

The Satyam Times



April-May 2021-22



Summer Fun



TeamWork by:
Abhiraj Kumar, Zorawar Singh
Under guidance of:
Class Teacher Lissum ma'am

BOOK Reviews

Crazy times with Uncle Ken



The genre of the book is funny adventure. The characters are Ruskin, Uncle Ken, aunt Ruby, granny, grandpa and dhuki. In the book Ruskin is talking about his uncle's klutzy life. The story shows how Uncle Ken lives life and all his adventures where he falls in trouble. I would recommend this book to all ages as it is hilarious.



By Pragati

The Blue Umbrella

The Blue Umbrella is written by famous author Ruskin Bond. It is a simple yet beautiful story of a ten year old mountain girl named Binya. She was living in a village near Tehri road with her mother and her elder brother Vijay .She was having innocent fascination with the blue umbrella. This leads her to various circumstances and it also consist the end of an unexpected twist. This book kept me hooked till



By Parth Batra

RIDDLE RIDDLE!

N
NOON
O
N



What four-letter word can be written forward, backward, or upside down, and can still be read from left to right?

Answer: NOON.

What is at the end of the rainbow? **W**

Answer: The letter W!

Name three consecutive days without naming any of the seven days of the week.

Answer: Yesterday, today, and tomorrow.



What is full of holes but still holds water?

Answer: A sponge



A man dies of old age on his 25 birthday. How is this possible?

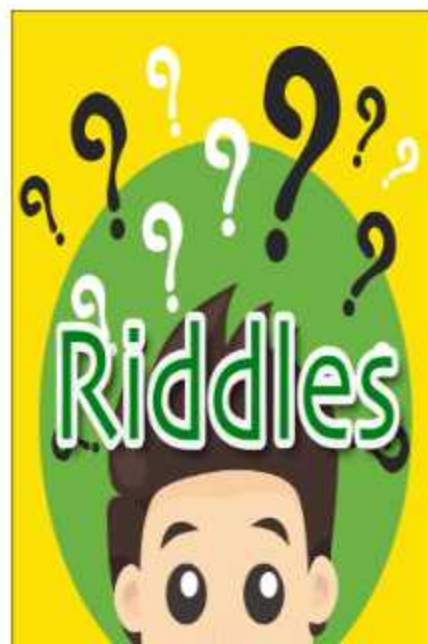
Answer: He was born on February 29.

Riddle: I have branches, but no fruit, trunk or leaves. What am I?

Answer: A bank

Riddle: What can't talk but will reply when spoken to?

Answer: An echo



God WAS NOT
Everywhere
So he created
MOM



Artist's
Corner





Drug Awareness

*A stunning magazine by
Shivam House.*

Epietic Culture

- A new look. A new read.

CREDENTIALS

CLASS -9 Shivam

CLASS INCHARGE MRS.SHOBHA GUPTA

TECHNO EDITORS PARNIKA RAI

SIMRANJOT KAUR

Enchantment

Of Warmth



माँ का खट्टा मीठा प्यार

जब डाँट मुझे लगाती है तब खुद ही
पछताती है,
होती तो गलती मेरी है फिर भी मुझे
मनाती है |
चाहे लाख बुरा कह दो उसे वह हंसकर
सेह जाती है,
लेकिन, जब बात मुझ पर आती है तो
वह किसी से भी लड़ जाती है |
अगर पिता सर पर बिठाता, है तो यह
सीने से लगाती है,
यह और कोई नहीं मेरी प्यारी माँ
कहलाती है |
माँ ओ मेरी माँ कैसे करु शुकिया अदा
तेरा,
तेरे लिए तो लफ़्ज़ भी थोड़े हैं,
बड़ी मुश्किलों के साथ तूने मेरे रास्ते
सफलता की तरफ मोड़ हैं |
इस मदर्स डे तुझे कुछ स्पेशल फील
करना चाहती हूँ,
मेरी गलतियों को तुम कर देना माफ़,
मेरी हर शरारत में देना तुम मेरा साथ |
इस मदर्स डे मैं यही दुआ मांगूंगी की
तेरी हर दुआ कुबूल हो जाए,
क्योंकि मैं जानती हूँ की तेरी हर दुआ में
मैं ही शामिल हूँ |

- Parnika Rai

- Sanvi
Gupta

LOVE THAT CAN'T BE MATCHED

Everyone in this world has
a mother,
But you are unlike any
other..
You go the way that I say,
Even if you are having a
hectic day..
You have always been
there without any issue,
Acting just like you are my
tissue..
You have always been
with my side,
Even if I cried..
I am glad to have you,
You always hugged me
tight,
Without giving a single
sigh..

- Simranjot
Kaur



Psychology Facts On Human Traits

- ★ Memory work's best between 8-12am and after 9pm , And it's worst of all right after lunch.
- ★ Long term memory is controlled by the Wernicke speech area.
- ★ Right side of the brain is more related to emotional processing and the left side, to languages.
- ★ Learning new things changes your brain and increase your intelligence, even if you are older.

-Simranjot kaur




Happy Trails




Wall Of Art


RAINBOW RIFE



The flower never
questions why
The rain falls or birds
do fly
Contented with the
role it plays
Adding beauty to
sundry days
I love the way
Nature plays



Parnika Rai



Naina
Kaushal




Parnika Rai



Parnika Rai



Parnika Rai



Navya Sood



Light is beautiful
Even if the thunder
storms
And teary rain
Break her down
She will rise up
Even lovelier than
before
Like a Rainbow !!
-Simranjot Kaur



Rooty
Growths
-the roots
of
literature

A forest flower grows unknown
unseen
Wearing colours of spirit
evergreen...
Rooted, down-to-earth it grows
Simple are the ways it knows...
Growing up to be the best it can
Holding no ambitions and plans
Come we will enjoy it together
Knowing everything is going to
weather.



Naina Kaushal

Coronavirus



It's Coronavirus, so stay at home
Chat with your friends on mobile
phone

But don't feel alone..

It's Coronavirus, so wash your
hands

If you got any musical instrument
Learn them and make your own
band..

It's Coronavirus, so eat healthy
Everyone is working from home
To earn money and stay wealthy

1

In Lockdown, please don't spoil
anything
Because no one will repair it..
Let it be an animal or a human being
The situation has taught us how to use
technology..

You're sitting spare at home
So pick up your phone and learn
psychology
You're not allowed to go outside and life
is going very slow
But spared from sunlight,
If you notice everyday your face is
increasing it's glow..

This situation of Coronavirus has
given you rest
Staying home and talking to your
family members is best
You will remember these times in
future

Then you will wait for a lockdown like
this like a wild creature
No real human being is as strong as
the 'Terminator'
Stay home or you will be infected and
lie on a ventilator..

2

3

-Aakarsh Sindhu

Magazine

Class IX
Sundaram

Ms.
Rashim
Sharma



जिन्दगी से गुफतगूँ

जीवनजोत कौर
IX सुन्दरम

अखियों से दूर कहीं, मैं यूँ भूल गई
जिन्दगी की दौड़ में, जुलफों सी उलझ गई
आसमानी पतंग सी कहीं धूल बन उठी
डग- मगाई सी मैं, पर फैला उड़ गई
जन्म-जन्मों की कहानी बन उठी
नज़रों की भूल, धोखा बन सुनी
जीवन के सफ़र में यूँ धुल उठी
मिश्री का घौल बन कड़वी दवा निगल गई
जिन्दगी से आज मैं गुफतगूँ कर आई।

काव्यात्मक

भाग



मेरी कक्षा

जीवनजोत कौर
IX सुन्दरम

कक्षा का हर दिन अच्छा लगता है,
जाना- पहचाना, सच्चा लगता है।

किताबों का साथ है,
हर बच्चे का अलग-यह अंदाज़ है,
कुछ अलग भाव लाता है,
कक्षा में रहना मुझे भाता है।

दिन - रात, कम पड़ जाए,
मन है जो कभी न भर जाए,
जब प्यार देखूँ कक्षा का मैं,
रहने का वहीं मन ललचाए।

गिबों से बातों का अंत नहीं,
कंधों पर भारी बैंग सही,
कुछ अलग ऊर्जा प्रकट करे,
कक्षा का हर पल मधुर लगे।
कक्षा का हर पल मुझे सुहाना लगे।



Poetic Corner

स्वच्छता अभियान
में नहीं तु, वु नहीं मैं
सदा ही करते, वु तु मैं मैं।
करो कभी कोई अच्छा काम
बढ़ाए जो भारत देश का नाम।
देश की धरोहर पर सबका अधिकार
फिर क्यों है इसकी सफाई से इकार।
नहीं है कोई बहुत बड़ा उपकार
बस करना है जीवन से इकार।
नहीं कोई बहुत बड़ा उपकार
बस करना जीवन में बदलाव
शहर जो मानकर घर अपना
निर्मल स्वच्छ उसे भी रखना
कुड़ेदान में फेंको कूड़ा
हर जगह न फेंको कूड़ा।
धुंकने को नहीं है धरती मैया
बदलते अपनी आदत भैया।
न करो किसी घड़ोसी का इतजार
देश है सबका, बढ़ाओ स्वच्छता अभियान।

“ स्वच्छता अभियान ”

हरिषत कंसल

What is poetry mean?

Poetry, literature that evokes a concentrated imaginative awareness of experience or a specific emotional response through language chosen and arranged for its meaning, sound, and rhythm.



ARTICLE

PULL YOURSELF OUT OF THE COMFORT ZONE

Success comes to those who struggle not to those you live a comfortable life. The hardest thing to do is leaving the comfort zone, but if you want to achieve something you have to let go the life you are familiar with and take the risk to live the life you dream about. Albert Einstein once said, "A SHIP IS ALWAYS SAFE AT THE SHORE BUT THAT IS NOT WHAT IT IS BUILT FOR". This example gives us a great lesson that we are not born to live a simple and comfortable life. Our purpose is not served until we face challenges and difficulties and achieve something great in life. A comfort zone is indeed a beautiful place but nothing ever grows there. Sometimes it is good to be in uncomfortable situations, because it is when we learn the most valuable lessons of our lives. It may look difficult to leave the comfort zone and step into the world of challenges and difficulties but believe me, it is where you'll grow, change and transform into the person you always dream to be. Let's start changing today because sometimes later becomes never.

Akshita Jain

9th Sundaram

BOOK REVIEWS

The Unexpected Guest

'The Unexpected Guest' by Agatha Christie is a wonderful thriller, crime suspense.

This is a mysterious story with a detective who found the serial killer accidentally.

As the title clearly suggests it centers around a guest who arrives suddenly at a house, in which a crime was committed.

The story has two main characters a murderer (serial killer) and a detective. It is a story full of agony, pain and revenge. The detective found the murderer who killed his sister and 99 other girls brutally.



Jeevanjot Kaur
IX Sundaram

'One of the most successful business books ever'
Daily Telegraph

Who *An Amazing Way to* Moved *Deal With Change* My *In Your Work and In Your Life* Cheese?

DR SPENCER JOHNSON

Foreword by KENNETH BLANCHARD PH.D.

From the best-selling author of
The One Minute Manager

I found the book "WHO MOVED MY CHEESE?" really helpful and inspiring. The thing that I like the most is that this book tells you how to remain calm and adapt yourself according to the situation. It's a story of four mice and how they deal with the different situations which gives us a very important lesson of our life. I learnt a lot from this book and improved myself a lot. One who is looking forward for a motivational book should definitely try the book. It is really a life changer. It teaches us a great lesson in a humorous way. Made for all ages, this book takes less than an hour to read, but its unique insights can last for a life time.
Name- Akshita Jain
Class- 9th Sundaram
Roll.no- 3

1. I come from a mine and get surrounded by wood always . Everyone uses me. What am I?
2. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I ?
3. What disappears as soon as you say its name ?
4. What word in the English language does the following: The first two letters signify a male, the first three letters signify a female, the first four letters signify a Great, while the entire world signifies a great woman. What is the word?

FUN RIDDLES

Answers :

1.Pencil lead 2.Map 3.Silence 4.Heroine

Akshita Jain-IXC

MIND-BLOWING FACTS

- I. Hot water will turn into ice more faster than cold water.
- II. The Mona Lisa has no eyebrows.
- III. The sentence "The quick brown fox jumps over the lazy dog", uses all the English alphabets.
- IV. The strongest muscle in the body is our tongue.
- V. Ants take rest for almost 8hrs. In 12hr -period.
- VI. Camels have three eyelids to protect themselves from the blowing desert sand.
- VII. Women blink nearly twice as much as a man.
- VIII. A snail can sleep for 3 years.
- IX. All polar bears are left handed.
- X. Butterflies taste with their feet.

Srishti Jindal – IXC

MATHS TRICK

Harshit Kansal IXC

→ Add the numbers column wise and follow carry over process.

$$\begin{array}{r} 1 \quad 4 \quad 16 \quad 64 \\ 0 \quad 32 \\ \hline 2 \quad 7 \quad 4 \quad 4 \end{array}$$

Since $16 + 32 + 6$ (carryover) = 54
4 written and 5 (carryover) → $4 + 8 = 17$
7 written and 1 (carryover) → $1 + 1 = 2$.

This 2744 is nothing but the cube of the number 14

Example 1: Find 18^3

$$\begin{array}{r} 18 \\ 18 \times 18 \\ \hline 144 \\ 1620 \\ \hline 648 \end{array}$$

(2x8 = 16, 2x64 = 128)
 $64 + 120 = 184$
 $8 + 12 = 20$
 $1 = 1$

i.e., $18^3 = 5832$

Example 2: Find 33^3

$$\begin{array}{r} 33 \\ 33 \times 33 \\ \hline 1089 \\ 10890 \\ \hline 3591 \end{array}$$

(2x3 = 6, 2x9 = 18)
 $33 = 36 - 3$
 $33 = 36 - 3$
 $33 = 36 - 3$

Thus $33^3 = 3591$

Let a and b be two digits.

Consider the row $a^3 \quad a^2b \quad ab^2 \quad b^3$
the first is a^3 and the numbers are in the ratio a:b
since $a^3:a^2b = a^2b:ab^2 = ab^2:b^3 = a:b$

Now twice of a^2b, ab^2 are $2a^2b, 2ab^2$

$$\begin{array}{r} a^3 + a^2b + ab^2 + b^3 \\ 2a^2b + 2ab^2 \\ \hline \end{array}$$

$$a^3 + 3a^2b + 3ab^2 + b^3 = (a + b)^3.$$

2.CUBING

Take a two digit number say 14.

i) Find the ratio of the two digits i.e. 1:4

ii) Now write the cube of the first digit of the number i.e. 1^3

iii) Now write numbers in a row of 4 terms in such a way that the first one is the cube of the first digit and remaining three are obtained in a geometric progression with common ratio as the ratio of the original two digits (i.e. 1:4) i.e. the row is

$$1 \quad 4 \quad 16 \quad 64.$$

iv) Write twice the values of 2^{nd} and 3^{rd} terms under the terms respectively in second row.

i.e.,

$$\begin{array}{r} 1 \quad 4 \quad 16 \quad 64 \\ 8 \quad 32 \end{array}$$

(∵ $2 \times 4 = 8, 2 \times 16 = 32$)



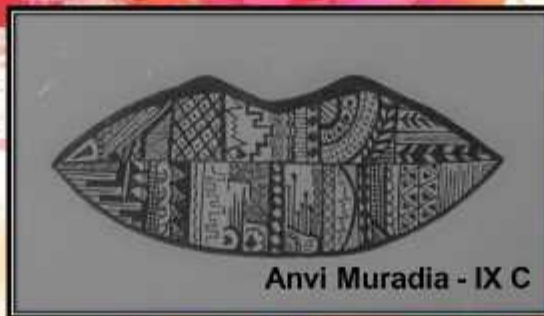
CREATIVE CORNER



Jeevanjot Kaur
IX Sundaram



Neev Sachdev - IX C



Anvi Muradia - IX C



Reeva Singh - IX C



Reeva Singh - IX C



Jeevanjot Kaur - IX C

Reading Day Competition June 19

A book is a gift that you can open again and again.



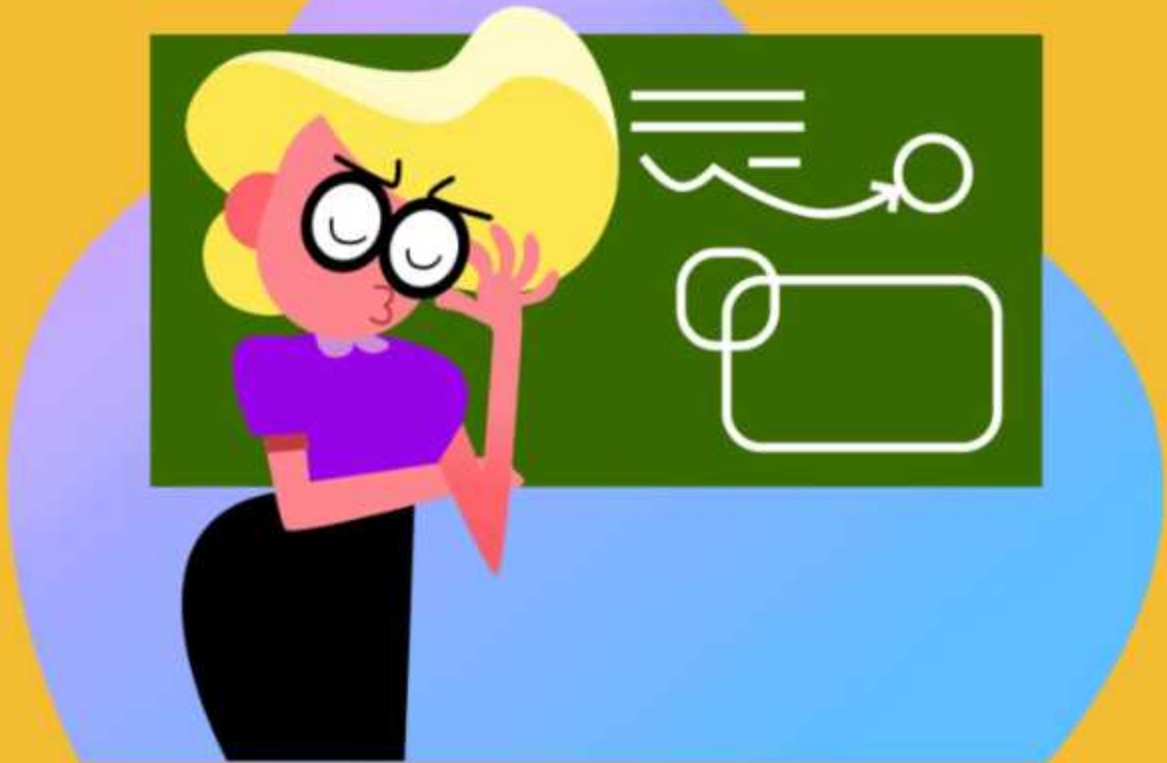
Yoga Day Celebration by the students

Asanas



THE SHUBHAM TIMES

April - May 2021-22



TEAMWORK BY:

Manuraj Goel, Eshan Batta

UNDER GUIDANCE OF:

Mrs. Anju Sharma

MOTHER

A mother wraps
her love around the heart
of her daughter,
keeping each beat steady
through the rhythm of life,
until wings take shape,
and it's time for the soul
to take flight.

Mom, from the time I was really young,
I realized I had someone...you,
who always cared,
who always protected me,
who was always there for me no matter
what.

A mother's love is something
That no one can explain,
It is made of deep devotion
And of sacrifice and pain.
Your arms were always open
when I needed a hug.
Your heart understood
when I needed a friend.
Your gentle eyes were stern
when I needed a lesson.

Your strength and love has guided me
and gave me wings to fly



Less Screen Time Means a Better Mind and Body for Kids
If you've ever wondered whether it's worth fighting with your child over the amount of time they spend in front of the TV, computer, or another screen, the answer, according to recent studies, is a resounding "yes." Reducing time with devices makes it possible for families to spend more time together interacting and talking to each other face-to-face.

Less screen time can give also kids more time to go outside and get some exercise or read a book. Recently, studies have shown that cutting down screen time can also have a positive effect on kids physical, social, and behavioral well-being, and it can even improve their academic performance.

How Screen Time Is Harmful

Research has shown that kids spend more time using electronic media devices than they do on any other activity—an average of 7 hours a day, according to the American Academy of Pediatrics (AAP).¹ Spending too much time on screens has been linked to not getting enough sleep, poor grades, and a greater risk of obesity.

The AAP and other child health advocates have urged parents to limit screen time to no more than 1 hour a day for kids ages 2 to 5. The AAP recommends that parents avoid any screen time for babies and children under 18 months.

Another problem with kids and too much screen time: As children get older and spend more time using screens, there is a measurable drop-off in the amount of educational activities they engage in, according to a 2014 report by the Joan Ganz Cooney Center, a nonprofit research group established by Sesame Workshop.

The Joan Ganz Cooney Center report is based on a national survey of 1,577 parents of children ages 2 to 10.³ Researchers asked parents about their child's use of media, including TV, DVDs, video games, books, e-readers, smartphones, tablets, and other mobile devices.



OUR ARTISTS:



समाज



समय के साथ-साथ समाज बदलता है
हर बार मदद के नाम पर घपला होता है
हर जगह यहाँ पर राक्षसों की बस्ती है
अच्छा काम करने वालों पर दुनिया हँसती है
दौड़ में दुनिया की रफ्तार बढ़ती जा रही है
इंसानियत की हर मिसाल मायने बदलती जा
रही है

जाति-मजहब का पहनकर चोला
लगे हैं एक दूजे को लड़ाने में
सरहद पर शहीद हो रहे न जाने कितने सपूत
और नेता लगे हैं सिर्फ अपनी कुर्सी बचाने में
मनुष्य को आकर मुश्किलों ने घेरा है
राम तेरी धरती पर छाया कैसा ये अंधेरा है

लोभ, क्रोध, घमंड ने आकर इंसान को जकड़ा
है

अच्छाई के स्थान पर बुराई ने हाथ उसका
पकड़ा है

चित्त में कुआँ स्वार्थ का जगा है
हर किसी के नेत्रों में नफरत की आग है
धन ने सभी को अंधा बनाया है
हे प्रभु! यह कैसी मोह-माया है

आजकल किसी का विश्वासजीतना नहीं
आसान बात है,
इंसान झूठ बोलकर सबको देना चाहता मात है
उम्र लग जाती है शोहरत कमाने में
वक्त लगता नहीं इज्जत गँवाने में
हर जगह कोई न कोई बखेड़ा है
हे राम, तेरी धरती पर छाया कैसा यह अंधेरा है
स्वच्छता के नाम पर मचाया अभी तक गंद है
अब परिणाम भुगतते हुए सब घर में बंद है
गलत-सलत काम करके लगे हैं सब पैसा
कमाने में
कभी कोई मौका नहीं छोड़ते दूसरे को जलाने
में
हरकिसी को बेइज्जत करना सबको आता है
पर किसी बेइज्जत को सम्मान दिलाना सिर्फ
कुछ को भाता है
सबके सामने तो हर कोई भगवान का भजन
गाता है
पर पीठ पीछे दूसरे को हराने पर खुशी मनाता
है
दूसरे की खुशी देखकर गुस्से से मन खोलता है
मुश्किलों का द्वार इंसान स्वयं खोलता है
हर जगह होता जा रहा बुराई का बसेरा है
हे राम ! तेरी धरती पर छाया कैसा यह अंधेरा है

|

LABOUR DAY

May 1 is celebrated as International Labour Day all over the world. This is a day that marks the importance of labour and assures dignity of work for every profession. The day recognizes a laborer's contribution and impresses upon us the need to respect and honor them. In order to be aware of the need to value the incredible support and services provided by the working class and to honor their contribution towards making our lives easier, we should celebrate Labor day with same enthusiasm as we celebrate valentine's day, rose day and other important days of the calendar.

Each year May 1st is observed as international Labor Day. The day is observed in countries such as India, Cuba and China among other countries. The day is marked to give respect and love to all the workers around the world. India celebrated its first Labor day in Chennai in 1923. It is celebrated with great pomp and show by holding parades. International labors' day is a public holiday in many countries. We should thank all the workers for their hard work for shaping the country.

Nutshell:

**"TREAT EVERYONE WITH DIGNITY, SPREAD
HAPPINESS AND DON'T ACT GREEDILY,
BE SPECIFIC AND SOUND,
GIVE LOVE, GET LOVE AND SPREAD
LOVE ALL AROUND."**



CLASS TEACHER

MS. GEETA SHARMA

TECNICAL SUPPORT

MAYANK SINHA

ANANDITA CHAUHAN

CLASS IX E MAGAZINE

Arts Section



- Deepanshi Gautam



- Dhruv Kamble



- Navya

Arts Section



- Suhani

The Boy in the Striped Pyjamas (Book Review)

The boy in the striped pyjamas is a soul stirring story of a 9 year old boy Bruno. His wistful desire to explore things leads him to make friends with a boy of the same age and with the same birthday. This is the spine-chilling story of the time of holocaust and how the polish people were severely treated by the Nazi's. The author engrosses you from the starting to the end into the life of Bruno. It is a powerful book, packed with adventure, friendship and bravery. The author writes this story from the point of view of Bruno who is totally unaware of this brutal situation and creates a relationship with a Jewish boy which would merely be difficult, however the writer has made a beautiful piece of art which hooks up the reader. It was a great time reading this novel.

Book Review Written By

Tanvi Handa (IX E)

FUNNY BLAST FROM THE PAST

It does not seem funny to me but still.....It was a fine day. Until I got a black star. Lakshit(name changed) asked me for an eraser but just as I was giving him the eraser, ma'am turned all of a sudden and without any chance to explain ma'am asked for a black pen. To my horror ma'am searched for my name in the conduct chart. While I hoped that somehow something, a miracle would happen that would make my name disappear from the chart, ma'am found my name and gave me a black star in the discipline column. I sat frozen for a few moments.*

and then I started arguing with ma'am about me giving eraser to Lakshit and so on. But my pleas of misery rather I would say desperation were falling on deaf ears. In my battle to remove my one black star, I triumphed with two more black stars. We have over 336 crore Gods but I guess that none of them had time for a poor, miserable, helpless and desperate 12 year old boy who wanted to get his black stars removed. But luck was not with me. One day my friend Sashi*(name changed) stood up to answer a question and my pencil fell on his bench as I picked up my pencil, unfortunately at the same time Sashi* sat down and he got hurt by my pencil very badly. Oh God!!Help me out, I was just picking up my pencil, not pranking Sashi*. All my hopes of getting rid of my black stars got trashed. So, whenever ma'am thought of removing my black stars, my good friend (or was he? 🙄) Sashi* very conveniently reminded ma'am every time that I had poked him.*

But still... ma'am thought of removing my black stars. She told me that she would certainly remove all my black stars. I kept reminding ma'am every day to remove my black stars, but she just consoled me and said that she would do it some other day. The P.T.Ms were nearing and I needed the cursed black stars out of my damn column!!Eventually I got fed up aaaaaand I pleaded, no I begged ma'am to remove my black stars. Finally she gave in. YEP!! She did it. Finally, ma'am removed my black star but you know what?? Ma'am did the whole thing with a chalk and guess what, she removed only a single black star. LUCK, my foot!! That too my good (or bad? 🙄) friend Akshi(name changed) ma'am's BLUE EYED, politely removed the mortal chalk covering my wicked black star. There it was, as black as ever, staring me straight in the eye, my BLACK STAR!! I complained to ma'am about Akshi's* horrendous act of the murder of the chalk. But here goes nothin'. Ma'am did not even bother to pay attention to my plea. Hats off to this discrimination....*

• In the end after getting the juicy news that class VII SHUBHAM has torn their conduct chart, I along with the most of the class(since most of them had got columns full of black stars) asked ma'am if we could tear it down too. But the answer was obviously no. After lots of pleading ma'am gave in to our request(and quest) of tearing the chart. YEEEEAAAHHHH!!! We all tore it into so many pieces that they were all beyond recognition.....

• I had planned that this year "mai to conduct chart me aag laga doonga " (with my good conduct 😊)but courtesy corona "conduct chart ko hi aag lag gayi".

• WILL BE BACK WITH MORE SUCH FUNNY BLAST FROM THE PAST IN COMING EDITIONS...

-Pranav

My School Life in Bhavan

Big gang of friends,
Colourful uniform,
Silly fights,
Friendly teachers,
Group photos,
Combined studies,
Never ending P.T periods,
Rocking annual days,
Enjoyment in funny ways,
Discussions on anything or nothing,
So many hands in a single tiffin,
Remarkable marks,
Terror report cards,
Justified mistakes,
Lovable tours,

" SCHOOL "

Life is just a heaven!!

AFTER FEW YEARS

A day may come when we walk through a large gate of our school, walking through that lonely grey part covered with dry leaves where smiles were shared, love was made, heart was broken and tears spilled.....

Then we step into a lonely and old classroom. Only memories will be there for our company.....

We may see ourselves on every Bench, Laughing and remembering our friends.....

- Deepanshi

World Laughter Day

May 2 marks the World Laughter Day, internationally. It's an annual event celebrated globally to harp on the importance of the healing effects of laughter and direct people towards a healthier and happier way of life. It was first celebrated in Mumbai in 2008, July 28 due to the initiative taken by Dr Madan Kataria, who is the founder of the Laughter Yoga movement.

It was Dr Kataria who created the World Laughter Day in 1998 as he was fascinated by the astonishing results that could come from laughing, especially the facial feedback hypotheses. It has been observed that by flexing facial muscles to laugh, change of emotion can be induced.

The endeavour is to create world peace and encourage a global awareness, consciousness of bonding. Over 105 countries have welcomed the laughter yoga movement and the World Laughter Day has gained immense prominence over the years.

-Mayank Sinha (9E)

Credits:

News18 (May 2, 2021), World Laughter Day 2021: Know the History and Significance.

<https://www.news18.com/news/lifestyle/world-laughter-day-2021-know-the-history-and-significance-3699485.html>

Peacock

PEACOCK

1. Peacock is one of the most beautiful creatures of the earth, which is feathered.
2. It is a magnificent bird that is found in not many nations. It is found in India, Sri Lanka, Myanmar, Africa.
3. Peacocks are generally aggressive, territorial types of birds which usually said to be the king of all birds. They are protective with the creatures they are friend with.
4. On cloudy days they delivers a ton of shivers since they love dampness. In the rainy season when it downpours, they open their feathers and move joyfully.

FACTS ABOUT PEACOCK

1. Colors of the tail of peacock will look differently every time you change the angle of looking.
2. Their life expectancy is about 20-25 years.
3. The crests on their heads are actually important sensors.
4. Only males have beautiful and colorful tails. This is because, they possess microscopic crystal like structures which tend to reflect various wavelengths of lights based on their spacing.
5. In 1963, the peacock was declared the National Bird of India because of its rich religious and legendary involvement in Indian traditions.

- Suhani Boxi



VESALIUS

IX Saksham

APRIL-JUNE

CREDENTIALS

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International Day of Yoga



The international day of yoga has been celebrated annually on 21 June since 2015 .

Yoga is a PHYSICAL, MENTAL and SPIRITUAL practice which originated in INDIA.

To commemorate this day, our school organised a 15 day training program of yoga and fitness for students, teachers and parents.



ISHIKA
PANGHAL



AARUSH
ARORA



PRANAVA
MITTAL



