



Newsletter

April-2023



Paint Your New AVATAR



Greetings!



Greetings, Dear Readers!

We are delighted to put forth yet another edition of Wings, a collaborative effort of the school editorial board comprising of earnest and meticulous students from primary, middle and senior school and their diligent mentors.

We would like to extend our utmost thanks to the budding authors for their exemplary contributions. It is always an exhilarating experience to see the students utilize this platform of creative expression efficiently.

We urge you to continue showcasing your creativity through this medium.

“The curious paradox is that when I accept myself just as I am, then I can change.” -Carl R. Rogers.

The theme for the April 2023 edition is “**Paint Your New Avatar.**”

Our body replaces billions of cells regularly. A little part of us dies each day and in its place, *something new is created*. This is how our body grows from its past self. Similarly, it's intrinsic for us to eventually outgrow our current mindset and habits for the better.

So, let's rejoice in our ability to learn and improve as individuals, let's celebrate the art of self-betterment, and **let's paint our new avatar!**

We hope this edition fulfils its purpose of serving as a reminder for the importance of directing constant and intentional efforts towards self-improvement and positive changes in everyday life.

Happy reading!

Dhriti Malhotra
Director-Principal
MRIS-46



News and Events

World Book and Copyright Day Celebration: The library organized a plethora of literary events and activities for the students to celebrate the event including a Book Launch, a Poetry Session, Young Author's Talk, an Art Integration Session followed by a 2-day long book fair in the school premises.

Singapore Summer Program: The school has organized a Summer Program to Singapore for the high school students (Grades IX - XII) from 7th June - 12th June 2023.

Collection Drive: The No Planet-B Committee in collaboration with Goonj Organisation, conducted a collection drive for “Khushiyaon ka Recycle” on 14th and 15th of April.

Climate Change Clock Event: Selected students of Grade IX and X participated in the assembly and display of the World's Largest Climate Change Clock on 22nd of April.

Lotus MUN Results: Vihaan Kohli and Harkeerat Singh Pruthi were recognized as the Best Delegates, Kayna Arora and Shiven Bakshi received Verbal Mention, Kashvi Soni, Ananya Agarwal and Saanvi Bhola received High Commendation, Daiwik Agarwalla was recognized as the Best Journalist.

Chess Championship: Sayyam Narang participated in the Under-19 District Chess Championship held at DPS International Gurgaon and bagged the first position.

Under-15 Badminton Championship: Aarav Pratap Singh has won a Gold and a Bronze medal at the Zonal Badminton Championship in the doubles and singles category respectively and was felicitated by the Olympic Medalist, Mr. Yogeshwar Dutt.

New Beginnings

As one journey ends another begins. New Beginnings are always beautiful and a transformative force in our lives. Be it the first page of a new book, or the start of a new semester, new beginnings can mean freeing yourself of what cages you in, of what makes you feel less whole, and developing skills and resilience that helps one to navigate the ups and downs in life. Nevertheless, new beginnings can also be intimidating.

With the start of a new academic session, one is exhilarated, zealous, and ardent to make new promises and resolutions to oneself and to become altogether a new person that one would have never envisaged to be. However, with the passage of time, as one is familiarised with the surroundings, the resolutions that were once never meant to be broken are often forgotten. This year though I endeavor to paint my avatar with vibrant colors like patience, sportsmanship, tenacity, determination, and dauntlessness. I plan to actively participate in co-curricular, activities while being diligent in academics and not being a one-way bird. As rightly quoted by Robert Collier, “Success is the sum of small efforts repeated day in and out.” Following this quote, I would leave no stone unturned to abide by resolutions and ultimately achieve my goals.

The well-known poem “Ek boond” written by the renowned poet Hariaudh talks about a raindrop, apprehensive and scared of being destroyed. Instead, it falls into an oyster and turns into a pearl. A simple, effective, and moving poem that assuages the fear of the unknown in us when we embark on a new activity or start a new phase of life. Indeed a piece to draw inspiration from!

~Kavya Arvind

IX Gauss

NPB Collection Drive

Recently, the ‘No Planet B’ committee organised a collection drive in collaboration with Goonj, a nonprofit organisation that works with underprivileged families. The collection drive was a huge success, with students donating books, toys and stationery filling an entire truck, to spread smiles and kindness! We talked to the members of the committee to find out what this collection drive meant to them.



I don't think we realize the grays of the world we consider the world to be black and white until and unless we start to work for a cause. Working with Goonj was an enlightening experience indeed. It gave me an insight into the disparity of resources in different families and how even a small step on our end could be so significant for the other!

~ Divenaa Madan, XII Newton

My experience with Goonj helped me realise that youth can have a huge impact on society, and I was able to spread awareness regarding the less fortunate people around us. This short collection drive engulfed me with empathy, gratitude, and faith. I would love to continue working for such social causes.

~Titan Tiwary, XII Hume





This experience gave us the knowledge about how these nonprofit organisations/NGOs even work. Goonj, an organisation that works for needy and gives work to those in need. It's a give and take and with government as well as community support, we are able to open the wings of humanity.

~Achintya Garg, XI Hawking

This recycle drive with Goonj and meeting the volunteers helped me realize how much we take for granted as privileged children. We must learn to respect the resources we get and we should also help others with the same whenever we can.

~Avni Bhasin, X Darwin

Working with Goonj Organization for this heartfelt project was an amusing experience. The response from the students was efficacious, resulting in boxes full of donations, which with help of Goonj Organization, will soon be treasure for someone. The whole process was overwhelming to say the least. It taught me the significance of everything I am blessed to have, and to respect every resource.

~ Kayna

~Compiled by Tvesa Anuj, XI Proprietors

World Book Day 2023

We all are aware of the important role books play in our lives. From a very young age, our parents read us nursery rhymes and short stories. Books are pivotal tools for introducing us to a world of imagination, and knowledge of the outside world and for also boosting our memory and intelligence. Whether they are used for leisure, to prepare for our school exams or understand more about other cultures and places, they are clearly our lifelong companions.

The 23rd of April otherwise known as ‘World Book and Copyright Day’ marks the death anniversary of prominent authors such as William Shakespeare, Miguel de Cervantes and Inca Garcilaso de la Vega and has been dedicated to promoting the enjoyment of books and reading.

The theme for this year, ‘Indigenous Languages’ aims to acknowledge the various forms of literature. Of the almost 7,000 existing languages – many of which are fast disappearing – the majority are spoken by indigenous people who represent the greater part of the world’s cultural diversity.

Manav Rachna celebrated this special day by conducting various activities to encourage reading from books. A book fair was set up on the 24th and 25th of April, where students bought books of their interest.

A Hindi poem writing competition was held in the school library where students of grades X and XI presented their self-composed poems. Ms. Anjani Sharma introduced the contestants through her catchy poetry lines. The jury consisted of Ms. Indu Raj Nigam and Mr. Rajendra Nigam Raj who presented wonderful poetry accompanied by some melodious songs. Garima Arya won over the hearts of everyone present with her poem and was declared the winner.

The event was a great success and proved to be an enthralling experience for the students.

~Samhita Pai

IX Aristotle

World Autism Awareness Day

“Autism is not a disability but a different ability.”

World Autism Awareness Day is celebrated on 2nd April every year, to raise awareness among individuals about the developmental disorder. To commemorate this day, this article has been specially curated to help people gain an exclusive insight of the disorder and help the autistic community not feel alienated.

Autism Spectrum Disorder (commonly called Autism) is a common disorder that hampers the ability to communicate and interact. It impacts the nervous system and affects the overall cognitive, emotional, social and physical health of the affected individual. Certain early signs of the afflictions can be ignoring danger, tiptoeing, frequent hysterics and avoiding eye contact. Common symptoms include:

1. Difficulty in communicating
2. Repetitive movements and behaviors
3. Recurring sleep problems
4. Difficulty understanding emotions
5. Attachment to unusual interest

While genes are thought to be a key contributor to the malady, studies have also shown that premature birth and advanced paternal age are also linked to the onset of autism. Autism has three different levels:

1. **Level 1 (mild):** They have problems with social relationships and restrictive behavior.
2. **Level 2 (moderately severe):** Their social difficulties are apparent, they may have problems communicating, and may need assistance to manage problematic behaviors.
3. **Level 3 (severe):** People with this level of autism often do not communicate verbally, struggle with change, have repetitive or restrictive behaviors, and may be sensitive to sensory stimuli.

With greater public awareness on autism, it can help not just individuals with autism, but also make lives easier for families and caregivers. Awareness helps us put our differences aside and embrace the entire Autistic community. This article is aimed at enriching the minds of students (like you!) to accept each other's differences and stand up for one another.

~ *Mihika Dravid*
XI Einstein

Paint Your New Avatar

As the new session starts,
And the old one departs.
We will all have ways that part,
But I promise to have a big heart
For those who I come across
We both should have no loss.
I will PAINT MY NEW AVATAR,
Go in ways that will travel far.
Dare to paint outside the lines,
Make crazy new designs.
Try out new colors and shades,
Make sure nothing fades.
Paint with colors bold and bright,
And let your passion take sight.
Have a great year ahead,
And that is all that has to be said.

***~Oshin Bajaj
VI Doers***

अनुशासन का महत्व

घूम रही है अनुशासन से,
यह हमारी प्यारी-प्यारी धरती।
अनुशासन में बंधे हुए हैं सूरज,
चाँद और सितारे।
यदि समय से सूरज ना निकले,
तो कै से होगा दर अंधेरा।
यदि चाँद समय से ना निकले,
तो कै से मिलेगी शीतलता।
यदि दिन के बाद रात ना
आए, तो कै से मिलेगा आराम
शरीर को। अनुशासन ही हमें
सिखाता, संस्कारों को अपनाना,
अनुशासन ही हमें सिखाता,
सफलता का मूल मंत्र,
अनुशासन ही हमें सिखाता,
समस्याओं का समाधान करना।
अनुशासन ही करता है,
नियंत्रित शरीर, बुद्धि और आत्मा
को। मत भूलो, अनुशासन की महिमा
को वही मानव को बनाता मानव है।
आओ करें, सभी अनुशासन का पालन
और बनाएँ अपने जीवन को सफल।।

~ आशा सूरी जी
हिंदी विभाग

जीवन - एक संघर्ष

जीवन एक अलग फ़लसफ़ा है, इसमें एक गहरा राज़ बसा

जीवन के अपने उतार चढ़ाव जीवन में संघर्ष अपार ।

हर संघर्ष इंसान को मज़बूत बनाता है, पर न जाने इंसान फिर जाने से क्यों
इसाधराता है।

जीवन संघर्ष है या संघर्ष ही जीवन है इसका सही उत्तर पाता नहीं, पर बलासे
कोई जीव बचा नहीं।

हर बदलाव अपने साथ तकलीफ़ तो बहुत लाता है, पर इंसान को पहले से मज़बूत
और समझदार ज़रूर बना जाता है।

अब यह समझ तो आया है, दूसरों के विचारों से खुद का जीवन कहाँ चल पाया है।
जीवन में पानी फिर सिफ़र सीख होती है, कोशिश करके खुद को बेहतर बनाने
की भावना की जीत होती है।

~धरेश बत्रा
छठीं रसचर्चा

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