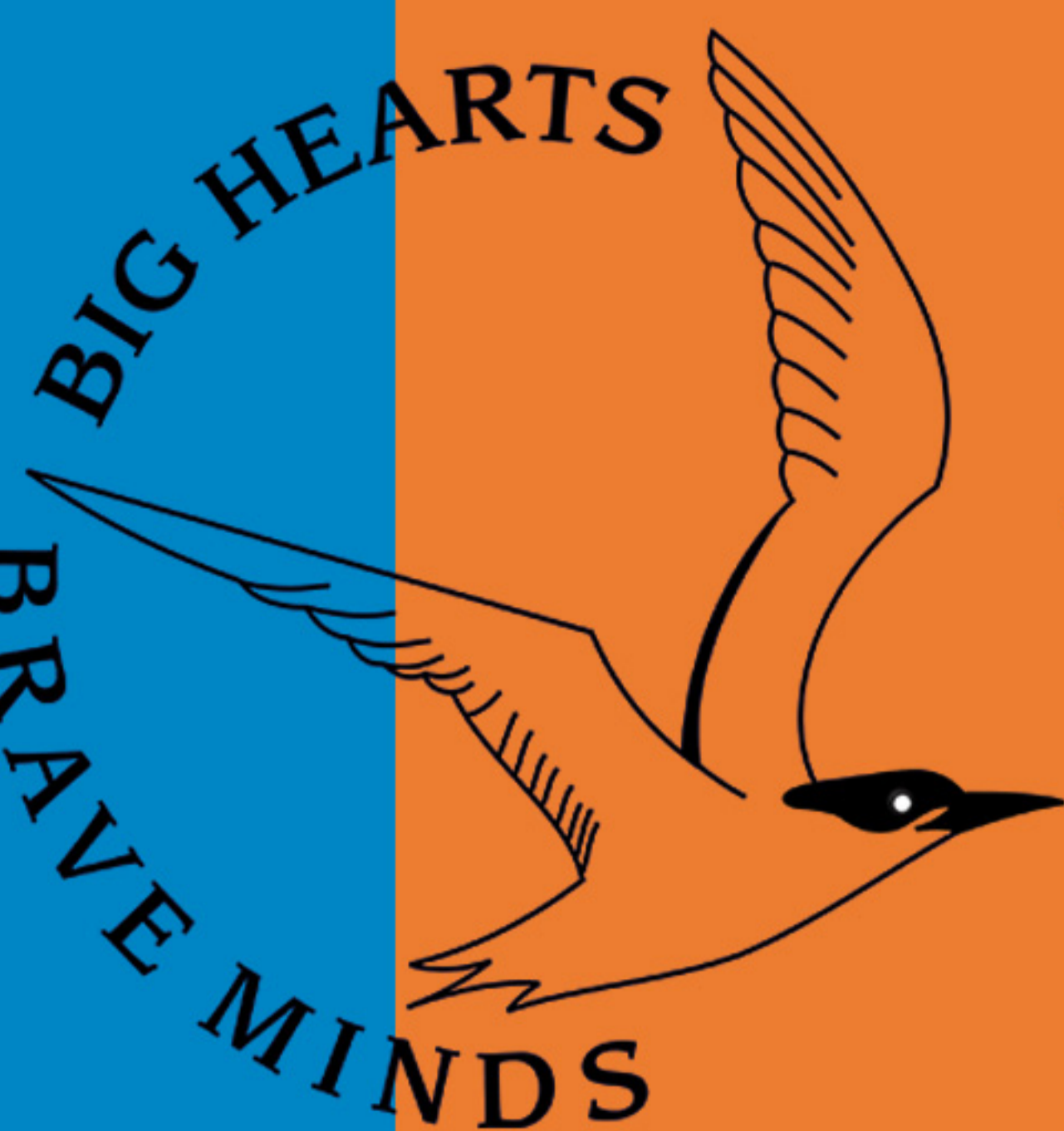


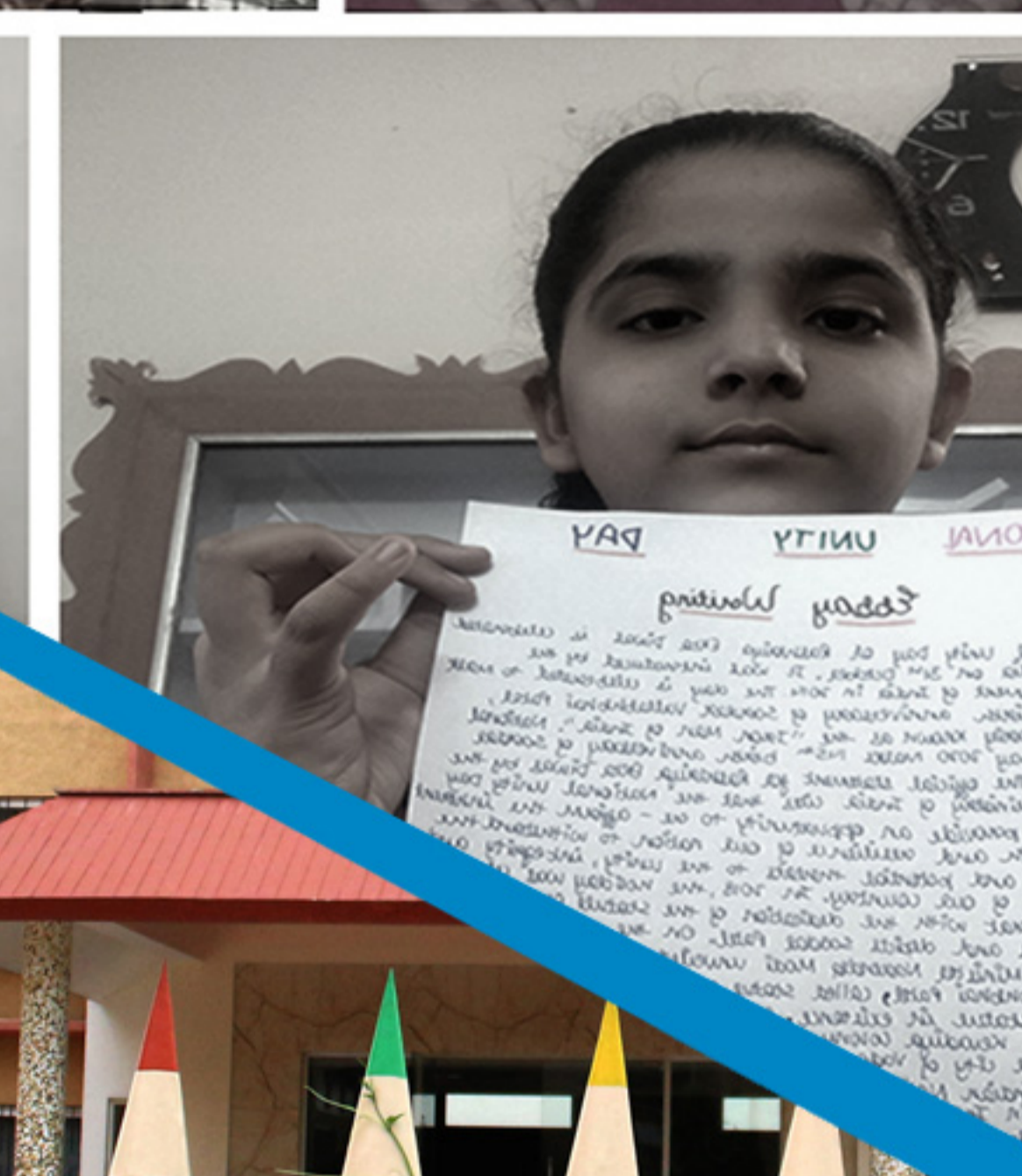
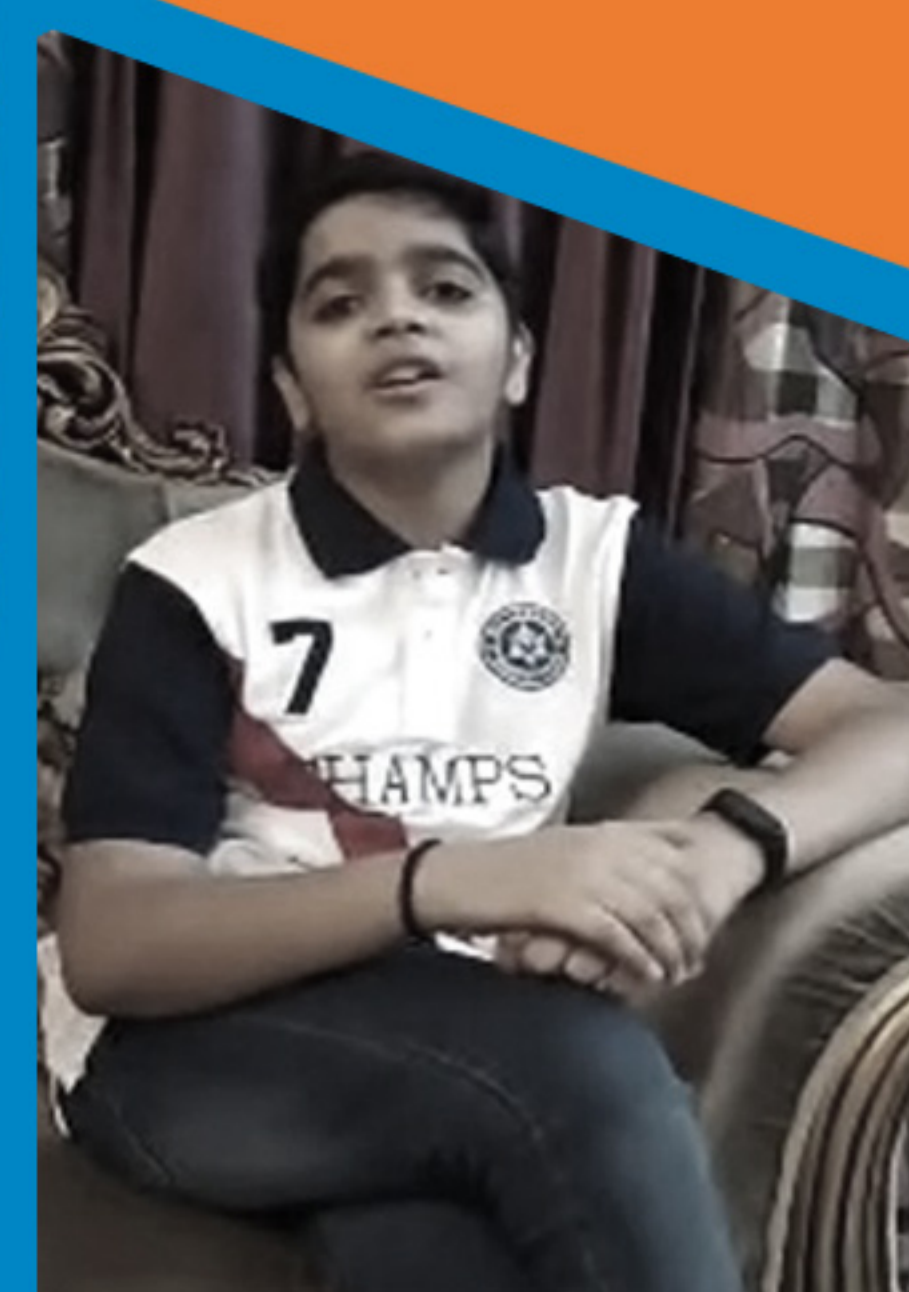


BIG HEARTS
BRAVE MINDS



A Rendition of Resilience

Vol.:1



Preface- Warriors

Be a warrior. Fight for what you believe in and never ever hold back. When the school closed down due to the pandemic, we were all perplexed. The challenge of not seeing our children and keeping them away from learning loomed large at us. But we held our ground in the face of the conflict, going fiercely towards our dream and knocking barriers down with courage and grace. We did not give up when we found ourselves face to face with an obstacle. We continued forward, keeping the fire burning strong and did not let the flame fade away. We kept reminding ourselves that we are doing this for our children and believing that we will overcome everything that came our way- because we, my dear friends are Agnelites. We are the WARRIORS.

Keeping with the motto: BIG HEARTS & BRAVE MINDS, we embarked on a path less travelled; digitalisation of the teaching-learning process. Enthused by our director Rev. Fr. Carvalho, under the guidance of our beloved Principal Sr. Geeta and our Vice Principal ma'am Menka, our team of teachers quickly switched over to online classes, providing excellent learning opportunities to our children. Bridging every gap in teaching-learning process, our teachers ensured that children stayed focused and involved by uploading regular assignments & worksheets, keeping a check on students' work, sharing weekly and monthly timetables, making classes more interesting through PowerPoint Presentations and videos. Be it scholastic or co-scholastic activities, we ensured that nothing stood in our way, garnering much appreciation from every corner. Today, we are proud to say that with the blessings of the Almighty and the support of our dear parents, we stand right at the top. This edition my dear friends, is a brilliant example of the gargantuan task we have undertaken, showcasing the enormous hard work and pure creativity of the Management, the faculty and our young Agnelites.

Principal's Message



Pandemic has thrown all of us into a world that is unknown. It has taught us how to cope with the situation. During the online classes children have learnt and demonstrated to think out of the box. The efforts put in by our students, teachers and parents are commendable. I take this opportunity to congratulate all of you for the remarkable work done.

When everything seems impossible, know that God is with us. God is our source. He has given us resources. Our families, our teachers, our relationships but we cannot make the resources from the source. God's supply never runs short.

We all go through seasons in life when things aren't exciting. It's easy to lose enthusiasm. That's part of the normal currents of life. Nobody lives on cloud nine with everything perfect and exciting every day, part of the good fight of faith is to stay hopeful in the dry seasons. Keep a smile on your face always believe that the days ahead are better than the days behind. Do everything with a passion, with bravery and a sparkle in your eye.

May God Bless you all!

Vice Principal's Message



This year has been very challenging for all of us. Life as we know it has come to a halt. However, while everything hangs in a delicate balance; I urge you to look at the silver lining. Like an uneasy change must be thrust on us for us to change. This year has taught us so much about our communities and ourselves. When one has no choice but to spend time with oneself, self-awareness tends to come about. I am sure you have spent this time discovering new hobbies, catching up on your reading or watchlist, or spending time with your family.

No doubt, the pandemic has thrown our normal life out of gear but dear students, within a short span of time, all of you and your teachers were able to adapt in to online learning, with an incredible amount of resilience and responsiveness.

I am sure, you will continue to focus on your long-term goals and come out as stronger and resilient human beings. I am looking forward to the day when I can welcome you to school in person, but by no means does that mean that I do not cherish our progress as an online community. It is another challenge we have overcome together, with a plethora of new skills in our arsenal!

Best wishes

Parents' Voice



“Collaboration divides the task and multiplies the success.”

Question: In which ways did you help your ward during virtual classes?

Parents have contributed a lot during virtual classes as we sat with our children to ensure they were studying well without facing any difficulties.

During exam time too, we used to sit with them and made sure that they don't cheat in the exam. Parents have contributed in multiple ways during virtual classes.

- Diksha Khanna

It indeed is a really difficult time for us all, especially students because they're compromising the best time of their

lives and also virtual classes are different from conventional classes so indeed that difference is there. As a parent, I ensure my child does not

face any issue during her classes, by monitoring their daily progress because this time won't repeat itself and indeed is a good time to learn many new things. Also, at this time it is very important to keep our kids motivated and encouraged and I ensure that I am a positive motivator at this time.

- Nitu Singh



During the lockdown period, schools arranged and started online classes.

In these classes, teachers teach online and the students learn via some software. We as parents contributed a lot in these online classes. We made the electronic devices available to the children using which they attended their classes. Parents also helped the students to create a clear environment for our children to forget about the pandemic raging outside and to just focus on the virtual classes. Parents also played an important part in giving feedback to the teachers about how they are performing.

- Rahul Bhatnagar

Your opinion Matters

Agnelites Speak

Question: How far has your perception towards life changed during the lockdown period?

If I were to answer this question, I'd say that my perception towards life has changed dramatically. I have discovered that life isn't exactly fair, the moments that we once never looked forward to, have been snatched away from us and now we are yearning for them. Though this lockdown period gave us the delightful opportunity to spend time along with our family members but at the same time it distanced us from many of our loved ones. If I were to take a leap back and think about the New Year's Eve when all of us were busy welcoming and celebrating the arrival of a new year 2020, thinking about how this year would bring us a whole lot of new opportunities and introduce us to many unknown territories which we would explore, no one had ever thought that we would rather have to stay caged in our own home eagerly waiting to be set free again. It has been roughly 5 months and still counting. Leaving behind the negative impacts I also discovered a couple of facts that I think will have a positive impact in my life. I remember how I and also most of my classmates would long for a holiday to get a break from the hectic schedule of coming to school every day at 7 in the morning, how we used to feel awful when a teacher used to scold us, how we used to run and try to get to the ball while playing as if our life depended upon it, how we used to fight for a small morsel of food and how we used to together. Now that I look back to those bittersweet memories, all I get from them is a ray of hope that there will soon come a time when we will be together again and I just need to wait a bit longer. Those memories are something that I hold onto. We may all be distanced physically but I assure you that we all are united by heart, those memories acting as the unbreakable link between us. The requirement of the current situation is to maintain distance and we all shall do so, not only to protect ourselves but also the people we love for there will be a day when we all will be together smiling and laughing and that moment is the one that everyone shall look forward to.



Swarnima Bist XI Anise

My perception towards life has changed a lot during lockdown period as in life nothing goes like we think. Many times, things which we had never thought of happen. For instance, Covid -19 Lockdown period has changes everything in life. Earlier we used to go to school, playground, and many places but now we are stuck in a single place only. The lockdown period has changed my whole perception towards life.

- Yojit Khanna XI Anise



The coronavirus lockdown period changed my perspective of life. It taught me not to take things for granted. I learnt to be grateful for the things that I have been given and not mourn about the things I don't have or can't do. I discovered an entire new person in me! Life is too short to be miserable about petty issues. Instead of looking at the restrictions the lockdown brought with it, one should look at the numerous opportunities it offered. If you want to live life to the fullest, you need to start being optimistic, start looking at the bright side, start being grateful for the splendid things that life offers and start moving on. Be positive!

People have experienced far more dangerous pandemics and have survived it. Our generation has all the resources for surviving a pandemic. We have all the entertainment facilities like Prime video, Netflix etc. We are just quarantined because the conditions for going out are not prevailing. Can't we all stay at home for a couple of months? It will be over before we know it. Doctors are trying their best for curing the victims, scientists are trying best to make vaccines, the frontline warriors are trying their best to protect the nation, teachers are trying their best to educate the young minds from home. We should try our best to resist the quest of going out because going out can make the condition worse for not only us but also for everyone.

During the lockdown, discover the chef within you, the artist within you, the musician in you or maybe the dancer within you. Experience life as a blessing. Experience Lockdown as a blessing. And don't make any decisions you would regret!

- Shreya Nagpal XI-Anise



If you told me at the starting of 2020 that I can stay in my room, read books, do whatever I want to endlessly, along with taking my classes online, I would have happily agreed. As someone who always found solitude to be peaceful, I never really bothered to go out and play for longer hours. But the last few months have extremely and completely changed my perception especially, the lockdown period. Now that I am bound to sit at home, I realize that nothing can replace the people around me. When I saw pictures of the bodies of labourers with dry bread and chillies scattered all over the railway station, I was totally shaken. At that moment I realized how lucky I am to have food, water and a comfortable home. Till then I was complaining of being locked at home, unable to enjoy the summer break, not able to watch my favourite movie in theatres and eat pizza! How naïve I was! now I realize that nothing in the world should be taken for granted just because you have it. The biggest thing I experienced was SELF REALISATION. I am grateful to God for all that I have and now I know the importance of today. My perception about life has changed and as a person I am more grateful and hopeful. So, I hope that this change in perception will help me change my outlook towards life when life gets back to normal.

- Bhavya Dwivedi VII Anise



Creativity defined



Technology a Boon or Bane **By: Kanak Chauhan**

Technology is application of science to find solutions and fix problems. In today's world, our day begins with technology. It has become an integral part of our lives. It has made our life easy and changed our way of thinking. During the current pandemic, we can see how technology has helped us evolve. The present online classes are a living example of the same. Like the two sides of a coin, technology also has some disadvantages. Let's further discuss some advantages & disadvantages of technology:

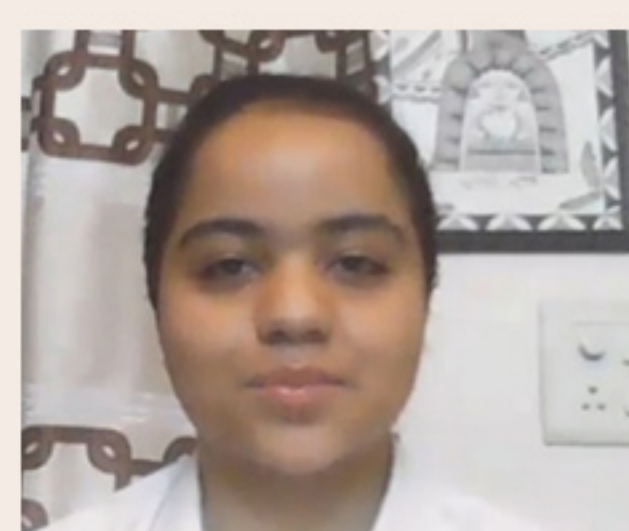
Advantages of technology:

- Puts our life at ease.
- Helps to do our work more quickly and efficiently.
- Helps us to communicate more easily with our loved ones.
- Makes our life luxurious.
- Makes somewhat impossible things possible.

Disadvantages of technology:

- Invasion of privacy.
- Affects our lifestyle and makes us lethargic.
- Increased screen time damages our eye sight
- A cause of distraction (specially for the young generation).
- Waste of time (staying active on social media).

Technology is a boon as long as it is our slave. It's when we let it become our master that it becomes a bane. Technology should not be given a chance to dominate our life. As human beings we have intellectual powers to decide what's wrong and what's right. There is a need for technological advancement but at the same time it is the need of the hour to use it judiciously for the betterment of mankind instead of letting it rule our lives.



Mental Health **By: Agriti**

"Mental health is not a destination but a process. It's about how you drive, not where you're going."

Mental health is more than just the absence of mental disorders. It's your ability to make the most of your potential, to cope with life and to play a full part in your community. Mental health is an integral component of one's health. Mental health and physical health are inseparable as the whole body is interconnected and interwoven. The brain can be hurt like everything else in the body. But to be honest brain illnesses are more serious as when the brain is ill, the illness doesn't remain limited to the brain but also affects rest of the body and its functioning. If I ask you right now how you're doing, you might say that you're fine referring to your physical health. But what about your mental health? Do you feel comfortable? Do you feel contented? Or more importantly do you feel happy?

There is a stigma attached to mental health problems therefore, people feel embarrassed discussing it. It is healthy to know and say how you're feeling. One's mental health doesn't always necessarily stay the same. There are ups and downs in everyone's life. Everyone is different. You might bounce back from a setback while someone else may feel weighed down by it for a long time.

Your mental health should be your priority.

Your happiness is essential and your self-care is a necessity. YOU are important!



Lockdown: A friend and a foe **By: Devanshi Makkar**

"If you can't go outside, go inside." The current covid-19 situation has led to a practice of staying at home, which, as we all know, is termed as Lockdown or 'stay-at-home'. Being on Lockdown has many benefits.

The increasing number of vehicles on the road has created numerous problems, which includes various types of pollution. But, the Lockdown has reduced the use of vehicles and hence the emission of poisonous gases into the air, which in turn has reduced air pollution. The reduction of pollution has also acted as a boon not only for mankind but for the stray animals and birds as well.

Staying at home has also benefited children to boost their creativity and polish their talents. Many of us have started to learn how to cook, tasty and healthy food, which is quite beneficial. A drawback of Lockdown is that, children can't go outside to play and adults can't go outside for morning walks, jogging etc. But this challenge can be overcome by doing yoga and exercise at home. Thus, people have started practicing yoga everyday with great ardour and keenness. One can also learn basic coding and graphic designing these days, with the help of many sources available online.

But, staying on Lockdown has also led to an increase of screen time due to online classes and has created a stringent change in the daily schedule.

Taking breaks after every twenty minutes of screen time, washing eyes with cold water, wearing anti-glare glasses, eating fruits and vegetables rich in vitamin A and E, can triumph over the flaws caused by the increase of screen time. Daily schedule can be rectified by creating a proper time table and spending your day as per the time table.

Thus, we all can still be happy and do something productive, even by staying at home. We all can agree upon the famous quote, "There's no place like home."

Can music really bring back memories?

By: N.B. Ritesh Varshan

Some people say that Music brings back memories but others say it is a myth.

So from this a question arises. Can Music really bring back Memories? Well, the answer is a yes. To understand how it works, we will have to understand how the memories are stored in our brain. By the research of the Neuroscientists, it was found that the memories are found in pieces rather than whole. It was also found that the memories are made in one part of the brain while they are stored different sites of the brain. So, whenever you recall a memory, you are actually bouncing nerve signals between all these pieces to recreate the whole. So it is a bit like jig-saw puzzle which reveals the entire picture when complete. Now, you would probably wonder. Why would Brain break the memories down into pieces? Well, breaking down the memories would increase the storage space available to your brain, by reusing the similar bits of old memories, instead of creating a new one from the scratch. The memory of what an apple is, for example, could be split and linked to others, such as those of fire engines, tennis ball and banana. So when you think of an apple, you create an idea of it by comparing it to other 'red things', 'sphere-shaped' and 'fruit'. Let's get back to the topic. So, how does music bring back old memories? Basically, the Neuroscientists think that to bring back old memories, all you have to trigger one part of a memory- say, by hearing a piece of music, and the signal will flow through the rest of the circuit almost automatically, bringing back the other details of that music and what you associate with it. That is one idea of how it might work.

Year of Twins: A Catastrophe **By: Sajal Yadav and Soumya Yadav**

"The progress and challenges of one generation becomes the foundational premise for the next". Right from the onset of the year of the twins, the adversities began to manifest themselves in different forms and started to take a toll on this Prosperous Global Society.

When we celebrated the Beginning of this year with great zeal and enthusiasm and looked forward to this year as an undaunted source for a bunch of new opportunities, who would have ever thought how the future will unfurl like this. As Nostradamus in his prophecies mentioned that the Year of Twins will cause a great tremble and wrath will be unleashed, who would have thought that these thousand year old words will manifest into a Devastating Reality. Natural Calamities, The Historic and Unprecedented Pandemic, Notable Demises, Rising Poverty, Continued Unemployment and what not, this year has undoubtedly shown us the worst.



The New Normal is nothing like its predecessor, Children and Adults barred behind the walls, excitement and joy reaching its greatest trough, sorrow reaching its undaunted crest. The New Normal has brought in a system wherein Schooling and Professional Working has turned Completely Virtual.

Who would have predicted that Schools will run out of houses, without the; chatter and laughter of children, beauty of Classrooms and Ever enthralling events.

The New Normal is a tough situation, Children are prohibited to go out and enjoy the scenic nature, the elders when they go out of their houses to earn a livelihood don't feel secure as they used to feel earlier, But we should remember that Our Fear of a few days, our sentencing to remain behind doors will result in our victory over this deadly Pandemic.

Bringing in a sense of optimism, one should never lose hope because the winner of battles isn't necessarily the Winner of War. We should believe that the Human Civilization has seen many other Challenges and always, always we have come out as victors.

As Joseph Murphey stated in his book "The Power of Subconscious Mind" that Positive Thinking and Optimism control our Subconscious mind and one should always remain optimistic regardless of the situation. Everyone should be Optimist in this tough time because the War is left, and one negative thinker does much harm than hundred positive ones.

Together we will sustain ourselves through this tough adversity and will become successful in the Challenges against the Year.

Inner Beauty **By: Patshya Pranav**



Beauty is basically the confidence a person has. A lot of people in the world look up to beauty as something apparent and physical. This however is a wrong perception. Beauty can be defined into two broad terms mainly the inner beauty and the outer beauty. The outer beauty is usually defined as the physical appearance of a person. The facial features, the physique and the demeanour. The inner beauty however resides inside the person. It is not apparent or cannot be seen. It is something that can only be felt and sensed. The personality of a person and the nature of a person however are termed as the inner beauty. The inner beauty of a person defines his/her choices brings out the real person inside them. Outer beauty just attracts the eye whereas the inner beauty captivates the soul.

Beauty isn't having a pretty face, it's about having a pretty mind, a pretty heart and a pretty soul.

Amusement corner

Art Attack!

BEGINNER'S COOL CARD TRICK TO IMPRESS, YOUR FAMILY AND FRIENDS!

By: Mannan Khanna

IN THIS TRICK YO WILL LEARN HOW TO CONTROL YOUR SPECTATOR'S CARD AND AMAZE THEM (NO SETUP OF CARDS)!!

- 1) Grab a random deck of playing cards.
- 2) Shuffle the cards yourself; give the same deck to the spectator who will shuffle the deck till he/she is satisfied.
- 3) Take the cards back, show the spectator that all the cards are in a random order. (Remember the third card from the top. 8 of hearts in my case, can be random in your deck)
- 4) Place the deck facedown.
- 5) Ask the spectator to divide the deck in roughly 3 separate piles. (as show in picture 2)
- 6) Now it is **very important** to keep the top pile in **middle**.
- 7) If the spectator has placed the top pile in the corner, you can quickly shuffle the deck and replace it in the middle. IT IS CALLED MAGICIANS CONTROL!
- 8) Take the first two cards from the middle deck and place them in different piles and the third card from the top is already known to you. (remember step:3 check picture 3)



Now amaze them by telling the card that you already know.



2



3



4



Sajal and Saumya Yadav
XI Anise



Swarmina Bist - X Anise



Sharanya Tandon
VII Anise



Siya Dubey -VII Camellia



Riddles

Solve the riddles and check your knowledge.

1. What begins with T, finishes with T, and has T in it?
2. I'm tall when I'm young, and I'm short when I'm old, what am I?
3. What is so fragile that saying its name breaks it?
4. Turn us on our backs and open up our stomachs, and you will be the wisest but at the start a lummoX. What are we?
5. I am an odd number. Take away a letter and I become even. What number am I?
6. Where can you find cities, towns, shops, and streets but no people?

Answer 1: teapot, 2: a candle, 3: silence, 4: Books, 5 : Seven, 6 : The map

Spot the difference:



The Lockdown Starts From Today

I Woke Up In The Morning,
The Television Was On,
The News Reporter Said,
The Lockdown Starts!

It Felt Like All The Sunshine Was Falling
On Me,
Suddenly I Was Feeling So Joyful And Free!
I Said To My Brother,
"Come On Down Stairs Let's Go And Play"
He Said, Don't You Know,
The Lockdown Starts From Today?"

I Sighed, Thinking Of Something Else To Do
Just Then Mum Said, "You Can Do Some
Baking Too."

I Popped Up From The Couch,
And Went Into The Kitchen Straight,
And Sung To Myself "Lets Go, Let's Bake!"
I Started Looking For Some Chocochips,
Couldn't Find Them,
So Asked Mum Where Were They.
She Said, "Don't You Remember,
We're Out Of Chocolate?"

Oh Right, Said I,
Then Will Get Some For My Cake,
And As Soon As I Stepped Out Of The Gate,
Mum Said "Don't You Know,
Lockdown From Today?"
And Since That Day Till Today,
My Home Is The Only Place Where I Stay.
By: Bhavya Dwedi VII - Anise

Castle in the Sky

When the sun rises in west,
Sets in east
Wind blows in the wrong direction,
A huge cloud with an unnatural colour
combination,
Blowing very hard,
Accompanied by a thunderstorm
You can't see through the cloud,
But if you enter, you may see
Something very strange,
The way is difficult but adventurous, you see.
Once you enter,
Welcomed by a trail of lightning will show
you the way
Twisting and spinning you'll go through the
way
To the magical castle floating above the bay.
Astounding spells make it float
Humongous tree make life possible
Magical crystal searching for it's king
With over 700 years of loneliness and seeking
Crystal inquires, "Is my master living?"
By: Aradhya Mangal VI Balsam

Changing Relations

The ones being good
The ones being worshipped
When donned in a bad mood
Changed this kinship

The ones being perfect
The ones being admired
When turned affected
Changed into a backfire

(Thou the one preserve
those kinships let the
vanity be perished.)

By: Yashasvi Naman XI Balsam

Happier Days

Happier days are coming
When my weakness
Will bow to my strength
Happier days are coming
When all my failures
Will ignite success

Happier days are coming
When my ocean, full of tears
Will twinkle with winks and laughter
Happier days are coming
When my rainy and cloudy days
Will wear me
A rainbow of peace of mind

Happier days are coming
When all the darkness
That surrounds me
Will be blasted by lightning
Happier days are coming
When our sighing soul will say "ALL
IS WELL".

By: Manya Singh XI Anise

FOREVER YOUNG

Far as I know time is ticking
Others are constantly changing like
Rivers flowing in different directions
Even sadly the close ones
Various tries all in vain
Ethereal hearts damaged by severe pain but
Rivers can't stop, they have to flow away
Young all the time I question why can't we
stay
Our youth cries, don't snatch it away
Us as Rivers we have to go on
Not letting us stop
Going on is just a part but, I'm afraid to
have this start.

By: Syna VIII Camellia

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