

# MRIS CHARMWOOD **PULSE**

CHILDREN'S RIGHTS SIMPLIFIED

**DIWALI SPECIAL!**

**GURU NANAK JAYANTI**

**BIOTECH AND POLLUTION**

**INFOGRAPHIC INSIDE : THE SIKH GURUS**



## FROM THE PRINCIPAL'S DESK...



*Ms. Divyot Kaur*

—◆—

**“A good  
education is  
the  
foundation for  
a better  
future.”**

**– Elizabeth Warren**

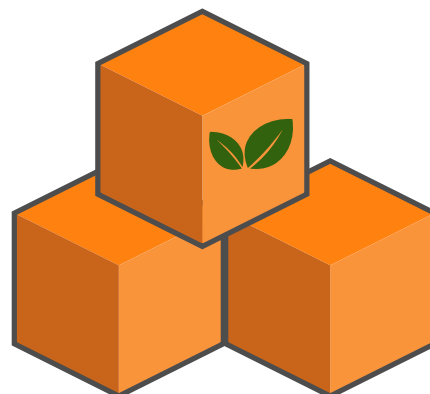
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As I read through the November edition Pulse, I gaze at a world through the eyes of children. This versatile, inquisitive and enthusiastic resource, our children, if channelized into a super energy, are capable of making possibilities a reality.

Children are the future of India. They are the ones who will shape the country into what it will be in the years to come. It is therefore important to ensure that children in India have their rights protected. We must ensure that we apprise them of their responsibilities and that their moral fabric is rich in ethics.

The world we live in is undergoing a paradigm shift at many levels. Though seemingly small, individual actions can collectively create a ripple effect of positive change. Embracing eco-friendly practices in our daily lives, such as reducing energy consumption, conserving water, adopting sustainable transportation options, and celebrating festivals in an eco-friendly way can significantly reduce our environmental footprint. Moreover, we must actively advocate for change, both in our communities and on a larger scale.

Engaging in environmental activism, supporting sustainable businesses, and influencing policy decisions can contribute to larger-scale transformations. We must rise to the challenge and act decisively to protect our planet. By translating our environmental concerns into tangible actions, we can collectively pave the way towards a sustainable future for generations to come



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## FROM THE EDITORIAL PEN...

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Dear Readers,

Greetings and welcome to this edition of MRIS CW PULSE!

November saw us celebrate the festival of Deepavali. It is a time for joy, family and light. We hope you enjoy the activities we conducted with our students to understand the spirit of Deepavali.

We also celebrated Guru Nanak Jayanti on the 27th. Look inside to read all about the traditions on this auspicious day and learn more about the Sikh Gurus.

Sustainability is a philosophy that must be a part of all our traditions. Bearing this in mind, we explored the concept of eco-friendly celebrations and how to preserve traditional practices while adapting them in a future-oriented way. We have also included a DIY activity for you this festival season!

Finally, we look at new advances in science that explore biodegradable materials and sustainable processes to create a better, greener future for us all.

Before we delve into this edition, we would like to offer our special thanks to our respected Principal ma'am, Ms. Divjot Kaur & Ms. Smita Ugale (Vice Principal - MRISCW), for giving us this opportunity. We would also like to thank Ms. Surya Anand for being an invaluable part of this process and mentoring us so that we could bring out a fabulous magazine.

Finally, we would like to thank you, our readers, for supporting us as we try to create a magazine for students, by students. We hope you enjoy our edition of November 2023!

Editorial Board,  
MRIS Charmwood PULSE

# JELLY FISH THROUGH OUR ART

World Jellyfish Day is celebrated yearly on 3 November to raise awareness about these curious creatures, such as enhancing knowledge on various subspecies and their importance in maintaining the ecosystem as well as the positive impact on human development, such as in medical research. It is a hope to spark a deeper understanding and curiosity towards the species.

This date is specifically chosen as it is during this period that the Jellyfishes begin their migratory journey towards the Northern Hemisphere's coastlines from the warm seas in the southern hemisphere.

So, in the essence of World Jellyfish Day, we invited the students of early years (Toddlers-Grade I) to tap into their artistic side and draw these fascinating creatures.

We enjoyed looking at all the fabulous art work they produced, and have curated our favorite images for you. Flip to the next page to see them.

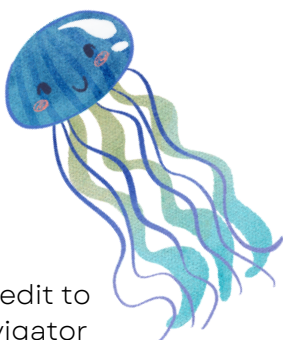
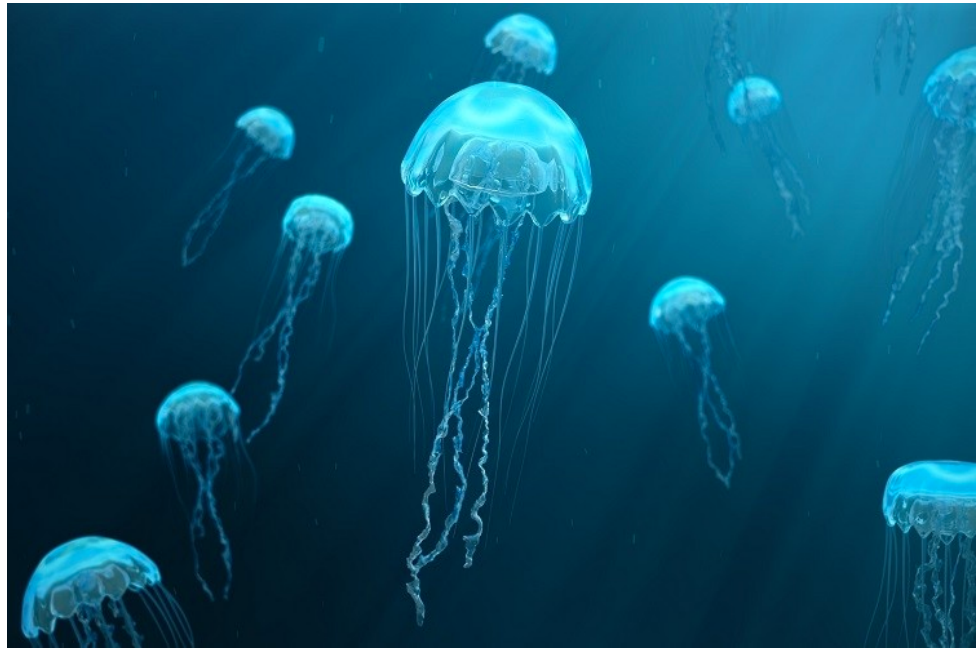


Image credit to Food Navigator



## FACT FILE!

A group of jellyfish is called a BLOOM.



Jellyfish don't have a brain, heart, or eyes and are around 95% water.

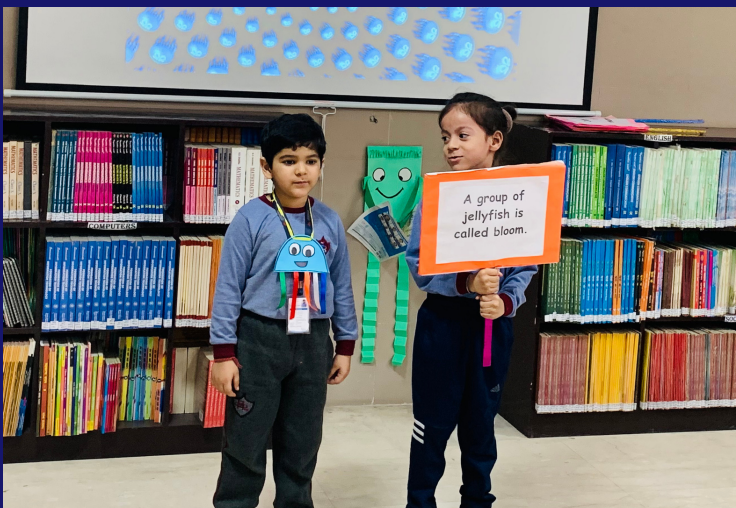
They don't have a spine.



Their tentacles can sense touch, salinity, and temperature.

The Australian box jellyfish is thought to be the most venomous marine animal.

## JELLY FISH THROUGH OUR ART



## DIWALI MYTHS



Diwali symbolizes the victory of light over darkness, knowledge over ignorance, good over evil. The tradition of celebrating the festival of Diwali with great enthusiasm yearly has been around since time immemorial. There are many myths and legends surrounding the celebration.

It was during this festival that Lord Rama returned to the kingdom of Ayodhya with his brother Lakshman and wife Sita after fourteen years of exile. The people of Ayodhya lit lamps and diyas as a guiding light for their Lord's return.

In parts of South India, Diwali commemorates Lord Krishna's victory over the demon Narakasura.

Diwali is also associated with the worship of the Goddess of Prosperity, Lakshmi, and the God of Wisdom, Ganesha.

We turned to our young readers of the Primary Wing (Grade II-V) to expand on their takeaways from the legends and myths connected to this auspicious occasion. We received several submissions, and after careful consideration, it is our pleasure to publish the work of **Samridhi Datt** of **IV PACIFIC OCEAN**.



## DIWALI MYTHS

### Spirit of Diwali

This Diwali, I discovered that there were many myths and misunderstandings about the festival that I used to believe. I always thought Diwali was just about fireworks and sweets. However, as I started learning more in school and talking to my family, I realized that Diwali is much more than that. It's a celebration of good over evil and light over darkness. We light lamps not just for fun, but to symbolize the victory of knowledge and wisdom. I also learned about different customs and traditions like decorating homes, sharing sweets, and praying to deities. Understanding these aspects made me feel more connected to the true spirit of Diwali, and it was like a little light of knowledge dispelling the myths I used to carry with me about this wonderful festival.



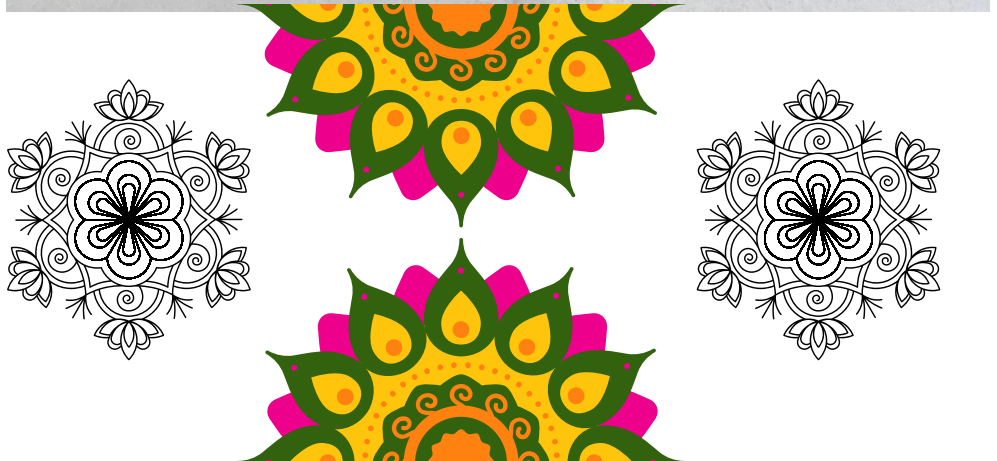
## RANGOLIS FOR THE FUTURE

The festival of Diwali is a time to showcase one's creativity and express their artistic talents. There are various customs followed by the people of the country on this occasion, from lighting diyas and decorating homes to making rangolis.

Rangolis are vibrant arrangements made using materials such as rice, flower petals, leaves, and so on. They represent prosperity, happiness, and liveliness and are intended to welcome the Goddess of Prosperity, Lakshmi. It is also believed that these intricate presentations improve the spiritual atmosphere of a household and purify the surroundings.

Speaking of rangolis, the students of Middle Wing (Grade VI-VII) showcased their creative side by engaging in a rangoli-making competition. As a step towards a more sustainable and eco-friendly approach, they were required to use biodegradable materials in their work.

We saw various delightful designs and have shared images of a few of our favorites on the right!





## FROM COMMUNITY TO CRACKERS



The festival of Diwali is celebrated with great flair every year. From lighting diyas and making rangolis to decorating homes by stringing up some festive lights, it is a momentous occasion for sure.

However, another practice that has become common on this day is the bursting of firecrackers. They are burst to signify the “triumph of light over darkness,” but these days they are spreading their own darkness over the environment by severely harming it.

Thus came the concept of “Eco Green Diwali”. It aims to ensure that the environment isn’t negatively impacted and that everyone gets to enjoy this festival all the same. This concept has become the need of the hour as well, with the rising pollution and deteriorating AQI.

The students of Senior Wing (Grade IX-XI) were invited to present their views on this topic and ways to do so in the form of an essay. You can read the winning write-up in the following pages.

After much consideration, we are pleased to publish the essay submitted by **Aashka Kedia** of **XI Einstein**.

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## FROM COMMUNITY TO CRACKERS

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Diwali - the festival of lights that brings good luck, happiness, and prosperity to all. The lighted diyas not only illuminate the environment but also shackle the darkness of poverty and ignorance. But the important question is this -how far are we able to understand fact that we are moving away from the real spirit of this fiesta of light? The festival is steadily becoming one of the major problems for the environment.

Crackers contain toxic compounds like Copper and Cadmium and due to changes in the weather these particles mix with fog, creating smog. Smog is known to cause minor running nose and headaches, but its effects may be much more severe, leading to asthma attacks, bronchitis, and even cardiac issues. Along with polluting the air, these crackers generate noise pollution; the noise triggers annoyance, aggression, hypertension, high-stress levels, hearing loss and sleep disturbance.

This year, Diwali was made extra sweet by the Supreme Court's landmark ruling on crackers, an initiative to keep the city's ever increasing pollution problem in control. After successful initiatives such as water-free Holi and Eco-friendly Ganesh Chaturthi, the next step in eco-friendly festivals is Green Diwali. This is a way to celebrate the festival with minimum consequences for the environment.

On a personal level, a good way to avoid contributing to the existing pollution is to say no to firecrackers. We should light traditional earthen lamps or diyas instead of electric lights or candles. We should use seasonal flowers and leaves for Diwali decoration. We can make natural *rangolis* by using colours such as rice powder, turmeric etc. We should buy Diwali gifts by keeping environment in mind. We can gift a plant to our relatives. While hosting a Diwali get-together, we should use biodegradable plates, cups, and glasses. Banana leaf plates and bamboo plates are good options, and for serving drinks, *kulhads* (mud cups) are the best.

Let us make the Diwali festival full of happiness, love, sweetness, and peace for all. Let's enjoy the festival of lights by taking a pledge not to burst a single cracker. Let us celebrate an eco-friendly Diwali, not a pollution-friendly one.



## OUR DAY, OUR RIGHTS

SIDDHANT KOUL

November 14th marks a day of celebration for children. It is a day to appreciate their innocence and curiosity, their unique understanding of the world. This children's day, PULSE decided to take this opportunity to explore Children's Rights.

The Indian constitution promises certain rights to children as citizens of the country, in accordance to which the government has enacted special laws. The Constitution adopts most rights included in the UN Convention on the Rights of the Child (1990) as either Fundamental Rights or Directive Principles of State Policy. The Directive Principles of State Policy are social and economic principles that have been declared to be "fundamental in the governance of the country." (Article 37). The government has the ability to undertake appropriate legislative and administrative measures to ensure children's rights. These directives have enabled the judiciary to pass landmark judgements promoting children's rights, leading to Constitutional Amendments such as the 86th Amendment to the Constitution which made the Right to Education a fundamental right.



Image Credit: Humanium

### FACT FILE!

## CONSTITUTIONAL GUARANTEES *for* CHILDREN IN INDIA

RIGHT TO ELEMENTARY EDUCATION FOR ALL CHILDREN AGED 6-14  
(ARTICLE 21 A)

RIGHT TO PROTECTION FROM HAZARDOUS EMPLOYMENT  
(ARTICLE 24)

RIGHT TO PROTECTION FROM ABUSE AND FORCED EMPLOYMENT  
(ARTICLE 39E)

RIGHT TO EQUAL OPPORTUNITIES AND FACILITIES  
(ARTICLE 39 F)

RIGHT TO EARLY CHILDHOOD CARE  
(ARTICLE 45)

Source: haqrc.org

## GURU PURAB

RUHANI CHHABRA

Guru Nanak Jayanti, also known as Gurpurab or Prakash Purab, honours the birth anniversary of Guru Nanak Dev Ji, the founder of Sikhism and the first of the ten Sikh Gurus. Born in Nankana Sahib, Lahore (in present day Pakistan) during the Delhi sultanate, he was born to Kalyan Chand Das Bedi and Mata Tripta .

According to Sikh belief, the birth and early years of Nanak's life were marked with many events that demonstrated that Nanak had been blessed with divine grace.

Guru Purab usually falls in November but the date varies from year to year according to the lunar Indian calendar. The celebrations last three days. This day is marked by joyous celebrations within the Sikh community.

The day begins with Prabhat Pheris, early morning processions, followed by the reading of the Guru Granth Sahib, the holy scripture of the Sikhs, in Gurdwaras.

The teachings of Guru Nanak emphasize equality, humility, and the oneness of God, transcending religious and social boundaries. Guru Nanak Jayanti serves as a reminder of timeless principles like-



Painting by Akash Bhisikar via Saatchi Art

- **Ik Onkar** - one God
- **Kirat Karo** - work honestly
- **Vand Chakho** - share and consume
- **Sewa** - selfless service
- **Samanta** -Equality

It is a day for reflection, prayer, and communal harmony, reinforcing the core values that Guru Nanak propagated.

On Guru Purab in Gurdwaras, Sikhs gather for special prayers and hymn recitations. The atmosphere is infused with spiritual fervour as devotees engage in acts of kindness and charity. The day culminates with Nagar Kirtan, a vibrant procession through the streets,

showcasing Sikh culture and spreading the message of unity and humility embodied in Guru Nanak's teachings. Sikhism believes in inclusivity, and Gurupurab parsad is distributed to members of all communities who participate.

**FACT FILE!****THE ETERNAL GURU**

The last mortal guru, Shri Guru Gobind Singh Ji proclaimed that the Guru Granth Sahib was to be given the respect and honour as the eternal, universal guru for all mankind after him..



# THE Sikh Gurus



**Shri Guru Nanak Dev Ji: (1469-1539)**

Founder of Sikhism

**Shri Guru Angad Dev Ji: (1504-1552)**

Instituted Langar and created the Gurumukhi Script, in which Punjabi is written



**Shri Guru Amar Das Ji: (1479-1574)**

Instituted the recitation of the hymns of the Gurbani in Punjabi instead of Sanskrit.

**Shri Guru Ram Das Ji: (1534 – 1581)**

Built a new town called Ramdaspora (present day Amritsar)



**Shri Guru Arjun Dev Ji: (1563 – 1606)**

Started compilation of the Adigranth. He was martyred by the Mughals.

**Shri Guru Hargobind Rai Ji: (1595-1644)**

Introduced the Nishan Sahib (the Sikh flag)



**Shri Guru Har Rai Ji: (1630-1661)**

Consolidated the Sikh community and reorganized the masands.

**Shri Guru Harkishan Ji: (1656-1664)**

Offered comfort to the ailing victims of Delhi's smallpox epidemic to which he succumbed



**Shri Guru Tegh Bahadur Singh Ji (1661-75)**

He was killed by the Mughals. His body was cremated at what is now Gurudwara Rakab Ganj.

**Shri Guru Gobind Singh Ji: (1666-1708)**

He instituted the Panj Pyare and the code of conduct for the Khalsa.



## GREEN DIWALI

VEDANT ARORA

The festival of lights, or Diwali, is a beloved occasion that millions of people look forward to each year, signifying the triumph of good over evil and light over darkness. This cultural spectacle, rooted in Hindu mythology, unites families through a colourful display of customs and turns houses into havens of happiness and harmony.

The origins of the celebration are deeply originated from mythology, one of the most highly esteemed being the story of Lord Rama's homecoming to Ayodhya following his victory over the demon king Ravana. During Diwali, lighting lamps is a potent symbol of the victory of knowledge over ignorance. The celebration also has a deep connection to the goddess Lakshmi, who is associated with prosperity and wealth and who ushers in the Hindu New Year as a season of introspection, rebirth, and new beginnings.

Diwali is a sensory extravaganza that captivates people's hearts with the aroma of traditional sweets, the radiance of homes decked up in candles, diyas, and electric lights of all colours, and the joyous atmosphere that permeates the air. Families participate in numerous



ceremonies, receive thoughtful gifts, and make beautiful rangolis, all of which contribute to a strong sense of community and solidarity.

But as Diwali fever soars, so do India's hazardous pollution levels, especially due to firecracker use. Several Indian states have responded to this worry by enacting restrictions tailored to the various regions to lessen the environmental effects of wild celebrations.

By allowing the sale and burst of green firecrackers during designated time windows, the Bhagwant Man government in Punjab has made a progressive

move. Sales of firecrackers are prohibited in some districts of Uttar Pradesh, and green crackers can only be used when the state's air quality is judged acceptable. Delhi, which is grappling with serious air quality issues, has taken a strict stance and outlawed the production, distribution, and use of firecrackers of any kind till January 1, 2024, even the so-called green ones.

To protect border areas, Jammu and Kashmir has passed legislation prohibiting the usage and sale of firecrackers within five kilometres of the International Border and the Line of Control.

Telangana police in Hyderabad have restricted the amount of noise that firecrackers can make within the two-hour timeframe on Diwali day to lessen the impact on the environment.

The Bombay High Court in Maharashtra has allowed a restricted window of three hours for the setting off firecrackers on Diwali, striking a balance between the ecological concerns and the cultural significance of the occasion. Green crackers are legal in Tamil Nadu, where producers use eco-friendly recipes to cut down on carbon emissions. The West Bengal state government only permits the sale of green firecrackers during designated hours on holidays like Diwali and other celebrations.

Ultimately, let us remember that although we celebrate Diwali, it is crucial that we diligently follow and honour the local laws on firecrackers. We can make sure that Diwali not only brings joy to our homes but also makes a beneficial impact on the environment and communities by following these rules and selecting eco-friendly celebrations.

Regardless, whatever you do, don't forget to have bucket-load of fun!

Happy Diwali to all!

## PAPER LANTERNS

The Chinese are credited with the creation of paper lanterns during the Han dynasty. They have been a symbol of peace, reconciliation and forgiveness- apart from being delightful decorations.

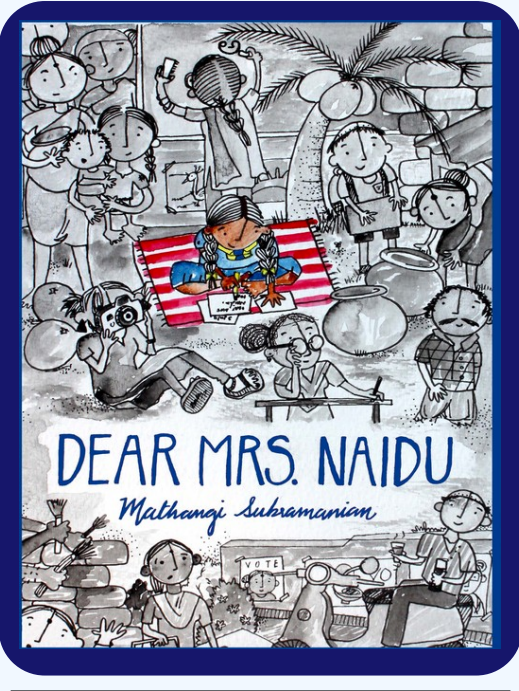
This festive season, let us all try to be more eco-friendly and decorate sustainably. These hand made lanterns are a beautiful and creative way to decorate our houses and take very little effort to make. Paper lanterns can be used to decorate on Diwali, Christmas and many other festivals.

Instructions and a template for these specific ones can be found at the following link - <https://mottesblog.blogspot.com/2015/11/holiday-celebrations-diy-paper-lanterns.html>



## DEAR MRS. NAIDU

NETHRA RAMAKRISHNAN



## Dear Mrs. Naidu

AUTHOR: Mathangi Subramanian

GENRE: Young Adult



*“Do not think of yourself as small girls - you are the powerful Durgas in disguise. Forget about the Earth. You shall move the skies.”*

~ Sarojini Naidu (1930)

Sarojini is 12 years old. She lives in a slum that is “squished between a brand new hospital and a shopping mall full of western stores” in Bangalore. She loves English class, detective stories and animals.

Despite their disagreements, Sarojini looks up to her *Amma*. She admires her mother’s ability to “find the right words” and stand up for people.

Sarojini loves her community. Most of all, she loves spending time with her best friend Amir. They both attend Ambedkar Government School. They’re the kind of friends who don’t need to tell each other what they’re feeling - they both “just know.” Until Amir moves to a new school, and a new house in a safer locality.

Thanks to a new teacher (Annie Miss), Sarojini learns about the Right to Education - a law that just might get her a seat at Amir’s new school under a reservation seat. But when Sarojini goes to Greenhill Public School to submit her application, armed with this

newfound knowledge, she is horrified by the prejudice she encounters there. She can’t stop thinking about it. That’s when a new thought hits her - why can’t her public school be just as good as a fancy private one?

Thus begins Sarojini’s journey to address the failures of her government school. Along the way, she gets help from Vimala madam (a Human Rights lawyer), Deepti ( a friend who works at a construction site) and a host of other characters.

Told through a series of letters that Sarojini writes to Mrs. Naidu, the book explores RTE, friendship, cultures and voice in peri-urban India.

*Mathangi Subramanian is an award winning Indian-American writer. Her work has been published in The New York Times, The Indian Express, The Hindu, Al Jazeera America and others. She is the recipient of numerous fellowships.*

*In 2016, she won the South Asia Book Award for her book ‘Dear Mrs. Naidu’*



## FUTURE FORWARD TECH

CHESHTA KAPOOR

In celebration of “World Science Day for Peace and Development”, a panel discussion was organized by UNESCO on 7th November, on the topic “Mobilizing Biotech for Clean Air”.

Students of Manav Rachna, Charmwood, Grade-11 attended the event, and shared their experience.

The event saw keynote lectures by Dr. Benno Boer and Dr. Jayeeta Bhaumik as well as two panel discussions on the themes ‘Air Pollution’ and ‘Sustainable Biofertilizers and Biopesticides from Agri-residue derived lignin.’

Students were exposed to many new ideas and technologies in the field of biotechnology and sustainable development. They learnt about new inventions that utilize existing crop waste to produce adhesives, fabrics and biopesticides. Dr. Bhaumik discussed the development of Lignin-based products such as absorption agents and drug delivery capsules.

### FACT FILE!

Lignin is a biopolymer that makes up almost 20% of agricultural waste!

The panel discussions were also informative. Lead researchers and doctors in the field of medicine discussed the impact of air pollution on respiratory



Photograph by R. Nethra

The panel discussions were also informative. Lead researchers and doctors in the field of medicine discussed the impact of air pollution on respiratory capacity, as well as its impact on prenatal and maternal health.

Mr. Sagnik Dey discussed interesting new data that reveals that regional air quality is severely impacted by the pollution in neighboring states. He particularly emphasized the need to make such research available, accessible, and understandable so that people are better informed about the causes and dangers of air pollution.

An interesting takeaway from the discussion was the importance of making exposure to pollution a part of routine health checkups.

Doctors already ask about access to clean water and hygiene and must start asking about exposure to particulate matter and smoke as well.

However, all hope is not lost. Mr. Arpit Dhupar, CEO of Dharaksha Eco Solutions, presented his organization’s work in creating mycelium-based, bio-degradable polystyrene, as well as synthesized wood. Several other organizations are working toward creating bio-degradable alternatives to everyday materials. Inventions like these are vital to ensuring a more sustainable future.

To quote Dr. Valentin Foltescu, Senior Program Officer at UNEP – “There are solutions. This can be fixed.”

## DIWALI SPECIAL

### THE MONTH THAT WAS



**Diwali Celebrations with Early Years**



**Rangoli making with flowers is fun!**



**Everybody dance now!**



**Decorating Diyas**



**Decorating school – our second home**



**Nature's many colors**

## MEET THE TEAM

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**“MAN IS A PART OF NATURE, AND HIS  
WAR AGAINST NATURE IS INEVITABLY  
A WAR AGAINST HIMSELF.”**

**~ RACHEL CARSON  
MARINE BIOLOGIST**

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