

Presenting ...

Inspira

*The Class Magazine of
9 Satyam*

Class Teacher - Ms. Geeta Sharma

Technical Support :-

Paarth Gupta

Lavanya

Kcudarat

TEACHERS' DAY

Sitting in a classroom with the smell of
chalk and glue,
I think back to those days when I hated
to get up early
Couldn't stand to be there and couldn't
wait to get home.
In the beginning I was that child that
struggled,
Until the day that special teacher came
into my life-
The first one that believed in me and took
time with me-
The first one that helped me find that
school was fascinating`
And that I was intelligent and had
something to give-
The first time I did not have that blank
stare-
The beginning of my lifelong love for
learning-
The beginning of everything.
She Transformed me
From the bottom of class
To the scholar I am now
To my teacher
Who changes the lives of thousands of
students
Who made it sound like an easy feat
And gave me the confidence that I can
I won't have the I will if not for her
And now older and wiser I look forward to
going,
Can't wait to do the work and enjoy every
minute of it,
While most are just wanting to be
finished with it.
There are those of us doing everything we
can to get back to it.
To My first teacher
And to my mother
For she was my first officially non-official
teacher



- By Purav Arora

DR.Sarvepalli Radhakrishnan was a
a great son of India. Born in
Tirutani on September 5, 1888 in a
poor Brahmin family, he studied on
the strength of scholarships. In
1900 he studied in Vellore College
till 1904. He didi his MA in
philosophy from Madras Christian
College. He was a great scholar,
teacher and the Second President
of India. He said that instead of
celebrating his birthday he wanted
everyone to make one person feel
proud that they are a teacher, who
is there for everyone in this life
and who has a solution for every
problem.

- By Aditi Sharma

- By Anjali Aggarwal



THANK YOU. It's simple yet meaningful phrase that every teacher just don't hear often but deserve to be said every single moment. We appreciate you all because you not only teach children and light many lamps in darkness but also create all other professions. Your sacrifices don't go unnoticed. So, keep your batteries charged in this pandemic since we all love you and are excited to meet you.

Thank you so much ma'am ♥️📧. You are a STAR that taught me to SHINE !!

- By Jiya Jindal



PREVENTION FROM COVID-19



WASH YOUR HANDS OFTEN WITH SOAP AND WATER.

COUGH OR SNEEZE IN ELBOW OR IN TISSUE NOT IN YOUR HANDS.



AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.

LIMIT SOCIAL GATHERING AT CROWDED PLACES.



AVOID CLOSE CONTACT WITH SOMEONE WHO IS SICK.



EMPOWERING FAMILIES WITH INFORMATION AND INSPIRATION

Quest

Coping through a crisis

This issue of Quest is brought to you in partnership with Aro Kya. Turn the page to learn more.

LET'S PLAY
Family fun online

LIFE HACKS
7 ways to make life at home easier

7 WAYS TO MAKE LIFE EASIER AT HOME

Life is known to have its ups and downs. We go through good times; we go through bad times, and everything in between. What if I told you there are small things you could apply to your everyday routine, to make life easier? So, without any further ado, let's begin.

1. Develop Good Routines

Every day starts with a good routine. This is a time for you to add value to your life, motivate you to stay organized, focus on self-care, and practice healthy habits.

2. Practice Self-Care

Let's touch a bit more on self-care. Spending 15 or 30 minutes a day taking care of you will lead to an easier life. Instead of feeling stressed out that you aren't able to set some time aside to do the things you love, you can embrace this time to focus on you.

3. Don't Take Anything Personally

Not taking things personally is an essential part of making your life easier, as well as the lives of others. Remember that other people's behavior is not always about you, it's about them. By not allowing it to affect you and staying true to yourself- will keep your mind at ease.

4. Stop Trying to Please People

Do you find yourself constantly seeking approval from people, by agreeing with them or doing things for them? Stop trying to seek the approval of others and stay true to your own values. You can't make everyone happy in life, especially when it causes you to sacrifice your own needs.

5. Learn How to Say No

Speaking of people-pleasing, do you also find it hard to say no, even when you REALLY want to? You're not alone. Most people find it hard to say no. But you can make your life so much easier, by learning the power of no. It's perfectly ok to set your boundaries and decline some offers.

6. Practice Patience

We could all use a bit more patience in our lives. Try not to let the little things get to you. Easier said than done, but when you practice patience, you are able to remain calm and collected in every situation. This will have a positive effect on your mental well-being

7. Practice Self-Love

Start loving yourself, unconditionally each and every day. You can practice self-love by taking care of yourself, using daily affirmations, and having self-compassion. Remember not to be too hard on yourself, and focus on trying to be your best version of you.

EFFORTS BY – SRISHTI ARORA

You are not JUST a Teacher

You are not just a Teacher, But God,
 When you appreciate, it just means a lot.
 You are not just a Teacher,
 But a true guide and mentor,
 A person who I look at the most.
 You are not just a Teacher,
 Who taught me to read and write,
 But to explore and question,
 And to think and be bright.
 You are not just a Teacher,
 But who understands her students,
 You are sensitive and smart,
 You are a skillful teacher,
 I knew from the start.
 You are not just a Teacher,
 But whose teachings help me see,
 That to have a happy life,
 Learning is the Key.
 You are not just a Teacher,
 But one who is my Role Model,
 Who inspires me,
 To dream and to work and to achieve.
 You are not just a Teacher,
 But a lady whose kindness gets my attention,
 Every day, you are planting a seed of Curiosity and Motivation.
 You are not just a Teacher,
 But who painted our minds and guided our thoughts,
 By sharing our achievement and advising our faults.
 You are not just a Teacher,
 Who deserves just a pay,
 Your most precious asset just deserves a lot.
 For, being a teacher doesn't come in a Book,
 It comes from the Heart and which deserves a lot.
 You are not just a Teacher,
 But God,
 When you appreciate, it just means a lot.

EFFORTS BY – SRISHTI ARORA

LIGHTNING STRUCK

Lightning struck, but not at a great time
 Kids were awake, thus mother showed a sigh
 She knew it was going to be a tough night
 She had thought it all through
 Of how she was going to make them calm,
 As they sprung into her laps
 And she could not let them go by

Then a thought struck her mind
 What if she had ended in a dumpster
 Or a job she did not like.
 She hugged them hard and whispered
 "Mommy loves you, Alright "
 And they cuddled up all night.

The morning showed and she was blown away
 By the cute little smiles of her sleepy kids .
 Then she sprung back into action
 As she knew they had a long day ahead ,
 To feed her lovely children
 As she could not depend on anybody else .

EFFORTS BY – YUVRAJ SARDANA

Have you heard about the WHISTLING VILLAGE OF INDIA? Well, Kongthong, The Whistling Village of India is situated in Meghalaya, where people call each other usina Tunes.

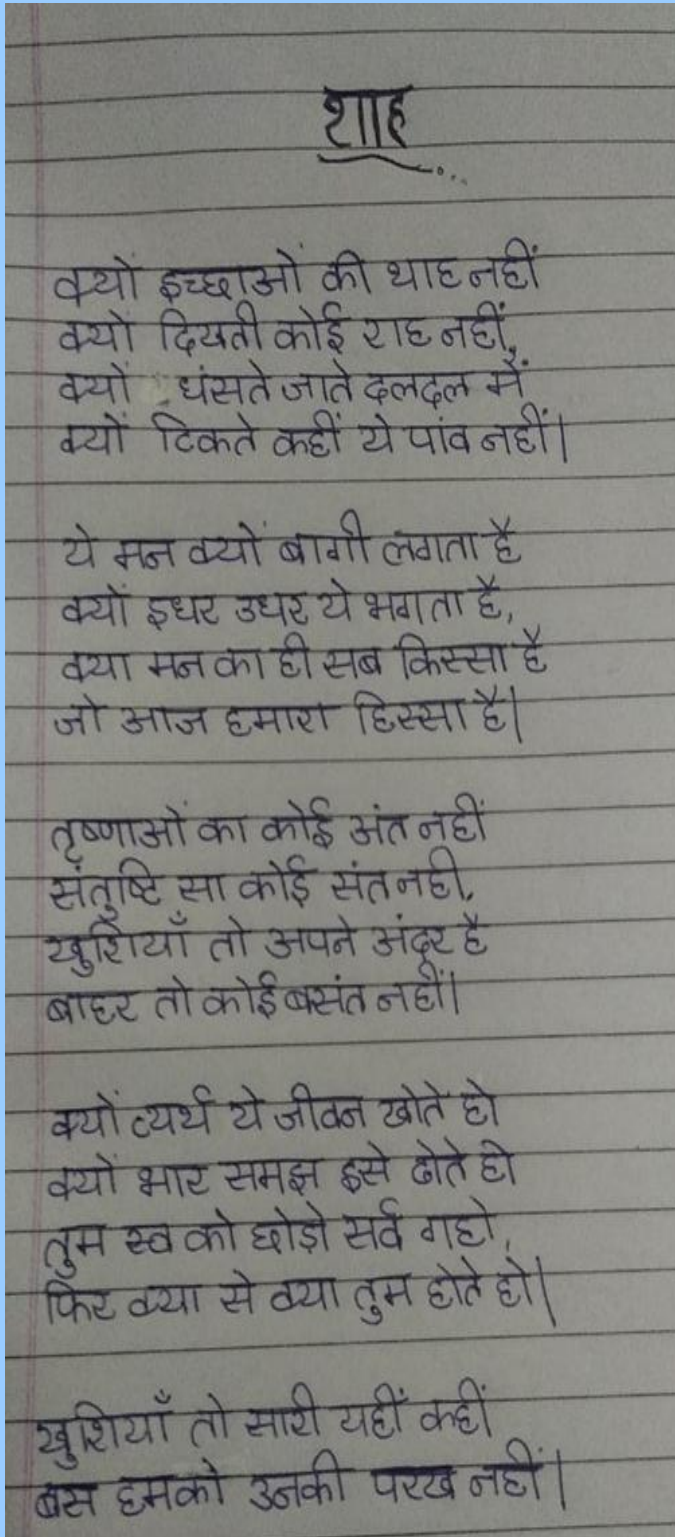
According to an ANI report, using a tune to communicate with each individual in village is part of an age-old tradition called 'Jingrwai lawbei'. It symbolizes 'the song of the first lady of the tribe that resides here.

Villagers call each other only by the first syllable of this tune instead of using names. The fun part is that only the villagers can understand the subtle differences between the tunes.

Strangely, in The Whistling Village of Meghalaya, every child has a 'Unique Lullaby ID'!

The specific tune comes out from the core of the heart of every mother. The tune compiled by a mother may sound peculiar to others, but it actually expresses happiness and love for the child.

So, what are you waiting for ? Think a good and memorable TUNE for yourselves and sing it! 😊



EFFORTS BY – SRISHTI MITTAL

Did you know?

A human brain has a capacity to store 5 times as much information as Wikipedia.

SODUKO is logic - based, combinatorial number placement puzzle.

So, gear up for a SUDUKO.

				2		
	8			7		9
6		2			5	
	7			6		
			9		1	
				2		4
		5				6
	9		4			7
		6				

Fasten your seat belts.

Let's go on a 'logical coaster ride'.

- a) Billy's mother had five children. The first was named Lela, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?
- b) What gets more wet while it dries?
- c) How far can a dog run into the woods?

DID YOU KNOW!!!

The sentence "The quick brown fox jumps over the lazy dog" uses every letter in the ENGLISH language.

Solutions to 'Logical Coaster

- a) Billy
- b) Towel
- c) Halfway. Once it reaches halfway, it's running out of the woods.

CRAFT CLOSET



~ KASHISH CHHABRA

ART IS NOT WHAT YOU SEE,
BUT, WHAT YOU MAKE OTHERS SEE

~ An Inspirational quote which is Kashish' SUCCESS MANTRA

~ KASHISH CHHABRA



~ BHAVIKA ANEJA

BHAVIKA CONSTANTLY USES HER FLEXIBILITY AND DISCIPLINE TO ACHIEVE SOMETHING THAT WE CALL A 'MASTERPEICE'.

A STUNNING MAGAZINE BY SUNDARAM HOUSE

SPECTRUM

Solvia

CLASS INCHARGE **MS. SHOBHA GUPTA**
EDITORS **YASHJEET**
AADITYA RAJ

SEPTEMBER • SUNDARAM HOUSE



HEALTH AND FITNESS

Health basically means the perfect condition of a human in terms of physical, mental and social wellbeing. Men have always been accustomed to money being the superior wealth so they can fulfill their ultimate dreams. The only wealth superior than money is one's own health in terms of social, financial, physical and mental matters.

Staying fit strengthens our immunity, and we can easily fight off diseases like the common cold, viral fever, etc. Brisk walking, running, dancing, jogging, skating and karate are excellent exercises for staying fit and in shape. Health is significantly dependent on our diet. We must follow a balanced diet and drink enough water. We should never ignore our health and try our best to stay fit.

~DIVIJ



PLATINUM GALLERY

SOME FLORALS



~SIYA

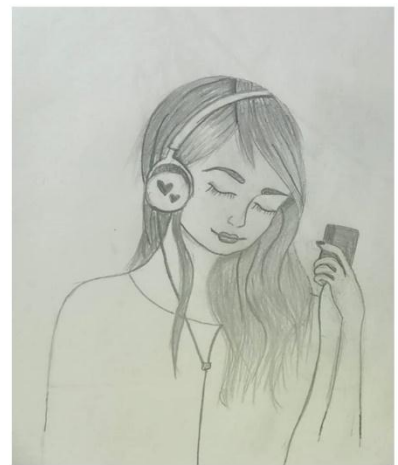
SOME SKETCHES



~ANANYA



~MUKTI

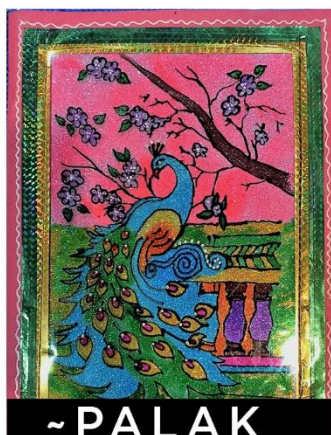


~ANANYA

SCENERY



~AADITRI



~PALAK



ABOUT THE WORLD

MOUNT EVEREST DUMPING GROUNDS

Mount Everest is the highest peak of the Himalayan Mountains, at 8,850 meters it is considered the highest peak on the Earth but now it is converting into dumping ground. Mount Everest has suffered with increasing pollution over decades, with climbers leaving behind not only garbage, but also fluorescent tents, empty gas canisters and human excrement. A 14 member team sent by the government to tidy up Mount Everest has so far collected 3 metric tons of garbage including cans, bottles, and plastic and discarded climbing gear. "The cleanup campaign will be continued in the coming seasons as well to make the world's tallest mountain clean. "We don't know what is under the ice," said Sherpa Dawa. "The glacier keeps moving and every year we clean and next year new garbage comes out from the underneath so nobody can say exactly how much garbage is there." When you go hiking or trekking, always bring back out what you brought in with you and dispose it of properly, preferably recycle it. Pick up litter for each day to keep mountain clean. As it is our responsibility to keep our mountains clean.

~AADITRI



IMMUNITY BOOSTING FOODS



DRUMSTICKS - Drumstick is one of the super foods which helps in boosting your immunity and acts as a shield for any virus to grow

COCONUT WATER WITH LEMON - Intake of Coconut water should always be fresh. When you add half a lemon to fresh coconut water, vitamin C shoots up by 10 times. Once every day, for the next few days, having coconut water with lemon is a must.



GARLIC, ONION & TURMERIC - These three are natural super foods that will help kill the bad bacteria that thrive within us.

PUMPKIN SEEDS - just by having 3-4 spoons of pumpkin seeds everyday can provide you with substantial quantities of healthy fats, magnesium and zinc which are vital for immune functions



RED CAPSICUM - Vitamin C present in Red Capsicum is 3 times higher than the Vitamin C found in orange. Ensure to have red capsicum in your salad every day before meals.



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MAGAZINE

SHUBHAM HOUSE

Efforts By-Daksh garg (IX D)

Lavya Aggrawal (IX D)

Under the guidance of-

Mrs. Mukta Bhatia Maam

SOLD

At a young age a child is told
To aim for nothing less than the gold
Be sharp they say, be bold
And just so a child's childhood is sold

Earn money and earn fame
Criticism the walls hear
When children untame
Repetitive, Every time, exactly the same

Gone are those wishes, those hopes
Are they what bubbles are to soap?
And with the pressure when we can't cope
All they do is tighten the rope

Work hard and never relent
Thinking is necessarily absent
No outlet for frustration
And fiercer gets the competition

Like an infant they tell you
When to release and to hold
And just like that
A child's childhood is sold

Aradhya Vashist

Facts corner

- ❑ Broccoli is a man-made food.
- ❑ The smallest dinosaur discovered is only 16 inches long.

Mentor

Our teachers give us knowledge,
From nursery class till college.
Their hands guide us from back,
So that in studies we never lack.
Their disciplining is the factor,
Which leads us to become a scholar.

Compared to our teachers,
We are always small not because we are very tall,
But because they have the most knowledge of all.
So do respect your teacher,
As they are like a valuable treasure.
Teaching the children of the nation,
They are the most wonderful creation.

- Harshita Sharma,9D

BHAVAN NEWS

SHUBHAM HOUSE(IX D)

1.IN Prahelika:

-In Cinematics= II(Mannat)

-In Sports Quiz= I(Angelina,Aryan)

2.IN ASHUBASHAN

2nd Sai Gourav Sahoo

3rd Aradhya Vashist

Facts corner

- ❑The 'Eiffel tower' grows in summer
- ❑Only a quarter of Sahara is sandy

हिन्दी हमारी राष्ट्रीय भाषा

हिन्दी-हिन्दु-हिन्दुस्तान,
कहते हैं, सब सीना तान,
पल भर के लिये जरा सोचे इन्सान

रख पाते हैं हम इसका कितना ध्यान,
सिर्फ 14 सितम्बर को ही करते हैं
अपनी राष्ट्र भाषा का सम्मान
हर पल हर दिन करते हैं हम
हिन्दी बोलने वालों का अपमान
14 सितम्बर को ही क्योंयाद आता है
बस हिन्दी बचाओं अभियान
क्यों भूल जाते हैं हम
हिन्दी को अपमानित करते हैं खुद
हिन्दुस्तानी इंसान
क्यों बस 14 सितम्बर को ही हिन्दी में

भाषण देते हैं हमारे नेता महान
क्यों बाद में समझते हैं अपना
हिन्दी बोलने में अपमान
क्यों समझते हैं सब अंग्रेजी बोलने में
खुद को महानयाद आता है बस हिन्दी
बचाओं अभियान
क्यों भूल जाते हैं हम

हिन्दी को अपमानित करते हैं खुद
हिन्दुस्तानी इंसान
क्यों बस 14 सितम्बर को ही हिन्दी में

भाषण देते हैं हमारे नेता महान
क्यों बाद में समझते हैं अपना
हिन्दी बोलने में अपमान
क्यों समझते हैं सब अंग्रेजी बोलने में
खुद को महान
भूल गये हम क्यों इसी अंग्रेजी ने
बनाया था हमें वर्षों पहले गुलाम
आज उन्हीं की भाषा को क्यों करते हैं

हम शत् शत् प्रणाम
अरे ओ खोये हुये भारतीय इंसान
अब तो जगाओ अपना सोया हुआ
स्वाभिमान

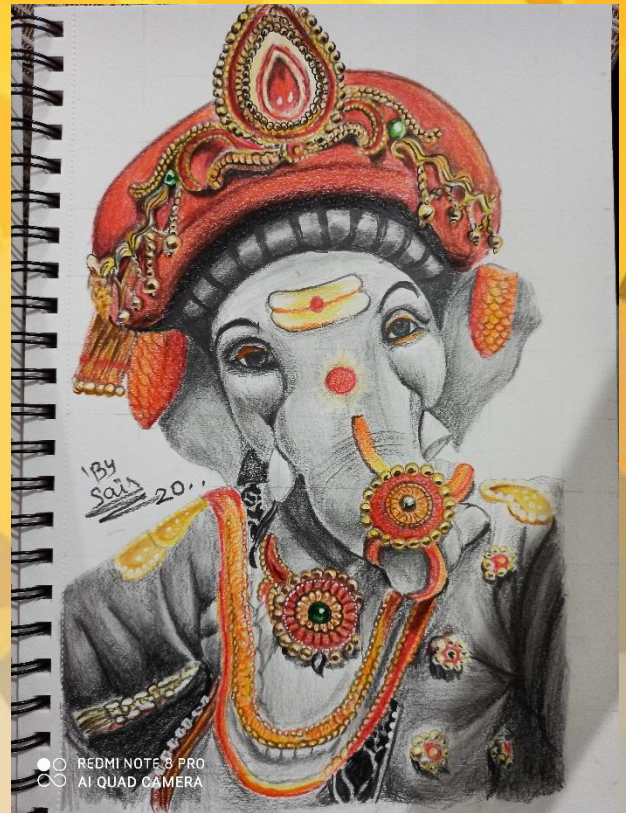
उठे खडे हो करें मिलकर प्रयास हम
दिलाये अपनी मातृभाषा को हम
अन्तराष्ट्रीय पहचान
ताकि कहे फिर से हम
हिन्दी-हिन्दु-हिन्दुस्तान,
कहते हैं, सब सीना तान।

--- VRIDHI BHATIA, IX D

CREATIVE CORNER



- ARCHITA GUPTA, IX D



SAI GOURAV, IX D



- JASKIRAT KAUR BHATIA, IX D



- HARSHITA SHARAMA, IX D

DIY video By Arhat Goyal of IX D
on: How to make a book stand:

<https://youtu.be/jcTG1z6Hlv4>



FALGUNI PANDEY, IX D



SCHOOL MAGAZINE

MONTHLY MAGAZINE

BHAVAN
VIDYALAYA
PANCHKULA
CLASS IX E



OUR YOUNG WRITERS

हिंदी शान है हिन्दुस्तान की ...

सच है ये कोई अनुमान नहीं ,
हिंदी शान है हिन्दुस्तान की ।

आज सुनिए एक बात पुरानी ,
14 सितंबर 1949 की है ये कहानी।

जब तिरंगा गर्व से रहा था लहरा ,
तब हिन्दुस्तान में हो रहा था विचार-विमर्श गहरा ।

चर्चा , चुप्पी , संवाद , विवाद ,
आया था एक बड़ा निर्णय इन सब के बाद ।

वह निर्णय था बड़ा खास ,
सुनकर उसे बुझ गयी सब के गले की प्यास ।

जब हिंदी राष्ट्रभाषा बनी , उस दिन
हर हिन्दुस्तानी की गर्दन गर्व से तनी ।

इस निश्चय को संविधान के भाग 17 के अध्याय की अनुच्छेद 343(1) की जगह प्राप्त हुई,
इसी के साथ चेहरों की मुस्कान खिली कई ।

हिन्दी के मूर्धन्य साहित्यकार व्योमहार राजेन्द्र सिंहा का 50 वां जन्मदिन उसी दिन था,
इसलिए हिंदी दिवस मनाने के लिए 14 सितंबर का दिन ही उपयुक्त था।

भारत का हर बच्चा मनाता है यह त्योहार बड़ी शान से,
चमक उठती है आंखें हमारी भी अभिमान से।

हिंदी के प्रति हर भारतवासी की सलाम रहेगी,
हिंदी सदा हिन्दुस्तान की शान रहेगी।

- मानसी अग्रवाल
IX संगम

2

Dr. Sarvapalli Radhakrishnan



Dr. Sarvapalli Radhakrishnan was an Indian philosopher, academic and statesman who served as the first Vice President of India and the second President of India.

An ideal teacher is hardworking, caring, admired, honoured and brilliant. Dr. Sarvapalli Radhakrishnan having all of these qualities sets an ideal example for the teachers across the world to emulate.

He was nominated 16 times for the Nobel Prize in Literature and another 11 times for the Nobel Peace Prize. He is one of India's most renowned teachers of the twentieth century. He was also one of the founders of Helpage India. He believed that "teachers should be the best minds in the country". Since 1962, his birthday has been celebrated in India as Teacher's Day on 5th September every year.

Created with Mi Notes

CREATIVE CORNER



Made by Devansh Singh

Life

Life is given to us,
we earn it by giving it.

Let the dead have the immortality of
of fame,

but the living the mortality of Love

Life's error cry for the merciful beauty
that can modulate their isolation

into a harmony with the whole.

Life like a child, laughs,
shaking the rattle of death as it turns

→ Dharshini
9E



गणेश चतुर्थी

गणेश चतुर्थी हिन्दुओं का एक प्रमुख त्यौहार है। यह त्यौहार भारत के विभिन्न भागों में मनाया जाता है किन्तु महाराष्ट्र में बड़ी धूमधाम से मनाया जाता है। पुराणों के अनुसार इसी दिन गणेश का जन्म हुआ था। गणेश चतुर्थी पर हिन्दू भगवान गणेशजी की पूजा की जाती है। कई प्रमुख जगहों पर भगवान गणेश की बड़ी प्रतिमा स्थापित की जाती है।



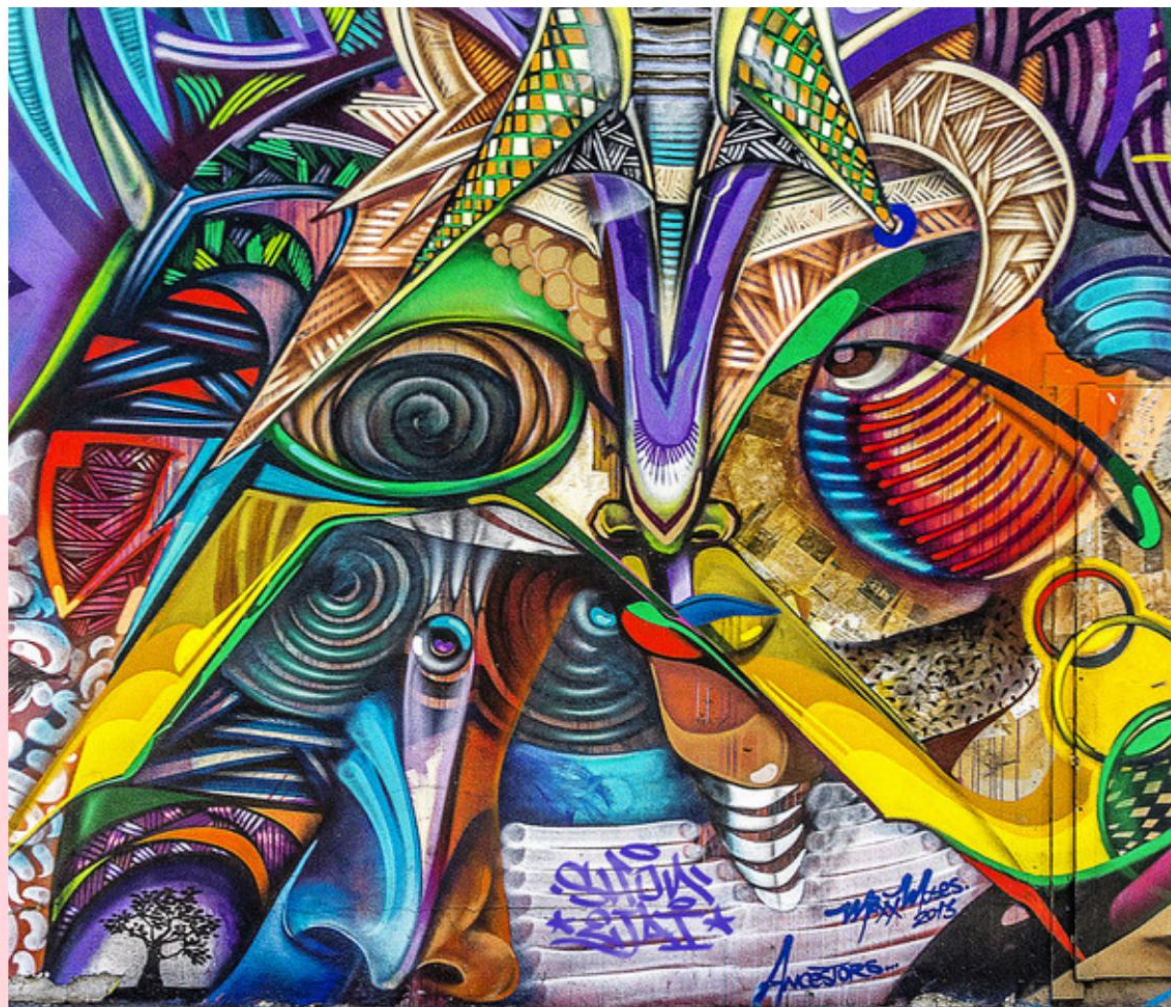
Made by Mudil Goel

MONTHLY MAGAZINE 2020
DESIGNED BY – ADVIK GUPTA
UNDER THE GUIDANCE OF –
ARATI GAUTTAM (CLASS TEACHER)

Platform of Creativity and Inspiration

VOICE OF STUDENT

Class 9 Saksham
Teacher Incharge- Yuvraj Ghaly



ISSUE 3

SEPTEMBER 2021

Artistic Horizon

My Voice, My View



Artistic Horizon

SKETCHES



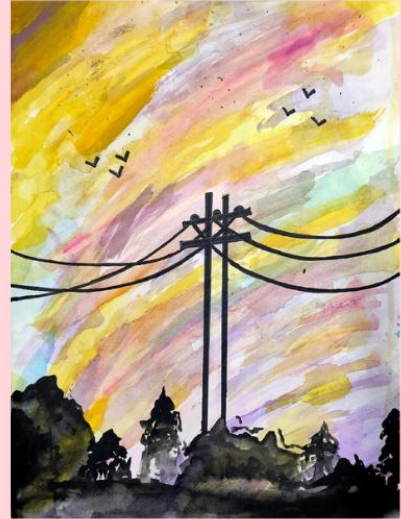
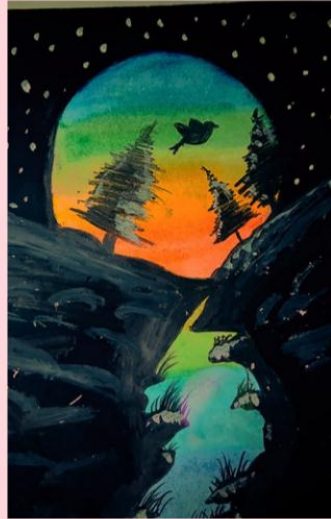
AADI BHARDWAJ, MEHAK SHARMA, PRANJALI SOODAN

ARTWORK



TANISHA NARANG

PAINTINGS



MEHAK SHARMA, TANISHA NARANG, PRANJALI SOODAN

THE NATURE BOOK

"The book of nature can teach us the meaning
of
life in every aspect,
If we know how to read it and give it respect.

The Sun rises at its time and so as the moon,
Giving us the lesson of punctuality it would be
better if we learn it soon.

The ups and downs and final equilibrium of
death,
It is the same as the perihelion and aphelion
and the equinox saying that we should try till
our last breath.

The eternity of the universe at every joint,
preaches us to stay similar at every point.
The balance maintained by the universe is very
tight,
Tells us to apply the same as we board our
wonderful flight.

The supreme silence of universe,
Help us to feel the beauty of the unknown
creator if the time get reverse.

Let us get a lens so that we can read this
precious book,
So that we may increase our imagination
boundries like Universe the Captain Cook."

UJJVALL SHARMA

MY VOICE, MY VIEW

BODY SHAMING

RUCHIKA SAINI

Body shaming is defined as inappropriate negative comments passed towards someone on the basis of their physical appearance. In other words, we can say that it is the practice of humiliating someone by making fun of their body weight, size or height. Body shaming is ubiquitous and is part of our everyday routine and experience.

Negative comments about appearance constantly happen to those who are fatter or thinner than they "should" be. Feeling ashamed of how we look has become normal mainly because our culture loves the ideology of a perfect body, seeing someone who doesn't fit the mold isn't acceptable to some. One study says that 94 percent of teenage girls and 64 percent of teenage boys have been shamed for the way their body looks.

We often think that body shaming is alright as it encourages people to lose weight but body shaming is humiliating, with often painful, long-term consequences. In most cases, body shaming takes a heavy toll on one's mental health which leads up to anxiety or depression and also causes eating disorders. People also tend to lose their confidence and sometimes even harm themselves. Nowadays, individuals have started to accept the way they look. We often think that body shaming is alright as it encourages people to lose weight but body shaming is humiliating, with often painful, long-term consequences. In most cases, body shaming takes a heavy toll on one's mental health which leads up to anxiety or depression and also causes eating disorders. People also tend to lose their confidence and sometimes even harm themselves.

Nowadays, individuals have started to accept the way they look.

"People should understand that one's height or weight does not show how beautiful they are instead, "beauty" is all about being pure and kind from the inside."

PLANET NINE : A PRIMORDIAL BLACKHOLE

AARSHI MUKHERJEE

First of all, what does the word primordial mean? It means that it is ancient and pre-historic.

While most of us grow up with the knowledge that there are eight planets in our solar system, for several years astronomers have theorized about the existence of the 9th planet. The mysterious planet is often referred to as planet nine and is believed to lie in the outermost regions of the solar system. Now, scientists from the Durham University and University of Illinois at Chicago have thrown a spanner in the works with claims that planet nine may not be a planet after all.

Unwin believe that planet nine may be a primordial black hole. The team analyzed data collected by the University of Tokyo and found that a primordial black hole would have the same mass as the predicted mass of planet nine. Mr. Scholtz said:" The final pieces really come together when we realized that the dark matter haloes that surround primordial black holes would be a way to observe planet nine if it was a black hole because of the X-ray or the gamma ray it gives off."

The team now hopes to probe their hypothesis further to confirm whether or not planet nine is a primordial black hole.

Mr. Scholtz added: " Our future research will mainly be focusing on exploring various existing datasets and looking for evidence of moving sources in the sky."