



# E-MAGAZINE

JULY - AUGUST  
2021

Class  
X Satyam

Class Incharge  
Ms. Sarika Mahajan

Student Editors  
Kcudarat and Seerat



# MONSOON



Clicked by Paarth Gupta



Rain

The clouds are shedding tears of joy,  
They fall with rhythmic beat  
Upon the earth, and soon destroy  
Dust dunes and waves of heat.  
Each falling drop enforcement bears  
To river, lake and rill,  
And sweet refreshment gladly shares  
With wooded dell and hill.  
Every flower, bud and leaf,  
Each blossom, branch and tree  
Distills the rain, 'tis my belief,  
To feed the honey bee.  
I pity every wretch I find  
Who, frowning in disdain,  
Is deaf and dumb and also blind  
To beauty in the rain.



Clicked by Rishabh Jain

# INDIA'S 75<sup>th</sup> INDEPENDENCE DAY

## FACTS ABOUT INDIA

- Chenab bridge is the highest rail bridge in the world.
- The Kumbh-Mela is visible from space.
- There is a floating post office in Kashmir, India .
- Indian food has become one of the most widespread cuisines in the world.

~Anjali Aggarwal



## THE FLAG

Red Fort the bloodshed in the name of freedom For which for we fought, United.

Blue for the oceans of time we have crossed , Remaining the land of free.

White for the peace we wish to share, All men created equal.

Stars to remember those who fought throughout the night , Bravely for our land,

Stripes to remind us of the lashings taken by the Prisoners of War

With a seat in god we trust

We each are one of many in which stand united in brotherhood

A symbol of pride

A salute to those who died in the fight

A blanket to cover us in times of need

Waving high to show we are still here undefeated

With honor you are presented to the world

~Lavanya X

# BOOK REVIEWS

## Satya ke Prayog

I really liked this book written by Mahatma Gandhi. This book tells us about Gandhi's extensive study and reading of many religious tomes and book, his propensity to be upfront about his actions, his thoughts and deeds. He is viewed as a prophet. This book offers an intriguing first hand account of events in the modern time period, which allows for more insight. I found Gandhi's writings interesting because it gave a different point of view on what happened in the events against British colonisation in India. I feel that Mahatma Gandhi accomplished what he set out to do in writing this book, which was to tell his story in order to reach other people. The author's writing style was fairly clear and easy to comprehend, as his writing was a straightforward description of his life experiences and events. I will suggest everyone to read this book.

By Sparya Chauhan

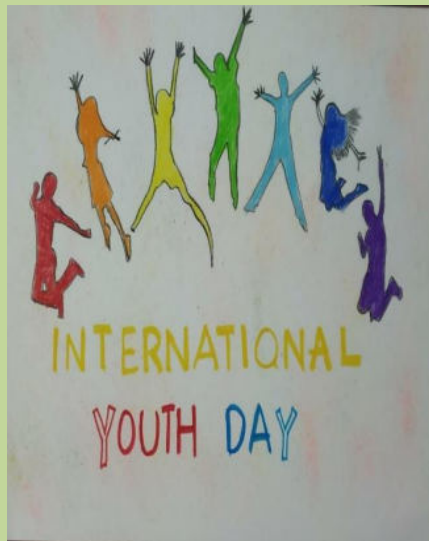
## The boy who harnessed the wind

Firstly, when I read the title of this book, I thought it to be boring. So I skipped it and moved on to the next one. One day, I came to know a film based on this book was streaming on Netflix. After I watched the movie, I read the book.

The story was about a 14 year old William Kamkwamba whose village Malawi was hit by a drought. Without enough money for food, let alone school, William spent his days in library and figured out how to bring electricity to his village. Preserving against the odds, William built a functioning windmill out of junkyard scraps, and thus became the local hero who harnessed the wind.

I got so inspired by this story that I recommend everyone to read the book at least once.

By Soumil Bansal

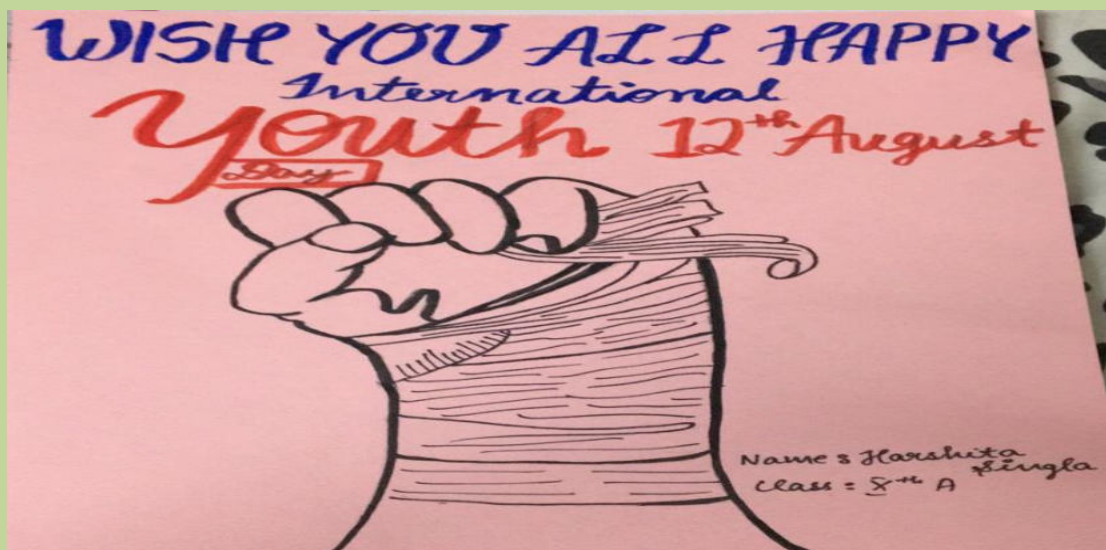


## Delight it is in youth and May

Delight it is in youth and May  
To see the morn arise,  
And more delight to look all day  
A lover in the eyes.  
Oh maiden, let your distaff be,  
And pace the flowery meads with me,  
And I will tell you lies.

'Tis blithe to see the sunshine fail,  
And hear the land grow still,  
And listen till the nightingale  
Is heard beneath the hill.  
Oh follow me where she is flown  
Into the leafy woods alone,  
And I will work you ill.

~by A. E. Housman



# OLYMPICS



The Olympic Games is a quadrennial international multi-sport event celebrated as a global sports festival by people all over the world.

TOKYO 2020



23 Jul – 8 Aug



With seven medals- one gold, two silver, four bronze; Tokyo 2020 has been the most decorated Olympic Games in India's history. In the best of times, it takes the struggle of a lifetime to deliver the holy grail of an Olympic medal. As India reeled under the disastrous first and second waves of COVID 19 pandemic, it was worst of times to exist- leave alone train for sporting glory. And yet, the Olympic Games Tokyo 2020 concluded as the most successful in India's 120 year history of competition. These seven champions have travelled far and wide to make this happen

Silver	Mirabai Chanu	Weightlifting
Bronze	PV Sindhu	Badminton
Bronze	Lovlina Borgohain	Boxing
Silver	Ravi Kumar Dahiya	Wrestling
Bronze	Men's hockey team	Field hockey
Gold	Neeraj Chopra	Athletics
Bronze	Bajrang Punia	Wrestling

# Shivam House

~April-May'21

**Class Incharge :  
Ms. Anjali Sharma**

*Celebrating our Indian Authenticity*



**Cover & Compilation By:  
Naina Sharma**

**X B**



## What does freedom means to me?

Have you ever thought about the meaning of freedom? To me , freedom means to be able to learn from my mistakes. If I didn't have freedom, I would have to do what the top authorities always tell me to do. I don't have any room for mistake so it would be harder to learn about life. When I don't have freedom I am under pressure constantly. While I am under so much pressure, it make it a more stressful world to live in.

Freedom also means having the time to do things right. Freedom is important because it leads to enhanced expressions of creativity and original thoughts , increase productivity and an overall high quality of life. More over the value of freedom can only be understood and appreciated by those who have a sense of the past and a highly developed understanding of human nature.

I believe that freedom has both good and bad effect which means that freedom can either make or break a person. As a girl freedom is the most important thing in my life to live confidently. By this I mean the freedom given of choosing the career that I want to pursue. By doing so I'll be able to give my best to my work. Living in a democratic country freedom also gives us the power or right to act , speak or think whatever we want to without any higher authorities.

To conclude we can say that freedom is not what we think it is a psychological concept in which everyone has a different point of views similarly it has a different value for different people but freedom links with happiness in a Broadway.

**Thoughts by Naina Sharma**

**Class 10 Shivam**

**Class teacher - Anjali Sharma**



## Facts about Dr. B. R. Ambedkar

Dr. B. R. Ambedkar's surname was Ambawadekar, but his teacher Mahadev Ambedkar gave him Ambedkar surname in the school records.

Dr. Ambedkar was the first Indian to get a doctorate (Ph.D.) degree in Economics from abroad.

Dr. B. R. Ambedkar is the only Indian whose statue is attached to Karl Marx in London.

The credit of giving place to "Ashok Chakra" in the Indian Tricolour also goes to Dr. Babasaheb Ambedkar.

Although the National flag was designed by Pingali Venkayya.

Babasaheb's personal library "Rajgirh" consisted of more than 50,000 books and it was the world's largest private library.

Dr. Babasaheb Ambedkar was a master in 64 subjects. He had knowledge of 9 languages which were Hindi, Pali, Sanskrit, English, French, German, Marathi, Persian, and Gujarati.

In the London School of Economics, Babasaheb completed 8 years of studies in just 2 years 2 months. For this, he studied 21 hours a day.

Babasaheb was the first lawyer from the backward class.

**Thoughts by Drishti Rawat**

**Class 10 Shivam**

**Class teacher - Anjali Sharma**



# Labour Day

The International Labour Day, which is observed on 1st May annually in India, is a tribute to all the workers for their contributions toward building the nation's economy. The Labour Kisan Party initiated International Labour's day in Chennai, India. India celebrated its first labour's day in May 1923. Approximately eighty countries, including India, celebrate the international labour's day on 1st May, whereas the western continents observe labour's day in September's first Monday.

The labour class across the continents were maltreated and were compelled to work twelve to fifteen hours per day for seven days in a week. Even children were forced to work in factories, mills, and mines. They were not paid appropriately for their efforts. They lived below the poverty line and could not afford basic necessities. In the late 1800s, they demanded recognition for their hard work and reduced working hours. The history of celebrating labour's day originated from the United States of America, during the peak of the Industrial Revolution, where the workers sang in unison for equality. The labourers were subjected to hardship and cruelty. As a result of the protest of the labour union movement, they were compensated with proper wages. After the victory of the labour union movement, their working hours were reduced from fifteen working hours to eight working hours with paid leave. Labour's day is marked as a remembrance of their victory. It is celebrated with pomp and show with street parades, parties, and unique athletic events. The workers are the backbone of every nation. A country cannot see economic progress and industrial growth without the contribution of workers. Thus, on International labour's day, we can pay our gratitude to all the workers.

**Thoughts by Piyush**

**Class 10 Shivam**

**Class teacher - Anjali Sharma**

## Third Rock From The Sun

“The Earth is what we all have in common.” This is a phrase Wendell Berry has said. Earth. What is it? A cluster of rocks and dust that are just bound together. It is a planet. A place where living creatures live. A place of fun adventures. Our home. Is there something special about it? There is something special about it as it is the only planet which supports life. Where atmosphere and water and land is present. This a huge gift for us. So why are people exploiting it?

The planet Earth was formed 4.5 billion years ago. A giant collision took place and wiped out the previous rocks and planets and Earth was formed. Humans were evolved from a single cell. They have been on this planet for almost 2-3 million years. Instead of gracing the planet, we are taking it for granted. The oxygen, water, land and what not is being exploited by homosapiens. In the current situation humans are behaving like a virus. They don't understand that this exploitation will eventually lead to their own doom. They think of themselves as Gods who can do everything but they don't realise that they are just visitors, and life just happened, it was a pure coincidence, with right conditions. Because of advancement of science and technology, humans think that they are on a pinnacle of civilization. And they have become so complacent that they don't see the imminent science of ruin. We are not here forever, we are just travellers for a speck of time, living on the third rock from the sun. This is why Earth day is celebrated. So that we could be more aware, and we have to think not only about us but also of the future generations. So to avoid the mentioned things above, we should adopt different methods which goes hand in hand with pristine nature and rustic development. Earth day is also celebrated so that the future generation will be happy to live on a place like earth instead of being horrified by it.

In conclusion, April 22nd gives people a reason to celebrate life and look across the blinded curtains on the eyes. Each one should leave a happy place for our future generations.... And life.  
Each one plant one..... or five for that matter.

**Thoughts by Tavishi Guleria**

**Class 10 Shivam**

**Class teacher - Anjali Sharma**

## Dear Draupadi,

You are an incomprehensible character I have ever come across. Is it the valiance you had or the retribution that sprouted or the thirst to become a shaper of history that makes you stand out? Or is it just all? There are a series of questions bundled in my head. Are you the first feminist on Earth or are you just pawn in the hands of time as Krishna once said? You had an impeccable vision about 'everything' around you just like Arjun had for the bird's eye, didn't it?

Why didn't you let Karna take part in swayamvar? Well, then it would have been one among a boring princess's tale I guess. Did you have a thousand butterflies flying inside you just at the sight of him or did you have a thousand wars inside you because of guilt? Weren't you tormented enough between love for that one man and wifely duties for the other five? Being a feminist by yourself how did you forego the right of choosing your love? I am amazed at how you carried out all your roles just like a river does, quenching every thirst, giving life to everything in and around it.

Did you not crave for a much simpler life without remote love, onuses, heaviness from carrying the weight of history on your shoulders? You were not just the victim of time but of loneliness and many other things. Is the journey from a girl who just wanted love to a woman who only wanted vengeance splendid or spiteful?

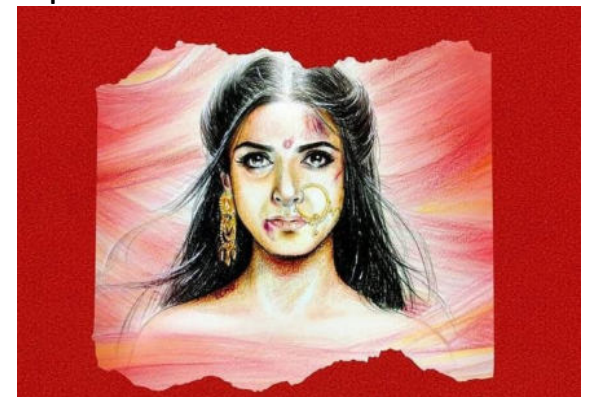
Did you feel the imperativeness of the destruction and loss- your sons, Dhri, Karna, zillion other foot soldiers? Just like an age-old tree, standing still amidst a catastrophe you transcended whatever time threw at you.

The courage with which you accepted the vision of great war! Not in the might of any ordinary woman. It would have induced a thousand heartbreaks to be a cause and victim at once-everytime you thought you could have chosen Karna, every time you thought you could have stopped the war. I cannot thank you enough for the perseverance you imparted.

**Thoughts by Drishikha Makkar**

**Class 10 Shivam**

**Class teacher - Anjali Sharma**



# MULTIVERSES

## ~A Quantum History

One possible solution to the grandfather paradox is the theory of multiverses originally set forth by Hugh Everett. According to multiverse theory, every version of our past and future histories exist, just in an alternate universe. For every event at the quantum level, the current universe splits into multiple universe.

It is fascinating and endearing to think that for every choice you make, an infinite number of universes exist in which you made a different choice. The theory neatly solves the grandfather paradox by positing separate universes in which each possible outcome exists, thereby avoiding a paradox.

In this way we get to live multiple lives.

**Thoughts by Kanisska**

**Class 10 Shivam**

**Class teacher - Anjali Sharma**

## **DR. B.R. AMBEDKAR**

### **- LIFE OF AN INDIAN DALIT**

Dr Bhimrao Ramji Ambedkar commonly known as Dr B.R Ambedkar was born on 14 April 1891 Ramji Maloji Sakpal and Bhimabai Sakpal . He belonged to a dalit family. Dalits were treated as untouchables and had to face racism and socio-economic discrimination. His father served in British Army. He went to school just like any other child but because of being a dalit was segregated from others. One of his famous writings were “No Peon, No water” because someone was needed to pour water as they were not allowed to touch anything in school. He had very hard times in his early life. After death of his mother his aunt took care of him and his siblings. From all his brothers and sisters, he was the only one who passed school examination and went to high school. In 1897 his family moved to Mumbai where he became only untouchable to enrol in Elphinstone High School. In 1906, at age of 15 he was married to 9-year-old girl named Ramabai. By 1912, he obtained his degree in economics and political science from Bombay University, and prepared to take up employment with the Baroda state government. In October 1916, he enrolled himself in London School of Economics where he started working on Doctoral Thesis. Finally, after completing his studies when he returned to India, he was appointed Military Secretary to the Gaikwad but had to quit in a short time. He worked as a private tutor, as an accountant, and established an investment consulting business, but it failed when his clients learned that he was an untouchable. In 1918, he became Professor of Political Economy in in Mumbai. Although he was successful with the students, other professors objected to his sharing a drinking-water jug with them. While practising law in the Bombay High Court, he tried to promote education to untouchables and uplift them. Ambedkar had been invited to testify before the Southborough Committee, which was preparing the Government of India Act 1919.

At this hearing, Ambedkar argued for creating separate electorates and reservations for untouchables and other religious communities. In 1935, Ambedkar was appointed principal of the Government Law College, Bombay, a position he held for two years. He also served as the chairman of Governing body of Ramjas College, University of Delhi, after the death of its Founder Shri Rai Kedarnath. In 1936, Ambedkar founded the Independent Labour Party, which contested the 1937 Bombay election to the Central Legislative Assembly for the 13 reserved and 4 general seats, and secured 11 and 3 seats respectively. Ambedkar served on the Defence Advisory Committee<sup>1</sup> and the Viceroy's Executive Council as minister for labour. Upon India's independence on 15 August 1947, the new Congress-led government invited Ambedkar to serve as the nation's first Law Minister, which he accepted. On 29 August, he was appointed Chairman of the Constitution Drafting Committee, and was appointed by the Assembly to write India's new Constitution. He tried to enhance his political career but failing in his first attempt he died in 1957 before trying the second time. Today because of him India has such a great constitution and is able to become World's largest Democracy. And it's due to his contribution in making of constitution of India he is known as Father of Indian constitution and on 14 April the day is marked by Ambedkar Jayanti.

**Thoughts by Keshav Kaushal**  
**Class 10 Shivam**  
**Class teacher - Anjali Sharma**



## WHAT NO ONE TELLS YOU ABOUT JEALOUSY

“They Watch, They Hate And then they COPY”.

Some people think that jealousy can lead to destruction of the world and it can surely happen sometime if we don't control it.

But, the question arises can jealousy be controlled? Can we overcome Jealousy? Let's first talk about what Jealousy is.

According to Wikipedia, **Jealousy** generally refers to the thoughts or feelings of insecurity, fear, and concern over a relative lack of possessions or safety. **Jealousy** can consist of one or more emotions such as anger, resentment, inadequacy, helplessness or disgust.

The other day, in our classroom, one of our teachers said “Jealousy should be overcome. Jealousy is really very harmful. Jealousy can spoil our relationship with the other person. It doesn't allow us to be contempt with what we have. Jealousy can be **OVERCOMED** and **ERADICATED.**”

Undoubtedly, I agree with this view point, but what I feel is a flaw in this view point is that ‘Jealousy can be overcome’. What I feel is jealousy is an emotion. It is in human nature. Every time we see someone scoring better than us, every time we see someone getting praised, every time we see someone who owns a 10 – Acre bungalow, and when not do we feel jealous. We, instead of praising the other person for his achievement, start cursing him. And, this is not something I am saying baseless, the other day I was surfing YouTube, I saw a video of a renowned spiritual leader, from where I got all this information.

According to evolutionary psychologists, **Jealousy** is a part of our nature, found in people all over the world.

According to some, we must remove jealousy from our life. But, what I feel is that it can't be removed, but can be controlled to some extent. I am not saying that we must never feel jealous of other and we must uproot our emotion from within ourselves. This is nearly impossible.



If you ask me, we must learn from others and incorporate those things into our life. I know this is quite difficult, but let's try, at least. Whenever you start feeling jealous of others, just start counting what you have and others don't. Just think of abilities you have. If possible, leave that place, whenever you start feeling jealous. Trust me; this is surely going to help.

As I quoted earlier, Jealousy can't be completely removed from our life. Just manage your emotions. Whenever you feel jealous of other, you, unintentionally, start cursing him and feel disgust of other. By doing this, you are thinking bad of others and create your own KARMA. The cycle of KARMA is unavoidable. What you do to others comes back to you.

So, just try to manage your emotions and learn how to display your emotions to others. Be jealous of others on others, but in LIMIT. After all, we all are humans and we want some tanginess in our life.

**Thoughts by Srishti Arora**

**Class 10 Shivam**

**Class teacher - Anjali Sharma**



**Thoughts by Kashish**  
**Class 10 Shivam**  
**Class teacher - Anjali Sharma**

**Thoughts by Deepanjali**  
**Class 10 Shivam**  
**Class teacher - Anjali Sharma**



## RAM NAVAMI

Ram Navami is one of the most auspicious festivals of Hindus. This day special day is celebrated to mark the birth of Lord Ram, the seventh avatar of God Vishnu. The day is marked by Rama Katha recitals or reading of Rama stories, including the Hindu sacred epic Ramayana. It is a Hindu spring festival that celebrates the birthday of Lord Rama. Hindus visit a temple while others pray within their homes, and some participate in a bhajan or kirtan with music as a part of puja and aarti. Some devotees mark the event by taking

miniature statues of the infant Lord Ram, washing and clothing them, then placing them in cradles.



The significance of the festival is that it indicates the victory of good over evil. Ayodhya, the birthplace of Lord Rama is the focus of great celebrations of Ramanavami festival. Rathayatras or the chariot processions of Rama, his wife (Lord) Sita, brother (Lord) Lakshmana and

devotee (Lord) Hanuman, are taken out from many temples. The prasad is distributed among all the people who have gathered for worship in the temples.



It's believed that chanting Lord Rama Mantras can help one get rid of all sins and be blessed with health, wealth and prosperity. All people celebrate the festival with great joy and enthusiasm.

**Thoughts by Divya Chawla**  
**Class 10 Shivam**  
**Class teacher - Anjali Sharma**

SEPTEMBER EDITION | XC

**VINTAGO**



Class Teacher  
**Mr. Ashu Gupta**

## **PLATINUM GALLERY**



**~ADITYA VOHRA**



**~AARAV**

## **SKETCH BOARD**



**~MUKTI**



**~DEVANSH**



**~MUKTI**

# PLASTIC

## *Is it a Requirement ?*

According to a census conducted by the University of Hawaii, over 267 species worldwide are being affected by plastic pollution and 700 species are endangered. It is analysed that water birds and marine animals are particularly at risk, with 28 incidents involving seals hurt by plastic litter.

Plastic, which is currently overwhelming us, was originally created as a solution to maintain the availability of natural resources on earth. It is an ingenious invention by Leo Hendrik Baekeland in 1907. This creation was formulated so as to be reused. A polythene bag can be recycled 2-3 times and reused at least 11 times. But, gradually we have made it a use-and-throw article. Although it becomes one of our most concerning problems now, we can not deny the fact that plastic is still needed for numerous fields in our life. It is well said,

***“Plastic should be used as a blessing,  
Not in making the earth depressing.”***

**~AADITRI**



LET'S READ!

A PLACE I WANT  
TO GO

I WANT TO GO TO A PLACE,  
WHICH IS OUT OF THIS SPACE,  
AND THERE IS NO RACE,  
I WANT TO GO TO A PLACE,  
WHERE THE FISH FLIES,  
AND NOBODY LIES,  
I WANT TO GO TO A PLACE,  
WHERE THE FLOWERS TALK,  
AND THE FAIRIES WALK...

~ADEENA



# MONTHLY MAGAZINE

*X<sup>TH</sup> SHUBHAM  
HOUSE*

CLASS TEACHER: Mrs. Mukta Bhatia



# Save yourselves



Close your eyes and imagine your dream home. Does it have a beautiful garden or a huge backyard?

Most of you people will say yes. See that's the problem, we only regard a small piece of land as our home. Is earth not our home? are we not living on it?

We live in a society where people just think about their own profits or lifestyle they tend to forget that they have some duties, some moral responsibilities to perform for the environment and even for their own sake!

The way we are ignoring the torture our mother earth is confronting, some day or the other we are going to face its consequences. but there is still some time left, we can make things better again if we aim at developing a better society. The main reason behind this degrading environment is us, humans!

the problem is the amount of resources we are using to make our life more comfortable, is creating burden on the earth resulting in global warming, climate change etc. So, Get Out from your cozy air conditioned rooms and feel the nature. Save fuel, electricity, water and all the resources you can think of cause that's what it will take to make earth a better place to live again.

Remember, we were born to live on this earth not to destroy it.

by- Arjun

Sharma

## RIDDLES

1) WHAT English word **RETAINS** the SAME pronunciation, even **AFTER** you **TAKE AWAY** four of its five letters?

**Answer: Queue**

2) WHAT common English verb becomes its own **PAST** tense by **REARRANGING** its letters?

**Answer: Eat And Ate**

3) WHAT **WAS** never **SCARED** but **BECAME** petrified, **CAN'T** make A bird but **CAN** MAKE A **BAT**, **CAN'T** live in A house but would die **to** HAVE one. WHAT is it ?

**Answer: A tree**

4) Lighter **THAN** WHAT **I** AM MADE of, More of me is hidden **THAN** is seen. WHAT AM **I** ?

**Answer: An iceberg**

5) Different lights do **MAKE** me **strange**, thus into different sizes **I** will **CHANGE**. WHAT AM **I** ?

**Answer: Pupil of An eye**

6) WHAT **HAS** 13 **HEARTS** but no **ORGANS**?

**Answer: Deck of cards**

7) WHAT **HAS** A neck but no **HEAD**?

**Answer: A shirt**

8) How **CAN** you write "cow" in 13 **letters**?

**Answer: see-o-double-you (c-o-w)**

**BY: AASHRITA MONGA (9D)**

**Book review for "A Dog's purpose"**

***"A Dog's Purpose" by W. Bruce Cameron is an emotional and hilarious story of a dog's many lives and a commentary on human life from a dog's point of view. This heartwarming story about a dog discovering the meaning of its own existence and its connection with its human and canine family is bound to leave you in tears of both joy and sadness. A must-read for dog lovers, this book particularly stands out because of the author's grip on witty humor and an admirably dramatic climax. The book is undoubtedly absorbing and is unlike anything you would have ever read. The use of pleasant and simple English makes it a suitable book for even beginners. The book's unique story has also been converted into a movie. "A Dog's Purpose" is an excellent read for people of all ages with interests in any and all genres.***

***Aradhya Vashist  
X Shubham***

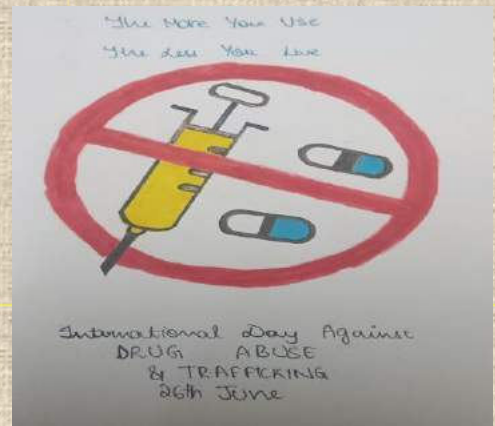
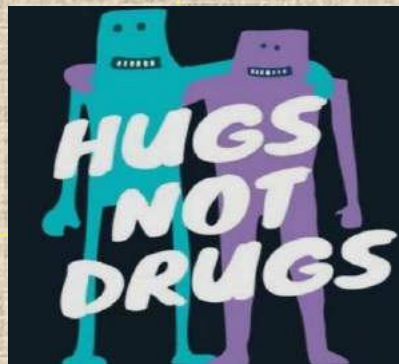
Every dog happens for a reason.  
**W. BRUCE CAMERON**

**A  
DOG'S  
PURPOSE**

**THE NEW YORK TIMES AND  
USA TODAY BESTSELLER**

**NOW A MAJOR MOTION PICTURE**

# CREATIVE CORNER



By:- (clockwise from top left) Mannat, Jaskirat, Aahan, Daksh, Aashrita, Nupur

<https://youtu.be/jcTGiz6Hlv4>

How to make a book stand- by

# INTERNATIONAL YOGA DAY



“Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.”

Yoga is vital in an individual's life to make his life organized and help him to keep his body fit and mind in peace. Taking pills and health supplements does not have the same effect on the body as yoga does, and that is why yoga practitioners encourage others to avail yoga as a part of their daily routine. The International Yoga Day has helped in promoting the idea and the benefits of practicing yoga and has encouraged thousands of people and is continuing to do the same.

International **Yoga Day** is celebrated every year on June 21. It was first started by our present Prime Minister, Shri Narendra Modi. He celebrated **Yoga Day** for the first time on June 21 in 2015, after which **Yoga Day** started being celebrated all over the world on June 21 and it turned into International **Yoga Day**.

On the first yoga day, that is, 21st June 2015, around 35,985 people, including the prime minister himself, gathered on Rajpath, New Delhi, and practiced near about 21 yoga poses for over 35 minutes. Since then yoga day has been celebrated.

## **Asanas as Preventive Measures**

Asana is a state of the body in which the body may be positioned easily. It is a Sanskrit word that means a 'physical posture'. Asana means, "sthiram sukhane aasanam" (Patanjali) i.e. "that position which is comfortable and steady".

Benefits of Asanas for Prevention of diseases

- (i). Bones and joints become strong: the bones, cartilages, and ligaments become strong. The height of children is enhanced. The joints are able to bear more pressure and become more flexible. Arthritis is also cured by performing Asanas.
- (ii). Muscles become strong: Muscle becomes strong and its efficiency increases.
- (iii). The immune system is strengthened: As our immune system is strengthened, we become less prone to communicable diseases.
- (iv). The efficiency of the Digestive System Increases: The absorption becomes efficient. Constipation, indigestion, and gas trouble are reduced.
- (v). The nervous system strengthens: The Synapse working efficiency increases. Neuro-muscular coordination increases. Reaction time Reduces. Mental power improves. It also reduces sleep disorders. Memory improves. Secretion of adrenaline remains good.

**BY- ARCHITA GUPTA**

**X-SHUBHAM**

Magazine compiled by mayank jain



MONTHLY  
MAGAZINE  
XE

# LABOUR DAY

- Ananya Bhusari

*“Toiling, rejoicing, sorrowing,  
Onward through life he goes.  
Each morning sees some tasks begin,  
Each evening sees it close.  
Something attempted, something done,  
Has earned a night's repose.  
Thanks, thanks to thee, my worthy  
friend,  
For the lesson thou hast taught!  
Thus, at the flaming forge of life.  
Our fortunes must be wrought.  
Thus, on its sounding anvil shaped.  
Each burning deed and thought.”*





## The Earth Speaks

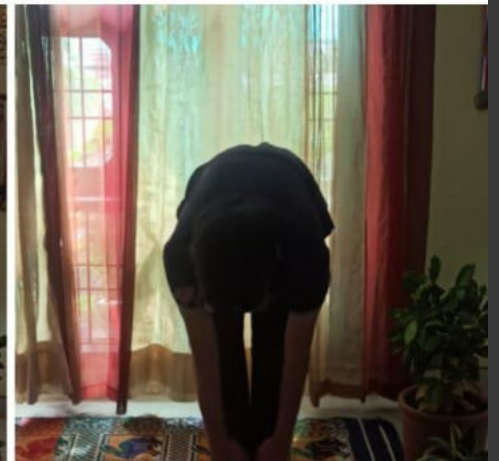
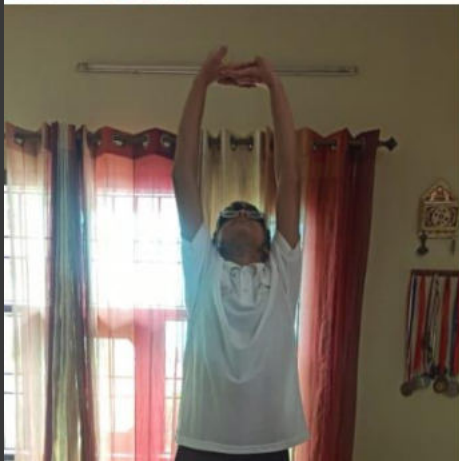
The turning earth spoke in a somber voice.  
"Four seasons I give you," its deep voice said. "  
I give you spring when the lilacs bloom, I give  
you autumn when the maple is red.

"Summer I give you all crowned with sunshine,  
And winter of snow and icicle spears.  
Four seasons I give you with all their joys!  
And all their pleasures and all their fears!

"Take my four gifts and use each one,  
Use each wisely, kindly and well, So that upon  
the year's last hour A worthy record you date  
to tell."

The turning earth spoke but once again. "Four  
season I give you," its voice was low.  
"The gifts are yours and yours is the task To  
use my gifts as best you know."





By – Adamyia Punj

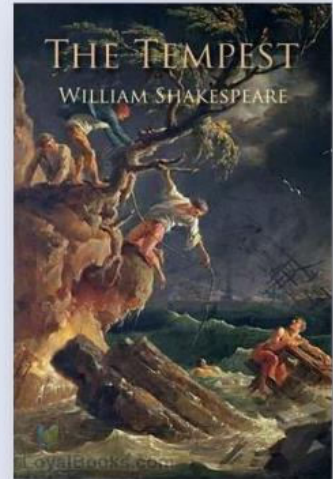
**"Inhale the future, exhale the past."**

Celebrated on June 21, International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis.

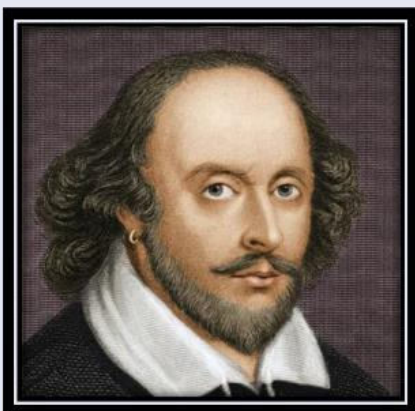


# BOOK REVIEW

## The tempest



The tempest is a great piece of literature written by the world renowned author, William Shakespeare (1564 – 1616). The story revolves around Prospero who with the help of Ariel, a magical spirit, brings about a tempest in the sea, leading to the wreckage of the ship of the duke of Milan on an island. The main idea of this story is forgiveness and repentance. Antonio along with Alonso and Sebastian, had dethroned and banished Prospero 12 years ago, which had left him with a deep sense of betrayal. The story courses through as Prospero punishes them and towards the end he decides to forgive them. Overall, I really enjoyed reading this book. The way the story played out and the unexpected twists at certain points were very appealing and kept me engrossed in the book throughout.

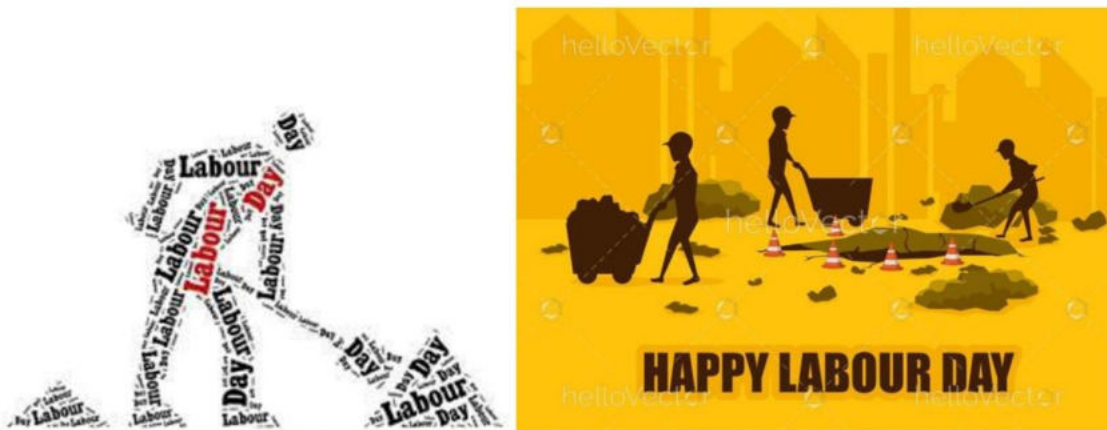


William Shakespeare

By: Ananya Sharma

# LABOUR DAY

**Labour Day** is an annual holiday to celebrate the achievements of workers. Labour Day has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest. For most countries, Labour Day is synonymous with, or linked with, International Workers' Day, which occurs on 1 May. For other countries, Labour Day is celebrated on a different date, often one with special significance for the labour movement in that country. Labour Day is a public holiday in many countries.



The first Labour's Day in India was celebrated in 1923. The Labour Kisan Party began Labour Day from Chennai, India, to bring about a change in the situation of the labourer of India. The labourers used to work for more than fifteen hours a day. However, they were not paid according to the hard work they put in. The labour union expressed their problems. On 1st May, they were successful in seeking solutions from the government. The Labour's day helped in establishing eight-working hours for labourers with adequate wages. From that day, 1st May is celebrated as remembered as Labour's Day in most part of the world. On this day, we are thankful to all the workers who help in building the country. The labour class across the continents were maltreated and were compelled to work twelve to fifteen hours per day for seven days in a week. Even children were forced to work in factories, mills, and mines. They were not paid appropriately for their efforts. They lived below the poverty line and could not afford basic necessities. In the late 1800s, they demanded recognition for their hard work and reduced working hours. The history of celebrating labour's day originated from the United States of America, during the peak of the Industrial Revolution, where the workers sang in unison for equality. The labourers were subjected to hardship and cruelty. As a result of the protest of the labour union movement, they were compensated with proper wages. After the victory of the labour union movement, their working hours were reduced from fifteen working hours to eight working hours with paid leave. Labour's day is marked as a remembrance of their victory. It is celebrated with pomp and show with street parades, parties, and unique athletic events. The workers are the backbone of every nation. Country cannot see economic progress and industrial growth without the contribution of workers. Thus, on International labour's day, we can pay our gratitude to all the workers.

Made by -Ayush Adhikari

Class 10E

## AMBEDKAR JAYANTI

Bhimrao ji Ambedkar, also known as Babasaheb Ambedkar was a social reformer, journalist, writer. Ambedkar was born on 14 April 1891 in the town and military cantonment of Mhow (now officially known as Dr Ambedkar Nagar) in the Central Provinces (now in Madhya Pradesh). All his life, he worked diligently towards the betterment of Dalits in the country.

While doing so he emphasized Dalits getting equivalent rights as the rest of the citizens in the country. With a degree in political science, law, and economics, he was indeed one of the first members from the Dalit society back then to have achieved such higher education. Though Dr. Babasaheb Ambedkar was born in Madhya Pradesh, Ambedkar Jayanti is fondly celebrated in Maharashtra for his great efforts to uplift the society.

All his life, he worked diligently towards the betterment of Dalits in the country.

While doing so he emphasized Dalits getting equivalent rights as the rest of the citizens in the country. With a degree in political science, law, and economics, he was indeed one of the first members from the Dalit society back then to have achieved such higher education. Though Dr. Babasaheb Ambedkar was born in Madhya Pradesh, Ambedkar Jayanti is fondly celebrated in Maharashtra for his great efforts to uplift the society.

Dr. Babasaheb Ambedkar motivated people to join him in the amelioration of society by participating in various movements. One of the striking movements was when he led the Dalit community on a march towards drinking water bodies as the community was denied access to it. People never questioned his actions and still follow the principles laid down by him.

Jayanti's are often celebrated after the demise of a human being but the craze of Dr. Babasaheb Ambedkar was so much that "Ambedkar Jayanti" is being celebrated since he was just 37 years old. April 14, 1928, is when his first Jayanti was celebrated by his fervent follower named Janardhan Sadashiv Ranapisay. Dr. B.R. Ambedkar Essay was a major influence in transforming the way India looks at socio-economic policies today.

In his 100th year a considerable size statue was held up on the centre hall of the parliament and this year was also marked as a year of social justice for the work Dr. Babasaheb Ambedkar offered in the Indian society.

# LABOUR DAY

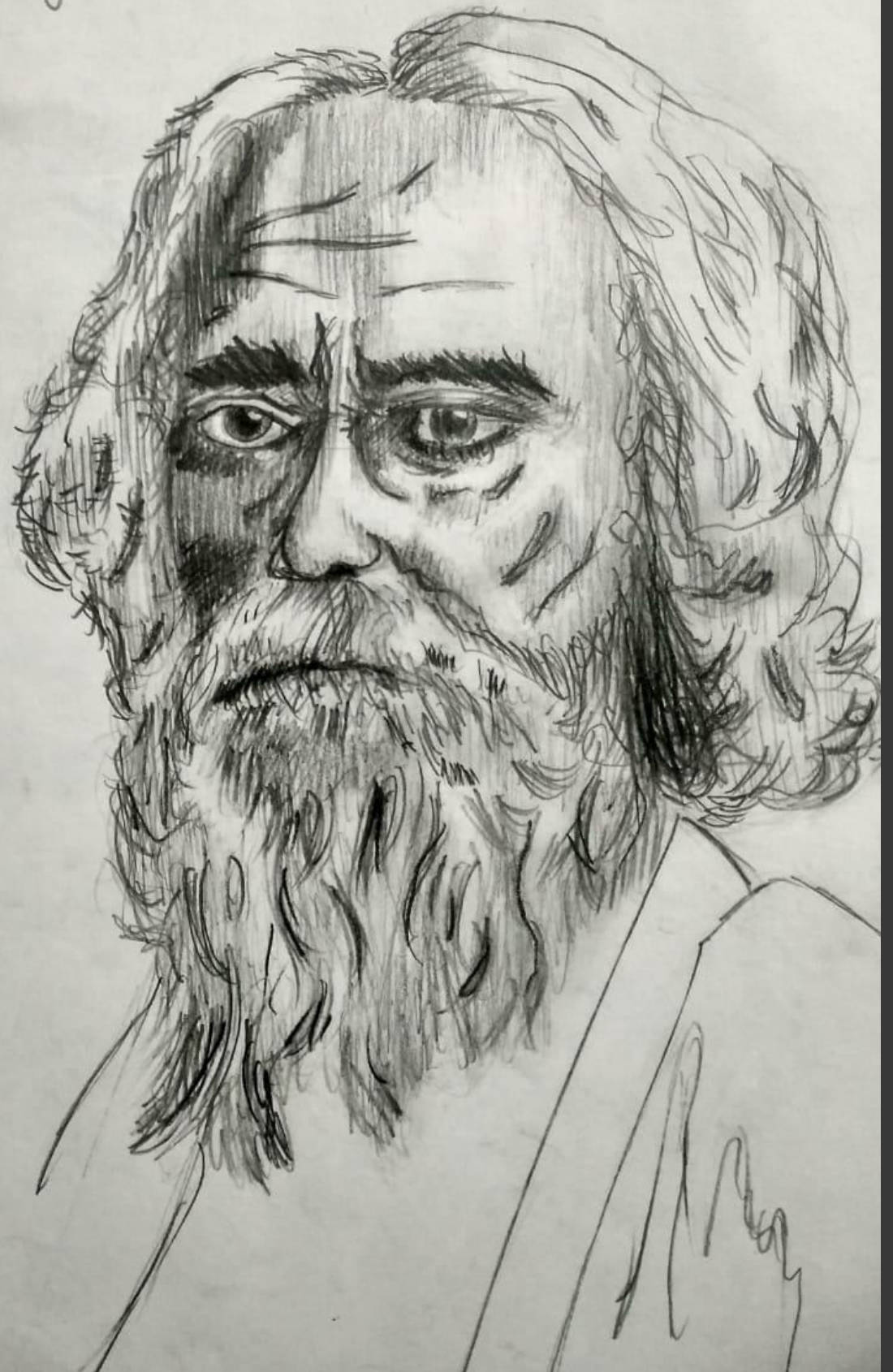
Labour Day is celebrated in various countries around the world. This is one day that is exclusively dedicated to the labour class. However, unlike various other days we celebrate, this one did not originate that easily.

It all began with the rise in industrialization. The industrialists exploited the labour class. They derived a lot of work from them but paid them meagrely. Labourers were made to work for 10-15 hours a day in tough conditions. Those who worked in chemical factories, mines and other similar places suffered all the more. Many of them fell ill and many others lost their lives working under such circumstances for long hours.

Finally, they took the courage to stand united and raise their voice against this tyranny. Around that time, forming trade unions and going on strike was also considered illegal in many countries. However, even as it meant risking their job, many labourers came forward to protest against the injustice they were going through. Trade unions were formed and labourers went on strike. They also carried out rallies and protests. Eventually, the government heard their plea and the working hours were reduced to 8 hours. A special day to celebrate the efforts of this class was also set. The date of Labour Day varies from country to country.

By – Aarav Alhawat

Rabindranath Tagore



Danish

**Bhavan Vidyalaya Panchkula**  
**Class Teacher - Ms. Jyoti Sharma**  
**Designed By - Advik Gupta**  
**XE**

# अभिव्यक्ति

GIVING TEENS THE WINGS TO FLY



Tanisha Narang XF

## 1. POETIC CORNER

Poems helps us understand and appreciate the world around us.

## 2. ART GALLERY

Colors of art works to please the eyes

## 3. SAWARAJ BHARAT

Recalling the struggles of India's independence

## 4. WOMEN EMPOWERMENT

Telling the importance of women empowerment and a poem

CLASS: XF

TEACHER INCHARGE : Ms. Monika Bhalla  
STUDENT COORDINATOR: Tanisha Narang



## THE STORY OF A CUP

Sitting on a platform in solitude  
I am not rude, I have gratitude  
Even if you think I am empty from  
outside,

Then look twice! I have air!  
I hold things ,I don't let go of 'em  
You see.... I am a true friend!  
You can trust on me! I will serve you  
good!

Clean me! And I spark up  
My body is metal, you know I wanna  
keep that shine up!

I keep hot as hot and cool as cool,  
but you better have it  
Or...It will rot!

I go on years and years, we metal  
cups are the best!

Be it Chai or Lassi, I give them my  
shape...CYLINDER!

The baby of the house treats me like  
a toy!

Still I cope up with the humiliations  
Metal cups are no less than loyal  
men you see!

Plastic cups and sippers are my  
worst enemies!

One is polluting and the others  
hangs around with the babies  
I am a better caste, I am lucky  
enough!

I am indispensable and incredible!  
Excuse me if I boast

Plastics and sippers are not used to  
such a post, And that is how my life  
goes on and on

Rust the grim reaper arrives after  
several years and that is how I meet  
my fate

until then, I remain in solitude, sitting  
on throne  
LIKE A KING!

Aarshi Mukherjee XF

## ALONE IN THE DARKNESS

I was all alone,  
standing in the dark.  
I thought of what people had  
shown,  
which was a tiny feeble spark.  
This spark was what  
overcame my fright,  
and reached deep down my soul,  
like a hope for light.  
I thought of how I had let them down,  
and how everything had ended.  
and how it all could have been  
different,  
if only their ways had been mended.  
But the hope for light was not enough,  
to make myself get away from the  
dark.  
All the hopes, ambitions and dreams  
were  
lost, just like the spark given by people,  
which was all that it cost.

Jannat XF

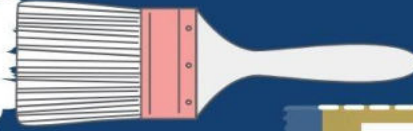
## THE LITTLE ANT

I see a cute little ant  
Roaming on the heap of sand.  
How hard does it work?  
And never shirks to work  
To prescribe her food  
she never says,  
"To work today I am in no mood "  
sugar and a bit of cake are their favourite  
she lives with her friends every time  
who walk with her in a straight line  
But my dear ant your life is so short  
Even in that you work a lot  
you can anytime be killed by anyone  
you don't have time even to run  
But you still try , try and try and never  
give up  
take lesson from this ant, friends and  
never to give up.  
And never say, "I cannot do it.  
Rather stand up, gather strength and  
make it.

Adit Arora XF



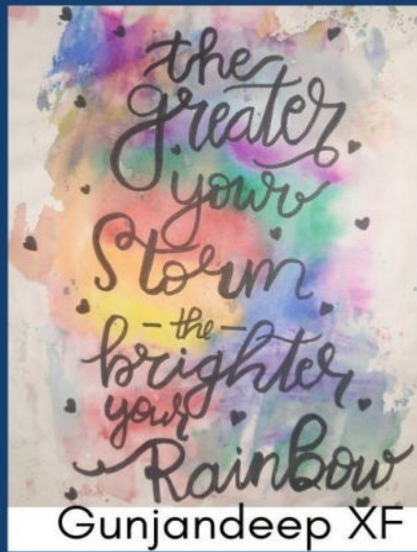
# ART CORNER



Pranjali XF



Tanisha Narang XF



Gunjandeep XF



Kashish XF



Bhuvan XF



Yash Goyal XF

# स्वराज्य भारत

पुराना है संविधान जिसका । सभी के दिलों में है मान इसका ॥ विकसित होते हुए भी डट कर खड़े होने का साहस रखती है ये। आर्यावर्त है नाम इसका।

उस माँ ने हमें चलना सिखाया। मुश्किल समय में भी आत्मनिर्भरता का अर्थ समझाया ॥ इतना खुन पसीना बहाया तब जाकर हमारे मस्तक पर आज़ाद भारतीय होने का ध्वज लहराया ॥

उसके केष हिंदमहासागर की लहरे हैं और सिर पर राष्ट्रीय कमल ॥ उसकी पायल में आज भी सितार की ताल है। भगवत गीता पर है वो अमल ॥

देश मेरा था सोने की चिड़िया,  
फेंक के साड़ी, उत्तार के चुड़िया अब यहाँ डोले  
पश्चिमी गुड़िया। सोना ले गए बेदर्द फिरंगी  
रोये चिड़ियाँ देख पेड़ों की तंगी  
इतिहास था जिसका महान गाथा आज वहाँ समाज  
बना दोरंगी। उनके ही तन के दो हिस्से भारत पाक।

तैयार खड़े लड़ने को परमाणु जंगी  
कही खो गए महान नेता देश, अब वे चाले बेढंगी  
उग्रवाद घपलों से हुई हालत बदरंगी।  
इंतज़ार है उस खुशनुमा पल का  
जब संतो की पावन धरती पर खिलेगा कोई नेक  
फरिश्ता, बरसाने को मेघ सतरंगी।

झाँक रहे हैं इधर-उधर सब अपने अंदर झाँके  
कौन? डूब रहे दुनियाँ में कमियाँ। अपने मन में  
ताके कौन? भारत सुधरे सब चिल्लाते। खुद को  
आज सुधारे कौन? पर उपदेश कुशल बहुतेरे।  
खुद पर आज विचार कौन? दूसरों की इज्जत उतारे  
सब। अपनी इज्जत लुटाए कौन? दूसरे देश में भागे  
सब। अपना देश बचाए कौन? हम सुधरे तो भारत  
सुधरेगा।

ये सीधी बात स्वीकारे कौन ?

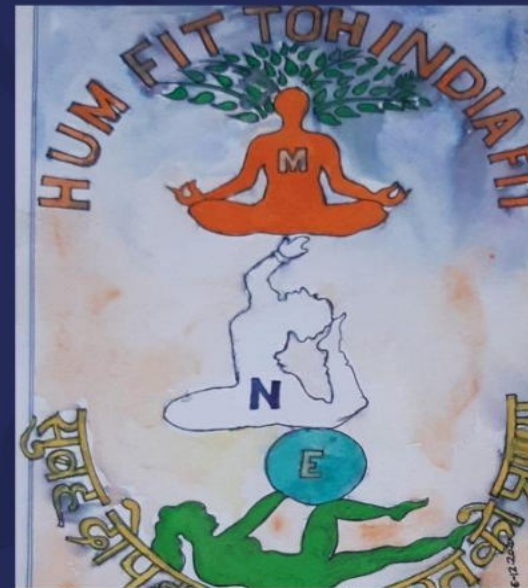
-PRANJALI SOODAN XF



Gunjandeeep XF



Yashwardhan XF



Lagan Kaushal XF

# BENEFITS OF WOMEN EMPOWERMENT



Development of any kind cannot be achieved when half of the population is neglected. So, all claims of the progress of humanity become void. We may not be harnessing our true potential as the super species on the Earth. The first step towards women empowerment is educating a girl child. It is said that when you educate a woman, you educate the whole society. With good education, girls can get high paying jobs and consequently wage gaps could be lowered. Increased health awareness prevents early pregnancy and malnutrition. When women have more freedom, they can involve in unexplored areas like politics. Women at the helm of affairs, can articulate their problems better and it becomes easy to implement policy changes. Key development indicators like food security, sanitation, and health can be significantly improved by increasing awareness among women. It could solve problems like sexual harassments as they would inculcate better values in their sons. Now we need better childcare policies, health reforms, and a flexible work environment for women. Another major concern is the safety of women. Though the #metoo campaign against sexual assaults has gained momentum, we need more stringent laws against violence and misbehavior of any form. A society where women feel secure and confident is sustainable in the long term. Since ages, it is women who have taken the onus for the wellbeing, peace, and progress of the family and the same can be applied to the entire community with the active participation of women.

-Sanyam Gupta XF

## *suicide*

A POEM BY TANISHA NARANG XF

Many things to learn, many things to explore,  
Do not suicide today!  
Life has a value; do you know what it means?  
Not the way you see it  
But how Gautam Buddha sees it.  
Life has a value; you may find it very deep:  
Swim in the sea of happiness  
And then you'll realize what life really means.

Do not suicide today!  
'Cuz god has opened a door of happiness for you  
Go grab the opportunity; you'll forget all your problems  
And then you'll realize what life really means.

I know what you are going through,  
Your problems aren't less  
I know how difficult it is to survive:  
But, no, do not suicide.  
God can hear you cry, he really cares  
Either today or tomorrow you'll get all the answers.  
Go out, happiness is waiting for you.  
One day you'll realize what life really means and how prosperously you can survive

DO NOT RUN FROM YOUR PROBLEMS, FIND A SOLUTION!