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Tulsi Gowda Padma Shri Award

ORDINARY PEOPLE DOING EXTRAORDINARY THINGS

An Article by: Daksh Malik, G6, SNS Noida



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Ordinary People Doing Extraordinary Things

By Daksh Malik, Grade 6, SNS Noida



Padma
Vibhushan



Padma Bhushan



Padma Shri

*"People do not decide to become extraordinary.
They decide to accomplish extraordinary things."
-Edmund Hillary*

Have you ever thought about achieving something so noteworthy that it changes society? Many of us might have wondered about the same thing, but you would never expect an ordinary person to do a feat so significant that they would receive an award, right?

Well, these ordinary Indian people we'll be talking about have their accomplishments acknowledged and have been honoured with the Padma Awards for their



accomplishments.

Now you might be wondering what is the Padma Awards. Well in short, **the Padma Awards are the highest civilian reward of our country- awarded to people who achieve feats, great enough to change society and they receive this from India's first citizen, the President of India.**

The Padma Awards are one of the highest civilian honours of India announced annually on the eve of Republic Day. The Awards are given in three categories:

- i. Padma Vibhushan (for exceptional and distinguished service),
- ii. Padma Bhushan (distinguished service of higher order) and
- iii. Padma Shri (distinguished service).

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The award seeks to recognise achievements in all fields of activities or disciplines where an element of public service is involved.

Till last year, these ordinary people weren't always acknowledged with Padma Awards, for their kind deeds to humanity. **Only prominent people who fed off the table of power were acknowledged for their achievements, while the ordinary people who achieved great feats, working relentlessly for society, were left unaccounted for, but they were finally acknowledged for their achievements in the year 2020 and 2021.**

On 08th November, 2021, President of India, Shri Ram Nath Kovind presented Padma Awards to 141 awardees for the year 2020 & 119 Padma Awards for the year 2021 (amidst ongoing Covid 19 pandemic, the ceremony could not be held last year).

The best part of the ceremony was to see grassroots

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Tulsi Gowda

level achievers being recognised with Padma Shri Awards for their exemplary efforts to further public good.

I urge everyone to read the accomplishments of each of the awardee and trust me, it will inspire you a lot. I share feats of few of the significant Awardees of year 2020 & 2021, who were presented Padma Shri Award and all of them come from an extremely humble background:

1. Tulsi Gowda – A bare footed tribal woman, Tulsi Gowda is an environmentalist, hailing from Honnali village, Karnataka and has planted over 30,000 saplings. She has been involved in environmental conservation and related activities for the past six decades.

Gowda looks after the nurseries of the forest department. She is often called the “encyclopedia of the forest” and her tribe calls

her “tree goddess” for her extensive first-hand knowledge of the trees and plants of the forest.



Manjamma Jogati

2. Manjamma Jogati - Transgender folk artist, Manjamma Jogati, received a Padma Shri for her contribution to the arts, the recognition had come after decades of social and financial struggle.

Amid poverty, social exclusion, and even rape, Jogati mastered, among other art forms, Jogati Nritya and Janapada songs, and Kannada language sonnets in praise of various female deities. She is the first transgender resident of the Karnataka Janapada Academy, the state government's top institution for folk art forms.



4. **Dalavayi Chalapathi Rao** – A renowned artist from Andhra Pradesh in leather puppetry, Dalavayi Chalapathi Rao, was awarded for his contribution to the field of art.

Dalavayi Chalapathi Rao



Acharya MK Kunhjol

5. **Acharya MK Kunhjol** – He is an instrumental figure in popularising the ideas and works of BR Ambedkar and Ayyankali among the masses. Hailing from Kerala, he ensured justice for Dalits and fought against the police atrocities.

3. **Rahibai Soma Popere** – Popularly known as the 'seed mother', Rahibai Soma Popere is a Mahadeo Koli tribal farmer from Komblne village Maharashtra. She was unable to attend school owing to poverty, so she began working in agricultural labour and cow rearing to support her family when she was ten years old.

Agriculture was the family's sole source of income. She learned about agro-biodiversity, wild food resources, and traditional culture by practice and experience, despite not having attended school.

She has created her own methods to harvest water on farms; turning wasteland into space she can use productively. She trains farmers and students on ways to select seeds, keep fertile soils and manage pests.

Rahibai Soma Popere





Harekala Hajabba

6.Harekala Hajabba – The humble orange vendor from Mangaluru, Karnataka, Harekala Hajabba, saved money from his earnings and build a school in his village. The school has now grown with the government's and private entities' support and is known as Hajabba School. He is fondly called the “Akshara Santa” or the “Letter Saint”.



Usha Chaumar

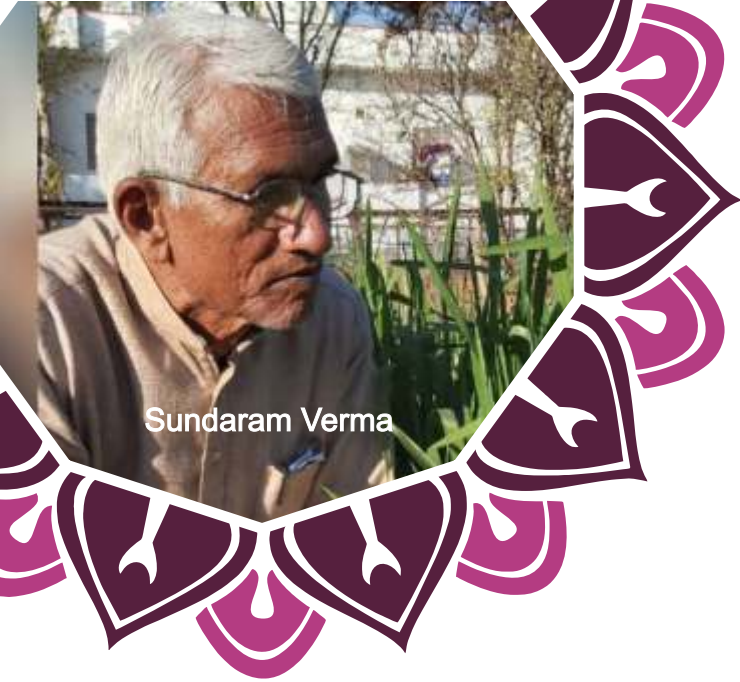
7.Usha Chaumar – Usha Chaumar, hailing from Rajasthan, and belonging to a Dalit family, began manual scavenging at the tender age of 7. She continued the work even after her marriage. At the age of 24, she met the founder of Sulabh

International, Dr Bindeshwar Pathak, and under his guidance, she joined an NGO called Nai Disha that worked for an alternate sustainable lifestyle for manual scavengers. Currently, she is the president of Sulabh International.

8.Trinity Saioo – Fondly called “Turmeric Trinity”, Saioo was born in Mulieh village, Meghalaya. She has worked extensively with the Lakadong Variety of turmeric. She has been assisting women and teaching them to learn methods of organic farming. She is currently working with over 900 farmers and changing the lives of thousands in the process.



Trinity Saioo



Sundaram Verma

9. Sundaram Verma – Known as the man behind dry-land agroforestry, propagator of agrobiodiversity conservation and rainwater harvesting, Sundaram Verma hails from Sikar, Rajasthan. He studied dry-land farming at the Indian Agricultural Research Institute in New Delhi and the technique he developed can be used to grow all kinds of trees with just one litre of water. So far, he has planted over 50,000 trees.



performed the last rites of more than 25,000 unclaimed dead bodies across religions in his district over the last three decades. In fact, it has become a practice for the police to hand over bodies unclaimed for 72 hours for cremation or burial to Sharif.

India has many such talented people, who are doing exceptional work at grass roots level and often we don't see or hear much of them.

However, conferring of Padma awards to such people, seeks to recognise their work of distinction and ensure the unsung achievers in far flung corners of India are brought to limelight and duly honoured.



Mohammad Sharif

10. Mohammad Sharif - Also known as "Sharif Chacha" hails from Uttar Pradesh's Ayodhya. This 83-year-old former bicycle mechanic has

Reading about the relentless efforts of aforementioned awardees, fighting against odds and selflessly working for the society, has inspired and motivated me to contribute to helping society in its development and upliftment. The way these ordinary people stood out of the crowd by achieving



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extraordinary feats is just mind blowing!! C.S. Lewis rightly said “Hardship often prepare Ordinary people for an Extraordinary destiny”

Irrespective of your race, occupation, position, gender, any ordinary person can be conferred with Padma Awards, for their excellence and achievements and selfless service to the upliftment of the society.

We all should be inspired by these incredible accomplishments of kindness to help our society and planet in any way possible!

As Mother Teresa said –
“Do ordinary things with extraordinary love.”

Mother Teresa



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ARE WE PLAYING FAIR

By Gunika Arora, Grade 7, SNS Faridabad



Every person irrespective of their religion, GENDER, caste etc. is equal. Then do you think we are playing fair with the girls? Most of the girls in India are uneducated. According to the right to education, everyone has the equal right to be educated but unfortunately many girls in rural areas are uneducated. Education of girls is extremely important because they play a huge role in the society.

There are many reasons behind this problem. Firstly Most of the parents think that the girls will go in a different house so there is not point to educate the girls. Many



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parents think that the boys are more capable than girls but we know it's not true as nowadays many women leaders have successfully achieved their goal.

Some parents don't have enough money to educate their children so they only educate the boy child. In many areas only boys are the bread earners so their education is given the maximum importance.

The situation has many effects on the society. A mindset is created in the girls that they are not capable of going to school/ colleges and approach higher studies which is passed on to the next generation.

Since some parents don't send the girls to school, the girls are forced to do household work and take care of small children at a young age. The girls are forced to marry at a very young age. The

girls are forced to marry at a very young age. The girls are given less respect than the men and their dignity may get hurt.

There are some ways to solve this problem and not make the girls feel discriminated. Government should provide education of girl at very subsidized rates or free of cost so that everyone can afford it. Parent should have trust on their girl child, should let them approach higher studies and should invest equal money on their education.

Schools should organize workshops about explaining the children about the importance of girl child education.

Government should organize camps to tell the importance of girl child education to parents. Parents should help the girls fly out of the cage and achieve their goal and dreams in being the bread earners of the house.



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“Every girl, no matter where she lives, what her circumstance is, has a right to learn. Every leader, no matter who he or she is or the resources available to him or her, has a duty to fulfill and project this right.”

So let's join hand and play fair with everyone!

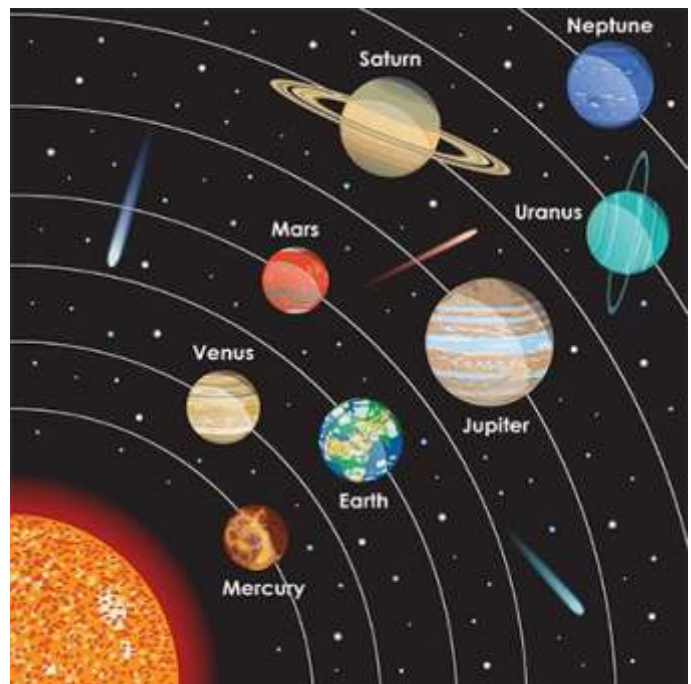


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How Planets in Our Solar System get their names?

By Angad Raj Khanna, Grade 7, SNS Gurugram



Did you know that Jupiter, Saturn, Mars, Venus and Mercury were given their names thousands of years ago? The names of the planets in our Solar system come from **Greek and Roman mythology**. The Romans adopted the Greek Gods and thought of them as more powerful, more ruthless, more disciplined and more war-like. They also changed the names of the Greek Gods.

MERCURY- The planet closest to the Sun gets its name from



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Greek God of traders, travellers and thieves (anybody who travelled on the road). **The Greeks called him Hermes but the Romans changed his name to Mercury.** The planet Mercury was named after him as he was very fast and so is planet Mercury. **Mercury makes a trip around the Sun in just 88 Earth days.**

VENUS –The 2nd closest planet to the Sun gets its name from the **Goddess of love and beauty in Greek mythology, Aphrodite.** She was renamed Venus in Roman mythology. **Venus is the brightest planet in the night sky and is a beautiful sight.**

EARTH- Our beautiful Mother Earth, the **BLUE PLANET**, was considered evil in Greek and Roman mythology. **She was called Gaia in both these mythologies and was considered evil as she got her children to kill their father, the God of the sky, Ouranos.** The name Earth does not come from

either Greek or Roman mythology. Rather it comes from **old English and Germanic words meaning “ground”.**

MARS- The God of War, was called **Aries in Greek mythology and Mars in Roman mythology.** Since the planet appears red, the Romans aptly named it Mars after the God of War. That's how the **RED PLANET** in the solar system got its name. Mars is called the Red Planet due to the **high content of iron in its soil which oxidises or rusts giving a red colour to its soil and atmosphere.**

JUPITER -The king of Olympian Gods was Zeus according to Greek mythology and was called Jupiter by the Romans. He was the new God of the sky and also the God of lightening as he had replaced Ouranos, the embodiment of sky. Jupiter is the largest planet in our solar system, so the name is apt as **Jupiter was the king of Gods.**



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URANUS - gets its name from **Ouranos**, the **embodiment of sky according to both mythologies**. In Greek mythology it was spelled as Ouranos and in Roman mythology, it was Uranus, the way we know it today.

PLUTO was the God of the underworld and all the riches inside it. He was called Hades in Greek mythology and Pluto in Roman mythology. Pluto was a planet in our solar system till 2006, after which it was considered dwarf planet.

SATURN gets its name from the **Titan king Kronos in Greek mythology who was named Saturn in Roman Mythology**. Kronos was the Titan of time and agriculture, who killed his father Uranus on his mother Gaia's orders. **Saturn is the second largest planet in our solar system and takes 29 Earth years to complete one revolution around the Sun.**

FUN FACT: The Greeks had a God of Dolphins, called Delphin. He was the lieutenant of Poseidon, the God of Sea.

NEPTUNE gets its name from the God of the Sea, who was Poseidon in Greek Mythology and Neptune in Roman mythology. It is the planet furthest from the Sun and completes a revolution of the sun in 165 years. It has a vivid blue colour, so it gets its name aptly from **the God of Sea**.

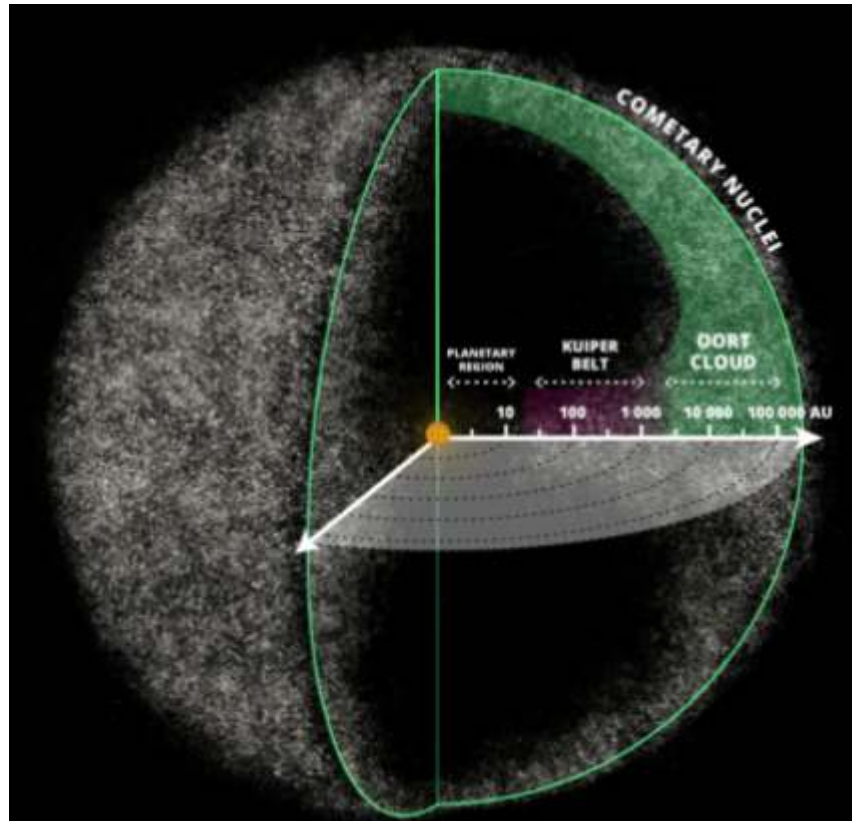


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Oort Cloud

By Sara Garg, Grade 6, SNS Noida



I have recently researched about the Oort cloud and I found it pretty interesting and hope you will find it interesting as well. Let me begin by telling you what and where the Oort cloud is? So, let us together ZOOM IN!!!

WHAT IS THE OORT CLOUD?

The Oort Cloud lies far beyond Pluto and the most distant



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edges of the Kuiper Belt. While the planets of our solar system orbit in a flat plane, the Oort Cloud is believed to be a giant spherical shell surrounding the Sun, planets, and Kuiper Belt Objects. To simplify it further, it is just a big spherical shell far away from Pluto.

SOME GENERAL INFORMATION

Eventually, the idea of the Oort cloud was proposed in 1950 by Jan Oort and the Oort cloud was named after him. The Oort cloud is also known as Opik Oort cloud. Its inner edge is 2000–5000 AU (astronomical unit) from the sun whereas its outer edge is 10000 AU from the sun. It also has icy objects in it.

HOW IS THE OORT CLOUD FORMED?

In short Gravity, the planets slowly started shoving off the icy planetesimals and the gravity

likely caused them to settle in the borderlands of the solar system and they became what we now call the Oort Cloud.

SUCCESSFUL MISSIONS TO THE OORT CLOUD

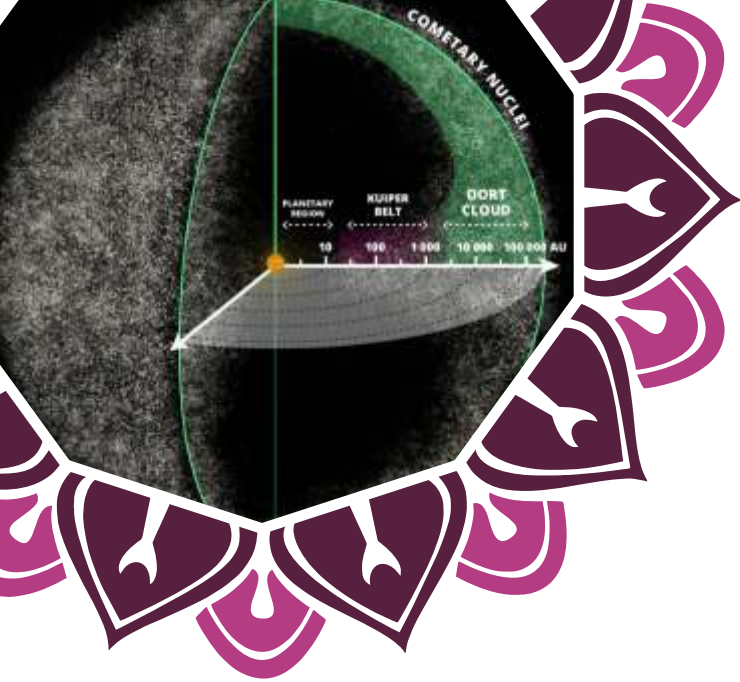
Till now no spacecraft has explored the inner edge of this but five spacecraft will eventually get there. They are Voyager 1 and 2, New Horizons, and Pioneer 10 and 11. The Oort Cloud is so distant that the power sources for all five spacecraft will be dead centuries before they reach its inner edge.

HOME OF COMETS

In the Oort cloud, there are millions of comets and because the orbits of long-period comets are extremely long, scientists suspect that the Oort Cloud is the source of most of those comets. For example, comet C/2013 A1 Siding Spring, which made a very close pass by Mars in 2014, will not



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return to the inner solar system for about 740,000 years.

A SMALL GAME FOR ENTERTAINMENT

This is a small word search about the Oort cloud

Enjoy!!

Words:

1. Oort cloud
2. Voyager
3. Inner edge
4. Solar system
5. Comet
6. Icy objects
7. Jan Oort
8. Pluto
9. Star
10. Home

o	o	r	t	c	l	o	u	d	t	s	q	T
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Rise of the Novel in Victorian England

By Khushi Gulati, Grade 7, SNS Faridabad



The Victorian Era (1837-1901) is considered to be the golden age of the English Novel Writing as many famous novelists during that time wrote interesting and popular novels.

A big growth of novels between 1837-1901 may be attributed to various reasons mainly to the rise of the printing press and increase in wealth, power, and literacy among the middle-class.

Printing machine was first developed by Johannes



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Gutenberg in 1450, who replaced the wood by metal in printing. The printing machines during that time were operated by hand.

With improvements and innovations, more sophisticated machines were developed by 1800 which allowed mass printing which in turn, decreased the cost of printing and increased the reach of novels among people.

Industrialization created the middle-class, which had more power and wealth as compared to those in agrarian society. The affordability and awareness increased the reading and writing of novels during that era.

The writers of Victorian Era wrote about the life of the people and their economic conditions, as the society and the economy were undergoing change due to industrialization. The novels became popular as the readers were mainly from

middle-class who could relate themselves with the characters and conditions of the life sketched out in the novels. The culture of reading and writing novels increased the level of knowledge and wisdom of people and also promoted their language and culture.

The first-generation novelists of the Victorian Era focused on the conditions and concerns of the society effected by industrialization and utilitarianism, while the second-generation novelists focused more on the characters.

The first-generation novels wrote more about middle-class urban people whereas the second generation highlighted the changing value and ethos of rural people.

Novelists of Victorian Era were inspired by the lives of people in newly created industrialized societies. Many female writers too got the opportunity to read



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Jane Austen

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adequately in novels of that era.

and write novels. As the literacy among women was on the rise, the female authors got the opportunity to write novels reflecting the lives of women. They faced the challenge of being unaccepted in literary world.

Popular among female writer were Charlotte Bronte, George Eliot, Jane Austen, Elizabeth Gaskell, and many more.

Their writings brought about the Women's movement (first generation feminist movement), which did not immediately change the lives of women but created an environment for awareness about the importance of their education, empowerment, working conditions and rights.



Charlotte Bronte

The Victorian Era was a time of contrasts, of prosperity and poverty, of morality and depravity, of peace and protest, which reflected



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Chhath Puja

By Shriparna Sanvi, Grade 6, SNS Noida



"Chhath is an ancient way to connect with
Greatest source of energy SUN"

"A Natural but Scientific way,
to deeply cleanse your body and to
Re-energise yourself by the
scarlet colour of the light"

"Not just the festival, it's the celebration of connectivity
between the creator and the creation".



Chhath is an ancient Hindu Vedic festival historically related to the Indian subcontinent, more specifically, the Indian states of Bihar, Jharkhand and the southern parts of Nepal.

Prayers during Chhath puja are dedicated to the solar deity, Surya, to show gratitude and thankfulness for bestowing the bounties of life on earth and to request the granting of certain wishes.

Chhathi Maiya, the mother goddess and Sun's sister, is worshipped as the Goddess of the festival. It is celebrated six days after Diwali, on the sixth day of the lunar month of Karthika (October–November) in the Hindu calendar Vikram Samvat. The rituals are observed over four days.

They include holy bathing, fasting and abstaining from drinking water (vrata), standing

n water, and offering prasada (prayer offerings) and arghya to the setting and rising sun. Some devotees also perform a prostration march as they head for the river banks.

Nahay Khaye (Day 1)

This is the first day of Chhath Puja. This means that after bathing, the house is cleaned and food, after keeping it in front of God, is eaten to protect the mind from vengeful tendencies. Chana Dal, Lauki, Rice and Pakoras are mostly consumed. The person who has observed the fast can eat or drink water.

Rasiaav-Roti/ Kharna/ Lohanda (Day 2)

Kharna is the second day of Chhath Puja. On this day, the devotees are not allowed to drink even a single drop of water. In the evening, they can eat gur ki kheer (kheer made up of jaggery) called Rasiaav, fruits, and chapati, after offering it to God.



This day is spent preparing the prasada (offerings) at home. **On the eve of this day, the entire household accompanies the vratis to a riverbank, pond, or a common large water body to make offerings (Arghya) to the setting sun.**

It is during this phase of Chhath Puja that the devotees offer prayers to the setting sun. The occasion is almost like a carnival. **Besides the Vratis, there are friends and family, and numerous participants and onlookers, all willing to help and receive the blessings of the worshipper.**

After returning from ghat to home, the vratis perform the ritual of kosi bhara. In arghya or offerings to the rising sun, the vratis, along with other family members, perform all the rituals regarding kosi bhara.

They take 5 to 7 sugarcanes and tie them together to form a mandap and beneath its shade, 12 to 24

Sandhya Arghya (Day 3)

On the third day of Chhath puja, an arghya is offered to the Sun God during the Kartik Shukla Shashthi.

In the evening, a bamboo basket (Soop) is decorated with fruits, thekua (special prasada made of wheat flour, jaggery, and ghee) and rice laddus. Then devotees offer an arghya (water mixed with cow's milk) to the sun with their families. After the worship of Sun God, Shashthi Devi folk songs are sung in the night and the vrat katha is heard.





This is how a historical festival carries a lot of devotion, self discipline and Cultural Values where a direct bond with the greatest source of energy, SUN, is celebrated.

earthen lamps are burnt and offerings like thekua and other seasonal fruits are offered. **The same ritual is repeated in the ghat the next morning between 3:00 am to 4:00 am.**

Usha (Morning) Arghya (Day 4)

On the last day of Chhath puja in the morning, an arghya is offered to the Sun God. **On this day, before sunrise, the devotees have to go to the riverbank to offer an arghya to the rising sun.** After worship, devotees drink sharbat and raw milk, and eat a little prasada in order to break one's fast which is called Paran or Parana.





Friends

By Myra Sharma, Grade 6, SNS Gurugram



True Friends are never apart,
Maybe in distance but never in heart
They overlook your broken parts
And admire your beautiful sparks

Friends think you're a perfect chocolate
Even though they know you are slightly melted
I am so glad that we don't have to buy friends like mine
Because I would've never been able to afford them



My best friends are the ones who bought the
best in me

The most important, our friendship, all that
they see

Fake friends might know your stories
But a true friend helps you write them slowly

Fake friends can never be trustworthy
Even after a billion attempts
When I tell my friend a secret
I know that it will always be kept

People say friends should always hold hands
But they don't ever need to
As they know the other hand will always be
there

To show friendship you don't need to share
But show how much you actually care



The differently abled

By Khushi Bahl, Grade 8, SNS Faridabad



So what?
If I can't talk
So what?
If I can't walk

But its up to me
To accept myself or not
It's up to me
To believe that I can do a lot

Why nobody wants to be my friend
I don't understand
I am treated differently
Which I can't withstand



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There was a girl
Who achieved her goals but was not a seller
She was deaf and dumb and blind
Her name is Helen Keller

I can do paintings
Though I can't walk
Once I will get a prize for it
Then you will be in shock

I can't see the world
But I can play chess
When I will be a grandmaster
You will come to confess

So what?
If you will not give me a chance
But I will prove myself one day
That you will crave at me to glance



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Loving yourself

By Suryanshi, Grade 7, SNS Gurugram



Like everyday isn't sunday, you can't have the best day every day, **sometimes you might feel down**, but what to do to make yourself feel better? What to say to yourself?

If you think that you don't look good even if you get compliments and still feel like you're not enough, tell yourself that you are, and **convince yourself that you're not lying, tell yourself that you're perfect**, comfort yourself like



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you'd comfort a friend.

I know, loving yourself is a hard process but it's an unforgettable journey and you'll be proud of yourself when you finally don't feel the way you do, tell yourself affirmations, treat yourself and care for yourself, believe in yourself and help yourself, it's not self-obsession to love yourself and it's not being selfish to vent to someone, everyone has something or the other going in their life, so venting to people is not always the best idea, because you never know what the other person might be going through, but remember **YOU'RE always free for YOURSELF.**



And **NEVER GIVE UP**, if you don't give up right now, the you in the future would be proud of you during the good times and remember treat yourself like you'd treat a really close friend of your's, **you are the protagonist and you are the best!**



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Poland-Belarus Border Crisis

By Shoumilli Das, Grade 6, SNS Noida



There is an ugly crisis that has grown on the Poland-Belarus border. Continue reading to know more about this border crisis, something of the kind that has never happened before.

What happened?

The Prime Minister of Belarus, Alexander Lukashenko invited migrants from countries such as Iraq, Afghanistan, and Syria, offering them citizenship. The residents of those



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countries have been facing political, social and financial challenges. They were more than happy to accept this offer, and hoped to have a better life.

The migrants received help from the travel operators in their countries to reach Belarus. On arrival, the migrants were taken to the Poland-Belarus border in the army trucks.

They were even provided with wire cutters and tools to infiltrate into Poland. According to experts, the Belarus President wants to use thousands of migrants to destabilise Europe.

Why?

The European Union had imposed restrictions on Belarus in September 2020, as it did not recognise the government of Lukashenko who was elected after allegedly rigging the

presidential elections in August 2020. Alexander Lukashenko invited residents of countries in Asia so that his country could put pressure on the European Union to withdraw sanctions. One could say that Belarus has been applying the tactic of using migrants as political weapon against the EU.

Did you know that according to a report in a Polish newspaper Rzeczpospolita, about 55.1% people are afraid this border crisis could turn into an armed conflict?

Poland has refused to let these migrants enter into the country's border. Many people have died due to hunger and injuries. The migrants are waiting and hoping for a better life, and still continue to face an uncertain future.

I hope this short article briefed you about what is going on at the Poland and Belarus border - a plot that appears straight out of a storybook.

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Man is the only Animal that Fouls it's own nest

By Tejal Baweja, Grade 7, SNS Faridabad



Air pollution isn't a new problem. It has been with the society since the middle ages. Due to increase in population and Industrialisation it has become a bigger problem. We humans are one of the main reason for



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pollution. We start this problem and suffer and also make other people, Animals, families suffer. Because of pollution we suffer from- lung complication, asthma Breathing issues, etc.

use plastic, say no to fire - crackers, plant more trees and wherever you see someone creating pollution just stop them. "Be a part of solution not the pollution."

The pollution has increased because of the increasing population. Even the fuel-vehicles have increased which create a lots of pollution. Also people cut a lot of trees just to build buildings, roads etc. so the greenery has decreased. Even the Burning of fossil fuel, fire crackers, plastic create a lot of pollution and we need to stop this...



There are many effects of the pollution which we all face. Like - Asthma, lung complication, breathing issues, cough, etc. It's not just humans who suffer even animals suffer. we put their lives in danger.

To stop this, we can use less fuel vehicles, Don't



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A day in my life that changed everything

By Avanie Chaudhary, Grade 7, SNS Gurugram



One day I was on my way to school all jolly and happy. That until someone blocked my way in a lane. It was "The gang of cool girls" or so they thought.

The little fashionist as would be chewing gum all the time, wearing lip gloss, eye make-up and making different hairstyles each day.



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They started making fun of me and calling me mean names like fatso and chashmish, because I wore specs. This was not the first time this had happened but today they were particularly mean. They even pinched me and poured water on my hair.

It was affecting me but today was the worst. I was angry and frustrated. I ran quickly and reached to the safety of school and prayed that I never take that route to school again.

For the next few days I excused myself from school, pretending to have a stomach ache, just so I wouldn't encounter them again. After the third day I mustered up courage to explain it to my mom but the conversation didn't quite go as planned.

I used to share these incidents with my friend Saanvi every time it happened and again I

I confided in her about what happened and how I felt. She helped me through this tough time – she is a very good listener.

She told me some big positives about my personality and that helped me get over the very negative frame of mind I had gotten in. My friend is the best. I could never thank her enough for making sure I was ok.

This was a story from my life which describes an episode of bullying. Just like you cannot bring back a crumbled sheet of paper to how it was before, it's the same analogy with our feelings.

When our feelings are crumbled and broken by people who are passing on negative feelings to you, it is known as bullying. This when done virtually is referred to as cyber bullying. Bullying hurts. It affects one's mental health.

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or your parents or someone who you know might help.

The person who is doing the action of bullying others is known as the 'bully'. In most cases, bullying is done because the bully is going through something painful in their personal life.

Bullying is not a joke. It can make a huge negative impact to somebody's life.

This might be - parents getting separated or maybe someone passing away etc. In other cases, people like to bully to get attention. Some people bully to rule and control other while some do it for fun.

I hope learning about my personal experience as well as reading about how to curb bullying will help you be aware as well as inspire you never to resort to this mean thing, ever.

Bullying is a hardship you might have to face in your life but there are some ways from which you can protect yourself from bullying.

STOP - Start ignoring the bully so that they think that there is no effect of the bullying on you

WALK - Just walk away from the bully

TELL - Tell the situation you are in to a counsellor

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A flight to freedom

By Vritti & Syna, Grade 8, SNS Gurugram



Losing hope day by day,
That I will ever be beautiful,
I try to keep negativity away,
But It's hard not to feel doubtful.

My friends are already out there,
Flying with their pretty wings,
At first I didn't care,
But now the thinking begins

Dreaming of the day I'll spread my wings and soar,
I've been stuck inside for too long,



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I'll fly someday, I swore,
Someday I will belong.

I just wanna meet my family one more time,
To feel their love and affection,
It will be truly sublime,
They will guide me and give me directions.

I just want to fly,
Is thinking like this wrong,
Yet I will continue to try,
Someday I will belong.

Someday is today,
My wings are finally out,
Never lose your hope they say,
It should be within you throughout.



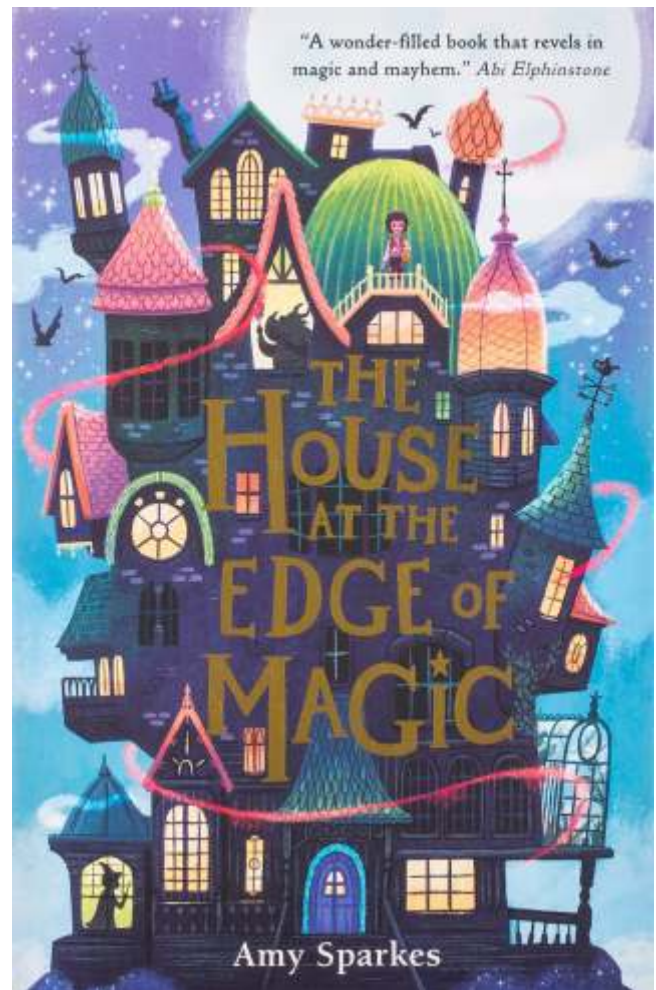
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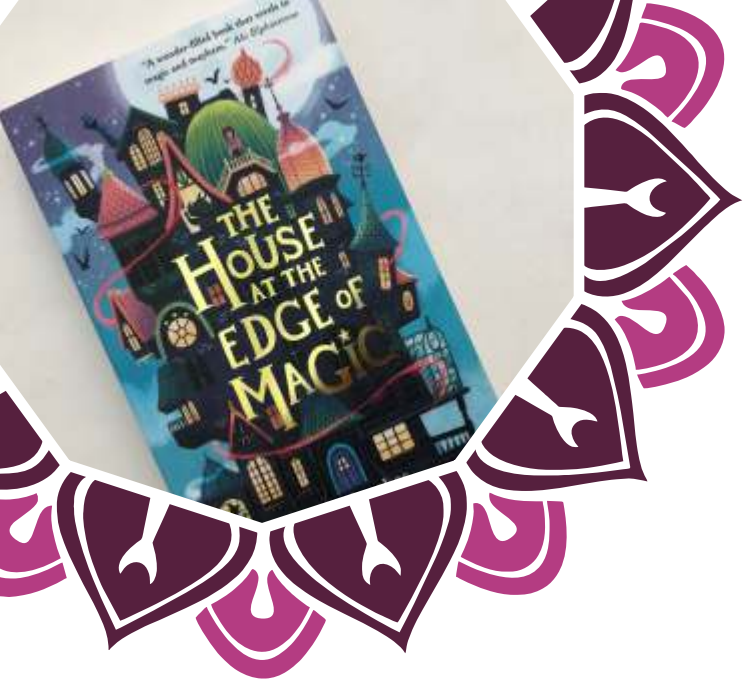


The House at the Edge of Magic

By Reet Narula, Grade 6, SNS Noida



The House at the Edge of Magic is a very engaging book that will keep you hooked throughout. This book tells the story of an orphan pickpocket named **Nine** who discovers a



magical house that moves and stretches! Unfortunately, the house is under a curse cast by an evil witch. The residents cannot step out of the house!

Only Nine has the power to break this curse, but she may not want to do so.

There are also other characters in the House at the Edge of Magic besides Nine. These are -

- **Flabberghast**, an ancient yet young boy who was a wizard as well as a hopscotch champion. Also, weird as it may seem, almost throughout the book he wore pyjamas and purple fluffy slippers.

- **Eric**, a creature with a bizarre look. His head and shoulders were taller than the tallest man and twice as wide. He had grey skin, a ropey tail and tusk-like teeth.

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- **Dr Spoon**, a talking spoon who carried a sword around and, it was told in the story that he studied alchemy.

- And finally, we come to the antagonist, **the Witch**. We are not told a lot about her but that she has long silky red hair and a black dress.

This book will take you on a rollercoaster ride full of fun! Here are some of my favourite conversations/dialogues:

- 1) "The socks! The laundry basket is cursed so regardless of how carefully you pair your socks, you can never find the one that matches. Pure evil!"

- 2) "And you can never find the toilet when you need it. It was last seen disguised as a pot plant on the eighth floor--."

- 3) "Last month I found a book on transdimensional

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Monster Zoo'.

travel in the knitting section! The knitting section! UPSIDE DOWN! Admittedly, the library was always a little on the emotional side – The Hopscotch Guide for Idiots has never quite forgiven me for accidentally dropping it down the toilet – but I tell you this: since the curse, the library has been in a permanently atrocious mood!”

4)“You know, I found the toilet again, lad. It's in your bedroom now, stuck to the ceiling.”

“Stuck?”

“Aye. Upside Down.”

“Upside Down?!”

“Right above your bed”

“Above my--? That...witch!”

These are also on my reading list so I will be back with their review once I have finished them!!



Amy Sparkes

This wonderful book is penned by Amy Sparkes who has written a lot of fictional books for children. She has also written other books like 'Once Upon a Wish' and 'Do not enter the



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OUR MENTAL HEALTH

By Riya Singh, Grade 7, SNS Faridabad



One might be aware of the word "Mental health", however our Society doesn't really think of it as a big enough deal. People don't actually care about it, unless the people with mental disorder starts distancing themselves from the society and people around them. Some people still don't care. Why?

It's because there is a lack of education and awareness regarding mental health. People with mental disorders won't figure it out until it's very severe, all because we aren't aware of it enough, it's nearly the same thing as



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menstruation , people aren't educated enough to tackle the situation with ease when faced. People consider mental issues as taboo and try hiding them. **We are raised in such a society where people think you're just out of your mind or are just acting crazy when they get know you are mentally ill.**

Mental health problems are taking over adolescents and young adults. **The American psychological association published a new study, according to that, rates of mood disorders and suicide-related outcomes have increased massively over the last decade.**

The study states “the results suggest that cultural trends in the last 10 years may have had a larger effect on mood disorders and suicide-related outcomes among younger people compared with older people”

Suicide is the second leading cause of death among 15-29-year-olds. **Suicidal ideation, plans, and attempts in the last year all increased more among younger adults than among older adults.** People with mental health conditions often experience severe human rights violations, discrimination, and stigma.

The exact cause of mental disorders is not known. The causes can be anything, starting from a psychological trauma to biological factors and environmental stress. Everyone changes according to the people they surround themselves with, if they don't have anyone to be with, then they have social media.

Studies say that there is a strong link between heavy social media use and an increasing risk of depression, anxiety, loneliness etc.. Social media may have a negative influence on many people, causing their mental health to get worse. It makes you doubt your



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appearance, making you feel ugly in your eyes.

Now, most of the world's population has mental disorders. Even though dealing with it requires therapy, even medication at time, there are a few things you can try to maintain a healthy mental space: talk about your feelings with your loved ones, eat well, stay active, think positive, develop hobbies, take a break, if it's out of control seek help ASAP.

Don't forget to look after yourself, love yourself the most, ask for help if needed. Remember, you are precious, you're unique and you are special.



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Happy Parent's Day!

By Vritti & Simrita, Grade 8, SNS Gurugram



The people who were by my side
When I thought that I would fall
The people who were there for me
When I thought that I'd lost it all

The guiding lights of my life
Who helped me when I was unsure,
Even in the hardest of times
You made me feel secure



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You're the ones who helped me up
When I thought that I would drown
You were there for me
Even when you were down

You have been a part of me right from the start
You are my life, my soul, my heart
You are my parents, you are my inspiration
And we love you more than you'll ever know



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Over Thinking

By Ayanna Kapoor, Grade 7, SNS Gurugram



Let's say you have a bottle of water in your hand. If you hold it for a minute, there's no problem. If you hold it for an hour, your arm will start to ache/hurt. Hold it for a day and your arm will feel numb and paralyzed.

The weight of the bottle hasn't changed, but the longer you hold it, the heavier it becomes.

Think is a perfect example of how over thinking can damage your brain, if you think about something for a while, nothing happens. Think about something for a longer time, it starts to hurt.

If you think about something all day long you'll feel paralysed and lose motivation in almost everything around you. However, keep going, let go of the past and in the end everything will be okay!



How My School Has Been a Source of Inspiration for Me

By Sargun Kaur Kalsi, Grade 6, SNS Noida



My school taught me a lot of things!

It also gave me wings.

Inspired me to think high

Told me to always try!

Inspired me to be a leader

Made me a proud reader!

Encouraged me to always smile!

Since it goes on for a mile.

Inspired me to be independent

No matter what, never be dependent.



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Helped me to achieve my goal
SNS shines with a rock and roll!

Inspired me to enjoy each day
live your life your way.
My school tells me to stay kind
Never forget to keep a strong mind.

Inspired me to have a balanced diet
So I gain lots of height!
Told me to accept changes
In all my life stages.

I study in a magnificent school
And it's super duper cool!

Inspired me to love studies
Helped me make many buddies
I love my teachers
As they have awesome features



Inspired me to never feel sad
Just stay happy & glad!
Told me to strive for success
Failure will help you progress.

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A Dog's Perspective

By Rishit Sharma, Grade 7, SNS Faridabad



Hi! My name is Milo

I was only a few weeks old when my humans brought me home. In the beginning I was pretty confused, for some mysterious reason they kept making weird noises, I didn't exactly understand.

The first few days were amazing as they gave me food and shelter and a place to do my business, so life was pretty amazing until they started "training" me.

Initially I didn't understand what they were trying but I was



quick to figure it out. They were trying to teach me some tricks and human etiquettes. It was like a puzzle and guess game to me, if I get it right, I would get a treat when I wouldn't, they would shout or slap me. After a while I became smarter and understood the game's rules.

It's so much fun to play fetch with them, they give me a treat every time I get the stick back. But whenever I think about it in my free sometimes I feel that I am losing a shred of dignity and self-respect by running around and chasing a piece of wood, so I make a self-note not to act like a dope but I fail every single time, It's just something about that stick which gives me so much joy.

I just remembered this. I've always wondered, sometimes some little humans want to play with me but when I go up to them they get scared. Once I went up to one of them and tried to talk but he got very scared; my humans thought I was

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going to bite him. I felt bad so the next time I met him I gave him one of my bones as a gift. I think he understood what I was doing because after that he and I had a blast.

Once my humans were planning to go on vacation I was excited too but they couldn't take me. They had to leave me behind at their friend's house. They had a dog too. I felt bad when they left me behind. Even though I had been to their friends place a few times but most of the times I used to hide behind them. Their dog was a Labrador, OH!! I forget to mention that I am a German shepherd usually we are bigger.

But he was bigger and older than me so he looked scary but once we got to know each other we had so much fun. But I still missed those guys. They came back in a week so I didn't have to wait too long. My humans are pretty weird and sometimes prove themselves to be the biggest fools but they are still myfools.

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3 Different People

By Anveshika Singh, Grade 7, SNS Gurugram



If the world was looked at with the queer eye of curiosity, there would be three types of people, each having their own way of life. And though a perfectly normal human being would be curious to know what these three types are, there would be someone who couldn't care less like Marc. Or there could be someone like Sam, who thought of this whole thing. And there you have it, the three different kinds of people.



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Now if you focus on the last two, you would find a catalogue of differences, **but even though a parrot and a spider have a lot different, they are both living organisms.**

Similarly in this case as well, Marc and Sam both have one thing in common, and that is their own little world. **Now a perfectly normal human being (which you might be) can sense that one of them is a prodigy and the other not so much, but that my friend is where you are sorely mistaken.**

They are both prodigies in their own world, it is just that one's might be confined to cars and football, and the other's is more towards intellectual individuals (like myself).

Now if there is anything to learn from this educational piece of literature, it is that even though the difference between the three people is as big as the leap of the human race towards

the future with technology, **yet all three are similar and goofy in their own ways.**

Now if you have been following carefully, you would see that the characters Sam and Marc are not actually playing any role in this glorious writing piece, except for reading this before time.

Chances are, if you are reading this, you are a human who wants to know more about others. Or maybe, you aren't a human at all and are reading this in the future (in that case, are flying cars invented yet?).

Either way, what really matters is that you can read, and now you have become an expert on this very magnificent topic.



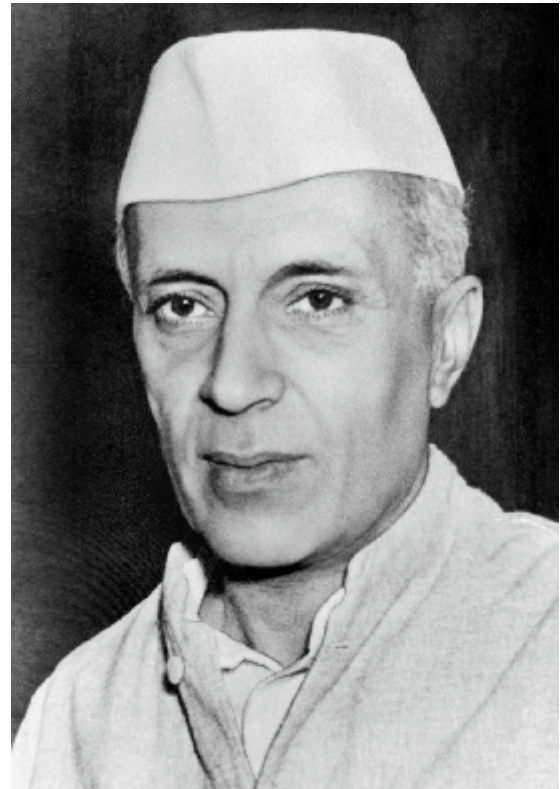
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The Legacies of Jawaharlal Nehru

By Avni Sethi, Grade 7, SNS Faridabad



Born 132 years ago to Motilal and Swarup Rani Nehru, Jawaharlal Nehru was and is one of the most prominent prime ministers in Indian history.

Along with Vallabhbhai Patel, he was primarily responsible for translating Mohandas Gandhi's ideals into real politic.



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However, today, it is Nehru's vision that defines many of the essential characteristics of the Indian state and the contours of its principal institutions.

The importance of Nehru in the perspective of Indian history is that he imported and imparted modern values and ways of thinking, which he adapted to Indian conditions.

Apart from his stress on secularism, and on the basic unity of India, despite its ethnic and religious diversities, Nehru was deeply concerned with carrying India forward into the modern age of scientific discovery and technological development.

Nehru promoted parliamentary democracy, secularism, and science and technology during the 1950s, powerfully influencing India's arc as a modern nation. In international affairs, he

steered India clear of the two blocks of the Cold War. A widely admired author, his books written in prison, such as *Letters From a Father to His Daughter* (1929), *An Autobiography* (1936), and *The Discovery of India* (1946), were read around the world.

Nehru and the Congress dominated Indian politics during the 1930s. Nehru promoted the idea of the secular nation state in the 1937 Indian provincial elections allowing the Congress to sweep the elections, and to form governments in several provinces.

His 'Discovery of India' does not have too many original insights but is suffused with the idea of civilizational unity. **The challenge to the nationalists was to craft a new nation state in such a country at a time when arch imperialists such as Winston Churchill argued that India was not a country at all.**

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Nehru realized that India could hold its own position in the world only if its citizens developed a new national identity that went beyond the old tribal loyalties, build modern industry to give its economy strategic depth rather than stay happy selling plastic toys to the world, and a new scientific outlook that was suitable for an ambitious nation.

Nehru played a leading role in the development of the internationalist outlook of the Indian independence struggle. He sought foreign allies for India and forged links with movements for independence and democracy around the world. In 1927, his efforts paid off, and the Congress was invited to attend the congress of oppressed nationalities in Brussels, Belgium.

The meeting was called to coordinate and plan a common struggle against imperialism, Nehru represented India and was elected to the

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Executive Council of the League against Imperialism that was born at this meeting.

He followed the four Pillars of Democracy, secularism, socialism and unity through his lifetime, and died at the age of 74 because of a heart attack, but even so his legacy continues to live on till this day.



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Daughter Of Hades

By Satt Gupta & Abeer Bhatia , Grade 8, SNS Faridabad



There once was a girl named Macaria who constantly conquered death. But her final battle against Hades, she might take her final breath.

Once on a stormy day, everyone was inside their houses. They were scared thinking that Zeus himself was sending lightning bolts down to Earth. They all slept that night, haunted. The next morning on the front gate of the village lied a girl. She was wet, but asleep. An old man came there and found her. "Crikey, this little one might catch a cold", he said.



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He took the little girl in his arms and went inside. He said, "Now I must inform others to ask whose child is this". He asked everyone but none of them knew the child.

The old man also noticed a tattoo in the shape of 3 headed dog. Then the old man realizes that it was Cerberus. The 3 headed dog of Hades the god of underworld. The old man shivered, and felt the rotten evil aura of the tattoo.

"This child was no other than Macaria herself!", he thought with fear. But the child looked innocent and cute. So, he decided to keep it a secret and adopt her. When Macaria who was renamed as Mia, was eleven years old she was sent to a boarding school of demi gods.

The old man went to the principal who was Hercules, "This is Macaria the daughter of Hades", he said.

Hercules gasped, and said, "Why have you brought her to the academy!". The old man said, "Because I want her to have a safe life and become a great demi god".

"Please principal we will keep this a secret and let her be in the academy." Hercules after listening to all this agrees. Over there they learn to fight evil and become a great demi God like the ones in the past. But she was undetermined as she was not a daughter of a god. As only the old man and Hercules knew.

On the first day, the children were assigned their homeroom teacher. He was Mr. Boulevard; he was tall and looked intimidating but was soft spoken. On the first lesson they learned the rules to be a demi God.

"A demi god must only kill a person who has done evil", Mr. Boulevard said. After 2-3 months, Mia became the best in her grade.



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She got a chance to perform in front of the principle who was Hercules on sports day. **If she would be able to win, she would be sent on a A level demi God quest.** Up until now, she was only assigned either C or D level quests.

Only once, was she and Sarah assigned a B level quest as they topped in their class. **On sports day, she was up against a B level monster. When she had defeated the monster, in the final round she was up against the son of Zeus, Angelos.** They both took their weapons and started the battle.

After the first round, Mia was very angry as Angelos had the advantage. **Angelos was unharmed and not even tired. But Mia had gotten a cut on her leg.** She was furious, in the second round the same happened.

. Then, in the last round she shouted “you will pay for this”. Then her eyes lit up like Hades and she started to charge at Angelos. **The Helm of Hades had also randomly spawned on her head and Cerberus had appeared out of nowhere.**

Everyone was scared and started running. Hercules jumped in the middle and stops the fight. Then suddenly Mia faints.

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Vijay Mallya

By Prisha, Grade 8, SNS Gurugram



Vijay Mallya is an Indian businessman who owns the famous brand 'Kingfisher', and is the chairman of the Indian conglomerate company- **United Breweries Group**, a conglomerate company which had its interests in beverage alcohol, aviation infrastructure, real estate and fertiliser.

He was also a former Member of Parliament and was in office for a long period of time. **Mallya was an urban legend, he was known to be "living the dream", in a way no one else was.** Mallya is the ex-chairman of the largest spirits company in India, United Spirits



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When his father, Vittal Mallya passed away in 1983, Mallya was 28 and he quit his job in a paints company in the US and inherited the United Breweries Group/ UB Group Empire. In 2 years, he launched his cola brand- Thrill, which brought him into the spotlight.

The United Breweries Group was the market leader in liquor, processed food and many other businesses. But after a few years, he sold off the company's pharmaceuticals, batteries, food and beverages arms and invested the money he earned from selling it in a different industry or market.

On his son, Siddharth Malhotra's 18th birthday, he launched his airlines, Kingfisher Airlines which went on to be India's second biggest airline.

When he was 52, he bought the Formula One

team- Force One and bought the India Premier League Franchise, Royal Challengers Bangalore the next year.

After 5 years, his airline was shut down and things got worse for one of India's most controversial businessmen. Creditors were cashing in their guarantees and many lawsuits were piling up and he finally moved to London in 2016. Mallya had offered to sell his assets to pay off a loan of Rs. 9,091 crore.

The Indian government has won the extradition case against Mallya, but chances of him coming back to India are very low.



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Double Trouble

By Anveshika Singh, Grade 7, SNS Gurugram



I peered out of my house as the door bell peeped. I went out to find a delivery boy inclining on my car, gnawing gum. I cleared my throat “yes?” I mumbled. “Delivery” he said, vaguely. I wondered what it was this time.

I grasped it and snuck back inside with it. I ripped it open. It had 2 bottles of chocolate syrup, 2 pairs of earplugs and 2 chocolate bars. “But I only ordered 1 of each?” I stated, quite aghast. Did I actually order 2, I pondered I looked at the bill.



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Nope, I only paid for one. Astounded, I closed the box and accidentally dropped my glasses in it. As I groped for my glasses, I found two pairs instead. Was this a miracle?

She had placed all the litter in it too! All of it must have doubled. Alas, nothing is flawless.

This is a lesson for you and me, never trust anyone or anything!

I tried placing all sort of objects in the box, big and small. This way, I would never have to pay for anything again! Then I tried the final item, a laptop. Yes it had indeed doubled.



I hid the box in my cupboard and used it only when I needed it. Soon my grocery bills reduced significantly, until 1 day.

I asked my helper to tidy my cupboard. She noticed the box and threw it out, placing all the garbage in it. The moment she informed me, I was traumatized.

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