



Agnel Darpan

Mirroring the Agnel World





Agnel Darpan 2023-24



CONTENTS

1. Editorial Board
2. Messages
Fr. Bento
Fr. Carvalho
Fr. Roy
3. Agnel Events- I
4. A Heart to Heart
5. Did You Read This?
6. Through The 'Creative Lens'
7. Agnel Events- II
8. NCC - Celebrating Girl Power!
9. Discover Yourself Through Service:
Reach Out to Reach In
10. Wellness Matters: Mind, Body and Soul
11. Contemplations of Budding Poets
12. Story Tellers
13. Expressions of the Tender Hearts
14. Mixed Bag
15. We've Been Learning French
16. The School Parliament
17. Farewell... Class 12
18. Let's Tickle Your Funny Bone



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As I write this, I am nothing short of surprised, how quickly this year passed! The day I was honoured with the badge and responsibility of being the English editor remains fresh in my mind as from that day started a year long journey of creating the 'Darpan'.

“Discovering and Loving oneself through Service” – we chose this theme with the aim of encouraging the appreciation of self, finding out the true essence of life, to reach deep within one's own soul and face what we fear.

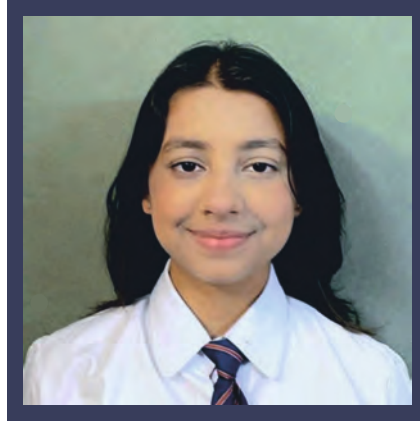
The most memorable moment which encouraged me to move forward throughout the year had to be the ex- editorial board congratulating me on becoming the English editor with a sorry yet hopeful smile.

It was truly a task to get everyone back into the habit of writing, yet many students managed to amaze us with their stories and poems. We, in an attempt to engage more students to share their creativity with us, held many competitions. We also included book reviews from students sharing their opinions of the books they loved. A separate section is dedicated for 'memes' cherishing the fun moments of school life. The 'Make-A- Meme' competition was especially loved by the students and we even had a last minute surprise entry.

I cannot thank enough, the art teachers and our staff advisors who helped us every step of the way. Also the whole team, without whom the editing of reports, collection of write ups would have been impossible.

In conclusion, I would urge every student who has shied away from their true self, who is still in search of the essence of life to 'fear not' and connect to oneself by reaching out.

– **Aleena Ben XI-E**
Editor (English)



Dear readers,

We are delighted to present to you our annual school magazine, 'The Agnel Darpan' 2023-24! This year has definitely been a journey of highs and lows, filled with both memorable experiences and valuable lessons learned from our mistakes.

When the opportunity to become the English editor presented itself, I saw it as a chance to try something new. I realized, I had been sticking to what was comfortable for too long, missing out on chances to grow. So, I decided to challenge myself and I wouldn't say it has been a very easy task. It required dedication and commitment from the entire editorial board, but one thing I CAN say with certainty is that none of it would have been possible without the unwavering support of our amazing teachers and each proud Agnelite.

Loving oneself through acts of service- we believe that by simply being kind and understanding, to the people around us, by always being willing to forgive and helping even those who may have wronged us, we learn to love ourselves and reach a deeper sense of fulfilment within ourselves. To love oneself is to care and support, to love oneself is to love others. So allow me to welcome you to your Journey of self-discovery... one page at a time!

– *Siddhi Sachdeva XI- A*

Editor (English)





Dear Darpan Reader,

As we draw the curtains on our tenure as sub editors for the Darpan of 2023-24, it's a moment of profound reflection and gratitude. Our theme this year, "Discovering and Loving Oneself through Service," resonates deeply with our school's motto, "Love Your Neighbour as Yourself," encapsulating the essence of big hearts and brave minds.

Throughout this journey, we've strived to embody the spirit of service, not just as a duty but as a means of self-discovery and self-love. Each article, each story, and each endeavour has been a testament to our collective commitment to making a difference, both within our school community and beyond.

In the corridors of our school, we've witnessed countless moments where service became a beacon of light, guiding us towards a deeper understanding of ourselves.

Imagine the smile that blossoms on a child's face when they grasp a concept for the first time (through Study Buddy), the warmth that envelopes a community as it unites to protect the environment or helping our service staff and giving them their due respect. These are the moments where we've glimpsed the reflection of our own humanity, recognizing that in serving others, we nurture our own souls.

To all the Teachers, Editors, Sub-editors, and Members of our school community who have poured their hearts and souls into making Darpan a beacon of inspiration, I extend my heartfelt gratitude. Your dedication, creativity, and unwavering support has enriched my journey beyond measure.

And to this esteemed position of sub-editor, I offer my deepest gratitude. It has been a privilege to serve my school community in this capacity, to amplify voices, and to spark conversations that ignite change. As I step away, I carry with me the lessons learned, the memories cherished, the bonds forged and continue to embrace the ethos of service, for it is in loving our neighbours as ourselves that we truly discover our purpose.

Farewell, dear Darpan, until we meet again in the pages of tomorrow's adventures.

With big hearts and brave minds,

– **Janhabhi Pramanik, XI-B**
Sub-Editor (English)



Dear Agnelites,

As we release this edition of Agnel Darpan for the session 2023-24, I hope that every person who reads it, not only enjoys it but grasps the meaning behind the wonderful theme 'Discovering and Loving Oneself through Service', and also relives the precious moments of the school of this year.

My time as the English sub-editor for the magazine was a beautiful learning journey. The debate on diverse ideas, insights from our former editors, the process of collecting, typing and editing several write-ups, coordination among the Darpan members, and the guidance from our teachers, everything was a rollercoaster ride of failures and achievements, creativity and chaos, and the final destination being our success in the form of this magazine you hold in your hands. What amazed me the most was the enthusiasm of students to write and share their opinions and imagination which wowed us all. I am grateful to the teachers who considered me worthy of this position and gave me an incredible experience to share with our future editors and implement what I've learnt in my future.

This magazine is not just the fruit of the editorial board's hard work but also the culmination of ideas of students of different ages and wisdom from our teachers. Thus, I would like to thank each and every person who contributed to the making of this incredible piece.

–Riva Monteiro XI E
Sub-Editor (English)





मेरे लिए विद्यालय की संसद का हिस्सा बनना बहुत ही खुशी एवं गर्व की बात है। जब मुझे बैज देकर एग्नेल दर्पण का हिंदी संपादक घोषित किया गया, तब मुझे यह सपना सा लग रहा था। हाँ यह मेरे जीवन के कुछ यादगार पलों में से एक है। इस पद ने मुझे जिम्मेदारियों को संभालना एवं आत्मविश्वास के साथ प्रतिवेदन प्रस्तुत करना, एकजुट होकर काम करना आदि सिखाया। हमने “अपनी आत्मा से प्यार करना” को मुख्य विषय चुना है। इस विषय पर आधारित लेख पढ़कर पाठकों को ये पता चले कि दिल से लिए हुए निर्णय गलत साबित हो सकते हैं और उस समय हमारी आत्मा की आवाज़ ही सही मार्गदर्शन करती है। कई बार असमंजस की स्थिति में आत्मा की आवाज़ ही सर्वोपरि होती है क्योंकि वह निश्छल एवं स्वार्थरहित भाव से परोपकार हेतु उत्पन्न होती है। हालाँकि कुछ स्थितियों में आत्मा की आवाज़ भावुकता को दर्शाती है परंतु अंततः आत्मा की आवाज़ ही हमारा व्यक्तित्व और चरित्र को दर्शाती है।

धन्यवाद।

— कबीर गुप्ता, XI A

सम्पादक (हिन्दी)





प्रिय दर्पण पाठकों,

जैसा कि हम 2023-24 के लिए एग्नेल दर्पण के उप संपादक के रूप में अपने कार्यकाल का समापन कर रहे हैं, यह गहन कृतज्ञता का क्षण है। इस वर्ष हमारा विषय, "सेवा के माध्यम से स्वयं को खोजना और प्रेम करना" यानी "डिस्कवरींग एंड लिविंग वन सेल्फ थ्रू सर्विस", हमारे स्कूल के आदर्श वाक्य, "लव योर नेबर एस योर सेल्फ" से गहराई से मेल खाता है जो सुन्दर सार को समेटे हुए है।

यहां तक आने का सफर आसान नहीं था, परंतु हमारे शिक्षकों और मेरे सहकर्मियों के साथ निभाते रहने की वजह से आज हम यहां तक पहुंचे हैं। एग्नेल दर्पण सिर्फ एक पत्रिका नहीं, हम सभी की पछाई है जो हमें अपने आप को दिखाती है। एग्नेल दर्पण में लिखा हुआ प्रत्येक लेख हमें कई नई चीजें सिखाता है और समझाता है।

मेरे सभी शिक्षक, संपादक और उप संपादकों को मैं दिल से धन्यवाद करना चाहती हूँ जिन्होंने इस सफर में मेरा साथ नहीं छोड़ा और हमेशा मदद करने के लिए डटे रहे।

आप सभी के प्यार, समर्पण और रचनात्मकता ने मेरे यहां तक के सफर को बहुत यादगार बनाया है जिसके लिए मैं आप सभी का बहुत ही स्नेह और दिल से धन्यवाद करती हूँ।

और उप-संपादक के इस प्रतिष्ठित पद के प्रति मैं अपनी हार्दिक कृतज्ञता व्यक्त करती हूँ। यह मेरा सौभाग्य रहा है कि मुझे यह अफसर मिला ताकि मैं अपने विद्यालय के लिए कुछ अच्छा कर सकूँ और हमारे विद्यालय में पढ़ने वाले कई बच्चों की आवाज बनकर उनके भाव व्यक्त कर सकूँ। इस अवसर को प्राप्त करने के बाद मैंने कई नई चीज सीखी हैं जिन्हें मैं अपने आगे के सफर में साथ ले जाना चाहूंगी।

इसी के साथ मैं आप सभी को धन्यवाद और अलविदा कहना चाहूंगी।

— श्रद्धा कश्यप, XI-B

(उप संपादक) हिंदी



उप संपादिका का संदेश

मैं इस वर्ष दर्पण मंत्रालय का हिस्सा बनने के लिए बहुत आभारी हूँ। स्कूल पत्रिका होने के नाते मुझे बहुत सी चीज़ें सीखने को मिलीं और दूसरों की मदद करने का भी मौका मिला। मैं अपने सभी शिक्षकों और अपने सदस्यों को धन्यवाद देना चाहती हूँ जिन्होंने मेरी मदद की। इस यात्रा के दौरान मुझे नेतृत्व के गुण सीखने को मिले और समूह में काम करने का तरीका सीखा। मुझे बहुत सी नई चीज़ें और युक्तियाँ भी सीखने को मिलीं जो मेरे भविष्य के लिए उपयोगी होंगी। साथ ही साथ मुझे हमारे टॉपिक आत्मप्रेम से भी सीखने को मिला। मुझे पता चला कि हमें सबसे पहले अपने आप से प्यार करना चाहिए। आत्मप्रेम एक महत्वपूर्ण अनुभव है जो हमें अपने आप से प्यार करने की क्षमता प्रदान करता है। यह हमें स्वीकार करने की क्षमता देता है कि हम जैसे हैं, हमें अपने गुणों और दोषों को स्वीकार करने की सामर्थ्य प्रदान करता है। मंत्रालय के काम से मुझे अपने लेखन कौशल को बढ़ाने में मदद मिली और मैंने यह भी सीखा कि लोगों को लिखने के लिए कैसे प्रेरित किया जाए। कुल मिलाकर यह मेरे लिए एक शानदार अनुभव और अवसर था जिसके लिए मैं हमेशा आभारी रहूँगी।

– अंशिता कनौजिया, XII-B

उप संपादक (हिंदी)



Fr. Bento's Message



Service in the midst of difficulties and obstacles

We learn from the life of Jesus that he served in spite of criticism by the powers of that time. He said, "I have come to serve and not to be served".

Service is what will get us the reward. "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

"As often as you have done it to one of the least of these, my brothers/sisters, you have done it to Me".

Service comes from the feeling that it is the rent we pay for the privilege of living in this beautiful and abundant world. If our intent is to serve others without self-concern, we are rewarded inwardly, with increased internal security and an 'abundance' way of thinking. Service is to help people produce good results by modelling and inspiring the behaviours and values that are aligned with a shared vision. When this happens, the organization wins and the people feel good about themselves.



Fr. Carvalho's Message



The World you believe in, is the world you will create for yourself and others...

However much you want to believe that there is nothing you can do about what is happening around you, you could well be wrong! Our outlook of the world is often perceived as determined by some external source or what we might call destiny, which what fatalistic or deterministic theories state. The other outlook that governs all we do in our world, is based on the perception that we believe we have free will, we act freely and plan our present and future according to what we decide to do with free will. When we launch our satellites to the space and land our capsule in the moon, we do it by meticulous planning, based on scientific calculations, arrived from millions of telemetry data that we have gathered, and decide what speed the rocket should have, at the what time and distance, other rockets should be fired to change direction, and for how long, and when the backburner would be fired if need be to reduce speed, all by design, and free will and never because we think that whatever we may do, it will end in a particular way.

A neuro surgeon who carries out a difficult, complex and delicate surgical intervention on a person, does so, after meticulous planning and study, and not by flipping coins. Nothing that we do, consciously and with a final objective in mind, is left to destiny (whatever it means) . Our entire planning, technology, economic theories and investments are all carried out, out of certainty as perceived by us, and not out of certainty that

destiny will give. Were it not so, our whole world would have to survive from day to day, based on what destiny (whatever it means to those who believe in it) will decide, and our day to day lives would be shrouded with complete uncertainty. Of course you decide which team will bat or bowl first, because that decision is essentially based to establish uncertainty, or in other words to ensure that no one has been given undue advantage.

If there were no certainty, the coaching institutes would not be able to charge so much from young aspirants for IIT and MBBS. They charge you a lot of money, because they want to state that if you study what they teach you, in a manner they want you to study, and answer in a way they taught you to answer, you are sure to pass, although that seldom happens. Lots of students who attend coaching classes crack the IIT or NEET, but equally others do it, without ever attending coaching classes. Destiny plays no role here, it is the combination of hard work, a cool and confident mind, and the fact that in whatever questions students give chance answers, some click and others do not click. Once again it is not destiny, but the chance that one takes, without knowing what is the right answer, the right chance clicks for those who took the right chance, as well as for those who answered knowing what is the right answer. No destiny here too.

ME AND WHAT I WILL BE TOMORROW

The problem that haunts us, is what kind of a world will our children inherit tomorrow, since destiny will play no role in it? Differently put, can we ensure that we and our children will be able to breathe free and grow healthy, have a safe environment to live and enjoy, grow and pursue our careers in safe and comfortable environments, in other words, will we be able to dream dreams and be happy, chasing those dreams? Is it possible to project a scenario which is more or less predictable without any astrological inputs. A lot of physical and as a consequence, economic disruptions are predictable due to what we have done to our planet, caused by climate change – floods due to incessant rains, droughts causing famines, and economic distress following large scale destruction and disruption. Wars and subsequent economic distress will follow due to human greed and unwillingness to solve problems amicably, through give and take, and trust deficit and fear or military might. Large scale social disruptions, riots and violence can happen when governments and power groups

create distrust between communities and incite uncontrolled violence. Large scale social unrest and violence can happen when democratic rights are controlled or denied, social discrimination happens as part of official policies and resultant unrest is let loose.

IS THERE A RECIPE FOR A GOOD FUTURE, CAN IT BE CERTAIN?

This undoubtedly is a good question. Were we to proceed from where we ended in the last para, it is obvious that it is possible to obtain certainty, leaving aside acts of God, such as earthquakes, lightings or unprecedented floods. I have purposely omitted famines because although these were considered acts of God in the past, they are no longer so now, since technology has the capacity to feed the world many times over.

If uncertainty is reduced to only acts of God, it is possible to predict a future of certainty. The only factor that can turn this power that mankind possesses, to ensure certainty, is the man (woman) and his desire to be less human. A nuclear war can destroy our planet many times over, biological weapons of mass destruction can decimate most of mankind, and the depredation of our planet can cause indescribable misfortune to our planet.

Mankind had the certainty of a happy future, exactly because he (she) has the free will to choose right and decide what will preserve and nourish humanity, against deciding to do the opposite. How can we prevent humanity or individuals from turning 'rogue'. Being 'rogue' is the outcome of a false perception, that one cause harm to others, and remain immune from that harm and damage one causes to others. Acts of hate, discrimination against others, and insensitivity towards others, arise out of a mental arrangement that decides in the first place that causing harm, depriving others of their rights, is normal. Every step in his process of deciding in this manner, is person neutral, i.e. when you hate, you do not need a person, you familiarize with the idea that causing harm, pain, death to others is fine. Only when this perception is embedded in the human mind, the object is selected, and by design the desire to harm, maim and kill does not end with one object/person because becomes embedded and will always seek more victims.

To ensure a future to our families, our communities, our school and our villages and towns, it is absolutely essential that the idea of hate/discrimination/ideas of superiority and inferiority are not allow to be embedded in our minds. This does not mean, that we will not have

divisions, misunderstandings and fights, but they are instances of lack of control, self defence, etc. Hate that conditions our mind to hate, suspect, discriminate, etc against others, is a result of self inflicted or socially acquired indoctrination. It needs to be based on an argument (although false), which means, a sub-conscious approval system is created within us.

THERE IS URGENT NEED TO CREATE A SANITIZED MIND THAT REJECTS HATE, ACTS OF VIOLENCE, DISCRIMINATION AND REVENGE!

It sometimes appears that anything that is spoken of as 'good' is a religious connotation. Goodness is a natural conditioning of the human mind. That is why even a child, shrinks and gets frightened when someone is in pain or cries. Causing pain to others or to oneself is contrary to us, to our way of thinking and by the way even to animals. Our common effort for ensuring a future for us and our children and our communities, our villages and towns, is to ensure that we do not allow our minds to be conditioned to hate, causing pain to others, etc. When all of us, men, women and children, including infants, decide to be human, to hold fast to what we are, humans, our future is secure for us and for our kids, because the man-made mass scenario can never happen.

We, as adults, and you, the young can create a world of our choice, provided we decide to do it, because the 'World belongs to the Brave', and to be brave means the refusal to be moved out from where you belong – a Brave Mind that is able to see what is right, what is essential for our survival and the courage to negate hate. You are a Big Heart because you are able to see not someone, you need to hate, but someone who is asking him to help out reach somewhere. The world will be safe, as long as there are Advocates of Hope, and Hope has a name – yours and my right to be what I want to be, what the Master created me to be. That is our greatest hope, such that defies our limited human understanding – what Adi Sankaracharya class 'Aham Brahmi Asmi', or 'God abides in you' (Bible).

– Fr. Jose Alarico Carvalho



Fr. Roy's Message



It is a matter of joy once again to pen down a few lines for Agnel Darpan; the Annual Magazine of Fr. Agnel School.

It so happened one day that when I was talking with a group of students with regards to their future plans once they move out from school, I casually asked them, how would they measure success in education? With a show of hands, the immediate answer of a few students was if I am able to launch into a very successful career and earn back the money, I spent in my 14 years of school life I would consider it as a success of my education, somebody said if education would take me to places and help me to connect with people, somebody said if education would help me to explore the world through mutual studies, seminars, or workshops, etc.

Everyone was right in the way they measured success of education. But it kept me wondering whether there was something more to consider for success in education, and then suddenly I heard a child saying, “excuse me Father, and I said ‘Yes,’ and she said ‘Father, for me success in education is becoming man or woman for others, serving or engaging with the community, in continuation with that somebody else said, doing good for the welfare of the community or becoming a good human being or in other words, if I put it, it would mean incorporating all the parts of who I am for the service of the humanity.

I had a tinkle in my eyes and a smile on my face at the end of this discussion, for I truly felt that somewhere down the line, at least some of them if not all, understood (either through books or teachers) that success in education was not only growth in terms of a big post or a hefty salary but that there was something more profound, deep and noble, which dealt not only with the mind (in terms of money/post/) but with the heart as well.

These days, dear children it's easy to become self-involved. So much is coming at us so quickly. We live in a world of speed and busyness, in an age of social media, celebrities, and influencers. We get obsessed in climbing professionally, get focussed on chasing success, and as a result forget the recipe for good living. In all the chase, with all its focus on success, don't you think we miss out on one of the great gifts and joys of life: doing good to the humanity through our education?

The purpose of education as we all know is to build our character holistically but this happens when both the dimensions (mind and heart) are taken care. Therefore, education which is just confined to a defined set of syllabus or knowledge of certain fields or having degrees and diplomas is no real education at all. It should be backed by values like empathy, compassion, humanity, accountability towards others' lives, integrity, confidence, courage and help a person to get rid of prejudices, superstitions etc. for if educating the heart does not happen then we will only create clever devils and human robots and not human beings; and only build and have technical experts/expertise but not humanity.

People like, Mahatma Gandhi, Vinobha Bhave, Nelson Mandela, Dr. APJ Kalam Kailash Satyarthi, Medha Patkar, Dr. Prakash Amte, Arunachalam Muruganantham, who made a place in the hearts of people were not just intellectuals but were humanist in their approach. People like Hitler or Osama Bin laden who were no doubt were instructively educated but were without education of heart, proved dangerous for humanity.

Therefore, dear students always remember that whatever you learn in the school daily, should make you think/question, 'how can I make use of the knowledge that I have gained in the class for the good and welfare of the society, or how can I make a difference in people's lives with the knowledge that I have gained. Your education in the school should lead you to be selfless thinkers; that is people who are meant for the world and its

happiness and not selfish thinkers; that is people who live only for themselves and for one's happiness.

Remember, Agnel's way of life for its children has always been in this line; to just not think critically in the classroom but also help children to think as to how I can be socially productive. In an age where self-interest often takes precedence, the school is trying its best to stand out as an institution that instils in its students the values of empathy, compassion, and service to the society, be it through its generous contribution in kind to the children who study in Khoda, Balbhavan or Badarpur or through Prerna, (a community Outreach programme of the school), where fresh food is cooked and served to the poor at the construction site or outside the hospital.

Make the statement "Enter to learn, leave to serve." (statement of a school found on the internet) a guiding principle of your life, as we educate you, to work towards creating a better world where each one not only sees the interest of oneself but also the interest of others. Understand dear children, that if

you have held a door open for someone during the day, or being kind to people you encounter on the street/bus or have thanked the waiter with a kind word and smile or stopped to see if someone needs help, or have given someone a ride, or checked in on a friend or colleague then you have truly lived the Agnel's way.

As I conclude, I congratulate the editorial board comprising of teachers as mentors and students as learners for their dedication and efforts in bringing forth the Annual School Magazine, Agnel Darpan. My sincere gratitude to all the budding writers who not only grabbed the platform of being writers but who also ignited the passion of thinking and writing by giving flight to the wings of their imagination and creativity so that the school annual magazine could see the light of day.

We hope that Fr. Agnel School may always continue being a shining star through its children and radiate its glow in every corner of the universe.

– **Fr. Roy D'Sa**



Events-I

Earth Day, 25th April'23

As an initiative towards keeping up the good work towards doing our bit for our planet Earth, the Environment Ministry and Kabir House collaborated to organize the following activities which were conducted on 25th April, 2023, keeping in mind the three Rs; Recycle, Reuse & Reduce:

Classes 1 and 2 had a Recycle Activity where students used pet bottles from their previous activity and turned them into craft items. For Classes 3 to 5 a 'Best out of Waste' competition was conducted to instill the act of reusing things to save available resources. The students had hands-on experience in turning waste into something useful. The winners were selected on the criteria of usability and creativity of their craft. The students used waste materials like socks, pet bottles, and boxes to create the best out of waste. The prize winners were awarded certificates and a display of things made by students was put up for parents in the PTM held on 6th May, 2023.

– *Ms. Sabina Peter*
(Environment Ministry)



GOLDEN JUBILEE CELEBRATIONS of the Priestly Ordination of REV. FR. JOSE ALARICO CARVALHO, SFX

On 29th of April'23, Fr. Jose Alarico Carvalho celebrated 50 years of 'service' as a Priest, to God and God's people, with special attention to the poor. The commitment he had made to Jesus, to serve Him as His Lord and Master, selflessly and without counting costs, came to fruition after 50 years, with a shining testimony in the service of those who are generally left behind. The day, a beautiful milestone, commemorated the ardent and untiring journey of a man, known for his endless compassion, uncanny wisdom and extraordinary vision. The celebration was an authentic and spontaneous act of admiration, gratitude and joy, of thousands of students, parents, teachers, men, women and children in slum communities that he serves, and men and women in public life and his family, whose lives this brave and generous heart has touched.

The solemn celebration was witnessed by dignitaries, principals, teachers and students from various Fr. Agnel School branches and friends and family members, each of whom was a witness to and more especially a recipient of Fr. Carvalho's kindness, compassion, guidance, uncanny wisdom and inspiration. The event commenced with a reflection on the immortal words of the Blessed Virgin Mary, "My soul magnifies the lord, and my spirit rejoice in God my Saviour."

The day was not only a celebration of fulfilling 50 years of priesthood of Rev. Fr. J.A. Carvalho, but it was a commendation of all that he personifies- of boundless and unwavering faith; of achieving the seemingly impossible; of passion for life; of tenacity of spirit; and unadulterated love for the neglected, and above all it was a celebration of glorifying the Lord for the services Fr. Carvalho rendered to His people, a value which lies at the heart of all who tread on the path shown by Rev. Fr. Agnelo.





The investiture ceremony is an occasion that celebrates the emergence of our new leaders and their commitment to serve. The event commenced with a melodious hymn by the western music choir followed by the prayer and the 'passing on' the flag ceremony. As the flags were ceremoniously handed over, they symbolized the turning over of responsibility from one batch of leaders to the next.

The fluttering of the vibrant flags representing the ideals, values and aspirations of our school. As the new leaders embraced the flag, they embraced along the duty to uphold its significance, ensuring that it continued to inspire and unite us all.

At Agnels, we embrace the philosophy that no responsibility is too big to undertake or too small to reject. We understand that each task, no matter how insignificant it may seem, holds the potential to contribute to the betterment of our community. By accepting responsibility wholeheartedly, we cultivate a culture of accountability and commitment that strengthens our collective impact. This is done in a short but powerful way that is by administering the oath of office to all the members of parliament so that they do not deviate from their responsibility and stay true to serving the school.

The investiture ceremony was followed by the joint session meeting, where the outgoing leaders read their yearly reports and handed over their files to the incoming leaders symbolising the delegation of duty.

To sum up, this is the day where the bold and brave Agnelites take up responsibilities to become the members of the parliament and form the foundation of a developing nation, highlighting how the actions of the youth can benefit the world in the future.

– Aadya Goel XI-B



The summer season is the most anticipated and fun time for children. Agnel's Kindergarten organised a day full of fun activities for children in the school gearing them up for the summer season and the upcoming vacation. Children dressed up in their best summer casuals. They looked dapper donning their 'creative hats / caps' braving the sun with cool shades. "Summer Cool Mandali" comprising of the K.G. teachers, went a way forward by enacting different ways of keeping oneself cool in the summer season. Children displayed amazing skills as they played the game, 'Pass the Ice-cream'. The children enjoyed the game, and while having fun, they learnt essential skills like teamwork and waiting patiently for their turn.

It was a delightful sight to watch the children have fun with their shadow, learning the difference between the sunny and shady places in a playful way. Each child carried a memento of an ice-cream which brightened their face as the summer sun!



Pass The Ice Cream Cone Game
Children With Their Ice Cream Memento



Children In Their Summer Wear & Creative Hats Summer Cool Mandali



Learning About Summer Season



Sunny And Shady Activity
Sunny And Shady Worksheet



The program began with invoking the blessings of the Almighty through the lighting of the lamp by Fr. Carvalho, Fr. Roy, our guest artist- Miss Arushi Mudgal, and the accompanying artists. Miss Arushi Mudgal, at a young age, has many feathers in her cap. She is one of the foremost young talents in Odissi and has been featured as one of the Top Ten Dancers of 2018 by the New York Times. She has performed worldwide, co-authored a book on the aesthetics of Odissi dance, and received many awards. She was accompanied by vocalists Miss Sawani Mudgal and Shri Khushal Sharma, Shri Kharak Singh on Pakhawaj, and Shri Ganesh Singh on Flute. The guests were welcomed with a bouquet of flowers. Fr. Carvalho, our director addressed the gathering. He expressed that true art lies in the dance forms of India and these artists deserve the utmost appreciation for their hard work. We then sat back and enjoyed the breathtaking Odissi performance.

The first piece, Mangalacharan, praised Lord Ganesha. Ma'am Arushi then explained the two types of dance acts, storytelling and abstract act. We then relished an abstract composition full of rhythmic music. After a little more information about the technique of the dance style, we admired the emotional piece narrating the conversation between Lord Ram and his mother before his exile. The repertoire ended with a humorous act showing a friend of Radha who teases her for falling in love

with Lord Krishna in Odissi song. The auditorium was filled with awe and thunderous claps after every performance. Children and teachers then asked a few questions about the dance which were answered in detail by Ma'am Arushi.

The exciting yet soulful music, smooth and beautiful dance moves along with rapt expressions, all together were a treat to experience. Fr. Roy, our Principal, then presented a token of our appreciation to the artists, after which group photos were taken. The program ended with a vote of thanks by Ma'am Anuradha, who had taken the lead role in organizing this event. The event was a mesmerizing experience for the students, and a great opportunity to discover and learn more about the enriching culture of our nation.

– Riva Monteiro XI-E





"Celebrating the Dance Story: An Enchanting Journey of Rhythm and Talent" 27th & 28th July 2023.

The Annual Prize distribution at Fr, Agnel School, New Delhi was a mesmerizing celebration of dance, talent, and camaraderie. With the theme "The Dance Story," the event took the audience on an enthralling journey through the evolution of dance, from tribal rhythms to the captivating beats of hip-hop and K-pop.

The event was skilfully anchored by students namely Anointa Christina, Prisha Gera, Anjali Roy, Ishan Bisaria and many more who seamlessly guided the audience through the different dance forms. The performance commenced with the raw energy of tribal dances, followed by the graceful movements of flamenco, the elegance of classical dance, and the enchanting ballet performance on the song "Little White Swan."

The highlight of the event was the dynamic showcase of contemporary, hip-hop and K-pop, exclusively performed by the talented class 6 students. Their energetic and synchronized moves left the audience in awe, showcasing the potential of the young talents.

In recognition of excellence in extracurricular activities and academics, outstanding students, from classes 6- 8 on day 1 and classes 9, 10 (AISSCE), 11, and 12 on day 2, were awarded prizes including trophies as well as cash prizes acknowledging their dedication and achievements. The ceremony also featured heartfelt and insightful words from fathers, appreciating the students' passion and hard work in pursuing their interests.

Adding to the grandeur, the event had the honour of a distinguished chief guests, Ms. Jyotsna Laroia, and Ms. Shovana Narayan, who graced the occasion with their presence and their encouraging words.

The event concluded with a mesmerizing English medley, a soul-stirring band rendition, and a heart-warming school hymn, leaving the audience in a state of euphoria.

The annual day prize distribution was a testament to the school's commitment to nurturing the students' artistic talents and encouraging their holistic development. It was a truly memorable event, celebrating the magic of dance, the spirit of excellence, and the joy of unity.

– Janhabi Pramanik XI B







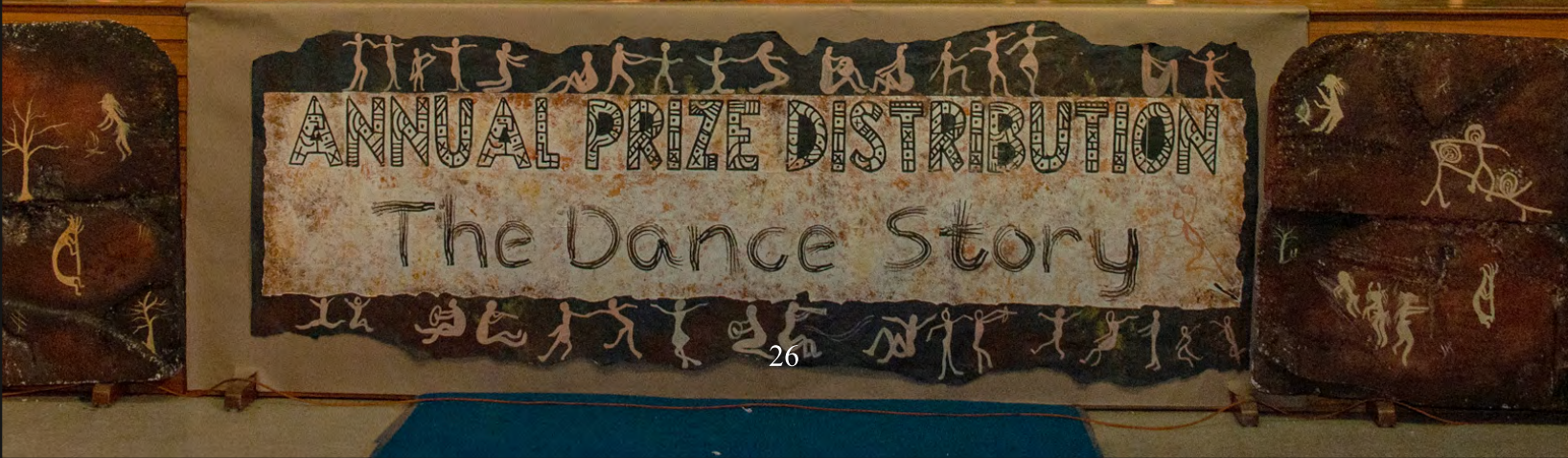


ANNUAL PRIZE DISTRIBUTION
The Dance Story



ANNUAL PRIZE DISTRIBUTION





Fr. Bento's Birthday Celebration, 5th August'23

On 4th August 2023, our school celebrated the birthday of our dear Fr. Bento, whose gentle smile and silence speaks volumes. Father Bento's birthday like every year was celebrated with immense love and regard. The event was organised by the members of Cultural Affairs Ministry and staff advisors.

Knowing how much father adores and loves his 'little' Agnelites, the day began with a fabulous dance performance, by our pre-primary friends under the guidance of ma'am Megha and pre-primary teachers, ma'am Anubha and ma'am Charu. Music has always been the soul of our school, binding us all, enlivening every celebration, every moment. And so, the celebration continued with an outstanding music performance, presented by the choir under the guidance of ma'am Jedidah and sir Elijah, followed by the much awaited, the cutting of the cake.

Birthday wishes were delivered by teachers and office representatives and by Father Carvalho and Father Roy. Last but not the least, Fr. Bento, our

guiding star, himself addressed us and blessed us all. He has always been a man of few words with great impact, embodying the very values which are instilled and cherished here at Agnells. His benign presence has gently nudged us towards the path of righteousness, sacrifice and compassion. And every Agnelite silently wished him many more such days.

– Anshita Kanojia XI-B



INDEPENDENCE DAY CELEBRATIONS PRE- SCHOOL & PRE- PRIMARY

Children from the Pre-School and Pre-Primary classes celebrated the Independence Day on 11th of August, 2023 with great zeal and zest. Children came with tri-colour accessories, carrying our National Flag, for the celebration.

The story of 'Free India' was enacted by Pre-School and Pre-Primary children reminding one and all about how India got its freedom from the British with the help of our brave freedom fighters. Significance of different National symbols was also told by our little speakers. All the children sang the song 'Our National Flag' with Ma'am Bethsy painting the entire auditorium in the vibrant hues of Saffron, White and Green. They all stood up in respect and sang the National Anthem together.

The children were educated about the history and importance of freedom and Independence in our country. The celebration filled the whole ambience with festivity and patriotism. Respected Fr. Roy guided the children to be responsible citizens of the nation.











स्वतंत्रता दिवस, हर भारतीय के लिए गर्व का दिन है। इस दिन हर इंसान अपने भारतीय होने पर गर्व कर इस दिन को खूब उत्साह, नवीन आशा और देश भक्ति के भाव से मनाते हैं। हर साल की तरह इस साल भी हमारे विद्यालय ने 14 अगस्त 2023 को मनाया था। विद्यार्थियों ने नवीन जोश से मार्च पास्ट की, सुरीली आवाज़ में छात्रों ने देश भक्ति गाना गाया। साथ ही साथ हमारे जवान कारगिल के वीरों पर एक अद्भुत कविता सुनाई। इन कार्यक्रमों के बीच दर्पण मिनिस्ट्री द्वारा पिक्चर क्लिकिंग प्रतियोगिता नियोजित करी गई। जिसमें कई छात्रों ने योगदान लिया। इस उत्सव को और महत्वपूर्ण बनाने के लिए कमांडेंट श्रीमति कमला सिसौदिया को अतिथि पूर्वक आमंत्रित किया गया। उन्होंने अपने अति सुंदर और देश भक्ति प्रेम के साथ सभी बच्चों और अध्यापकों को प्रेरित कर अपने देश के प्रति एन.सी.सी कैंडिडेट को उनके द्वारा पुरस्कार भी दिया गया। अंत में हमारे भारत के झंडे को गर्व के साथ लहराया गया।

– Anshita Kanojia XI B



On the joyous occasion of Teacher's day our school celebrated the invaluable contributions of its dedicated educators. The day commenced with a special assembly, where students expressed their gratitude through heartfelt messages and performances. Every year on September 5th, Teacher's day is celebrated all across the country. On this day, we express our gratitude to our teachers and thank them for shaping our lives.

The ceremony started with an introduction followed by a melodious song sung by our senior Hindi choir students and a mesmerising dance performance by the students.

This was followed by some fun and frolic, especially for our dear teachers. The teachers were divided into two teams and a game of 'Tug-of-war'

followed. The excitement was clearly visible on our teachers' faces as they were about to play the game. The students were thrilled to see their teachers becoming students again. It was very fascinating to watch them and hard to decide who had more fun- the teachers tugging the rope or the students watching the fun! The teachers were also given a book as a token of love and regard from their students.

In conclusion, Teacher's day at Father Agnel School, Gautam Nagar was a heart-warming celebration. At the end, we extended our deepest appreciation to all the teachers for their tireless efforts and wished them well.

– Shraddha Kashyap XI-B



Storytelling is an ancient art form that transcends time and culture, serving as a powerful means of communication and connection. Stories help the children understand their roots and cultures, have the ability to evoke emotions, provoke thought, and inspire action, making them invaluable tools for education, entertainment, and personal growth.

Nowadays, we spend most of our free time glued to the screens of mobile phones, tablets, or other such gadgets. Despite advancements in technology, gadgets remain devoid of the 'human touch'. These things may be considered pleasures of childhood but nothing compares to the beauty of storytelling. Well, let's admit it, who does not love listening to stories at bedtime or during leisure time? Well, not only kids, even adults are fond of listening to stories.

Whenever one wants to hear a story, the first person one runs to, is the grandparent. Grandparents are the greatest treasure, filled with countless stories, long-held traditions, and cherished life lessons. Our favourite elderly figures hold a special place in both life and literature. So, Father Agnel School, New Delhi took the initiative and invited few grandparents for the 'Story Telling' session for classes 3 to 5 in the month of September 2023 as 11th September is marked as World's Grandparents' Day. The children were overjoyed and exhilarated to have the grandparents narrate stories and interesting anecdotes at school. It really helped creating memories for them. The grandparents were overwhelmed by the response of the children who really made them feel special. The event was concluded by handing over the gifts to the grandparents as a token of love and appreciation by the Principal Fr. Roy.

This Story Telling Session was not only entertaining but also an enriching experience for kids which helped them learn a great deal about life. As J. K. Rowling rightly said, "The stories we love best live with us forever".

—Ms. Harveen Kaur



As educators, it is essential that we be aware of the pressing needs and the dilemmas of our young learners and be fully equipped to assist them. The issues concerning them aren't confined to the realm of academics and extends beyond leading to emotional upheavals and a restless mind. And so, it's imperative that we delve within, introspect and learn to be fully aware of true self before we address our students. And we were fortunate to have one such session on the 12th of September 2023 on the topic, 'Emotional Engineering' by Dr. Ramesh Prasad, from Brahma Kumaris Ishwariya Vishwa Vidyalaya. Dr. Prasad impressed on the role of value based education in creating a better world. This simple yet profound life lesson by Dr. Prasad, on being mindful and enjoying the 'golden silence' was surely a gentle reminder for all teachers to take out a little time, pause, recharge and rejuvenate.



You may find reading ordinary but it
will make you extraordinary!
Yoga is fun, you will enjoy and learn!
- Pulkit Sharma 8C



Yoga vibes... Healthy vibes!
Hetanshi VI C



Nursery organized a fancy dress event – Nanhe Kalakaar to provide an opportunity to the young learners to speak and express themselves in front of an audience.

Children chose one out of five different themes – Characters from Books and Fairy Tales, My India, Nature and Universe, Advertisements and Social Messages (such as save trees, save water)

Not only did the children speak confidently, but they looked delightful in their costumes. We saw a very enthusiastic participation, inspiring both imagination and creativity in the little ones.



My Experience

“Music is the divine way to tell beautiful, poetic things to the heart.” – Pablo Casals

So there we were, Father Agnel's own (self-proclaimed) musical superheroes, at the Alarico Music Meet 2023. Backstage at the Meet, I was a nervous wreck, absolutely losing my mind, sweating. The butterflies in my stomach had turned into pterodactyls, and I was convinced that my heartbeat could be heard from outer space.

Enter Ma'am Poornima. Seeing me on the verge of a pre-performance breakdown, she swooped in for the legendary “calming hug.” I was ready to drum my heart out like a caffeinated squirrel on stage. And you know what? Thanks to her, I did.

The moment I went on stage, and sat on my throne (Yes that's what it's actually called), I realised I was about to play in front of 400 people, half of which we were competing against. We were so underprepared (or so I thought) that I started getting flashbacks of our practice sessions, which were nothing less than a comedy show in disguise. Our timing? Let's just say it took a vacation without us.

The Meet was our circus, and on stage, we had more plot twists than a telenovela. I'm banging the drums, feeling like the rock star I pretend to be in the shower, when Mrinal's (our guitarist) wire decides it's time for its own solo performance! Yes, his guitar disconnected mid-performance and the light-person put the spotlight on him that exact moment.

Our singer, Anointa, bless her lyrical soul, forgot the lyrics mid-song. But guess what? The universe decided to reward her for her temporary amnesia by giving her the Best Vocalist award. Who needs a perfectly memorized song when you've got a voice that could make angels reconsider their career choices? (Love you Anointa!)

Imagine this: we're about to rock out to “Highway Star” by Deep Purple. Now, this song is like the drumming Olympics – super fast and intense. Again, flashback to our practices, where my drumsticks were doing their best acrobatic routine. But when the big moment hit, there I was, drumsticks in hand, ready to face the storm. I hit every beat with my drumsticks as if they owed me food (which they actually did, Fr. Carvalho promised us a treat if we won.)

On stage, we proved that in the world of music, ‘funny’ beats ‘flawless’ any day. Second prize? Silver is the new gold, baby! 1212

PS: Our band isn't just a group of musicians; we're like a musical family with the strongest bond and understanding. In just two years, our band has become a tight-knit family. Despite starting as strangers, our bond has grown stronger with every chord struck and every beat played. Even though I'll be passing school soon, I know our connection will endure.

– Jerrica Grover, XI C







“A father's love is a 'Guiding Light' that shines through every step of life...”

On October 19th, 2023, Little Agnelites of class K.G. enjoyed the event 'Guiding Lights' with their Super Dads. The event was organized to celebrate the selfless love and the never-ending gratitude towards the man of the family, who does and feels a lot but never shows it. Rejoicing in this precious bond, the fathers were welcomed with a light bulb cut-out on which they wrote their beautiful messages and blessings for their little ones.

Live music was played by Ma'am Bethsy which was enjoyed by all. The children were excited to have their Super Dads with them, and it was lovely to see the father-child duo enjoying themselves together in colour coordinated T-shirts.

The day began with the prayer, followed by children surprising their fathers by singing a special song, 'If I were a butterfly' for them. The eyes filled with happy tears showed the ceaseless love of all the fathers for their children. To bring back that same zest, all the dads were asked to perform on the peppy beats of the action songs 'Baby Shark and If You Are Happy, You Know It'. Children joyfully cheered for their Super Dads and enjoyed seeing them dancing on some of their favourite songs. Next, The Medal ceremony was held, where children ran towards their fathers, honoured them with the 'Super Dad' medals, hugged, and expressed their love and gratitude by saying, 'Thank you, Daddy, for all the things you do for us'. The fathers were overwhelmed and overjoyed by the beautiful gesture. The next part of the programme was held in the auditorium, where an interclass game 'Saathi hath badhana' was played enthusiastically and with full zeal by all the dads.

Respected Fr. Roy, enlightened and inspired our dear fathers with his words of wisdom. Last but not least, the event concluded with an activity where the duo put their hands together and made their own DIY Dandiya sticks. The ambience was filled with joy and happiness when our super dads energetically and cheerfully enjoyed dancing with their kids on the 'Dandiya Beats'.

The event was a wonderful celebration of the special bond shared by children and dads and it added more colours to the ongoing festivities, memories of which will be cherished forever.



Fr. F. C. memorial Rodrigues, the most awaited tournament for Agnelites was held from 14th-17th of October. The event was organised by the sports ministry who worked tirelessly for the success of the event, from providing food supplements for participants to arranging the seats. The event started off with the sports minister Angel Thomas, addressed the participants with a speech kindling a spirit of sportsmanship within every participant. The following teams participated, in the boys category, New Green Fields, DPS Vasant Kunj, FAS Vaishali, FAS Greater Noida, Notre Dame, LPS, FAS Noida, and in the girls category, DPS Vasant Kunj, Notre Dame, Amity, Saket, New Green Fields, FAS Vaishali, FAS Noida, DPS Mathura Road, General Raj. The following teams won the matches: Green Fields, DPS Vasant Kunj, Notre Dame.













26th October brought along a special reason for offering our gratitude to the Almighty. Agnelites gathered to celebrate the birthday of their Dear Fr Carvalho. as he reached a beautiful milestone of his journey- his sparkling diamond jubilee.

The day began by giving thanks to the Almighty followed by the lighting of the lamp which in itself was a special one as the students commemorated each and every year of father's journey and lit 75 candles, wishing to imbibe and extend his spark. In the midst of the radiance, the dancers along with the choir rendered a soulful piece. It was followed by Fr. Bento's address.

The program then entered a celebratory mode, and the auditorium witnessed our little poets from the primary, dedicate a poem to their champion. The audience also took a beautiful walk down the memory lane and travelled back in time with a picture presentation of some fond memories of father Carvalho back in the good old days. This was followed by heartfelt wishes of Father Roy and Ma'am Anu.

What followed next was a unique blend of poetry, melody and rhythm. Our friends showcased the life of their fearless visionary his love, compassion and zest for life. And since the list of his well-wishers is ceaseless... we were joined by some old students and teachers who fondly reminisced the wonderful times spent with father.

On Father's birthday's another special surprise was our very own Sir Norman and Sir. Amit taking us along a musical journey. Surely a cherry on the cake! Last but definitely not the least, Father Carvalho addressed us and once again stole the show with his words which have always been a ceaseless source of vigor and positivity inspiring every Agnelite.

The event concluded with our friends lighting up the stage once again with candles, singing the school hymn and wishing him well not just then, but for all the milestones to follow.





“Persist con Valentia”: persisting with valour in situations where the right choice is the hard choice.

When the world is no longer black and white, it takes courage and compassion to embrace the harsh realities of the world and bring colours to the lives of many. This phrase encapsulates the idea of facing challenges and difficulties with unwavering determination. The SPARKMUN 23 conference brought together over 300 students from schools across Delhi, to recreate the UN and give the students a platform to engage in debate and diplomacy. It is a profound initiation into the world of international affairs where students channel their skills, passion, and intellect to find solutions to issues that challenge our world. The conference officially opened with a hymn by the western music choir seeking blessing from the almighty. This was followed by the lighting of the lamp and the felicitation of the dignitaries gathered at the conference.

An enlightening speech from the keynote speaker and our honourable Chief Guest, **Mr. Salman Khurshid**, the Ex-External Affairs Minister of India was followed by our principal Fr. Roy who welcomed the delegates and talked at length about the atrocities of war and its grievous consequences.

He also said that our economy was on the brink of collapse and persistent courage in newly emerging leaders is now needed more than ever. The sincerity and seriousness of his remarks set the tone for the conference. The opening ceremony wrapped up with an enthralling performance by the dancers of our school and the Secretary-General, Ishaan Bisaria declared SPARKMUN'23 open.

Our principal Fr Roy D'Sa, expressed a deep appreciation for the dedicated delegates and teachers.

The MUN Newsletter etched the words of our director, Father Jose Alarico Carvalho. He urged the children to see these meets as a unique opportunity – to change the world! All seismic change in the history of the world have happened because an IDEA was born in the mind of one individual, who nurtured that idea, communicated to others, found others who subscribed to the same and thus became a movement that changed the world. It does not matter, how small that idea was, when it was first noticed, but the desire to look that apparently insignificant idea in the face, was what bought about change.

Men and women who changed history were not born change makers, they were ordinary guys like you. but they nurtured the spark of opportunity in their lives and decided that their lives matter too! Let your lives matter!

The closing ceremony of SPARK MUN 2023 marked the culmination of two days of intense debate, diplomacy and collaboration. The ceremony not only simulated the workings of the United Nations but also fostered a spirit of cooperation and understanding among the participating delegates. Delegates, presenting various committees, were acknowledged for their dedication and hard work throughout the sessions. Outstanding delegates were recognized and awarded for their exceptional contributions to the delegates.

The closing ceremony encapsulated the essence of the entire event, bringing together young minds to engage in diplomatic discourse, fostering a sense of responsibility towards global issues and creating lasting connections. As delegates left the venue, they carried not only the memories of the conference but also a commitment to being active global citizens.









REV. FR. JOSE ALARICO CARVALHO, SFX



We've heard you used to be a mischievous student. Did you ever pull off any legendary pranks? And did you ever have to lie to get out of a tricky situation? Would you call yourself a troublemaker during your school days, or were you always the one following the rules? How did you manage to balance mischief and studying, father?

Mischief is the stuff of life, it is the restlessness of every soul to be different, and that is what life, more specially youth is all about. All of us are different, and the desire to live differently, is what is called mischief, the other metamorphosis of it being, discovery, curiosity, scientific temper, desire to contribute to the world and make it a better place, etc. Everyone tells lies, some do it to wriggle out of a situation like a worm that struggles to get out of a trap or to be dishonest. I do consider that sometimes not telling the full truth that harms no one for kids is much of an adventure, than anything else. (Like a young boy standing at the end of the corridor, was seen taking a drag from a cigar, by the Principal from the other end (although he could discard the cigar), and the Principal walked right up to him, without giving the boy the chance to blow it out, and on reaching him, asked the boy, 'are you smoking', and the boy said 'no sir', with a full blow on the Principal's face!) I suppose that when one is good in doing one's duty (study) other small 'innocent' slip-us really make the icing on a good cake.

Any teacher from your school life who you remember fondly still?

Not exactly, never had a chance to be much of 'teacher's boy', there is so much in school life to do, than just be a 'goody-goody' boy.

You have played many roles... Which role did you find to be most rewarding- a teacher's, a principal's or a director's?

Can't say, because I have never defined myself as a single role player – the beauty of human life is the joy of being 'all things to all men (women)'. And the reason is that if you cast yourself in one role then, you tie yourself down, to that role, such as if I consider myself a Principal or a Director, for a moment you are not a 'teacher', because a 'teacher' is always a 'guide by the side', and in that role 'discipline', 'punishment' are far away from his horizon, and that is the reason why, I have never considered myself either as a 'Principal' or a 'Director' because those roles, although are tagged on to you, make you tied down to act in a defined manner, and that is not what a 'restless' soul, ever is. How can anyone be so much tied down with any role, if that role does not allow you to be human? And being human is most often, a disruption of the roles that we have to play.

Which is your favourite art form/ way of expression- dance/art/music? If you were given a chance to learn a new art form which one would you like to learn and why?

May be music, because it gives you the joy to communicate the deepest feelings of your heart and touch other people's lives – it is a wonderful skill. I often dream of being a great singer who would touch people's lives, draw them out of their melancholy and tell them, that hope is still out there, if only one seeks it.

Father, you seem to have a photographic memory. Since you remember even the minutest details about people and other things and even the names of all those whom you've met. Please share some tips for our students who tend to forget important concepts before the exam and teachers who seem to forget the names of students.

I have often heard that being said about me. What I know, is that I remember people as good people, and I suppose that particular aspect of one's perception of the world, allows you to store that information where you can retrieve it more easily than otherwise. Human life has that particular streak, and that is, if you grow remembering the wrong that people do, or you experience, you are more likely to recall that more easily, but if you remember the good that people do, you are more likely to recall that more readily. It is like the RAM in your system, what you use most, is more readily accessible, and by the way I hardly remember any wrong that anyone has done to me or happened to me. I think that is a great blessing.

Father, you are extremely hard working, and you're engaged in so many assignments and give a lot of importance to work. Has work ever been stressful for you? How important is relaxation in your life? In what ways can one do so?

Honestly stress and me, have never met. I remember that even on the eve of the most dreadful examination in my life, when I had to face two sets of professors for my 'viva', who are out there equipped to pounce on as student who never really cared about studies, I was reading Dr. Zivago the famous book by Boris Pasternak. Stress is a home grown disease, it grows in the measure that you feed it. If you do not want stress, do not let it touch you. You must also remember, that much as we keep the Divine (God) out of your life, the awareness that He by whatever name you know Him), cares, gives you a great sense of security without even realizing. Remember stress is the fear of the unknown and that is always a phantom, one that never exists and you keep chasing. In fact, the only thing that is sure, around us is the knowledge that God exists and does not change, and finding peace in that awareness is one of the world's most precious learning.

According to you, which skill do you think is the most important in today's life for a student and for a teacher?

The passion to give meaning to your life, is the greatest of skills and power. One's life acquires learning, strength, enthusiasm and joy to live better, if one is passionate. That passion gives you the drive to find what is best for you in the present moment. Just to be rich or famous, or powerful does not give you much, because those objectives are not in your immediate reach. What is in your immediate reach, is the present and what you make of it. Once you know to deal with the present, you discover the skills that are inbuilt in you, and then you pursue them, and you have conquered the world. The power to be a hero, is right there, inside you, find that, and you are a hero!

We always come across adults who advise us to work 'hard' to achieve our goals. But shouldn't one be encouraged to work 'joyously' instead? Don't you think that is more important?

You have a bad example in me of someone who has never worked 'hard', because when you are passionate you do not have to work hard, because following one's passion is the highest form of 'working hard'. Most people who advise you to work hard, may have been very successful by 'working hard', but they may not have had the power to convince you to 'work hard', because being passionate and working hard are two different things. You work hard to get somewhere, or achieve something, but when you work passionately, you are getting (what you want) it each day of your life.

We live in world where technology is constantly developing. The development of AI, OTT platforms, chat GPT, etc. does affect the studies of students. How important is digital detox? Do you do it as well and do you think it's essential?

I have dived deep in AI. It is a powerful tool, but after some time, it gives you a sense of defeat, because it leaves you with the feeling that you are not 'learning'. When you get your work or answers through 'Chat GPT', you lose something of your own, you become dumb. But there are things that AI platforms and Chat GPT can teach you in a big way. Those platforms have been designed according to our neural system (to acquire knowledge the way we learn through our brain activity) and they imitate human learning pathways. So each time you want to use Chat GPT make sure you address a complex (never simple) question. When you get an answer, you must look not at what is the answer, but how it has framed the answer. In the process you will learn that in order to solve any problem, you have to be able to put that in a chronological (1, 2, 3...) or in a logical order, i.e. what is common, what is universal, and then what is particular so it has an order, or an arrangement, and then you know what comes next, and that is knowledge.

In school we often hear about the issue of bullying. It may be student- student, teacher- student and sometimes even vice-a versa. There are times when students are afraid of even reporting the same. What would you suggest to a victim of bullying?

Bullying, harming, are the weapons not of power but of weakness. No strong man bullies another, at most he calls him or her for an open, fair fight. Bullies are cowards. They do not have the capacity to be challenged, because they are weaklings. To fight a bully is to fight back, and it also means report it fearlessly. Each time a victim who is cowed down or silenced by fear, is a fuel for the coward to bully further. If you want to fight bullies, expose them and become a hero. One who reports a bully is as good as someone who fights him back and pins him down.

A quick rapid fire... please don't take much time!

- **Your favourite subject?**
Physics and Language
- **Your favourite travel destination?**
Yet to find
- **Who is your inspiration?**
My mother
- **Anything that you were afraid of as a child?**
Darkness
- **If you were to write a book, what would it be about?**
The joy of living
- **Would you rather fly or have super strength?**
None, if that does not help me help others.
- **Which one do you prefer- a sincere student or a smart student**
What is smartness without sincerity? It is a pretence.



Fr. Bento Rodrigues

Father, we know you as a man of few words. Have you been the same throughout your childhood? Could you share some interesting childhood memory of yours?

Man of few words... I suppose I use enough words to make myself understood.

I do not really remember how my childhood was. I do not know if I may call myself a man of few words. I was a young man with a loud voice and also hot-tempered. My father once softly rebuked me saying, "If you want to be a priest, you need to be patient". That, I suppose, really helped me.

It has been so many years that you have been serving the underprivileged. When did you realize that this alone was your calling- was it a moment, a person who inspired you or did you always know it?

From 1979 to 1988 our School was in a rented building in South Ext. II. Then, shifted to Gautam Nagar and it steadily grew. Our Founder, Fr. C. Rodrigues, started the Fr. Agnel Ashram in Bombay (now Mumbai) in 1957 with a small group of children and it was called Fr. Agnel Balbhawan. It was a rented property known as 'Vila Viena', now 'Mannat' owned by Shah Rukh Khan. We also established later a home for children in Goa, known as Fr. Agnel Balgram. In Delhi we had been looking for an appropriate piece of land for the purpose. God made it possible in Greater Noida. And in the year 2000 we started Fr. Agnel Balbhawan. Since then I am its Director. I suppose this was the calling. God made it all possible.

Father, we barely get to see you here, you have devoted your entire life to service of others, can you tell us more about your experiences?

For many years we were just the two of us... No, there were the three of us- our Patron Fr. Agnelo, Fr. Carvalho and myself. We were young and we could run from one place to the other. Thank God, we have a new, young priest, Fr. Roy, now as Principal of the School. Fr. Carvalho and Fr. Roy do manage, guide and inspire, although we need, I know, one more pair of hands. I did shift my working to Greater Noida, with new School and 250 poor and destitute children of Balbhawan (started in the year 2000). My experiences... plenty. In short, I do enjoy, thank God, good times and (the so called) bad times; struggles and successes and so on.

You are a beacon of simplicity and humility but most of the youngsters especially in today's time are quite the opposite-they rather value luxury, comfort, money and wealth more than anything. What do you say to them? Do you ever find it difficult to connect with these youngsters?

Thank you for reminding me that I need to be simple and humble. I do not think that the youngsters are different today from the past. In the past, I may tell you, I saw a radio when I was 12 years old. Today the situation is different, not the people. We all, including the youngsters, need guidance and to be helped to see the road clearly to achieve the real success.

About connecting with the youngster, I would quote: "Leadership is about bringing out ambitions of our youngsters. The leader must have both, the courage to take people to a daring destination and the humility to selflessly serve others on the journey".

Time can change any person or circumstance." Do you think time has changed you in anyway? If yes, then how?

Change and time: Time does not change any person; we change in time, that is, with its experiences, examples of people, advices etc. All of that affects our way of thinking.

This or That

A rapid fire... please don't take much time!

- **Travel into the future or Go back in time**

Be in the present

- **Movies or Books**

Books

- **Mountains or Beaches**

Mountains

- **Goa or Delhi**

Wherever I was called to serve

- **Spring or Autumn**

I am OK in all seasons, least in winters



Father, what was your childhood like, especially your school life? Are there any memorable moments you would like to share with us?

I was the youngest child out of two in my family, I have an older sister, and being the youngest I was loved and pampered by everyone. In school I was a bit naughty; I used to play a lot of pranks. But I did have some very loving and understanding teachers.

Did you ever try to bunk classes?

No! Bunking was not possible, we only had 1 section in one grade so it was not possible and it never crossed my mind. Though we used to spend our time playing games like cricket, volleyball, marbles, gilli danda etc. during exams my parents would lock me in the house so that I would prepare for my exams and not go out and play, it was a sort of house arrest.

A memorable moment was when I was in third grade I was not good with spellings so my teacher told me that if I get 25 spellings right on a test/dictation then I would receive a chocolate, I ended up scoring full marks.

Goa is your hometown any particular place which gives you immense peace?

I mean Goa as a whole but my childhood home with parents and my sister.

Who is your favourite musician or music genre?

I like all music genres. When I was in 10th grade I wanted to become a priest, my parents were not so happy back then but later were okay with it. In the seminary I got a chance to learn how to play guitar but later the interest gradually faded away.

My favourite musicians are usually spiritual singers and Michael Jackson of course; I like to listen to anything soothing to the ear.

Did you have any hobbies growing up? Do you still continue them?

I used to collect stamps, sometimes they were of different countries, I did not continue that. Then of course music, as I mentioned I learnt the guitar for a while. I also used to draw cartoons and tried to sketch what I saw. When I was a child there used to be stickers at the bottom of the caps of soda bottles, it was a common interest amongst children to collect that.

What was your favourite subject in school?

My favourite subjects used to be English, social studies, psychology all the humanities subjects. Till 10th grade I hated science and math.

We see that whenever you come into our classrooms during exams or otherwise, you usually look quite serious... 😊 It would be nice to see a friendly smile and seeing you with a smile would boost the morale of the students.

SMILE!!!! No one has ever pointed that out till now. I feel that as the principal I need to balance between friendly and strict but I will try to do that now. I'll try to motivate the children with a smile. 😊

Looking into present circumstances we know that self-defence is very important for children. Father, do you think it should be taught regularly in our school?

We have self-defence seminars for junior classes, but yes, we will surely look into it.

The use of social media by teenagers is causing more and more anxiety among parents and teachers and almost everyone has something 'negative' to say about it. Father, what is your opinion about it?

Social media in itself is not bad and has many positive aspects and also is source of endless information. What needs to be there is balance especially for students their innocent minds need a balance between their academic life and social media. They must be responsible enough to differentiate between right and wrong.

Whether it be discipline or sincerity towards studies; perseverance or values, there's a lot that we learn from you, father. Is there anything you think you would like to learn from the students?

I feel the youth has a zest for life. They seem to have an enthusiasm for everything, they find a way to be happy and enjoy every moment. That is something I want to learn from the youth.

Meet The Famous Four



What would the students be surprised to find about you?

Ms. Anu: I have a blog!!

Ms. Charu: That I still love to collect beautiful and fancy stationary items.

Ms. Kishnani: In my school days, being a very disciplined student, I was very BOSSY and boys of my class used to be very scared of me. I didn't permit them to bully any girl of my class. I was known as a SAVIOR OF MY CLASS.

Mr. Michael: I have an infinite capacity to answer questions and engage in discussions without getting tired or impatient. They can ask me anything without fear of being judged. On the lighter side, I smile too. There have been complaints from students of different batches that I don't smile. And if ever I am seen smiling, it becomes BREAKING news.

You have played the role of parent as well as a teacher which role do you feel is easier to play for you and why?

Ms. Anu: Both are equally demanding and require patience, communication skills and most importantly commitment.

Ms. Charu: Both the roles are crucial but incomparable. As a teacher you are a guide, mentor, counsellor; facilitator and you have a moral responsibility for the children you teach and as a parent you have a legal responsibility and you are the whole sole decision maker for shaping his/her life.

Ms. Kishnani: I think I have played both the roles for my students, i.e teacher as well as a parent. The students approach me and seek guidance as they see me as a mother figure and confide matters which they don't want to reveal to their parents. Some of my students need me to hug when they used to feel low. So, I think love of students for me made me a mother of students in school.

Mr. Michael: It's difficult to make a definitive comparison because they each come with their own set of challenges. However, as a parent who is also a teacher, I may find the teaching role slightly more straightforward in terms of having clear objectives, routines, and professional boundaries.

If you had to pick one attribute which you feel is missing in students these days what would it be?

Ms. Anu: Mental Strength. Young generation, these days, is using the word STRESS to justify their 'not so appropriate' behaviour.

Ms. Charu: Patience and Resilience, these two attributes are quite rare these days among the students may be because of high expectations of parents and peer pressure.

Ms. Kishnani: NOT RESPONSIBLE!

Mr. Michael: Respect towards elders and teachers. Also, they may be active on social media with lots of following, likes, etc. but they lack meaningful social connections.

We students have often been told that the batch of students before us were much better than us. Is it true? or is it just a clever way to make us behave better..😊

Ms. Anu: We use this statement as a motivational tool with a hope to make present batches behave better. Sometimes it works, sometimes it doesn't....😊

Ms. Charu: Every batch is a mix of variety of students, some are academically good, others are performing better in sports /Arts. So each batch is just like a bouquet of variety of flowers where each flower depicts its own attribute. So whenever it is said that the previous batch was better, then this phrase is just to encourage them to improve and get inspired from their senior batches.

Ms. Kishnani: It is true in the sense as now a days students are distracted as they are spending most of their time on mobile phone and social media. They aren't tapping technology for constructive purposes. As a result, their concentration power is less as compared to the students I taught 25 years

back. They were more focussed and hard working as they didn't have access to ChatGPT for readymade solutions to everything.

Mr. Michael: It is true.

After all these eventful years in school, you must have made a lot of memories. Please share any special one, which you still remember.

Ms. Anu: Class XII Farewell every year is special. Young boys and girls dressed in their finest attire are a treat to watch!

Ms. Charu: One such memorable experience that comes to mind right now is from the class of 2014. Although so many students learn coding every year but this student I remember explicitly because when he came to class XI, he knew nothing about coding at all. Tanmay Thulkar, used to make his class notes so meticulously and then he used to share his notes with other fellow students and also help them understand the concepts. In class XII he worked on a new project and submitted his project after exploring the software more & did additional in-depth research on the software. And he was so inquisitive and helpful that he used to willingly offer his help and support to other students in debugging their projects.

Ms. Kishnani: I had many good memories but the latest one I will never forget my last trip to McLeod Ganj- Trek to Triund. It was a challenging trek for me though I could manage to reach the top. But I found climbing down was difficult as the terrain was wet and slippery due to the hailstorm and rains. How Ishaan Bisaria helped me, encouraged me and kept my morale throughout was really commendable. He left all his friends and fun of the trip. I was so touched by his gesture.

Mr. Michael: One memory that will be etched forever will be of the year when I was made the Class teacher for the first time in Father Agnel School. The class was IX B and next year we were together in X B. That batch will always be close to my heart.

This or that-

Active and loud class or a Silent and Passive class

Ms. Anu: Active but also Attentive

Ms. Charu: Active class with cheerful and participating students but no noise.

Ms. Kishnani: Active and loud class

Mr. Michael: Active and loud (not noisy) class

Go back in time or Travel into the future

Ms. Anu: Travel into the future, avoiding past mistakes.

Ms. Charu: Go back in time to relive my childhood again and travel into future to see the advancement of technology and its impact.

Ms. Kishnani: Travel into future

Mr. Michael: Go back in time

Beach or mountains

Ms. Anu: Mountains Any day.....

Ms. Charu: Beach with friends and family and mountains for calm, serenity and to embrace solace.

Ms. Kishnani: Mountains

Mr. Michael: Mountains

Science subjects or humanities subjects

Ms. Anu: Neither – Commerce is my subject

Ms. Charu: Science obviously.

Ms. Kishnani: Science subjects

Mr. Michael: Humanities subjects

Weekends or workdays

Ms. Anu: Weekends; Especially Long Weekends

Ms. Charu: Weekend to rejuvenate and workdays to perform and grow.

Ms. Kishnani: Weekends

Mr. Michael: Workdays with LONG Weekends

Books or movies

Ms. Anu: Movies

Ms. Charu: Movies and audio books.

Ms. Kishnani: Both

Mr. Michael: Movies

Train or plane

Ms. Anu: Either is fine. What matters is the company!

Ms. Charu: Train to enjoy scenic beauty and plane to save time and to travel fast and long distances.

Ms. Kishnani: Train

Mr. Michael: Train

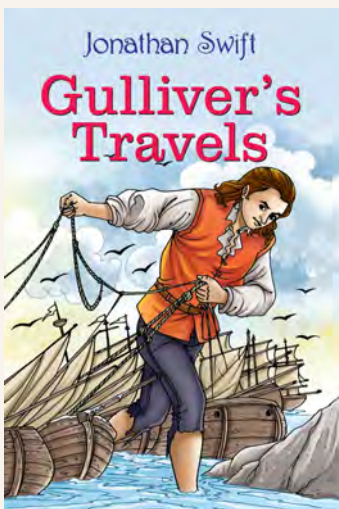
Spring or fall

Ms. Anu: Fall – I Love Hot Chocolate

Ms. Charu: Spring because it represents renewal, growth, and rejuvenation.

Ms. Kishnani: Spring

Mr. Michael: Spring



Gulliver's Travels by Jonathan Swift is a timeless classic that takes its readers on a fantastical journey through four different lands, each with its own peculiar inhabitants and customs. Lemuel Gulliver, finds himself shipwrecked and stranded in these lands, encountering

giants, miniature people, talking horses, and more.

Swift uses Gulliver's encounters to satirize various aspects of the 18th-century European society, including politics, religion, and human nature. Through wit and irony, he criticizes the flaws and follies of humanity, inviting readers to reflect on their own society and values.

Despite being written over 300 years ago, Gulliver's Travels remains very relevant today, offering insights into the complexities of human behavior and societal structures. Swift's masterful storytelling and biting satire ensures that this classic continues to captivate and provoke thought in readers of all ages.

—Newan Gupta V B



THE KITE RUNNER

The Kite Runner, authored by Khalid Hosseini, published in 2003 is a captivating tale that delves into the friendship between Amir, a wealthy Muslim and Hassan a 'Hazara' boy who happens to be Amir's brother through his servant.

The majority of the story takes place in the streets of Wazir Akbar Khan in Kabul, Afghanistan during the invasion in 1978.

It explores themes such as the brutality of terrorism and violent acts of betrayal, the pursuit of redemption and the dynamics between a father and

son. Set against the backdrop of Afghanistan's history spanning three decades, it weaves a narrative brimming with love, salvation and deep friendship. The story greatly emphasizes the complex friendship between Hassan and Amir.

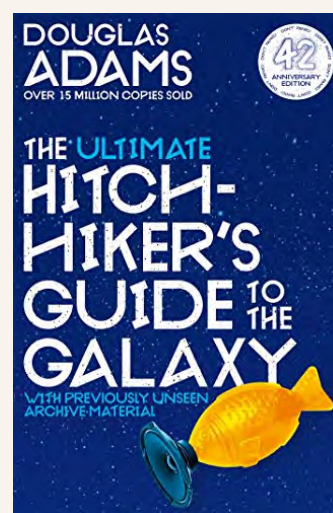
The incident after the Kite Fighting Tournament leaves an impact on Amir that haunts him throughout his life.

Throughout the story, Amir is seen to be craving the attention, love and approval of his father. His actions and decisions are greatly influenced by his father. That goes to show how strong the relationship between a father and son can be.

No matter how hard Amir tries to bury his past, it always comes back to ruin his life. The past always claws its way out and affects our present. The memories of the past have an everlasting impact on us and it continues to shape our character.

With the instant success propelling it into The New York Times best seller list, The Kite Runner has solidified its position as a novel that has earned its status as a classic.

—T. Vunglalmuan IX E



The Hitchhiker's Guide to The Galaxy by Douglas Adams

“The Hitchhiker's Guide to the Galaxy” by Douglas Adams is a comedic science fiction masterpiece that takes its readers on a wild intergalactic journey filled with absurdity, wit and philosophical musings. While most

science fiction authors tend to lean into the more serious and grounded style of writing. Douglas Adams broke the mold by being the first science novelist who dared to be silly.

He took complex scientific themes that bend the fabric of space-time, destroy planets, create improbability fields and generally would have confused even the sharpest of the bunch and managed to weave humour and wit into every aspect in such a way that makes even the most complex themes accessible and relatable to all.

More than being a beloved sci-fi cult classic, *The Hitchhiker's Guide to the Galaxy* is a book about growing up and adapting to an increasingly chaotic and nonsensical world and being forced to make sense of it.

Readers can see themselves in Arthur Dent, an ordinary earthman who had been slingshot into the middle of an intergalactic crisis with no idea about adapting to his new environment. This reflects a similar struggle every teenager has to go through when they are suddenly expected to adapt to their new environment with their academics, new feelings and hormonal impulses and the general feeling of not being prepared for their current situation.

Adams masterfully weaves themes of growing up, the universal struggle to find meaning in life, and the mind-bending science fiction antics into a humorous, satirical meta narration on the pure absurdity of it all and invites readers to escape into a world where the improbable is probable and every notion of logic and sense is thrown out of the window as they gear up for an intergalactic ride.

The story begins with Arthur Dent, an unwitting Earthling, who narrowly escapes the destruction of his home planet as it is obliterated to make way for an interstellar highway. Arthur is rescued by Ford Prefect, a researcher for the titular “*Hitchhiker's Guide to the Galaxy*”, an electronic book providing practical advice for intergalactic travellers. As the two hitch a ride aboard the stolen spaceship, the *Heart of Gold*, they encounter a diverse cast of characters, including Zaphod Beeblebrox, the two-headed and eccentric ex-president of the Galaxy, Trillian, the only other human survivor from Earth and Marvin, a depressed robot.

The *Hitchhiker's Guide to the Galaxy* invites readers to grapple with the absurdity of existence. Adams, through the satirical lens, explores the idea that life's meaning may be elusive or even nonsensical. The destruction of Earth for a bureaucratic purpose exemplifies the cosmic indifference that underlines the characters' journey, prompting reflection on the human pursuit of meaning in an inherently chaotic universe from a different angle. The infinitely improbable drive, with its capacity to defy logical constraints, encourages a shift in perspective, highlighting the importance of open-mindedness and the acceptance of the unpredictable in the face of cosmic uncertainty. The novel serves as a humorous critique of humanity's dependence on and sometimes blind faith in technology. The

Hitchhiker's Guide itself, with its often accurate or comically irrelevant information, underscores the limitations and potential pitfalls of relying on technological solutions. Adams encourages readers to approach technology with a healthy dose.

– *Deveshi Taneja, IX E*

A Journey with Dracula



In the eerie world of Bram Stoker's "Dracula," two characters stand out amidst the shadows and the horror—Count Dracula himself and the relentless vampire hunter, Professor Abraham Van Helsing. As we delve into the

pages of this timeless classic, we embark on a thrilling adventure where good clashes with evil, and the fate of humanity hangs in the balance.

Count Dracula, the enigmatic vampire, is a figure shrouded in mystery and malevolence. With his piercing gaze and seductive charm, he draws us into his web of darkness. Dracula's allure lies in his complexity; he is both a predator and a tragic figure, condemned to eternal solitude. His thirst for blood is matched only by his desire for power, making him a formidable adversary for our valiant heroes.

Opposing Dracula's reign of terror is Professor Abraham Van Helsing, a man of science and unwavering courage. With his keen intellect and unwavering determination, Van Helsing emerges as the beacon of hope in the face of supernatural evil. His knowledge of the occult and his unwavering faith equip him for the daunting task of confronting the undead.

As the narrative unfolds, we are thrust into a gripping battle between the forces of light and shadow. Dracula's cunning schemes and supernatural abilities test the limits of our protagonists, pushing them to the brink of despair. Yet, it is Van Helsing's steadfast resolve and Dracula's fatal flaw that ultimately decide the outcome of this epic struggle.

Reading "Dracula" is a journey into the heart of darkness, where fear and fascination intertwine. Through the eyes of Dracula and Van Helsing, we confront our own inner demons and discover the power of redemption. The characters' struggles resonate within us on a profound level, reminding us of the eternal struggle between good and evil.

In conclusion, Bram Stoker's "Dracula" is more than a tale of horror; it is a timeless masterpiece that explores the depths of the human soul. Through the characters of Dracula and Van Helsing, we are reminded of the eternal battle between darkness and light, and the enduring power of courage and compassion. So, let us heed to Van Helsing's words and take up the mantle of the vampire hunter, for the night is dark, but the dawn is always near.

– *Harshit, IX E*

Schindler's List (film review)



The human mind is a curious thing. To it, the 'passing away' of a single person is perceived as a tragedy, but when the sheer extent of number of deaths is as high as it was in the second world war, it simply can't process the

implications of the devastation that was brought on innocent people. And our minds begin to look at these horrendous atrocities as numbers and statistics.

Steven Spielberg changed that with his 1993 cinematic masterpiece – Schindler's List which was based on the 1982 novel Schindler's Ark by Australian novelist Thomas Keneally. The film manages to transform a list of names into people we cared for and emphasized with. The film brought humanity to the forefront by allowing us to bear witness to the suffering and resilience of the people whose lives were turned upside down by the holocaust.

Schindler's List is not merely a historical drama, it is a film about compassion, morality and the human capacity for both cruelty and kindness. The film offers a strong message of hope and resilience by highlighting the courage and strength of those who fought against the oppression and persecution.

Schindler's List is notable for its striking black and white cinematography by Janusz Kaminski. The

absence of colour accentuates the harsh and bleak environments of the holocaust., amplifying a sense of realism. The visual choice serves to immerse the audience in the historical setting and creates a stark contrast between the world of the living and the world of the dead.

One of the most prominent symbols in the film is of the girl in the red coat in the Krakow ghetto. It is the only splash of colour in an otherwise black and white film and symbolises the innocence and vulnerability, and the tragic loss of life during the dark period of human history. The coat reappears in the film on the body of the now dead young girl, serving as a haunting reminder of the continued suffering.

Oskar Schindler, protagonist of the film, is a complex and dynamic character. Initially portrayed as a greedy, war profiting businessman, Schindler transforms throughout the movie as a hero who risks everything to save the lives of his Jewish factory workers. In the beginning of the movie, Schindler is portrayed as a womaniser and a heavy drinker who enjoys the company of high ranking Nazi officials. However, as he becomes more involved with his Jewish workers, he begins to see the horrors of the Nazi regime and his own complacency in it. Schindler's realisation, that his actions can make a difference, is a turning point in his character arc, and he completely dedicates himself from that point forward to having as many lives as he possibly could.

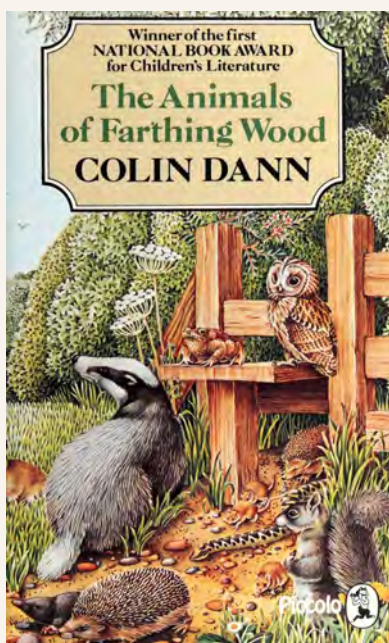
Another prominent character in the film is Schindler's accountant Itzhak Stern – bright, proud and determined- brings out the moral side of Schindler. Early on, he expresses his disdain for Schindler and controlled outrage at Schindler's original offer to have him run the factory and secure Jewish investors. He refuses to drink with Schindler, making it clear that he does not approve of Schindler's intentions. But Stern's attitude softens as Schindler becomes an active participant in saving the lives of Jews, and he eventually sees the good in his employer. Stern plays a large role by driving Schindler gently from behind the scenes, he sets the wheels in motion, making the factory a haven for the Jews before Schindler even notices what is occurring.

Schindler's List is definitely not an easy film to watch. It isn't the violence and the gore that made so many, including myself hesitant to watch it. What makes this film so disturbing is the fact that all of that was real! It makes us realise that this was the reality for over 8 million Jews, not just faceless numbers which we are so used to seeing in

newspapers and textbooks. The film took its time to accentuate each character and make them into a person. And even though it may not be a popcorn film that many of us might find comfort in, it serves as a window into the darkest times in human history, when the world was truly divided into the black and white, and makes us realise that a single person has the potential to bring colour to the lives of many.

– *Deveshi Taneja IX E*

The Animals of Farthing Wood by Colin Dann



Written by Colin Dann, this book is one of the best sellers. A fiction about a group of animals, this story occurs in a forest which the author introduces as Farthing Wood. The Farthing Wood is half way down to destruction and the animals are frightened as their last water hole had been filled up

by industrialists who are up to no good and don't think about preserving wildlife.

The character I loved most is the fox for his leadership qualities. He was quick witted, cunning and also had expertise in making plans. He even risks his life for his companions. What impressed me was that whenever we find them in the midst of harsh circumstances on their journey to the White Deer Park, they always supported and stood up for each other.

There are many gripping moments in the story, one of them was when the pack lost its faithful leader while they were trying to cross a river. After that the birds of the pack flew miles and miles for their leader but all in vain and they made a new leader who was the badger.

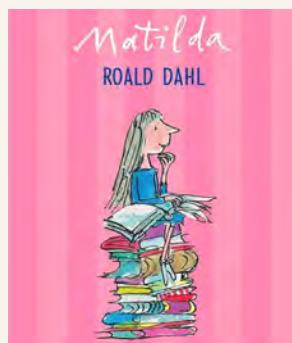
I was almost teary eyed when they all reach their final destination after all the sacrifices, hardships and the pain they had been through together.

The book has a lesson to be learnt for all. Over here I would like to say in quotes “It doesn't matter how

many times you fall, what matters is how many times you get up”. The same way in the story, the pack had times when they were really discouraged but at the end they all achieved what they wanted, highlighting the universal truth, “United we stand, divided we fall.”

Enohrii Eric Kayina VIII D

Matilda by Roald Dahl



Matilda is one of the best works in childrens' literature. It even has a movie

based upon the book. Its genre is fiction fantasy and is totally humourous.

In the story we meet Matilda who is super smart at just the age of three. She is definitely a child with special abilities. She learns to read by herself, her first book being, easy cooking.

But her family is totally different from her. 'Her brother Michael and her parents loved to watch television and thought that reading books was a 'spoiled kid's' job. But on the other hand, the librarian and her teachers were left astonished by her skills.

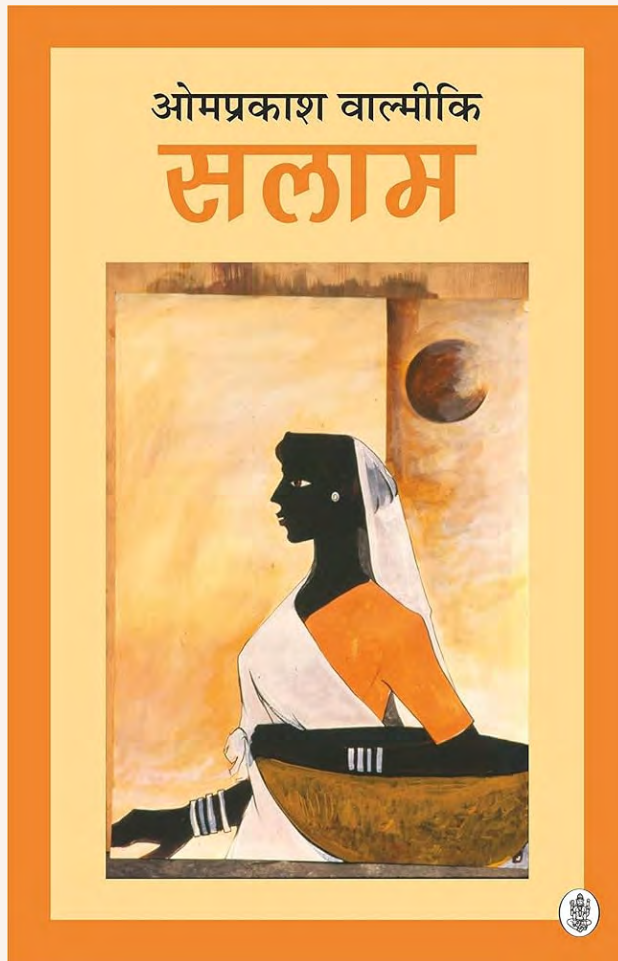
Finally, after a lot of pleading, Matilda's father gets her an admission in a school where all the rest of the fun and adventure happens.

My favorite character in this story is Ms. Honey, Matilda's loving and kind hearted teacher, who later in the story rescues Matilda from her non understanding family. There is also a villain in this story, Ms. Trunchbull, who surprisingly also brings humour to the story.

My favourite part of the story is when Matilda super glued her father's hat on his head and the way he finally gets it off.

This story has a special place in my heart and will always remain on the top of my bookshelf.

– *Hetanshi Dua VI C*



पुस्तक समीक्षा

‘सलाम’ ओम प्रकाश वाल्मीकि रचित कहानी—संग्रह जातिगत भेदभाव में लिप्त समाज का आईना है। इन कहानियों में दलित—समाज के संघर्ष व्यथा पीड़ा और हजारों वर्षों के उत्पीड़न व शोषण को अभिव्यक्त किया गया है।

‘सलाम’ कहानी तो मन को झकझोर देने वाली है जिसमें एक ओर सलाम प्रथा का उल्लेख है जिसमें समाज के दलित वर्ग के आत्मविश्वास व स्वाभिमान को कुचलने की परंपरा प्रकट की गई है तो दूसरी ओर उच्च/ वर्ण जाति के स्वार्थ व मिथ्या घमंड को दिखाया गया है।

‘पच्चीस चौका डेढ़ सौ’ कहानी गाँव के परिप्रेक्ष्य में शोषण और निरक्षरता जैसी समस्याओं से परिचित कराती है। ऐसा प्रतीत होता है कि ‘सलाम’ की कहानियाँ हमें समाज के अंधे गड्ढे की वास्तविकता को दिखाती हैं।

जहाँ तक भाषा का प्रश्न है तो मेरा व्यक्तिगत मत यही है कि शोषण और अन्याय को प्रस्तुत करने हेतु गालियों युक्त भाषा का प्रयोग अपेक्षित नहीं है। कथानक इतना सशक्त है कि अपशब्दों के प्रयोग की आवश्यकता नहीं है। यथार्थ इतना घृणित और वीभत्स है कि गालियों के अत्यधिक प्रयोग की आवश्यकता प्रतीत नहीं होती।

— बेला अग्रवाल

Because the littlest of things can give the greatest of joys...

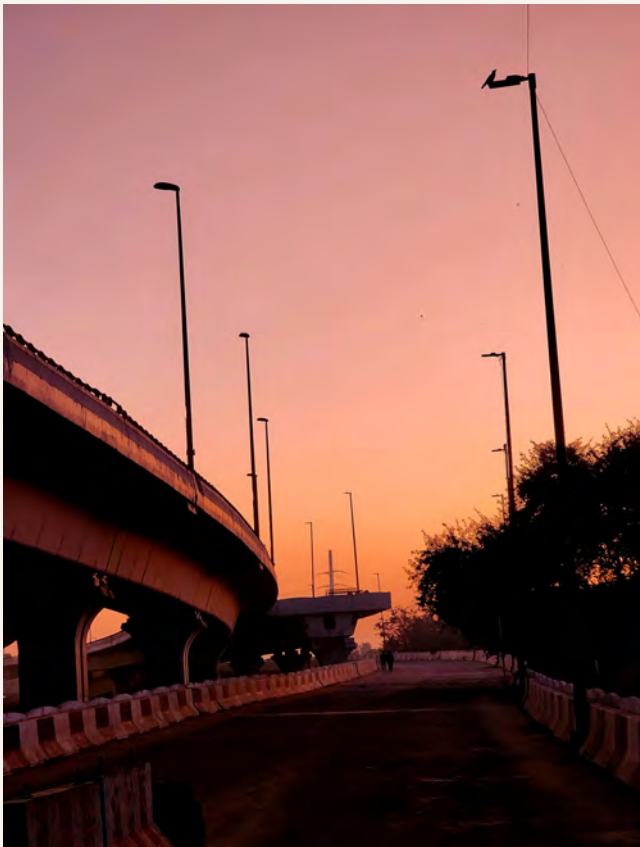
Photography- Some understand it as a form of Art, some consider it a skill, while very few take it as a form of expression. Photography for me is indeed an expression of what one truly and deeply feels. Well, sunset and a sunrise look the same, but a keen and observant eye would notice that sunrises are more about a 'bluish' tint and sunsets are more about an 'orangish' highlight. Photography therefore is all about observation, patience and most importantly, having the eye for beauty, life and Nature.

Dear reader, in a world of preoccupations where we are racing towards our goals and/or destinations, we are unfortunately forgetting how beautiful the journey actually is. Slow down sometimes, breathe, observe, smile often, and capture moments. Either etch them in your heart or preserve them as a photograph.

You all have a photographer in you, awaiting your worthy notice.

– *Lubna Rehman, A forever Agnelite*

Captured the moments that captured my heart...



Maybe we are the empty roads... Sometimes lonely, sometimes alone... and just sometimes, maybe the sky... Sometimes pink in love, sometimes a wounded blue sigh.



“एक रोज़ कोई आएगा सारी फुर्सतें लेकर,
एक रोज़ हम कहेंगे, ज़रूरत नहीं रही!”

Top Two entries-



With the 'Bloomers' speaking, not just a thousand, but a million zillion gazillion words through a picture, the Darpan team decided to conduct a photography competition to showcase their talent with a click.

On the Independence Day, a Photography Competition with the theme, 'Colours of Freedom' was organized which was judged by our Art maestros- Ma'am Arpita, ma'am Akanksha and Ma'am Anamta. With the students free to choose their frame, the results turned out to be quite interesting and impressive. Our judges were quite delighted to see that without any special training these talented and enthusiastic novices were seen trying out various angles and techniques.



– Kanishk Bhati XI D

Top Two entries-



– Anvesha, XII E

Others which were appreciated by the Art Dept.-



–Arshiya XII E



–Jaya Arora XII E



–Gaurav Kurana XI D



–Khushpal XII D



– Khushpal XII D



– Mannat-XI D



– Krishev Rawat XI A



–Pranavi Sachdeva XI A



–Prisha Ahuja XI A



–Sadhya Sinha XII B



– Sangeet Sabu XII B



–Sanskriti XI D



– Vishnupriya XII B



– *Somnath XII C*



Tanishq XI D

Meet our photography enthusiasts-

Do you have any interest in photography? If yes, what inspires you to take pictures?

Ms. Arpita: Yes, I do enjoy photography. The art of capturing the moment, the lights in the atmosphere and the way it freezes the moment when a memory is captured is what inspires me.

Ms. Akanksha: Yes, I do. What interests me is the vision, the moment's emotion and sometimes it's nature's magical beauty.

Ms. Anamta: Yes, I do like clicking pictures. What inspires me are the lights and the shadows of objects, of hands, bodies, etc.

Ms. Lubna: Yes, I am very passionate about photography. Nature's pristine beauty has always been a source of inspiration for me to take pictures.

As someone who has interest in photography, what advice would you like to give to the students trying to pursue career in photography?

Ms. Arpita: Vision and observation skills are really important and the person should have an eye for details. They should have a variety of perspectives for a picture.

Ms. Akanksha: They should have an eye for capturing the moment in a given frame and have the hunger to learn and explore at every step. Also, to learn and know how to operate the camera in manual and auto mode. They must try experimenting with different types of exposure levels and shutter speeds.

Ms. Anamta: The person should be creative, enjoy what they are doing and be passionate about it.

Ms. Lubna: It is important to have a keen eye towards your surroundings. We should be patient and have composure to notice what other people may usually ignore.

With the increase of technology and the availability of various apps, everybody seems to be a photographer. Is it a good or bad?

Ms. Arpita: There are two types of pictures, i.e. a candid picture and a picture synthesized with imagination. A synthesized picture usually does need filters for extension of art. So using technology is not completely a bad thing. In technology, media also helps to convey art in your own way. Is 'Using technology a bad thing or a good thing' generally depends upon how you see it.

Ms. Akanksha: Yes, it is good in terms of exploring and capturing a moment but on the other hand I have been to many events where I see people rather than being in the moment and enjoying it

naturally, ended up taking pictures only to capture it for social media and for making a reel to share it to their groups. Which looks fake to me.

Ms. Anamta: I don't think it is a bad thing. The use of technology only enhances the pictures. In fact, I don't think technology is the biggest factor as I believe the beauty lies in the eyes i.e. "eye behind the lens" is what matters.

Ms. Lubna: The use of technology for filters doesn't seem very ethical. Technological use to a limit is fine but beyond a certain point, originality is compromised.

With much sophisticated technology - the availability of filters etc. has simplified photography. Would you say it is still challenging and still 'art'?

Ms. Arpita: Whether 'Art' is still challenging or not mainly depends upon the situation. For e.g. if there is not sufficient light then it can be challenging. There are times when a person wants to click pictures of riots, then it is challenging for them.

Ms. Akanksha: It depends on the vision and the idea to be captured. A good photo needs composition of subject and its background. Yes, it is challenging in terms of capturing it manually without the use of filters and tools. But they should be used minimally and in a limit. Photography is an art of capturing the beauty and emotions in your perspective and let others feel it.

Ms. Anamta: It is not challenging anymore. A photographer will know which is a filtered picture and which, natural. Differentiating between two is harder for common people.

Ms. Lubna: I continue seeing it has an art. Yes, due to the use of technology it has become less challenging but for taking a 'good picture', observation skills, angles etc. are still important. As for the use of filters, it enhances the pictures.

If you weren't an Art/ English teacher would you prefer photography as your career option?

Ms. Arpita: Yes, I would love to be a photographer. Photography is an extension of art after all.

Ms. Akanksha: May be

Ms. Anamta: No, I would rather have a career in print making as it is something I am more interested in than photography. (Print making is the process of creating artworks by printing, normally on paper, but also on fabric, wood etc.)

Ms. Lubna: Yes, very much with all my blood, soul and heart I would prefer being a photographer if not an English teacher (a wildlife photographer, to be specific)



We commemorate the death anniversary of our beloved Fr. Agnelo on 20th November. Fr. Agnelo has been a beacon of inspiration to all Agnelites. This day cherishes the life of our patron saint who embodied the qualities of humility and simplicity, who touched the lives of many with his acts of kindness and whose life even today motivates all Agnelites.

The day was marked by a prayer service which was accompanied by the reading from the holy scriptures, The Bhagwat Geeta, The Holy Quran, The Guru Granth Sahib and the Holy Bible. The peaceful atmosphere surrounded every Agnelite who felt grateful for the life of our patron saint, an exemplary soul ... one who touched and transformed innumerable lives.

– Aleena Ben, XI E



The Pre School Annual Day took place on December 6 in the school auditorium. Our children performed on the stage for the very first time. Through the dance drama, our children shared that true happiness - *Sacchi Khushi* - comes from sharing and caring for others, and that we must be compassionate and helpful.

The dances depicting different Indian festivals were bright and colourful and the children spoke very well in front of the big audience, which was a very proud moment for the parents and teachers.



Rangmanch Farms unfolded as a captivating experience that seamlessly integrated the rural atmosphere with contemporary conveniences. Commencing with a wholesome and nutritional breakfast featuring cuisines spanning the essence of North to South India, the day held a promise of diverse delights. The amusement park, boasting exhilarating activities such as rope climbing, zip lining, parkour, various sports, and the inclusion of a mechanical bull, left our group thoroughly exhilarated. Seeking relief from the midday sun, we hastened towards the refreshing lemonade stand, guided by helpful tourist guides.

Within the vast landscape, eye-catching murals told stories of the area's rich culture, adding an artistic touch. The farm's residents, including turkeys and ducks, added a layer of charm to the location, with every turn revealing new and engaging activities, ensuring there was never a dull moment. The afternoon unfolded with a delicious lunch, followed by a few moves on the lively dance floor. Embracing a medley of songs representing the diverse tapestry of Indian culture, the day at Rangmanch Farms made our visit truly exceptional.

—Shaurya Sachdeva XI B





Art, in its myriad forms, holds a unique and pivotal place in the lives of children. Beyond the strokes of a brush or the shaping of clay, art plays a fundamental role in nurturing creativity, enhancing cognitive development, and fostering emotional well-being. It is the responsibility of parents, educators, and society at large to nurture this transformative power of art in the lives of children. By doing so, they equip them with invaluable tools for personal growth, resilience, and a lifelong appreciation for the beauty surrounding them.

Art Fest was a unique initiative by Fr. Agnel School, Delhi, to bring together young artists from different schools to engage in diverse activities. The two-day event aimed to provide young minds with a playground for creativity, where they were



encouraged to let their imaginations soar. It featured a variety of engaging workshops tailored to unleash the creativity within each child. From hands-on workshops like puppet making and clay modelling to a sustainability workshop where students learnt how to create biomaterial, there was no shortage of prospects for young artists. In addition to these workshops, students also got the rare chance to infuse themselves with Indian culture and traditional roots through a workshop on Madhubani art. To ensure that every participant left the event with a sense of accomplishment and a newfound appreciation for their unique creative voice, we had a team of experienced instructors and facilitators who were on hand to guide and inspire the participants.

The clay modelling workshop was an inimitable journey where students got their hands dirty and connected with the very essence of the planet. To help connect students with this ancient art form, we had Mr Vikram, who has been dedicated to the cause of providing high-quality education to students and has been committed to raising the standard of artistic education. He has a master's degree in sculpture from Jamia Milia Islamia and has been a lecturer there. He has conducted workshops across the country in schools and different cultural centres.

The second workshop on Madhubani Art was an ode to the culture of India. Traditionally created by women on the walls of their homes, the art form has transcended its domestic origins to become a cherished global treasure. In this enchanting art form, tales of mythology, folklore, and daily life come alive through bold strokes and meticulous detailing. The students delved into the heart of Madhubani, exploring the symbolism, stories, and cultural significance with the help of Ms. Pushpa Devi. She is a Madhubani painting artist from Darbhanga, Bihar. Over the years, she has worked

with several government organisations, including designing gifts for the G20 summit, and has played a vital role in advancing this traditional art.

The third workshop was “Paper Playhouse: Theatre with Paper Puppets” where students weaved tales through the enchanting art of puppetry, each intricately crafted to spark the imagination of the audience. The resource person of the workshop was Dr. Atul Sinha, an animator, painter, puppeteer, and sand artist. He works at Jamia University, Delhi, where he teaches 3D and Experimental Animation.

The fourth workshop was a majestic fusion of art and nature, “Life in the Lifeless.” At the end of the two-day event, the students presented a giant puppetry parade set against Mother Nature's grandeur. The towering puppets, adorned with vibrant hues, gracefully navigated the landscape, celebrating the harmony between human creativity and the great outdoors. This magic was created under the supervision of Mr. Mohammed Shameem whose journey in the puppet world began at the young age of 15. He established his puppet theatre, 'Kuch Kuch Puppet Theatre,' in the year 2009, and has conducted several workshops for children across India as well as directed various national and international productions.

Lastly, we had the workshop, “Sustainability, the way forward.” With the world facing a global climate crisis, it has become even more vital to discover ways to minimise our ecological footprint while maximising the creative potential of recycled and eco-friendly materials. Under the guidance of Ms Jasreen Kaur, the workshop aimed to redefine the boundaries of artistic expression by fostering a deep connection between creativity and environmental stewardship. Ms Kaur works with Smartivity, a STEAM toy brand that designs DIY educational projects with a mission to incorporate the power of play with the fun of learning.

At the end of the event, the students exhibited a series of special performances highlighting the diversity of artistic expression. They showed everyone that art has the power to inspire, provoke thought, and foster cultural identity, making it a crucial aspect of human experience and communication. They bid adieu to this event with a final message to carry the spirit of creativity forward and to keep the artistic flame alive!

– Ms. Priyanka Pahuja



"Each of us has a gift and by ourselves we may not be self-sufficient. When we join hands with one another, we can overcome any challenge." The K.G. children presented a mesmerizing musical extravaganza which revolved around the theme 'Building Bridges', i.e. Working in Unity. The show displayed the lives and daily activities of undersea creatures of the 'Great Coral Tides' community which came to an unexpected halt when an earthquake destroyed the Community Bridge, the reason for their livelihood and community spirit. Ms. Ray, the teacher at Agnel School for Little Corals, encouraged the Agnelites, who were dressed up as various sea creatures to bring the scattered coral community together. They reached out to different sea communities and played a vital role in persuading them to unite for the reconstruction of the broken bridge.

A variety of dances, songs and enactment were performed to present the storyline which brightened the horizon to the full. It was indeed a feast to the audience eyes to see the little ones swaying and waving yet keeping in tune with each other and with music.

The Agnelites learnt valuable lessons about 'Community Always Wins' and rising above differences to overcome any crisis. Our honourable Director, Fr. Carvalho lauded the efforts of our dazzling K.G. stars for putting on an exhilarating show and thanked the parent volunteers and teachers for their support and hard work. Respected Principal, Fr. Roy delivered his enlightening speech in which he appreciated the students and the involved team for displaying an outstanding show. The event concluded with the singing of the School Hymn.





Christmas was celebrated with a lot of vigour by the pre-schoolers. The celebrations began with the important message to share and care for others less privileged than us. As a part of the Pre-Primary 'Secret Santa' project, parents were requested to send eatables for children learning under our social outreach programs in Badarpur and Khoda. We got a great response and the little ones were explained the importance of helping others. The celebrations included singing of traditional carols, listening to the story 'Journey to Bethlehem for understanding the significance of the festival, making a Christmas card and dancing. Fun outdoor activities were also organized for the little ones.

It was a memorable and joyous event.





21 दिसंबर, 2023 के दिन फ़ादर एनेल स्कूल, गौतम नगर, दिल्ली के कक्षा II से लेकर V तक के विद्यार्थियों द्वारा 'जवाहरलाल नेहरू स्टेडियम' में 'वार्षिक खेल दिवस' का भव्य आयोजन किया गया। इस 'खेल दिवस' पर हमारे मुख्य अतिथि IPS ऑफ़िसर 'आत्माराम वी. देशपांडे जी' ने अपने उत्साहवर्धक शब्दों के साथ समारोह का उद्घाटन किया। अभिभावक भी विद्यार्थियों के इस खूबसूरत प्रदर्शन के साक्षी बने। इस आयोजन का शुभारंभ कक्षा IV के विद्यार्थियों ने कदमताल करते हुए किया। उनके आत्मविश्वास और अनुशासन ने सभी दर्शकों में जोश पैदा कर दिया। तालियों की जोरदार गड़गड़ाहट के साथ सभी ने इन नन्हें दोस्तों का हौसला बढ़ाया। कक्षा IV के चमकते खिलाड़ी सितारे 'अवयुक्त शर्मा' और कक्षा V की छात्रा खिलाड़ी 'केज़िया खुवंग' ने खेल में सद्भावना की प्रतीक, जलती हुई मशाल को स्थापित किया। खेल प्रतिज्ञा के पश्चात् मुख्य अतिथि ने सभी विद्यार्थी खिलाड़ियों एवं उपस्थित दर्शकों को संबोधित किया तत्पश्चात् खेल कार्यक्रम को आगे बढ़ाया गया।

कक्षा 5 के विद्यार्थियों द्वारा की गई 'Basket Ball Drill' के कारनामे तो चौंकाने वाले थे। दर्शकों ने इन पलों को जैसे अपनी आँखों में समेट लिया। खिलाड़ी अपनी इस सफलता पर फूले नहीं समा रहे थे।

इसके पश्चात् सभी वर्ग के विद्यार्थियों की Relay Race, Funny Race और Flat Race का आयोजन हुआ और अभिभावक विद्यार्थियों की अद्भुत प्रतिभा देखकर दंग रह गए।

कार्यक्रम के अगले चरण में कक्षा तीन के विद्यार्थियों ने अपनी "Bamboo Drill" से सभी को आश्चर्यचकित कर दिया। नन्हें जाबाजों के इस तालमेल को देखकर सभी ने दाँतों तले उँगलियाँ दबा लीं।

इसके बाद कक्षा IV एवं V के विद्यार्थियों ने अपने "Taekwondo" के कुशल प्रदर्शन से दर्शकों के दिल जीत लिए।

आयोजन के अंत में पुरस्कार वितरण के साथ 'फ़ादर राय' ने विद्यार्थियों के इस अनूठे प्रदर्शन को खूब सराहा। तालियों की गड़गड़ाहट से, एक बार फिर पूरा स्टेडियम गूँज उठा। इस प्रकार यह खेल दिवस एक सही खेल भावना के उद्देश्य को साकार करते हुए संपन्न हुआ।

— सविता शर्मा







K.G. CHRISTMAS CELEBRATIONS, December 22nd '2023

“Christmas is an opportunity to pause and give thanks for the love, hope and joy.”

The K.G. Children had an incredibly exciting time celebrating Christmas. Children came dressed up in their party clothes and enjoyed a fun - filled day. K.G. organized the 'Secret Santa Project' with the objective of bringing joy to others during Christmas. Our little Agnelites generously gave gifts in the form of eatables such as chips, chocolates, biscuits, etc. These were sent to the children of Khoda and Badarpur, making their Christmas bright and wonderful. The values of sharing, offering, and helping others were well instilled in our young ones.

A beautiful skit was dramatized by K.G. teachers emphasizing on the “reason for the season.” The dazzling entry of Santa Claus added to the joy and excitement of the children. He also narrated the story of the birth of Jesus Christ which was displayed by the children. The children had an amazing time singing melodious carols with Ma'am Bethsy. The celebration was followed by dancing and tapping feet to the cheerful beats of 'Jingle Bells Rock' song with Ma'am Megha and the class teachers.

A Fashion show was organized for the children in order to showcase their stunning and outstanding attires for the day. Children had a lot of fun on an outdoor play equipment- Bouncy House, where they jumped and enjoyed thoroughly.

The day ended with a take away 'Season Greetings' card made by our children for their families. The day indeed turned out to be the most memorable and exciting for all of us.



Christmas at Agnells is always a joyous occasion. But it is never confined to merry making and decorations. Every year it becomes an opportunity to remind everyone about the essence of Christmas. This year too, the celebrations centred around the Christmas play, 'Count your blessings'. Coordinated by Mrs. Poornima Menon, and performed by the talented students of our school, the play unfolded with an introduction which helped the audience delve into the profound idea of being truly blessed.

Exploring the tendency to create endless lists of desires, the speaker Angel Thomas, highlighted the Importance of appreciating life's simple blessings which are often taken for granted. Emphasizing the human Inclination towards envy, the audience were encouraged to shift their focus towards gratitude for the most basic blessings of breath, sight, and love. The celebration was a poignant reminder of enduring life's challenges for the sake of others, urging a focus on gratitude over material expectations.

The prayer followed the introduction and then The choir, led by Ma'am Jedidah, enchanted the audience with the melodic Spanish prayer song, "A LA NANITA NANA,". Jerrica and Alan, the anchors for the day, welcomed the adorable little angels from class 6th bringing smiles to the faces of the audience with their delightful dance performance, showcasing the innocence and charm of childhood.

The celebrations couldn't be complete without Father Bento's words of wisdom and so even though he couldn't be present, he sent the Agnelites a touching video with his message. The Students of the Hindi music choir were then invited who expressed their joy and gratitude on Christmas, celebrating the birth of Christ and expressing thanks for His teachings of unconditional love.

This was followed by Fr. Roy's address to the Agnelites and then began the play. The anchors, actors, dancers and singers seamlessly weaved and unfolded the tale of human dissatisfaction, envy and misery; and the need for realisation of the blessing of the divine presence in our lives. The live crib which revealed itself gradually with the powerful poetic verse mesmerised the audience.

The celebration proceeded and Fr. Carvalho was invited to the stage to address the gathering. His presence marked a significant moment as he shared his insight and message for the day. The program came to an end, leaving the audience in awe. The characters on stage showcased the spirit of

Christmas, spreading joy and warmth.

Backstage Chaos: While the stage shimmered with the grace of the performers, behind the scenes, chaos reigned. The hustle and bustle of costume changes, prop management, and last-minute adjustments painted a vivid contrast to the seamless spectacle presented on stage. Despite the pandemonium backstage, the dedication and teamwork of the crew ensured that the audience experienced a flawless performance.

– Angel Thomas XI B







A Rendez-vous with The Honourable Prime Minister of India, Shri Narendra Modi

An unexpected call, and we were told that we were to visit the PMO for a performance on the 25th of December 2023. A rare privilege to meet the Honourable Prime Minister of our country and to perform before him! Though excited, we were frankly a bit nervous too with all the security and media around. Then the PM, Modi Ji arrived, greeting us first and then the rest, in a humble demeanour and our fears turned into instant excitement. This was the first time, my students and I had seen him in person. After our performance we were invited for lunch. And we were quite glad and a bit overwhelmed with Modi ji coming over to our table and interacting with our students. It was surely a memorable moment for all of us. I am grateful to the PM for his special invitation to us.

– *Ms. Jedidah*

The thought that I would meet the PM himself never ever crossed my head until my amazing choir teacher selected me and my friends for it. We were all so anxious in the bus but as soon as we arrived, we were welcomed so nicely that we felt at ease. After we sang, we heard words from many respectable figures and even Shri Narendra Modi

himself. We were also treated to so many delicious dishes that we couldn't stop ourselves from eating a second time and... maybe even third time. While we were eating, Modi ji came to our table and complimented us on our performance and even offered us a tour of the Prime Minister's Office, a rare invitation indeed!

All the paintings and carvings looked so intricately done. We were spellbound! The halls were full of echoes of our voices saying “wow”. I will cherish this experience forever.

– *Aimee Zoremthuangi Sailo, 6D*

We were surprised to see Prime Minister Modi ji coming over to our table to meet us. Contrary to my expectations of meeting a stern and serious person, we were greeted by a humble and gentle person. After our performance and a sumptuous meal, we were invited for a tour of his office. The sheer size of the cabinet room, the meeting room and the courtyard made our jaws drop. I was surely filled with immense pride for getting this rare opportunity.

– *Joanna Aribam, 6D*





Post pandemic the question that was on everyone's mind- will we have a farewell this year? And not only class 12 but their immediate juniors too were glad to know that the farewell celebration was on the way! The scenario in school? The 12thies anxiously preparing for their pre-boards and the 11thies enjoying the practice sessions... dancing their hearts off to medley of various pop songs.

Finally, the much awaited day arrived... and it was filled with fun, laughter, glamour and glitz. The young mischievous students were transformed into fine gentlemen and beautiful divas.

The farewell program included dance performances in the auditorium that witnessed the dance. The Cultural program commenced in which the '11thies' put on an amazing dance performance with the announcement of titles for each respective section. A melodious performance was also displayed after the dance. Next was a short film projected and prepared by the IT ministry which was very gladly welcomed by the outgoing batch. Then the audience was addressed by our principal father Roy, and our director father Carvalho, who then handed over the titles for Mr./Ms. Agnel, Mr. Gentleman, Lady of the day, Mr./Ms. Melodious.

Soon after receiving titles, the audience was welcomed to a Jam Session hosted by the IT ministry and the Core Cabinet, to which the students danced their hearts out, indeed making memories to last. Following which, the students enjoyed a scrumptious lunch arranged for them, followed by the much awaited 'photo' session.

Overall the farewell was conducted very smoothly even after regular reschedules, however the school's management team and teachers handled it just like they always do, the best!

– Atif Alam XI B











Fr. Agnelo, our Patron is someone who values we have cherished and strived towards every passing day. Coming together to celebrate Agnel Jayanti provides us with time of profound reflection over Fr. Agnelo's journey of servitude on earth. Words fall short to describe the life and legacy of our dear Patron every time one wishes to throw light on his many deeds dedicated to others around him.

The year 2024 was no different when it came to commemorating the 155th birth anniversary of Fr. Agnelo. Hymns and readings from Holy Scriptures of different faiths resonated in the hearts of all as we deliberated on the theme of Unity of Humanity.

Once again Agnelites were inspired to follow the footsteps of Fr. Agnelo. Our Keynote Speaker of the day, Dr. A K Merchant, the General Secretary of the Temple of Understanding India Foundation (a global interfaith association) also shared scriptures from the Bahai faith to draw everyone's attention towards the need for Unity among Humanity. His words were indeed noteworthy and the keen audience paid heed to them.

– Ms. Aishwarya





India celebrates Republic Day on 26 January every year. On this day in 1950, the Constitution of India officially came into effect and India became a republic, a state wherein the supreme power lies in the hands of the people. This day was chosen as Republic Day as it was on this day in 1929 when a declaration of Indian Independence (Purna Swaraj) was proclaimed by the Indian National Congress as opposed to the dominion status offered by the British regime.

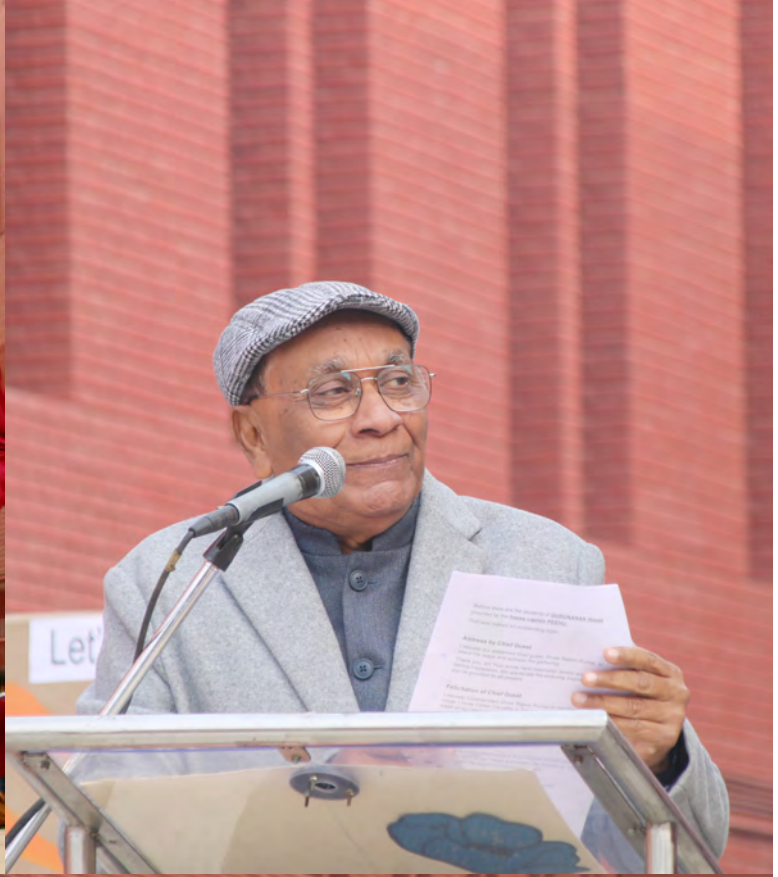
Our school celebrated the 75th Republic Day with great patriotic fervour. A special assembly was held on the school grounds. It began with welcoming the chief guest for the occasion, commander Shree Rajeev Kumar, Delhi Police. The chief guest hoisted the tricolour as the entire school stood in respectful silence, and then sang the National Anthem. Soon after, there was a March past by students of class 4, holding the flags of our school's four different houses, St. Thomas, Vivekananda, Gurunanak and Kabir, showcasing team spirit and unity. Mr Kumar took the salute of students marching past the stage. This was followed by a speech by our chief guest. He explained and emphasised upon the bravery and sacrifice of our freedom fighters because of whom we are free today, and that this freedom had come at a cost. He encouraged the children to dream big, achieve those dreams and make our country proud.

We then heard a beautiful rendition of the song Vande Mataram by our Hindi music choir. After this, our director, Fr. Carvalho addressed the students reminding them of Maulana Azad, an Indian independence activist, writer and senior leader of the Indian National Congress and how Azad, despite being accused by the Muslim League politicians of allowing Muslims to be culturally and politically dominated by the Hindu community, continued to proclaim his faith in Hindu-Muslim unity. He praised the great thinkers who made our great Constitution. Therefore, as the future generation of our country, students must rise above the ordinary to make our country reach greater heights.

Next, our principal, Fr. Roy was invited on the stage to present the prizes and certificates to students excelling in various sports such as basketball, football, tennis, etc. in different categories like sub-junior girls/boys, senior, etc. at distinct levels that included inter-school, zonal and national. Through this, the school appreciated the amazing achievements of these budding athletes who in the near future may also represent the country and glorify its name.

We then moved towards the cultural programme for the day. An inter-house dance competition for students of class 9 was held to showcase the diverse and colourful dance forms of India. First up, the Gurunanak House presented the Garba and Dandiya dance from Gujarat which was vibrant and dynamic. Next, the Kabir House performed the energetic Bhangra with the Giddha dance from Punjab. The St. Thomas House then performed the unique dance form of Kerala, the Thiruvathirakali. It was graceful and synchronised. Finally, the Vivekananda House presented the rhythmic Salla dance of Chhattisgarh with bamboo sticks in their hands.







'Twinkle Twinkle little star!

Fr. Roy, you are our superstar!'

On Monday, the 29th of January, our school celebrated the birthday of our dear principal Fr. Roy. It was a joyous day. The hushed voices of hundreds of students filled the grounds as they eagerly awaited the Man of the Hour. So joyous was the day that even the winter sun finally emerged from its cloudy hideout to take part in the day's festivities and bless our dear Father with warm blessings.

Song, dance, and love were in the air as the students of the Primary Section put on a spectacular show in honour of our Principal. I was privileged to have the honour, along with Fr. Bento and Ms. Roshini to express the gratitude and awe in our hearts for Fr. Roy. Our ever-humble Principal reminded us all of the importance of living to our potential. The day was also an opportunity to commend our NCC cadets' excellent achievements. Overall, it was a wonderful day wonderfully suited for a wonderful man – Fr. Roy D'Sa.

– *Anointa Christina*







Attending the World Book Fair was a captivating and enlightening experience that left an indelible mark on me. Stepping into the venue filled with bustling crowds and towering stacks of books, I felt an immediate sense of excitement. The air was filled with curiosity, as the book lovers around the world were there.

One of the most attractive aspects of the fair was its diversity. The fair featured an extensive range of books, every imaginable genre, language and subject.

In conclusion, my experience at the World Book Fair was a journey of discovery and inspiration. As I left the venue my mind was filled with new ideas. I felt grateful for the opportunity that the school gave me.

– *Marhaba Javed VII D*

As an eager eighth grader my visit to the **World Book Fair 2024** was a literary adventure that transported me to a realm beyond my classroom walls. The vast expanse of knowledge unfolded before me. Each aisle a pathway to new discoveries. Enveloped in the scent of freshly printed pages, I navigated through a symphony of bookish delights. From the vibrant colours of children's picture books to the profound wisdom hidden in dusty classics, every shelf seemed like a treasure trove waiting to be explored.

This trip provided me an excellent opportunity to explore diverse literary offerings and deepen my appreciation for books. The World Book Fair became a sanctuary where the magic of words captivated my mind and fuelled my passion for books.

– *Aurelia Lawrence VIII A*



BHARATOTSAV -ANNUAL DAY – CLASSES 1 AND 2

“The greatness of a culture can be found in its festivals.”

The stage of Maitri Hall was set for a spectacle to showcase the rich cultural tapestry of India on the 13th and 14th March 2024. Each festival, a vibrant thread woven into the fabric of the nation's identity, was celebrated with fervour and enthusiasm.

The festivities commenced with students marching their way to the auditorium showcasing the might of the army, navy and air force of India followed by a dance performance to celebrate the spirit of Ganesh Jayanti, where students moved gracefully to the rhythm of Ganesh Vandana.

The joyful celebration of Pongal and the beauty of Basant and Holi, the festival of colours, was showcased through captivating dance performances. Following this was a spellbinding Sufi dance performance to celebrate the festival of Eid and the mood shifted to the foot-tapping beats from the lush green fields of Assam and Punjab to celebrate the harvest festivals of Bihu and Baisakhi.

The tale of Onam celebration through enactment and a spectacular dance performance by the students took everyone straight to the backwaters of Kerala and the audience were in awe as they witnessed the childhood of Lord Krishna as the students celebrated Janmashtami through their beautiful dance performance.

Next was the mesmerizing display of Prabhat Pheri to celebrate Gurupurab followed by the festival of Durga Puja where the students swayed to the rhythmical tunes of dhaak doing the Dhunuchi dance and uplifted the spirits of the audience as the students danced to the beats of Dandiya and Garba.

Students illuminated the stage with diyas as they danced their way to celebrate the festival of lights, Diwali and they spread the warmth and joy of Christmas as they danced to the melody of Christmas songs. The grand finale was an enthralling tableau highlighting the unity in diversity that defines the nation.

From the marvellous performance of grandparents and teachers with the students on stage to the enchanting narration, time travelling to the origin of India to showcasing the valour of the armed forces, the foot-tapping, lively music to match the dynamic dance performance of the students to ending with the message of unity in diversity; each element of the show was finely interwoven to celebrate the spirit of India and display the rich culture of India through its festivals.

– Ms. Clara







NCC - Celebrating girl power!

COMPLETION OF PRCN COURSE: An enriching experience



Course: PRCN

Duration: 8 weeks

Batch no.: 100 JDPC

As an English teacher, I was immersed in the magic of language and literature. However, a recent opportunity propelled me to go beyond the confines of my classroom into the world of NCC as the officer of the Air Wing. As I embarked on this new adventure, initially I grappled with feelings of uncertainty. I questioned my ability to navigate through my new responsibilities. Beneath the apprehension, there lay a deep-seated eagerness to embrace new challenges. Balancing the demands of teaching with the responsibilities of NCC officer has required careful planning and unwavering commitment.

With the successful completion of the Pre-Commission NCC course, I would like to share my insights about the experience and training that I had undergone during the course.

The PRCN course was an intensive and enriching program that provided me with knowledge, skill and practical training essential to mentor our NCC cadets. Over the duration of the course, I had the privilege to undergo training in aeromodelling, parade, range firing, rifle drill, physical fitness and endurance and theory comprising topics such as principles of flight, leadership and communication strategies, decision making for effective command, teamwork etc. A visit to the aerodrome and Air Traffic Control Tower familiarized me with the principles of flight, basic aircraft systems, RT procedure and Meteorology.

Transitioning into the structured military style environment created a sense of being a novice. The lack of familiarity with the subject matter contributed to the feeling of a student again trying to grasp new concepts and skills. The day began Drill Practice at five in the morning. It was to hone our marching skills and master the art of military formations. Reaching late by a few seconds meant extra physical training. After breakfast, we headed for the Ground Instructor's school where we were taught aeromodelling, parade, range firing, rifle drill, physical fitness and endurance and theory comprising topics such as principles of flight, leadership and communication strategies, decision making for effective command, teamwork etc. A visit to the aerodrome and Air Traffic Control Tower familiarized me with the principles of flight, basic aircraft systems, RT procedure and Meteorology. Evening PT classes with sessions of physical training focusing on endurance, strength and flexibility.

At the end of the course, CTOs had to take exams encompassing both specialized and common subject. The evaluation process involved both written exams, vivas and practical assessment including parade drill.

On 3rd March, 2024, Passing Out Parade was held to honour our achievements and formally induct us into the ranks of NCC. Overall, the course has provided me with a deeper understanding of the responsibilities associated with serving in the Air Wing.

– Ashwini Thanappan

MY JOURNEY AT THE CATC CAMP (2023)

Last year (2023) in September I visited the CATC camp as a Flt Cadet of NCC. I had a great time staying there for 10 days. I had my birthday celebrated at the camp. It was a great birthday. Our School got the opportunity to visit the Akashvani Bhawan for the G20 Musical Marathon and there we got to see cultural Folk Dances. I made great memories with our schoolmates and some of our seniors, some of my memories may be sad or happy but I will still remember them with my heart and miss those days.

– Fiona Sharol Bilung IX A

CATC: An unforgettable experience

CATC (Combined Annual Training Camp) offers NCC (National Cadet Corps) cadets an immersive experience in leadership, discipline, and teamwork. Held annually, it gathers cadets from diverse backgrounds to engage in rigorous training exercises and drills. Waking up at 3 a.m., the CATC Camp regimen began with invigorating physical exercises alternating between yoga and rigorous workouts. Following a wholesome breakfast, we engaged in drill sessions, sharpening our discipline and coordination. Lectures on various subjects enriched our knowledge base before lunch. Post-lunch roll call ensured accountability, followed by a blend of personal time. We had talks about social media, staying healthy, and managing stress. These talks helped us learn how to use social media wisely, take care of our bodies, and deal with stress.

CATC Camp also offered vibrant DJ nights and cultural evenings, providing opportunities for entertainment and cultural exchange. We participated in various activities, honed my leadership skills, made lasting friendships, and embraced new challenges. It was an unforgettable experience. It was a lifelong experience for all of us.

– *Surbhi Saini IX A*

“Once a Cadet, Always a Cadet: A Life-altering Experience”

Being a cadet isn't just about donning a uniform; it's a transformative journey that reveals the essence of discipline and resilience. Initially, I anticipated a grand welcome, but the reality was stark. Instead of lavish receptions, we were ushered into queues, taught the meticulous art of uniform presentation—a symbolic initiation into the world of discipline.

However, this wasn't merely about appearances; it was the first step towards understanding the soldier's lifestyle. The harsh reality hit—this wasn't a leisurely picnic but a rigorous learning experience. In those ten days, we glimpsed the challenges soldiers face daily, and it was a revelation. Despite bouts of homesickness, we learned invaluable lessons—how to confront challenges head-on, uphold discipline, and master time management. NCC became more than an extracurricular; it was a lens through which I viewed life. Those ten days molded me into a stronger individual, equipping me to navigate life's complexities with fortitude. It's a reminder that success often lies beyond our comfort zones, urging us to strive for greater heights.

– *Anushka IX C*







Discover the self though service-Reaching out to reach in

Ink of Intuition:

Chronicles of a Scholar's Soul

Infusing our lives with purpose and direction, our soul often acts as our silent guide, leading us towards our true calling. In the words of Rumi, "Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray."

Dear Soul,

In the labyrinth of life, amidst the myriad choices that unfurl before me like a tapestry woven with threads of destiny, you have been my guiding star, my constant companion. As I sit down to pen this letter, I can't help but marvel at the profound connection we share, a bond that transcends the barriers of time and space.

From the very beginning, you whispered softly in the recesses of my consciousness, nudging me towards the path of science. It was as if you knew, even before I did, that my true calling lay in unravelling the mysteries of the universe, in dissecting the intricate web of life itself. And thus began our journey together, a journey filled with wonder, curiosity, and endless possibilities.

As a science enthusiast, I found solace in the enchanting melodies of physics, the captivating complexity of the mind in psychology, the intricate mosaic of genetic inheritance in biology and the elegant dance of molecules in chemistry. Each discovery, each revelation, was like a symphony orchestrated by the hands of fate, resonating with the very essence of my being.

But amidst the cacophony of choices that besieged me, it was you, my dear soul, who stood steadfast by my side, guiding me towards my true purpose. It was you who helped me sift through the myriad subjects, eliminating the extraneous noise until only one remained – the study of life itself, the study of living organisms in all their awe-inspiring complexity.

And so, I embarked on the path of biology, a journey that would lead me to the doors of medical science. With each step I took, I could feel your presence, a silent yet palpable force propelling me forward, urging me to delve deeper into the intricacies of the human body, to unravel the secrets of health and healing.

As I prepare for NEET, the ultimate test of my dedication and resolve, I find myself drawing

strength from you, my unwavering companion. For it is in the crucible of adversity that our bond is truly tested, and it is in the face of challenges that we emerge stronger, more resilient than ever before. In the mornings when I don't feel like waking up early you help me to take a step forward in my journey and make me start studying. When sad, you are the one who reminds me of the efforts I took and the sacrifices I made to reach this far and remind me that my sky is limitless.

In the words of Albert Einstein, "The important thing is not to stop questioning. Curiosity has its own reason for existing." And indeed, it is this insatiable curiosity, this relentless quest for knowledge, that binds us together, soul and science inextricably intertwined.

So here I stand on the threshold of a new beginning, ready to embark on the next chapter of our journey together. And as I gaze into the infinite expanse of possibilities that lie before me, I know that with you by my side, I am destined for greatness.

Yours in eternal gratitude,

– Janhabí XI B

When winter melts

In winter's embrace, I wander lost,
A soul adrift, by frost embossed,
Alone amidst the barren cold,
My spirit shivers, stories untold.

Within the frost, my heart entwined,
A labyrinth of doubts, fears unkind,
The world, a vast and icy sea,
Each step a struggle to break free.

But in the hush of winter's might,
I glimpse a child, a fragile light,
Shivering 'neath the cold's cruel hand,
I see myself, in frozen land.

With trembling hands, I reach to share,
My bread, my warmth, my soul laid bare,
For in that child, I find my plight,
A mirror held in winter's light.

As spring begins to stir and wake,
The ice around my heart, it breaks,
In service to that child, I find,
A purpose true, a guiding sign.

And as the snow begins to melt,
A newfound warmth, in hearts unfelt,
I see the kindness in each face,
And feel the world's embrace.

No longer lost, no longer cold,
In service to others, my story's told,
For in removing their frosty plight,
I find myself in service bright.

— *Deveshi Taneja IX E*

आत्म—साक्षात्कार

आधुनिक जीवन की भागदौड़ में, हम अक्सर रूकना और अपने अस्तित्व के सबसे आवश्यक पहलू — अपनी आत्मा — की सराहना करना भूल जाते हैं। हमारी आत्मा हमारे अस्तित्व का मूल है, हमारे अद्वितीय सार का स्रोत है, और हमारी आंतरिक शांति और खुशी का स्रोत है।

अपनी आत्मा से प्रेम करना आत्म—जागरूकता से शुरू होता है। इसमें बिना किसी निर्णय के हमारी भावनाओं, विचारों और इच्छाओं को स्वीकार करना शामिल है। अपनी खामियों को स्वीकार करना और अपनी गलतियों से सीखना हमें आध्यात्मिक रूप से बढ़ने में मदद करता है। आत्म—करुण हमारी आत्मा के पोषण की कुंजी है, क्योंकि आत्म—प्रेम के माध्यम से ही हम दूसरों तक प्रेम और दया फैला सकते हैं।

प्रकृति से जुड़ना, सचेतनता का अभ्यास करना और उन गतिविधियों में शामिल होना जो हमें खुशी देती हैं, हमारी आत्मा का भी पोषण कर सकती हैं। स्थिरता और शांति के ये क्षण हमें अपने आंतरिक संतुलन को फिर से रिचार्ज करने और फिर से खोजने की अनुमति देते हैं।

इसके अलावा, सार्थक रिश्ते विकसित करना और खुद को सकारात्मक प्रभावों से घेरना हमारी आत्मा को और समृद्ध कर सकता है। प्रेम, दया और सहानुभूति वे बंधन हैं जो हमें दूसरों से जोड़ते हैं, और इन संबंधों को पोषित करने में, हम अपनी आत्मा का भी पोषण करते हैं।

निष्कर्ष: अपनी आत्मा से प्रेम करना आत्म—खोज, आत्म—करुण और आत्म—अभिव्यक्ति की एक आजीवन यात्रा है। यह इस प्रेम के माध्यम से है कि हम अपने जीवन में अर्थ, उद्देश्य और पूर्णता पाते हैं, अंततः एक अधिक सामंजस्यपूर्ण अस्तित्व की ओर ले जाते हैं। तो, आइए हम रूकें, प्रतिबिंबित करें और उस प्यार और देखभाल को प्राथमिकता दें जिसकी हमारी आत्मा हकदार है।

—*कबीर गुप्ता XIA*

Love is action!

it's always Christmas in Fr. Agnel...

"The madness of a God who came as a poor man is the madness of a God who loves you".

Fr. C's words rang through my ears as I cycled back home, as I ate my lunch, and as I shared it to my parents that evening. The whole day had struck out to me. The music, the dance, the song, and the joy of the festivities had melted my heart despite the infamous cold of this year. Surrounded by people you are fortunate to call friends, celebrating the season of giving, one can't help but feel extremely grateful for all that His Mercy has given them.

As you ponder over the year gone by, the memories spurn a vast array of emotions - love, hate, joy, anxiety, disgust, and awe (and if you're half as clumsy as I am, a few note-worthy moments of embarrassment) within a matter of seconds and all that's left lingering, to bloom till your heart bursts, is Love. Love for your dear ones, love for yourself, love for your neighbors and the strangers who helped. But also love for your enemy. You love him now because you realize he's been hurt on the inside. You love him because you realize the sharpness of his blade forced you to come to the other side.

It was this love that held me captive that 23rd afternoon as I gazed about the Maitri Hall, taking it all for the last time that year. It was this love that compelled my hand to paper and pen down...

What is Love? I had the privilege of learning the beautiful language of French when I joined this school in class 8. And anyone who knows anything about said language would understand the importance of the never-ending verbs. Half our days would pass memorizing each verb, its meaning, and its numerous conjugations. On one such cramming session, it occurred to me that we learned the word 'love' under the category of verbs. According to the English Dictionary and common knowledge we understand love as an emotion, a feeling. French and several other verb-based languages, however, understand love as a verb, an action.

And they are right. Love is a choice. You choose to love someone. You get up every day and choose to care for someone, choose to put their needs before yours, and choose to be by their side. It's not butterflies in your stomach and goosebumps. It can't be reduced to something as simple as a 'feeling'. It's hard work. But if you do the work and hold on through the pain, Love is the sweetest gift

you can receive. The tears, and the strains all end up being worth it.

One of the most precise and brief description of Love is given in St. Paul's letters to the Corinthian Church of that time: Love is patient, love is kind, and it covers all wrong. It always protects, always trusts, always hopes, always perseveres. Love never fails. And it's this love that lays the foundation of our beloved school. It is this love that should govern the heart of every person privileged to call themselves an Agnelite. We learn from the day we enter this red brick building to 'love our neighbors as ourselves'.

That same Christmas celebration, Fr. Roy beautifully added to Fr. Carvalho's words, by saying that Christmas is Love IN ACTION. Just as Christ's birth symbolized the unconditional love God has for us, so too does the spirit of Fr. Agnel School, infusing every corner with warmth, kindness, and respect. And this is not confined to grand gestures or fleeting moments of festivities, but rather the enduring commitment to love and serve one another, day in and day out.

The holiday season has come to an end and the endless cycle of homework, and classes restarts. But as the red and green fade away to the monochrome of daily life, we shouldn't let the darkness around douse the light of love and hope lit in our hearts.

Christmas may be over but if you ask me, it's always Christmas in Fr. Agnel. After all, to be an Agnelite is, quite simply, to love.

– *Anointa Christina, XI B*

Discovering and loving oneself through service

Discovering and loving oneself is truly an inspiring journey not only for us but for others as well.

Humans basically need to serve each other. Whether it be our holy books or moral stories, we learn to help and serve one another. There are, in our country, various communities and different individuals. Understanding and knowing them helps us to connect to each other which opens our eyes to different perspectives and experiences. We discover our potential and calibre too. If one builds walls and doesn't reach out to another, there would be misunderstandings and chaos in the world.

For the benefit of others and even for ourselves, we should serve and love each other. We get a sense of

responsibility, purpose and compassion when we do so. Every act of ours inspires others, by each act we can make the world more peaceful and step closer to kindness. Humans have achieved knowledge worldwide but are yet to understand about service. In the words of Martin Luther King Jr. "life's most persistent and urgent question is: what are you doing for others?"

– *Steve Phillip VIII B*

Self-love- Skin deep?

'Self-love' is not really an unfamiliar word for our generation today. We all love the idea of loving ourselves. But not many have delved deeper and prefer to stay at the surface level.

We are all born with many flaws and no one is perfect. Even when we try to be our best or do our best, we may not reach perfection and there may be something which we may miss out on. The idea of accepting yourself for who you are and not imitating someone merely because they're popular or successful is what self-love truly means. This concept is neither too easy nor too difficult. Finding out that who you really are and not hiding from yourself is the first step towards this journey. But self-discovery can be tricky. Especially when we are surrounded with things to lure us and gadgets to hover over our minds guiding/misguiding us. Knowing ourselves without introspection; or listening to that gentle voice within amidst all the chaos is the real challenge.

Remember that you are unique and no one is like you and you can't expect to be like someone else. There are obstacles in every journey, even when you try to love yourself there will always be something stopping you. For example, peoples perspectives about you, their judgments, and their expectations from you. Sometimes they are right and sometimes wrong, but you can't let everything get to you. It is rightly said, " ships don't sink because of the water around them, ships sink because of the water that gets in them". Don't let people and situations around you get to you and drown you. There will always be someone or something in your way, you can't avoid or run away from it but you can stand your ground.

Once you are able to truly love yourself you would be capable of giving other people the love they deserve. In conclusion your only obligation in any lifetime is to be true to yourself.

– *Anshita kanojia XI B*

LOVE YOUR SOUL

Self-love, it's a word we have all been hearing a lot. To actually love oneself, we first have to grasp the true meaning of the word. Self-love isn't simple. It is a long and somewhat hard procedure, in which patience is an important quality. As humans, finding flaws, is only natural for us, but we sometimes also ignore the beauty of the things and the people around us, eventually making these flaws, the only thing we focus on.

Loving your soul isn't just about your looks but also about your personality we should never strive to be someone else. Nowadays on social media platforms, we get inspired by influencers and forget about ourselves, our health and happiness, just as we care for our family members, friends or even our neighbors, we shouldn't forget about ourselves.

We should care for ourselves by doing things we enjoy. We should also care about others and help someone in need, whether it is helping a beggar by giving some money or just a hug to anyone who really needs it. Doing good deeds will make our soul beautiful inside and out. Hence we should love our soul like we love our dear ones.

– *Vindah Beg VII-E*

Letter to Your Soul: A lifelong romance

My Dearest Soul,

It's been quite a journey, hasn't it? We've trudged through the highs and lows, the twists and turns, and I've watched you weather the storms with a kind of grace that leaves me in awe.

I want you to know, I see those moments where you gave a piece of yourself to people and things that didn't deserve you. I'm sorry for not being a better guardian, for letting you break for the wrong reasons. You deserved more respect, more care.

In the quiet moments, when the weight of the world seems too much, I feel your tiredness. I've seen you carry burdens that weren't yours to bear, and I ache for the times I let you shatter for things that didn't matter in the grand scheme. Life's thrown some curveballs, and I've seen you take hits that weren't fair. I'm sorry for the times I didn't have your back like I should've. You're not just a punching bag for whatever comes your way.

But here's the thing: you're stronger than you think. Those cracks and breaks are part of you now, telling

stories of battles fought and survived. I celebrate those scars, for they're proof of a warrior spirit that refuses to be defeated.

And hey, let's not forget the epic moments – the belly laughs, the triumphs, and the times you picked yourself up when everything seemed to fall apart. You're a rock star, babe, even when you doubt it.

I hope you find healing in the small victories, in the love and kindness you so freely give to others. Hold onto the fragments, for they make you who you are – beautifully flawed, remarkably resilient, and undeniably human.

With all the love in the world,

– *Jerrica Grover XI B*

आत्मा—खोज की यात्रा

दैनिक जीवन की अराजक भीड़ में हम अक्सर बाहरी स्रोतों से प्यार और मान्यता की तलाश करते हैं, अपने भीतर प्यार के अविश्वसनीय स्रोत— अपनी आत्मा— की उपेक्षा करते हैं। वास्तव में फलने—फूलने और स्थायी संतुष्टि पाने के लिए यह जरूरी है कि हम अपनी आत्मा से प्यार करने की यात्रा पर निकलें।

आत्मा—जागरूकता को अपनाने से शुरुआत करें। अपने सपनों, इच्छाओं और क्या वास्तव में आपको खुशी मिलती है, इस पर विचार करने के लिए समय निकालें। जैसे—जैसे आप अपने भीतर गहराई से उतरते हैं, आप उस खूबसूरत विशिष्टता को उजागर करेंगे जो आपको परिभाषित करती है।

इसके बाद, आत्मा—करुणा का अभ्यास करें। जिस तरह आप चुनौतियों का सामना कर रहे किसी प्रिय मित्र को प्यार और समर्थन देंगे, उसी तरह अपने आप से भी दयालुता का व्यवहार करें। अपने खामियों को स्वीकारें और अपनी खूबियों का जश्न मनाएं, यह पहचानते हुए कि वे सभी आपकी आत्मा की जटिल टेपेस्ट्री का हिस्सा हैं।

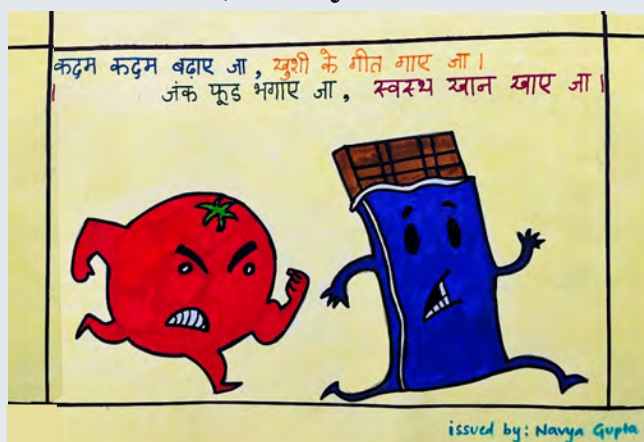
आत्म—देखभाल के अनुष्ठान विकसित करें जो आपकी आत्मा को पोषण दें। इसमें ध्यान, जर्नलिंग, प्रकृति में समय बिताना या रचनात्मक जुनून का पीछा करना शामिल हो सकता है। ये गतिविधियाँ आपको आपके सार से जोड़ती हैं, जिससे आप गहन आत्म—प्रेम का अनुभव कर सकते हैं।

जैसे—जैसे आप अपनी आत्मा से प्यार करने लगेंगे, आप अपने बाहरी रिश्तों में भी बदलाव देखेंगे। अपने आप को प्रामाणिक रूप से प्यार करने से, आप दूसरों को गहराई से और बिना शर्त प्यार करने के लिए बेहतर ढंग से सुसज्जित होंगे।

अंत में, अपनी आत्मा के साथ प्यार में पड़ने की यात्रा आत्म—खोज और वास्तविक खुशी का एक सुंदर और आवश्यक मार्ग है। यह आत्म—जागरूकता, आत्म—करुणा और आत्म—देखभाल से शुरू होता है, अंततः दुनिया में प्यार और सकारात्मकता फैलता है। इस परिवर्तनकारी यात्रा को अपनाएं, और आप अपनी आत्मा के भीतर प्यार का एक अंतहीन भंडार पाएँगे।

– *Kabir XI A*

Wellness Matters: Mind, Body and Soul



TOWARDS A FIT INDIA!

Know your Nutrients

As we grow, various changes take place in our bodies and it demands our attention and care. Each and every one of us requires nutrients to lead a healthy and long lasting life and the knowledge of the most essential nutrients is very important for us. According to the World Health Organization, nutrients are vital for disease prevention, growth, and good health. These nutrients have an incredible importance in our lives. While there are many essential nutrients they can be broken down into 2 categories: macronutrients and micronutrients.

Macronutrients: they are consumed in huge amounts. Fats, proteins, and carbohydrates are broken down to provide energy to our body. They play a special role in our health.

Micronutrients: they are consumed in smaller amounts but are just as important as macronutrients. Vitamins, minerals and phytonutrients catalyse reaction and protect against oxidants, etc.

Here are the main groups of essential micronutrients and macronutrients:

PROTEINS are essential for good health. All hormones, antibodies, and other important substances are composed of proteins. Your body can fulfil its protein need from the foods you eat throughout the day. We are all aware that meat, fish and eggs are good sources of essential amino acids. But my vegetarian friends need not worry as we can also get protein from plant sources like bean, soy, nuts and grains. But one must beware as overconsumption of proteins can be very harmful for the body, causing kidney issues cardiovascular diseases etc.

Contrary to the popular idea that 'CARBOHYDRATES' are bad; they are very necessary for a healthy body. They fuel our body especially our central nervous system and brain and protect against diseases. No doubt, excessive amounts of carbs can be extremely unhealthy. So the best way to deal with 'carb' consumption is to switch to whole grains, beans and fiber rich vegetables and fruits instead of consuming those 'tasty yet dangerous' refined food products.

FATS: Yes you read it right! 'Healthy fats' as ironic as it may sound, are an important part of a healthy diet. Did you know... your body can't absorb certain important vitamins without fats? Fat can help you to balance your blood sugar, decrease your risk of heart disease and diabetes and even improve your brain functions.

Unsaturated fats are important for our bodies even if they come across as unhealthy, as they provide essential fatty acids our body can't produce. Nuts, seeds, fish and vegetable oils are some of the healthy fats. Of course, there should a limit to the consumption of saturated animal based fats like butter, cheese, red meat, and the yummy ice cream.

VITAMINS: Each vitamin plays an important role in our body and they help to ward off diseases. The body needs vitamins to support its functions. There are 13 essential vitamins that the body needs to function properly. Vitamins are essential for healthy vision, skin, and bones. Vitamins like vitamin C boost the immune system and help the body heal. A well-balanced diet full of vegetables and fruits, can provide enough vitamins essential for our body.

MINERALS are essential for many body functions, including building strong bones and those 'pearly white' teeth, regulating your metabolism, and staying properly hydrated. Some of the most common minerals are calcium, iron, and zinc which are found in cereals, dairy products, nuts, fruits and vegetables.

WATER: it is a well-known fact that our bodies are mainly made up of water. About 62 percent of your body weight is water. It not only improves your brain function but can also fix your mood. It also helps flush out toxins, carry nutrients to cells, hydrate the body. Fruits and vegetables can also provide water to the body and not just normal drinking water.

All of these nutrients are extremely important for all of us and we must take care of our bodies. The older we get the more our body will be required to take care of. We should start off as early as possible and learn more about our bodies!

Nutrients will always be an important part of our body and we should give our best to fulfil the needs of our body. But we mustn't forget to enjoy ourselves of delicious meals and snacks but with few limitations for sure!

– Diya Menon XI E



Unlocking Health and Vitality: The Power of Yoga

In the hustle and bustle of modern life, amidst the chaos and demands, one ancient practice shines as a beacon of wellness: Yoga. Beyond its reputation as a mere exercise routine, yoga offers a holistic pathway to health that encompasses the body, mind, and spirit.

Picture this: a serene space, a yoga mat, and you. With each mindful movement and intentional breath, yoga guides you towards physical strength, flexibility, and balance. No matter your age or fitness level, yoga meets you where you are, inviting you to embark on a journey of self-discovery and transformation.

But yoga is not just about the body; it's about nurturing the mind and soul too. In today's stress-filled world, yoga serves as a sanctuary, offering techniques to calm the mind, reduce anxiety, and promote mental clarity.

Through meditation and mindfulness, you can find peace amidst the chaos, reclaiming your inner calm and resilience. In a world where emotions often run wild, yoga provides the tools to navigate life's ups and downs with grace and equanimity. The beauty of yoga lies in its adaptability. Whether you prefer a dynamic flow or a gentle restorative practice, there's a style of yoga that suits your needs and preferences. With each practice, you have the opportunity to tune into your body, listen to its

wisdom, and honor its needs. So Embrace the journey, savoring each breath, each stretch, and each moment of stillness. With yoga as your companion, you have the power to unlock your full potential and live your best life.

– Josna Jajo XI A

Mind Matters... with Ms. Poornima Bhatia (school counselor)

In classrooms teachers have to deal with misbehaviour and bullying amongst the students on a daily basis, how should one resolve this issue?

When dealing with misbehaviour students should be made aware why certain rules are in place before they get punished for it. If the student does not know or understand the significance of the issue, they would more likely repeat it. Bullying Is a serious issue and children need to be made aware of its consequences on themselves and other students.

A common complaint among students is the “partiality of teachers”. What are your suggestions for students?

Before answering that I would like to clear one thing out. Partiality and liking a student a little more are different. In this situation both can be biased, it can be that the teacher is in fact partial or the students feel that the teacher is. Now students can feel so because maybe they got scolded or punished. Before accusing them of being partial students should try and reflect on their own behavior- 'was the teacher actually partial?' or 'was the punishment deserved?' these are some questions you should ask yourself. In case the teacher is actually partial, the best method would be to talk with them and make them aware about it.

Most of the students come to the school counsellor because they feel they can't share their personal feelings with their parents/Guardians. Do you think that their problems should be discussed openly with their parents regardless of the consequences?

One should always be able to communicate to communicate with their parents in a situation where that is not possible you should of course contact the school counsellor because you deserve to get help. Now some issues HAVE to be discussed with the parents because of their severity, sometimes it is important for them to get involved.

The life of a 10 th or 12 th grader is filled with a lot of assignments, while they understand its importance but they also have tournaments and

other extracurricular activities not to mention the stress of pre-boards or boards. What should students do to deal with this situation?

PRIORITISE, PRIORITISE, PRIORITISE!!!

Firstly, you need to be able to decide what is important for you. Choosing your goals is very important in this stage. At an age where you are overwhelmed with examinations, future decisions etc. it's going to be Impossible to multi-task. You need to decide what is more important. Secondly, you need to schedule the activities you are engaging in.

Nowadays teenagers are taking to habits such as using drugs, vaping, drinking. What do you think are the reasons for it and how you think we can help students overcome these habits?

There are a few factors that can influence teenagers like peer pressure, being exposed to drugs at a young age, other external influences, some children might use it just to TRY IT OUT. There also might be complex issues, where students might be using them as a coping mechanism, there can also be situations where they have been misinformed about the consequences of drug usage.

The first step should be prevention. It is better to PREVENT the usage of drugs than to cure it. And to do that we have to spread knowledge about their impacts, no one should be unaware about their consequences on one's health, mind and body.

We have often times seen that people trying to recover from drug use are isolated from society due to stigma, this fear can stop people from trying to reach out for help. Yes, there is a stigma, especially with students, there is a constant fear of judgement. The reality is we cannot change the way people think so the effort to improve oneself often done alone. So the best option is to build your own support system, have someone who can help you through it.

It's all in the Mind!

Mental health is an integral aspect of our lives, influencing how we think, feel, and act daily. In recent years, the conversation around mental health has gained momentum, highlighting its importance for a fulfilling life. It encompasses emotional, psychological, and social well-being, significantly impacting how we handle stress, relate to others, and make choices.

Acknowledging mental health's significance is the first step towards fostering a society that values and supports individuals in their mental wellness

journey. However, stigma and misconceptions still surround mental health, often preventing open discussions and seeking help.

Taking care of mental health involves various practices, including self-care routines, seeking professional help when needed, maintaining social connections, and engaging in activities that bring joy and relaxation. Additionally, cultivating mindfulness through meditation, yoga, or mindfulness exercises aids in managing stress and improving mental resilience.

Moreover, technology offers various tools and platforms providing mental health support, such as therapy apps, online counselling services, and mental health hotlines, bridging the gap for those seeking assistance.

Accurate information, understanding, and empathy about mental health can be the foundation of a prosperous society. Only when we prioritize and focus on mental health can we all become a part of a healthy and prosperous society.

In conclusion, prioritizing mental health is vital for a balanced and fulfilling life. Embracing open conversations, eradicating stigma, and adopting a holistic approach.

– Jaisal Kaur VI A

The Importance of Mental Health Awareness

Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act, and it plays a significant role in how we handle stress, relate to others, and make choices. It is an essential component of our overall well-being, yet it is often misunderstood, stigmatized, and overlooked.

Awareness about mental health is crucial in promoting a society where individuals can seek help without fear or shame. One of the major barriers to addressing mental health issues is the stigma associated with them. People often hesitate to talk about their mental health concerns due to fear of discrimination, judgment, or social exclusion. This stigma can lead to delayed treatment and suffering in silence. Being aware of mental health issues allows for early intervention. Recognizing the signs of mental health problems can lead to timely treatment, which is often more effective when started early. When individuals are aware of mental health challenges, they are more

likely to show empathy and provide support to those in need. This sense of community and understanding can be a lifeline for someone facing mental health issues.

Education is a major way in which we can promote mental health awareness. Schools, workplaces, and communities can provide mental health education programs to increase awareness and understanding. Creating environments where individuals feel safe discussing their mental health is crucial. This can be achieved through open dialogue and destigmatizing language. Governments, non-profit organizations, and individuals can engage in public awareness campaigns to reduce the stigma around mental health. Encouraging people to talk to friends, family, and peers about their mental health concerns can foster a supportive network.

Mental health awareness is not just a personal issue; it's a societal one. When we prioritize mental health awareness, we create a more compassionate, understanding, and supportive world where people are not defined by their struggles but empowered by their ability to seek help and healing. It's time to break the silence, end the stigma, and make mental health a priority for all.

– *Anjali Roy X E*

Philosophy of Happiness

What is happiness? This question may have come to your mind several times. Happiness is the place between too much and too little. It's not something made it just comes from your action. Finding happiness does not depend on what you are or what you have, it depends on what you visualize.

There are many ways to feel delighted but the best ways are- find at least one hobby that make you feel pleased and joyful, be confident and smile whenever you feel stressed. Smiling more often helps the mind and body to release stress naturally accept and acknowledge positives in life. Be around people you genuinely enjoy and love and enjoy the simple things about the little moments in your life. Practice resilience be prepared for struggles and be prepared to fight back. Lastly find the purpose of your life happy people acknowledge with their purpose of life this is something they decide and it something that make them happy. Do not let anyone steal your happiness and never stop smiling.

– *Anushka bist VIII A*

स्वास्थ्य पर चर्चा Vancy Ma'am के साथ

- ★ आप अपने आप को स्वस्थ कैसे रखते हैं? / Fitness Mantra
- ★ एक अच्छी Diet और रोज योगा करके। रोज ५-१० मिनट Exercise करनी चाहिए।
- ★ आज कल बच्चे ज्यादा स्कूल Pressure और ज्यादा १ घंटे Tution की वजह से अपने स्वास्थ्य पर कम ध्यान दे पाते। इस पर आप का क्या कहना है?
- ★ सुबह जल्दी उठकर योगा, Exercise की ओर ध्यान लगाना चाहिए जिससे अच्छी दिन की शुरूआत होती है। हर रोज सुबह १०-१५ मिनट Exercise करने से दिन बहुत अच्छा रहता है। अपनी सेहत का ध्यान रखना चाहिए।
- ★ आप योगा, Aerobics जिम में से क्या चुनना चाहेंगी?
- ★ अगर Student की Life के हिसाब से देखे तो योगा बहुत अच्छा Option है। क्योंकि इससे स्वास्थ्य बेहतर रहता है और दिमाग भी अच्छे से काम करता है।
- ★ क्या आप को लगता है कि स्कूल में स्वास्थ्य को कम महत्व दिया जाता है?
- ★ हाँ! यह बात सत्य है। ज्यादातर १०वीं से १२वीं तक के बच्चे गेम्स पिरीयड में नीचे खेलने नहीं आते।
- ★ आज कल की युवा पिढ़ी; जिम करने जाती है और कई लोग (Muscle Gain) के भी जाते हैं, है जिससे आगे जाकर उन्हें कई मुश्किलों का (Suppliments) सामना करना पड़ता है। इस पर आप क्या कहना चाहती है?
- ★ जिम एक काफी अलग है योगा से। जहाँ तक योगा हमारी Muscles को Flexible बनाता है वहीं जिम हमारे Muscles को Stiff करने का काम करता। जिम Teenage में बहुत हानिकारक साबित हो सकता है और Suppliments तो आगे जा कर बहुत ज्यादा हानिकारक होते हैं। मैं यह सलाह देना चाहूँगी कि अगर यह सब अभी न करके १२वीं के बाद किया जाए तो बेहतर होगा।

मानसिक स्वास्थ्य

विश्व स्वास्थ्य संगठन, मानसिक स्वास्थ्य परिभाषित करते हुए कहता है कि यह “सलामती की एक स्थिति है जिसमें किसी व्यक्ति को अपनी क्षमताओं का एहसास रहता है, वह जीवन के सामान्य तनावों का सामना कर सकता है, लाभकारी और उपयोगी रूप से काम कर सकता है और अपने समाज के प्रति योगदान करने में सक्षम होता होता है।

किसी भी व्यक्ति के लिए शारीरिक और मानसिक दोनों ही बहुत जरूरी हैं। अगर कोई व्यक्ति शारीरिक रूप से स्वस्थ है लेकिन उसका मानसिक स्वस्थ खराब है तो उसे अपने जीवन में कई प्रकार की दिक्कतों का सामना करना पड़ेगा। मानसिक स्वास्थ्य से एक व्यक्ति को अपनी क्षमताओं का पता चलता है, उसके भीतर आत्मविश्वास आता कि वे जीवन में तनाव से सामना कर सकता है और अपने काम या कार्यों से अपने समुदाय के विकास में योगदान दे सकता है। मानसिक विकार व्यक्ति के स्वास्थ्य—संबंधी व्यवहार, फैसले, नियमित व्यायाम, पर्याप्त नींद, सुरक्षित यौन व्यवहार आदि को प्रभावित करता है और शारीरिक रोगों के खतरे को बढ़ाता है। मानसिक अस्वस्थता के कारण ही व्यक्ति को बेरोजगार, बिखरे हुए परिवार, गरीबी, नशीले पदार्थों का सेवन और संबंधित अपराध का सहभागी बनना पड़ता है। अगर किसी व्यक्ति का मानसिक सही रहेगा तो उसका जीवन भी सही रहेगा।

मानसिक स्वास्थ्य में हमारे भावनात्मक, मनोवैज्ञानिक और सामाजिक कल्याण शामिल हैं। यह प्रभावित करता है कि हम कैसे सोचते हैं, महसूस करते हैं और कार्य करते हैं। आपका मानसिक स्वास्थ्य उम्र बढ़ने के साथ बदलता चला जाता है। अपने जीवन के दौरान, अगर आप मानसिक स्वास्थ्य समस्याओं का अनुभव करते हैं तो इसके बारे में जानना, डॉक्टर की मदद लेना और इलाज करवाना बेहद जरूरी है क्योंकि ये आपकी सोच, मनोदशा और व्यवहार को प्रभावित कर सकते हैं। ऐसे कई अन्य कारण भी हैं जो कि मानसिक स्वास्थ्य समस्याओं में योगदान करते हैं, जिनमें शामिल हैं:— मानसिक स्वास्थ्य समस्याओं का परिवारिक इतिहास, जीवन के अनुभव, जैसे आघात या तकलीफ, जीवन में अवसाद रूपी वातावरण के कारण, बचपन का आघात लगने के कारण।

—Gurmannat Kaur VI C

स्वास्थ्य वार्ता

यह लेख स्वास्थ्य के बारे में है, जिसे बहुत से लोग नजरअंदाज कर देते हैं। यह हमारे जीवन का एक महत्वपूर्ण कारक है। स्वास्थ्य संबंधी खतरों के कारण कई लोगों की मृत्यु हो जाती है। लोगों को इन कारकों के बारे में अधिक जागरूक होना चाहिए क्योंकि वे वास्तव में जीवन जीने के लिए महत्वपूर्ण हैं। यदि हम प्रतिदिन व्यायाम करें और अतिरिक्त वसा, रिफाईंड तेल आदि का सेवन कम करें, तो हम फिट और स्वस्थ रहेंगे। इन पदार्थों का सेवन हमारे लिए लाभकारी नहीं है क्योंकि हय हमें मोटापे का शिकार बनाते हैं। कई तरह की चीजें और शारीरिक गतिविधियाँ हैं जो हमें फिट रहने में मदद कर सकती हैं जैसे बास्केटबॉल, क्रिकेट,

बैडमिंटन और अन्य खेल। हमारे आहार के एक बड़े हिस्से में फास्ट फूड शामिल हैं जिनसे बचना जरूरी है। घर का बना खाना जैसे दालें, अनाज, बाजरा आदि खाना चाहिए। किशोर वास्तव में अपने स्वास्थ्य के बारे में चिंतित नहीं हैं क्योंकि वे व्यायाम और स्वस्थ भोजन के महत्व को नहीं जानते हैं। मैं वास्तव में सोचता हूँ कि सभी आयु वर्ग के लोगों को वास्तव में अपने स्वास्थ्य के बारे में चिंतित होना चाहिए और अपने देश भारत को खेल और अन्य गतिविधियों में नंबर १ बनाना चाहिए। ऐसे ऐप हैं जो हमें एक्सरसाइज करने और हमारे लिए डाइट प्लान बनाने में मदद करते हैं, उनका इस्तेमाल करना चाहिए क्योंकि ये हमारे लिए फायदेमंद होते हैं। नींद भी है जरूरी, अगर ८ घंटे की नींद न लें तो सुबह हमें चक्कर आ सकते हैं और हम ठीक से फोकस नहीं कर पाते और इसका असर हमारी सेहत पर भी पड़ता है अंत में मैं यह निष्कर्ष निकालना चाहूँगा कि स्वास्थ्य एक ऐसा कारक नहीं है जिसे नजरअंदाज किया जाना चाहिए, बल्कि एक ऐसा कारक है जिसके बारे में चिंता की जानी चाहिए।

अमय गुप्ता VI-C

स्वास्थ्य वार्ता

छात्र: गुडमर्निंग, मुझे थकान सहसूस हो रही है। क्या आपके पास अच्छे स्वास्थ्य के लिए कोई सुझाव हैं,

स्कूल डॉक्टर: गुडमर्निंग! पर्याप्त नींद, संतुलित आहार, और नियमित शारीरिक गतिविधियों का पालन करना महत्वपूर्ण है। क्या आप इन सब का ध्यान रख रहे हैं।

छात्र: मुझे लगता है कि मेरा नींद का समय बिगड़ गया है, और मैं नाश्ता छोड़ रही हूँ।

स्कूल डॉक्टर: एक स्थिर नींद और पौष्टिक नाश्ता आपके स्वास्थ्य के लिए अत्यंत महत्वपूर्ण हैं।

छात्र: मैंने सुना है कि मानसिक स्वास्थ्य के लिए योग भी फायदेमंद है। क्या आप ऐसी कोई सलाह देना चाहेंगे?

स्कूल डॉक्टर: हाँ योग और ध्यान मानसिक स्वास्थ्य को सुधारने में मदद कर सकते हैं। आप एक साधना शुरू करने की कोशिश कर सकते हैं, जो तनाव को कम करने और मानसिक शांति प्रदान करने में मदद कर सकती है।

छात्र: मैं शारीरिक गतिविधियों का पालन करने का भी सोच रही हूँ। कौन-कौन से व्यायाम मुझे सुझावित हैं?

स्कूल डॉक्टर: बच्चों के लिए खेलना, जॉगिंग, साइकिलिंग, और स्विमिंग जैसी गतिविधियाँ फायदेमंद हो सकती हैं। आप वह चयन करें जो आपको अधिक आनंद देता है और साथ ही स्वास्थ्य को बनाए रखने में मदद करता है।

स्कूल डॉक्टर: ध्यान रखें कि हर गतिविधि को सीमित रूप से करें और सुरक्षित रहें।

स्कूल डॉक्टर: सुनिश्चित रहें कि आप अपने स्वास्थ्य का सही से ध्यान रख रहे हैं।

Contemplations of budding poets

Eclipse	
To Solis	To Luna
<p>Oh, dear sol! Look at your fury You burn with a fierce desire Proud with glory But me? I possess no light</p> <p>People look up and see you, A hope in the barren empty skies But I? To them I just lie Away in the trees and hide</p> <p>Do you ever question yourself? On cloudy vulnerable days The brave hearts that stand amid the crowd Filled up to the brim with courage Protected by your glow</p> <p>If only I could also fly to your embrace, Hold you close in the vast cosmic space. To share the words, too tender to declare, In the silent language, only you and I share. But oh dear sol! For penurious workers of the universe like us Time stops nowhere Yours beloved, Luna</p> <p>- <i>Maira Azi X E</i></p>	<p>Oh sweet Luna, look at your plight! Your face dazzles in the night Your glow radiates ever so bright What do you know of your light?</p> <p>Children look up to the skies and see A beautiful pearl in the endless sea As they play on the fields with glee You join and hide among the trees</p> <p>Do you see the people entranced by you? Caressed by your quiet on days of gloom Do you hear my secrets I whisper to you? And keep them safe like I ask you to?</p> <p>Let me fly to you my dear And hold you in my arms so near So I may say what you must hear How I truly feel when you are here.</p> <p>Forever yours, Solis -<i>Anjali Roy X E</i></p>

The Darkness Is Not Your Enemy

There are certain things they won't tell you about darkness.
They will tell you that it's scary and that you can't see,
They will tell you that it's cold and not the best place to be.
Why then- do you close your eyes when you sleep?

Let me tell you what they won't.
Although Darkness can be pain, it feels like comfort too.
And sadness is a much easier bed to sink into.
Staying in the dark ensures that things cannot get worse.
You cannot add darkness to darkness-
You cannot add hurt to hurt.
But let me tell you something else too.

Although at times it is comfort,
You are not intended to stay there
the same way you are meant to wake and the sun is meant to rise,
After a season of darkness –
there comes a time to open your eyes.

The darkness is not your enemy,
But please don't make it your friend.
Because the healing will begin,
When the darkness starts to end.

-*Jerrica Grover XI B*

The greatest love story ever!

For the longest time, I tried to find someone to complete me.
Turns out the person I was looking for was me, all along.
It's like I was wandering through life,
hoping someone else could fill the void.
But the realization hit hard – the missing piece wasn't out there;
it was within me, patiently waiting to be acknowledged.
I discovered that self-love wasn't just a cliché;
it was the key to my own completeness.
Embracing my flaws and strengths,
I began to understand that the person I needed most was the one reflected in the mirror.
the greatest love story turned out to be
the one I had with myself.

–Jerrica Grover XI B

Father Roy

In the realm of education, where knowledge takes its stand,
There reigns a leader, noble and grand.
Principal Father Roy, a figurehead with grace,
Guiding our school with a steady embrace.
In the corridors, where footsteps echo with pride,
Father Roy walks with purpose by our side.
Not just a principal, but a beacon so true,
His wisdom and leadership, like morning dew.
Father Roy, the helm of our learning ship,
Sailing through challenges with a steady grip.
In the administrative seas, where decisions are made,
His guidance, a compass, will never fade.
No classroom lectures, no lessons to teach,
Yet his influence, far beyond our reach.
A fatherly figure, with a caring heart,
He plays his role, an integral part.
To Principal Father Roy, our hats off we raise,
In the symphony of education, he orchestrates our days.
With respect in our hearts and voices so high,
We honor you, Father Roy, as the days go by.

– Paarth Kumar X C

A Friend....

Oh what a joy it is,
To have a friend like you,
For giving me strength,
The way you do.

For lifting me up,
When I am feeling down,
For putting a smile on my face,
When I am wearing a frown.

Thanks for being there,
And helping me grow,
Your friendship means a lot,
This I'd like you to know.

–Anishka V A

The Unspoken Mosaic

In a world where I felt nothing but their pain,
I stopped for a moment--and just for once I felt my own--
after spending a lifetime mastering the art of numbing,
avoiding and burying the discomfort.
And even though it hurt, it strangely made me feel full.
I was finally done fighting. I finally let go.
The air hung heavy with the silent screams
of my concealed agony—Surrounded
by the wreckage of broken spirits I tirelessly tried to mend.
I was shouldering burdens that were not my own.
My empathy ran deep, I became a fortress of solace,
a sanctuary for those around me to find respite in—
Well, an abandoned sanctuary, crumbling under the weight
of my own unspoken torment.
The tears I had wiped from countless faces
became a flood from the reservoir of my own hidden grief.
In the middle of tending to the wounds of others,
I forgot to tend my own.
I neglected my pain, drowning in the ocean of others' sorrows,
lost amidst the currents of selflessness.
I stood there--a healer in the eyes of the world,
yet a wounded soul in the shadows.

–Jerrica Grover XI B

I am

I am the water under the bridge,
A clear and scenic stream
Purified by running through the rocks of hardship.

I am broken skin on cold hard hands
The pain of hard work, the resilience of life.
I am the humanity left in your soul
I am the unspoken word-
A burning silence that suffers within you .

I am the rage attempting to burst out of your heavy heart
I am the ultimate expression of this pain.
The lingering existence of our past
I am everything we were,
And everything we could ever dream to be.

I am the future standing before you
The pillars of change.
Accept me as I am
For I am all that has ever been with you.

-Jerrica Grover XI B

My 2 AM thoughts....

Maybe I'll spend my whole life
Finding love
Not just once, but everyday
In places I never expected.

Let yourself
believe in fairytales
and pixie dust
because magic is the only thing
we can hold onto
when this world seems so dark.

-Jerrica Grover XI B

For years I have

Tried to make fires with my heart
But have been too numb
To strike a match on this paper skin.
I cannot wait for this winter to end.

-Jerrica Grover XI B

How far have I come?

Just yesterday I was following the footsteps of those shadows
But today I realised that my shadow began making its own footsteps.
Those tiny footsteps made me who I am today.
It's fascinating to see
how I never noticed the path
How I once detested my own presence.
But now am completely in love with it.
I am my own person finally
Isn't it strange little me?

-Diya 9E

Two - Faced World

People say, there's humanity left,
In this world, whose faces are two,
I listen to this, every time and think,
That it's too good to be true!

Would our friendship ever break?
Their reply would be "Never"
A few years later, we would think,
"What happened to forever?"

The world shows kindness,
When friendships are made
But later, out of jealousy,
The world causes them to break.

The purity of the world,
Had been completely destroyed,
When the million drops of red,
Splashed on humanity.

People say, there's humanity left,
In this world whose faces are two,
I listen to this every time and think,
That it's too good to be true!
Kaashvi Singh VIII C

The dimming threshold
They sway between times,
living but dead,
held by a thin,
yet strong thread,
petals rotting,
but never rotten,
those dear flowers,
swaying in limbo,
dying but never dead,
living but never alive.

-Prisha Gera XI A

The Wealth Ride

Engines roar, wealth gleams
Cars, opulence, are life's dreams
Finding success in machines!

-Arnaav Chopra X E

She

Need to kill her? Use a train
For a bus or car isn't enough!

She doesn't smile to please your eyes,
Her confidence isn't defined by you,
Does it bother you much?

She overcame everything that was meant to kill her,
Still hasn't lost her softness, holding her values
high!
Does it bother you much?

She knows all the dirty secrets,
Still fights fearlessly,
Is your ego bothered much?

She gets up every time she trips,
She is God's strongest soldier,
Unaffected by your hate,
Bothered much?

-Prisha Ahuja XI A

"Echoes from the Heart"

In the chambers where silence resides,
Whispers of the heart gently confide.
A symphony of emotions, a lyrical art,
In the sacred space of echoes from the heart.

Love's melody, a soft and tender hum,
Beating like a drum, a rhythm that's undone.
Joyful cadence, laughter's sweet impart,
Harmonising within echoes from the heart.

Yet, shadows dance with a mournful tune,
Lost in the echoes, under the crescent moon.
Sorrows sung in a minor part,
Lingering within echoes from the heart.

Through life's vast and intricate chart,
Resonates the chorus of echoes from the heart.
A timeless ballad, a poetic chart,
Etching tales within echoes from the heart.

- Aimee Zoremthuangi Sailo, VI - D

"I will fly"

I am born with potential
I am born with greatness and dreams
I am born with ideas and dreams
I am born with goodness
I am born with confidence
I am born with wings

So I am not meant for crawling
I will fly, I will fly and fly!

For those who dare to imagine the impossible
break all human limitation.

- Peehu VI E

Reading a 'text book' might
make you cry. A good story book,
will make your time fly by!
- Adhrith 7C



Be kind, be gracious, Be gentle and polite
Trends come and go, Manners stay for life!
Let's bring politeness back in practice!
-Anointa 11B



मेरे दिल की बात

फादर ऐग्नेल स्कूल:-

फादर ऐग्नेल स्कूल हमारा घर दूसरा,

यही हमारा पढ़ने का आसरा।

जब मैं इस स्कूल की ओर बढ़ी,

मैंने जिन्दगी की पहली सीढ़ी चढ़ी,

शिखा मैम मेरी दूसरी सीढ़ी,

शिखा मैम मेरी दूसरी माता,

वही हैं मेरी पहली शिक्षा की दाता।

फादर ऐग्नेल स्कूल हमारा घर दूसरा,

यही हमारा पढ़ने का आसरा।

फिर आई मेरे लिए के. जी. की दौड़,

जिसमें अमरदीप मैम और आशा मैम ने नहीं छोड़ा

मेरे हाथ किसी भी मोड़,

कोरोना के समय हो गया था सब उथल-पुथल,

तब गुंजन मैम ने मुझे बनाया एक छात्र कुशल।

फादर ऐग्नेल स्कूल हमारा घर दूसरा,

यही हमारा पढ़ने का आसरा।

रेजी मैम और शालू मैम ने दिखाया मुझे आगे का नक्शा,

प्रियंका मैम और सबीना मैम संग मैंने पार कर ली तीसरी कक्षा।

फादर ऐग्नेल स्कूल हमारा घर दूसरा,

यही हमारा पढ़ने का आसरा।

अब मैं हूँ चौथी कक्षा में,

जिसमें हरवीन मैम सविता मैम, नैन्सी मैम और साक्षी मैम मेरी शिक्षिका।

शालिनी मैम ने हमें पढ़ाया,

एक-एक करके हर सीढ़ी को चढ़ाया।

फादर ऐग्नेल स्कूल हमारा घर दूसरा,

यही हमारा पढ़ने का आसरा।

शिवांगी ४-सी

Storytellers

The Rainbow Bird

Once upon a time, lived a little boy named Timmy in a village called Autumn vale. But sadly, he was an orphan. He used to miss his parents a lot.

His stepmother scolded him a lot for not scoring good marks in his exams as he could not pay attention to his studies as he missed his parents. One day, a seven-coloured rainbow bird came to Timmy's room. When he came to his room, Timmy was astonished to see such a beautiful bird! He quickly brought some grains and water for the bird. Every day, the bird used to come at Timmy's house. But one day, the bird stopped coming to his home.

Timmy was worried and grew restless about this. So, he decided to search for the rainbow bird. He took some rice and water and a 5-rupee coin. On his way, he found a small puppy who was very thirsty, so he quickly gave the water to him to drink. As he went ahead, he saw a boy who was very hungry. He gave the rice to the boy and he ate them happily. Next, he saw an old woman who had pain in her knee, so he hired a carriage and gave her the coin to pay for it.

Little Timmy searched for the rainbow bird everywhere but in vain. He returned back home sadly. He didn't have dinner and went to bed early. In his dream, he saw a white tent, so he went inside and saw many silver fairies singing and dancing. Then he saw a fairy wearing a rainbow-coloured gown with gems studded on it. Timmy recognized her immediately. It was the same rainbow bird!

Then he asked her, "Why you have stopped coming to my house?"

The fairy replied, "Due to a curse, some other fairies had turned me into a bird and dropped me on your planet. So now my curse is over."

On hearing this, Timmy started sobbing. Then the fairy said, "I saw that you helped many people today. I am very happy for your conduct." Then he gave Timmy a coin and said, "Whenever you want to see me, just look at the coin, you will see my reflection. But if you cry or stop being helpful to others, this coin will turn into iron and you will never see me again." Timmy agreed to this and the fairy vanished with a puff of magic. Then he woke up with a start. He saw the coin in his hands and saw the Rainbow fairy's smiling face.

The moral of the story is: Kindness can lead to great rewards.

The Lion and The Wolf

"RAURRRRRRRR!" came the hungry lion's roar in his jungle. He was chasing a deer and it had managed to slip away. Soon, he went back to his cave after hunting in vain for the deer. He sadly said to his wife, "I was not able to find any animals today. Not even a rabbit came out of his hole! Even though I'm starving, you may eat my meal again. I will eat grass, even though I'm a carnivore." "Thank you, but we can just split the meal in half," said his wife. "I can't bear to think that I shall satisfy myself and not my husband." The lion was too hungry, so he split his meal in half and gave one half to his wife and ate the other half. The lion then went out for hunting at midnight. The full moon was shining brightly, so the lion could see everything clearly. His sharp ears heard a pattering noise, then he also heard some twigs break. He followed the sound, the broken twigs, and the prints left on the ground by the mysterious animal.

He hoped it was a deer, or a fox, or both. Soon, he saw the animal. It was a wolf! The wolf howled loudly, and then spoke. "You don't stand a chance against me in a real fight. I'm well fed, strong, while you are starving and weak.

You can't even hunt a deer!" The lion began to lose his temper, and angrily spoke. "You don't know me at all! All you do is howl at the moon and eat animals caught by your sister and laze around the whole day! I could beat you in any fight!" The wolf angrily retorted, "Leave Lena out of this! If you really can fight me, prove it. Whoever wins is king of the jungle! Loser will be the servant!"

"Deal," said the lion. He pounced on the wolf and bit him real hard. He planned to get him to hunt animals once he won, along with his sister, Lena.

But alas, the wolf knocked him off and pushed him in a tree. He hit the tree so hard that it fell and knocked down other trees. The noise woke up most of the animals. They all came out of their hiding spots to see what was happening and were amazed to see the wolf fighting the lion. Sure, they were afraid of the lion, but he was their king! They remembered the time when he had helped them. They could not sit back and relax when their king was in danger. They racked their brains, but they could not find a way. Soon, a clever fox went towards the trees and tried pushing them. The other animals wondered why the fox was doing this. Suddenly they understood why he was doing this

– Ojasvi Mishra V C

and they all went to help. All the animals, big and small helped the fox. In a few minutes, the tree fell down and knocked down the other trees. The final tree fell on the wolf. Right on time! Any longer and the lion would have lost.

“Wisha-wisha-wisha!” came the whisper of the fallen trees. The fox went put his arms around the fallen tree. The trees said, “We understand that you had to sacrifice us for your king.” The animals said to their king, “We will always be there for you just like you were for us. Just call us when you need help but you still have to hunt us to eat us.” They all laughed. The lion thanked them and promised that he will only hunt as much as he needed and never more. They all lived together in harmony. And to think, it all happened because of the wolf! Everyone lived happily ever after.

– *Aarvi Rana V C*

Sam’s Shiny Lesson

In a village there was a boy named Sam who loved to collect colourful stones. One day, he found a shiny golden stone, near a stream. He was very happy and showed it to his villagers. Soon everyone knew about Sam’s golden stone and everyone wanted it. They offered toys and sweets in exchange of the golden stone. Sam got tempted by the offers and traded it for a bag full of treats. However, as days passed Sam missed the golden stone. His treats were gone but the shine on the stone would never go. He understood that the simple joy of having something unique was worth more than having the temporary pleasures of treats. The villagers noticed Sam’s change in heart. They understood that true happiness comes from appreciating the simple, special things in life.

Moral of the story is: Sometimes the most valuable treasures cannot be bought or traded.

– *Devanshi Sharma V C*

Kelly’s Christmas Gift

There once was a little playful girl, named Kelly. When she was 10 years old, her parents met with an accident and an orphan Kelly was then sent to her aunt named Jade, who became Kelly’s guardian. Kelly’s aunt was a cruel lady. She had no family and lived alone. Kelly always tried to find her mother in Jade, but Kelly was wrong. Jade was mean and asked Kelly to do all household chores. Jade did not allow her to go to the park, school and not even allowed her to play with other children.

Slowly cheerful Kelly turned into a dull and timid girl. She used to gaze out and wished she could swing in the park and play freely as before when her parents were alive. It was a Christmas eve, but for Kelly it was a regular day. Kelly looked at the stars and wished that her parents could be with her. After a while she thought that once her aunt would be asleep, she would go out and swing in the park. She gathered the courage and went outside tiptoeing. When she was swinging in the park, her aunt woke up suddenly from a scary dream. Jade opened the window so she could get some light in the room. Then in the moon’s light Jade saw Kelly swinging out. She rushed to the door to punish the girl. Kelly saw her aunt coming. Kelly got too scared and thought how her aunt would punish her. The scary thoughts made her quickly ran into the bushes and she landed on the road. Kelly was running on the road as fast as she could because she thought that her aunt was chasing her. While running she fell by a rock. She looked around and saw a house with lights on. She knocked at the door. A kind woman came out of the house. The woman always dreamt of having a kid. Kelly asked her, “Can I come inside?” “Yes! Of course, come in”, said the kind woman. Kelly went inside and she narrated her story to the women. The woman felt sorry for Kelly, and she immediately called the cops. The woman offered some hot chocolate and some cookies to Kelly. Kelly gobbled them all as she was eating them after months. When cops came, the woman told everything about Jade to them. The women asked the cops for Kelly’s adoption. The cops asked Kelly if she would like the woman to be her guardian. Kelly happily accepted. Kelly was very tired and so she went to sleep with her new mother happily ever after. And on the Christmas eve both Kelly and the woman received their best gifts!

– *Saanvi Gupta V E*

Dreams Unleashed: Abhish’s Journey to Success

Abhish, an ordinary boy with big dreams, was passionate about his studies and had a burning desire for success.

His family wasn’t wealthy, but they always supported his dreams. He believed in the power of hard work and manifestation. One day, his teacher announced a science project competition, and Abhish saw it as an opportunity to shine. With determination in his heart, he started working on

his project. He faced challenges and setbacks but never gave up. Instead, he used those challenges as stepping stones to learn and grow.

As the day of the competition approached, Abhish found himself facing tough competition from other students. Doubt started creeping into his mind, but he remembered the words of his favourite author: 'Your thoughts shape your reality.'

He decided to channel his energy into positive thoughts and affirmations. Every day, he visualized himself presenting his project confidently and winning the competition. He believed in the power of manifestation.

The day of the competition arrived, and Abhish presented his project with passion and confidence. The judges were impressed not only by the content of his project but also by the dedication and hard work he had put into it. To everyone's delight, he won the first prize. The victory not only brought joy to him but also inspired his fellow students.

They saw in him an example of how dedication, hard work, and positive thinking could lead to success. Abhish's success story became a source of motivation for the entire school. Students realized that with the right mind-set and a relentless pursuit of their goals, they could overcome any obstacle. And so, Abhish's journey from an ordinary boy with big dreams to a successful student became a legend in the school, reminding everyone that success is not just about circumstances; it's about belief, hard work, and the power of manifestation.

– Paarth Kumar , X D

लघु कथा बहादुर गंगा

ठंडी—सी हवाओं में एक खुशहाल—सी जगह जिसका नाम है हिमाचल प्रदेश। वहाँ के चमोली गाँव में छोटी—सी लड़की रहती थी जिसका नाम गंगा था। वह एक बहादुर और दयालु लड़की थी। दूसरों की मदद करना उसे पसंद था। सब लोग उसे पसंद करते थे। एक सुहानी सुबह गंगा चमोली की गलियों में सैर कर रही थी। सूरज पेड़ों के पीछे से झाँक रहा था। गंगा हर सुबह अपनी दोस्त आरियाना से मिलने जाती थी जो चमोली के जंगल में रहती थी। एक दिन जब वो आरियाना से मिलने जा रही थी तभी उसने शेर की दहाड़ने की आवाज़ आई तो गंगा सहम कर पेड़ के पीछे छुप गई। दो मिनट के बाद उसे एक हिरन मिला जिसे शेर ने घायल किया था। गंगा को गुस्सा आया उसने सोचा कि हिरन की मदद कर लूँ। उसकी मदद करने के बाद उसके पास एक लालटेन था क्योंकि सुबह के समय वहाँ अंधेरा होता था। उसने वो लालटेन लिया और शेर भाग गया। देखा आप लोगों ने बहादुरी से हम क्या—क्या कर सकते हैं?

– Sharen Anthony V D

Our Manners, not our looks,
are our true reflection!
– Johana VI C

Good deeds take you ahead,
Bad deeds make you regret!
– Pavni Arora 9B



Expressions of tender hearts

My journey to being... “THAT drummer girl!”

“Where words fail, music speaks.” — Hans Christian Andersen

Yes, I know that’s a very cliché quote but read on!

Drums weren’t really the first instrument I put my hands on. And well to be honest? I never imagined myself playing those either.

So... imagine this chaotic mixtape of life, right? Started jamming on the guitar when I was 13 because emotions were wild, and honestly, who knew six strings could be my therapy hotline?

No lessons, just me and the strings having a deep conversation like, “Hey, woes, let’s jam!”.

Taught myself a few chords and would record myself play while my sister sang her heart out, you know, for the “aesthetics”. Convinced myself that guitar was my thing... Well, until it wasn’t anymore.

Then the keyboard came into play— like, I’m basically a one-(wo)man band. Each key became my emotional emoji. It’s like, “Happy? Press the major chords. Sad? Hit the minor ones. Boom, emotional DJ at your service!”. Again, this time I was ACTUALLY convinced that maybe Keyboard was my thing. And that was until someone showed me what an actual music sheet looked like.

It felt as if I was staring at a musical Sudoku puzzle and thinking, “Do I play this note or am I summoning a demon?” I swear, deciphering Morse code would’ve been easier. I felt like I

needed a secret agent decoder ring just to figure out if I was supposed to hit a high C or summon a UFO. I’m glad Beethoven couldn’t see my attempts.

Sigh! Never again!

Drums crashed the party because sometimes life needs a heavy beat drop, you feel me?

Beating out frustrations like I’m auditioning for a rock band therapy session – coz... why not? The neighbors probably think I’ve got a personal concert going on. And well, they hated me. They would call my parents and complain. At one point my dad was convinced they had some kind of vengeance against me or something!

Learning drumming feels like trying to pat your head, rub your stomach, and solve a Rubik’s Cube

at the same time. My limbs had a meeting, but clearly, communication wasn’t their strong suit. Its only between me and god how many times I ended up hitting my own eye learning to flip my sticks.

Then on a very random Wednesday, boom, ukulele slides into the scene, being all cute and tiny.

Nothing says “coping mechanism” like strumming a tiny guitar that’s basically a rebellious cousin of a regular one. It’s like, “Hey, emotions, I’m handling you with this tiny stringed magic wand.” Self-taught ukulele ninja, right here! The strings are so small; it’s like playing dental floss.

And don’t even get me started on the chord changes. Suddenly, I’m in the ukulele yoga class, and my fingers are doing sun salutations to the wrong chords.

And then, out of the blue, I find myself as the lead drummer at school. Like, seriously, me? The person who accidentally hit themselves with drumsticks more than once is leading the rhythm squad. It’s like the universe decided to throw a hilarious plot twist in my mixtape. I had to work harder than a cat trying to understand water to actually play well without any formal classes.

It’s like my drumming strategy was “hit things until they sound good.” Spoiler alert: it didn’t work at first. I became the first girl lead drummer of the school, and you can practically hear the drum set laughing at the irony. It’s like my sticks were on a rebellion, hitting the drums in protest of their newfound leadership. I probably broke more drumsticks than personal records, but hey, practice makes... more broken drumsticks?

I was the pioneer girl drummer, breaking stereotypes and occasionally breaking the beat.

Picture this: me, the accidental maestro, leading the drum line with a determined look that says, “I may not know what I’m doing, but I’m doing it with flair!” It’s a comedy of errors, and I’m the drumming protagonist in a sitcom that nobody knew they needed. Drumroll for the unintentional lead drummer, please!

So here I am, living my life with a guitar in one hand, a keyboard in the other, and drumsticks...well, who knows where they are?

I accidentally became famous in school, not for acing exams or being a sports star, but for being “THAT drummer didi.” You know you’ve made it big when even the teachers start calling you that. “Oh, THAT drummer girl is here. Brace yourselves!”

But none of this would have been possible without the unsung heroes – the people who pushed me to embrace the chaos. Shout out to my friends who endured my off-key guitar strums, my family who tolerated the drumming racket, and the teachers who encouraged the musical madness.

It's like my life became a comedy where the punchline is me playing instruments at the most unexpected moments. People have come to expect the unexpected from "THAT drummer girl."

After all, life is just one big jam session, and I'm here to make it a funny, melodious ride!

-Jerrica Grover XI B

Lamentis

In the quiet hours, when shadows leap and stretch, the air thickens with the mist of hopes forlorn. 'Tis a place of melancholy, where my soul lays bare and bleeds into the earth.

This is lamentis- a landscape of memories both tender and cold. This is lamentis- avoid, a silent expanse, a retreat from tumultuous storms and passion at play. T'is but a serene heaviness that grows day by day.

This is lamentis- where laughter and tears intertwine, where each star bids a lover her last goodbye.

This is lamentis- t'is a void in my heart. It rings with the echoes of my happiness and despair.

This is lamentis- a word, a world, a realm of memory and dream, a desolate landscape, a blooming field. In its haunting visage- my heart laments, it sings of forgotten hopes, of buried dreams, of love turned to a dagger from which I now bleed, for this is lamentis- a graveyard, where I lay to rest and watch the world go round just as it did before.

And in its silent echoes, one day a heavy heart may find my buried hopes and buried dreams and the tears I left behind.

- Deveshi Taneja IX E

That's who we are...

We are artists, we are the creators of our own world. From the soul we paint ourselves into the canvas, carve ourselves into wood, embed pieces of ourselves into our songs and ballads for, we, the gods of our creation, are too the slaves of our own work, as we strive to create perfection, beauty for

the sake of beauty and leave a part of our selves into the art we breathe life into.

We are performers, we charm and cherish, make what was simply beauty for the sake of beauty and shape it into a spectacle of heart and soul. We stand before the world, warriors of free thought, for we touch the lives of who strive for meaning and bring art to all.

We are magicians, we innovate. We add the special effects with our genius. We light the fire of our spirit. We make the smoke of our mystery. We project the images of our vision.

We create the sounds of our voice.

We are living, we are dying. We die with the dying but are born with the dead. We leave our legacy, we inspire the future. We are the art of creation, we are the creators of art, we are the gods of our worlds and the world is our stage. We are artists and performers.

- Deveshi Taneja IX E

A Prose for a Penny

My car stops at the red light. As I wait impatiently for it to turn green again, a hawker gently knocks at the window, requesting me to buy the roses that she has in her hand for a penny or two.

I have always loved roses. Those flowers look worthy enough of being presented to the mightiest of the kings. Their lovely colour adds to the grandeur. I look at the flowers in her hands, their shades ranging from the loveliest of scarlets to the deepest of maroons. They stand proudly in full bloom with their contrasting green leaves enhancing their beauty.

It looks as if they have been sprinkled with a bit of silver sparkle and water. They look fresh and appealing. She waits for me to react. So lost in my own thoughts, I forget that she is standing beside.

And my eyes fall on her. She must be about 8 or 9, but there was something about her eyes, a child who has never known what childhood looked like. Her skin was dark probably due to running about under the merciless sun. One can see her bones sticking out under her ragged frock. I noticed her bony back, as if ready to sprout proud wings. But there is something about her which reminds me of the word fragile. She seems broken as if she too was waiting to blossom into a beautiful rose but alas was plucked long before her petals could even form.

- Riddhima Singh Adhikari X C

Strewn pieces of my shattered expectations

It wasn't about asking for too much; it was about expecting understanding from someone who couldn't comprehend the depth of your vulnerabilities. You find yourself standing, questioning why you invested your heart in someone incapable of reciprocating your emotional depth. You handed them this emotional treasure chest, and they just didn't know how to open it. Now, you're left with this messy tangle of hopes and doubts, wondering if you ever should've trusted them in the first place.

In the ruins of shattered expectations, you find yourself standing in the wreckage of promises unfulfilled. It's not a matter of being overly demanding; rather, it's realizing that you entrusted your fragile hopes to someone incapable of cherishing your dreams. The heartbreak lies not in the scale of your desires but in the longing for warmth from a soul colder than the emptiness you sought to fill.

And then you're just navigating through this mix of feelings and lessons. Maybe you learned to slow down a bit with trust, or maybe you figured out that your heart deserves someone ready to dive into the deep with you. There's a bit of heartache, but also this chance to grow and find someone who's on the same wavelength, you know?

The next chapter might just bring a connection that feels more like a two-way street, where both hearts are ready to sync up and share the journey.

-Jerrica Grover XI B

Nostalgia (A Food Memory)

Not just the cravings, food connects with people and memories. Every time I miss my grandmother, I ask my mom to make my favourite vermicelli payasam. I don't remember how this payasam of hers became my favourite. It may be due to the love and efforts that she had put into it to make it so tasty and amazing.

Once I went to a hotel named Classic in Allapuzha (Kerala). There they served mix veg (Avial) and Vermicelli payasam which tasted exactly the way my grandmother used to make. It certainly felt like a rush of nostalgia as I recalled my memories with my grandmother.

-Abhirami Venugopal V C

अपने दिल की बात कहें— मेरी यादगार यात्रा
मैं बहुत सी यात्राओं पर जा चुकी हूँ। उनमें से मेरी यादगार यात्रा थी जब मैं अपने पूरे परिवार के साथ 'अमरनाथ की यात्रा' पर गई थी। जब हम लोग अमरनाथ की गुफा तक जाने की चढ़ाई पूरी कर रहे थे तब हम सब लोगों को एक मनोहर दृश्य देखने को मिला। सच वह दृश्य हम सब के मन को भा गया। आगे की चढ़ाई पूरी करने के बाद वहाँ बर्फ पड़ने लगी। हम सब ने जैसे-तैसे पूरी चढ़ाई खत्म की तो आगे हमें एक मैदान हिम से ढका हुआ मिला। मैंने अपने परिवार से कहा चलो—चलो आगे उस मैदान में जाकर बर्फ का आदमी बनाते हैं। हम सब आगे मैदान में चले गए। वहाँ थोड़ी मस्ती करने के बाद हमने सोचा चलो इस मैदान को पार करके देखते हैं। जब हमने मैदान पार किया तो हमें एक और हिम ढका हुआ एक और सपाट मैदान दिखाई दिया हमने उसे भी पार किया तो हमें एक नवयुवक मिला जो हमारी तरह अमरनाथ की गुफा जा रहा था। हमने उससे अमरनाथ की गुफा का रास्ता जानना चाहा तो उसने बताया की अमरनाथ की गुफा तक जाने के लिए आधा घंटा और चलना पड़ेगा। तब मेरे दादाजी ने पूछा फिर रास्ता क्या है? तब उन्होंने बताया कि थोड़ी दूर जो गुफा दिख रही है उसे पार करके अमरनाथ की गुफा है जब हम सब लोग उसके बताए रास्ते पर गए तो हम अमरनाथ की गुफा पहुँच गए। ठीक आधे घंटे में पहुँच गए।

Riya Gupta V-A

अपने मन की बात

जब से मैंने होश संभाला है। मेरे मन में हमेशा एक विचार आया है कि मैं पढ़—लिख कर कौन—सा रास्ता अपनाऊँगी? मैंने अपने मित्रों और परिवार के सदस्यों से भी विचार—विमर्श किया। मैंने काफी पुस्तकें भी पढ़ी और सोचा। मैंने देखा कि इस युग में बहुत से लोग दुखी हैं। मेरे मन में तरह—तरह के विचार आए कि मैं क्या बनूँ। डॉक्टर, इंजीनियर, पाइलट, खानसामा, कलाकार, वकील आदि। काफी सोच—विचार करने के बाद मैंने सोचा कि मैं एक वकील बनकर समाज की सेवा करूँ। मैंने अब निश्चित कर लिया है कि मैं वकालत पढ़कर एक अच्छी वकील बनूँगी।

अश्विता शर्मा V-E

मेरे दिल की बात

मेरे पिता एच.सी.एल. कंपनी में काम करते हैं और इस कंपनी के मैनेजर हैं। कुछ समय पहले मेरे पिता की मेहनत की वजह से उन्हें विदेश जाने का मौका मिला है। मेरे दिल की बात है कि मैं अपनी माँ, भाई, दादी और दादा जी के साथ वहाँ उन्हें अपनी मेहनत से लेकर जाऊँ। मैं अपनी पढ़ाई अपने दिल से, बहुत मेहनत से पढ़ाई करूँगी और इतना काबिल बनूँगी और हमेशा प्रथम रहूँगी। मैं अपने परिवार को एक दिन विश्व घुमाना चाहता हूँ। मैं भी अपने पिता की तरह बनना चाहता हूँ जो बहुत मेहनत करके आगे बढ़े और अपने हर कर्तव्य को निभाए और हर काम को धीरज से करें। मैं भी उनकी ही तरह अपना कर्तव्य और हर काम बहुत धीरज से करूँगी। मेरी यह दिल की बात हमेशा मेरे दिल में बसी रहेगी। मेरे पिताजी ने मेहनत और ईमानदारी का फल बताया कि वह कितना मीठा होता है।

-Shirangi IV C

Mixed bag

Artistry over Atrocity

Imagine a world where history took an unexpected twist and Hitler never met his dramatic end. Imagine an Alternate Reality where he decided to pursue his secret passion for painting instead of world domination.

In this Quirky scenario "Adolf the Hitler" might have gained fame for his landscape rather than infamy for his ideologies. Tourists would flock to galleries to admire his charming landscapes and the historians would scratch their heads at the absence of a world War II.

In this intriguing alternate reality, the name Adolf Hitler would evoke images of serene landscapes and vibrant canvases rather than the horrors of the past.

Concealed from the world's gaze, Adolf possessed an undiscovered talent and a deep love for painting that he had been nurturing secretly.

Rather than venturing into a life of political ambition and radical beliefs, Adolf embraced his creative side. He dedicated his days capturing the beauty of nature with every brushstroke. His paintings told stories of rolling hills, majestic mountains, and serene lakes that seemed to transport viewers into the heart of his vision.

Historians and puzzled conspiracy theorists were left wondering in this alternate timeline, as World War II and the horrors linked to Hitler's regime were conspicuously absent. The absence of such a catastrophic event left them grappling with how history had taken such a dramatically different course.

Without the shadow of the Holocaust and the devastation of war, the world flourished in unimaginable ways. Adolf, now renowned as a visionary artist, led a quiet and reclusive life. He found solace and purpose in the act of creation, channeling his emotions onto the canvas instead of destructive ideologies.

In this peculiar reality, the world of art became a source of healing and unity. Adolf Hitler's legacy, once synonymous with darkness, transformed into a symbol of the unexpected journeys individuals could embark upon when given the opportunity to pursue their true passions.

As the years passed, "Adolf the artist" continued to inspire generations, not through fear and hatred,

but through the beauty he had woven into the fabric of the world. In galleries across the globe, his landscapes stood as a testament to the enduring power of art to reshape even the most twisted of destinies.

This new reality offers a profound lesson -the inherent capacity for goodness could shape each person. If only one tries...Just imagine the possibilities!

—Daksh Kumar X E

Food: The Way to My Soul

Good Food, Good Food and Good Food! This is the mantra of my life. I can't live without food. Well, no one can. Malcolm Forbes once said, "Food may be essential as fuel for the body, but good food is fuel for the soul." I'm not a person who eats anything and everything and is hungry all the time. I'm a foodie that is, a person who has a refined interest in food, and who eats food not only out of hunger but also as a hobby. Being from south India, living in the northern part and having friends from all over the country has widened my palate, considering that India has a unique flavour to offer at every mile.

In my opinion, a foodie is on the lookout and isn't hesitant to try out new dishes, and appreciates the process of making it and the one who made it. This is the reason I always thank my mum after I eat every meal she has cooked, even though sometimes, only sometimes, it could taste better. I'm the biggest fan and also the biggest critic of my mom's food.

I don't fancy junk food. It's not only because it's unhealthy but because of the fact it's not made right. For example, children in India just love feasting on pizza from those prominent food chains. If you want to eat pizza, you have to try the authentic one from the streets of Italy where this particular dish is not junk but a staple in the diet. Whenever I visit new places, I'm most excited to explore and learn about the cuisine of that place. I'm the person who makes the 'Best places to eat' list whenever my family goes on a trip or wants to just dine out. However, I do believe that nothing beats homemade food. Coming home after travelling even for a few days and putting that first bite of food cooked by your mother into your

mouth feels nothing less than heaven. Another reason for this belief is also the reality that eating out regularly is not good for you.

I feel that eating what you love shouldn't be wrong ever but I can't deny that on the other hand, it is extremely vital to eat healthily. The solution to this is, to eat what makes you happy along with what is healthy, that may also be the same thing. And if you overeat, though there's no such thing if you love food, or snack on junk food, just exercise, it works most of the time. "Life is too short for 'cuisine minceur' and for diets. Dietetic meals are like an opera without the orchestra."- Paul Bucose. For those who haven't heard, Cuisine minceur refers to 'slimness cooking' that originated in France.

Whenever I eat food, I savour every bite. Probably why my parents complain that I'm a slow eater. I eat with my eyes first. My heart beats faster when the dish looks devouring. My mouth starts salivating if it smells delicious. And then I hope that the first bite is what I expect and more. The sensational taste tingles my tongue and makes my belly happy. Eating food heightens my senses and my soul craves for the appetizing food. It pleases my soul and this is a lifelong romance. Food comforts me and I don't let my emotions get in the way of eating. I don't get how people when they're angry, starve themselves. Like what wrong has the food done to you? Resist taking your emotions out on food. It is said that no matter how big the problem is, there is nothing in this world that good food cannot fix. I believe food should always be eaten in a peaceful atmosphere. Avoid heavy topics on a dinner table. Don't disrespect food ever. And so, never waste food until and unless it's absolutely necessary. Someone put their heart and soul into making it, so many people have worked in producing each ingredient, and millions on this planet are not as lucky as you to have food on their plate.

Every meal you eat has a tale behind it. Food is an emotion that makes every memory with it special. I have so many stories I can't even count that are related to my eating experiences. I remember once that my mom wanted to cook a spicy fish curry she got the recipe from someone. The recipe asked for plain red chillies and my mom accidentally bought Kashmiri chillies and put in the amount the recipe instructed. For those of you who don't know, Kashmiri Chili is one of the hottest chillies in India. After realizing what's happened, my mom warned me and my sister to not eat a lot of the curry. But being the sucker for spice that I am, I devoured that meal, not caring for my running nose, red ears and crying tears.

Good food doesn't have to be expensive. Recently, on a vacation to my hometown in Mangalore, my uncle took us to an old small restaurant on a narrow street. Each person gets a plate full of rice and curry with extra dried masala mixture and you just have to choose which fried fish you want. I can never forget the first bite and the explosion of flavours in my mouth. We all ate to our heart's content and the combined bill was less than what an individual would pay at an urban modern restaurant. Simplicity at its peak.

Nothing brings people together like good food. Being an introvert, my source of friends was the fact that everyone enjoyed what my mom gave me in the tiffin box. Every year in every class, I've eaten my tiffin with a bunch of students, some of whom I've never spoken to. Sharing is caring. My earliest memory of sharing food comes from the time during festivals. In our previous house, our Muslim neighbours on the occasion of Eid, used to cook Kheer and share it with each house. It will always be some of the best Kheer I've had and miss it every time Eid is around the corner. Similarly, my family on every Christmas, gifts neighbours and friends Christmas cakes. The joy of wrapping each cake with my sister and then going to each house wishing "Merry Christmas" is the highlight for me every December 25.

"Food is symbolic of love when words are inadequate."- Alan D. Wolfelt. I have a saying that is, "treat me with good food, and you touch my soul; Cook it with your own hands, and I'm yours forever". Food is the way to my soul and this fulfilling romance between them shall last forever.

– *Riva Monteiro XI E*

Go Digital but don't forget to Detox!

Digitalization has become an important part of our daily lives, altering how we work, communicate, and access information. With advancement in technology, tasks like banking, shopping, and healthcare have all become digital. Digitalization has changed the way we communicate. With the introduction of tools like email, instant messaging, and social media platforms, communication has become quicker and more convenient and sending a letter has become a thing of the past. Making video calls from anywhere around the world instantly has become an ordinary and regular affair. My parents often tell me that when they were of my age they used to send handwritten letters to their relatives which used to take a lot of time. But now

even they love the benefit of technology and stay connected with their distant friends and family instantly.

Another important result of digitalization is how we access information. With just a few taps on our smartphones or computers, we can easily access a lot of information on the internet. Digital libraries, online courses, and e-books have made learning easier and more convenient than ever before. I've loved reading books since I was little but with barely a few local shops and no such library around, I longed for the joy of reading. And so technology came to rescue and I discovered Kindle. This e-book platform with all kinds of books, novels, stories is my new best friend!

Digitalization has greatly transformed the way we manage our money and finances. With online banking, we can easily handle our accounts, pay bills, or transfer money with just a few clicks. This has eliminated the need to physically go to the bank, saving time and effort. Digital wallets and mobile payment platforms have made transactions easier to access and safer. Personally, I find it so very convenient as I've not to carry cash and my parents keep an easy check on where I spend money (that may be seen as a little drawback though 😊). It's like magic for me that just by scanning a QR code I can pay for anything in just a few clicks.

Moreover, the way we do shopping has been changed by digitalization. Online shopping is a popular trend that allows us to buy things and receive services from the comfort of our homes. You can look at many different options, compare prices, and read reviews before you buy something. But this convenience comes with a cost for some- it has greatly impacted traditional physical stores. But many are trying to go with the flow and creating their online presence. As for me, I buy, try and if need be even return trendy clothes, bags shoes with just a few clicks. May I add... I am loving it.

But it also goes without saying that digitalization comes with a lot of responsibility. Digitalization has caused people to spend more time in front of screens and be less active, leading to health problems like obesity and eye strain. Additionally, the rapid speed of advancements in technology can sometimes be overwhelming, making it difficult to stay updated with the latest trends and updates. Digitalization has also caused worries about keeping our information safe and secure, as our data becomes more at risk of being hacked and misused. I have a big confession to make here.

Even though I never wanted to get stuck into the loophole of social media I slowly became almost 'an addict' for 3 years. I even met people online. Some were good and some well... not so good. Trusting anyone online is a big threat to your data and your safety.

A few simple questions you may ask yourself- Do spend time with your grandparents more than on your phone? Can you live without using the internet or staying in the digital world even for at least one day? Would you leave your phone to play and do silly things with your family? Everyone deep inside their heart knows the truth. I learnt it the hard way, you may not. So 'go digital' people... but don't get addicted. Remember to look up from those screens and enjoy the real world from time to time. Make the most of these new advancements and at the same time, don't forget to communicate in the good old way- talk, smile and reach out.

– Ira Singh VIII C

Overcome your Insecurities

Everyone feels a little unsure at times. As humans we constantly think and sometimes we can be filled with doubt. Too much self-doubt can wreck your relationships and can even upset your everyday life.

However, there are ways you can work through your insecure thoughts and live life more confidently. Insecurity is a feeling of inadequacy and uncertainty and it produces anxiety about your goals, relationship and ability to handle certain situations. It can also stem from general instability. People who experience unpredictable upsets in daily life are more likely to feel insecure about ordinary resources and routines.

However, insecurities can also motivate us as recognizing our insecurities helps us being self-aware and be more empathetic towards others. The road to success requires us to build our confidence and self-esteem, but if you feel burdened by insecurities, you may have trouble getting anywhere. In reality everyone has something they are insecure about. But the ones who still move forward, despite their insecurities are the ones who always shine the brightest.

– Josna Jajo XI-A

Teens

Teenage is an age where our body is facing drastic changes. It's between the age of 13 to 19 when we face such changes. Teenage for some is burning hell and for some the time of their life. During Teenage 'attraction towards the other gender' poses a huge challenge. The 'Popular boys' might 'take all the girls away' but the life of popular teenagers is not a fairy tale.

If you ask them, they have to maintain an image towards the other students and even the teachers. Looks, height, weight, colour, hair etc. gain priority for some. Friend circles, inclusion, exclusion depend on it. Yes, it can get messed up. And some don't have a very fond memory of the time they spent as a Teenager.

But 'Teenage' is also an age where one builds one's personality. These little challenges teach us how to live life and how to face the society. So, living alone and only being with yourself or in your own shell might not be a good idea.

Your relationships, with parents, teachers, friends, special friends □ and even with yourself is very important. And the most important of all - education. It may sound clichéd but as a teen, we must feed our minds with things which help us grow and develop well. So, make wise choices!

-Aarav Mall, Abdullaha Jawaid, X-B

अब से पाँच साल बाद

नमस्कार, मेरा नाम इशान अमित है। आज मैं आपको बताने वाला हूँ की मैं अपने भविष्य के बारे में क्या सोचता हूँ। जब मैं पाँच साल बाद दसवीं कक्षा में आऊँगा। पाँच साल बाद मतलब दो—हजार अठाईस (२०२८) में मैं सोलह साल का हो जाऊँगा।

मैं एक ऐसा ऑन लाइन विडियो गेम ;व्दसपदम टपकमव व्ळउमद्ध बनाना चाहता हूँ, जो की दुनिया का हर एक आदमी, चाहे वो बूढ़ा हो, बच्चा हो, जवान हो सब कम कीमत पर खेल सके, ताकि मेरा और मेरे स्कूल का नाम गिनीज़ बुक मे दर्ज हो जाए।

मैं दसवीं कक्षा तक आते—आते शतरंज में इतना माहिर होना चाहता हूँ कि शतरंज की पहली को देखते ही उसका हल आसानी से कर सकूँ।

मेरा एक यह भी सपना है कि मैं किसी भी अध्याय को पढ़कर उसे चार—पाँच (४—५) लाइनों में समझा सकूँ, चाहे वह कितना भी लंबा क्यों न हो,

मुझे पूरा यकीन है कि मेरे ये सपने दसवीं कक्षा तक पूरे हो जाएँगे।

इशान अमित V-A

किशोरावस्था

जैसे जैसे दिन बीतते हैं, वैसे ही हम बढ़ते हैं। हमारे ऊपर एक के बाद एक जिम्मेदारी आती जाती है। कभी—कभी हम एक साथ इतनी जिम्मेदारियों को संभाल नहीं पाते।

किशोरावस्था जिंदगी का एक ऐसा समय है जिसमें हम बहुत सारी गलतियाँ कर जाते हैं, वह गलतियाँ कुछ इस प्रकार की होती हैं जो हमें सही लगे और उसे बार—बार दोहराने के बाद वही गलती हम पर भारी पड़ती है। हाँ यही सच है। परेशानियाँ बहुत हैं, समस्याएँ बहुत हैं। छोटी सी जिंदगी, जिसमें चंद दिन हैं। जिंदगी को काटने के लिए सही और गलत के अंतर को जानने की जरूरत है, किन्तु सही चीज जान कर भी गलत चीज की तरफ बढ़ना किशोरावस्था में होता है। चीजों की बेचैनी, माँ—बाप था माता—पिता की नाफरमानी, चीजों को ध्यानपूर्वक न सुनना। ऐसी गलतियाँ तो हम करते ही हैं, बिना यह सोचे की यह जीवन में हम पर बहुत भारी पड़ सकती है। हम अपनी चीजों को सही समझते हैं, किसी और की चीज को गलत समझकर हम कठिन से कठिन परिस्थिति में फंसकर भी उस बुरी चीज को दोष नहीं देते। हमारे जेहन में यह बात नहीं होती कि हम किसी और तरफ जा रहे हैं, हलकी सी गलती भी जीवन भर कदम आगे बढ़ाने से पहले सोचने पर मजबूर कर देती है। दुसरी तम की जाए, तो जीवन में तैयार रहना आवश्यक है, कठिन से भी ज्यादा कठिन परिस्थिति का सामना करने की हिम्मत होना आवश्यक है, गर्व के साथ अपनी बात दुसरोँ तक पहुँचाने की हिम्मत होना आवश्यक है। सवाल यह उठता है—कैसी मुश्किलें? जो हम पर बोझ बनकर रहे, जैसे: आज का कार्यकाल पर छोड़ना, कलाकारी होने पर कलाकारी को छुपाने वाली कलाकारी करना। पुस्तकों के पाठ समय के साथ कठिन होते जाएँगे किंतु इसे पीछे न हटकर इनका सामना करना आना चाहिए। तीसरी बात की जाए, तो दुसरोँ को खुद से कम समझना भी हम करते हैं, अगर एक इंसान की सुरत अच्छी है मगर दिल नहीं तो वह इंसान ही नहीं। किशोरवस्था में खुद को जल्दी बढ़ा होता देखने की बेचैनी होती है, एक बच्चा अपनी उमर के हिसाब से समय लेकर बढ़ा होता देखने की बेचैनी होती है, एक बच्चा आपकी उमर के हिसाब से समय लेकर बढ़ा होता है। चौथी बात की जाए तो किशोरवस्था में वक्त जाया करने की सबकी आदत हो गई है। इंटरनेट का गलत प्रयोग करके बच्चे अपने लिए खुद मुश्किलें खड़ी कर रहे हैं। यह वक्त बहुत कीमती है, एक मिनट जाया करने का पछतावा हो सकता है। यह वक्त हमें पढ़ाई या चीजें सीखने में लगाना चाहिए, खेल—कुद में लगाना चाहिए, भविष्य की सोच में लगाना चाहिए। अपने बचपन में मजे करना सीखो, बच्चे से पहले बड़ा बनना नहीं। आखिरी चीज जो किशोरवस्था में होती है वह है, दुसरोँ पर आँखे बंद करके विश्वास करना। हमें केवल अपने माता—पिता के सिवा या परिवार के सिवा किसी पर भी भरोसा न करने की पुरी कोशिश करनी चाहिए, क्योंकि लोग धोखा देकर निकल भी जाते हैं और किसी को कोई फर्क नहीं पड़ता। किशोरवस्था एक ऐसा इम्तिहान है जिसमें तुमपर मुश्किलें आजमाई जाती हैं, उन्हे टालों मत, उसका निडर होकर सामना करो।

किशोरवस्था कठिन सालों से भरपुर है

नहीं रखोगे ध्यान, तो सब सपने चुर हैं

पास जो है, उसे छोड़ कर देख जा दूर हैं

जब मस्कान आएगी, वह तेरी सूरत पे नूर है।

-Aafia - VIII B

“Are we what we do with time, or are we what times do with us?”- Mahmoud Darwish

Successful people who know how to use their time wisely live better than those who don't care and don't have sense of time. The wise control time while the 'otherwise' are controlled by it. So those who know how to value time spend it not just on their responsibilities but also their loved ones. They know they won't live forever so might as well make the most of it because a meaningful minute or two are longer than meaningless void decades.

In conclusion, what we do and how we choose to spend our time helps to shape our identity. Through our actions we build our true self and leave an impression on everyone around us. The way we utilize our time has the power to shape not only our present but also our future selves.

– Bhavika Mason XI A

प्रकृति

प्रकृति ऊर्जा, प्रकाश, ऑक्सीजन और साथ ही साथ जीवन का भी स्रोत है। प्रकृति और उसके घटकों के बिना हम कुछ भी नहीं। हम प्रकृति को छोड़कर, बाकी हर चीज पर ध्यान केन्द्रित करते हैं। पुलों, शहरों, इमारतों का निर्माण न केवल विकास है, बल्कि प्रकृति के लिए झटका है। इसके लिए हम पेड़ों को काट रहे हैं, पर्यावरण को मिटा रहे हैं और प्रकृति के लिए हंगामा खड़ा कर रहे हैं। प्रकृति हमें सब कुछ प्रदान करती है, पानी, सूरज की रोशनी, आदि। प्रकृति का संरक्षण न केवल हमें जीवन को बेहतर बनाने में मदद करता है, साथ ही साथ आने वाली पीढ़ी का भविष्य बेहतर बनाता है। तकनीकी रूप से हम उन्नत हो सकते हैं, परंतु प्रकृति ही मानव के अस्तित्व का आधार है और मानव स्वास्थ्य की कुंजी है। प्रकृति को नुकसान पहुँचाकर, हम खुद को और ज्यादा नुकसान पहुँचाते हैं। जीवन के इस उपहार की सुरक्षा की जिम्मेदारी हमारी है। हमें समझना चाहिए कि इस खजाने के दोहन के लिए हमें बहुत बड़ी कीमत चुकानी पड़ेगी।

प्रियशा चावला IX A

**You are the guitar
The strings... Your thoughts
Go on... Strum positive thoughts!
- Vishakha Lal 8D**



We have been learning FRENCH “ Nous Apprenons le FRANÇAIS ”

Diversité au travail :
enrichissant et amusant !

Cette année les étudiants sont montrés leur créativité avec beaucoup d'enthousiasme.

Les étudiants de la classe sixième ont fait une horloge fonctionnelle avec les chiffres en français et le thème français. Étant une horloge fonctionnelle, les étudiants l'utilisent chez eux.

Vivant et passionnant !

Les étudiants de la classe septième ont fait un calendrier avec les mois de l'année en français et avec les anniversaires des membres de leur famille. Ils l'utilisent sur les tables de chevet.

L' apprentissage d'un ton

ludique !

Les étudiants de la classe huitième ont fait un modèle de la Tour Eiffel avec de beaux détails et ils ont aussi appris les faits à propos de la Tour Eiffel.

C'est toujours une bonne idée de faire découvrir d'autres cultures à travers des aspects appréciés comme l'arts et métiers.

**Kindle your heart,
lend a helping hand...
Stop bullying,
it's not allowed on OUR land!
-Jeril VII A**



The School Parliament







IT MINISTRY



SOCIAL WELFARE MINISTRY



SPORTS MINISTRY



SIG



KABIR HOUSE



VIVEKANANDA



GURUNANAK HOUSE



ST. THOMAS HOUSE

Experience as The SIG Minister

My experience as a minister was far beyond what could be learned from textbooks or other co-curricular activities. This experience involved both personal growth and professional development. Indeed, experiencing leadership roles is incredibly enriching and challenging.

Becoming a minister was followed by responsibilities that made me realize the importance of teamwork and being accountable not just for my own work but also the performance of the whole SIG ministry and needs of the students. As a minister, I have also learnt the importance of communication among the members as the ministry has to work as a unit for the betterment of the school which involves obtaining suggestions from teachers and students and finding forthcoming issues for reporting to higher authorities for resolution. Above all, I was required to envision the work that had to be done for the forthcoming parliament meetings which needed to be ambitious yet achievable and aligned with team efforts as the ministry focused on welfare of the school and student's interest.

Although along this journey failure is inevitable yet facing setbacks, managing stress was an enriching experience as a leader. It helped me in building resilience and stay focused on long-term goals. This experience has been a continuous learning for me, learning the value of seeking feedback, facing repercussions of your own actions and actively seeking opportunities for growth and development.

Under the guidance of my staff advisors, I have learnt the ability of decision making required for an ethical leadership. This has also taught me the importance of hearing suggestions from others and stepping out of comfort zone for fulfilling them for example, fixing furniture issues, cleanliness of washrooms and buses and spreading awareness of menstrual hygiene and road safety. Overall, the experience of this leadership is a transformative journey that has shaped not only my professional skills but also my personal growth and development and helped me to understand the importance of minor issues in the life. Each challenge and success offers valuable lessons that contribute to becoming a more effective and inspiring leader. Also the ministry had worked with compassion and all these accomplishments are the result of team work of the members and coordination in the ministry along with guidance of staff advisors.

—*Ishita Meshram*

My experience as the Sports Minister

As the Sports Minister of our school, I spearheaded efforts to achieve the objectives of the Sports Ministry, which primarily focused on developing students' confidence and adaptability through sports. Here's a summary of our work:

- Successfully organized Inter-house matches with significant student participation.
- Ensured regular maintenance of sports equipment.
- Hosted engaging events like tug-of-war competitions for Teacher's Day.
- Contributed to community sports events like the Fr. FC Rodrigues Memorial Basketball Tournament.
- Encouraged participation in sports activities such as inter-house Kho- Kho matches.
- Engaged all members of the Sports Ministry in collaborative projects

As the Sports Minister of our school, there were indeed many memorable and enjoyable moments that added a touch of fun and excitement to the responsibilities of the role. Sometimes, organizing sports events or meetings meant missing regular classes. While it was a responsibility, it often felt like a thrilling adventure to step out of the routine and immerse myself in the bustling atmosphere of event planning and coordination. I found myself exploring new strategies for organizing events, or simply brainstorming ideas with fellow members of the Sports Ministry. These library sessions were surprisingly enjoyable. These fun experiences outside the typical classroom environment not only added variety to the school days but also instilled a sense of purpose and passion for sports in me and my fellow ministry members. It was in these moments of spontaneity and collaboration that some of the fondest memories of my tenure as the Sports Minister were made.

—*Angel Thomas XI B*

“A Year of Educational Enrichment: Nurturing Minds and Cultivating Skills as Academic Minister”

Undertaking the role of the Academic Minister has been an enriching journey filled with opportunities to inspire, innovate, and elevate the educational experience. This write-up reflects on the multifaceted responsibilities undertaken during this time, particularly the organization of quizzes, competitions, extra classes, and seminars on soft skills, as integral components of fostering holistic development within the school community.

Hosting quizzes and academic competitions served as a catalyst for a vibrant learning environment. These events not only challenged students intellectually but also nurtured a healthy sense of competition and camaraderie. Witnessing the enthusiasm and engagement of students in these activities underscored the importance of making learning enjoyable and rewarding. Recognizing the diverse learning needs of students, organizing extra classes, became a priority. These sessions were tailored to address specific challenges students faced in various subjects. The goal was to provide additional support, clarify doubts, and ensure that every student had the opportunity to excel academically.

Understanding the significance of holistic education, seminars on soft skills were organized. These events focused on developing essential life skills such as communication, teamwork, time management and leadership. The seminar aimed not only to prepare students academically but also to equip them with the interpersonal skills crucial for success in their future endeavours.

The success of these initiatives relied on active student participation. Encouraging students to take the lead in organizing and participating in events empowered them to develop leadership skills, teamwork and a sense of responsibility. The goal was to create an environment where students felt a sense of ownership and pride in their academic and personal growth.

The experiences of the past year reaffirm the transformative power of education. Organizing quizzes, competitions, extra classes, and seminar on soft skills has not only contributed to academic excellence but has also played a crucial role in shaping well-rounded individuals prepared for the challenges of the future. The journey has been marked by collaboration, innovation, and a commitment to empowering every member of the academic ministry on the path to success.

–Shruti Kumari XI-B

Social Welfare Ministry

My journey as the minister of the Social Welfare Ministry has been no less than a rollercoaster ride. There were many moments when work became a little overwhelming and when I just wondered if I could leave all of it and just run away, but we cannot ignore all those instances when I felt contented and satisfied with my achievements like when we visited Badarpur to distribute food to the children there. We entered the hall and students there who would be in class 5 or 6 stood up and wished us "Good Morning" with such bright smiles. I am still not sure why my eyes got teary that day but that day was one of the happiest days of my life and I will certainly never forget it.

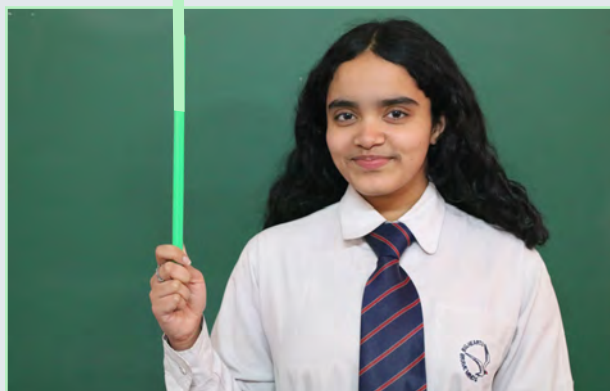
I learnt a lot in this one year and I got scolded a lot from my staff advisors but that was my driving force to do better.

It has not been a smooth road at all as I faced a lot of difficulties in between but that has just made the whole process of learning a lot more interesting and adventurous.

I am extremely grateful to the school authorities who thought that I was the right person for this position because if not for them then I would not have been able to experience all of it.

–Lavisha Gupta

Find a hobby- dance,
draw sing or play
Don't just sit there
doing nothing all day!
- Arshiya IX C



My Journey as the Cultural Minister

My journey as a cultural minister was very thrilling and exciting. Working with my team and staff advisors was quite fun. The true meaning of working as a team was the core of this whole experience. Without my deputies, secretary and the staff advisors, it would have been nearly impossible for me to carry out all the tasks assigned to me and the team so smoothly.

The best part of being the cultural minister was to work with new students for every new task. Their enthusiasm encouraged me a lot. There were many celebrations which I will never forget. One of them was for the occasion of Teacher's day. We collaborated with all the ministries to make bookmarks and gave them to all the teachers along with the books. The dance for this celebration was the icing on the cake. Another delightful celebration was for the occasion of Father Bento's Birthday when his room was decorated and a dance was performed by the pre-primary students. These moments made it so special!

At last I would like to thank all the ministries for coordinating with us so well and helping us whenever we needed them. I would also like to thank all the teachers who gave me this opportunity and saw me as a worthy person for this position.

I wish lots and lots of luck to the next minister.

—Arshya Krishna XI A

My experience as the Home Minister

My experience as the home minister of our school has been truly enlightening. Being tasked with maintaining order and fostering a supportive environment for everyone in the school we commenced our journey.

Our daily duty involved making sure everyone was in proper school uniforms - and it was a definitely a 'battle', especially every Friday when some students invariably forgot to wear their house uniforms. All we got were the same old excuses: "Next Friday, promise!" or "Uniforms are on backorder" and no matter how creative, it still irked us. Bag checks were the highlight, evoking a sense of thrill reminiscent of FBI agents on a raid, there was something just so exciting about it which resonated with everyone. The mere mention of it would ignite zeal, and we eagerly embraced the opportunity every time it arose. The most tiring part

of our duties was giving the constant reminders of wearing the correct school shoes. It almost became the anthem of my tenure. However, overtime we did see change happening. Our efforts did not go in vain. But the cherry on top of all work we did was how fewer students started to show up as late-comers during meditation. All the responsibilities I took in as the home minister helped me realise the Herculean effort teachers put in maintaining all of us because when it was our turn, we finally understood why they likened us to bustling fish markets.

My tenure served as a journey of personal growth, where I learned how every challenge is an opportunity for self-development. It was definitely an honour to serve in the school parliament.

To conclude with I'd like to mention how time seems to slip away the quickest when we wish it would linger on a little longer... Almost in the blink of an eye, this journey has drawn to a close. I'll forever appreciate this experience alongside the remarkable team of ministry members who helped in achieving everything we did & filled it with joy. These moments will be cherished forever.

—Prisha Gera XI A

A little reading everyday
keeps the boredom at bay!
—Roselyn IX C



CLASS XII





Farewell... Class XII

Bonding

They started to cry knowing this was the last picnic ever. Some laughed at them, some consoled them, and some even started to cry with them knowing there is someone who cries for them.

All of this made me question my whole school life. My bonds with people. Every bond was different- the football bond, the annual day bond, the lab bond and of course, the class bond. Some of those bonds became family.

At that moment my whole library of memories started to flash in front of my eyes. Some good, some sad, some core moments, some bad and needless to say, some traumatic. It made me realise all the bonds that I made.

Some old bonds broken, some new bonds created,
I tried fixing them but they either failed or they didn't feel the same.

"I don't deserve this" What was the point of me creating all these bonds if they had to end up breaking? I didn't want to break them but somethings are beyond our control. It becomes exhausting after a while trying to hold onto those bonds who want to break.

I guess...these bonds have an expiry date.
Or maybe they'll reform... transform...
And someday we'll form newer bonds!

– *Sangeet XII B*

My Failure?

One of my biggest failures may sound absurd to some. While a few teenagers like me might understand it all. This failure still haunts me and has left an unforgettable everlasting scare in my thinking. I pray to God for endurance and strength for all those teenagers who associate with this same problem.

It all started when my class tenth pre board examination were approaching and the stream forms were circulated by the teachers. Being too

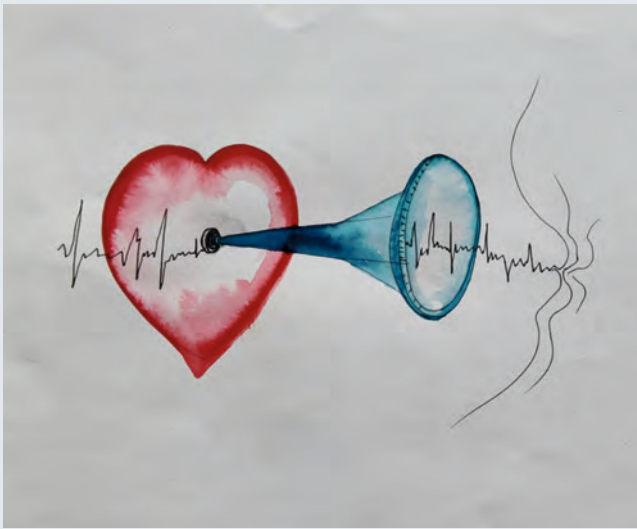
deeply interested in politics and international relations, I enrolled for humanities. Well, generally speaking everything was fine till then. At first, my parents accepted my decision but they somehow gradually felt that humanities had no scope in the future- all credit to our social environment and those people who convinced my parents that studying humanities means having no future and no career.

All my efforts in convincing them that this was untrue, were in vain. My parents had made up their mind and so the way they viewed the subject and the whole situation couldn't be changed. Some of you may be wondering if I changed my subject... well no! I am in class twelfth, studying in humanities stream but my failure to convince them about the scope and future of humanities still upsets me.

I feel this to be my failure is because my voice, my reasons, and arguments couldn't be louder than those neighbours, colleagues and friends. The simple result, arguments ensued between me and my parents and some ended up in anxious moments. Regrets, stress, worry became frequent visitors. Well, whether it's time or my own efforts to study, I can't be sure, but they have accepted my decision. Of course, conditions still apply, i.e. I must get at least above 95% or else I will have to study those subjects my parents chose for my higher studies like opting BBA or MBA.

As I contemplate, I realised, despite all the disagreements, nothing can prevent me from loving and respecting my parents. As I did take up their condition as a challenge to make it big in life and make them proud. And even though I have found a way to overcome this problem, I wonder about my failure... and the failure of many such voices like mine which often get doused down with louder voices which promise sure shot ways of success; those which don't allow one to try follow that tender voice. I still childishly wish for a secret ability- to be able to convince- not merely to get my way, but also to liberate my parents from their worries about my career. So that what solely remains is me, my parents and the subject I wish to pursue.

–*Abin Noble XII E*



Speak Your Heart Out!

Oscar Wilde once remarked “Most people are other People. Their thoughts are someone else’s opinions, their lives are a mimicry, their passions a quotation”.

The particular type of species which are the same yet different are known as Homo sapiens. To speak your heart out is to rip back the curtain on your soul and to deliver what you actually are, within. Let your heart and soul do the conversation. It is just a cycle of events, the key to which everybody holds. A concurrent loop where you try to fit in according to the other and the other tries to regulate himself/herself into your standards.

Staying unaccepted by the society and being your own self is better than being accepted by the society at the cost of individuality. Putting yourself into other’s shoes would simply mean dismantling your own assumptions and preconceived notions to adopt the ideologies of the other.

The best way to speak your heart out is by voicing and giving room to ones’ own opinions and understanding (which might even be wrong). Irrespective of the output it is just the process of valuing your own self and standing for yourself, choosing to express your views in the manner you idealised them. Daring to forgo and fly past the judging society accepting the sting of rejection and the echo of misunderstanding that lies ahead in the path less chosen.

So, let your voice rise from within the limitless boundaries of life as after all, a world filled with whispered hearts is a world half-heard, and half-lived. Closing with a famous quote by Mother Teresa which reads “We Must Never Be Afraid to Be a Sign of Contradiction for The World”.

–*Mitil Harshith Mokara XII A*

Stop Scrolling... Start Reading!
– Ira VIII C



Silence will help you win what
shouting won’t! – Tesia VI B



No matter if you’re big or small
When you stop bullying,
You become a SUPERHERO for all!
–Gurmannat VI C



Let's Tickle Your Funny Bone

Mark Twain says, "Humour is mankind's greatest blessing", and the Darpan Team completely agrees.

So we thought of giving Agnelites a little challenge. We conducted a 'Make-A-Meme' competition for classes 9 and 11, (Mam Lubna being a special entry ☺ as the fun pictures of students brought out the Agnelite in this Ex-Agnelite) where they were required to give a witty caption to photographs of their peers and teachers.

Here are some to make you giggle... Enjoy!



How siblings act
in front of parents.
- Arjun XI-E

Teacher: Is anyone interested in...
That one topper kid
- Jerrica XI-B



Me and my boys
on 'Valentine's Day'.
- Arjun



That one class when announced
"THE WORST CLASS"
- Ms. Lubna



Me struggling to pass in Physics.
- Jericca



When you slip but you remember
your crush is watching you.
- Arjun



Friend: Bhai, Bahaar
bhandara laga hai!
Me two minutes later
- Jerrica

Me when guests leave
- Farzaan



Me on my way to
taking wrong decisions.
- Ms. Lubna



When you asked the professional photographer to click!
But shocked to hear the price.
- Aryaman



Bought a Teddy for Teddy day... but realized you don't have a girlfriend!
- Aleena XI-E



Me laughing at my crush's jokes.
- Mannat XI-D



Ek naari sabpar bhari.
- Farzaan

Gangs of Wasseypur-3
- Ms. Lubna



When your girl expects you to do
the 'Titanic pose' but you've only
watched Shah Rukh Khan.
- Anshita Kanojia XI-B



Me and my homies...
planning the next mischief!
- Aleena

When you thought you're looking cool
but your crush says you look blind.
- Arjun



Me and the boys
after getting 12/30 in physics.
- Jericca





When you have a seat
beside a couple. - Jaanvi

Seema ma'am be like:
"There's a 'Scientific Issue'
with the boat." #chemical locha
- Arjun



My last three brain cells
during the Accounts Examination.
- Aleena





When your friend scores better than you: *Kya bol raha tha? Kutch nahi padha! - Aleena

Bhai, Story 'like' kardi usney meri! - Aarav



Now that's an interesting attack!
When science students learn to create perfect illusions
- Ms. Lubna



Anu ma'am... when she sees me
in the corridors! - Jericca
Koun hain yeh log?
Kahan sey aatey hain? - Naitik

Your mom, when you threw the
polythene bags she had been
saving for months. - Farzaan



The inner me when the teacher
cracks a poor joke. - Ms. Lubna



Me... whenever I look at English teachers! - Jerrica

The people you never expected to date are dating... and you find out! - Jaanvi



Me looking at myself at the 999th time today. - Mannat





When a dumb friend
tops I class! - Aryaman

Squirrels love hollow spaces.
Mission Accomplished
- Ms. Lubna

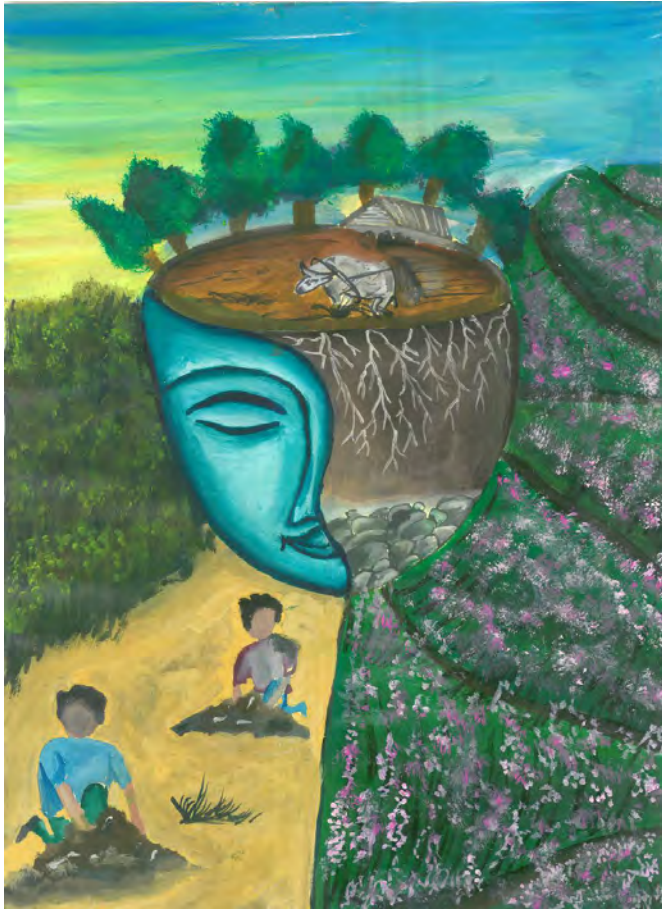


An hour before your parents
reach home with your
report card. - Farzaan

PLEASE PAY ATTENTION
TO THE FOLLOWING
ANNOUNCEMENT!
Le ME -Jericca



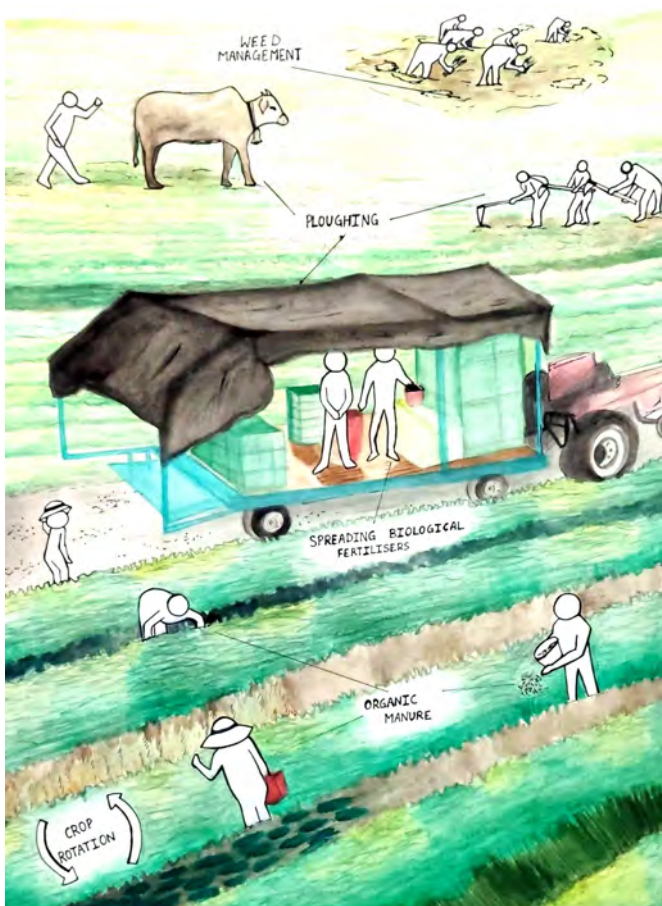
Art Integrated Project



Punya Batra, Class XII



Shagun Jain, Class XII



Shiza Chatterjee, Class IX



Sargun Kaur, Class XII

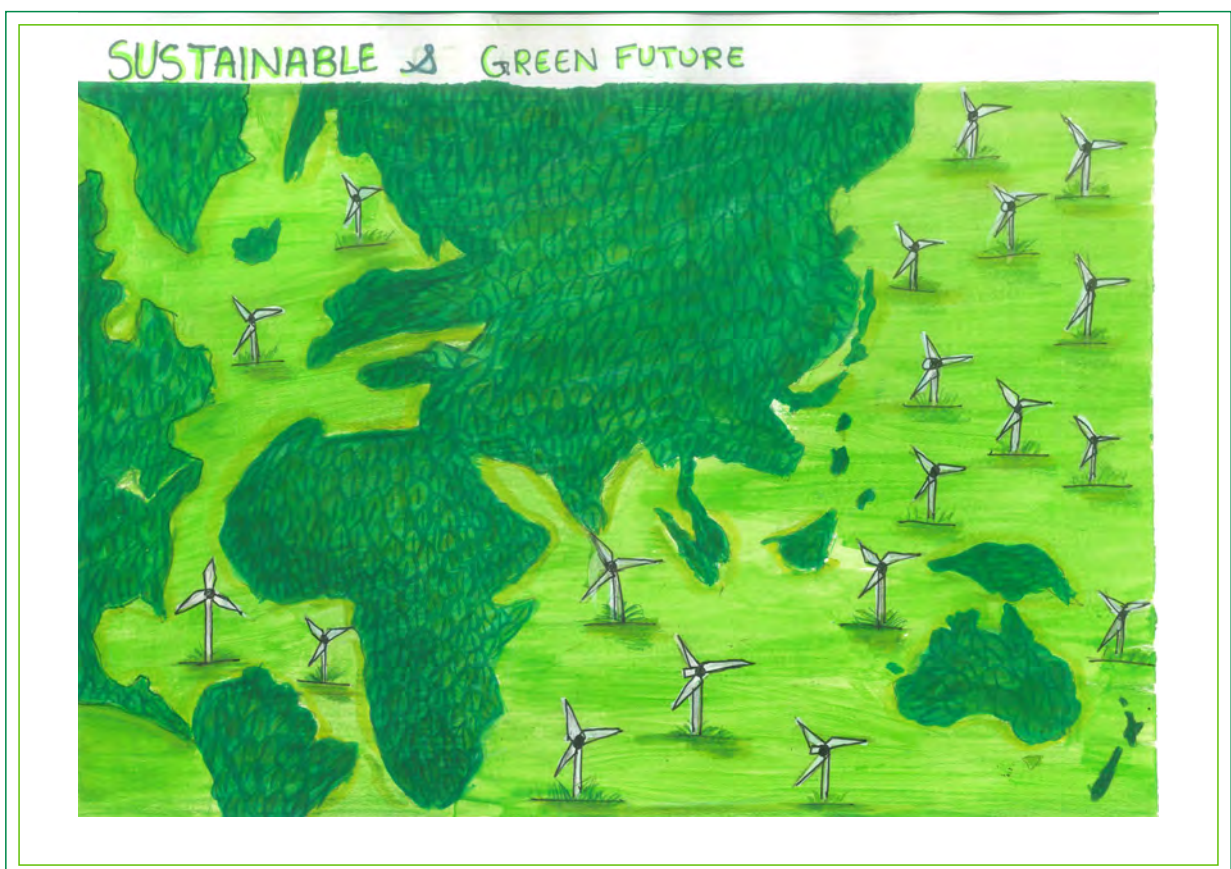
Art Integrated Project



Sadhya Sinha, Class XII



Aadya Choudhary, Class XI



Zainab Mansoor, Class X

THERE WAS NEVER A GOOD WAR, OR A BAD PEACE

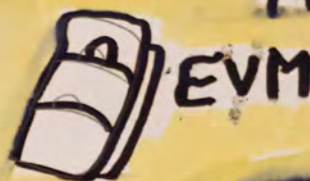
War only brings destruction and sorrows.

- Poverty
- Social Decline
- Loss of Human Life
- Suffering
- Trauma
- Destruction

Issued By:
Govt. of India



The Duty of youth
is to challenge
Corruption



GREED gives rise
to Corruption



Corruption leads destruction
It's time to open our eyes....

SAY

NO TO

CORRUPTION



VIGILANT INDIA

PROSPEROUS INDIA



Fr. Agnel School, Delhi

Bhavya Mendiratta