

Science knows no country, because knowledge belongs to humanity, and is the torch which illuminates the world



Class Incharge:-

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**Edited by-
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11th Sciences

Healthy Recipe

How to make roasted seeds mix

- Take 1 cup each of sunflower seed, pumpkin seeds, and flax seed
- Also take half cup each of sesame seeds and chia seeds.
- These seeds have different sizes and take different time to get roasted, so pan roast them on low flame separately.
- Roast them till they start popping up and a toasted smell starts emanating.
- Allow them to cool.
- Mix all the roasted seeds in an airtight container.
- You can snack on them whenever you feel like instead of munching on junk food.

By Parnika XI B



CREATIVE CORNER

*Art washes away from the
soul the dust of everyday life*
~Pablo Picasso



By Kanishka XI B



By Yashi Bhardwaj XI B



ENIGMATIC FACTS

- Taste apple, potato and onion while holding your nose, they will taste similar. Why though? This is because almost 80% of the tasting power you have comes when you breathe, not because of the taste buds present on the tongue. And if you might have noticed that during winter season, if you have nasal congestion, then you might not be able to taste anything properly because you can't breathe.
- According to the recent scientific studies, the best way to remember something for a longer time is to keep telling those things to other people from time to time, and then you are more likely to remember those things for a longer period of time. This is because if you tell someone something, then your brain implies that the things you told are more important than the things you are not telling, that is why you're sharing them to others. This is why your brain retains those things more frequently than others because your brain finds a "Survival Advantage" in those things.
- If you remember the most famous iPhone made by the Apple Inc., then you will be amazed to hear that it is actually made of 75 elements out of the periodic table of chemistry with 118 elements. Whereas, a human body is only composed of 30 off of those 118 elements.

By~ Govind XIB

FLUTE~The Divine Instrument

A BANSURI IS AN ANCIENT SIDE BLOWN FLUTE ORIGINATING FROM THE INDIAN SUBCONTINENT. It is an aerophone produced from bamboo and metal like material used in hindustani classical music. it is referred to as nadi and tunava in the rigveda and other vedic texts of hinduism. primarily found and used in folk music, the indian classical flute was developed into a classical musical instrument by legendary flutist pannalal ghosh. He transformed the tiny folk instrument into a bamboo flute (32 inches long with seven finger holes) suitable for playing traditional indian classical music. The indian bamboo cross flute, bansuri, was sacred to Lord krishna, and he is depicted in Hindu art with the instrument. In India, the cross flute appeared in reliefs from the 1st century ad at Sanchi and Amravati from the 2nd-4th centuries ad.

By~ Adit XI B



Adventure School Excursion

2022-23

It was the best. For the first time, I got to see such high mountains and a huge diversity of terrains. It felt like that the geography book I had studied had come to life in front of me. The trip was fun, amazing and also educational. Being a Biology student, I also got to know a lot about different kinds of plants. Throughout the onward journey, we danced to various songs and when we reached our destination, our enthusiasm did not die and we continued to participate in different adventure activities. The best part for me was the trekking and along the way we also got to meet many locals. The food was tasty and also a fuel for our enthusiasm. We also had so much fun while doing the zipline and it was a treat for our adventurous spirits. We got to know a lot and enjoyed to the full. It was an amazing and a must-right in the journal experience.

~By Ishita XI A



ACHIEVEMENTS

Aadi Bhardwaj (XI A) & Ojasvi Kaushik (XI B) were a part of the team that won first position at Athenian theatrics (Science Drama) organised under the series of competitions at 15 th Macfair international organised by City Montessori Inter College, Lucknow from 5 th -8 th November,22.



Jasleen Multani (XI B) bagged a gold medal in District Swimming Championship (100 m), she also bagged a gold medal in the District Badminton Championship, under 19 age category



DECEMBER 2022

INVESTMENTS A NEED

BY CLASS XI C



PREPARED BY
AAKARSH KAKKAR
ADYANT SIMBA

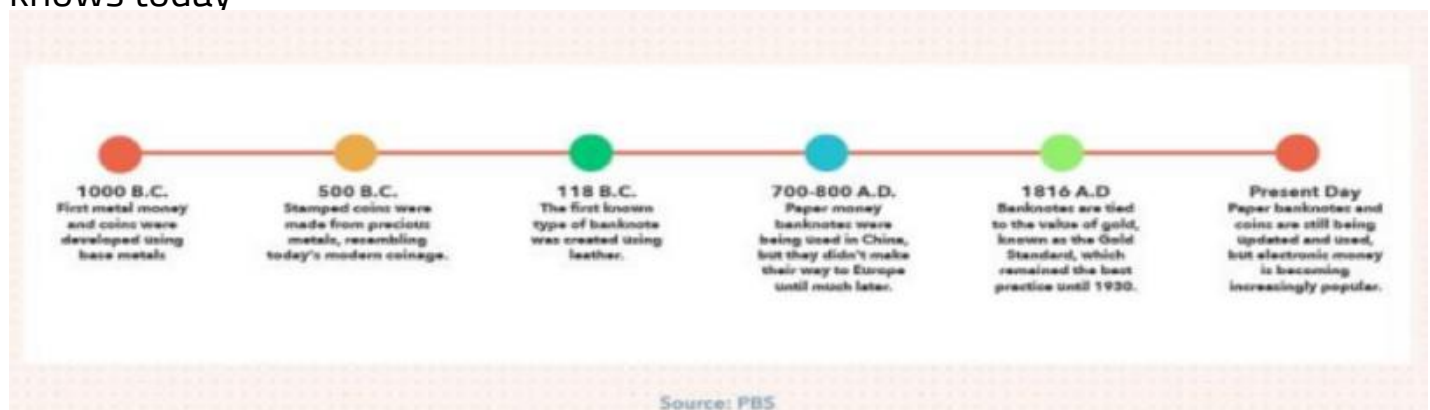
The History of Money: How Our Currency Evolved from Pelts to Money

What is Money?

Interestingly enough, money often has no intrinsic value. Instead, money is an object that has a value placed on it. Some money, such as metal coins, has actual value in terms of the materials used. However, paper money is more common in the modern world and typically has no real value.

What Was Used Before Money Was Invented?

When there was no currency, people traded goods and services for what they needed. One farmer might trade livestock for vegetables, while another may trade labour or lumber for livestock. These transactions were the early building blocks of our modern economy and would go on to create the future of money the world knows today



History of Bartering

The history of bartering dates all the way back to 6000 B.C. when Mesopotamian tribes introduced the concept to the Phoenicians. Goods were exchanged for each other in the absence of money, including things like tea, salt, weapons, and food. As time went on, bartering continued to evolve, with Colonial Americans trading pelts, crops, and muskets.

First Metal Money - Coins

The first metal money dates back to 1000 B.C. China. These coins were made from stamped pieces of valuable metal, such as bronze and copper. Over time, these coins would evolve to be made from the silver and gold we associate with money today.

Credit Cards & Debit Cards

When it comes to convenience, credit cards and debit cards are popular choices. A debit card is loaded with a set amount of money from your bank account, with money being removed from your account after each purchase. Credit cards are a little different in the sense that they don't carry a balance that you have to put in. Instead, lenders can choose a credit limit to set on your card, allowing you to spend up to a certain amount. Credit cards were first issued to consumers in the 1920s and have grown in popularity ever since.

Credit cards were the most common payment method in the U.S. in 2020.

Source: Statista



Online Payments

Money used to be exchanged physically, whether people paid with coins or paper money. However, with the Internet boom and the growth of eCommerce, online payments have increasingly become more convenient. Today, online payments are one of the most popular ways to pay for goods and services.

Digital Currency

In the 90s, digital currency tried and failed to get off the ground, but in the 2000s things have changed, allowing it to grow in popularity. Digital currencies such as cryptocurrency play an important role in the economy today. These currencies have a value assigned to them just like any other type of money. Bitcoin was one of the first and biggest forms of digital currency, but other crypto options are starting to become more popular as well.

The Impact of Money throughout History

Money is one of the most important parts of human history, leading to some of the biggest and most vital moments for many nations. The invention of currency allowed people to trade goods and services without having to barter to find an appropriate price. Paper currency allowed for international trade thanks to its lightweight and relatively small size. Digital currency allows individuals to invest in potentially growing currencies and spend money in a way that's more convenient.

How to Invest ??

- **FIRST**, it's important to understand the different kinds of investments. There are stocks, bonds, mutual funds, exchange-traded funds (ETFs), and more. Each type of investment has its own unique risks and rewards, so it's important to do your research before investing.
- **SECOND**, you should understand the different investment strategies. You can choose to buy and hold, buy and sell, or use a combination of strategies. Each strategy has its own pros and cons, so it's important to figure out which approach works best for you.
- **THIRD**, you should develop an investment plan. This will help you set goals, decide where to invest, and stay on track. It should include your risk tolerance, time horizon, and any other factors that may influence your decision-making.
- **FINALLY**, it's important to stay informed. The world of investing is always changing, so it's important to stay up-to-date on the latest news and trends. This can help you make smart decisions and identify potential opportunities.



Impact Investing : A Theory of Social Entrepreneurship

-by Dhruv Bali (11C)

Investing is the act of committing money or capital to an endeavour with the expectation of obtaining an additional income or profit.

In the most basic sense, investing is the process of placing money into financial instruments or other ventures in the hope of gaining a profitable return. Investing is often considered to be a long-term activity, and should be approached with caution.

Investing involves some amount of risk, as the value of an investment can fluctuate over time. To minimize risk, it is important to diversify investments across a range of different asset classes, such as stocks, bonds, mutual funds, and cash equivalents.

Investing is not just for the wealthy. It can be a great way to save for retirement, buy a home, or save for college. It can also help you preserve your wealth and grow it over time. But no matter what your goals are, there are a few fundamentals that you should understand.

Investing can be a great way to build wealth and reach your financial goals. With the right knowledge and strategy, you can become a successful investor.



Introduction to Investing: A Beginner's Guide to Asset Classes



This article will make you aware of the importance of investing in a young adults life and its benefits. Since you've just become an adult, it becomes very important for you to understand the importance of INVESTING.

In simple terms, investing is '**making money from money**'.

Even with the potential benefits of investing is you are not granted a higher return and you can even lose the money you invested. Now the question that arises is **why invest at all?**

Why should you invest in your early 20s? I hope till the end you will the answer to this question.

Here are the reasons why you should invest early:

Grow money, as your investment tenure is longer:

Fulfill all your dreams by investing early. Since your investment tenure is longer, your money will grow more. If you invest 25,000 at the age of 20 you will have 15 lacs in your hand after 5 years.

Avail benefit of compounding:

In simple terms, when we interest on earn the principal amount as well as the accumulated interest amount over successive periods. Thanks to the magic of compounding your savings would accelerate over time as you earn interest on increasingly larger balance.

Save for Future:

Money saved now will be beneficial for your future. Investing provides a financial "backstop" for life's uncertainties and increases feelings of security and peace of mind.

Beat Inflation:

Inflation is the decline in the purchasing power of a currency as the cost of living goes up. So, one should invest in funds whose interest rate can beat inflation rate.

Hope you got the answer to the question which was asked in the starting. Now enjoy your investing journey.

GOOD LUCK!

BEGINNING OF A NEW ERA OF CRYPTOCURRENCY- BITCOIN

By Srishti Arora
XI C



Bitcoin is a new currency that was created in 2009 by an unknown person using the alias **Satoshi Nakamoto**. Transactions of bitcoin are made without any middlemen which means no Banks are involved in its trading.

Bitcoin is a **decentralized digital currency** that can be transferred on the peer-to-peer bitcoin network. Bitcoin transactions are verified by network nodes through cryptography and recorded in a public distributed ledger called a blockchain.

Why should one invest in bitcoins?

You can easily trade Bitcoin for cash or assets like gold instantly with incredibly low fees. The **high liquidity** associated with Bitcoin makes it a potentially great investment vessel if you're looking for **short-term profit**. Digital currencies may also be a long-term investment due to their high market demand.

The lack of any central authority makes bitcoin remarkably resilient to censorship, corruption- or regulation. Some buy it as an investment hoping an increase in their value to earn huge profits.

How can one acquire bitcoins?

There are bitcoin exchanges which allow people to buy/sell bitcoins using different currencies like coin base, bitstamp etc. Also one can compete to mine Bitcoins using computer to solve complex math puzzles. They are generally stored in '**digital wallet**' which is a bank account that allows users to send or receive bitcoins.

Future of Cryptocurrency in India

Finance Minister Nirmala Sitharaman made two announcements in **Union Budget 2022-23** significant for the crypto asset industry of India. The Indian government will levy a **30% tax on the profit earned by crypto-assets**, and the **Digital rupee** will be introduced in the fiscal year 2022-23. After being apprehensive and reluctant to adopt cryptocurrency, the Indian government has finally decided to open up to the virtual form of money.

In essence, bitcoin provides a new and upgraded foundational architecture for global currency systems as it **reduces the cost and infrastructure requirements** for the fragmented financial systems.

UNLOCKING DIGITAL RUPEE

The Digital Rupee or eINR or E-Rupee is a planned digital version of the Indian Rupee, to be issued by the Reserve Bank of India as a central bank digital currency. The Digital Rupee was proposed in January 2017 and will be launched in the 2022-23 financial year.

Digital Rupee (₹) stands for Central Bank Digital Currency (CBDC). The currency refers to the electronic form of money which has the same characteristics as the fiat currency issued by RBI. The aim behind unveiling CBDC would be to provide an alternative for traditional currency notes in wallets. Further, it could be utilised to incur payments through Quick Response (QR) codes or through Digital Rupee wallets kept by payer and payee.



Features of Digital Rupee

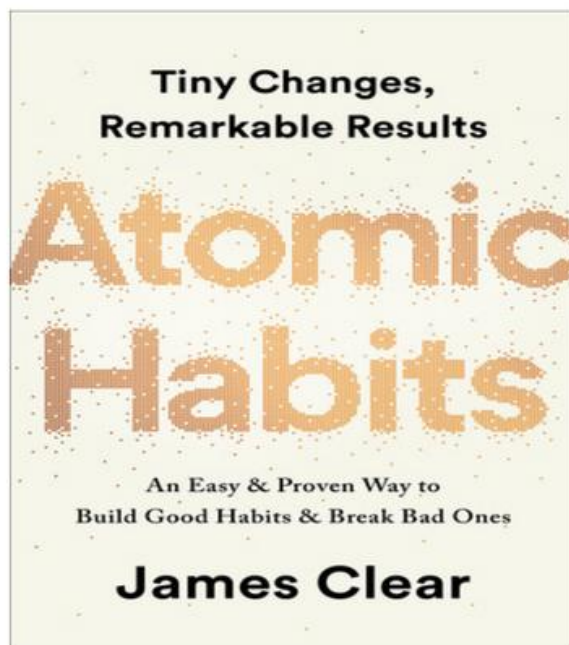
- 1) CBDC is a sovereign currency issued by central banks in alignment with their monetary policy.
- 2) It appears as a liability on the central bank's balance sheet.
- 3) It must be accepted as a medium of payment, legal tender, and a safe store of value by all citizens, enterprises, and government agencies.
- 4) CBDC is freely convertible against commercial bank money and cash.

What are the advantages of public at large?

1. Secured in terms of traditional cash
2. Reduction in uncertainties with regard to soiled currency notes
3. Convenience of transactions at no charges
4. Easier to maintain records of receipts and payments



BOOK REVIEW



The book '**ATOMIC HABITS**' is #1 New York Times bestseller non-fiction book written by James Clear. A self-help book that effectively conveys how small (atomic) changes to one's daily routine can yield unprecedented results in the long run.

James Clear is able to easily explain the workings of human behaviour, discussing groundbreaking topics on human behavioural psychology and neurology. Clear explains precisely how and why it is that we form certain habits and patterns in our own lives. This book is divided into 5 distinct sections that each break down the process of habit formation, and provide an extremely practical framework to implement small improvements to your already existing routine, cultivating it for greater efficiency and growth.


James Clear is able to explain that real change comes not from once-off acts of motivation or courage, but from the compounded effect of hundreds of small decisions made on a daily basis, that appear insignificant at first, but in the end lead to remarkable results.

This book teaches us the importance of building constructive habits, and provides a clear-cut framework on how to remove areas of inefficiency and resistance from your own life. This book will teach you how to be productive, motivated and happy.

The read is smooth and easily flowing. The concepts of each chapter tie together beautifully and compound in such a way that the entire reading experience is seamless. The author has used easy understandable and relatable terminology for the layman.

I would recommend this book for anyone wanting to change certain aspects of their current lifestyle. Reading it will effectively convey how just a daily improvement of 1% can yield extraordinary results in your life, with consistency and patience.

Overall, an excellent book to read. – 4.5 rating.





BHAVAN VIDYALAYA PANCHKULA
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ARE EXAMINATIONS NECESSARY?

Examinations are aimed at judging the students' knowledge within a specific time frame. They enable the teachers to get feedback or to know how well the students have understood the subject. A good result, besides encouraging the students, makes the teacher as well as the parents happy. The effort of the teacher is rewarded when students pass an examination with good marks. Thus, a teacher's dedication towards the profession of teaching is also judged through examinations. Parents take pride in their children when they perform well in the examinations. Education is supposed to be knowledge oriented but now-a-days students don't learn to acquire knowledge, rather they study only with a view to pass or score good marks in tests. The teacher themselves teach students with the objective that the students have to pass the exam. Students take their studies seriously only when it is time for them to appear in examinations. Exams make them work hard. However, there are certain flaws in the examination system. The knowledge imparted is restricted to the curriculum framed. When a student is unable to grasp a particular subject, he seeks private tuitions. Cramming enables many students to pass examinations though, they retain little of what they crammed. Most students anticipate exams with anxiety. They, at very young age, begin to feel tension and stress of examinations. The Boards, the competitive tests – it has become a system that focuses on pointing out the inadequacies rather than highlighting the abilities of students. Examinations are just the first in a series of tests that initiate students into a fiercely competitive world. Students do not get enough time for games and are unable to pursue their hobbies due to the burden of examinations. This affects their health adversely. Failure in exams lowers the self-esteem of the students and generates a negative self-image in their mind. The prevailing education system does little to equip students with skills and training that may enhance their career prospects. The aim of education should be to build the students' character and personality. It should widen the sphere of knowledge. The education system should not only be theoretical and academic but also to equip the students with the necessary skills and intelligence to face the tough battle of life. Students should not be encouraged to learn by rote. Students require a less burdensome and a stress-free learning experience which is enjoyable and refreshing. Nevertheless, the system of examination, that has been operational for decades, cannot be changed overnight. It will take considerable time and efforts to change the system. These measures might strengthen the knowledge base of our manpower that can take nation to greater heights.

ARTICLE BY
SOUMAY RAI

MY VISION FOR INDIA

India is a developing country which needs many things for development. India is going to complete its 100 years of independence and sovereignty which leads Indians to think big and make them strong. My vision for India after 100 years of Independence, 2047 to be as those freedom fighters who fought for our nation and lost their lives in making India as an independent country. Every single person should be able to find their way to make money despite having a suitable degree to protect them and their family from starvation and malnutrition. India should have facilities of providing jobs to the people of different qualification like graduates, illiterates etc. When we talk about illiterates it is again a problem which many people in India are facing like facilities of Government schools in remote areas, unaffordable fees structure of private schools for many people, unable to attend school because of family pressure and responsibilities and many more, Farmers are called the backbone of our nation, they provide food and basic needs of people to survive and make them capable of doing physical activities. Farmers should be protected by providing them facilities of coaching them about seeds, pesticides and fertilizers so that they use their knowledge to grow more crops and give people a reason to rely heavily on products from agriculture. when we talk about agriculture, development in industries are also very important like high quality machines, modified equipment and industrial areas to be developed. In 2047, I want my India to be free of the problem of unemployment and high-profile jobs for every person to make their life worth living. My vision for India is that people should live in harmony and peace despite having different cultures and religions. India is famous for its diversity and inclusion of every religion and caste, this should be adopted by every single person living in India to make it a better place for every religion to live in peace and love. India should be able to give education to everyone despite the fact of their different gender. This is still an issue which people not only in rural or remote areas but also in urban areas are facing of providing same education to both girl and boy or even transgender. India should be aware of striking out this issue and provide education to every child and make their career brighter and worth living, providing basic training and development projects to students that can help in developing countries economy. My vision for India to be corruption free so that every single work can be done with full passion and dedication and not y depending upon the corrupt people. I want India to be capable of providing the best infrastructure for agriculture, industrial as well as service sectors like transportation and communication technology. India should be able to free children from marriages and give them power to study and make their future bright. My vision for India is to develop in all fields and sectors like co-education, farmers, malnutrition, discrimination pollution, corruption and many more so that there will be harmony among people and high chance to make it a developed country. India should be able to over comings and the things which were lacking to make India a developed prosperous country.

BY
KHUSHBU CHADHA

COMPANIONS

Sometimes I sit and wonder,
How she used to be back then,
All the memories make me ponder,
Upon questions of why she became this way, how, where and when.

She came across many people in her life,
Some were rude, some were good
But sometimes her only companion was a blade or a knife,
In ways she thought no one else could.

A little cut here, a little scratch there,
Would make her feel better
Had she known what she was doing to herself,
She would have again felt her eyes getting wetter.

She knew how terrible this act was,
Still, she continued doing so
Started to not think about the cause,
Allowing her mind to let it all go.

Wish I could go back,
And give her all the comforts she needed
But alas I would not see the plant of her emotional slack,
In her mind, where it was seeded.

She was brutally honest,
Hardworking and sincere
Any challenge was hardly a quest,
Considering she did it all without any fear.

How it pains my heart,
To see where life has led her
She used to be beautiful, kind and extremely smart,
All her emotions now are a blur.

She sought relief in those trickles of red,
Considering the trust, she had lost in everyone
No more tears she would shed,
No longer believing someone out there to be "The One"

She closed herself off,
Started finding distractions,
People would humiliate her; they'd wait to scoff
At her, but she had lost the potential to react to these actions.

Not because it didn't affect her,
It did.
But she had her companions,
Which would prevent the water in her lids.

Wish I could go back in time,
Tell her how miserable these acts were
But she would find it hard to believe that I,
Had the same companions as her.

POEM BY
JANNAT KAZAL

BOOK REVIEW

Alex Michaelide's "The Silent Patient"

I actually had yet to make plans to read 'The Silent Patient. I saw it on my sister's bookshelf and thought, why not? Well, Let me tell you why not. You absolutely definitely should NOT read this book if you want to go to sleep and get up for real-life stuff in the morning. I read this until my eyes were like "nope" and closed on their own. It's very compelling. A psychotherapist called Theo Faber narrates the story and he announces early on that he's pretty "messed up". He finds his way into a new job at the Grove Mental Health facility because of his fascination with the artist Alicia Berenson, who murdered her husband in an open-and-shut case and hasn't spoken a word since. (She was also an artist). Theo finds himself connecting with Alicia and feeling a desperate need to figure out why she did it. And, what's more, he wants to figure out why she is silent. What can't she say? What won't she say? The more he digs into her life, her family, and her past, the deeper in he gets. It's a fast-paced ride with short punchy chapters (oh, how easy it is to think "just one more chapter"). The story has so many threads and little surprises to uncover. More questions arise at every turn. And even those who work out the main aspect of the mystery will probably still enjoy the journey of discovering why, and all the little shocking discoveries made along the way. It is true that those who have read a number of twisty mysteries will likely guess the truth, but I think there's enough goodness here to make it enjoyable anyway. Or it was for me at least.

BY
SIYA

ART WORKS



AASTHA SOOD



PRIYADARSHINI



ANANYA



KASHISH

CLASS TEACHER -
NEHA SHARMA

DESIGNED BY -
BHAVISHYA BHARDWAJ
XI-D