



# Nirmala Convent

## Sr. Sec. School

### Kathgodam



# Nirmala Times

*Annual Newsletter (2020-21)*



**Dear Readers,**

The poet Mary Oliver said, ***“Keep some room in your heart for the unimaginable.”*** And this seems just right for the year gone by. In the form of Corona Virus, a black swan had landed. With the outbreak of the Corona Virus epidemic in the beginning of the year 2020, there was panic all around. It soon gripped the entire world and wrecked havoc on our lives, throwing everything out of gear. There was an environment of fear and apprehension and with the lockdown, all activities including studies came to a standstill. Schools and other institutions were shutdown.

At Nirmala Convent, like everywhere else, we too were compelled by the circumstances to take teaching online. Yes, it seemed to be a daunting task as everyone was caught unawares, with no prior planning for such a situation. Each and every student and teacher took up this challenge and soon settled into the ‘online education’ mode. The teachers continuously updated and upgraded their skills to ensure that there were no knowledge gaps for the students. Towards the end of the session, physical classes also started for the senior section.

We never imagined that the global Corona pandemic would impact the world in so many ways, creating distances... but overcoming all hurdles, we adapted very well, with technology bridging the distances. The crisis also made us appreciate the things that we take for granted in our lives... family, friends and material comforts. It made us realize how little we need to live comfortably.

As we begin the new session 2021-22, we thank the Almighty for all the blessings we experienced during the year gone by.

May the Divine bless us and guide us, as we start our new session.

In the end, I would like to render thanks to the Management, the Principal, members of the teaching staff & students for their support and contribution in bringing out this e-edition of ‘Nirmala Times’ – the Annual Newsletter. Special thanks to my colleagues Ms. Renu Bhatt and Ms. Shashi Latwal for their valuable inputs.

Happy reading and best wishes for the new session!

**Raksha Sirari**  
**Chief Editor**

# FROM THE MANAGER



**Dear Parents and Students,**

It's indeed a delightful experience to share with you the relief and optimism that envelops my heart as the school re-opens after an year long period of despair, panic and wretchedness caused by the dreadful pandemic that left no corner of the world untouched and unaffected. But every dark night ultimately fades into the brightness of the morn that smiles at the horizon in the east and the world once again is on her usual track of movement and activities.

The pandemic though not yet gone completely, has taught us that life is many times more powerful than diseases and provides humanity the strength to battle them and emerge victorious.

***"Sweet are the uses of adversity",*** says William Shakespeare.

Many great achievements of the world are the gifts of great adversities. When there is no way out, there is the way that comes from within and makes us self-reliant and self-dependent. I am told that many of our students appearing in the board examination this year were confined to the four walls of their homes during the lock down, with no help coming from any quarters, became their own teachers and guides. But many of them who did not know the art of turning adversity into opportunity, suffered.

Online classes & information cannot serve as substitutes for the teacher in the classroom. A fresh wave of the pandemic has arisen and gripped some parts of our country. We need to be careful and alert.

Let us pray to God Almighty to give us the courage and strength to face the odds in the true spirit of humanity.

In the words of P.B. Shelley, ***"If winter comes, can spring be far behind"...***

May God bless you all!

**Sr. Yvette  
Manager**

# FROM THE PRINCIPAL



**Dear Students, Parents and Teachers,**

These are uncertain times with the Corona virus pandemic, with limited teaching on the campus and restrictions regarding health and travel. For many of us, it is difficult to keep worries and anxieties in check as we are constantly updated on the spread of infection, and the number of sick and dead.

Studying at home without campus lessons, with distractions such as smartphone, TV and laptop, can be challenging. The combination of social isolation, breaches of routine practices and constant updates on risk can be very demanding, mentally. This situation can lead to fear, panic and mental fatigue. Many of you might experience isolation, anxiety and be worried about your studies and work. This might lead to pondering which can prevent you from functioning as well as you normally do. Pondering and health anxiety over time will also weaken mental capacity and immune system.

But do not despair, we humans are created to be on guard against threats and be victorious over them. We are all equipped with a mental apparatus that can be developed and regulated. Our thoughts and how we control them, can be trained. We can train our thought patterns to become resilient in the same way we train muscles and stamina. To suggest a few strategies:

Focus on something good, do it systematically and several times a day. Try to hold on to what feels comfortable. The goal is to create a mindset that makes you safe and comfortable. With training, the imagination can calm you down and ease the turmoil.

Make sure you have at least one really good experience every day. Plan it and implement it. Play beautiful music, prepare a good meal, try to learn something new, have a conversation on telephone, email or social media with someone you care about and that gives you energy.



# FROM THE PRINCIPAL

Limit your focus on the news. Once or twice a day is enough to keep you updated. Turn off, disconnect, and avoid leaving the TV/PC buzzing with news and updates all day. This will be a constant noise that triggers worries and anxieties.

Share your thoughts and concerns via available channels. Either by talking to others on the phone or Skype, or by writing an email to someone you trust. Concerns often diminish when we put our thoughts into words and share them with others. Mutual expressions of support and sympathy and an experience that we can do this together, on the other hand, have a soothing effect.

Finally, practice gaining control over worrying thoughts and undue pondering. Set aside fifteen-twenty minutes every day to meditate or pray and recharge your internal batteries with peace, patience, strength, love and bliss.

I congratulate our students and staff for braving the pandemic so well! And I pray that in this new session too, may we all together, as Nirmalites, be the POWER HOUSE of safety, security and serenity in these chaotic times by remaining connected and supporting each other in all the ways possible!

God's blessings upon us for the new academic session 2021-2022!

**Sr. Felicia**  
**Principal**



***Education is not preparation for life, education is life itself.***  
**John Dewey**



## **A NOTE OF THANKS...**

### **Beloved Students, Parents and Teachers,**

Several months ago, I came upon the news of the sudden and tragic passing away of a very dear friend of mine. A little over a month after her passing, she came in my dream. I was seated somewhere I didn't recognize, and I could feel her presence behind me. As I sat, she embraced me gently around my shoulders in a warm hug—a simple gesture of genuine friendship, care and compassion. She then stood in front of me, smiling.

I asked her the only question I could think of at that moment. I asked, ***“Do you miss anything about being here (in the physical world)?”*** In hindsight, it was probably the best question I could have asked, because when we answer the question of what we would miss most if we were no longer here, we ultimately discover **what's most important**. And in doing so, we naturally are led to focusing our energy on the right things to lead us to a life of more meaning.

Her reply was simple and clear. With a confident and peaceful tone, she said, ***“The only things I miss are those who were in my life.”*** She expressed how she would miss physically being here with loved ones, sharing moments and laughter and helping people through her work. That to be physically here is unlike anything else and a time to be cherished and fully lived.

**My beloved Nirmalites,** I take this moment to **THANK each one of you deeply**, as I vividly recall the precious moments that I spent in your company at Nirmala and how joyful it has been to be around you all! I recall and cherish your smiles, your cooperation, care, support and love that have enriched and blessed my life with meaning, purpose, happiness and fulfillment! The memories that you have imprinted on my heart are there to stay forever! I have found my life's **PURPOSE** in working together with each one of you. Purpose that was not merely a human endeavor, but a divine endeavor, **a sign of a higher love guiding us!** It was this synergy that helped us all together, as one Nirmala family, rise up to the challenge of the pandemic and still soar high!

As my farewell message, I would just like to emphasize that **“Life comes down to sharing love.”** Love is what connects us to others here on Earth, as well as after leaving this life. Each one of us is like a thread in the beautiful tapestry of life, one that is under the consistent presence of divine love working in the lives of us all. Harvard research studies have also shown that it is our relationships in life that lead us to the greatest happiness. Love is at the heart of this. It is our connection with our daughters, sons, friends, relatives, spouses, partners, students and colleagues.

May all of us continue to find meaning, purpose, happiness and fulfillment in our lives through the moments we share with others, the joy we feel in a job well-done, and in the practice of loving life and all those in it to the best of our ability!

***Wishing you choicest blessings for the new academic session! Stay Connected!***

**Sr. Rekha Punia**

**Principal, Ursuline Convent Sr. Sec. School, Greater Noida**

# The Year At A Glance

*Lord, thank you for the new school year,  
For all the ways we will learn and grow,  
Fill us with the wisdom and joy of your spirit,  
Fill us with compassion, understanding and grace,  
Give us strength to accomplish everything you've assigned us to do,  
We walk into this new session completely surrendering to you,  
Show us the right path and lead our way.*



As we step into the new session, let us recall, with gratitude, the significant moments of the academic session gone by (2020-21).

## SIGNIFICANT EVENTS & ACCOMPLISHMENTS

### ***AISSCE & AISSE Result***

Our students brought laurels to the school by achieving 100% result in AISSCE and AISSE examination held in March, 2020.

### **The Toppers**

#### ***Class X***



**Kavya Upadhyay 99.4%**

#### ***Class XII***



**Anushka Pandey 98.6%**  
**(Humanities)**



**Satakshi Dharamwal 98.4%**  
**(Commerce)**



**Akshi Joshi 97.2%**  
**(Science)**

#### **Class X :**

**Shagun Negi scored 98.8% and Diya Latwal 98.6%**

**40% students in class X secured above 90% marks.**

Covid-19 pandemic and the subsequent nationwide lockdown posed challenges for the school. Physical classes were not possible and online teaching became the new normal. The new academic session began with online classes, on April 8th, 2020. The online classes were conducted through CI-soft IT care app and Microsoft teams. Parents received regular updates of their wards in the form of 'e-report cards' through CI-soft app, even during the lockdown period. Regular online exams were conducted to assess the students - unit test I & II, half yearly examination (objective and subjective assessments) and annual examination.



## CBSE Workshop / Training programmes

Teachers are keeping themselves abreast of the latest developments in the field of online teaching by attending monthly CBSE workshops and various other webinars/ training programmes. This is an effort by the teaching staff to upgrade their skills and to be ready for the changes in teaching that lie ahead.

## National Education Policy-2020 (NEP-2020)

New Education Policy (NEP-2020) was announced by the government and a major focus in the last session was on understanding NEP-2020 and making the students and parents aware of the same. Our teachers have attended numerous sessions on the same to acquaint themselves with the new policy and to prepare for the changes and challenges that lie ahead.

## Participation In Co-Curricular Activities

Even the Covid-19 lockdown situation could not dampen the spirits of our talented and enthusiastic students as they actively participated in various online activities and competitions at the school level, district level and even state level.

Varija, a student of class V-B, received a certificate of appreciation for her participation and fine performance in the National online art exhibition. Gauri Pandey secured the first position in the online drawing

competition organised by Kotwali Police, Haldwani. She received a cash prize of Rs.1000/-



Our students received 'Certificate of Appreciation' on account of their outstanding performance in the online 'Anti-Drugs poster making competition' organized by Soul & Spirit Art Society, Haldwani.

Bhavesh Pandey of class VII secured third place in the online singing competition organized by the Cultural and Social Society of Haldwani. He received a cash prize of Rs.1100/-, a trophy and a certificate.

At the 1st 'Kathgodam Khel Mohotsav-2021' organized by Kathgodam Sports Society, our students won medals and brought laurels to the school:

- Yash Chandola : gold medal in 100 m & 200 m race.
- U. S. Mohit : gold medal in 100 m & 200 m race.
- Rudra Rawat : silver medal in 100 m & bronze medal in 200 m race.
- Kamana Bisht : silver medal in 100 m & 200 m race.
- Purnima Tewari : silver medal in 200 m & bronze medal in 100 m race.
- Anjali Bisht : silver medal in 100 m & 200 m race.
- Somya Koranga : gold medal in 30 m, 60 m & 200 m race.
- Himanshu S Rana : silver medal in 200 m & bronze medal in 100 m race.
- U. S. Mohit, Yash Chandola, Rudra Rawat, Himanshu S Rana : gold medal in boys' relay race.
- Kamana Bisht, Anjali Bisht, Devanshi Singh, Somya Koranga : silver medal in girls' relay race.







The basketball team of Nirmala Convent comprising Tanishq Bhagrari, Harshit Negi and Ankit Pandey, emerged victorious in the first Nainital district 3X3 Basketball Championship (Boys and Girls Mix) organised by 'District Basketball Association' at P.S.N. Sr. Sec School Lamachaur, Haldwani, on the 27th & 28th of March, 2021.

Our students also participated in a 'run' as part of the Fit India Movement.

The students took a keen interest and participated in a host of online competitions organized by CBSE from time to time. 'Literary Week' was organized in which the students participated in a variety of activities like story-writing and poster-making.



As part of 'Art – integrated Project', an initiative of CBSE, students of classes I-XII showcased their creativity by making innovative projects in different subjects. Uttarakhand State was partnered with Karnataka and the creativity of the students was evident in the amazing projects made by them.



Students participated and won prizes in various Olympiad competitions which were held online this year.

Navya Suyal of IX-E received a certificate for her dance performance in Nritya Samrat Uday Shankar Sangeet Sandhya, Almora.



## Celebrations & Functions

With the Covid-19 pandemic playing havoc with our normal schedules, all the activities and celebrations shifted to the virtual platform. In spite of this massive change, festivals and special occasions were celebrated by our students with the same zeal and enthusiasm as always.

There were virtual celebrations on special occasions like Independence Day, Feast of Mother Brigida, Teachers' Day, Birthday of Mother Mary, Hindi Diwas, the Feast of the Immaculate Conception, Diwali, Gandhi Jayanti & Lal Bahadur Shastri Jayanti, Rashtriya Ekta Diwas, Children's Day, Constitution Day, Yuva Diwas & Republic Day.







To commemorate these special occasions, students presented meaningful 'virtual assemblies'. Also, activities and competitions were held for the students of different classes and they participated wholeheartedly in these events.



'Mental Fitness Day' was celebrated 'online' on 9th October with special focus on the importance of maintaining a healthy mental balance, especially during the trying times of Covid-19 pandemic. The teachers conducted a live session 'Happy Hour' and interacted with the students.



On the occasion of Christmas, various online activities were organized for the students of classes LKG to XI like – Christmas symbols, crib decoration, gift wrapping, carol singing, soap carving, candle decoration and many more.





## Farewells & Welcomes

On 14th of July, 2020, farewell was given to Mrs. Sanju Pant and Mrs. Asha Bhatt who retired after rendering their dedicated service to the school for twenty-five years. The Management and Staff also bade farewell to Sr. Devnisia and Ms. Renu Bhoj.



On 17th of July, 2020, with deep gratitude we bade farewell to our dear Principal, Sr. Josy Thomas, who moved to Nairobi, Kenya on a new assignment after completing a praiseworthy tenure of eleven years. Present on the occasion was the Mayor of Haldwani City- Dr. Joginder Pal Singh Rautela.

On the occasion of Teachers' Day, the new Principal, Sr. Rekha Punia and Vice-Principal Sr. Felicia were welcomed by the students and teachers. A 'virtual' prayer service was organized for the teachers.

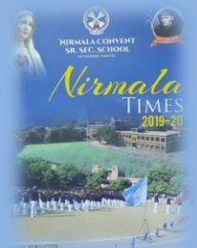
On 20th of March, 2021, the Staff bade a fond farewell to the outgoing Principal Sr. Rekha who moved to Ursuline Convent Sr. Sec. School, Greater Noida, as Principal. On the same day, the new Principal Sr. Felicia was given a warm welcome.



## Outreach Activities

The annual newsletter 'Nirmala Times' was published which gave a comprehensive round up of the academic session 2019-20.

Throughout the year, from time to time, teachers sent messages to students and parents to create awareness and take steps for the prevention of Corona Virus.





During the Covid-19 lockdown, the School Management extended financial support to individuals and families of the weaker sections of the society.



On Christmas, the beautiful festival of peace, love, joy, happiness and hope, Principal, Sr. Rekha encouraged the students to spread the Yuletide spirit by sharing and helping others. Every student was encouraged to do a LOVE DEED for at least two persons.

In January 2021, a seminar 'Accelerated Learning in preparation for Boards' was conducted by Sr. Rekha for the students of classes X & XII of both Nirmala Convent & St Theresa Sr. Sec School. The seminar aimed at helping the students to cope with the stress of board examination and tips were given to them to prepare for the same.

January 16th - January 21st, 2021: Important meetings were held with the parents of students of classes X & XII regarding the remedial classes, board practicals and board examination. The meeting was presided over by the Principal, Sr. Rekha.

Preboards I, II were conducted for students of class XII and Preboards I, II and III for the students of class X. AISSCE practical examinations were conducted successfully, while adhering to the COVID-19 SOPs and protocols.

We wish our students all the best as they get ready to appear for their board exams (AISSE and AISSCE).

In the last week of March 2021, report cards were distributed for classes KG to IX and class XI. And with this the academic session 2020-21 came to an end.



*"Make sincere efforts to advance in perfection everyday, without tiring or losing courage."*

Blessed Mother Brigida Morello



# YOUNG MUSINGS

## ***Fitness Is Not A Destination, It Is A Way Of Life***

P.M. Modi launched the 'Fit India Movement' on the occasion of National Sports Day, on the 29<sup>th</sup> of August 2019. The campaign has a 'Fitness Pledge' that reads - "I promise to myself that I will devote time to physical activity and sports everyday and I will encourage my family members and neighbours to be physically fit and make India a fit nation." The objective of the Fit India Movement is to encourage people to make physical activity and sports an integral part of their everyday lives.



**Kshitij Sirari**  
**IX-C**

Sedentary lifestyle is the bane of modern living- doubling the risk of heart diseases, diabetes and increasing the risk of high blood pressure and osteoporosis. And to make matters worse, the Covid pandemic, without any forewarning, confined people the world over within the four walls of their homes.

During the lockdown, the social media and television was inundated with interesting images of different and sometimes creative/innovative ways that were being employed by people to exercise; pulling tires and water bottles, books and even tiny tots as weights for weight training. People picked up new skills like gardening, yoga , painting, cooking and many more. People were doing simple exercises while watching T.V. , helping in household work such as mopping, doing the dishes , car washing and manually washing clothes to kill time... it might not look like much but it IS a good workout!

During the pandemic, with so much negativity around , the dark cloud did have a silver lining. Yes!! Finally, we got time to exercise and there surely was no shortage of time!

What?! Not exercising and still procrastinating? Unbelievable.

Stop making excuses. 'Make fitness a lifestyle with no finish line.' Every step counts. So put on your shoes and put on some Sabaton.....let's make India the fittest nation in the world.

## ***The Hardest Time Came***

The hardest time came,  
Who should be blamed?  
'Bat', 'China' or what?  
We all are in trouble,  
And the tension has gone up double.

But everything was not about tension,  
Some things are worth a mention,  
Gardening...cooking.....midnight fun!  
We all had family time,

Plus who can forget friends online.

What I really missed was teachers, classrooms  
and my bag,  
But in the end, we all suffered  
And are left with great memories.



**Aaradhya Upreti**  
**VII-A**

### ***A Dreich Day***

It was a Sunday morning,  
The birds were sitting on the trees,  
Singing their songs of love and happiness,  
Asking us to wake up please.

All was fine till then,  
But soon, the weather stood changing,  
It was dark all around,  
Not even a single voice,  
Not even some sound.

As I looked out the window,  
I saw that the black clouds had covered the sky,  
The wind was blowing making riotous sounds,  
And the Sun had left the sky.

I thought, why had the Sun gone away?  
Was he not able to see  
The atrocious conditions of humans?  
Or was it the revelation of mankind?

These questions kept nagging me,  
Not letting me do anything,  
Trying to gain my whole attention  
And leaving me in distress.

But slowly, I saw a change in the weather,  
The Sun had taken back its place in the sky,  
Again the birds sang their lovely songs,  
All giving us the message of hope and courage.



***Pahal Tiwari, X-B***

### ***Trees***

The green leaves, the tall trees,  
The water and the mud,  
Are the gifts of God !  
The forest, the plants,



***Stuti Tiwari, VI-D***



***Kavya Gururani, VII-B***

### ***Unfair Play***

Once upon a time there lived a boy named George, he was 12 years old. He loved animals. One day when he came back from school, he immediately got ready as he and his family were going to the circus. He was really excited as he wanted to see many animals and different acrobatic tricks done by people in circus. He had heard a lot of stories about circus from his friends. When they reached there, they found that there were already many people sitting. People there were shouting in excitement. They were waiting in anticipation for the start of the show. But as the show began and animals started to approach the arena, all the excitement vanished. George was not happy at all as he saw animals such as elephants, horses and dogs being beaten for showing different stunts. They were either caged or had a neck collar. He was really sad to see the condition of those animals. They looked malnourished. After the show was over, George shared his feelings with his parents - how he felt for the animals. He felt that animals too have feelings. His parents agreed with him and vowed never to go and see the circus again.



***Arjun Govil, VII-A***

## Thank You Ma'am

Every rowdy class has its voice  
Waiting to be heard,  
Wanting to be understood,  
Wishing to be loved.



**Aparna Pandey, IX A**

Thank you ma'am for listening to us,  
Thank you for not giving up on us.

Thank you for finding a reason for our rowdiness,  
For giving a channel to our praises.  
Thank you ma'am for finding a poet in a zombie,

For setting me free,  
For letting me be.

No matter where we go,  
Whatever we do,  
We will always carry in our heart a part of you.

Dear ma'am Thank You.

## Book Love



**Anushka Bisht, X-B**

May the beautiful stories never end,  
May the thrilling tales continue to keep me enthralled,  
May the Harry Potter series never go out of trend,  
May the bookshelves remain filled with the tales of Ruskin Bond.

Let the words of the stories be infinite,  
Let the fictional characters come to life.  
May I never lose this passion for books,  
One day, I may find my cozy nook.

What a bliss it is to get lost in another world!  
Escaping the worries of the universe,  
And with the beautiful turning of every page,  
May I have a new dream world,  
That gives me endless tales.

May the **vellichor** of the books never die,  
May the colours of the books never fade,  
May the bibliophile in me never lose,  
The undying love for a good book.

## A Virus Never Heard Before



**Navya Kawatra, IX-A**

COVID - 19, the virus of CORONA,  
Originating from Wuhan in China,  
Has created a scare,  
Crossing borders on the Earth's Sphere,  
From America to Zambia,  
Everyone, whether rich or poor,  
Of any religion or nationality, is hit by its fear.

Now in a year, many lives are lost,  
Alas, a global shadow is cast.  
Life , practically has come to a standstill,  
Including India, to a downhill.

Don't panic, fight the pandemic!  
Need to wash the hands frequently,  
And to use hand sanitizer regularly,  
Remain in isolation, away from public,  
Inside one's home preferably.

Be your own friend and help save all,  
Honour deep rooted Indian **sanskar**,  
Greet people with a **Namaskaar**!  
Pursue unity and fight the fear,  
Stay humane and have a vision clear.





## Lockdown

**Ekaspreet Kaur**  
X-A



**The Tricolour** means much to all,  
For some, a symbol,  
For others, their pride,  
Under it with heads held high,  
We salute the Saffron, White and Green.

Sacrifice and bravery embossed in Saffron,  
Peace and purity displayed in White,  
Dharma in the Chakra,  
Prosperity vests in Green.

Under it with heads held high,  
We salute the Saffron, White and Green.

It sparks patriotism,  
It infuses us with nationalism,

Under it with heads held high,  
We salute the Saffron, White and Green.

And now to conclude I say,  
Beholding the tricolour with its three stripes,  
For me it's a matter of pride.  
For me it's a matter of pride.



**Rohit Pandey**  
X-A

Loneliness, depression and anxiety in the atmosphere,  
**O**h no! there is disaster, danger and trouble everywhere,  
Corona virus has brought in all the ruin, but  
**K**eep calm, be hopeful and full of positivity,

**D**awn is soon to come as every dark cloud has a silver lining, fill  
**O**ceans of love and joy with family, spend time on your hobbies,  
**W**e value the efforts of our covid warriors,  
**N**ature and almighty can only heal and make our future brighter.



**Saumya Garg, IX-A**

## Is it what it is?

Each day while looking in the mirror,  
I ask myself which mask should I wear today,  
The upset one is too revealing,  
I don't want everyone to see my genuine feelings,  
For the mask that you can see hides the true me.

My real face tells my history, but I just want to keep it a mystery,  
I remove my fake face each night, when away from the limelight,  
Of all the happy memories that I had to share,  
And all the pain and sadness I had to bear.

Sometimes I think that God won't help,  
Neither he would listen to my yelp,  
But you know all these fake faces I keep,  
Underneath many beautiful faces I weep...

These faces help me to remain silent,  
Prevent me from being lunatic and violent.

And I've got skin... miles and miles of skin,  
And it is to cover all my thoughts like a saran wrap,  
That you can see through,  
To see what leftovers are from the night before.







## सफ़र जारी रखो

**Meatryee, XII-C**

अपने ख्वाबों को सक्त मेहनत के पंख दो,  
 अपनी आँखों को जुनून से भर दो,  
 अपने जिस्म को जोश की हवा दो,  
 अपने दिलों-दिमाग से डर को खत्म करदो,  
 जब तक कामयाबी का स्वाद ना चखलो,  
 सफ़र जारी रखो।

इस आसमाँ को 'बेतूफ़ाँ' ना समझो,  
 इस वक़्त को अपना दोस्त ना समझो,  
 अपने मन को ढाल सा मजबूत करदो,  
 अपनी रफ़्तार को वक़्त सा तेज़ करदो,  
 जब तक ख्वाब को हकीकत ना करदो,  
 सफ़र जारी रखो।

## हवाएं

मन को जो बहलाती हवाएं  
 दिल से दुख ले जाती हवाएं

ठंडक पहुंचाए, खुशियां लाएं  
 दिल को यह लुभाए हवाएं,  
 कभी याद दिलाए, कभी भुला कर जाए  
 आकर्षण का ज्ञान कराए हवाएं  
 उछलती कूदती, नाच दिखाती  
 पंख फैलाती उड़ती आए, गुस्से को जो गुम कर दे वो  
 खुशी से एक गाना गाए  
 ईश्वर की जो राह दिखा दे,  
 वही है अच्छी सुंदर हवाएं।



**Shreya Bhagat  
X-B**



**Latika Latwal, III-D**



**Latika Latwal, III-D**



**Jaskeerat Singh, IV-E**

### लॉकडाउन की दास्तान

एक कोरोना वायरस ने,  
 हम बच्चों को घर बैठाया।  
 हुआ हमारा बुरा हाल,  
 जब लॉकडाउन का फरमान आया।

पहले तो सोचा चलो अच्छा है,  
 सुबह स्कूल जाने से छुटकारा मिलेगा।  
 पर आफत तो तब आयी,  
 जब Online Classes का आदेश आया।

घर में Uniform पहनाकर हमको,  
 Teachers ने क्या-क्या ना करवाया।  
 एक कोरोना वायरस ने,  
 हम बच्चों को घर बैठाया।

Mute, Unmute जैसी भाषा ने,  
 हमारे जीवन में विस्तार बढ़ाया।  
 फिर भी हमारे Teachers ने,  
 ख़ूब मन से हमें पढ़ाया।

अब पता चला School जाना ही अच्छा है,  
 क्योंकि इस साल की Online पढ़ाई ने  
 हम दोस्तों को एक दूसरे से दूर करवाया।

जसकीरत सिंह  
 कक्षा - 4 E

वर्ष 2020



Khushi Sharma, X-B

## ए मन तू इतना चंचल न बन

ए मन तू चंचल न बन  
तू इन बहती हवाओं में अलहड़ ना बन

तू मस्त पवन में पंछी सा उड़  
पर निशा होने पे तू घर को मुड़

तू डर ना अधियारे से  
चोदनी से मित्रता कर  
तू बाच इस रोशनी की मृगतुष्णा से  
सूरज के ताप से संधि कर

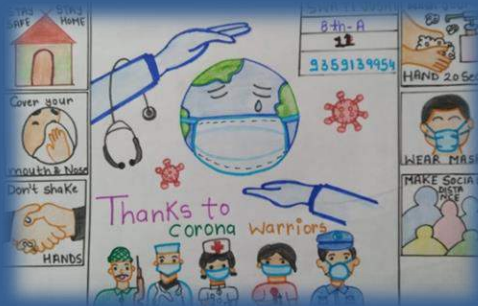
ए मन तुझे जो कहना है सब कह  
पर निराशा में ना रह  
ये समाज खराब है  
ये तुझे तुझसे छीन लेगा  
ये तुझे अपनी माया के रंग से रंग लेगा  
ये तेरे अश्रु में अपना मनोरंजन कर लेगा  
ये तेरे दुखों में अपना सुख लेगा

ए मन समाज का हिस्सा ना बनना  
किसी की विरह में हास्य ना ढूँढना  
तू मासूम रहना पर मूढ ना बनना  
तू अपने सपनों की तलाश में चलना  
तू मुशाफिर बनना पर पथ का गुलाम ना बनना

ए मन तू इतना चंचल ना बनना ।



Devyani Pande,  
XII-C



आयुष्मान त्रिपाठी, कक्षा- 9 अ

इस साल की यादें तो बड़ी है,  
जो मेरे स्मृति पटल पर गड़ी हैं।  
इस साल सीखा है बहुत कुछ  
लेकिन कभी-कभी लगता है,  
जो खोया अब उसे चाहकर भी  
वापिस नहीं पाया जा सकता है।

कोरोना जैसी भयानक बीमारी ने,  
इस साल बड़ा कहर ढाया है।  
घर-घर में खिलखिलाती खुशियों को,  
नष्ट कर आंसुओं में बहाया है।  
इस साल की यादें तो बड़ी है,  
विद्यालय को बंद कर,  
और मेरा महत्वपूर्ण वर्ष व्यर्थ कर  
इस बीमारी ने मेरा दिल बड़ा दुखाया है।

लेकिन एक बात सच है,  
इस लॉकडाउन ने,  
मुझे सादगी भरे जीवन का अनुभव  
कराया है।

छोटी छोटी चीजों में संतुष्ट होना,  
इस लॉकडाउन ने ही सिखाया है।  
परिवार के सदस्यों के प्रति,  
प्रेम भी बढ़ाया है।  
अगर हम संक्षिप्त में कहें,  
सभी ने कुछ खोया तो सभी ने कुछ पाया है।  
मेरे अनुसार यह साल सबसे अलग है,  
क्योंकि 2020 के लॉकडाउन ने,

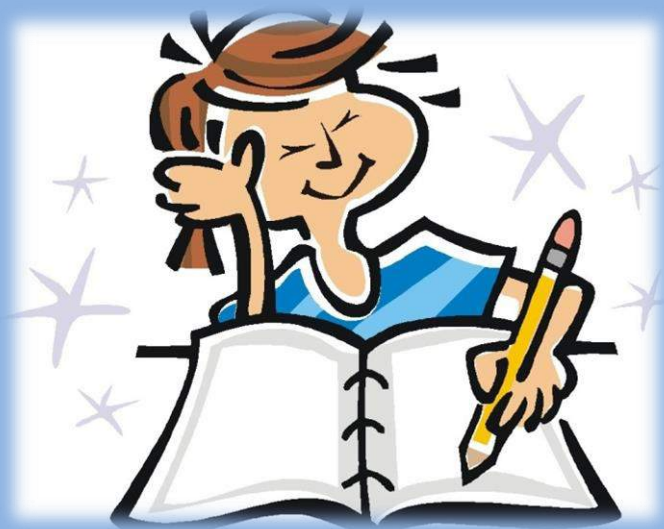
हम सभी को जिंदगी के एक  
नए पहलू का अनुभव कराया है।



Swati Joshi, VIII-A



Jasnoor Singh Bhasin , III A



# Lockdown Diaries



**Medhansh Bisht**  
**VIII-D**

Recently we all were placed under a mandatory lockdown, because of the Covid -19 outbreak. And it was a 'once in a lifetime experience'. I mean what more could a student dream of ! No more school, no more tuitions and no getting up early. Life literally got a lot easier and we kids 'lazier'. Yes, people were right in saying that lockdown was an opportunity for students, not just to study but also to sleep to our full potential. And honestly that's how most of my time passed by. And not to forget, towards its end, we made numerous trips to visit our relatives and spent some quality time together. This lockdown surely felt more like a 'slowdown' as we just took a break from the fast paced, competitive world and dug deeper into ourselves.

Due to the Covid-19 pandemic, the schools in Uttarakhand are closed since March, 2020. As per the government guidelines we have to stay at our homes and wear masks, sanitize our hands and maintain social distancing. The good thing was that people started taking care of their personal hygiene. When I heard the news of lockdown and the closing of schools, I was very happy. But I missed going to parties and visiting my grandpa and grandma. People moved out of their homes only for essential goods. I enjoyed a lot with my family by playing chess, ludo, table tennis, solved puzzles and



**Himani Pandey, VI-B**

played with the Rubik's cube. After a few days I started helping my mother in household chores like washing the clothes, cleaning the rooms, sweeping and mopping the floor, dusting etc. Me and my sister even helped our parents in completing their creative projects and inspired by their work I started doing similar things like painting the wall, making cartoons and scenarios, making things out of waste materials like pots, lamps etc. I also painted the flower pots, rearranged the soil of the plant and grew plants. And I really enjoyed doing such activities and in this way one and half month passed. And I didn't miss school because online classes started. The teachers taught us very nicely and also gave us interactive activities to do. And finally ! after ten and half months schools have reopened.





**Atharva  
Upadhyay, VI-B**

We all have had different experiences during lock down. Being confined to our homes with no outside social interactions with fellow human is tough and goes against human nature. Initially I was ecstatic that I would get time to play and have fun, but gradually the excitement wore off and I began to miss school. On the other hand, lockdown taught me the importance of school and teachers.

I missed the lively excitement of the classrooms.

I realized that lockdown gave me more time to do the things I loved, hobbies that had been previously swamped by school work. I grew more close to mother Earth and spent my leisure time in perfecting my gardening skills. I also cooked, made origamis and read books. Though I loved spending my time this way during lockdown, but studies in school are more enjoyable than online. No matter how difficult things might seem, the best is yet to come.

Normal life has started and I am looking forward for the school to reopen and to meet my friends.

The beginning of 2020 felt quiet normal. I heard about Corona virus from one of my friend and I always believed that it could never come to India, especially to Haldwani, but then here it was! It was the beginning of March when the government declared a lockdown in India and I started panicking and bought many snacks, so that it would last through the lockdown.

Little did I know it was going to last longer than I ever expected. During the lockdown, there were new trends everyday, and to be honest, I really enjoyed them all.



**Pratyaksha Joshi ,  
VIII - A**

A few months later our school started online classes. I was very excited about it at first , because it was all very new to me, but I couldn't manage it sadly. At first, everything was messy and all over the place, and quarantine played a huge role in my 'unproductiveness'. It made me very unorganised and unproductive, and I believe not only me, but every student out there. I got used to online classes as it was supposed to be the 'new normal' and everything started falling into place. Although this lockdown period wasn't the best time of our lives, but at least it made us spend more time with our families, and brought us all closer, it also played a role in our earth being less polluted than before. And I'll be ever so grateful that it happened.



**Ojash, VII-D**

The past few months were excruciating due to Corona virus. In the beginning of the lockdown, I was a little disturbed but felt happy because both of my parents were with me and we spent quality time together. Later on, I longed for going out with friends. I missed my teachers, classmates and school very much.

During lockdown I played a lot with my sisters and developed a good bond with them.

Similarly, spending time with grandma, I realised that she is funny and has a treasure of stories. For me the lockdown, unlike for many others, has been a blessing. I got time to leave my bad habits and developed good ones specially cycling.

Lockdown period was very challenging and taught us a lot.



The pandemic came for all, not for one. It gave everyone a break, which I feel was necessary. My experience was both good and bad during the lockdown. In the beginning it was really difficult to spend time. It became quite monotonous. And then I realized that I could actually have fun. I decided to utilize this break by spending lovely time with my family. It made me realize the hustle and bustle in our lives.



**Navya Suyal, IX-A**

I spent much of my time in creative activities like writing poems, quotes and also drawing. I also spent time in dancing, listening to songs and reading books. I watched epic shows like 'Ramayana' and 'Mahabharata' with my family. With all this good that happened, there was sadness in my heart. I was not able to go to school and 'chill' with my friends. All that I could do was to meet my friends on video calls and get a feel of meeting them (they literally were seeing my face after a very long time). Also, it felt really bad to watch the 'Corona' updates on the news channels everyday. The cases were rising day by day. My online classes began through Whatsapp and then finally our 'live' classes began with Microsoft Teams and Ci-soft IT Care.



**Ambika Rawat  
IX-C**

*'The Twenty-Twenty Twist'* - The news of lockdown was not a good news for a girl like me who had planned everything and got everything ready whether it be my new uniform, books, bag etc. But my preparations got ruined due to the Covid -19 pandemic. On the other hand, it was a great opportunity for me to spend time with my family because both of my parents are busy due to their jobs.

Though the whole world succumbed to the pandemic but a solution to every hurdle was found. We got introduced to a new technique of learning through virtual ways. I got opportunities to take part in a great number of online activities and competitions conducted by our school and other platforms, which held my enthusiasm throughout the year.

My mom explored her cooking talent by trying a number of new recipes hence we got delicious food during the entire duration of lockdown. I got motivated by my mom to write essays and poems which improved my vocabulary and general knowledge. The best thing about the lockdown was that I got to spend time with my father. He taught me Economics and Mathematics.

The pandemic taught me that -

"Adversity is the best teacher in life, it teaches us to learn new things, face challenges to and upgrade ourselves."

With a pandemic brewing outside, there was panic and stress growing in everyone's minds. The lockdown resulted in a long stretch of hardships. Having so much time in one's hands, being inside their homes everyone felt restless, including me. But like everyone out there, I adjusted and with ample amount of time in hand, I did things that I would never have been able to do regularly. I got time to explore myself.

During lockdown I gave time to my love for music, cooking and writing.

It also gave me a lot of time to think about myself, my personality and how the world perceives me. All in all lockdown was fruitful to me in ways that I never could have imagined.



**Malay Joshi,  
XII-A**



**Parthi Lohani, IV-E**

Lockdown...a lockdown was put in place, to control the pandemic and save people's lives, by the government. I think God was testing our patience during the whole Covid situation. We all faced adverse conditions, but faced them with faith and courage. We all knew that we would pull through the difficult times. Although Covid-19 was challenging for the human race but lockdown has taught us many things like - to believe in God, coming closer to family to spend quality time with our close ones and to do creative work like drawing, painting, yoga etc. We studied from our homes via online classes.

Online education really helped us with studies.

It was tough for all, but now we are safe by God's grace as vaccines have been made for the virus. Till such a time when everyone is vaccinated we should take precautions and not forget our responsibilities.

'Lockdown'-an alien word for all of us, was on everyone's tongue. Little did I realize it was not only being at home, but it also felt like being disconnected from my friends, teachers and my routine. I had never ever dreamt of having a classroom in a tiny mobile. We, the power houses of energy, were hiding our faces behind those tiny pieces of masks just to keep that deadly looking virus far away. Life was topsy-turvy...missed all the chit chats with friends, the excitement of being the first to answer the questions and so much more that online school could give us. It felt like two hours of home school was worse than eight hours of regular school. Yet, lockdown was like a picnic with the virus lurking outside.



**Kartikey Bhakuni,  
VII-A**

But with all this happening, I had taken a fancy to cooking and eating. My first cake was a little dark... was over baked, but a great start. Sixty-two kgs felt like 'Humpty Dumpty'. Long curly hair like that of girl. The outcome of lockdown cooking and trying hands-on new recipes in my mom's kitchen - I saw a future chef in me. In addition to that, music was like a therapy for me amidst the chaos. Music, classes in kitchen, these kept me going. This pandemic taught me to be a chef, a gardener who transformed broken tubs and mugs into a small kitchen garden, using organic veggies to experiment dishes. Especially, I loved taking mom's space in the kitchen. Truly, it was an out of the world experience and worth cherishing. Had read somewhere - "every dark cloud has a silver lining" and could feel that with the onset of the new year. Cheerful students bustling in the streets and smiling faces, looks like life is back with the hope of a new dawn.



**Mrityunjay Singh  
Mehra, V-E**

On 24th of March, 2020, when the lockdown was announced, I was enjoying my vacation at Mukteshwar. There I learnt about many types of plants, birds and animals, but there was something that I was missing. I missed my parents, my grandmother, my friends and most importantly my school. And when school started, it was fun to attend online classes; unbelievable to give exams from home!

When I returned from Mukteshwar, I thought my parents would hug me, but before that, my dogs leapt on me.

They showered their love upon me. I know that they missed me a lot. During this lockdown period, I also learnt the value of honesty and loving, caring and respecting others.

Let's talk about lockdown  
#livingtheviruslife

Breaking news! The T.V. flashed, Covid-19, a virus which has taken the world by a storm, Lockdown! No schools, no shopping, only sounds of silence around us. But soon popped a message of Whatsapp classes & I was curious to experience the class in mobile. What fun it would be! Those endless messages for teachers, oks & yes ma'am, can you hear me? ...can I ...ma'am? my chance...and lo! the class was over.

I enjoyed this modern classroom on our finger tips, struggling with the glitches though...The hilarious part was- "Ma'am I'm in the lobby...I'm not able to join." Such hindrances were a challenge for our mentors to complete the day's work but they left no stone unturned. My greatest fear would be, what if I'm asked to read...while the cooker whistle blows or the pet barks or my internet ditches me? Such an embarrassing moment it would turn out to be and my fears came true many times. I can't forget that embarrassing moment when the interactive session was on and suddenly my mother's voice bellowed, she was trying to wake up my little brother. The fun did not end here, some one would be silent through out the session, but unmute only to bid goodbye. Such was the taste of online classes during lockdown, in case you want a little laugh.



**Aarchie Kholiya,**  
**VIIA**



**Aarna Singhal,**  
**VIII-A**

For some it must've been an absolute pleasure to know that school isn't going to open for the next two months, but for me it was a total nightmare as I can't imagine my life without school. As the lockdown started, I realised that it was quite a pleasure being free from all day and spending all time in chit – chat. Probably the best part was that there wasn't any fixed sleep schedule.

I am personally fond of movies and shows and with so much time to spare, I felt myself developing into a couch potato. I also improved my carom skills.

Above all this, I believe that God has a plan for all of us and because of the lockdown, I did a self- assessment and it got me thinking on various matters. So we should face our fates boldly in order to win this life.

Lockdown- a word that closed everything. It was a new experience for us. Now outdoor games were played inside the home boundary. We were strictly told, "You can't go out!!". We played games with our parents, grandparents and siblings. Games like ludo, carom, seven stones, flying kites were played daily. Yoga and exercise came into our daily routine. In the evenings we went to our terrace and talked, cracked jokes, laughed with our neighbourhood friends. We ate different delicious dishes cooked by mummy. She had become a wonderful cook by the time.

Now parents were worried about our studies, but the solution came as online classes were held. Initially we were nervous but later we enjoyed. Now some phrases were called out regularly.

Ma'am you're not audible.

Ma'am you are not visible.

Your voice is not clear ma'am

Ma'am network issue.

Ma'am would reply, "sit where there is network!"

Thank you teachers and parents for making our studies continue during lockdown. Hope our school reopens soon.



**Lakshita Holaria,**  
**III-B**



**Bhavini Joshi, III-B**

The deadly Corona virus disease has spread around the world. On 24 March 2020 the government of India, under Prime Minister Narendra Modi, ordered a nationwide lockdown for 21 days. Staying at home is not hard, but the whole lockdown was stressful and we didn't know what to do with ourselves. This lockdown was my first such experience where I had to stay at home for a long period.

The moment when I heard about lockdown I felt very happy because I wouldn't have to go to school. Then, I started playing indoor games like carrom, chess and watching Ramayan with my family. I also worked on my health and fitness, I became more diet conscious and ate food which would prove good for my immunity. I spent some time doing exercise, yoga and meditation. I have started studying through online classes which are being conducted by our school. Our scientists have invented the vaccine by doing hard work and vaccination has started in our country. We are proud of our country.

My experience of lockdown, being a student, has many ups and downs. Not going out and zero social interaction was tough. But the global pandemic has brought everything to a halt. I have been lucky enough to spend time with my family during these uncertain times. My life changed a lot during this pandemic. I played badminton my brother & sister. I learnt many new things and in art & craft, learned to make things like newspaper dolls.



**Garima Lohani,  
VII-D**

I loved attending online classes and virtually interacted with teachers and fellow mates. We also celebrated many festivals together which I really enjoyed a lot. Although it was tough to be at home for so many months, but at last I got used of it and started liking being at home.



**Gautam G Shukla,  
IX-A**

The lockdown period was a very strange experience for everyone. To prevent the spread of COVID-19 virus, most of the countries took the decision of lockdown. The whole world was at halt. It happened so suddenly that everyone got into a state of confusion and fear.

No one had faced such a situation before. In the beginning I was excited to get such a long break, but then I realized that I didn't have any plans for it.

Gradually, I adapted myself to it. My whole schedule got changed. Apart from my online studies, I started investing my spare time in developing my skills.

I learned many new things online, related to music, tech, various workouts, 3D art, history, literature etc. Sometimes I played board games with Mom and Dad, and also had 'video calls' with friend and relatives.

I also learned many life lessons from the TV serial Ramayana. The lockdown period taught of all of us to have patience and positivity. To overcome any difficult situation in life.





# Every child is an artist



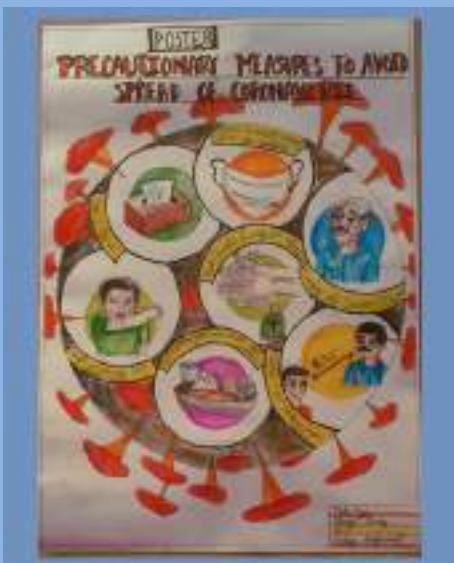
*Aditi Gupta, IX-E*



*Ishika Arora, X-B*



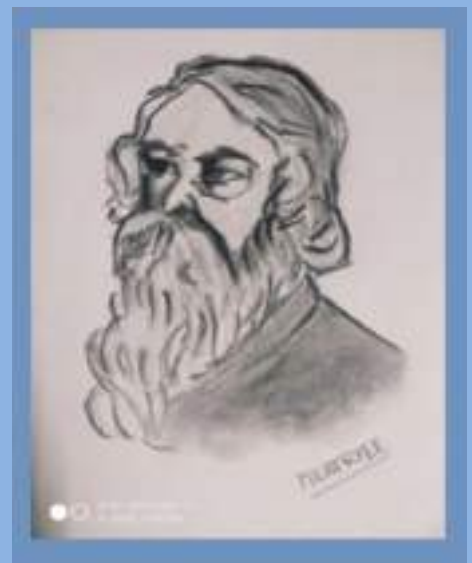
*Gaurika Upadhyay, IX-D*



*Bhavya Pandey, IX-C*



*Niharika Gulati, IX-D*



*Meatryee, XII-C*



**Shivangi Kapil, VII-A**



**Sumiran, X-D**



**Siddhi Pant, VIII-A**



**Darshana Bisht, X-B**



**Darshana Bisht, X-B**



**Darshana Bisht, X-B**



**Manya Manral, X-B**



**Aarna Singhal, VIII-A**



**Siddhi Pant, VIII-A**





**Niharika Joshi, VIII-A**



**Kavya Gururani, VII-B**



**Manya Manral, X-B**



**Anushree Joshi, VI-D**



**Purnima Tewari, VII-C**



**Tanya Bansal, VI-A**



**Dhanishta Kandpal, IX-A**



**Manya Manral, X-B**



**Vedant Bhatt, VI-A**



**Siddhi Bisht, VI-D**



**Siddhi Pant, VIII-A**



**Deepshikha Tiwari, VIII-A**



# Art- integrated Projects



Sanjana Saxena, XI-C



Sanjana Saxena, XI-C



Jayati Joshi, VI-C



Atharv Manchanda, III-A



Bhagyashree Bisht, III-B



Nandita Negi, X-D



Dhanishta Kandpal, IX-A



Shruti Tripathi, VI-E



Pratistha Dwivedi, V-D



# From Kindergarten



*"We are a box of crayons,  
Each of us unique.*

*But when we get together,  
The picture is complete."*



# Kaleidoscope





# Remembrance

*Those we love don't go away, they walk beside us every day... unseen, unheard, but always near, still loved, still missed and very dear.*



*Former Manager of the school Sr. Seby, left for her heavenly abode on 19th February, 2021*



*Former Vice-Principal Sr. Rosmina, was called to heaven on 14th December, 2020.*



***Our problems are temporary,  
Divine grace permanent...***

The Corona virus pandemic has brought a sea change to almost all aspects of life. The poet Percy Bysshe Shelley wrote – “...if winter comes, can Spring be far behind?” The vaccine brings us hope and we see things limping back to normal in all spheres of life.

As we get ready to begin the new session, we thank God for his benign grace and humbly seek His blessings.