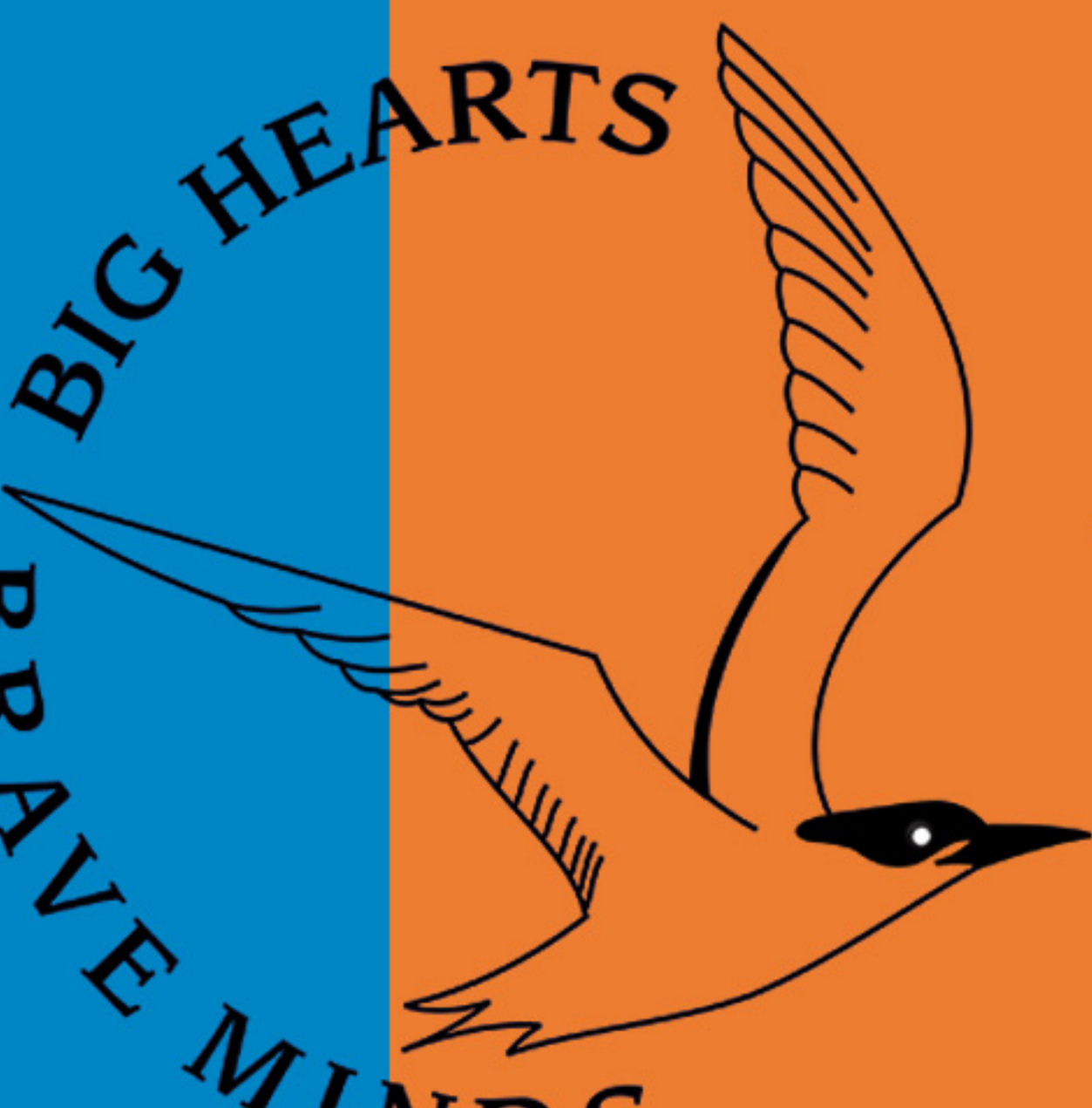


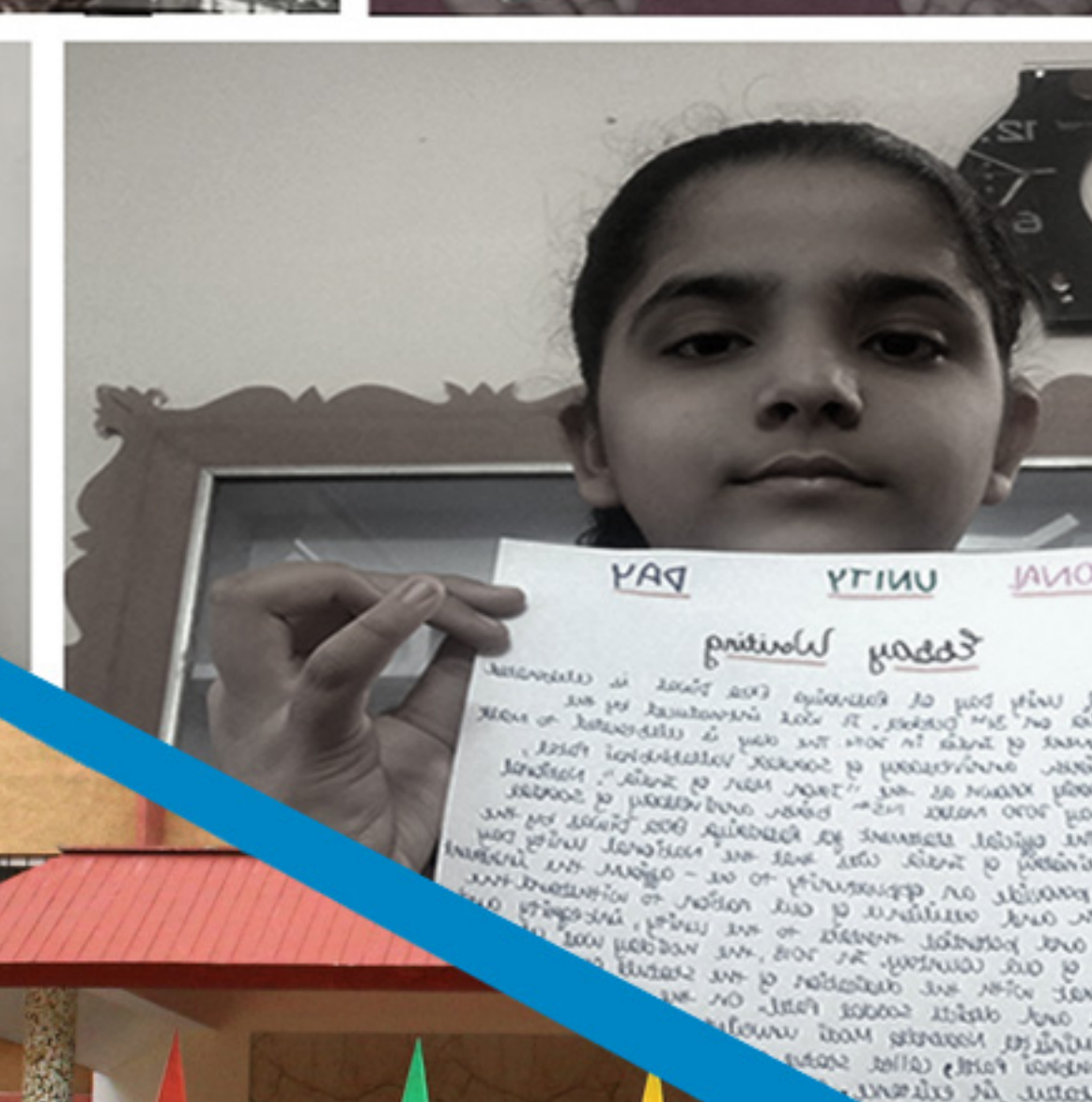
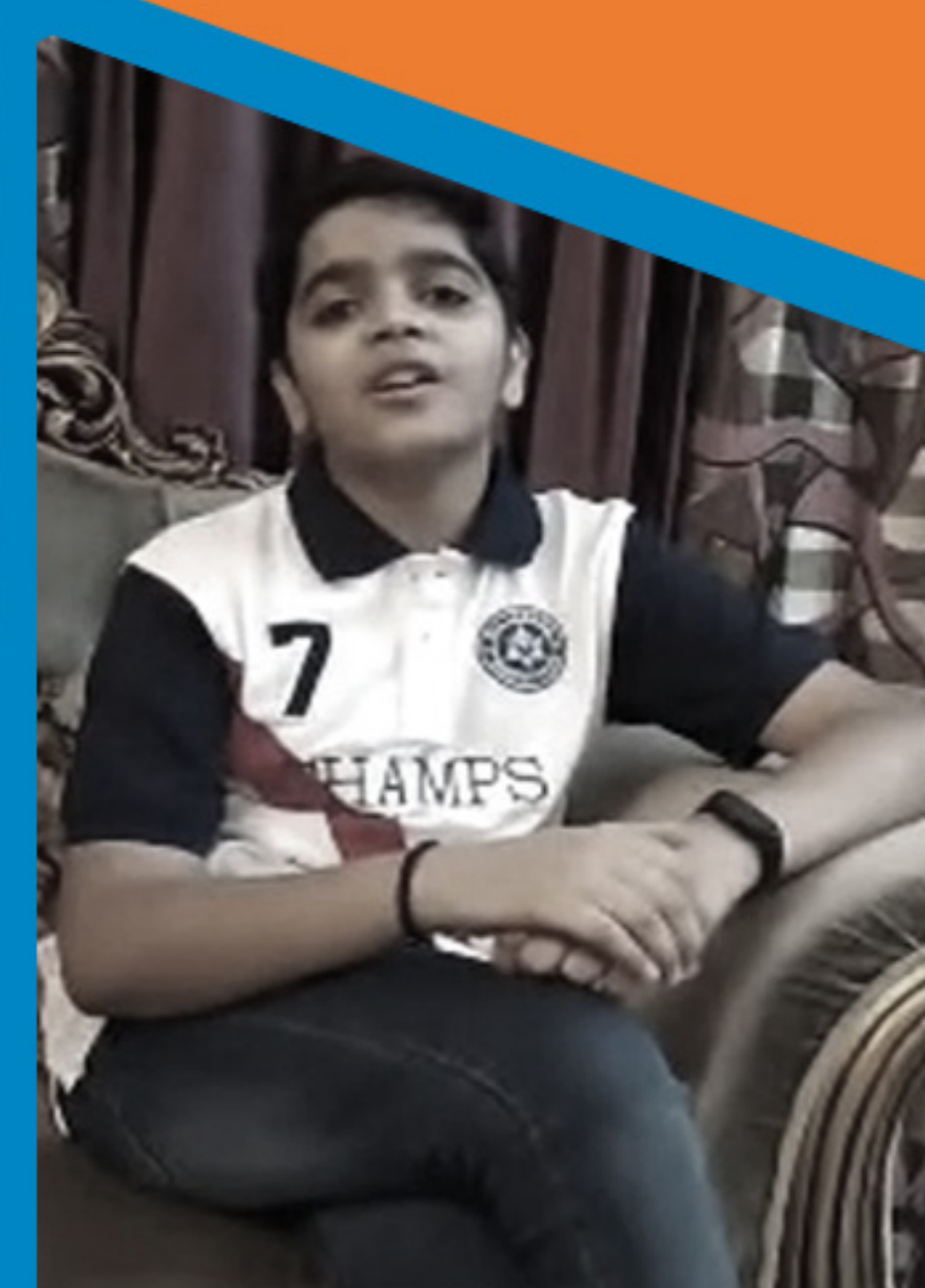


BIG HEARTS  
BRAVE MINDS



# A Rendition of Resilience

Vol.:2



## Preface - The Essence of Being Human


Being Human is the least we can do as humans. Being Human means living in harmony with all our surroundings. I would like to share an article on the essence of being human which I came across a few days back. An anthropologist studying the habits and customs of an African tribe found himself surrounded by children most days. So he decided to play a little game with them. He managed to get candy from the nearest town and put it all in a decorated basket at the foot of a tree. Then he called the children and suggested they play a game. When the anthropologist said, 'Now' the children had to run to the tree and the first one to get there could have all the candy to himself/herself. So the children all lined up waiting for the signal. When the anthropologist said, 'Now' all the children took each other by the hand ran together towards the tree. They all arrived at the same time divided up the candy, sat down and began to happily munch away. The anthropologist went over to them and asked why they had all run together when any one of them could have had the candy all to themselves.

The children responded, "Ubuntu. How could any one of us be happy if all others were sad?" Ubuntu is a philosophy of African tribes that can be summed up as, "I am what I am because of what we all are." Bishop Desmond Tutu gave this explanation in 2008: One of the sayings in our country is Ubuntu- the essence of being human. Ubuntu speaks particularly about the fact that you can exist as a human being in isolation. It speaks about our interconnectedness. We can't be human all by ourselves and when we have this quality- Ubuntu- we are known for our generosity. We think of ourselves far too frequently as just individuals, separated from one another, whereas we are connected and what we do affects the whole world. When we do well, it spreads out; it is for the whole of humanity.

So my dear students, let's learn this art of Ubuntu and understand humanity.

## Parents' Voice

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


 Schools and parents have bigger roles to play with kids being home-bound due to the COVID-19 pandemic. In order to continue teaching-learning practices, schools resorted to an imperfect yet quick solution to the crisis in the beginning and I really appreciate the improvements made by school and the quick adaptation to the digital environment.

In the changed scenario, parents have an important role to play. Jumping into online education can be intimidating and confusing for students. It had been quite challenging at first for our daughter, as it was a totally new platform for her. Gradually, she and other students like her are getting used to it, and I truly admire the hard work teachers are putting in even during the pandemic.

Due to the increased autonomy and self-motivation required to be successful in an online program, parental involvement is generally a key indicator of the successful virtual school experience. Just like in traditional learning environment, a parent's role and impact on student success is both critical and apparent during online learning. We control the environment of our child.

We support in setting up a pace, building a physical space intended for learning, and continue to encourage in the absence of daily face-to-face interaction. It was tough to bring in the children's interest in online classes, as they felt it was boring. But slowly, the teachers started involving various online activities which really helped in gaining the students' interest. Alongside, parents should also encourage a sense of positivity in children by helping them see this as an opportunity to pick up a new skill or engage in a new hobby. Kudos to all the teaching staff for adjusting our kids so well and quick, and engaging them even during the COVID-19 pandemic.

- Amrendra Dubey

 Virtual classes are the new mode of education during the times of pandemic and lockdown. Initially; students, teachers and parents struggled to adapt to the new trend but now things seem to be quite well settled. It is surprising how technology has served as a blessing in the field of education and saved the careers of students worldwide.

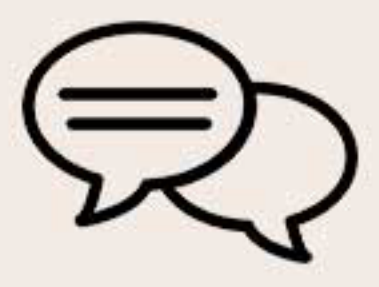
Along with students and the teachers, parents too have played an active role in online education. They are acting" as a bridge" between the teachers and students, thereby filling the lacunae in online education and helping in better communication between the two. They have the responsibility of monitoring the schedule and timings of online classes. They are actively involved in helping their kids to understand the concepts and clear their doubts. The parents help the children in completion of all the written work and assignments given to them, while they face the challenge of managing their personal and professional commitments along with their children's online schedules. Along with the studies, they are also actively involved in preparation of various enrichment activities assigned to the kids.

Parents also have the huge responsibility of taking care of their kids' mental health as they are locked up in their homes. Coping up with virtual education can be very taxing for the students at time and parents need to dilute this pressure. Children need the constant support and encouragement of their parents due to the autonomy associated with these online classes. At the same time, parents have to take care of physical wellbeing of children as they are constantly exposed to the electronic gadgets.

The collective efforts of parents and children in the homework and other enrichment activities makes learning easier and more enjoyable for children and goes a long way in strengthening the parent- child bonding.

- Dr. Shruti Aggarwal





Virtual classes are the new normal of modern education. We are part of History as we have seen the shift of education from the schools to our home.

The education sector has been transformed completely. It has collaborated with the new innovative teaching-learning methodology to impart education safely to kids at their home during the pandemic. However, it has also put pressure on parents to continuously update themselves with new technology that their children are using.

Here are some ways in which the parents can support their children during online classes.

1. Check requirements for online classes - these may include a laptop, mobile, iPad, headphones, charger & all the stationery material.
2. A designated place for studying - A place preferably with less distraction, a good amount of light & ventilation. A table chair is a must so that they are Alert & Active. studying on the bed should not be allowed.
3. Help your children build a schedule - In virtual classes when they are at home, the morning routine has to be followed strictly. Encourage your children to get up early do a little exercise, freshen up & then sit for their classes. Be aware of their online schedule, offline assignment, enrichment activity of the day. Enquire them whether they have finished attempting & have uploaded. Hang-up these schedules on refrigerators or Almira so that you can keep a track of them.
4. Build a relationship with teachers - parents have to understand that as they are new to the online classes so are the teachers some might have hesitation they will soon come over it.

- Sweta Gupta



Your opinion Matters

## Agnelites Speak

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

After my board exams ended on the 18th of March, I already was thinking about all the pre-planned trips I had in my head with my friends and family. But from the 19th of March, all the places were locked and our country was under a very serious lockdown. So, I was very upset because all my post-exams plans were shattered. I also had to celebrate my 16th birthday at my house without my friends, which was saddening to me but thanks to the social media platforms that I could keep myself connected to them. In the initial months, it was indeed hard for me to tackle the situation. My sleeping schedule was destroyed completely, my self-study hours were also reduced to a great extent and I missed my school and all the fun I used to have with my friends who were kind of my new family. It was very hard for me to cope with the number of assignments and my screen time due to online studies. But now, after months I guess I'm in a better place now. I devote most of my time to either completing my syllabus or searching about my future dream colleges. I've also started working out. I also surf a lot about new countries and their lesser-known facts along with new words. I've worked on my Spanish and French. I've also experimented with my guitar and Casio. I draw 2-3 paintings each week. I've also taken numerous courses from EDX website which provides numerous online courses from top IVY League colleges. I've learnt about Hinduism, Egyptian history, Spain, AI-Technology etc. Also, I've again started writing poems and articles which I had stopped around two years ago due to paucity of time. At last, I would like to say that I've wasted few initial months of my vacation but this time is indeed the best for a procrastinator like me because you don't have to go out and no-one's going to come to your house. So, I guess this is the best time to work on yourself and your future.



- Manya XI Anise

In this period of coronavirus pandemic, the government of INDIA announced a lockdown in the whole country, shutting down malls, schools, theatres, public transport, etc. and restricting the gathering of people. Throughout this period every Indian citizen had to stay at home except for the people who provide special services like doctors, ministers, etc. this lockdown changed many people's perception towards life. my perception towards life has also changed during this lockdown. The most important lesson which I learned during this lockdown period is 'health is wealth'. I got to know that even a microorganism can take down a whole healthy body so easily. I even came to know that my parents love me more than I think they do. During the lockdown period I came to know that school plays the most important part in making someone's life beautiful and it is a blessing from god.

- Chayan Bhatnagar XI Balsam



The COVID- 19 pandemic and the subsequent lockdown have been the most unexpected but significant experiences in our lives. It has definitely brought about a significant change in my perception towards life. I have started valuing the small treasures and blessings which seemed so insignificant in the past.

These tough times have given me a sense of self reflection and self-control. I have realized the small flaws in my nature and become more tolerant to those of others. Initially it was tough to adapt to the lockdown but I introduced myself to meditation as a means to focus my mind. The lockdown gave me a chance to spend more quality time with my family. I realized the importance of communication among the family members. I also discovered the special bond that I share with some of my close friends who acted like my mental therapists during the lockdown.

I rediscovered the joy of reading during the lockdown. It helped me to re-wind myself from the monotonous schedule at home. The online classes did seem a little confusing in the beginning but I gradually learnt to be comfortable with the use of technology. I realized how well we can bond with our teachers and friends even with online interactions. My father being a doctor has been on COVID duty most of the time and coping up with small issues and challenges at home has made me a little more responsible and independent. The lockdown gave me more time to spend with my grandparents who enriched my mind with their vast life experiences.

This lockdown has taught me that the human mind has great strength and adaptability and can cope up with any adverse situation. I am now ready to face life with a little more patience, endurance and perseverance.

- Shreeya Kansal VI Anise



My answer to this is that before this pandemic came into our lives, we were just so busy in making our future better and better. We hardly talked to our parents, cousins, grandparents and most importantly we did not care about our health. We were either on our phones our studying or on some other devices. I remember the day my board exams ended and I had so many plans but shameful is that none of them included my parents, they were just about me, my friends and sleeping and phone nothing else.

But in this lockdown, I learned many things, I played games with my family and talked about many things, we shared our problems and I realised two things, first that we don't care about the people we should and secondly, we don't need many people to be happy. Before pandemic we were just showing off everything, from clothes to food and living style.

We don't always need pizzas or burgers to be happy, homemade chapati can also make us happy. I improved so many things most importantly my cooking skills because I love cooking as well as art work and others and last but not the least these online classes have helped us so much that we can't even compare their efforts teachers' efforts. What if these classes were not there but thanks to technology and our teachers, because of them we got a chance to bring school to our homes?

One thing I would like to add is that I am enjoying the clean Delhi air, crystal blue clear skies and chirping of birds. No traffic no pollution, our mother earth is healing and that is what all matters.



- Priya Bansal XI Balsam



# Creativity defined



## Country's Growth By: Krishna

It is certainly irrefutable that the economy and the GDP of the country don't solely decide a country's growth. There are a couple of other significant factors too. These factors include education, training, healthcare and political rights of people. However, in all of these factors, I reckon that education is the most important. Education is a basic right of every person. A nation certainly needs to invest in the education of its young generation for its development. By doing so, we can convert our huge population from a liability to a vital asset. Training along with education can make the most out of a person. Training like education, is also very important because what we study and grasp should also be made applicable.

Another vital aspect is the healthcare. It is believed that a healthy and fit workforce is greatly efficient which is absolutely true. Without a healthy population, a country can never prosper this also burdens the economy. This aspect like education is also being invested in heavily. Political rights of a person in a particular country ultimately determine the work people in the country would do. If a country's people do not have basic political rights like right to life, right to freedom, right to equality, right to education, etc. then this would also ultimately lead to a depressed society.

All these aspects are inter-dependent and form a systematic nature. The rise or fall on a nation depends on the basic above discussed aspects. Once again by reiterating myself I would emphasise that not just economy, but aspects like education, healthcare, training and political rights play a crucial role in the growth of a country. Out of which EDUCATION should be the top priority.



## The Weakening Magnetic field of our planet By: Ishi, VI Camellia

NASA researchers observe slowly splitting 'dent' in earth's magnetic field that may hamper satellite activities.

Earth's magnetic field, also known as the geomagnetic field, is the magnetic field that extends from the Earth's interior from the North to South poles. Out into space, it interacts with solar wind, a stream of charged particles originating from the Sun.

This small but expanding dent in Earth's magnetic field can pose a danger for the planet as well as for ongoing satellite activities.

The Earth's magnetic field acts like a protective armour around the planet, repelling and trapping the charged particles from the Sun. The South Atlantic Anomaly (SAA), situated over South America and the southern Atlantic ocean, allows these particles to enter the atmosphere and come closer to the surface than normal.

The Particle radiation in this area can interfere with the data collection of satellites that pass through it and disable computers, which is the key reason why NASA scientists want to track and study this development.

The SAA is also of interest to Earth scientists. They study the changes in the magnetic field's strength and, how such changes affect the atmosphere. These changes are an indicator of what's happening to the planet's magnetic field.

Currently, the SAA creates no visible impacts on daily life on Earth. Though, recent observations show that the area is expanding westward and continues to weaken. New data shows the anomaly's (something which is different from normal) valley, or area of minimum shield strength, has split into two parts, creating additional challenges for satellite missions.

Scientists of NASA are observing the SAA, to save the magnetic field and protect the earth from possible harm from this invisible danger in the future.

*This write up is based on information provided by [www.nasa.gov](http://www.nasa.gov)*



## Maybe later..... By Shreya Nagpal

"I will do this tomorrow"  
"Let me sleep for five more minutes"  
"Let me just watch this last video and then I will study"

I am pretty sure almost all of you can relate to the above scenarios.

The scientific term for such behaviour is 'procrastination'.

It is the action of delaying or postponing your work. The word procrastination comes from Latin which means 'in favour of tomorrow'. This may sound like something very normal for most of you but to some people this is a problem they have to face every day.

Procrastination is not a disease, though it sounds like one. As I said earlier, it is something very common. Though procrastinators have a very bad reputation for being 'Lazy', it is not true.

A myth about them is that they never get work done. Well, actually they do. They just complete it by staying up all night with five cups of coffee with them, just before the deadline. And it works! Well.....most of the times.

However, procrastinators are not so good at dealing with tasks which do not have a deadline; like calling their grandparents, starting a new hobby, starting to eat healthier, etc. These tasks do not have actual deadlines; they are just waiting for being started. With no one pushing them to do so, these tasks just keep getting postponed. We can take example from the resolutions people make on New Year but fail to achieve.

Being a procrastinator is not a bad thing as long as it is not affecting your life in a major way. For example, how a writer with amazing potential did not write the next bestselling novel because he thought, "Well, I will do it later, let me play PUBG right now."

I, being a procrastinator myself, realized that every person has his/her own way of dealing with difficulties. My friends tell me to keep my calm, while others tell me to plan my day before hand and stick to it. I would suggest you to try all of them. See what suits you the best and follow it.

What's the conclusion? Well, I can say that right now, I am good. I did suffer, but in the end it all worked out. I won't suggest making procrastination a permanent thing. Make yourself more organized, regular and diligent.

Procrastination is normal. Don't worry about it. Just make sure not to let it overtake your actions and you are all set to take over the world!!

## 2020: A Year of Awakening By: Tuhina Ojha



Halfway and a month more in 2020 seems like half a century is up and everything we have witnessed in this period are just illusions or a series of nightmares. Few bold and defining moments occur every year which go down in the history, but the past six months have contained so many world-changing, paradigm-shifting developments that it's getting hard to believe we're not in a simulation that's running every possible scenario at once, every day of this year brings something new, which has a bigger impact than one can imagine.

Since the very beginning of this year, we heard complicated political, medical and social news. The year itself started with the news of Australian bush fire, Hong Kong protests, the possibility of world war rising with America killing the Iranian general and china suffering the impact of newly discovered corona. Our country India itself was facing tension on topics like CAA, NRC and Kashmir. Thinking how much was happening in just the first 3 days, we all are witnesses of this revolutionary year.

From 30th January when corona virus was declared a public emergency of international concern to February riots in Delhi, killing and destroying lives of n number of people. The outbreak of corona virus in Italy, America to India today when we are recording almost 80k cases per day, gas leak in Andhra Pradesh to high disturbance at Indo- China border, alerts of war and killing of George Floyd, Lebanon explosion, airplane crashes, floods and a lot more happened in this year till July. It's definitely hard to measure how jinxed we all are. While many take this year as a misfortunate one, I feel it's a mirror to reality. The forged belief system of ours which needed to break for so long is finally crumbling down. While taking a shufti round in the racks of my own memories and experiences, I recollect learning how important it is to stop the spread of wrong information and messages which hurt sentiments, the importance of right use of social media one of the factors we have learnt this year, be it the Delhi riots, people passing fake messages about the symptom and cure of corona, or justice George Floyd. In all the three we learnt the power of unity and the power of public on social media. Talking about the environment, this is a healing period for our Mother Earth. The pollution level has gone down, the birds have started reappearing in the sky; the mornings have now become brighter with tweets and visible bright sun. One can't think of 2020 without a mention to illegal storage of nuclear material, Nirbhaya getting her long deserved justice and the much neglected mental health becoming a prime topic of discussion these days. Learning the importance of self dependence and boycotting a country which stood so high in power. We have also realized that just being called a super power isn't enough, America and china themselves proved it to us. The hollowness in their systems is out in our sight.

How can we forget about the quality family time we have spent, the importance of money, relations and hygiene we have learnt? I take these points and the numerous I forgot to mention as a gift with me, indeed this year is the worst the mankind ever came across. But these are a blessing in disguise as they helped us realize and stop our malpractices and illuminate our lives. If we do not learn from this year of extremities, I fear, we might regret in future and the chance will be long gone. It's time to gather our scattered self and rebuild everything to make this world better and more habitable. Learning from past mistakes to make future better is all we can take from this dreadful yet awakening year: 2020.



# Amusement corner

## Art Attack!



Priya Bansal XI Bansal



Shambhavi

### The Caged Bird

When the caged bird beats its wings,  
To free itself from the cruel bars,  
It doesn't get its mind to the old scars,  
And concentrates to find freedom.

I see that how that little bird,  
struggles to find freedom  
When I see the little bird,  
beating its wings on the cruel bars.  
It thinks that it is in its nest,  
Swinging on its perch,  
Singing sweet songs,  
And flying freely in the blue sky.

But here in this cage,  
Only it can try,  
To free itself from this cage.  
I know how the bird feels in the cage.

But, oh wait!  
What's this  
A child is letting the bird  
fly out from the trap,  
And live its life, as the bird wishes.

When the bird flies in sky,  
It goes back to the perch,  
Swinging on it and singing sweet songs,  
And flying freely in the blue sky.

The bird doesn't sing a carol of joy,  
But a prayer, from the depth of its heart.  
It wishes that God provides every bird,  
this freedom who're still in the cage.

By: Navya Jain VI - Anise

### Friends for life

We are friends  
I've got your back  
And you have got mine  
I'll help you out anytime  
To see you hurt,  
To see you cry  
Makes me weep.  
If you agree  
To never fight  
It wouldn't matter  
Who's wrong or right.  
If a broken heart  
Needs a mend  
I'll be right there  
Till the end.  
If your cheeks are wet  
From drops of tears  
Don't worry  
Let go of your fear.  
Hand in hand  
Love is sent  
We'll be Friends  
till the end.

By: Mahaksha Class XII B

### Forest

Forests are our best friends  
They're the source on which we all  
depend

But what have we done to them  
It's time to condemn  
We have brought their end  
Never been their friend  
Forests are gone due to our greed  
It's time to pay heed  
Let's start anew  
For its long been due  
It's time to realise  
To plant more trees and be wise.

By: Pranjali Singh VI -Balsam

### Between You and Me...

I hope I remember that my parents were the  
ones to give me birth,  
I hope I remember that my parents were the  
first one to feed ,  
I hope I remember that my parents taught me  
how to walk,  
I hope I remember that my parents were the  
first ones to bring me clothes,  
I hope I remember that my parents invested  
me in my studies and  
where I am;  
I am because of them,  
I hope I remember the tension on their faces  
when I get sick,  
I hope I remember they bought me the best of  
everything they could,  
I hope I can give them the happiness more  
than they deserve because they treated me  
nicely more than I do,  
I hope I can take away all their pains and  
tensions,  
I hope they can forgive me for my unintentionally  
intentional bad deeds,  
I hope I am forever grateful to them,  
I hope when somebody asks me what I want  
to be I can answer "I want to be my parent's  
daughter" not a lawyer, doctor, and scientist  
etc,  
I am very shy to tell them how I feel so I hope  
that this can be just between you and me,  
And be our little secret.

By: Aingini Rawat XII Balsam

### My Teacher

Teachers are for care  
They also teach us to share  
Teachers are nice  
They are very wise  
Teachers are to love  
Like a beautiful dove  
Teachers are to take test

To know who is the best  
But no one is like my teacher  
As she teaches us to be wise and kind  
By: Narun Agarawal VI - Balsam

### An Unexpected Holiday...

Holidays seemed to be nice,  
The time we can travel the world.  
And go out with our friends,  
To play without mom saying me "it's getting  
late"

One day I realized, we've got an unexpected  
holiday  
And thought to ring my friends, before school  
starts again  
I thought my mom wouldn't mind, after all it  
was my holiday  
But when I asked my mom she said "No! At  
home you stay"

I thought it was unkind to refuse, I was  
having a holiday!  
But then I heard the reporter say "21 days  
lockdown, indoors you all stay"  
I started feeling bad, but thought holidays are  
not much long  
I can at least enjoy not doing the schoolwork  
we all got.

After staying many days in lockdown,  
I started feeling bored,  
I wished I could go back to school  
To meet my friends and talk.

Then one day when I got up, I saw all smiling  
at me  
I checked my phone to see a circular from  
school.  
I eagerly wanted to read it, expecting schools  
to reopen,  
But to my surprise, it said "Online Classes  
starting soon"

After almost 10 months of staying home  
And doing school from home,  
I have understood how dangerous this pan-  
demic is  
And also, that I HATE HOLIDAYS from now  
on!

By: Siya Dubey VII- Camellia

### Magic

He's Magic!

Up in the cosmic clouds, in the blue,  
He's made of power and belief that is said to  
be true.

He hears all, not just a few,  
The sick, poor and futile too.  
He tries to remain unknown but we know  
too,

He guides us in whatever we do.  
His paths are of crystals and dark hue,  
The sky and the universe through.  
Down he peers, at us he smiles,  
He calls each one his own child.  
He's up there disguised as a star,  
Bright it is look from afar.  
He's magic then and now,  
You'll never know how.

By: Nikita O'Brian VI- Anise

### Don't Give Up Now

Smile  
Everything's going to be okay  
The wound on your heart will soon fade  
away  
Time is all it takes  
After dusk, the dawn breaks  
You are so much stronger  
Carry on for a little longer  
You know you can do it  
This is not the moment to quit  
So, stand up and dust yourself  
C'mon, brace your life  
Your worth is much more than the tides  
Now smile!

By: Deepti Pandey XII Anise

### Changing Lives

Sanitisers, shields  
Masks on the face.  
All of this Just to keep you safe!

It's deadly..;  
Please believe us.  
That's why we need to  
Chase off Coronavirus.

Baking, dancing  
Talking on the phone,  
We all do this; You are not alone.  
We're gonna pass this test  
Stay home, stay strong.  
Give only your best,  
Do nothing wrong.

Because: It's deadly..;  
Please believe us That's why we need to  
Chase off Coronavirus!  
By: Ridhima VII - ANISE

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