



# Gyan Buzz...

November, Vol. XXVIII

## DISCOVER THE joy OF LEARNING



### *From The Principal's Desk, ..*

Dear Readers,

It is indeed correct to say that the focus on mental wellness is being propagated now as never before. If the mind is at rest, achievement levels automatically rise. It is for us adults to wake up to this need – increased by the pandemic. Awareness of the problem and its remedies, amongst students and parents, is an area of focus for us at Gyanshree. Suggestion from our readers in this regard is most welcome!

Happy Reading!

Best Wishes,  
Brinda Ghosh  
Principal

### *Editorial...*

***“What mental health needs is more sunlight, more candor and more unashamed conversation.” - Glenn Close.***

It is that time of the year again, drawing close to the bittersweet end of the year. The mellow, messy, leaf kicking, perfect pause between summer and winter. It is refreshing indeed, a slow transition towards the beginning of the end. The time is full of festivities and yet there seems to be a tinge of sadness too in the air. Let us take some time out from our busy schedules and ensure the wellbeing of our near and dear ones, not only physically but mentally as well.

Let us recognize the importance of mental health and reach out to those who are suffering in silence. World Mental Health day is celebrated in October every year and it is an international day dedicated to global mental health education, awareness and advocacy against social stigma. Essentially this day was first celebrated in 1992 and since then has become an annual occasion, raising more awareness every passing year. The main aim of this was to bring attention to the complexities of faltering mental health in individuals of today and destigmatizing the taboo around mental health, as well as providing a safe space for individuals to share their experiences regarding the same.

The world federation for mental health celebrates this day with a different theme each year. This year the theme was to “make mental health a global priority for all.” The motion aims to demand mental health to be treated at par with physical health and prioritize its consequences as one does with any other physical condition. Even today, mental illness in our society is treated with negative stigma, generalizations and ignorance. This year millions have sworn to help spread more awareness and educate others about the importance of mental wellbeing.

It is essential that we make ourselves more aware regarding the complexities of bad mental health, our generation being extremely prone to it. We must realize that it is indeed okay, to not be okay. It is important to remember that one should not suffer in silence. You are not alone.

ASHREYA SINGH  
XII



# Pre – Primary Wing

## PET AND FARM ANIMALS

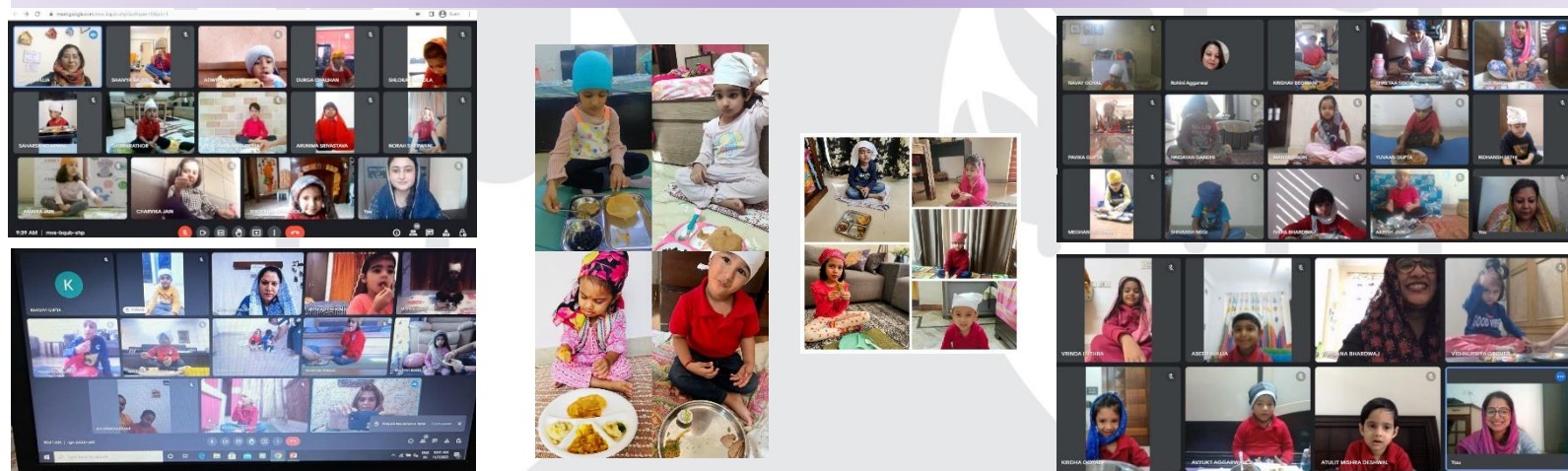
Old MacDonald had a farm E-I-E-I-O!!! The theme for the month of November was 'Pet and Farm Animals'. The Shreeyans loved learning about these animals – what they look like, what they eat, where they live, what sounds they make, where they live etc. A whole lot of activities related to the Theme were planned for the Shreeyans of PN, Nursery & KG. These included Class Talk, PPTs, Art & Craft and Show & Tell etc. The children especially enjoyed the Art activities done using a variety of techniques – making a sheep, a pig, a dog, a hen with a chick, a cow etc. There were stories narrated that were related to the Theme - The Three Little Pigs, Pete's White Shoes, followed by craft activities connected with the stories. The Shreeyans enjoyed games and riddles based on information shared about 'Pet and Farm Animals'.



## GURU NANAK JAYANTI

As a part of the value of Indian-ness at Gyanshree School, the Pre-Primary Shreeyans celebrated the birth anniversary of the first Sikh Guru, Sri Guru Nanak Dev ji, with warmth and joy.

The day started with the holy prayer of the Sikhs. The Shreeyans were later shown a short PPT about Guru Nanak Dev ji with emphasis on his teachings i.e. doing good deeds, praying every day and sharing with everyone. This was followed by a Langar Activity. The Shreeyans sat on a mat on the floor with their heads covered with scarves and ate their breakfast together which also included kada prasad (halwa). Holy Shabad was played in the background which created the ambience of a langar at a Gurudwara, adding to the symbolic serenity of the Gurupurab Celebration.

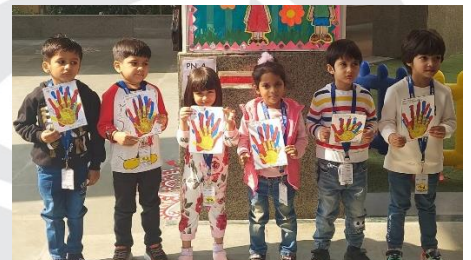




## CHILDREN'S DAY

Children's Day is celebrated on November 14th as a tribute to Pandit Jawaharlal Nehru who was the first Prime Minister of India. Because of his affection for children, he was fondly called 'Chacha Nehru'. It also serves to increase awareness about the care, education and rights of children.

On Children's Day the Shreeyans came dressed in casual wear. The Pre-Primary teachers had planned a day filled with fun activities for them. The Shreeyans enjoyed a short animated movie 'The Present'. The Pre-Nursery, Nursery and Kindergarten teachers presented a dramatization of the story 'The Three Little Pigs' and also a mesmerizing dance to a medley of popular children's songs. It was a wonderful surprise for the Shreeyans to see their teachers performing. They squealed with excitement and rolled with laughter. The children really had a gala time with more fun & games and dancing in the classroom. The teachers gave the Shreeyans a card made with the teachers and Shreeyan's handprints - 'Happy Children's Day'.





# Lower Primary Wing

## SST WEEK

The Shreeyans of Grade I and Grade II enjoyed the Social Studies Week wherein they entered the world of science through various experiments and activities. The array of activities included-

- Journey of a water droplet
- How water travels
- Little Chef
- Animal Habitat
- Experiment of static energy
- Historical Monuments (Grade I)
- Seed Germination (Grade I)
- Me on the map (Grade I)

These activities not only ignited their curious minds towards various natural phenomenon, but also enhanced their scientific streak.



## TECHNO FEST

In order to reinforce the ICT concepts for the Shreeyans, The Lower Primary Wing conducted Techno Fest in the third week of November. The Shreeyans enthusiastically participated in the event and presented their learnings on various topics like Uses & Parts of a computer, Tux Paint, Input/ Output devices etc. This event brought in more understanding of a computer and gave them confidence to speak and interact on their chosen topic.



## OUR HOUSE OF TABLES - PBL

The Shreeyans of **Grade II** enthusiastically participated in making their own 'House of Tables'. The project-based learning was conducted in pairs, and it made them understand how tables are actually formulated and built up.



## CHILDREN'S DAY ASSEMBLY

Children's Day is celebrated on 14<sup>th</sup> November every year as a tribute to India's First Prime Minister, Jawaharlal Nehru. He considered children as the real strength of a nation and foundation of the society. Primary Shreeguru's organised a fun-filled day for the Shreeyans; Shegurur sang melodious songs, did a playful skit and also danced on foot tapping songs. The students enjoyed the entertaining performances and expressed their excitement as this came as a pleasant surprise to them. Children's day was celebrated with zeal and enthusiasm.





## GURUPURAB

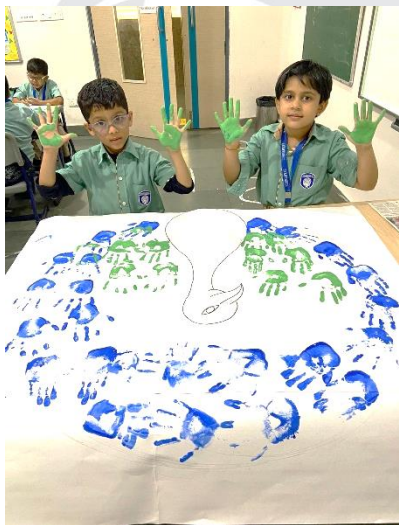
One of the prime virtues evident in the Gyanshree way of life is emphasis on Indianness. Gurupurab, an important Indian festival, was celebrated by the Lower- primary Shreeyans. The day started with the recitation of Ardaas, the holy prayer of Sikhism. The Shreeyans sat on a mat on the floor with their heads covered with scarves and ate kada prasad. Holy Shabd was played in the background which created the ambience of the Gurudwara. The celebration not only made them understand the importance of the day but also gave them an insight into yet another Indian festival thus introducing them to the diversity of our culture.

**Assembly (Gurpurab)** Shreeyans of Grade IF conducted the assembly on the occasion of Gurpurab. They recited 'Ek Omkar' followed by the prayer. They shared a few teachings of Guru Nanak Dev Ji and explained it very well.



## NATIONAL SYMBOLS

National symbols are intrinsic to the Indian identity and heritage. Indians of all demographic backgrounds across the world are proud of these National Symbols as they infuse a sense of pride and patriotism in every Indian's heart. Shreeyans of Grade I made different national symbols using different techniques like sponge dabbling, folk printing, paper crumpling, hand printing, cotton balls, cutting, pasting, drawing and colouring, to make the national symbols. This activity not only augmented a child's cognitive and critical thinking abilities. It also included thinking, reasoning and understanding, learning and remembering.

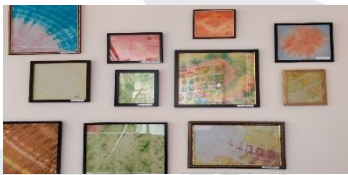




# Primary Wing

## DECODING THE DIVINE!

When the cradles of human civilization were being established in the ancient world, the human race was deeply dependant on animals for their survival and sustenance. Because of their importance animals came to occupy a very important place in developing doctrines and religious practices and were perceived as having godlike and superhuman qualities. Shreeyans researched about these facts and gave illuminating presentations about the divine role of animals in our olden religions.



## A STICH IN TIME...

Shreeyans of Grade IV learnt about the different techniques related to the designing of clothes like the making of 'tie and dye' patterns, the creation of embroidery samples with the chain stitch and even basic skills like how to sew and fix buttons. The eager Shreeyans were not only fruitfully engaged but also came up with marvellous pieces that now adorn the corridors of the school.

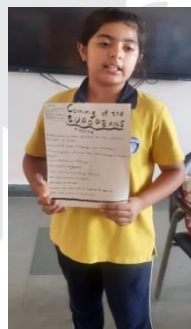
## OBSERVING GURU NANAK GURPURAB @ SCHOOL

Shreeyans of Grade IV E presented a wonderful assembly on the pious occasion of Guru Nanak Jayanti. They started the morning with the chanting of a divine shloka followed by the invocation in which Aaryahi Pavith put up an enchanting dance performance in the classical Odissi style. The young theatre artists of the performing class then mesmerised the audience with a short skit that emphasised on the power of goodness that Gurunanak stood for. They also put up a dance performance about the teachings of the great religious leader. The class choir then filled the amphitheatre with the devout notes of the bhajan 'Aar Nanak, Paar Nanak'. The morning concluded with the Principal's address where she encouraged the young Shreeyans to remember and honour the teachings of the great leader through their lives and action.



## TRACING HISTORY WITH TIMELINES!

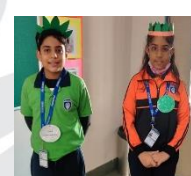
Shreeyans of Grade V explored and studied about the advent of the Europeans with the help of timeline. A thoughtful activity, it helped the budding historians to visualise the flow of events and commit dates and events to their long term memory. Their commitment to the project was reflected in their work and confident in-class presentations.





### **THE LAND OF WHAT-IFS!**

Shreeyans of Grade IV stepped into the shoes of the chief and the medicine man from the lesson – ‘The First Moccasins.’ Putting their best foot forward, the innovative artists presented their thoughts and ideas with witty dialogues and impressive props. Hats off to them!



### **A Peep into the Future!**

“No man ever made a great discovery without the exercise of the imagination.” - George Henry Lewes  
Who better than young minds can imagine the future? Shreeyans of Grade V took a peep into the future and imagined and came up with the blueprint of a futuristic device that would help them and the people around them. From gadgets that would help them complete their homework to solar powered devices designed to aid the police catch thieves, they had thought of it all. Fascinating and engrossing, their out of the box ideas showed that the dawn of the age of inventions is always just an idea away, ideas that change the world, ideas that better the world...



### **THE SCIENTIFIC BENT OF MIND!**

Shreeyans of Grade V grouped up and selected topics ranging from the skeletal system, to the working of the ball and socket joint and muscular groups. They then created 3-D models whose working they went on to explain to their peers and juniors as well, keeping the spirit of learning alive!



### **IT'S CIRCLE TIME!**

Students of Grade V E filled the minutes of their circle time with the power of positivity. They started their day on a meaningful note by writing down a positive point about each of their classmates which was then pinned on to their backs. And the activity was a great success, building and strengthening bonds of trust and spreading smiles across the class!



### **SPELL LIKE A BOSS... SPELL LIKE A BEE!**

Word power is a super power and Shreeyans of Grades IV and V proved just that when they took part in an inter-section Spelling Bee activity with multiple rounds of increasing difficulty. It was an enriching experience that saw the entire class up their capacity for learning and spelling. Chitraksh Bhatnagar, Atharv Rana, Aashvi Jain and Giansh Gupta were the four finalists of Grade IV while Medhansh Bajaj, Aadi Vijo and Avni Kochhar were the champions of Grade V. More power to them!



### **WHEN THE STORY TELLS A PICTURE!**

Echoing the sentiments of the thought, 'Every picture has a story to tell,' Shreeyans of Grade III became graphic storytellers for a month as they came up with vivid illustrations that told their stories. Using a narrative to share their experiences, they engaged each other with their performance and kept their audience engrossed and enthralled!

### **CELEBRATING CHILDREN'S DAY!**

Shreeyans of Grades III-V had a blast on Children's Day with games, quizzes, class parties and what have you! But the icing on the cake was surely the special assembly put up by their Shreegurus, who sang, and danced and acted to make the day a delightful one for each attending Shreeyan. From presenting a medley of songs, to taking them to the world of a really naughty girl who learns a lesson, and putting up a show stopping dance performance, the Shreegurus left no stone unturned to make their classes feel special. And the joyful Shreeyans' laughter and happiness stood testimony to the success of the very special day at school!





## **MASTERING THE ART OF PUPPETRY!**

Shreeyans of Grade III learnt to tell a story while mastering the art of making and using finger puppets. They not only weaved beautiful stories but also used their puppets as props, thus captivating their spectators and garnering high praise.



## **A WALK IN THE WOODS!**

Shreeyans of Grade V went on an educational trip to 'Maohar Van' - a micro forest located in Jewar. They identified various native species of trees like Arjuna, Semal, Anjeer and Sheesham, found in the wooded area and recorded their observations. They picked up leaves and samples and were familiarised with the process of moulting as they found the old skin of a snake. They then collaborated and turned their samples and observations into projects, thus bringing their learning back into the classroom and adding meaning to the academic excursion.



## **THE DANCING FRACTIONS!**

Shreeyans of Grade III were introduced to the topic of fractions through a 'Newspaper Dance Activity', folding the paper equally each time the music stopped. It can be honestly said that learning to divide an object equally into parts has never been so much fun!

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## **MEASURING UP!**

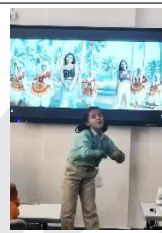
Shreeyans of Grade III used a string and a matchstick to measure various objects. Gainfully engaged, they reached the conclusion that non-standardised measuring equipment can lead to errors in construction and that a scale is required for making accurate measurements. The importance of measurement and estimation should never be underestimated, indeed!





## SO, HOW DOES YOUR COUNTRY DANCE?!

Shreeyans of Grade III explored the various dance forms of India, presented a favourite dance form of their choice and also shared a fact about it. And the joy on their faces proved yet again that learning just like dancing is all about taking the right steps in a world of possibilities and opportunities.



## बाल दिवस

पंडित नेहरू के जन्मदिन को बाल दिवस के रूप में मनाया जाता है। यह दिन चाचा नेहरू के बच्चों के प्रति प्रेम और लगाव को चिह्नित करने का एक प्रयास है। बाल दिवस के उपलक्ष्य पर कक्षा तीन के विद्यार्थियों ने उनके जीवन में बाल दिवस की महत्ता को दर्शाते हुए एक सुंदर गतिविधि का प्रस्तुतीकरण किया जिसमें सभी छात्रों ने बाल दिवस पर चित्र बनाए तथा लेखन के माध्यम से अपने विचार सबके समक्ष रखें।

## क्रियाकलाप

“शिक्षा वह प्रज्वलित दीपक है जो मनुष्य के अंतः के अंधकार को दूर कर उसका मार्ग प्रशस्त करती है।” छात्र गतिविधि के द्वारा किसी संकल्पना को बेहतर तरीके से आत्मसात कर पाते हैं। इससे क्रियात्मकता, सक्रियता, सजगता और सरसता का वातावरण भी बना रहता है। इसी बात को ध्यान में रखते हुए कक्षा ४ और ५ के छात्रों ने कुछ क्रियाकलाप किए। जिसमें एक ओर कक्षा ४ के छात्रों ने वर्षा जल संचयन का मॉडल बनाकर जल संरक्षण से संबंधित अपने विचार कक्षा के समक्ष साझा किए तो दूसरी ओर कक्षा ५ के छात्रों ने रस्सी की मदद से तिब्बत के मानचित्र को बनाकर, ठंडी मरुभूमि तिब्बत के बारे में अपने विचार कक्षा के समक्ष साझा किए। “जल एक अमूल्य निधि है, वर्षा जल संचयन इसे बचाने की विधि है।” इस कथन को चरितार्थ करने हेतु कक्षा-४ के छात्रों ने जल संरक्षण करने के लिए प्रण भी किया।





# Secondary Wing

## INTER-HOUSE ENGLISH DEBATE

***Without debate, without criticism, no administration and no country can succeed and no republic can survive. – John F. Kennedy***

The development of any country requires active participation from the youth. Today's youth are tomorrow's leaders and for them to steer the nation towards growth, they need to voice their opinions with confidence and conviction. Debating on pertinent issues not only gives them a voice, but also helps create aware and thinking individuals.

An Inter-House English Debate was organized at Gyanshree School on 4<sup>th</sup> November 2022. The topic for the debate was '*Robots can improve the quality of our lives*'. Each house was represented by two students- one speaking for the motion and the other speaking against the motion. The competition was judged by the Principal, Mrs. Brinda Ghosh, the Vice Principal, Mrs. Amita Bajpai and Headmistress of the Pre-Primary Wing, Ms. Gita Malik. Prithvi House was declared the winner of the competition. Bhori Dixit from Grade X and Archita Singh from Grade VIII were declared the Best Speakers in the Senior and the Junior Categories respectively

## INTER-HOUSE GK QUIZ

***Knowledge has power. It controls access to opportunity and advancement. – Peter Drucker***

Being up-to-date on current affairs and general knowledge can make you a more sociable and successful person. General knowledge and current affairs not only help you start conversations and interact better with people but also ensure you score better in exams and interviews and become a better speaker.

To encourage our Shreeyans to become more aware and informed, an Inter-House Current Affairs Quiz was organized at Gyanshree School. Each house was represented by seven students from Grade VI to XII. There were four rounds with questions based on History, Books, the Constitution, Science and many more. Prithvi House was declared the winner of the competition. The Senior Coordinator, Mr. Akashdeep Sharma, congratulated the winning team and appreciated the students for their efforts.



## CHILDREN'S DAY CELEBRATION

Children's Day was celebrated in Gyanshree School, with a lot of enthusiasm. The Shreegurus presented a special Assembly for the Shreeyans which the children enjoyed immensely. Fusion dance, group dance, and group song kept the students enthralled. Dressed as Shreeyans, Shreegurus recreated a classroom scenario in a humorous manner which had the audience splitting their sides. The programme ended with a short address by the Vice Principal and the Principal, followed by the singing of the National Anthem.





### **TRIP TO THE NATIONAL GALLERY OF MODERN ART**

Grade XII Fine Arts students along with two of their teachers went for a field trip to the National Gallery of Modern Art (NGMA), New Delhi on 18<sup>th</sup> November, 2022. Shreeyans visited India Gate first, where they studied the monument and did some sketching. After that they were taken to NGMA where the students saw original masterpieces by eminent Indian artists. They were amazed to see the artworks that were part of their syllabus. They made notes of the uses of colours and brushwork. Shreegurus explained the various time periods and meanings of important artworks and Shreeyans witnessed different eras, styles and history of the artworks.



### **TRIP TO THE NATIONAL MUSEUM**

Grade XI Fine Arts students along with their Fine Arts mentors went for a field trip to the National Museum (NM), New Delhi on 25<sup>th</sup> November, 2022. Shreeyans were first introduced to the excavated artefacts of the Indus Valley Civilization. They saw shell and metal jewellery, earthen pottery, sculptures, tools, replica of burial sites etc. They admired the stone and granite sculptures of different periods such as Maurya, Gupta, Kushan, Shunga, etc. and got a chance to study and sketch those sculptures as well. Shreeyans also viewed the original miniature paintings from all schools of art, including Rajasthani School, Deccan school, Mughal school, Pahari School, Colonial style. They showed a lot of interest and were excited to see the original artefacts from their course book. It was an educational walk through history and it was an enriching experience for them.





# School News

## **PERSPECTIVA GYANSHREE** **THE ALL INDIA HALDIRAM'S INVITATIONAL DEBATE.**

Gyanshree School organized Perspectiva Gyanshree - The All India Haldiram's Invitational Debate on the 11th and 12th of November, 2022. The prestigious debate started with the lamp lighting ceremony. The Principal, Ms. Brinda Ghosh warmly welcomed the participating teams and the judges. The esteemed panel of judges on day one comprised Ms. Jennifer Nandi, Dr. Vijay Mittal, Ms. Mahima Kaul and Mr. Salil Singh. Out of 21 teams from some of the finest schools in India, 6 teams made it to the Final Round of the debate. The finalists were Army Public School, Noida, Amity International School, Noida, Nehru World School, Ghaziabad, Step By Step School, Noida, The Assam Valley School, Tezpur and Welham Girls' School, Dehradun.

The 6 shortlisted schools competed for the sought after trophy of the Best Debating Team. The topic for the day was 'I am the framework of everything that happens in my life.' The esteemed panel of judges comprised Prof. Vibha Chauhan, Mr. Anand Prakash and Ms. Mahalaxmi Pavani.

Ms. Rina Ray IAS (Retd.), the Chief Guest, graced the occasion with her presence. All participants demonstrated excellent oratory skills and spoke with great confidence and conviction. Army Public School, Noida won the Best School Trophy, Veer Rohilla of Army Public School, Noida won the Best Debater, Geetika Lath from Daly College, Indore was adjudged the Best Interjector, and Neeyati Saini from Shiv Nadar School, Faridabad was awarded the Most Promising Debater.







## **THE INFLUENCE OF INCREASED SOCIAL MEDIA ACTIVITY ON THE TEENAGERS OF TODAY**

Social media... an extremely popular term used among teenagers. I'm not going to give some over exaggerated explanation as to why we shouldn't spend long hours on these so-called apps that create the social media web and how they influence us - negatively or positively based on whose perspective you look at. I've figured that our beloved apps have had quite the impact on us human beings. To the uninitiated, social media platforms on which we share content, ideas, thoughts, opinions, and certain life updates with others include Instagram, WhatsApp, twitter, YouTube.

All those extremely annoying good morning messages and GIFs from numerous family group chats, waiting for your favourite content creator's video on YouTube every week, and scrolling through silly arguments in the comments as to why Netflix is cancelling all the good shows, is surely enough to keep your brain busy. But even I wouldn't be able to stay on these apps all the time, even though being part of the teenage revolution, I've in fact "binge-watched", a phrase very commonly used by the millennials, multiple seasons shows in a day with absolutely zero breaks. I know that this can be an exceptionally controversial topic but is social media beneficial or not?

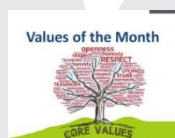
Whenever we bring up a conversation about what's happening online there's always an opposing team consisting of worried parents and teachers that struggle to see anything good about social media. Sometimes, I do understand their point of view and can see the drawbacks of excessive social media. I do agree that it does affect our daily activities in life. It also tends to build a habit of sitting in bed and scrolling all day and getting access to the internet. However, I also believe that social media would help us discover different topics via videos on basically every and any topic you may be able to think of, but that wide array of information means being exposed to content that may not always be appropriate.

What I've seen and experienced myself is that every so often it can really affect one's mental health harshly. Trying to maintain this perfect profile on the internet for others to see is so mentally exhausting especially if you've been exposed to it from a young age and I'm so sure that once you enter this chain, it's not that easy to get out. Taking care of our mental health, especially in this generation is unheard of and I'm starting to believe that social media has become a huge part of this.

Our era specifically requires our mental health to be comparatively better than our actual everyday physical health and so it's important that we give ourselves the time and resources to quite simply achieve this. As entertaining and interesting as it may seem, it's not all fun and games out there. So, yes, social media can help us in certain ways, but I don't think excessive use of this platform is very healthy for one's well-being.



**RISHITA KAUSHIK  
IX**



## **VALUE OF THE MONTH**

### **SELF-RELIANCE: AN UNDERRATED VALUE**

***'Self-reliance is the only road to true freedom, and being one's own person is its ultimate reward' - Patricia Sampson***

We often hear about how we should be courageous and determined to achieve our goals. However, another value we don't really pay attention to, that is equally important in helping us become the best version of ourselves is self-reliance. According to me, being able to depend on ourselves and being confident about our abilities is what brings about self-reliance in us. Imagine being in a situation where a project has to be submitted the very next day, and it wasn't completed because you procrastinated since you felt you would complete it eventually? You have to be aware of your abilities and improve upon them, and build upon other qualities to be able to rely on yourself. Self-reliance helps us adapt in various situations and do our best when required to. It is an important value in a world where many of us are now accustomed to overly depending on others and the conveniences offered to us. Therefore, we should understand the importance of becoming self-reliant and build it in ourselves.



**ESHITA JAIN  
IX**





AARNA ROHATGI  
IX



### **BOOK RECOMMENDATION**

#### **THE WOMAN IN THE WINDOW- BY A.J FINN**

A thriller that keeps its reader on their toes through its unpredictable plot and intense atmosphere. The reader is easily able to visualise everything due to the writer's indescribably amazing writing. This book is highly recommended for all the Sherlock Holmes obsessed readers as well as for beginners at murder mysteries. The language is fairly easy to comprehend with a few words here and there that expand the reader's vocabulary. Moreover, the sarcasm, movie dialogues, and tv show references are bound to keep the reader addicted. The book is a journey that leads to a very dark end so the reader must be duly prepared to begin reading. The book contains a few chapters in between to brief the reader about the protagonist's history with her husband and daughter and what she had to go through once she lost them both.

The protagonist is an agoraphobic and witnesses a murder but due to her phobia is helpless. Moreover, her addiction to substances and PTSD allows her to question if what she saw was true. So does she trust herself and keep fighting till the very end or give up because of the trust issues that arrived in her divorce? One must read to find out.

JESSICA PREET  
XI





**SILENCE ISN'T EMPTY, IT IS FULL OF ANSWERS.**

Have you ever looked around and wondered why each one of us is constantly trying to surround ourselves with noise. Be it a television that is left on even when no one is watching or the need to mindlessly scroll through social media feeds, our minds have become these extremely chaotic spaces. We have forgotten that a few minutes of silence each day can give us the much needed fuel to rejuvenate and give us the clarity that we need to add meaning to our existence. Sitting quietly or enjoying a moment of silence is something that we rarely do. This urgent insatiable need to fill every vacuum with words is so great that finding a little quiet time has actually become a challenge. What we don't realize is that we all need this quiet energy if we really want to find a purpose in our lives. The time one spends in introspection, reflection and in meditative silence can actually help us feel more at peace and less stressed. It is so important to foster silence and stillness in our everyday life. It is said that 'Silence is golden' and we need to embrace it to understand how comforting it can be. So, if you aspire to make your life more productive, happier and healthier, being silent for a few minutes every day will help you turn down the inner noise, reach a higher level of self-awareness and focus on what matters most.

**SHREEGURU SALONI GROVER**



- ✚ *Anvee Arun Jadhav, Grade VII won a Gold Medal for Intra-academy competition, Level 3, Gymnastics held at the Vijay Sri Sports Academy.*
- ✚ *Varneka Dixit, Grade VIII participated in the Interschool tennis tournament held by Pathways School and won the trophy in the Under 14 category. She also won the runner's up trophy in the Under 14 Girls Doubles category in a tournament conducted by Manvi Tennis Academy, Noida*
- ✚ *Pranav Joshi, Grade VII won a Silver medal in Talent Search Tennis Tournament organised by Sunrise Sports and Tennis Academy.*
- ✚ *Bhavya Hasija secured the 1st position and Somiya Hasija secured the 4th position in Women's Category, Moksh Chauhan secured the third position in the Under 11 Boys Category and Ridhwi Sanger secured the 3rd position in the Under 9 category in the District Level Chess Championship organized at Aadharshila School, Ghaziabad.*



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