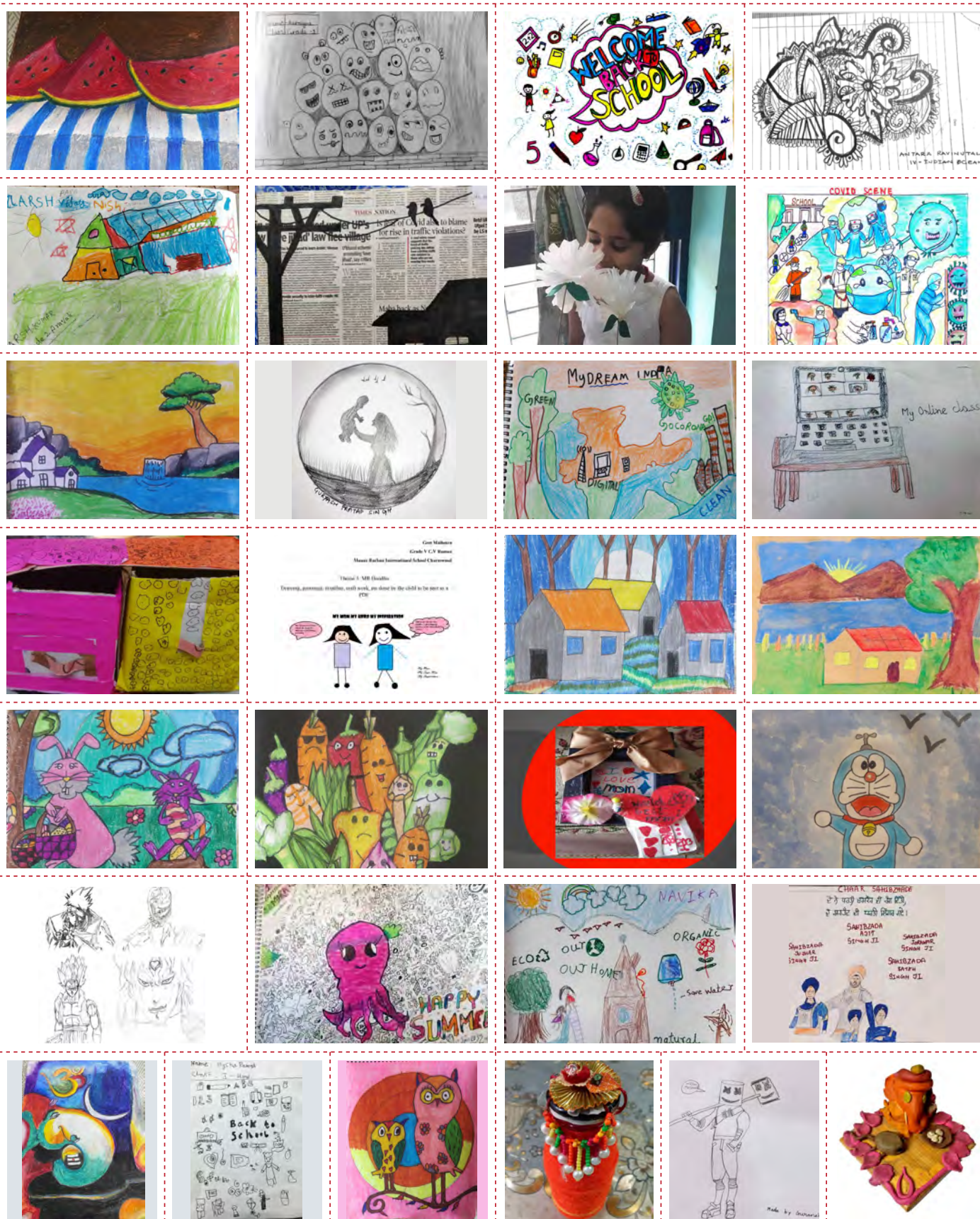
about it.

Parth Kumar, Grade IV (Indian Ocean)

SELFIE WITH MAA



ART CORNER





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