

INSPERIA

Bhavan Vidyalaya Panchkula

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Edition

A Students' Exclusive Issue

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Insomnia

- Harshvardhan Singh Charak
XI-B

He dreads the night,
For it grants him no sleep
He can't run, can't hide
Can't cry nor weep

As he rolls along the bedsheet fumbling the pillows
Divided among extremes, mumbling as he bellows
He sheds a single tear in his quite hysteria
Smiling at his own misery

For he has insomnia.

DOWN THE LANE

- Guntas Grewal
XI-A

As I recline peaceful and content
The ongoing escapade comes to an end,
I recollect that parchment
The one she'd personally handed,
Before blackening her emerald eyes.

In it, she disclosed the answer
The way out of this perplexity
She'd come across it in her quest
And I have obeyed dutifully

I made a life, not a mere living
I made memories, not just money
Never have I dwelled on the past
Nor did I become a disgrace to humanity

Now satisfied, I drift into the final slumber
With the acceptance of all my scars
Those medals on my shoulders
And the fault in my stars

THE CLIFF OF LIFE

- Lavanya Sharda
XI-B

Why do I keep seeing ropes falling down the cliff of life,
they appear to me in the form of hopes,

O Lord I wonder why u don't help us.

Are you also a hoax?

I know eventually I will reach the end,

but it would be nice to hold onto to something even if it's a pretend.

But I also keep seeing people beside me falling,

they are scared as a pigeon but some of them stand tall to keep from crawling,
of fear.

Tears in their eyes but they don't let them out,

They've got to know once in a while it's alright to cry and shout.

I am tired of depending on gods and all these leaders, followers and lords.

So please people there aren't no cords, it's just us.

Let us hold onto each other, cause we're all sisters and brothers,

ain't no one else there to get bothered so we've got to bother each other,

to leave this cliff of life conquered.

The Pivotal Nine Evenings

- Arianna Grover
XI-B

The Sanskrit word for "nine nights" is Navratri. The very sound of this term is uplifting and sanctifying. The divine feminine is honoured during this great event in the months of September and October. The Hindu festival of Navratri is celebrated for nine days. On the tenth day of Navaratri, the Dussehra festival takes place which leads to end to Navaratri.

In India's many areas, Navratri is observed in a variety of ways. It is a time of spiritual meditation and fasting for many individuals, but it is also a time of dance and feasts for others. Observing a stringent vegetarian diet and refraining from booze and some flavors are among the fasting traditions. Garba is a folk dance, especially in Gujarat.



The nine nights of the festival are usually devoted to various elements of the divine feminine force, or goddess. While the sequence varies by area, the first third of the festival is typically devoted to characteristics of the goddess Durga, the second third to the goddess Lakshmi, and the third to the goddess Saraswati. Offerings to the goddesses and their unique facets are frequently made, and ceremonies are performed in their favor. Kanya Puja, which takes place on the ninth day, is a popular ceremony. Nine young girls are costumed as the nine goddess aspects honoured during Navratri and are adored with ritual of foot washing and food and clothes donations. Each day is dedicated to one of goddess Durga's nine avatars (Shailputri, Brahmacharini, Chandraghanta, Kushmanda, Skandamata, Katyayani, Kaalratri, Mahagauri, and Siddhidatri), and each day has a color symbolism. The celebration represents the triumph of good over evil. Goddess Durga is said to have fought the demon Mahishasur (who embodies egoism) for nine days, the last day of which is known as Vijay Dashmi, when the demon was decapitated by her.

THIS IS US

-Lavanya Sharda
XI-B

Look around yourself, you'll see the buildings, the rich, the poor, the cars, the planes, the people but you'll never see the mind that makes it all come to life. You'll never see the properties and the aspects of the mind. We are astonished by the greatness of the mind while gasping at its appetite for destruction. Ask yourself, what is your goal, you'll notice that whether your goal be to buy a big house, money, or to die for a cause the end goal is always happiness; mental or physical happiness. Now, take a look at the structure of the society that bounds us, moreover take a look at the "poor people". Whenever a financially stable person looks at the underprivileged, the person pities them, sometimes the person tries to help them by giving them currency, they say that it's bad luck or destiny. We don't blame the social structure that lets luck be the playwright of a person's life, we blame luck because we really don't want to face the truth. Every person needs to be at the same level financially and socially for the society to be even remotely productive. We like to say that working hard will get you to your goals but our only goal is to be happy, so can we please get up from our comfortable beds and soft pillows to take the blame and work to change the social structure, rather than preaching its greatness, to the point where everyone is free of luck. But, this isn't going to happen, not unless we fight the power, not unless we break every barrier, every taboo, every structure and bring all to a constant so that we are in control. We need to realize, this isn't luck,

THIS IS US.

Science

a Blessing or a Curse

- Kabir Sandhu
XI-B

Science has revolutionized the human existence. Much of the progress that mankind has made in different fields right from the stone age to the modern age is due to the progress made in science. Not only material progress but also the mental outlook of man has been influenced by it. It has made man's life more comfortable. Agriculture, business, transport, communication and medicine to name a few are all highly indebted to the wonders science has produced.



Electricity is one of the greatest wonders of modern science. It is a source of energy. It can run any type of machinery. With the help of electricity, we can light our rooms run buses and trains, and lift water for irrigation.

The discovery and development of a large number of powerful energy sources coal, petroleum, natural gas, electricity, etc. have facilitated the growth of fast modes of transport and communication, which in turn have changed the world into a global village. Science has given humans the means of travelling cars, trains, ships, etc. Humans have even travelled to the moon. Today we have metrological satellites in outer space sending data and pictures to earth stations helping agriculture scientists find and analyses soil patterns. They also help them trace the progress of rains winds and even locusts that endanger crops. Satellites can even forewarn about natural calamities like hurricanes which cause mass destruction.

Science

a Blessing or a Curse (Continued)

Information technology and computer have revolutionized our lifestyle. Automation in banks and railways stations has provided relief to the public and staff alike. Ticketing and reservation have become more efficient and convenient. In medical diagnosis, computers are used to locate and investigate accurately and precisely any abnormalities or diseases. The internet has some very useful applications in our day to day life. Mobile phones are the outcome of information technology. But at the same time , there are innumerable examples which prove that science a blessing has been turned into a curse.

Sir Alfred Nobel experience with dynamite to clear huge mountains to turn it into productive lands. But modern humans use it to kill his fellow human beings and destroy nature. Guns, revolvers, tanks and fighter planners' explosives nuclear bombs, etc were invented to develop a strong security system to protect the innocent masses, but their misuse is now crushing humanity.

Apart from atomic weapons , humans have also started stockpiling biological and chemical weapons. These weapons are equally dangerous. Germs are deliberately released into the air to spread diseases. Anthrax envelopes are used for spreading terrorism The negative effects of the excessive use of fertilizers and pesticides, used to increase yield are now evident. Soil salinity has increased. Traces of DDT are found in plants.

Science has two faces good and bad. It depends on us which face we want to see. If we use the gifts of science in a positive manner with positive intention and in positive direction it will benefit the mankind, but if we misuse it, it will prove harmful to all. To save ourselves and the world as a whole from destruction, we should use the gifts of science properly.



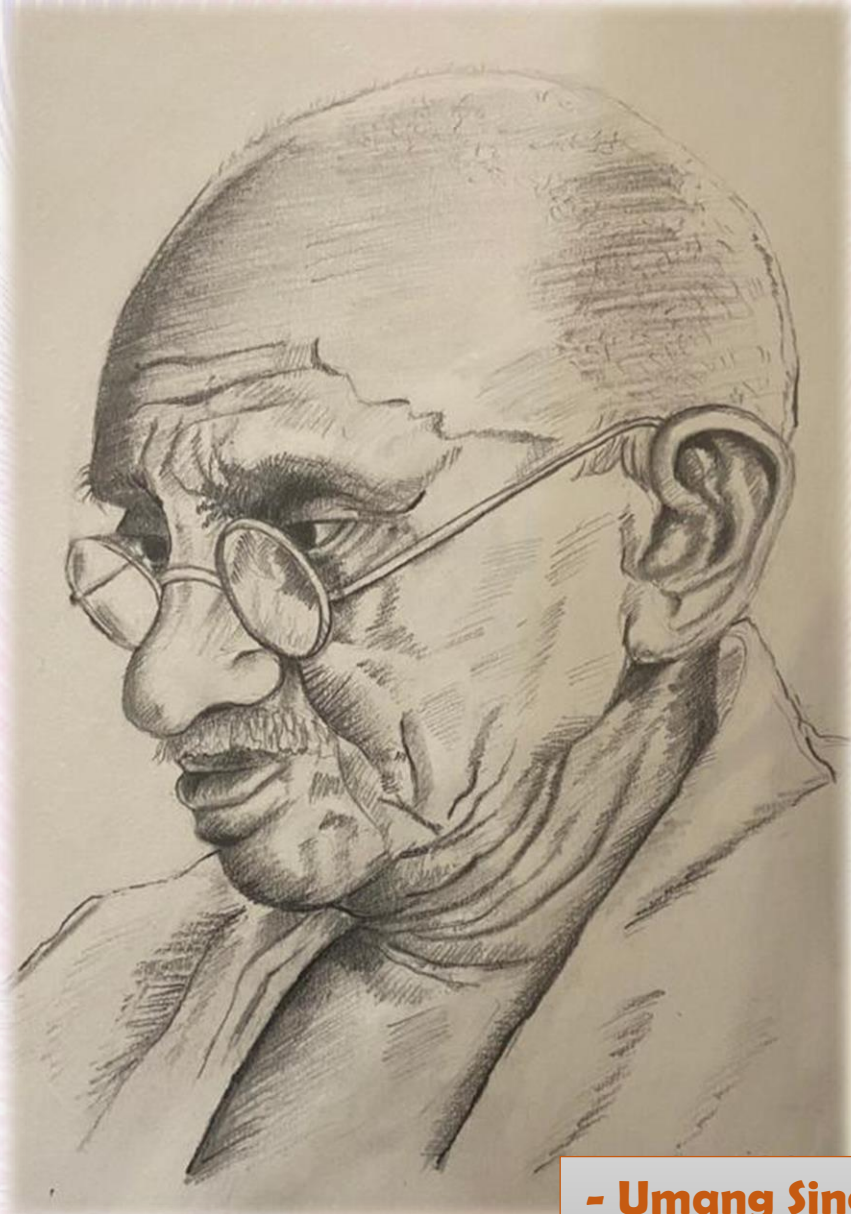
The Batch of 2k20

**- Bhupesh Yadav
XI-B**

The year of 2020 was problematic for each and every human in one or another way. The Lockdown for months due to the instantly spreading of the Corona Virus or Covid-19 in the starting of year lead towards a huge number of people losing their jobs, going into anxiety and depression, being helpless and it even affected the studies of students. For more than half a year students of all classes have been sitting at their homes attending online classes. In such situation, online classes seem to be a great problem-solver but unfortunately, as reported by many students and teachers, the system of online classes is more of a problem than a solution for a number of reasons such as lack of interaction between the teacher and the students, lack of concentration, Internet & Network issues and much more. But irrespective of online lectures, the exams for higher classes in which studies are considered to be more precious and of more importance were taken offline only to maintain discipline during the examination and avoid any type of cheating. However in the end of the session 2020-2021, the board exams for both 10th and 12th Classes were cancelled. The results for 10th class were made on basis of internal assignment , revision test and pre-boards all together, while it was on the basis of 10th board, 11th marksheet and 12 pre-boards for the class 12th .

PICTURE

PORTRAIT



- Umang Singh
XI-A

Happiness is when what you think, what you say, and what you do are in harmony.



Happy Reading!

Technical Editor : Dilsher Singh Chatha (XI-B)

CLASS

2021



Savings

FINANCE

XI-Commerce
Class Teacher
-Ms. Neha Sharma

MAGAZINE

IMPORTANCE OF NON-ACADEMIC ACTIVITIES

-BY TANMAY XI-C

Schools aim towards making a student a good person rather than just providing them formal education. Formal education is essential but most important is holistic development. During the time of this pandemic, everyone has faced a lot of things. It was not the formal education that promoted students and humans to contribute towards society. It was the unity of the country that made us survive in this challenging time. My institution helped me in developing a good personality. Last month my school organized a visit to an old age home. It is not a part of my formal education, but it taught me how to respect elders and not leave my parents. That just made me emotionally intense. It is my institution where I showed my IT skills, and it encouraged me to proceed with my graphic design. I believe that holistic development is much more important in the race of life rather than theoretical & bookish knowledge. It is my institute to whom I thank for making me a good person. My teachers taught me the ethics and manners that will surely help me to succeed in life. All the events organized by the school have a message in them. A. There can be students whose natural bent of mind is towards creative art, and the art room is his field where he needs to be given a chance to exhibit his potential. Any activity that helps develop the total personality of a young boy or girl is a part of education and competitions, and the effort to excel from others is an incentive that must be provided to a young mind. Such an opportunity is offered to them only through such cultural and extracurricular activities. Opening up of personality, developing the latent talents, promoting the intellectual effort, and an opportunity for the healthy competition are factors that an educational institution should always encourage only when it does this. It fulfills its role in the total education of the young. When theoretical curriculum and co-curricular activities are integrated, your chance of learning more and exploring more about your strengths, interests, and abilities becomes higher. Therein lies the importance of co-curricular activities which are supplementary to the theoretical curriculum. Much of your intellectual development indeed happens, to a great extent, in the classroom itself. But, various other aspects of your personality, such as emotional development and social skill development, happen through co-curricular activities to a large extent. Therefore, the critical role and importance of co-curricular activities cannot be denied in holistic development.

Poem

-By Rhythm

At starry nights, when I look into the skies,
Moon be the mirror, reflecting love to my eyes
Past days keep clinging in my dreams, while
watching sunset through the window screen
Time matters, but your thoughts matter a lot,
You are magical, whether they believe or not....

Wipe your own tears, don't depend on others
tears would return tomorrow and no one will bother
Stillness in my soul, my mind is a mess
Miracle happens when you find hope from hopelessness
It's okay to feel, we are hurt sometimes,
Memories do come back even when people were not fine....

You'll see the spring, once you lived the fall
Don't worry, rain bow will be there after the rainfall
Cherish the one you love, they'll end up comforting you,
Let your eyes paint the world,
Maybe it glows with you!!!

ART GALLERY



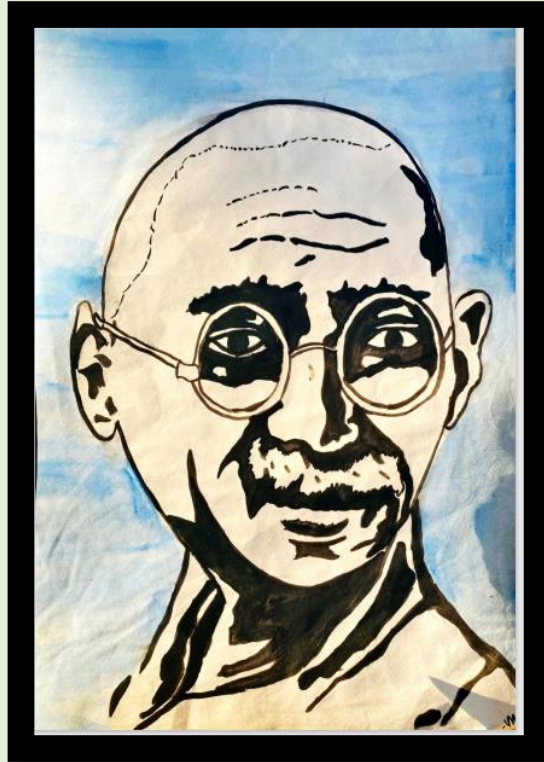
-By XI C



E-MAGAZINE
SEPTEMBER - OCTOBER
EDITION

XI- HUMANITIES
CLASS TEACHER: MS. NEERAJ
KHURANA

**SKETCH AND SELF-COMPOSED POEM
ON GANDHIJI
BY MANYA GHAI**



The one who fought
Not with weapons
But with silence

The one who taught
The meaning of life
And the importance of non-violence

The one who is
Responsible for our freedom today
The one who fought with resilience that day

None other than Mohandas Karamchand Gandhi.

-Manya Ghai
XI D



~Efforts by Ananya Sharma

गुरु तेग बहादुर गुरु जी

तेग बहादुर नां ओना दा,सिक्खां दे नवें गुरु पिआरे।
मानवी मुल, सिद्धांतां वाले, क्रांतिकारी युग पुरुष नियारे।
धर्म दे संस्थापक, धर्म दे रक्षक,सीस कटा सकदे ने,मान नहीं ।
महान शहादत वाले, तेग बहादुर जी, बलिदान दे सकदे ने,आन नहीं ।
साडे पियारे गुरु जी दी,आन- बान ते शान है निराली,
नैतिक उदारता दी पहचान है निराली।
निडरता ते स्वतंत्रता दा,दित्ता ओनां ने ज्ञान है,
कहलांदे ने हिंद दी चादर,
ओह साढा अभिमान है।।

~self composed poem by : Jhanvi Joshi



THE SILENT PANDEMIC

-by Kushagra Aditya

Since SARS-CoV-2 (More commonly known as Covid-19) swept India in March, everyone has been restricted to the barriers of their homes. Consequently, this has led to the development of a major mental health crisis amongst the majority of Indians. The constant horrific news of tragic deaths, of mounting cases and every worsening statistical data has led to trauma, hypertension and for some, it resembles Post-Traumatic Stress Disorder (PTSD).

However, India possesses a natural social barrier to the issue of isolation. India traditionally hosts a large number of joint families and families as a whole as compared to other nations, where many young adults in their 20's live alone. This restricts isolation and suicidal depression in many, due to the support and comfort of their loved ones. Additionally, nearly everyone has the means to communicate with relatives virtually, through the internet or social media, which has considerably decreased stress levels. In fact, some go on to say that increased time spent on the family has strengthened family bonds and relieved mental strain from the usual norm of work and or school days. On the contrary, those living alone, or those without an active family, have been hit hard, especially in the youth, where depression and suicide rate has drastically increased, simultaneously. Unfortunately, healthcare workers who have been at the frontline, defending the nation bravely and patriotically and those in vulnerable communities with high infection rates, have been prone to mental health issues more significantly. Most develop high-degree hypertension, stress inflation and extreme depression, especially those working in isolation.

The Indian Psychiatric Society has reported an increase of 20% in concerns of mental health, while stress/panic attacks have increased by over 35%. This is primarily due to the phobic reaction many people have towards it. Many obsessively hoarded supplies, as well as whole boxes of sanitisers. Their rate of consumption of medical goods is astonishingly high and they continue to deprive others who live on daily wages of even limited supplies, for bare minimum protection.

The only way to protect ourselves from increasing stress levels and trauma is to stop reading those 'WhatsApp forwards', stop obsessively scrolling through social media and prevent ourselves from misinformation. The United Nations, in fact in this era of social media, has released its '#TakeCareBeforeYouShare' campaign. Outlining 5 fundamental points :

- Who Made it?
- What is the source of the information?
- Where did it come from?
- Why are you sharing this?
- When was it published?

Restricting our obsessive nature to take a glance at new statistics, or read messages in newfound public WhatsApp groups, as well as only reading from trusted news agencies and sources is the only way we can prevent ourselves from a mental health crisis. As the medical world scrambles to end this catastrophic pandemic, protecting our mental health and activity should become our primary duty. We must protect ourselves and accept reality, yet simultaneously learn to combat any threats to our own sanity, and stand united to overcome the seemingly formidable pandemic.