



BHAVAN VIDYALAYA, PANCHKULA

PRESENTS

GEN Z EST

BLINK REFLECTION

E-MAGAZINE

XII SCIENCES

2020-21

GLIMPSE INTO THE EDITORIAL TEAM

Dear readers,

The pandemic has kept us indoors so, we all could not accomplish any travel plans, but, here we will take you all to the literary journey with our Zoomers, formally known as the Generation Z with extreme Zest and enthusiasm titled this monthly magazine of XII Sciences as 'Genzest: Blink Reflection'.

The Zoomers of Sciences, in edition will take you over a ride to poems written in Hindi and English that talk about life-related issues. The magazine reflects some articles on the significant days celebrated in the month of September. Humorous video and a self-directed video on Rohtang Pass will help complete your voyage. The artists have tried putting their best aesthetic skills in "The Artistic Scientists". "The Last Leap" highlights the feelings of the bid adieu to the school life.

As the class teacher, I feel absolutely lucky to be with this team of hardworking students who presented their novel creation making this edition a very special one for each one of us in XII Sciences. A special mention to the editors Aahana and Shreya who worked tirelessly to collect and edit the write-ups. Needless to mention, the technical editors Baani, Prisha and Shrey Syal who helped in giving shape to these thoughts of each one of us.

Kudos to this excellent team!!!

Hope you all enjoy the journey and appreciate the zeal of Generation Z
'GENZEST: Blink Reflection'

Prerna Joshi

Class Teacher, XII B

EDITORIAL TEAM



**EDITORS:
AAHANA
AND
SHREYA**

**TECHNICAL
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BAANI,
PRISHA
AND SHREY**

**CLASS TEACHER:
MS. PPRERNA JOSHI**

C O R O N A D I A R I E S

INVISIBLE CANNOT BE INVINCIBLE

We all are fighting a war,
Fear hovers around 24*7,
Everything seems bleak, foggy and uncertain,
But a hope against hope is required in these
times of tide,
Never ever had we thought that 2020 will
make us run against what cannot be seen,
This is nothing, but;
A war for survival;
A war for existence;
A war to show that invisible can't prove it
to be invincible.

MAN PROPOSES GOD DISPOSES

Let's understand the meaning of idiom-

Man proposes god disposes

We created deadlines

We created schedules

We build fantasies

We build animosities

All things have gone in vain

As we suffer isolation along with pain

Let's not forget nature's responses

MAN PROPOSES GOD DISPOSES



PRERNA JOSHI
CLASS TEACHER,
XII B

HOPE

"Hope is the thing with feathers,
that perches in the soul
And sings the tune without words,
And never stop at all."

~Emily Dickson

Hope is the greatest factor that can lead to achievement and satisfaction. It is an emotion, a feeling that God kindled in our hearts to overcome the tempest which might cross our lives at some point of time. It is this hope that is settled in the creator and his creations. It is a secret weapon that helps us fight all odds while keeping our head held high. It is this hope that led man to moon, crossing all odds in medicine, natural calamity, death and disease creating in humans a level of confidence and inner strength. The world is full of sufferings ranging from small Day to day things to the big sufferings of the world and hope is the only way to overcome them.



by.
RAVISHA

GIVE ME ONE MORE CHANCE

I have my own dreams let me
fly high,
Yes, it will take time but believe
whatever I gonna do will make
everyone feel pride,

..

I know I was not on the right
path
Because there was no one to
guide ,
Please trust me once again I
will succeed in my life ,
I will make a small world for us
where happiness and only
happiness will lie..
Let me follow my passion I will
make it to the sky,
I have my own dreams let me
fly high.

by. **PUSHPINDER
SINGH**



TOUGH LIFE

It's just an echo in haze
When those eyes could see the shatter
Now they've melted back into a blank face
And there is nothing left to say other than
what is said
It's just a ghost's dream
When the lights needed to flicker into
nightmares
Now the world is colored with a red tint
And dark doesn't only come after dusk
It's just a weak glide
When two hands could hold onto through
summer
Now one's gone over sound of the last call
And occasional caresses are trailing tears
Wonder what should we
Feel when the world needs a raincheck
Wonder what should we
Feel when smokescreens come crashing down
Wonder we want
Choke the mind of answers to lead
Because in some hidden way
It's our time now

by. **NAMYA**



EVEN IF I COULD, I WOULDN'T

IF I COULD , I COULD CHANGE THE PAST
THAT FIRST MISTAKE , I WOULD MAKE IT LAST
THOSE PAINS AND SORROWS WOULD END THEM COMPLETELY
AND FROM ALL THOSE PROBLEMS WOULD GET ME OUT NEATLY
TEAR OFF MY ENEMIES AND PUT MY LIFE'S BOOK AND PULL
MY LEG BACK FROM ALL THOSE WRONG STEPS I TOOK !!
BUT THEN I REALISED , THE LIFE WOULD BE NO FUN LIKE NO
BULLETS IN A GUN...
SO THEN I THOUGHT..THOSE MISTAKES WERE STEPPING STONES
, AND THOSE PAINS AND SORROWS WERE HARDENING MY
BONES !!
THOSE PROBLEMS WERE TRAINING , TRAINING ME FOR A TEST
AND MY ENEMIES WERE TRAINERS , TRAINING ME FOR MY
BEST
AND NOW I FEEL , ITS OK IF I COULDN'T
B'COZ EVEN IF I COULD I WOULDN'T...



by. **LAKSHITA**

THE TUNE OF LIFE

What is that something that is loved by all, something that someone doesn't hate, something that talks to you when you're alone? Well the answer to this something is a song.

That is what a song does, right? Cheers you up in sad times, inspires you to get up, motivates you to keep going. And the best thing is; it is not biased or partial. It is for every one of every kind and every mind. We all need a vibe to be connected with; happy, sad, cheerful, sorrow, good and bad times but most importantly to be selfmotivated and alive.

If one feels energetic, groove to pop songs; If one feels alone, dance to party songs; If one feels apologetic, feel the sad songs; If one feels down, listen specifically to the song that makes you believe and if one feels all at once, listen to yourself.

You don't have to choose what's right, you need to choose what you think is best for you. Who needs some expensive sessions of therapy when one can basically own a lifetime therapist.

Music not only helps you mentally but also helps you in building up confidence. How? Well don't you guys know the whole lyrics to your favorite song and if asked to sing it in the middle of nowhere, you wouldn't hesitate. Same implies to living life. Once you choose your aim in life, you start to grasp every single word and aspect of it.

It's not just about listening to them, it's about learning from them. Listen to your inner voice, walk the steps, show gratitude, express your heart, dress up to genre, look up to the artist, be the voice of your life. At last about how I got this topic, so my best friend and I were talking and suddenly she told me about this song she loves and that memory of the beautiful talk we had will always be with us, so you see what a song can do, it makes your bond with someone stronger and cordial.



by.
KAVYA

A DEATH WITH PRIDE

*They say I dream too big
But it's the smallest that I can do
For the land where I was born
And where all my life I grew.
It's not a duty but it's what I want
To protect my mother from any harm.
And her billion children who look up to me.
I'll spend my all at keeping them free
Standing at the border with a gun in my hand
I'm ready to sacrifice myself for our motherland.
And as my body gets clad with blood,
Peacefully shall I die,
Knowing my people won't suffer.
Don't mourn my death
It's what I wanted
To lay covered by the tricolor
Whose glory I defended.
All I ask from you is to understand
Serving a nation is not a duty but love.
Stand guard and make our country thrive
As I now leave this nation in your hands.*



by. ANUSHKA

RAIN

*It was the time of the dawn,
People were taking their yawn.
Birds were chirping all around,
Sprinters were taking a round.
It was a beautiful morning,
And suddenly it started raining.
Since it was the first rain of the season,
So no one has any reason.
People were rushing to keep their things here and there,
But they found the space nowhere.
Black dust from the terrace came on the road,
Melodious song was given by the little toad.
Thunderstorm took everyone's attention,
Giving them a heavy tension.
How will they go to their office,
How will children go to school to complete their copies.
The water stand on the lane,
And the guard has to pull the chain.
The driver stop the train,
And also there was no signal for the plane.
The rain stopped after an hour,
Children had to miss the shower.
Everyone again saw the Sun,
After enjoying and gaining a lot of fun.*



by. ANGELEE AHUJA

GLOBAL HAND WASHING DAY

Global Handwashing Day, an annual global advocacy day dedicated to advocating for handwashing with soap as an easy, effective and affordable way to prevent diseases and save lives, was initiated in the year 2008.

This day is an opportunity to design, test and replicate creative ways to encourage people to wash their hands with soap and maintain hygiene. Every year, on 15th of October, with various themes and slogans, hygiene and importance of handwashing with soap at home, in community and around the world is highlighted. The aim is to increase awareness and knowledge of the benefits of handwashing with soap. "Our Hands, Our Future" depicts the motto of this day with the theme that Life is better with clean hands. Studies show that around 33 percent of people don't use soap while washing their hands and upto 80 percent of communicable diseases are transferred by touch. During present circumstances of covid-19, it's even more important to wash and sanitize hands frequently in order to control the spread of the novel corona virus.

With proper handwashing, it is estimated that the disease spreading rates can decrease upto 20 to 40 percent, hence this initiative was and is very necessary for people to understand the importance of handwashing.

And to conclude, I quote:-

"Please use soap to scrub each hand or you'll spread disease to all land."

by. SHREYA
GUPTA



WORLD STUDENTS' DAY

OPINION BY KATRINA MAHAJAN

Is it still relevant to say "PadhogeLikhogeBanogeNawab,
KhelogeKudogeBanogeKharaab"?

this phrase instilled the idea of a student being successful by only paying attention towards studies.

But times have changed. There is demand for diverse talents necessitated by explosive growth of economy. Our society is undergoing a churn and many hither to unknown fields of human endeavour and have opened up requiring personnel of different skills.

Recently schools and colleges have been focusing on developing a well rounded student who is not just academically brilliant but also possesses some skills that sets them apart from the others standing in the same line.

The introduction of extracurricular activities, which were not a part of the Curriculum but an integral component of educational environment, helped students to improve their academic performance and develop skill set and many values such as leadership, team work, commitment, etc. among many others which leads to their holistic and all round development. Even in ancient scriptures such as Ramayana, Mahabharata and Vedas co-curricular activities like cooking, horse riding, archery, wrestling, etc. were elaborately mentioned. Nowadays schools and colleges give a lot of importance to extracurricular activities as they play a key role in harnessing a child's hidden potential.

Extracurriculars can be a key part of your college application. Most applications have a section where you can list all the extracurriculars you were involved in.

A good extracurricular can give a boost to your application. Your dedication and passion towards the activity can be very impactful and can turn a recreational activity into a potential career option.



प्रकृति के प्रकोप से शापित हुई धरती सारी
बैचेनी और बिना सुकून जी रहे लाखो नर-नारी
मानव से मानव भी मिल रहा शंकालू निगाहों से
घुट रहा दम सब ही का एंकाकीपन के भयावहो से
सांसो पर पहरे लगे, खुशीयो का हो गया कारावास
चौद भी कोरोना के डर से फैल रहा अर्धव्यास
आने वाला कल शायद परिवर्तन का युग लायेगा
शुष्क पर्ण सब झड़ जायेगे, ऐसा भारत का कल आयेगा
धर्म युद्ध के युद्ध-क्षेत्र में पुण्य कर्म करते जाये
दिन कर से तेजस्वी बनकर नव प्रकाश हम फैलाये।

कोरोना

by. AAHANA



कोशिश+इरादा+हौसला=मंज़िल

कोशिश के बाद हो जाती है कभी हार,
होके निराश मत बैठना, मन को अपने मार।
बढ़ते रहना आगे सदा, हो जैसा भी मौसम,
पा लेती है मंज़िल चींटी भी गिर गिर कर हर बार।
ऐसा नहीं कि राह में रहमन नहीं रही,
पैरों को तेरे, चलने की आदत ना रही।
कशती है तो किनारा नहीं है दूर,
अगर तेरे इरादों में बुलंदी बनी रही।
मुश्किलों से भाग जाना आसान होता है,
हर पहलु ज़िन्दगी का इंतेजाम होता है।
डरने वालों को मिलता नहीं कुछ ज़िन्दगी में,
लड़ने वालों के कदमों में जहां होता है।
मंज़िल उन्हीं को मिलती है,
जिनके सपनों में जान होती है।
पंखों से कुछ नहीं होता,
हौसलों से उड़ान होती है।

by. AASTHA



[CLICK HERE](#)



DON'T
MESS
WITH
YOUR
MOTHER



ईमानदारी को प्रोत्साहन

ऐ इंसान तू क्यों है इतना लाचार,
उठ अपनी मेहनत पहचान
और छोड़ दे भ्रष्टाचार।
हौसलों की उड़ान से छू ले आसमान,
पूरे होंगे तेरे सपने, तेरे अरमान।
तकदीर अपनी लिख ईमानदारी की कमल से,
यूं भ्रष्टाचार को ना सींच इस जनम में।
ये दानव कुटिलता की नीव पर पनपता है,
और बर्बादी से सबको जकड़ता है।
पंख मिले हैं परवाज़ तो होगा,
ईमानदारी का अपना एक अंदाज़ तो होगा।
ये वो रसीले फल हैं,
जिसमें रस और सुगंध सब है।
तकदीर अपनी लिख, अपनी खुदरी से, अपनी ईमानदारी
से,
खुदगर्ज ना हो, अपाहिज ना हो भ्रष्टाचरी से।
रजनीगंधा, गुलाब, मोगरे सब इक दिन सूख जाएंगे,
ईमानदारी का इत्र ऐसे बिखेर कि जन्मों तक तेरा नाम
मेहकाएंगे।
भ्रष्टाचार की राह खुशी खुशी ले जाए तुझे अंधेरे की
ओर,
पर जब आंख खुलेगी तू होगा अपनी ही निहागों से मिलो
दूर।
ईमानदारी कस्तूरी की वोह तलाश है जो बहुत भटकाए,
पर जब मंज़िल मिले तो जीवन जगमग रोशन स्नेहिल
हो जाए।
त्याग दे भ्रष्टाचार को,
सुन ले अपनी आत्मा की पुकार को।
यह एक लाइलाज बीमारी है,
ईमानदारी में ही समझदारी है।
सुख से जीवन जी ले,
यही वक्त की गुज़ारिश है।

by. PRISHA





CLICK HERE



by. **SHREYA GUPTA**



INDIAN AIR FORCE



Indian Air Force, the arm of defense services that serves the sky. The glorious eagles of sky, keeping their all senses awake to protect our honorable country. 8th of October is marked as the day when Indian air force was formally incorporated in the Indian Defense. "Touching the sky with glory", the motto of the Indian Air Force, is from Bhagawad Gita.

Being the 4th largest air force in the world and 2nd largest in India, the air force establishes the supremacy of sky over other alien entities.

To serve the Indian Air Force, one must be agile to perform every task with great precision. Mental and physical fitness are obviously necessary.

In general terms, a person with immense passion for flying, nerves of steel and ability to take split second decision at supersonic speed is what it takes to be an air force pilot.

Join the Indian Air Force and be a cut above.

by. **SARTHAK MADAN**





ASHA RAVESH



JHALAK GARG



NANCY SANGWAN



ANUSHKA JAIN



BAANI KAUR





BAANI



BAANI



ASHA



NANCY



BAANI



BAANI



JHALAK



NANCY



ANUSHKA



BAANI



NANCY



JHALAK



THE LAST LEAP

The 2 years at Bhavan Vidyalaya will always be a source of motivation and encouragement for me, whenever I would find myself in difficult situations. Really hard to forget such strong memories with best people.

- Ishita Rana

I was a little skeptical while I joined this school as the name itself says it was open all "The Bhavans". But after meeting the faculty here, I get so inspired. I haven't met such dedicated teachers who put their heart and soul in shaping students here. Thankyou for the memorable experiences, Thankyou for the innumerable failures.

Anshu

XII-B

I joined this school last year. I felt very glad to be a part of the institution. The atmosphere and the nature of the teachers and their bonding with the students made a good impact and I am feeling grateful to be a part of this institution.

→ Anshu Adhikari
class XII B

Performing on stage and having a good time with my friends and teachers are some of my best memories!

- Katrina

"How lucky I am to have something that makes saying goodbye so hard..."

- NANCY SANGWAN

IT WAS A WONDERFUL EXPERIENCE AS MY SCHOOL HAS GIVEN ME THE OPPORTUNITIES TO IMPROVE MY ABILITIES.....

I TAKE PRIDE IN BEING A STUDENT OF SUCH SCHOOL..... ~ Mansi Sangwan

Being in Bhavan Vidyalaya was one most enriching experience in my life. It is not only a place where we study but a temple where we explore our inner self and groom our own personality.

Daksh
XII B

For me the most cherished memory of being a part of the Bhavan family is the love, acceptance and support that all my teachers and friends exhibited...

~ Ravisha



*"A SUNSET IS NOTHING
MORE AND NOTHING LESS
THAN THE BACKSIDE OF
A SUNRISE."*

EVERY END HAS A NEW BEGINNING....

THANK YOU FOR
BEING WITH
US ON THIS
KNOWLEDGEABLE
JOURNEY.



ELYSIAN



October 2020

Your only limit is your mind.

XII-C

CON TEN TS

Articles

- Coping up with stress during covid-19
- Coming up with a business idea



What's your opinion?

- Government handling Covid-19 spread
- EIA Draft 2020 and the future of environment.

Must Reads



The Art Corner



Poems

- Father
- Loneliness

Beauty Encaptured



Foodies' Corner

- Baba Ganoush
- Pina Colada Mocktail



Backstory

- Amazon
- Nike
- Baskin-Robbins

An Unforgettable Year

- January 1, 2020 to September 8, 2020

ARTICLES

Coping up with Stress during Covid-19

Since the WHO, declared the COVID-19 outbreak a global pandemic, everyone in the world is stressed about everything, be it work, children, or our loved ones who live far away from us. This situation is similar around the world and we need to be careful as well as optimistic about everything. To reduce anxiety, stress and strain, here are some tips anyone can follow -:

1.) Reframe “I am stuck inside” to “I can finally focus on my home and myself”

As dismal as the world may feel right now, think of the mandated work-from-home policy as an opportunity to refocus your attention from the external to the internal. Doing one productive thing per day can lead to a more positive attitude. Set your sights on long-avoided tasks, reorganize, or create something you've always wanted to. Approaching this time with a mindset of feeling trapped or stuck will only stress you out more. This is your chance to slow down and focus on yourself.

2.) Stay close to your normal routine

Try and maintain some semblance of structure from the pre-quarantine days. It could be tempting to fall into a more lethargic lifestyle, which could lead to negative thinking. Wake up and go to bed around the same time, eat meals, shower, and adapt your exercise regimen. Not only will sticking to your normal routine keep you active and less likely to spiral, it will be easier to readjust to the outside world when it's time to get back to work.

3.) Avoid obsessing over endless Coronavirus coverage

Freeing up your day from work or social obligations gives you plenty of time to obsess, and if you have a tendency to consult Google for every itch and sneeze,

you may be over-researching the pandemic as well. Choosing only certain credible websites for a limited amount of time each day will be in your best interest during this time.

4.) A chaotic home can lead to a chaotic mind

With all the uncertainly happening outside your home, keep the inside organized, predictable, and clean. Setting up mental zones for daily activities can be helpful to organize your day. For example, try not to eat in bed or work on the sofa- just as before, eat at the kitchen table and work at your desk. Loosening these boundaries just muddles your routine and can make the day feel very long. Additionally, a cluttered home can cause you to become uneasy and claustrophobic of your environment- so keep it tidy.

5.) Start a new quarantine ritual

With this newfound time, why not do something special during these quarantined days? For ex-ample, perhaps you can start a daily journal to jot down thoughts and feelings to reflect on later. Or take a walk every day at 4 pm, or start a watercolor painting which you can add to everyday. Having something special during this time will help you look forward to each new day.

6.) Use telehealth as an option to talk to a professional if your anxiety becomes unmanageable.

~Vritti Gaur

Starting a business

Owning a business gives you the independence and freedom to be your boss in establishing an empire from scratch. In India, the startup wave that started in 2014 has been ebbing its way back into the startup ecosystem.

The government has been emphasizing the power of business and encouraging individuals to start their own business through their luring Startup India Scheme & Stand Up India Scheme. Here are some of the best 36 small business ideas in India that can be implemented to commence on their entrepreneurial journey.

The definition of the **best business in India** is very subjective and depends on a lot of underlying conditions of the market, demography, and demand. For example, a photo studio will flourish in a city like Mumbai and Delhi, where models are always looking for photographers to create portfolios. However, having a studio in a village might only have a limited crowd coming to you.

COVID-19's Impact on Small Businesses in India: Several predictions and theories have swirled around the market regarding the pandemic's impact on small businesses in India and around the world.

Here are some of the 6 predictions that have been made:

- **Because of the social distancing measures, the handing over of print materials like business cards and brochures will face backlash and might be completely digitalized.**
- **New businesses will adopt digital marketing measures much more, ditching their traditional marketing practices.**

- **The importance of remote working would boost team collaborations from a distance.**
- **Creating ongoing value that would make sense to sell as the subscription will be a major advantage.**
- **Micro-entrepreneurs having sole proprietorships will be on the rise, especially seeing the cooking skills we all learned watching YouTube this lockdown.**

Some other business lessons that might help you in launching your small business post-pandemic are:

- **Prefer doing business online**
- **Digital modes of advertising over traditional**
- **Remote working improves productivity in some industries.**
- **Save costs in every way possible**

For Example:

A courier service primarily just means picking and dropping off parcels from one place to another, which requires a vehicle to pick and drop the item.

What you'll do:

- **Pick up parcels**
- **Drop off parcels to the location**
- **Get paid according to the courier services offered**

Having small business ideas of courier services can fetch you around Rs 25k to Rs 50k average.

~Ishan Bansal

WHAT'S YOUR OPINION?

Government Handling the Spread of Covid- 19

As Covid- 19 has affected more than 200 nations, who at present at doing everything in their capacity to stop the spread of the novel coronavirus. World Health Organization's declaration of Covid-19 as a pandemic led to a lot of chaos in these nations. With India becoming the second worst-hit country by this disease, I feel that the Modi Government's handling of the spread and hence the consequential deaths has been its single biggest failure. The first case in India was reported on January 30, which could've been the day when the government had already started planning to stop the spread of the disease. Ignorance of this fact brought us in a position where the whole country

lot of middle class was dragged down at the poverty line. Another consistent concern when it comes to the government has been its economic performance, unemployment being the second biggest failure. Poor economic growth combined with the pandemic pushed as many as 12.2 crore Indians out of jobs. Yet another misery for an already stricken is the schemes whose benefits never reach the beneficiaries. Government must take examples from countries like New Zealand who have been successful in controlling the outbreak.

~Mohak Kakkar

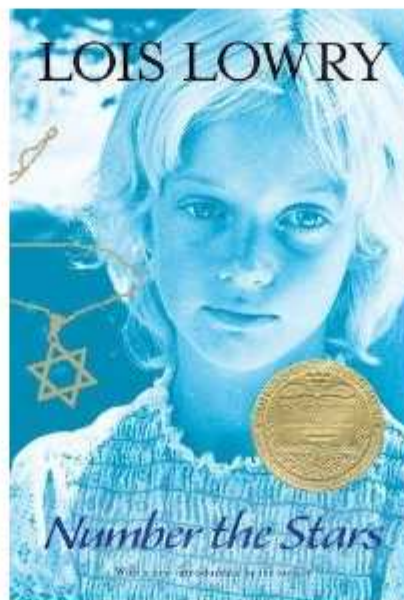
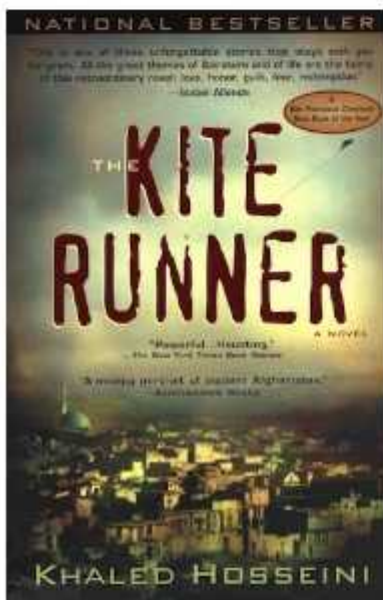
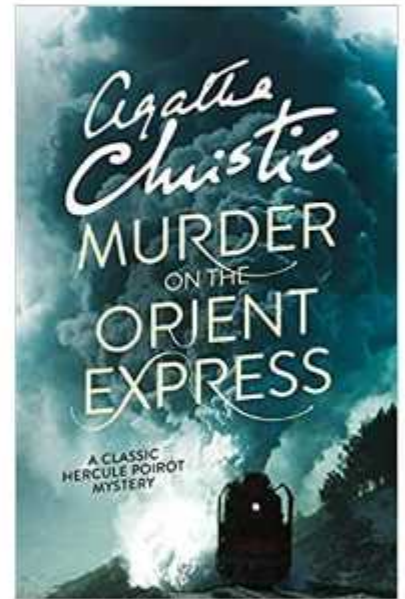
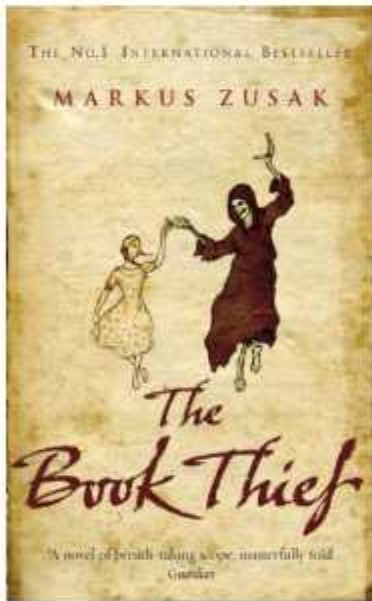
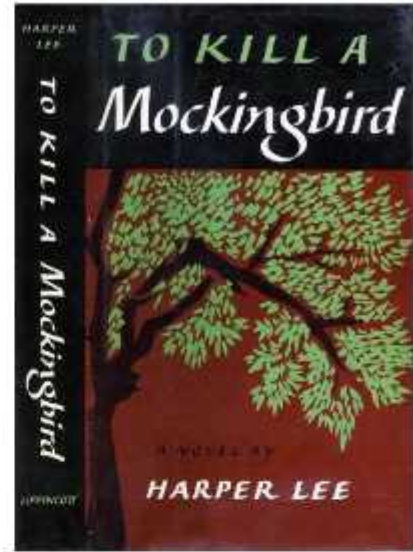
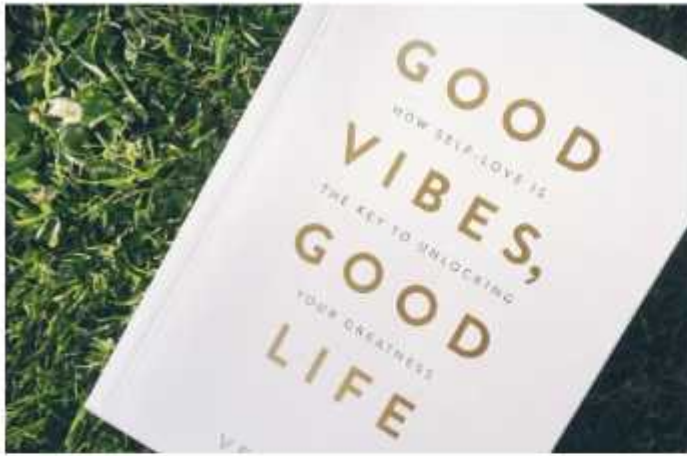
EIA Draft 2020 and the Future of Environment

An Environmental Impact Assessment (EIA) is an important process for evaluating the likely environmental impact of a proposed infrastructural/industrial project. It makes a scientific estimate of the likely impacts of a project, such as a mine, irrigation dam, industrial unit or waste treatment plant. It is a process whereby people's views are taken into consideration for granting final approval to any developmental project or activity. According to the government, the new notification i.e. EIA Draft 2020 is being brought in order to make the process more transparent and expedient by the implementation of an online system, further delegation, rationalization and standardization of the process. However, the draft is going to dilute the EIA process. The draft proposes the removal of several activities from the purview of public consultations. The notification envisages two kinds of approval—prior environment clearance (EC) with the approval of expert committees and environmental permission or provision (EP) without the approval of expert committees. The major drawback of the draft is that it has exempted many different projects such as clay and sand extraction, chemical fertilizers, offshore and onshore oil, gas and shale exploration etc. common effluent treatment plants are exempted from prior EC or prior EP from public consultation.

This not only makes the new industries less answerable but also is a threat to the common public because even the harmful projects will get the approval to continue. Not only this but also, the notice period for public hearing has been cut from 30 days to 20 days. This will make it difficult to study the draft EIA report, more so when it is not widely available or provided in the regional language. The EIA notification also excludes reporting by the public of violations and non-compliance. Reducing the days for public hearing would mean a lot of opinions by general public of that area will go unheard. Prima facie, the "right to objection" of people is taken away. This new rule has privileged the interests of project proponents by whittling down public consultations, accepting flawed and faulty EIA reports resulting from external influences and ignoring the non-renewable nature of resources. The situation at present demands a law which aims to protect the environment as major areas are now experiencing polluted air, rise in temperature and even fires (as in case of Australia).

~Arinjay Jindal

MUST READS

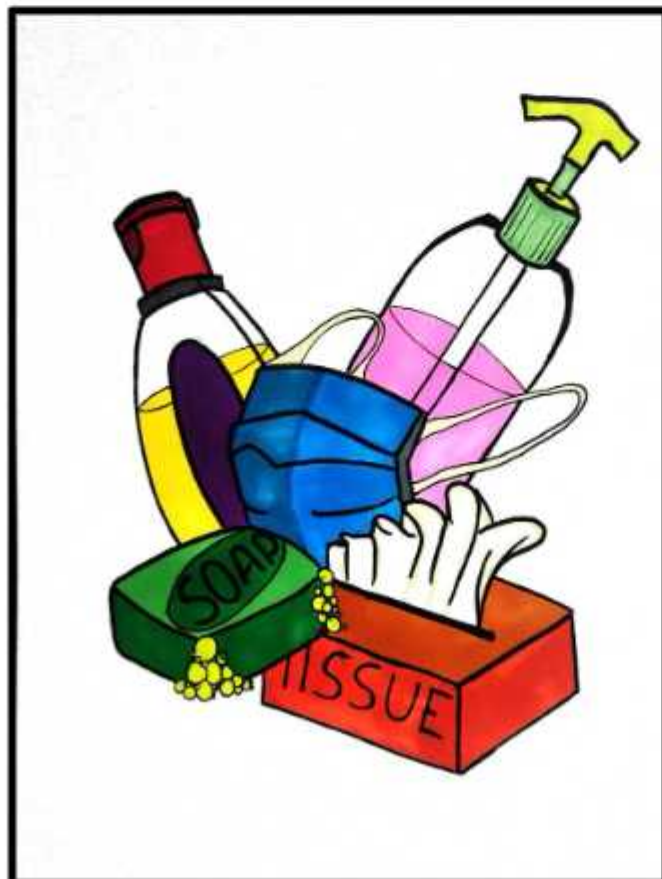


THE ART CORNER



Have Faith

~Kanika



Don' t
forget.....

~Atul Josemine

POEMS

पापा

के पापा को मैंने खुद से लड़ते
देखा है,
किस्मत से ना डर कर हर सीढ़ी
चढ़ते देखा है।
बेशक मुझे डांटते हैं,
मतलब ये तो नहीं मुझसे प्यार
नहीं करते।
शायद मुझसे गुस्से से बात करते
हैं कभी कभी,
मतलब ये तो नहीं के मेरा ऐतबार
नहीं करते।
मेरे लिए दुनिया से लड़ जाएंगे,
मगर मम्मी से नहीं लड़ते।
ऐसे दिल के बहुत अच्छे हैं,
मगर बहूतो को उनके साथ गलत
करते देखा है।
के पापा को मैंने खुद से लड़ते
देखा है,
किस्मत से ना डर कर हर सीढ़ी
चढ़ते देखा है।
ख्वाहिशे भले ही ज़्यादा हैं मेरी,
मैं कहने से इतराता हूँ,
कह देता हूँ शायद मैं,
बाद में पछताता हूँ,



कमी होती है उनको भी,
फिर भी मेरी हर ख्वाइश बिना
सोचे पूरी करते हैं।
बिखरते देखें हैं लोग मैंने,
उनको जब भी देखा संवरते देखा
है।
कभी किसी के जैसा बनना नहीं
चाहा मैंने,
खुद को उनके जैसा बनते देखा है।
के पापा को मैंने खुद से लड़ते
देखा है,
किस्मत से ना डर कर हर सीढ़ी
चढ़ते देखा है।

~Gautam Miglani

तन्हाई

ये तन्हाई क्या है?

आखिर ये कैसी है?

कोई सच्ची दोस्ती है या फिर
किसी दुश्मन जैसी है?

इंसान को अंदर से खोखला कर
सकती है,

पर हर घड़ी में हमेशा साथ भी
निभाती है।

ये तन्हाई क्या है,
आखिर ये कैसी है?

तन्हाई तन्हा नहीं आती,
साथ में कुछ पुराने किस्सों को
लाती है।

लोग पूछते हैं अक्सर कि यूँ अलग
- अलग से क्यों रहते हो,

कभी तन्हा बैठ कर सोचे तब
समझें,

वो दुनिया से अलग है या दुनिया
उससे?

बेबसी सी है कुछ दिल में बसी,
शब्दों में व्यक्त करना नहीं
आसान,

कहने को तो दोस्त हज़ारों हैं,
मगर ये दिल हर किसी से अंजान
है।

तलाश है ऐसे यार की जिसके आने
से ज़िन्दगी ख़सूरत हो,

आखिर तन्हाई को भी तो कभी
तन्हा होने की जरूरत हो।

ऐसा नहीं है कि सिर्फ़ दुनिया की
महफ़िल रंगीन है,

जीना आता हो तिग तन्हाई वाली
ज़िन्दगी भी ख़ूब हसीन है।

किस्मत पे यकीन रखना,
वक़्त हमेशा बदलता है,

सूरज भी तो आखिर हर सुबह
तन्हा ही निकलता है।

तन्हाई को हमराह बनाकर देखो,
अदाएं इसकी भी बकमाल हैं।

~Shubham

BEAUTY CAPTUR ED



~Saksham Goel



~Saksham Goel



~Anshika Sharma



~Rahul Dureja



~Rahul Dureja



~Rahul Dureja



~Anshika Sharma



~Saksham Goel



~Ishan Bansal



~Kanika

FOODIE S' CORNER

Baba Ganoush

Ingredients:

- 2 medium eggplants
- 2 medium cloves, minced
- 2 tbsp lemon juice
- 1/4th cup tahini
- 1/2 cup extra virgin olive oil
- 2 tbsp chopped parsley
- 3/4th tsp salt
- 1/4th tsp ground cumin
- Pinch of smoked papsika
- Toasted pe`ta wedges



Method:

1. Preheat the oven to 450 F.
2. Halve the egg plant and brush the cut sides with olive oil.
3. Roast the eggplant for about 35-40 minutes. Set the eggplant aside to cool for few minutes.
4. Flip the eggplant and scoop out the flesh with large spoon.
5. Place a mesh strainer there to transfer the flesh to strainer and discard the skins.
6. Remove as much moisture as possible. Stir it to do so.
7. Discard all eggplant. Dump them in a bowl.
8. Add garlic and lemon juice to it and stir with a fork until eggplant breaks down.
9. Add the tahini to bowl and stir, slowly drizzle olive oil and keep stirring.
10. Stir in the parsley and cumin seasoning to taste with rose salt and lemon juice, if required.
11. Transfer it to serving bowl and garnish with oil, parsley and smoked papsika.

Pina Colada Mocktail

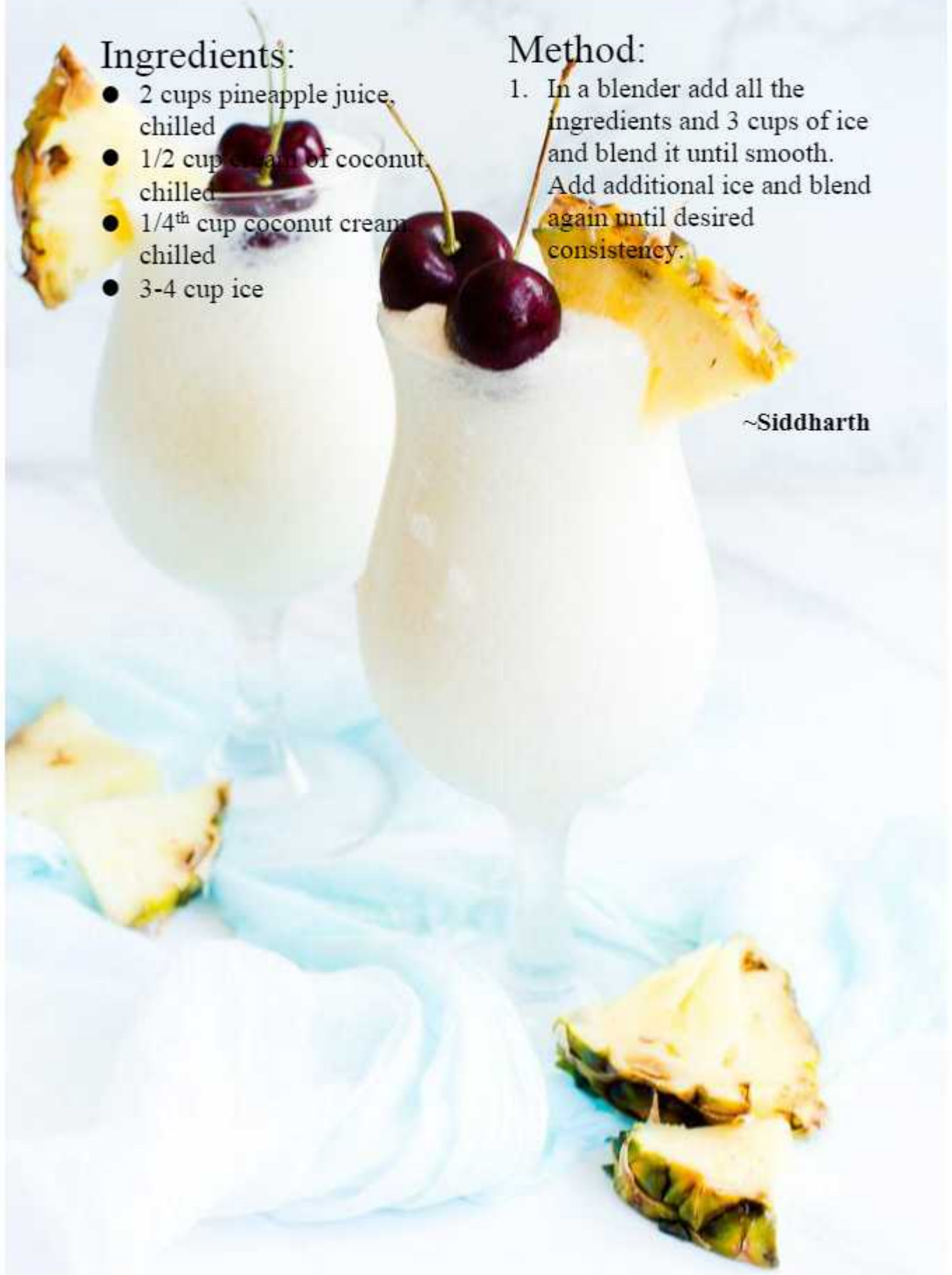
Ingredients:

- 2 cups pineapple juice, chilled
- 1/2 cup cream of coconut, chilled
- 1/4th cup coconut cream, chilled
- 3-4 cup ice

Method:

1. In a blender add all the ingredients and 3 cups of ice and blend it until smooth. Add additional ice and blend again until desired consistency.

~Siddharth



BACKS TORY

Amazon

You don't have to look deeply into the symbolism behind the world-renowned logo of Amazon to notice the orange arrow. However, were you aware that it has two clever meanings?

First, the arrow starts at the letter "A" and ends at the letter "Z" to show that the company sells nearly every product you can name in the entire alphabet. This arrow also represents a smile with a little dimple on the side, to evoke the happiness of customers that shop their products.



NIKE

Here's a popular logo that needs no introduction. The symbol in this iconic logo design is recognized worldwide, even without the company's name attached to it anymore. Commonly known as the 'swoosh,' this logo has a much deeper meaning (and it's not a checkmark, as commonly guessed by many). Nike is actually a Greek goddess that personifies victory. When logo designer, Carolyn Davidson, created this design in 1971, she thought to represent the goddess' wing as an indication of movement and speed. It's worth adding: she was paid a mere \$35.

Baskin Robbins

Baskin-Robbins, owned by Dunkin' Brands, is the world's largest chain of ice cream specialty shops, best known for its 31 flavors. The company's pink and blue logo depicts a large "BR" that doubles as the number "31." Carol Austin, VP of marketing for Baskin-Robbins, told CNBC that the logo is "meant to convey the fun and energy of the Baskin-Robbins brand" as well as the iconic 31. "The 31 stands for our belief that our guests should have the opportunity to explore a fun, new ice cream flavor every day of the month," Austin explained. The logo was introduced in 2005 as part of an entire brand refresh.

An Unforgettable Year

January 1, 2020	Hong-Kong Protests
January 2, 2020	State of disaster declared amid Australian bushfires
January 3, 2020	U.S. drone killed Iranian General Qasem Soleimani
February 13, 2020	WHO names COVID-19
February 23, 2020	Riots reported in Delhi
March 8, 2020	Italy places 16 million people in quarantine to prevent COVID spread
March 11, 2020	WHO declares COVID-19 outbreak a pandemic
March 24, 2020	India goes into lockdown 2020 summer Olympics suspended
April 8, 2020	Saudi Arabian-led coalition declares a unilateral ceasefire in Yemen to support UN efforts to end the five-year old war.
April 10, 2020	First case of Ebola reported
April 14, 2020	-U.S. suspends funding of WHO -IMF says it expects world economy to shrink to 3%, worst contraction since Great Depression
April 28, 2020	A fast radio burst detected in Milky Way, which was the first to be linked to a known source
April 30, 2020	NASA officially selects SpaceX, Blue Origin and Dynetics to build its next-gen lunar lander
May 4, 2020	Microsporidia MB discovered which could block mosquitos from carrying malaria
May 6, 2020	Astronomers announce discover of black hole in a star system
May 7, 2020	Styrene gas leak in Vishakhapatnam, India
May 9, 2020	Cross-border clash between Indian and Chinese soldiers at Natha Lu crossing
May 15, 2020	A 2.5 cm millipede fossil belonging to <i>Kampecaris</i> genus discovered on island of Kerrera, is the oldest- known land animal



May 21, 2020	Cyclone Amphan makes landfall	
May 26, 2020	Protests caused by the killing of George Floyd break out	
May 30, 2020	SpaceX's Dragon 2 launched from Cape Canaveral, Florida	
June 3, 2020	20000 tons of oil leaked into Ambarnya River in Russia	
June 15, 2020	Clashes between Indian and Chinese soldiers at Galwan Valley	
June 30, 2020	China passes the controversial Hong Kong National Security Law	
July 1, 2020	Russian voters back a constitutional amendment enables Vladimir Putin to seek two further six-year terms, potentially allowing him to remain in power till 2036	
July 10, 2020	Turkey President Recep Erdogan orders Hagia Sophia to be reverted to a mosque	
July 30, 2020	NASA successfully launches its Mars 2020 rover mission	
August 4, 2020	Explosions in Beirut, Lebanon due to unsafely stored ammonium nitrate	
August 11, 2020	Russia approved the world's first COVID-19 vaccine	
August 13, 2020	Israel- Arab peace deal signed	
August 28, 2020	Japanese Prime Minister Shinzo Abe, longest-serving PM in Japan's history, announces his pending resignation	
September 3, 2020	Sudan transitions into a secular state	
September 8, 2020	US sanctions International Criminal Court (ICC) officials for investigating war crimes in Afghanistan	

**Designed and Edited
By Upasana Nehra**

Magazine Submission



CLASS 12D

class teacher

NEERAJ KHURANA





Anoushka



Hooda

Anoushka —

Love you to the



moon and back

— **Hooda**



EVANESCENT ESSE

IT ALL STARTED WITH LOVE FOR YOU
DONOT KNOW HOW IT TURNED FROM
SYMPATHY TO AFFILIATION
BUT IT ALL LEAD TO OBSESSION
HOW THE DAYS PAST?
WASN'T IT TOO FAST?

I CAN'T BYPASS THE MOMENTS SPENT
IT WAS SO SIMPATICO WENT
CONTEMPLATING YOU BEING LOUSY
MY HEART DROWNED IN COURTESY
HOW THE DAYS PAST?
WASN'T IT TOO FAST?

STILL I CONJURE UP THE DAY
WHEN YOU FITTED IN MY ARMS,
STILL I CONJURE UP THE FOOD
THAT YOU ATE BUT WASN'T GOOD.
HOW THE DAYS PAST?
WASN'T IT TOO FAST

YOUR BEAUTY PERFECTLY REFLECTED,
EVEN IF YOU WERE NEGLECTED.
NOT FOUND AKIN LIKE YOU
NEITHER IT WON'T EXIST
HOW THE DAYS PAST?
WASN'T IT TOO FAST?

HEFTING YOU TO PROTECT FROM
THUNDERWORLD,
SCOURING YOU IN STAR WORLD,
MADE MY NIGHT EXQUISITELY SLEEPLESS.
HOW THE DAYS PAST?
WASN'T IT TOO FAST?

THEN CAME A DAY
WHEN ON A ROAD YOU WERE LAY
COULDN'T FIND ANY MOVEMENT
THAT MADE ME QUIESCENT
HOW THE DAYS PAST?
WASN'T IT TOO FAST?

I KNOW YOU WERE CALLED IN HEAVEN,
BUT WHY THOU LEFT PARADISE
HOW MUCH I YELL?
NOW ITS ALL HELL.
HOW THE DAYS PAST?
I WISH YOU RESTED AT LAST.

Dance is
Divinity



“EVERYTHING IN THE UNIVERSE HAS
RHYTHM... EVERYTHING DANCES”

Dance is divinity... The eternal love that grants the rhythm of life and the expression of the soul. Dance is not just an amalgamation of movements, steps and music... It's food for the soul , a form of meditation that enriches the core being every moment. With Dance one see's the path of light leading to the Almighty. Bowing down to NATARAJA- the lord of dance and touching the GURU's feet, one feels blessed... Being blessed by the NATARAJA himself, the Guru and by the entire symphonies of nature. That's the power and beauty of Dance.

The sound of the GHUNGROOS leaves us spellbound. It gives life to the dance, rhythm & melody to life and adds to the grandeur. It is worn with great honor and pride, because it motivates to strive for excellence and commitment to one's own personal development through RIYAAZ (practice) . It also depicts the time and effort a dancer has put into dance over the years. The deep red AALTA enhances the beauty of the MUDRAS (hand gestures). It's Crimson Red colour denotes purity and attraction. It is beautiful, it enhances the expression of dance. The spontaneity and the refreshing freedom that the stunning costume provides is like no other feeling. Each and every aspect of dance is mesmerizing and euphoric. It is a feeling... a feeling of wanting to dance even after a long tiring day.

A Dancer should INSPIRE everyone to learn, practice, perform or just watch and appreciate Dance. This would bring so much rhythm, peace and harmony to this world.

Imagine a world full of music, rhythm and Dance...

NIMRAT SINGH

PHOTOGRAPH REVIVES MEMORY

• Inayat Kapoor •

It is rightly said, " in photography there is a reality so subtle that it becomes more than a reality." Photographs are the ones which play an important role, in preserving the moments for us. Whenever we look back at our photographs we are indeed taken to that time period and that feeling gives us joy and happiness. There are a lot of writers and poets who emphasize the importance of photographs through their creativity.

Photographs have a unique healing power. They have the power to comfort one's aroused feeling. Photographs not only serve the emotional purpose but also act as a great evidence and are a part of research. Photography, is a profession that is also getting a hype among youth. And, is acknowledged worldwide as a creative profession. Photography has also been through a lot of changes. In olden times, it was a difficult task to get the photos clicked, but now it's very easy to do so.

The general trends among photography make it more attractive and enthusiastic. Going through, past photographs with the family can be the favourite pastime. So, go through the photographs and revive your memories and cherish the smiles and Happiness together.

WRITING IS SOLACE

Inayat Kapoor
Class XII D

Writing, is the most beautiful and a creative activity that one indulge into. Writing brings peace to mind, by the way of relieving one's thoughts. When you have no one around you to talk or share your feelings with, one can always look for writing a Diary as a way of sharing your feelings.

Not only this, 'writing' also has the power to change one's mind set. All the writers, have 'pen' and a 'notebook' as their weapon and with this they can defeat any social evil in the society. Because these two weapons give them the opportunity to put in their heart and soul , and preach people about what's right and what's wrong. Many social reformers have used this medium for spreading their say and have been successful in eradicating the negative virtues from society.

Thus today's generation must adopt it as a habit and should





ATTAINING ACADEMIC EXCELLENCE THROUGH YOGA

AS THE POPULAR SAYING GOES A HEALTHY BODY HOLDS A HEALTHY MIND AND SOUL, SO IT BECOMES OUR MAIN RESPONSIBILITY TO TAKE CARE OF OUR BODY. YOGA IS THE MOST APPROPRIATE WAY OF ACHIEVING HEALTH AND HARMONY OF MIND. THE LITERAL MEANING OF YOGA IS TO JOIN OR UNITE TOGETHER, YOGA PLAYS A VITAL ROLE IN UNITING THE BODY WITH MIND.

YOGA IS AN IMPORTANT CONTRIBUTION OF INDIA TO THE WORLD CIVILIZATION. IT IS BASED ON THE CONCEPT OF MAXIMUM HAPPINESS AND SATISFACTION FOR EVERYBODY IN THE WORLD. THAT IS 'SARVE BHAVANTU SUKHINAH, SARVE SANTU NIRAH'

NOWADAYS PEOPLE ALL OVER THE WORLD HAVE BEGAN TO REALIZE THE BENEFITS OF YOGA. THERE ARE NUMEROUS BENEFITS OF DAILY YOGA PRACTICE. ASANAS AND POSTURES STRENGTHEN OUR BODY MUSCLES AND KEEP AWAY THE AILMENTS FROM OUR BODY AND MIND. PRANAYAMA AND MUDRAS HELPS IN SHARPENING OUR MIND AND IMPROVING OUR INTELLIGENCE. WE CAN ACHIEVE A HIGHER LEVEL OF CONCENTRATION THROUGH YOGA AND ALSO LEARN HOW TO STABILIZE OUR EMOTIONS. IN ADDITION TO THIS, ONE CAN DEVELOP SELF-DISCIPLINE AND SELF-AWARENESS FROM YOGA. 'MAYAH'.

IT IS NOT OUT OF CONTEXT TO MENTION MY OWN EXPERIENCES IN THE FIELD OF YOGA. I STARTED PRACTICING YOGA AT THE AGE OF 5. IT SIGNIFICANTLY HELPED IN IMPROVING STRENGTH AND FLEXIBILITY. IT ALSO HELPS IN COPING WITH STRESS AND ANXIETY AND IN BALANCING ACADEMICS WITH EXTRA-CURRICULAR ACTIVITIES. IT ENHANCES ABILITY TO FOCUS, DISCIPLINE AND OVER-ALL WELL-BEING OF AN INDIVIDUAL.

HIMANSHI DHINGRA, XII-D,
BRONZE MEDALIST
ASIAN YOGA CHAMPIONSHIP
SINGAPORE - YEAR 2017



WHO IS SHE?

Thick or Thin

Dark or Fair

Poor or Rich

Short or Tall

It doesn't matter at all.

she dreams big to be big

Her eyes shines like a million stars

Yet never born to be denied

but she is only born to rise and shine.

Don't you say, "Oh ,she is a girl".

Don't you tell her what she can do or can't do

once she breaks her silence

her roars can turn chirpy mouths to silent mouths.

She can be as dangerous as a Tigress.

Can be as strong as an Ox

or

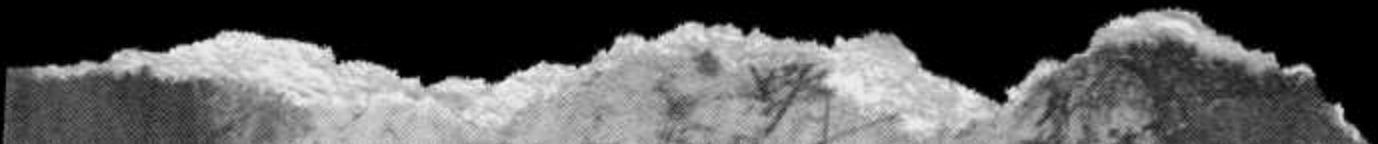
Can be as sturdy as an Oak
yes,she is a mover and shaker.

Don't you question her value

Don't you doubt her worth

because she is a girl.

Bhavya Gulati
XII Humanities



THERE IS STILL HOPE IN THE DARK.

When one side shows happiness and the other side conceals sorrows
When holding pain inside, they keep smiling like anything Outside.
When darkness engulfs them with no light and when for em' nothing's right.

Pain, anger and loneliness
packed in one soul and they hold it all together.

they wish to scream

they wish to cry

hence they don't say

Deep inside dead and when they find no ways.

when problems are on the top

Dreams are shattered and

the hope is almost lost

But then how can you forget

Through every dark night ,there is a bright day after.

There is still hope in the dark.

you will have to survive

so,keep your hope alive and definitely

this is how life takes you through a long drive.

hope can replace darkness.

hope can replace fear.

When lamp of hope kindles inside, it throws darkness outside.

Even dark sky isn't fully dark

because there is still hope in the dark.

Bhavya Gulati
XII Humanities



BHAVYA GULATI

was felicitated for being an active young reporter for the times of india and for my journals in the newspaper by the Dsp, ssp, Toi resident editor, CDTS(Cyber crime) and chandigarh police.