

Out and About

A Student-led Quarterly Journal



Vol. 1
Issue 2



Manava Bharati International School (MBIS), Patna

PREPPING UP



Out and About

A STUDENT LED QUARTERLY JOURNAL

Vol. 1, Issue 2 :: CELEBRATION ISSUE



Manava Bharati International School (MBIS)
Patna (Bihar, India)

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TO OUR READERS

This second issue of OUT AND ABOUT is before you. Happily, this is a post corona publication with physical involvement of the management team. The spirit of collaboration in publishing this journal is quite evident. Students walked with zeal unleashing their creative potential. Publishing the issue in its present form is a matter of pride when the otherwise students, haven't struggled to catch up with their studies. Our students present a different stand.

The earlier issue received generous responses. This readership includes people from academy, practitioners, students and parents. They have been forthright offering their feedback. We are happy to share their feedback and hope that this issue should be attractive as well. Our contributors (mostly students & faculty) have put in their thoughts and perspective in a very-very objective manner. However, their work would benefit from your valuable feedback please be generous to offer your feedback which we shall publish in next issue.

In our earlier issue we have proposed, we identified and awarded selected contributors based on reader's assessment. It was difficult for the readers to assess and assign categories. For this issue I encourage you to identify articles/authors and recommend for special acknowledgement. The entire publication is the work of the students. They conceptualised and finalised with editorial inputs by them. We have in many cases tried not to tweak too much please read their work with this caveat.

MBIS family and the 'Out and About' team



“The ability to read, write, and analyze; the confidence to stand up and demand justice and equality; the qualifications and connections to get your foot in the door and take your seat at the table – all of that starts with education.”

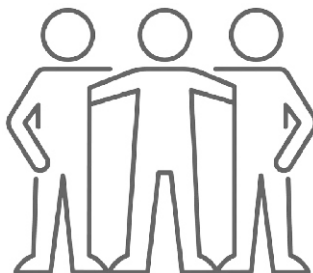
—Michelle Obama



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EDITORIAL

Riddhi¹, Bhavya², Sanskar³ and Anika⁴

We welcome you to the next step, that is the second issue of 'Out and About', by Manava Bharati International School, Patna. The excitement that we hold in our hearts for publishing this issue is immense and unexplainable!

Our major aim for commencing this journal is to help students to increase their level of self-esteem and confidence. You must be thinking how, right? Well, our explanation to that question is When students create, imagine, brainstorm and put together all their work in one place, they're being less hesitant and doubtful towards themselves. Through this process, they start believing in their skills and become good coordinators/leaders which in turn will help them out in the future.

Colloquy about the grail of 'Out and About' was quite genuine yet significant. The name 'Out and About' was suggested by one of our friends, Akash Narayan Dutta. He said that the name was unique and that it popped up in his head randomly. Now this proves that sometimes even the smallest random things can start something big and extraordinary.

In the course of this publication, students and teachers had the opportunity to think, examine and present reasonable ideas that could further be used to ameliorate the existing methodology of learning and development. Our target for the future is to pioneer more inventive ways of studying concepts while gradually writing and taking them in through practice!

In a year four issues will be published, once in every three months. In the upcoming days, we aspire to invite students from other schools and institutions to take part in this journal by sharing their write ups. We fáilte each of you to read our journal

1. Riddhi (X) : Pretty much of Nephophile

2. Bhavya Singh (IX) : Erudite, diligent and responsible

3. Sanskar (VIII) : Interested in the field of sports

4. Anika (VIII) : Passionate about science & fiction and dancing

and to highlight. To be more accurate, we would appreciate it if you provide us with valuable feedback with regard to the writings, point of view, collaboration and, most importantly, about the evolution of this journal.

Working together on 'Out and About' was a window of opportunity for colossal creativity, innovation, expressiveness and knowledge! Now it's time to thank the person who was always there to help, hold up, acted as a great supporter during this entire process Mr. Amit Sarkar sir.

Our heartfelt appreciation to our amiable coordinator and everyone's beloved Mr. Manish Kumar Roshan sir who help us put together our entire editing work to an impressive and factual memo.

Our special thanks go to Mr. Pradeep Kumar Mishra and Rajeshwar Mishra who helped us turn our idea of a social science group into the out and club you know today. thanks to all the faculty members for their indeed inspirational and encouraging articles. thanks to all the parents for taking interest in our activities.

Happy reading!

MBIS, Patna
June 2022

The Environment

Nandini¹, Anika², Disha³, Sofi⁴ and Adarsh⁵

Upon hearing the word environment, we think of green plants, flowers etc. So, our school has a program on environment to know the importance of it.

The article picks up the threads from the night camp it organized.

The night camp was scheduled on 26th November 2021 and was organised by our seniors and teacher's objective of the night camp was to make the children explore the feeling of warmth with family (teachers and friends) at school. Camping also offered an opportunity for children to live in a different way. Camping also instils appreciation and gratitude. We all were preparing for it but, for preparing we should have a topic and yes, we had... Can you guess what was the theme? Our theme was 'Environment'. You might think why did we choose to perform on this topic, why not some other, rather than choosing any other topic we went for 'Environment' because this is what in we are living in, this is what supports our life, so why not this?

Environment is a very familiar word for all of us. The French word 'environ', meaning surround is a derivative of the word environment. This word plays an important role in a healthy living and our existence of life on the planet. We're all dependent on environment for our life. This was just a short info about Environment but there are many more things to be explored. We answered a question 'why is it important'? But there are more questions which are unanswered.

Environment directs a life and determines the proper growth and development.

1. Nandini Kumari (VII): Passionate about singing.
2. Anika Jha (VII): Passionate about science & fiction, Dancing
3. Disha Bharti (VII): Passionate about dance
4. Sofi (VII): Passionate about singing
5. Aadarsh Kumar (VII): Passionate about acting

Human society is embedded in an environment. A healthy environment helps in nourishment and growth of all living species. The survival of all living forms requires clean environment.

The environment provides us food, shelter and everything we need for a survival but human society is playing vital role in degenerating the natural environment which in turn negativity affects the lives of this planet. All the human actions which are harmful for the environment directly impacts the ecosystem. One of the biggest problems that impacts the nature is increasing demand of technologies and industries. If we talk about increasing technology the first thing that comes to our mind is our smartphone, tablet and laptop which we use daily...You may think how's our smartphones connected to the environment? But yes, it is....A huge number of finite natural resources and precious metals go into making electronic devices and other modern technology and if we talk about industries, for constructing buildings or industrialisation, we need a barren land, which we could find in the forests.

To get the land empty, we cut the trees and it leads to deforestation, which affects our nature. Some of the environment problems are the rapid growth of world population. Erosion of soil, diminishing forests and wetlands. We are living in this environment so it's our duty to protect, conserve and keep it clean.

We should reduce emissions of car by walking or cycling, separate biodegradable and non-biodegradable waste and many more. A clean environment is important for healthy living. So, this was all what we shared in our programme.

We are glad that our school organised this night camp. This helped us in many ways like team work, this helped us in our mental and physical development and also facilitated collaboration. Had experience of living and enjoying with our friends and teachers without any books. This also helped in enhancing our life skills.



Conservation of Wildlife

Khushi¹, Silky² and Nawaz³

We do not own the planet earth we belong to it and we must share it with our wildlife. The least we can do is to speak out for those who cannot speak for themselves. Want to shoot animals? Use cameras not guns.

WHAT IS WILDLIFE?

Wildlife, traditionally, refers to undomesticated animal species, but accurately includes all organisms that grow or live in a wild area, such as deserts, forests, rainforests, plains, grasslands, etc. Well, honestly, all areas have distinct form of wildlife.

IMPORTANCE OF WILDLIFE

- Wildlife plays an important role in balancing the environment and provides stability to different processes of nature.
- The importance of wildlife can be categorised as ecological importance, economic importance, investigatory importance, conservation of biological diversity etc.
- A lot of medicines come from wildlife; humans have always turned to nature for medicine. Many medical systems (for example the Chinese traditional medicine system) still rely on herbs, spices, and more. It's very well known that even pharmaceuticals would not be where they are today without wildlife.
- Being around wildlife and nature is good for mental health. Evidence shows that people who live close to nature, environment and wildlife are found to be more

-
1. Khushi (X): A Canophylist
 2. Silky Kumari (X): Love to dance
 3. Nawaz Ali Khan (IX): Love to help others

active, emotionally strong and physically healthier.

IN OUR POINT OF VIEW

- We always say we should save wildlife but barely a few of us step forward for that. Why are we unable to see many animals nowadays? This is probably because earlier a majority of people made those animals their prey, killed them, made clothes from their leather, and much more, due to which we cannot spot a lot of animals and birds now as they're extinct. If we still don't take a stand and conserve wildlife then the food chain, for sure, will be disturbed.
- Talking about wildlife, there is a story in the English book of class 9 (Beehive)– "THE BOND OF LOVE". In this story a wild sloth bear is brought by the narrator to his house and just soon enough he becomes a part of the narrator's family! Now, we always like to call our loved ones by some name, so the narrator's wife named her cute pet "Bruno/Baba". She fed him well and loved him very much. The narrator's wife treated Bruno like her own son. Finally, when it was recommended to send Baba, or Bruno, a bit far away, the narrator's wife was obviously not very happy! Everyday till they met again, Bruno and the narrator's wife would only think about each other and remember the memorable moments they shared. We can just sense how wonderfully the love between a wild bear and the narrator's wife is depicted in the story. Similarly, if we start loving wild animals, we will get the same love in return that we give to them. And if we can't give anything to animals then we have no right to expect or take anything away from them. We can't go around cutting the natural habitats of these animals just to build big houses or establish huge industries for ourselves! We still have time to rethink about our deeds and correct them.
- Now at last, we would like to say that we should conserve wildlife and spread awareness to conserve wildlife.

WHAT ACTUALLY IS WILDLIFE CONSERVATION?

Wildlife conservation is the practice of protecting plants and animals along with their habitat. The goal of wildlife conservation is to ensure the survival of all such species and to educate people to live sustainably with them.

The human population has grown exponentially over the past 200 years to more than seven billion people today and is still rapidly growing. This means natural resources are being consumed faster than ever by billions of people on the planet. This growth and development have endangered the habitat and existence of various

forms of wildlife around the world, particularly animals, birds and plants, that may not be found again after being displaced for land development or other such human purposes. Other threats to wildlife include the introduction of invasive species from other parts of the world, climate change, pollution, hunting, fishing, etc.

CONSERVATION OF WILDLIFE

The term conservation means the process of keeping and protecting something from danger. We should conserve forests and wildlife to reserve biodiversity from becoming extinct, and to maintain ecological balance in the nature.

WILDLIFE

The term 'wildlife' means all the animals, birds, insects and plants which are found naturally in the forests and other such natural habitats, e.g., Tigers, Lion, Wildsdogs, Barasingha.

Some protected areas are:

- Biosphere reserves
- Wildlife sanctuaries
- National parks

BIOSPHERE RESERVES

A Biosphere Reserve is a large, protected area of land meant for the conservation of wildlife, biodiversity, and the traditional lifestyle of the tribal people traditionally living in that particular area, e.g., Kaziranaga Biospehre Reserve.

WILDLIFE SANCTUARIES

A Wildlife Sanctuary is a protected area of land which is created for the protection of wild animals in their natural environment, e.g., Sanjay Gandhi Wildlife Sanctuary in Patna.

NATIONAL PARKS

A National Park is a relatively large area of scenic beauty protected and maintained by the government to preserve flora and fauna, landscape, historic objects of the area and places of scientific interest. e.g., Satpura National Park In Madhya Pradesh, Kaziranga National Park.



काव्य-रचना : धूप

बीना झा¹

इन पंक्तियों को लिखते समय मैं ठण्ड से ठिटुर रही थी और सोच रही थी कि काश धूप खिल उठे और तभी हल्की धूप ने दस्तक दी और मन के ख्यालों को मैंने शब्दों में पिरो दिया। उस ठिटुरती सर्दी में धूप के आगमन से मन प्रफुल्लित हो उठा।

मेरी नजर अचानक आसमान की तरफ गयी।

यह क्या?

मन में प्रश्न उठा, यह क्या, यह क्या?

मैंने धूप से पूछा, तुम अब आए हो? सुबह से मध्यबेला हो गई।

क्यों आए हो? मंद-मंद मुस्करा भी रहे हो? क्यों अब आए हो तुम?

सुबह से ठण्ड में मैं ठिटुर और तड़प रही हूँ, और अब आए हो तुम?

तुम कभी आते हो, कभी चले जाते हो।

क्यों आँखमिचौली का खेल खेलते हो तुम?

मुझे तड़पाते और परेशान करते हो तुम।

अब आए हो तुम? क्यों आए हो तुम?

न करो परेशान, न करो परेशान। तुम मेरे दोस्त ही तो हो।

तुम आते हो तो मन हर्षित हा उठता है।

इस तरह न आया करो तुम; जैसे आते थे वैसे ही आया करो तुम।

तुम्हें देख जो? भर आता, इस जोश में कमी न आने दो तुम।

मेरी पुकार सुनकर तुम मुस्कुराना नहीं। मुझे तड़पाना नहीं, मुझे तड़पाना नहीं।

तुम धूप ही हो सही, पर तुम मेरे दोस्त ही तो हो।

तुम मेरे दोस्त ही तो हो



1. Faculty (Hindi)

Self-Doubt

Srishti¹, Reeya², Khushi³ and Ashwini⁴

We often suffer from self-doubt in our day-today life. self-doubt, sometimes, also help. self-doubt is disabling and psychologically detrimental. To know more about it here we have an article.

INTRODUCTION

Self-doubt is a characteristic that every person faces in one's life. It means to think; if you have analyzed the situation, there will always be some self-doubts. It is a feeling that we can't express in words. You are about to say something but then the fear of being wrong makes it difficult to speak out loudly, we all doubt it, even if we know the answer, we are hesitant, 'A Self Doubt'. Unwanted things just fill your head like what would your friends, classmates and teacher think about you. Everyone is afraid of failing. That's why our self-doubts are never out.

Self-doubt means lack of confidence in oneself and one's abilities. It is not a sign of weakness, when we set up and take notice, it can give us strength, our feeling of self-doubt will make us think harder, be more considerate to our surroundings and about what we're doing. Then one will be able to take more careful actions. We face self-doubt in many situations like in facing new challenges alone, peer pressure, childhood upbringing, being independent and in fear of Success.

Some doubts that I have about myself:

- What am I good at?

1. Srishti Kumari (X) : Nature enthusiast

2. Reeya Kumari (X) : Passionate about work that she loves to do

3. Khushi Kumari (X) : Love to spend time with nature

4. Ashwani Kumari (X) : Lives unconventional lifestyle and has an interest to make artworks

- Will I be able to make my life better?

ADVANTAGES OF SELF-DOUBT

There is plenty of great advice on ways to conquer it. But- bear with me here - it actually has some benefits, if you learn how to think about it the right way. So, before you swat that 'negative' feeling away and let it cripple your confidence, remind yourself of these things:

- Self-doubt motivates you to keep learning and growing.
- It will keep you grounded and humble.
- You work harder and achieve more because of it.
- It opens your mind.

DISADVANTAGES OF SELF-DOUBT

Why should we not doubt ourselves?

Realistically, we know ourselves, better than anybody else. We spend our whole life living with our passion and creativity. It is the longest and the most intimate of all the relationships we will ever have, and the one we take most for granted. But more often than not we tend to dislike ourselves, and are constantly finding our faults. Of course, there is the question of the likelihood of negative and positive effects. Self-doubt brings fears, such as the fear of failure and fear of not being good enough. We are afraid to love as we doubt our abilities to love and we fear rejection. We fear sharing our thought or feelings simply because we don't want to appear stupid or wrong.

CONCLUSION

Positive self-doubt is when we say things to ourselves that are kind, positive, or supportive. Positive self-doubt is generally thought to be good for mental health and has even been shown to improve performance. We can likely decrease the negative impact of mistakes and failures by being more compassionate towards ourselves. For example, we might treat ourselves like we would treat a friend, replace our inner critic with an inner cheerleader, or remind ourselves that we are only human and we deserve to be treated kindly, at the very least by ourselves.

“Don't Ever Doubt yourselves or waste
A Second of Your Life,
It's too short, and you're too special...”



Teenage and Teenagers

Akshohini¹, Amrin², Ragini³ and Mukul⁴

Teenage is crucial in our development. It is considered as a turbulent phase. In this article, we are covering the ups and down of being a Teenager. Putting the fact forward that teenager are some of the most terrifying and exciting phase of life.

INTRODUCTION

Teenagers can be tricky creatures, one moment they're insisting, "I'm not a child!" and the next they're blubbing because you said they can't have the newest gadget. It's enough to make any parent throw up their hands. During teenage, children develop physically but more, emotionally. Their goals are replaced with the desire for freedom. Teenagers face many problems like,

- Making right decisions
- Choosing right people and environment
- Expressing emotions
- Depression
- Anxiety
- Bullying
- Drug/alcohol Abuse

The hardest part as teenager is to understand and know your feeling, your talent, your ambition and who you are. Teenagers tend to express their feeling through

1. Akshohini Chetan Jha (X) : Won't break a class rule but will surely start a revolution
2. Amrin (X) : Interested in every field of work and learning
3. Ragini Priyam (X) : Little angel of dance
4. Mukul Anand (IX) : An altruistic leader

music, sports and different platforms. These years are where the students slip back in studies and it's completely normal, so instead of embarrassing them in front of mass try talking to them about the problems that are distracting them. They have crushes and to be honest it's all fault of the hormonal changes and it's totally fine.

A teenage brain shuts down when you nag them. So, if they respond you back, it's a good sign because a recent study found that kids who argue with their parents may actually end up better off than those who don't. The reason: teens who can disagree and say "no" to their parents are also more likely to have the guts to say "no" to friends, and not cave into peer pressure to do something risky.

Teenage years can be troublesome and tricky, but good always outweighs the bad. Your teenage years can be the best and most fun years of life if you choose to make them that way! All I can say by my experience is that life never goes as planned, so always make a backup for a backup.

I. TEENAGE: THE CHANGE

As teenage is a phase that most people say "is a crazy ride", let's take a look into the changes of this transitional stage and find out why is adolescence a crucial period for developing social and emotional habits that are important for mental well-being.

Physical changes. The most significant change that puberty leads to is increase in height. To be specific, growth of the complete body. Being kids, girls grow faster, in the case of height. However, on reaching adolescence, the height of boys increases rapidly. This is the time when long bones in our body, that is the bones of arms and legs get elongated. However, the growth rate as well as the time required for growth will be different in the individuals. Along with the hormones that bring about the elongation in our body, nutrients are equally important too! Growth of various parts gets us to the next important change during adolescence that is, change in shape. Even the width has to increase to make the growth proportional. We find that compared to the kids, these grown-up boys have broader shoulders and girls experience widening of the region below their waist and the chest area. One more difference is that the voice of males starts getting deeper on the note of octaves. In simple words, the larynx enlarges, and the voice turns somewhat hoarse and low pitch. On the other hand, girls develop a high-pitched voice. Most importantly girls start having menstruation by the age of 12. The most important physical change in every adolescent is the development of sex organs. The reproductive organs are present since birth but develop completely during puberty. It implies that the male or the female is physically capable of reproducing. If we take the case of males then the

development of testes takes place. This is the site for production of male gametes that is, sperms. Similarly, in case of females we find the development of reproductive structures called ovaries, ova are produced here. That is the reason why we say that 'Puberty is a stepping stone towards adulthood'.

Mental changes. At this age, they try to understand what is wrong or right for them. They question things that they used to believe easily. They make plenty of mistakes! They become curious, anxious, annoying, creative, impatient, self-righteous and attitudinal. They mentally mature themselves but procrastinate at the same time. We need to understand that this is a transitional stage and teens are yet to experience many things and they may act naïve. But the most important point is-Philosophical Development (the set of ideas formulated to understand the basic truth about the nature of being and thinking) and Identity Formation(self-awareness). They evaluate their thoughts and have their own personal reanimation.

Teenagers have their own identity and can have divergent opinions; they start to think beyond what's apparent. Their life has started now and the previous years were just a means to get them to this point. They are still a confused mess, irresponsible clumsy teenagers who are expected to act a little older. They don't have their life sorted nor do they have their fuzzy thoughts organized or a direction to provide them. The teenagers of today want to be seen within the context of a meaningful relationship with adults and not be invisible to others. They are always seeking new experiences and adventures.

II. PROBLEMS WITH TEENAGERS

Mental Stress. It can be defined as the emotion tension or worry due to the problems in someone's life. Everyone experiences stress and some stress may be manageable. It can be seen at maximum number of teenagers.

Some causes of Mental Stress in the teens (It can be anything which disturbs the teenagers)

- Schoolwork, Examinations & Performance pressure
- Relationships and Family conflicts
- Big decisions
- Life Changes like going to a new school

Too much stress can be overwhelming. It can make it hard for teens to enjoy life.

There are some other consequences also such as Anger, Guilt, Grief and Low Self-esteem.

Normally, when a teen gets disturbed –they feel guilty. In this situation, when they lose something/someone who/which was very important in their life then they might not accept the reality and experience deep sadness.

Depression. Nowadays, it a major threat for our society. It is a serious medical illness that negatively affects how you feel, the way you think & how you act. It results in lack of interest of the one in his/her own life. According to the reports, 1 in every 15 persons suffers from this disorder once in the life. It mostly appears in late-teens (about 20 years old). Teenagers with low self-esteem have high chances to experience this disorder because they have low self-confidence & self-satisfaction. They generally think that ‘we are not capable of giving our best.’

Anxiety. At the time where teenagers think of their future, they visualize in the mind that something bad is going to happen with them and they won’t be able to move forward with the situation. This happens because teens are seeking new experiences & more independence. They feel anxious about the changes, opportunities, challenges, responsibilities, etc... It can be managed by setting-up goals of your life and motivating yourself to face the challenges in your life.

Anxiety can be handled by being relaxed & unwound, especially before the bed to have a better sleep.

This can be achieved by following some basics activities:

- Listening to some music
- Going for a walk (morning or evening)
- Reading a book & writing diaries
- Doing Breathing Exercises & Yoga
- Say No to Drugs (alcohol or any other substance)
- Be self-confident and satisfied, etc.

YOU’RE A TEENAGER

Take Chances. Stay out late. Go for the person you’re in love with.

Stand up for what you think is right.

Laugh often.

Stay Confident. Have amazing friendships.

Dance like no one is watching.

Blast music as loud as you can.

Take amazing pictures. Make great memories.

Always remember that the people, who judge, aren’t worth it.

Live Your Life to the Fullest

Always remember, anxiety and stress are meant to be temporary. It's you and you're overthinking that puts oneself in depression. If you truly want to be happy, you will achieve it in any situation no matter what!

III. HOW PARENTS SHOULD DEAL WITH TEENAGERS?

You should react casually towards the mistakes teens make because teens don't listen what is said but focuses more on how it is said and well, It's the age when you make the maximum mistakes of your life.

You must try to make your child believe that you won't yell at them for their mistakes.

Try to be a FRIEND, someone with a chill mood.

Respect their privacy. Let their chats, phone-calls, e-mails be private. Until and unless you don't notice any warning signs of trouble, you don't need to invade your child's privacy. Show some faith

Educate your teens about the tough and sensitive topics as this is the age of exploring and experimenting and it includes a little bit of risk too. Make it necessary so that when the time comes, kids can act responsibly.

Encourage them to discuss their problems with you. Make them believe that you won't judge them on these.

Make your social circle bigger. Try to know your kid's friends and their parents.

Appreciate your teen's hobby and talents. Don't just keep pushing them to improve their academics. Give equal importance to both of these because both are important and have some values.

These were some ways of how you should deal with your kid, especially during their teenage time. Maybe a particular thing is abnormal for you but normal for your kid. In this case, simply talk to them calmly. Try to have a fruitful conversation with them and things will get better.

CONCLUSION

The teen years are some of the most terrifying, horrible, and exciting, hopeful years of our lives. It's a time of mistakes, awkward moments, having no idea but thinking we are omniscient, and having more fun and more drama in a few short years than we may have in any other decade of our lives.

At this moment life is filled with exciting things, room for mistake, less responsibility and younger children look up to you and admire you (sometimes). Maybe teenage is not that bad as being depicted by half of the population complaining out there. It's the moment of life where you understand and enjoy

everything for FREE!! So better sit back, buckle up and enjoy this roller-coaster than crying and shouting till it finishes.

So, ending our article, we would like to quote a few lines from a much loved poem of Lebanese-poet Khalil Gibran for all the parents:

“Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you.
You may give them your love but not your thoughts.
For they have their own Thoughts. . . .”



Imitation shapes Personality

Sunita Saxena¹

It is said that children are fresh clusters of mud who are shaped into firm pots with the help of the people who surround them. Let's get a better understanding about shaping personalities. Let's elaborate this with some examples.

Dalai Lama, when asked what surprised him the most about humanity, he answered "MAN. Because he sacrifices his Health to make Money; then he sacrifices money to recuperate his Health; then he is so anxious about his future that he does not enjoy his present, the result being that he does not live in the Present or Future. He lives as if he is never going to die and he then dies having never really lived.

We are worried about the future of children and we forget that they are someone today. Hold their hands, hug them, sing and play with them. Let them enjoy innocence, playfulness, and freedom. So that he/she remains a child for long. Let them spread their wings and fly high in the sky. Usually, children imitate their parents, teachers, and people around them. They imitate the person with whom they are impressed. Children read the stories of people who excelled in their life. Especially grown-ups trying to imitate others because it is easier than to develop one's individuality. Imitating good qualities is a good idea but it is harmful to the other hand because it harms the ability to develop our individuality. Mother Teresa learned the values from her parents which encouraged her to become a NUN in missionary. Now millions are inspired by her work across the globe.

On the contrary, Adolf Hitler's cruelty and harsh nature are known to the whole world. It was the result of the way his father treated him in his childhood. He was beaten recklessly by his father. The hardship he faced in his childhood piled up and came out evilly in adulthood. He wanted to become a priest but was not supported by his family. The morals or values or situations around build the foundation of a personality. Childhood plays an important role to decide the future of a personality. Grown-ups try to imitate others which is acceptable to

1. Faculty (Science)

society. They step up in others' shoes which does not have any significance. A mostly human being is driven by selfish motives and runs behind wealth, power, and fame.

There is a big question mark in front of the children. There is confusion about what to imitate and what to reject? The simple answer is to listen to our inner voice—the Conscience which always helps to differentiate between Right and Wrong. Conscience is the precious gift with which every individual is born. It is the greatest virtue of life. The inner voice is waiting to be heard, listen to, and follow. Power, money, and fame are temporary and can be lost in a wink of an eye but conscience is permanent. If one listens and follows the beautiful inner voice, he/she will achieve something bigger. The wealth of happiness and satisfaction will knock on his/her front door. The world will become a beautiful place to live. The fragrance of happiness, satisfaction, and peace will spread in the environment/society. So, choose whatever you desire with honest intention, decide and try to fit in that shoes, and develop your originality and individuality. Then you will develop into such a personality which observes things differently in the true sense. "A calm mind brings inner strength and self-confidence, that's very important for good health."—Dalai Lama



Human Interactions in the Form of Communication

Heena Khurshid¹

If you just communicate you can get by but if you communicate skillfully, you can work wonders. Let us react how to communicate skillfully.

INTRODUCTION

Human engagement appears in the form of communication, and this communication can either be by way of verbal or written discourse. Discourse is derived from a Latin word, *discourse* meaning conversation or speech. Therefore, in any communicative event, discourse is the dominant feature. In fact, when people are communicating, it is said that they are involved in a discourse.

Discourse is seen in many situations including education, social contexts, political contexts, legal contexts and many other contexts. In all these situations, there are various analysis criteria that can be used to understand the discourse. This is because people engaged in discourse have to understand for it to be said that they are communicating.

COHESION

Cohesion occurs in texts when some interpretations of the discourse are dependent on one another. Cohesion is also concerned with formal links that tie different parts of a discourse together. This means that a text can only be decoded by applying another element in the same discourse. Therefore, a student, in an academic context, will associate constituents of a sentence or chapter to understand

1. Faculty (IT)

the concept being explained. He will look at features such as conjunction, ellipsis, anaphora among others to understand the concept.

COHERENCE

This is the relationship of a discourse that makes the constituents of a text have some logical relationship with each other. The material or discourse content must be presented in proper sequence so that it does not confuse the recipient; the material should build on each other. This relationship creates a relationship in the speaker such that the reader can create a mental representation of the information presented.

INTENTIONALITY

This means that the person giving the message should have the willingness to deliver the message; he should deliver his message in a deliberate and conscious manner. In a school context, the teacher's intention is to teach so that students can understand. Therefore, the teacher is delivering her/his content consciously and deliberately.

ACCEPTABILITY

In order for a conversational material to have any relevance, the speaker and the listeners must be in agreement; the listener should be willing to listen, and the speaker should be willing to speak; they have some underlying rules guiding them. In an academic situation, the information presented should be that which is relevant to the syllabus. Therefore, the communication product of the speaker should be acceptable to the listener or audience.

INFORMATIVENESS

In any discourse situation, some information should be communicated. This ensures that the discourse has some content. For instance, in an academic discourse, the information should flow in a two-way dimension; from the students to the teacher and from the teacher to students.

INTERTEXTUALITY

Intertextuality means that, in order to understand a text, one needs to refer to the world outside the text; the world outside the text becomes important to the meaning of the text. In an academic context, the reader will make some reference of things outside the classroom some as to understand the content being presented by the teacher.

SITUATIONALLY

The circumstances in which the language is used must be relevant to its

application. For instance, the teacher should use some language with which the learners will identify. This will facilitate good communication in the classroom.

CONCLUSION

In a good discourse context should take all these criteria in to consideration as they are important for the understanding of any discourse. They help for a good relationship between the speaker and the listener, and facilitates good communication.



Are You a Good Decision Maker?

Bhavya¹ and Aastha²

You cannot make progress without making right decisions it is you decision making ability which shapes your life. We had conversation with Prof. Arif Hassan³ who interacted on decision making abilities. The paper is centred around discussion with him..

For good decision making, you need to rationalize and logically condition your thoughts and be crystal clear about the probability of your actions making significantly enhancing effects on your mundane life and work surrounding rather than just hoping for all situations to go your expected direction. This was Prof. Arif Hassan's first tip toward good decision-making. He kept the students engaged and gave them real-life situations to examine the critical thinking of the students and teachers. One such question was about a boy who was socially awkward and introverted person, who enjoyed his own company and loved arranging everything in a neat and tidy manner so what is he more likely to become a librarian or a farmer? while most students expected the answer to be a librarian and by judging the keywords like introverted and organized.

Prof. Arif Hassan helped us come clear about the fact that the possibility of the man being the farmer is 30 times more than the possibility of them being a librarian. This could be an example of his above-written 1st tip while also helped us define his second tip which was that you shouldn't jump into conclusion before knowing all the facts about your decision. Just like how in the first scenario some students stuck to a

1. Bhavya Singh (IX) : Erudite, diligent and responsible

2. Aastha Sharma (IX) : Patience and workaholic

3. Arif Hassan : A professor of psychology, and has taught at International Islamic University, Malaysia and currently lives in Canberra, Australia

solidified conclusion because they read some keywords directly pointing to their idea set without considering the facts. His third useful tip is that we shouldn't be pressurized by the majority's opinions because no one else understands what we are potent in except for ourselves. One of Einstein's famous quotes is, "if a fish is defined by its ability to climb a tree, then it will be considered dumb."

Our Approach in MBIS is not to make anyone feel left out for their special fields of excellence, fishes need not be felt dumb just because everyone around it is good at climbing trees instead it should be praised for its ability to swim.

His third tip is to think what if everything goes up according to plan, in other words, think inverse. While you're following tips make sure you don't start getting demotivated and thinking negatively. He also recommended us the book 'Thinking, Fast and Slow'.

Honestly, we got to learn a lot of thing and now I think we are good decision-makers.



Reimagining Failure

Subrato Chakravorty¹

If you fail, never give up because F.A.I.L. means “First Attempt In Learning”—End is not the end, in fact E.N.D. means “Effort Never Dies”. Here is an article which will help you understand what does failure actually mean.

As I write these, it makes me very much worried that, no matter how much we call ourselves advanced and modern, still the thinking and thought pattern of the society, as a whole, is confined within the materialistic and petty achievements like marks in examination, pass or fail in competition etc. The parents are more worried about the marks and not the character of their wards.

Now, even if the child is talented or has aptitude towards some other activities, he/she will not dare to go for that, rather will stick with his course books just because his parents want him to do so. One of the reasons of this sort of thinking is lack of proper connectivity with the outside world because no matter how close we claim to be with each other in this era of internet we are actually very far.

The perception of an individual can change drastically once he/she moves out his/her comfort zone and explore new dimensions.

I would like to quote a real-life story of one of my friends.

He was a very nice person by heart always ready to help others, loved to play music and read novels, but was not very good in studies. Actually, his inner consciousness refused to memorise the things but asked questions as how and what if. But his teachers and parents emphasised on achieving good grades and constantly compared him with others. Somehow, he passed his matriculation with second division marks. No one was happy with the marks he achieved.

1. Faculty (Mathematics)

He was forced to take science because his family believed that if he doesn't take science his life will be ruined. He failed for three years continuously. His self-esteem was completely shattered. He became depressed with all these adverse situations going around.

Any how he passed the examination in his fourth attempt and then he did his graduation. Now his biggest fear was that he will be questioned about the three-year gap as he was very honest and innocent person, he was very much afraid in giving any false excuses. He consulted one of his close friends, who advised him to face the truth head on He was motivated by his friend. He went for the interview surprisingly they did not even ask about the three-year gap.

He was selected. This incident changed him completely as a person. From a shy, introvert and depressed person to a bold, extrovert and motivated one. He conquered his biggest fear of failure.

The courage to face the failure must be cultivated among all of us because in real life scenario, life will never be a flower bed but instead it would be harsh full of thorny bushes. One must be ready to face those thorns also, here the thorns represent the hardships we have in our lives.

The goal should not be to just attain good grades but to build a strong and courageous character too.

“Courage is not the absence of fear but the triumph over it.”



Pantomime: Use your Mobile Phone wisely and Save Life

Shreya¹, Navya², Khyati³, Himanshu⁴ and Saksham⁵

A smartphone is definitely smarter than us to be able to keep us addicted to it. But its indiscriminate use can be Injurious. The mime, during the night camp had clear message on wise use of smartphone.

Mobile phones give us the liberty to connect with anyone around the world. They empower us to find any information we require and are a great source of entertainment. While this device was designed to empower us, sadly, it's turning out to subjugate us. Almost every mobile user is suffering from the addiction of mobile these days.

The mobile phone has become the central part of every human being's life. Everyone these days is pinned to their cell phones. While we may dismiss this as an expected behaviour in the current times, but the truth is it has serious behavioural and social impacts. Mobile addiction is a real quandary and a matter of great concern. It affects our health, connections as well as work.

Nowadays, technology is developing day by day. Some people can't even live without a mobile device for a day. Right now, all people use their phone to make the social communication, they use the phone to make a call, to text, to go to Facebook, Instagram and all the social media apps. Mobile phone has become a part of

1. Shreya Vishwas (X) : To travel is to live

2. Navya Vatsyayana (X) : Making difference in this world by launching self-creation.

3. Khyati Saurabh (X) : Dancing freak, just roll it, skating

4. Himanshu Kumar (X) : Loves solving Maths & Physics

5. Saksham Kumar (X) : Remain focused for quality work

people's daily life. But if we don't find a right way to use the phone, it will bring negative effect to our daily life. Especially for youth, because they lack self-control, it will be easy to have an addiction to the internet.

Most people would simply keep their cell phones in their hands and keep turning the screen on to make sure that they have not missed out on any notification, call, or message." And "Most of the phone addicts completely cut themselves off from real life and thus limit interactions with people and other real-life experiences. They see the world through their phones and interact less".

OVER USAGE OF MOBILE PHONES

It is not necessary to fall victim to it as its consequences could be damaging. We have seen many teenagers having dinner with their family members. But instead of joining in conversations with them, they keep themselves busy on their mobile phones scrolling through news feeds on social media applications. In this way, many people have lost their conversation skills which restrict them from interacting with other people. Using cell phones can cause distance in relationships too. Cell phones have become such powerful and versatile tools that, for many people, they feel literally indispensable.

EFFECTS OF MOBILE PHONES

- Weakened vision
- Headache
- Sleep disorders
- Depression
- Aggressive behaviour
- Social isolation
- Financial situations

Smartphone addiction is sometimes colloquially known as 'nomophobia'. We must limit the use of mobile to take control of our lives. It might be difficult at first, but family and friends' support can help to overcome mobile phone's addiction. For most people, getting control over their smartphone and Internet use isn't a case of quitting cold turkey. Think of it more like going on a diet. Just as you still need to eat, you probably still need to use your phone for work, school, or to stay in touch with friends.

STEPS TO MODIFY THE USE OF SMARTPHONES

- Set goals for when you can use your smartphone
- Turn off your phone at certain times of the day

- Don't bring your phone or tablet to bed
- Replace your smartphone use with healthier activities
- Play the 'phone stack' game
- Remove social media apps from your phone
- Limit checks
- Curb your fear of missing out

IMPACT

As we demonstrated in the mime, how we are engaged with our cell phones or simply say that addicted. Because of cell phones, we are not giving our time to our family members, friends, and those who are close to us. This is true that addictions can have an impact, even we are addicted to cell phones, so this affects our mental health, exacerbating or contributing to anxiety, depression, attention deficit hyperactivity disorder as well as other disorders. It can also lead to restlessness, irritability, agitation, and anger. Earlier we saw in mine that how the person was engaged in his cell phone and due to this he didn't know what he was doing and just focusing only on his mobile, which was very dangerous for him that's why he died. So, it is better to use the mobile under a limit, not in an addictive manner.

OUR MIME

It was a great experience to be part of the mime. It was really different how we dressed up, and we painted our face. The great part of our mime was when we were practicing and enjoying. In mime the message that we gave was "the overuse of mobile phone can impact our life". There were different scenes where we showed how we are addicted to phone. We wake up in the morning and check our phones. There was one scene where one girl was riding a bike and she got a call while riding then she picked up the call and she met with an accident, the people around her were not calling the ambulance they were making video and clicking photos. One more scene was there in which a person died and everyone was sitting and showing sympathy to the family member of that died person. But after sometime they got a call all of them were busy in talking without even bothering about the condition of that place.

So, we showed different types of scenes related to our daily life. It is not bad to use the mobile phone but we don't have to overuse it, "Excess of everything is bad", excess of using mobile phone is also bad for our health. Slowly we are becoming slaves of mobile phone.

EXPERIENCE

Our mime was related to mobile phones. Our Motto was to tell everyone that as

much as the mobile phone is useful it is also harmful. One of my friends suggested that can't we do mime? Then there was the matter on which topic the mime should be done after some consultation a topic came from the whole class, someone from the muted class said in a subdued tone, can't we do this on the topic mobile phone? Everyone looked at her and then some question arose in which 90% of the questions were that why should we do mime on this topic only? Why not on any other topic? Then she said that I have noticed many people driving and talking on the phone simultaneously. Even I have noticed that if someone is walking on the road, they are definitely holding a phone in their hands. Due to this 30% accidents are happening. So, we can prepare mime on extra usage of mobile phone to inform its side effect everyone in the class liked this topic and got the answer of why to do mime on this topic only.

Mime preparation was started on the side effects of mobile phone and it was presented in such a way that everyone can understand what we are trying to convey through it. The conclusion that we get was "A smartphone is an addictive device which traps a soul into a lifeless planet full of lives".



'Bhor' Movie Review

Ayush¹, Srishti², Alok³, Suryansh⁴ and Sajjad⁵

In this article, authors are talking about the movie 'Bhor' that they watched in School and the problems that is faced by the girl 'Budhni' in this movie.

Poverty is a state or condition in which a person or community lacks the financial resources and essentials for a minimum standard of living. Poverty affects the overall development of a country.

Poverty is a large topic and to cover it, students of MBIS of class nine organized workshops, seminars and so on.... and for better understanding of this topic, we watched a movie named 'Bhor'.

The story of Bhor movie revolves around the dreams and struggles of a female protagonist Budhni who belongs from small village in Bihar. Minutes into Bhor and you are taken to the village in Bihar, the world of so-called scheduled caste, 'Musahars'.

Director Kamakhya Narayan Singh brings into his film a documentary like experience to create a fictitious but real world, as he perfectly blends the themes of open defecation and women's education and empowerment. This drama took the audience to a small village and gave an opportunity to see life from a different perspective. Thus, drama unfolds various social issues faced by marginalized.

In this movie Budhni wants to pursue her studies but her father fixes her marriage to Sukan even when she was below the legal age of marriage. She agreed to get

1. Ayush Sharma (X) : Natural Leader, passionate about volleyball

2. Srishti Kumari (X) : Nature enthusiast

3. Alok Kumar (X) : Mindful in small moment

4. Suryansh Ojha (X) : Passionate about rapping

5. Sajjad Imam (X) : Gaming is a way of life

married on one condition that after marriage she would be allowed to continue her studies. She has to face problem of sanitation in open area but her husband comes with a temporary solution.

She continues her studies and top the district and was awarded with some cash to build a toilet in her house. But her father-in-law and husband spent the money without her consent. This brings attention to another issue – domestic violence. However, she overcomes that problem but another problem was waiting for her which was her father in law's poor health. Now she went to Delhi with her husband to arrange money for the treatment of her father-in-law. But there she has to face same problem of sanitation in open area.

On the other hand, Prime Minister took her name in his speech, journalist approached her for interview in her village. She became the torch bearer of the right to proper sanitation movement.

Thus, movie depicts the harsh reality of rural India and create social awareness, as it talks about education, sanitation, and women improvement. Watching this movie helped us clear our doubts, understand and observe poverty very closely.

We recommend this movie to all of you, if you want to have a better understanding about Indian's social and economic condition.



The Night Camp Experience

Ayush¹, Mayank², Atul³, Amit⁴ and Ayush⁵

In this article, Authors share their experience on night camp that was organized by the school.

This was not any specific teacher's plan; this unique idea was given by one of our science teachers. One day he provided us the night picture of our school and we all students found it so beautiful that all of us planned that we will make a proposal of night camp in our school for only class 9th and 10th to our director sir Mr. Pradeep Kumar Mishra. First it took so many times in just drafting a proposal, but somehow, we finalized a proposal. There were many if and but the plan was not confirmed but after few weeks, The proposal was finally accepted and as the covid cases were also down at that time so we decided instead of only class 9 and 10 we will invite students from class 5 to 8 also.

As this was totally students plan so teachers were also happy that their students were this much capable to organize a wonderful program.

We all students were overenthusiastic for the night camp because it was first time that we were going to do something like this. We all prepared some dance, wonderful acts, and a mime act to spread awareness related to access use of mobile phone that you will study in this journal only.

During the practice, we planned what we will play, what dresses we will bring, how much fun we will have. And while writing this Experience I am again feeling that

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1. Ayush Raj Shandilya (X) : Zoophilist
 2. Mayank (X) : Facing math problems is my passion
 3. Atul (IX) : Football lover, Courageous and responsible
 4. Amit (X) : Passionate about cricket
 5. Ayush Raj (IX) : Theatre kid

happiness and remembering the best moments that we had on that day. So, me, Ayush Raj Shandilya and my Friends are going to tell you about our best experience that we had During Night camp.

Firstly, we have Mayank's experience, He is really a wonderful student great in studies and his understanding is also great.

EXPERIENCE OF MAYANK

I am very glad to share my night camp experience. I was delightful and happy during the night camp because it was my first at school with my friends. Then, Neema ma'am came towards us and asked our feelings. Then, I went to auditorium and every class had their own program. When my turn came, I started to hesitate and my heart beat became very fast as it was my first role play in the auditorium. We did our role play very well and all teachers were praising us for our acting. Then, we went to ground and ate some snacks. After all this we went to dormitory for changing our dress for playing in ground. We were enjoying our kabaddi match. All of a sudden Amit sir announced that R.J Apoorva came on mic to perform his program. Now, R.J Apoorva sang many songs and we enjoyed a lot with him. It was near about 10 pm and we made a big circle around bonfire. It was the best moment for us that was nice scenery it was like a dream for us, we sitting with schoolmates around the bonfire under the open sky in the cold night. After bonfire we all went for dinner. The arrangement of dinner was nice. We enjoyed our dinner with teachers and took photos with them. Around 11 pm we went back to our dormitory. After all this enjoyment we still didn't stop our enjoyment. That was not enough for us. We were still playing with friends in the dormitory. Almost 1 am we went to sleep. Around 5 am we wake up and went for refreshment. After this we had two choices either we have to go to yoga or Zumba. We all friends had decided to go for Zumba because it was unique for us. We enjoyed Zumba very much. After all this, we went to ground and ate breakfast. Around 9:30 am our dispersal time came and we all felt sad and did not want to go home. Dispersal was also different for us because when we were going home, we saw that other school students were going to school.

It seems that Mayank really enjoyed his camp.

EXPERIENCE OF ATUL

My best experiences of night camp are when we all played pillow fight in the dormitory and explored the new look of our school, then at auditorium when Mukul's dhoti opened, we all laughed a lot there, at night the R.J Apoorva show was just fabulous and amazing and then the whole night we didn't sleep and roamed in the

ground floor after that at morning we had done yoga and then finally after assembly we came back home.

EXPERIENCE OF AMIT

My experience of Night Camp was very delightful I was very happy because I was with my friends and we were having lot of exciting things in this night camp. When we arrived at school, I saw that everybody was very excited. We went to auditorium and every class was having their program. It was the first time when I was performing in an act, I was quite nervous my heartbeat became very fast. We performed our roleplay very well and teachers were praising us for our roleplay. Then, after the program we moved to ground to have some food. After this we moved towards dormitory and we changed our clothes and again moved to ground to play Kabaddi my team won the Kabaddi match. After that RJ Apoorva came and sang many songs and I was very enjoying it I was feeling that I'm in a concert show. Then we had our dinner and it was time to sleep but at that time everybody was very excited nobody wanted to sleep, so we played antarakshi with our friends. After that we went to our beds to sleep. We woke up at 6am and go for refreshment. After that we moved to auditorium for Zumba there was two options to either do Zumba or do yoga but we decided to do Zumba. After doing Zumba we moved to ground to have some breakfast after that we moved to our dormitory and dressed up in our school dress and we did our morning assembly. Now, that was the time for dispersal and I really don't want to go back home I met with my friends and told them bye and my friends we're also saying that they don't want to go back.

CONCLUSION

The night camp proved extra exciting to us had lot of fun, creative activities and reflection. It was a different night with lot of learning.



Technothon

Rishu¹, Aditya², Bhavya³ and Satyabrat⁴

Technology is growing unexpectedly day-by-day in the world. So, the school organised an event called 'Technothon' to show care up our skills in Tech. To know more about it here we have an article.

Education has always been important. But now, with the help of technology, it has become more efficient and easier. Nowadays max jobs rely on tech thus, tech is also increasing employment. The upcoming generation should be aware of it. If we take some recent examples like covid we were completely dependent on the internet and in the coming few years the use of tech is going to expand in Indian schools. Increasing the use of tech is important. As we are moving fast, we should keep learning and be updated about the vogue news. We are living in a society were using social media (like WhatsApp and Facebook), working on desktops, and creating/modifying/editing documents are only considered as tech. But these are considered normal soft skills these days which a person is required to possess. Introducing the actual face of technology to their students has become necessary for schools.

Technology is like an ocean with lots of things hiding under its depth. It is advancing day by day so its need in society is. It has become important for schools to take their students to the coast of the ocean called technology. Several schools have realized this but the rest have not. But for sure over the period, they will realize that too. Well in this article you will come to know about an initiative taken by Ms. Heena Khurshid (Faculty Computer, MBIS) which promoted the interest of tech enthusiasts.

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1. Rishu Raj (IX) : Tech savvy and Musicophile
 2. Aditya Krishan Raj (X) : Fascinated about tech
 3. Bhavya Singh (IX) : Erudite, diligent and responsible
 4. Satyabrat (IX) : Green Panther and Science Enthusiast

Our country is touching great heights in various fields. It is also evolving rapidly in the field of technology. So, our computer teacher, Ms. Heena Khurshid decided to organize an event named Technothon to encourage tech enthusiasts. It was organized for the students of the Classes VIII and IX. Not all but most of the students got themselves enrolled in the event. It was a group of three parallel events.

1. Digital Poster Making
2. Brain Buzzers (IT Quiz)
3. Project Development/Website Designing

OBJECTIVE

Doubtless, to say, there is a boundless number of individuals using the internet as an asset, as a resource surrounding their most mundane life, but how efficiently, how do we use it separates us from using the Internet as an asset with using it as a liability. Ms. Heena Khurshid ensured that the interest of the tech enthusiasts should be promoted and the students who are not much aware of technology can come to know about different fields of technology through this Technothon.

Even in the arduous times of the Covid pandemic, several students of MBIS had started to increase their interest in technology and unfolded their insights and perspectives about tech.

Thus, yet again students of classes 8 & 9 take the get-up-and-go to create awareness amongst their associates about some tech-related fortes such as website designing, poster designing, and so forth. Keeping in mind that these fortes are very much demanded in the society nowadays.

To our utmost joy, the holding was more than successful, citing that the children and the audience were quite immersive to the program and even the performers were able to give their best and were pleasantly heartened by the participants.

STUDENT'S PERFORMANCE

On the day of the Technothon, the participants of the Digital Poster making category were taken to the computer lab where they were asked to make posters using their preferred software in the given period. Once the period of digital poster making finished the participants of Project Development/Website Designing were taken to the auditorium where all the arrangements for the presentation were done and the non-participants of classes 8 and 9 were also present.

Group one whose members were Aditya Krishna Raj, Suryansh, and Ayush Sharma was asked to start first. They had made Jarvis using python which was a personal assistant. They had integrated A.I. in their project and had used a few python

libraries for making it. With time technology is advancing. Day by Day new things are being done to make people's life easier. The concept of the personal digital assistant started a few years back but it kept advancing with time. Now we have almost started to enter the phase of Web 3.0 in which ML, Blockchain, A.I. etc. is going to dominate. Hence making a personal voice assistant as a project was a great choice for them and that too with the integration of A.I. gave us an outline of how the A.I. works on a working project and of course, their project made several students curious to explore the trending technologies.

Now when Group 1 left several people curious to explore trending technologies with their project, member of group 4, Bhavya who had participated alone had made a basic website about A.I. doubled the curiosity of the students about technology after her presentation. The non-participants were now eagerly waiting to see the upcoming wonderful projects of the rest participants. Group two whose members were Aryan Maurya, Saksham Kumar, and Ayush Raj Shandilya showed their website which was a prototype. Their website design fascinated everyone. The design was completely modern and the user interface was mind-blowing. Earlier presentations of the projects made the students enthusiastic about the latest I.T trends but the prototype of the website of Group 2 made several students feel like technology is not limited to MS Office, Tux paint, etc. it is way more beyond our imagination and interesting than they had ever thought before.

Making these many students enthusiastic about technology would have been fair if they wouldn't have got to know where and how they can start exploring technology? Well, the participants didn't disappoint them. Group three whose members were Rishu, Satyabrat, and Abdullah were ready to present their live working website which was focused on Free education. Their motto was to promote all the free sites to learn coding from their website, and to form a coding community through their website. Their user interface was fascinating and easy to use. They gave a mind-blowing explanation that took the curiosity of the students to the next level.

The students saw their website as a gateway to enter the coding world and that too without even spending a single penny. Poster making and Project making/website designing were completed that day but due to a shortage of time Brain Buzzers (IT Quiz) couldn't happen that day, on the day of the result. It happened before the award ceremony. The winners were awarded with medals and certificates that day and participants received participation certificates.

HOW DID IT BENEFIT THE STUDENTS?

It helped us to be in touch with technology. We got to know how we can interact

with technology and how we can utilize the technology in such a way that it helps us in a general manner, AI (artificial intelligence) would be the best example as in AI we see how a computer handles every work on its own and do those works for its user that makes work of a particular person easy and very clear. On first sight a common person will think how it's even possible, but the main thing is how you understand those functioning of the computer, that is the thing that we learned from Technothon "how to build logic".

It's not compulsory to be limited till computer we can apply this learning in our real-life also whenever we stuck in a complex problem in real life also we should remember this word 'Logic' because each problem itself has a combined logic, you just have to recognize that and done! You will be able to go through that problem easily. Having those problem-solving skills makes us productive and thus Technothon has helped us to gain all those logic-building skills.



नुककड़ नाटक

निखिल¹, आस्था², श्रेया³, निशि⁴ एवं स्नेहा⁵

नुककड़ नाटक सामाजिक जागरूकता पैदा करता है, जो समाज की सीख को आगे बढ़ाता है। इसके माध्यम से समझ की बातें सहजता से समाज के एक बड़े वर्ग तक पहुँचायी जा सकती हैं।

जैसा कि हम सभी जानते हैं कि नुककड़ नाटक को नाट्य विद्या के नाम से भी जाना जाता है। नाम से ही इसके अर्थ का भी पता चल जाता है कि बड़े समूहों के बीच खुले क्षेत्र में नाटक करना। जो कोई भी देखना चाहे, स्वागत है। कोई टिकट नहीं। मुफ्त में देखें। नुककड़ नाटक आम तौर पर सामाजिक वास्तविकता को उजागर करने के लिए किए जाते हैं।

सामाजिक जागरूकता पैदा करने के लिए लोग सड़कों पर नाटक करते हैं। इन पहलुओं का उपयोग ज्यादातर स्कूल द्वारा विद्यार्थियों को एक स्थायी और स्वस्थ वातावरण के सक्रिय प्रतिनिधि बनाने के लिए एवं प्रेरित करने के लिए किया जाता है। विद्यार्थी इसमें सक्रिय रूप से शामिल होते हैं और बहुत अच्छा प्रदर्शन करते हैं। वे अपने संदेश को जनता (दर्शकों) तक पहुँचाने के लिए रचनात्मकता दिखाते हैं।

नुककड़ नाटक में, लोग ताली बजाकर दर्शकों की ओर मुड़ते हैं। वे ऐसे दृश्यों का प्रदर्शन करते हैं जो प्रायः स्वच्छता के प्रति जनता के सामान्य दृष्टिकोण को दर्शाते हैं और बताते हैं कि इससे हमारे पर्यावरण को किस प्रकार से नुकसान होता है।

नुककड़ नाटक विशिष्ट स्थानों पर किया जाता है। और, यह कहीं भी हो सकता है: स्कूल-कॉलेज, विश्वविद्यालय, किसी मैदान, सड़क के किसी कोने या फिर फुटपाथ पर। यह न केवल नाटक या कार्य है, बल्कि एक आत्मविश्लेषण भी है।

1. Nikhil (IX): passionate about chess
2. Aastha (IX): ambitious and bibliophile
3. Shreya (IX): loves to deal with challenges
4. Nishi (IX): diligent and considerate
5. Sneha (IX): loves to spend time with color

नुक्कड़ नाटक का इतिहास

नुक्कड़ नाटक कहानी कहने का सबसे पुराना रूप है। ऐसा कहा जाता है कि नुक्कड़ नाटक का आधुनिक रूप भारत में 1940 के दशक में शुरू हुआ और इंडियन पीपुल्स थियेटर एसोसियेशन (इप्टा), जन नाट्य मंच ('जनम' के नाम से लोकप्रिय) के प्रयासों से बहुप्रचलित हुआ। जन नाट्य मंच भारत का सबसे प्रसिद्ध 'स्ट्रीट थियेटर' है और इसकी स्थापना 1973 में सबसे कम उम्र के लोगों की एक टीम द्वारा की गई थी। दिवंगत सफदर हाशमी और 'जनम' दोनों ने लगभग 100 सड़कों और फ्रंटलाइन पर 8,000 से अधिक नुक्कड़ नाटक शो किए हैं।

आजकल नुक्कड़ नाटक लोगों से जुड़ने और उन्हें जागरूक करने का सबसे अच्छा और प्रभावी तरीका है। इसके द्वारा बहुत से सामाजिक जागरूकता अभियानों ने शक्ति प्राप्त की है; जैसे बालश्रम, लिंग समानता, जलसंकट, घरेलू हिंसा आदि। नुक्कड़ नाटक के लिस पोशाक में आम तौर पर कुर्ता, जींस या स्कार्फ पसंद किया जाता है। इसके रंगमंच की सामग्री है, जबला, ढोल, वाद्ययंत्र आदि। नुक्कड़ नाटक लोगों की सदियों पुरानी मानसिकता को बदलने में मदद करता है।

हमारे विद्यालय का नुक्कड़ नाटक का अनुभव

हम लोगों ने भी एक नुक्कड़ नाटक किया था, जिसका विषय प्रदूषण था, क्योंकि यह विश्व की चिन्ता का एक मुख्य मुद्दा है। बहुत तरह के प्रदूषण होते हैं; जैसे ध्वनि-प्रदूषण, वायु-प्रदूषण, जल-प्रदूषण, खाद्य-प्रदूषण आदि। यह विचार हमारे हिन्दी अध्यापक आदरणीय पंचानन पाण्डेय और अध्यापिका आदरणीय वीना झा का था। और, सबसे महत्वपूर्ण बात नुक्कड़ नाटक की पटकथा हमारे सहपाठी सत्यव्रत और रिशु (लेखक) द्वारा लिखी गयी थी। यह नुक्कड़ नाटक कक्षा आठ के छात्र-छात्राओं ने प्रस्तुत किया था। कुल पाँच नुक्कड़ नाटक किए गए थे; जैसे वायु-प्रदूषण, जल-प्रदूषण, ध्वनि-प्रदूषण आदि। हम सभी अपनी हिन्दी कक्षा में अभ्यास करते थे। पहली बार हम सभी अच्छा नहीं कर पा रहे थे, गलतियाँ हो रही थीं, लेकिन लगातार प्रयासों से हमारा आत्मविश्वास बढ़ा और हमने बहुत शानदार प्रदर्शन किया। हममें से कुछ बच्चों ने एक चार्ट पेपर पर नाटक से संबंधित विषयों पर सुंदर चित्र बनाए। हमने अपना प्रदर्शन गीतों के साथ शुरू किया और अंत भी एक शानदार गीत के साथ किया। शुरू में हमें लग रहा था कि शायद हम सफल न हों, लेकिन हमने अपनी हिचकिचाहट से हार न मानी, प्रयास किये और सफलता प्राप्त की।

नुक्कड़ नाटक की सफल प्रस्तुति के बाद सभी शिक्षक-शिक्षिकाओं ने हमारे प्रयास की खूब प्रशंसा की। हम सब भी प्रसन्न थे कि हम अपने प्रयासों से इसे करने में कामयाब रहे।

नुक्कड़ नाटक लोगों को बेहतर कल के लिए खुशनुमा दिशा में ले जाने का सबसे बेहतर तरीका है।



Socio-Cultural Essence of Shantiniketan

Anupam Mishra¹ and Amit Kumar Sarkar²

MBIS's vision resonates Guru Ravindra Nath's vision of education. The place where the significant experiments were carried still vibrates with his vision and creative initiatives that followed. Being part of MBIS, we had an urge to feel and experience the place and imbibe the ethos. We, therefore, planned a visit to the place. We share a travelogue to all interested in the educational philosophy of Guru Ravindranath and his varied experiments.

During this Diwali vacation we planned to visit Shantiniketan to have a deeper understanding about Gurudev and his philosophy for education, art, culture and music.

Shantiniketan, the real abode of peace and tranquility, land of red soil and is famous for the renowned Viswa Bharati University founded by Gurudev Rabindranath Tagore in 1921. The university has a unique setting for imparting education, with classes held in the open. It follows a culture where study and research of religion, literature, history, science and art of different civilizations were pursued. Situated in lush green surroundings, one can feel the culture of Bengal. Located in the Birbhum district of West Bengal, Santiniketan is also a repository of exotic sculptures, frescoes, murals, and paintings by Rabindranath Tagore, Nandlal Bose, Ramkinkar, Binode Behari Mukherjee, and other internationally famed artists.

For three days we hired a toto (E rikshaw) and our guide was the toto driver Mr. ZaheerKhaan. He had a very pleasant personality. Quiet, calm and experienced. He guided us throughout the journey and enriched our understanding about the place.

Srijani Shilpa Gram Complex was our first destination which was beautifully

1. Faculty (Mathematics)

2. Faculty (Social Science)

decorated with shilp kala and traditions of Eastern India. It is a beautiful place which is designed to showcase traditional handicrafts of states of Eastern India (Bihar, Assam, Orissa, Manipur, Jharkhand etc.). It is like a miniature version of north eastern states of India. Each state is represented by a traditional house which has collection of paintings, daily use materials etc. In one corner we saw two musicians sitting under a tree and performing soul full Boul song (milon hobe koto dine) with dutara (a string instrument), tabla and ghungroo, that has the power to attract the soul of music lover. We sat there and enjoyed the performance for approx. half an hour. Diving in our own imagination with the melodious tune, it was a mixed feeling of musical and spiritual sense. The interaction with the artists (Raanjeet Haajra and Sushaant Mridha) was quite interesting and fulfilling.

In this series we visited Budha Vihar where a snow-white Lord Budha statue was present. This is a newly constructed area. In the way of Lord Budha statue, we witnessed an orphanage and a school for them. And to be very honest the, concept of the school mesmerized us. A concept in which a class is opened from two sides. Looking at it we recalled the Ashram Prampara.

Later we visited Amar kutir. A cooperative society that is involved in cooperative and assisting local tribes and artesian. Handmade toys, bags, decorating items sarees and so many local works were available who were spontaneously attracting the visitors.

Saturday is a very special day at Shantiniketan. A day when we can go and explore the Khoai Shanibarar Haat which has been taking place for over 20 years. This Mela is also called Shanibarar haat (Saturday fair) due to its opening day. Khoai Mela is an open-air Mela, without any covered stalls, on the red ground. The Mela is fully surrounded by Sal, Sagoon, and Eucalyptus trees. Most of the shop owners are women. The Khoai Mela originally started to explore the art, music, and songs of local people and santhali tribes on a larger scale. The main attractions of Khoai Mela are beautiful and affordable handmade artifacts, such as embroidered scarves, blouses, salwar kamiz, kurta, shirts, different kinds of bags and purses, handicrafts, necklaces, earrings, wall hangings, etc.

The local Baul singers were presenting traditional folk music and songs by stringing their ektaras. The most attractive performance is the Lungi Panchi Dance of tribal women with pa beat of jhall and Tumdak (drum) played by the tribal men. Visitors were enjoying a lot, some of them were dancing with the tribal performers.

We also enjoyed a lot and experienced two aspects of life. One group (tribal) were dancing for their livelihood and the other group (visitors) were dancing with them for



entertainment. It was really heart touching.

Visiting the campus of Vishwa Bharati University was the other great experience. The environment is full of greenery, peace, music, art and sculptures. There are so many places and all are different and unique from others. Likewise, Chatimtala, a place which is used to meditate and study. This place was used by father of

Rabindranath Tagore. Later on, Rabindranath Tagore used this place for his novels and poems.

We visited all the places from outside only. In other words, we were not fortunate enough to visit the place properly as it was closed from very long due to lockdown in COVID 19.

The places we visited were: Bhasha Bhawan, Padma Bhawan (Department of History and Geography), Lipika, Central Library, Teen Pahar, Taldhwaj, Pratichi, Kaach Ghar, Kala Bhawan, Rabindra Museum, Uttarayan etc.

Our next destination was Kankalitaka Temple. A popular temple devoted to sati.

In this series we visited so many places that are historical and socially important.

Kopai River, flows through Bolpur is popular because it exists in many of Rabindranath Tagore's poem. Tagore used to sit near the Kopai river and was fascinated also. One of his creations is:

"This life of mine's been nurtured by a river
In its arteries flow the gifts of mountain-peaks
Its fields have been shaped by many alluvial layers
Mysterious vital juices from diverse sources have spread themselves in
harvests upon harvests
From the east and the west networks of song-streams lull its sleep and
wake."

—Translated from 'Janmadine', February 1942

Gurudev was a nature lover in true sense. He depicted images and pictures from the nature. The Prakrti Bhawan is the place where natural sculptures of wood, stone, metal and rock sprawled. The gallery is full of natural arts with impressive display of

unique sculptures. This place links man with nature through Art, music and poetry. Prakrti Bhawan is the best example of how nature can be the best creator among all.

We also visited a Santhali tribal village Bonerpikur Danga, in Bolpur which was a great example of modern and traditional balances. The huts were made traditionally with locally available materials. Walls of the hut painted and decorated with traditional paintings and depictions. All the huts in the village have very unique arrangements with earthen pots for pigeons and other birds, which taught us how to live in harmony with nature. On the other hand, there was an arrangement of crèche for their children run by an NGO.

If, we are in Bengal we should go for the local dishes and we did it. Enjoyed the thaal full of local cuisines and platters that were really delicious.

Altogether, visiting Shantiniketan was a great learning experience.



संस्कृत भाषा का महत्त्व

सत्यप्रिय¹, सौम्या², दीपांशु³, आरना⁴ एवं उदित⁵

संस्कृत वेदों की भाषा है। हम इसके महत्त्व को संक्षेप में समझें।

हमारे भारत देश में बहुत सारी भाषाएँ बोली जाती हैं। हर एक भाषा का अपना अलग महत्त्व होता है। हर एक देश की पहचान उसकी भाषा और संस्कृति से होती है।

संस्कृत दुनिया की सबसे प्राचीन भाषाओं में एक मानी जाती है। संयुक्त राष्ट्रसंघ (United Nations Organization) के अनुसार विश्व की 97% भाषाएँ कहीं-न-कहीं संस्कृत भाषा पर आधारित हैं। नासा (NASA) का भी कहना है कि संस्कृत धरती पर बोली जानेवाली सबसे स्पष्ट भाषा है।

आइए, अब जानते हैं कि संस्कृत भाषा का महत्त्व क्या है।

संस्कृत भाषा का महत्त्व

आज पूरी दुनिया में लगभग 6,900 भाषाएँ हैं, लेकिन क्या आप जानते हैं कि इन सारी भाषाओं की जननी कौन है? या फिर इन सारी भाषाओं की माता कौन है? इन सारी भाषाओं का जन्म संस्कृत भाषा से हुआ है। संस्कृत विश्व की सबसे पुरानी पुस्तक (ऋग्वेद) की भाषा है। इसलिए इसे विश्व भाषा मानने में किसी को संकोच की संभावना नहीं है। संस्कृत को सारी भाषाओं की जननी माना जाता है। दुनिया की सबसे पुरानी भाषा है संस्कृत। संस्कृत (संस्कृतम्) भारत की एक शास्त्रीय भाषा है। बौद्ध तथा जैन धर्मों के कई महत्त्वपूर्ण ग्रंथ संस्कृत भाषा में लिखे गए हैं। (विकीपीडिया, BBC, Culture, 15 January 2020)

संस्कृत भारतीय संस्कृति एवं परम्परा के लिए महत्त्वपूर्ण है, क्योंकि इसका हमारे धार्मिक साहित्य में व्यापक रूप से उपयोग किया गया है। संस्कृत को हिन्दू धर्म में प्राचीन भाषा माना गया है। पुरानी संस्कृत भाषा समाज और ब्रह्माण्ड के बारे में बहुत-कुछ ज्ञान रखती है। इस अनूठी भाषा में न केवल इस देश के लोगों के लिए ज्ञान का अच्छा लेखा-जोखा है, बल्कि यह उचित ज्ञान प्राप्त करने का एक अद्वितीय और सही तरीका भी है, और इस

1. Satyapriya (VIII) : Passionate about sports and science

2. Saumya (VII) : Passionate about playing badminton and listening music

3. Dipanshu (VIII) : Cricket lover

4. Arna (VIII) : Passionate about music (BTS army)

5. Udit (VIII) : Cricket Lover

प्रकार यह पूरे विश्व के लोगों के लिए महत्त्वपूर्ण है।

हिन्दी, बांग्ला, उड़िया, गुजराती, मराठी—यहाँ तक कि पंजाबी—जैसी अनेक भारतीय भाषाएँ संस्कृत के साथ मूल शब्द साझा करती हैं। इसलिए संस्कृत सीखने से भारतीय भाषाओं का एक पूरा समूह सीखना आसान हो जाता है। इसीलिए संस्कृत सीखना आवश्यक है।

आखिर हमें संस्कृत क्यों पढ़नी चाहिए? संस्कृत पढ़ने के क्या लाभ हैं?

1. भारत का प्राचीन ज्ञान-भण्डार प्राप्त करने के लिए।
2. संस्कृति को समझकर, नित्य जीवन में व्यवहार के लिए।
3. अपनी मातृभाषा का शब्दभण्डार बढ़ाकर उसे अधिक प्रभावी, सुन्दर एवं शुद्ध करने के लिए।
4. जीवन के प्रत्येक क्षेत्र में यश प्राप्त करने के लिए।
5. वेद, उपनिषद, दर्शन आदि को ठीक से जानने-समझने के लिए।



- संदर्भ: 1. Times of India, 2019. NASA believes Snaskrit is a scientific language for programming: HR Minister
2. BBC, Culture (15, January ,2020).The Budha's teachings are written in Sanskrit, Pali, Chinese, Tibertan, Japanese, South Asian languages and subsequently in Western languages. Wikipedia.

समय

पंचानन पाण्डेय¹

अक्सर हम समय के महत्त्व को भूल जाते हैं, जिसका प्रभाव हमारे जीवन पर पड़ता है।

कहते हैं कि जीवन में कुछ समय ऐसा आता है जो हमें नई दिशा प्रदान कर देता है और हमारी सोच को बदल देता है। समय ही है जो हमें नयी उड़ान देता है या फिर धराशायी कर देता है। ऐसी बातों का अर्थ यह है कि हम समय के महत्त्व को पहचानें। इसलिए अपने जीवनकाल में समय पर बहुत सोच-समझकर कदम उठाने की आवश्यकता होती है। जब कोई युवक अपने जीवन में समय के साथ नहीं चलता है, तो अपने लक्ष्य को कभी प्राप्त नहीं कर सकता। कहा तो यह भी जाता है कि हमारा समय धन से भी अनमोल है। धन तो कभी भी प्ररिश्रम से प्राप्त किया जा सकता है, लेकिन जो समय हमने नष्ट कर दिया, जो समय हाथ से निकल गया, उसे पुनः प्राप्त करना असंभव है। समय विश्व में सबसे अनमोल है।

हम समय का उपयोग प्रभावी ढंग से कैसे करें, इस पर गंभीरता से सोचने की आवश्यकता है। हम अपना लक्ष्य निर्धारित करें और अपना कार्य उस दिशा में समय के अनुपालन के साथ करने के लिए प्रयासरत रहें तो सफलता अवश्य मिलेगी—यह सत्य है।

समय के महत्त्व का बखान कविवर रहीम ने कितने सुंदर ढंग से किया है:

समय लाभ सम लाभ नहीं, समय चूक सम चूक
चतुरनचति रहिमान लगी, समय चूक कह हूक।

समय के महत्त्व पर महात्मा गाँधी जी के जीवन से जुड़ी एक घटना है। एक बार वह उत्तर प्रदेश में रेल से यात्रा कर रहे थे। महात्मा हमेशा ट्रेन के तीसरे दर्जे में ही सफर किया करते थे। गाड़ी अपनी गति से चली जा रही थी। उनके साथ उनके पौत्र कांति गाँधी भी थे। गाँधीजी को लगातार काम करते रहने आदत थी। ट्रेन के डिब्बे में भी वह अपनी साप्ताहिक पत्रिका 'यंग इंडिया' के लिए लेख लिखने में व्यस्त थे। तभी उन्होंने अपने पौत्र से समय जानना चाहा। पौत्र ने घड़ी देखकर बताया कि पाँच बजे हैं। गाँधीजी की नजर भी घड़ी पर गई। उन्होंने देखा कि पाँच बजने में एक मिनट का समय शेष है। उन्हें यह बात अच्छी नहीं लगी। पौत्र की इस लापरवाही से

1. Faculty (Hindi)

वह नाराज हुए और उसे समझाया। कहने का तात्पर्य यह है कि गाँधीजी एक पल का समय भी व्यर्थ नहीं गंवाते थे। उनका कहना था कि समय और सत्य रेल की पटरियाँ हैं, जिन पर हमारा जीवन चलता है। इसलिए समय की गति के साथ अपने उद्देश्य की पूर्ति को सामंजस्य बिठाना आवश्यक है।

कहा जाता है कि समय उन्हें महत्त्व देता है जो समय को महत्त्व देते हैं। इसलिए जीवन में समय का प्रबंधन बहुत जरूरी है। समय-प्रबंधन का अर्थ है कि हम अपने कार्यों के लिए अग्रिम योजना बनाएँ और उपलब्ध समय का अधिक-से-अधिक लाभ उठाएँ। कभी न भूलें कि बीते हुए समय को किसी भी मूल्य पर प्राप्त नहीं किया जा सकता।



Children don't Fail, Its Adults who don't Understand them : MBIS's learning from its Child Centric Perspective

Rajeshwar Mishra¹ and Pradeep K Mishra²

Let us listen to the following conversation between the parents, child, the director and a teacher of a school. The child seems not to have fared well but the parents desperately plead for promotion to the next class:

The father (Fr): I feel sorry! Mac (name changed) has not performed well! What can I do? I work from morning till late night to provide all the comfort to my family. Only recently I got him a brandnew bi-cycle and a mobile phone. He can get anything to eat from the eatery of his choice. I am helpless. Sometimes I feel like thrashing him but for his mother who always pampers him.

The mother could not check and joined her husband in putting the blame on Mac, "he is good for nothing. We have six private tutors for him for each of the subjects. We spend so much on him and he always comes back with a swollen face after the result'. I knew this was going to be. I also called Mr. Som (his favorite teacher) to enquire how he has done. He (Mr. Som) was not positive."

Hearing this Mr. Som added, "I always reminded him of his casual nature and advised to be serious. He never paid any attention! This year we cannot promote him as this will set wrong example!"

While all this was going on Mac kept listening to everybody keeping his head down. He demonstrated remorse and guilt. A tear was about to gush out!! The Director was listening to the conversation and seemed curious to understand what was wrong. Suddenly he whispered to himself and asked to everybody, "did

1. Social Psychologist and mentor, MBIS, Patna

2. Founder and Director, MBIS, Patna

the child really fail'? Who failed him? Who should have helped the child and who should be accountable to what happened with the child? In the entire conversation we did not hear anything from the child! Do we really understand his situation?''

Mac seems to be reconciled to the situation! He cannot explain. He seems good for nothing' to himself!

The questions of the director seem pertinent and deserve careful examination and understanding. The paper is an attempt to seek answers to the director's questions and several others. The paper is based on the learning from MBIS which tried to look at the questions rather differently.

THE CONTEXT

Examination time often witness queer situations for every body-the child (the examinees), the teachers, the parents and the institutions responsible for imparting education and certifying the quality and level of education imparted by them. While the children feel relieved that 'their examinations are over'—they anxiously wait for the result with various permutations and combinations that might determine their grade. At home there is often apprehensions and mixed conversation. The parents can be seen threatening – 'if you don't...' The institutions (in schools) often emphasize – 'we must get good result, otherwise...'. In the staff room prolonged discussions center around examinations and scores of the children. Under such complex deliberations and tense environment, result finally comes, leveling and declaring children on scales which range from "good for nothing" to "super bright sparks".

For the super bright it is time to celebrate for others its time to reflect, pray and lament one's misery and 'good for nothingness'! Involved in the business of education, we have often hunched- 'do children really fail'? Are we in a position to realistically capture the spark and objectively judge the children for their understanding of what they are supposed to in a 'grade/ class relevant' context? These have been puzzling us and we tried to understand this. The paper is an attempt in this direction!

THE MICRO-CONTEXT OF MBIS

Manava Bharati International School (MBIS) follows a child centric perspective and collaborative pedagogy which inherently focuses on the children ensuring their active participation in all spheres of what they do – 'each child and their perspectives matters' for us. As part of our effort to understand this situation we picked -up some

students who, apparently, did not perform well and the teachers felt, overtly, concerned about them. We decided to get deeper into each of such 17 students from two classes- 'seventh and eight'.

Looking at the result (based on their performance at the examinations) we started pondering over questions such as (1) did the child abruptly show symptoms of failure or was showing the symptoms continuously? (2) if the child showed symptoms of decline, was it noticed and appropriate support offered? (3) were the teachers and the parents engaging with the child (4) if yes what remedial measures adopted (5) If the remedial measures did not work (6) whom the failure should be attributed to? What was done? The parents and, in some cases, the entire family were invited together with the children whose performance was under scrutiny. Detailed discussion was held with each of the attending children and the family. The discussion moved around – (1) situation at home, (2) time spent with the children, (3) regularity of parental engagement with the children, (4) frequency and nature of engagement with the school, the teachers and the management and (5) options given to them -let the child repeat or be promoted to the next class? The discussion was held in an environment of empathy and trust.

THE EMERGING CONVERSATION

The discussions offered insights into existing conundrum around the issues-who fails and what contributes to the failure. The sessions witnessed emotional bursts/ disappointment and shifting attributions. A father was seen shouting at the child and the mother with a loud cry – 'I work day and night to offer comfort and luxury to the child – 'he simply undermines my efforts.I will not spare him'! Yet another mother would argue in favor of her daughter citing pretext of her intermittent illness. Another father suggested that the child should also play a social role and there is no harm if he has to miss some of the classes. Interestingly the child insisted he would better spend more time in study rather than visiting and attending social events at his relatives' places. There were interesting anecdotes exchanged! We would, however, like to share the running conversations on the issues as captured during the sessions or before.

THE EMERGING CONVERSATION

The Parents	The Teachers	The School	The Child
<ul style="list-style-type: none"> • They are undisciplined and careless-we had our days of hard work and discipline. • We as parents work so much for them-they don't realize. • If we are around them where will the money come to support their education and high standard of living?. • We pay such high fees to the schools. Its their responsibility to ensure success. • The boy in the neighborhood always gets good grade although they are not so rich! 	<ul style="list-style-type: none"> • We are working hard they are not paying attention. • Discipline is missing among the children. • They don't complete their homework. • In the classroom he/she is often distracted and daydreaming. • I am the same teacher who has helped improve so many children why he/she cannot benefit? • Parents never ever pay attention. • He/she will improve with the time. 	<ul style="list-style-type: none"> • Our goal is to develop all the children! • We need to prepare children for the cent-percent result • All round development of the children is our motto. • We are child centric • Our teachers must work hard to achieve the above. • No other school has such environment as ours! 	<ul style="list-style-type: none"> • No clue about what they say? • Ambivalence and confusion pervade!

CONSOLIDATING THE UNDERSTANDING

With such engaging sessions we were able to consolidate our understanding of the situations. And, we learnt:

1. The parental support and involvement were missing in most of the cases. Parents were too preoccupied with their own professional and family responsibilities and social obligations;
2. The school was not able to personally focus on each of the children and was often counselling (a preaching mode) them to work hard and do better. Only in some cases handholding was available,

3. The core issues and themes were missing clarity and lack of planned exercise and work. Hand holding and follow-up were missing,
4. Students had multiple home tutors who often used methods and pedagogy not in conformity with the school!
5. An obsessive engagement with digital devices, mostly, mobile phones, and
6. Loss of focus, speed and accuracy because of continued on-line classes during the pandemic.

During the sessions the children and the parents insisted on promotion to the next class promising hard work and renewed efforts. In majority of the cases a mutually agreed deal was struck- 'the children would sit for a re-examination/ supplementary examination and the parents would devote time with the children in preparation, supervision and hand holding.

Over all ten days were requested as the preparation time. The examination and evaluation were planned in a such a way that these students would be able to catch up with their respective class fellows. The teachers were offering academic inputs and mentoring them as and when required. The authors (1,2) were maintaining contacts with the students and the parents as well. In due course the children appeared for their examinations, their answer scripts examined and result published. The students were found suitable to be promoted to the next class What the process resulted into:

1. All the students fared well and qualified for promotion-they had a goal to achieve and they really achieved with their hard work. This must have infused a sense- 'I could achieve and will do in future as well'!
2. Parents remained involved spending time with the children in their studies. They must have realized (may be temporarily) their involvement is important!
3. The students, over period, have started showing promises in their studies and other creative activities -needs to be monitored
4. There is apparent sense of regret and seriousness among the children – (may have lessons for future).
5. The teachers are paying special attention-still not getting the desired level among the students may need some more focused time and
6. The children are happy they are not left behind -thanks to their hard work and involvement of the parents! The happiness needs to be preserved and sustained-this may have bearing on their future efforts. Learning and Take ways.

This has been a modest intervention. One cannot say anything conclusively but there are insights which should not be ignored. We feel,

- In the entire game of examination/evaluation and promotion it is the child who is not allowed a level playing field. He remains a player outside the boundary! Why he and she should not be part of what has to be examined; who has to examine and how the questions are to be framed and evaluated!
- The children need to be continuously and concurrently evaluated and monitored offering them systematic feedback. Not only feedback but also ways the teachers and the students can work together to achieve a jointly set goal!
- We have found the parental involvement as crucial but is not forthcoming and is available. They have responded and acted well which impinged upon the efforts of the children. There is a need to keep them constantly connected and involved. The parents cannot justify their lack of involvement but it has not been a blame game- 'some creative ways need to be evolved'!
- Are the teachers competent evaluators and do they play their role objectively? In our understanding there has to be more reflection within the schools in general and within MBIS in particular? Getting a score, say 29, one student may fail and the one getting 30 is considered passed and promoted? How rational it is? What can be a more creative and pleasant way to evaluate and judge?
- In case of failures, at the specific examinations, why are children looked down upon as villain? Is he or she really what he or she is leveled as? Is there a fair way to fix accountable? Failure is always demoralizing and ruptures the self-image. It has long term implication for the psycho-emotional, social and professional development of the children. It is unfair and stigmatic putting the onus on the children! Educators need to have a fresh look at it!
- Why are examinations scary? Why they cannot be an occasion to celebrate and look forward to with grit and welcome? How can this happen?

IN CONCLUSION

Who loses and who gains in the zero-sum game of examinations? And to whose advantage and disadvantage? We feel examinations need to be thought through, planned and executed as a win-win strategy. In the existing situation it is more a lose - lose proposition. In terms of fixing accountability, we all must offer ourselves as responsible and remedial measures thought through and initiated accordingly. Failing a student, in our view is a collective failure and should not be attributed to a child alone. Time to awake and act!



Children : A Bundle of Joy

Suprita Sinha¹

Their smile makes your day, Their chuckle makes your way!

Children are a reason for a joy forever. A child at home or a child around you can give you what you are not expected to get. Their smile, gesture, words and expressions can lead you to a magical world. And that truly holds true! There is so much we learn from them, their curiosity and excitement to learn and explore makes us learn to know more and to value life at different stages. Their gestures have a long-lasting impact on us. But unfortunately, we fail to see that and appreciate the same.

We adults often think that they exist because of us, we are the reason for their identity. I feel, our identity is because of them, our smile is because of them. As parents and teachers, we feel that they should do what we expect them to do. We feel that we are much smarter than a child, but I feel that we are only more in age than them, that's all.

ARE WE REALLY SUPREME? MAY BE NO!

This thought negates in the context of my own experience and I feel quite delighted to share my experience. It was a cold gloomy dry morning when I woke up. It was a terrible day for me- some botheration, anxiety and so many negative thoughts hovering over my mind. But then doing all my household formalities I was off to school, I boarded my bus and talking to myself I passed the usual bus ride to school. I was at school, the bell rang for the first class and I was in my class in the usual way, still gloomy and vexed over certain unanswered thoughts. I sailed into my class and to my surprise the classroom played certain magic. I was on with the friendly attendance, usual discussions, knowing one another's well-being and finally teaching, making a

1. Faculty (English)

little fun and discussing the know-how of the topic, lots of interactions over the topic and this was the moment which made me feel delighted and light. It was a beautiful day which made my day bright and light and full of life.

And after the bell when I was on my way to my next class, I felt so relaxed and thought I must extend my gratitude to my children, it's not only the teachers who makes a class happy place, rather it's the children who are so full of life that they make the air filled with joy and happiness. They are a bundle of joy for me. They not only made my day but made an everlasting impact in my life. I will cherish the precious moment forever. I treasure such lovely gestures of my students and am thankful to each one of them!

You are my closest companion today and forever!



A Child is not an Empty Vase to be filled, but a Fire to be Ignited!

Francis Xavier¹

It gives me immense pleasure to see MBIS students working independently on publishing 'out and about'. This is an important initiative which fosters imagination, critical insights, impressive thought processes and skills such as editing and designing.

This is in fact a child centric learning, which is the perspective and practice at MBIS. Where learning comes alive, where learning is by doing, where kids are evolving and learning to discover their innate qualities, where the child is totally free and is able to express his or her thoughts. Whether in the classroom or the playing field they can be seen expressing the perspective in full play.

The collaborative perspective and participative pedagogy, as practiced at MBIS, is offering them a level playing field to enable them reflect and deliberate leading to development of a constructive self-image and self- efficacy. Hands on experiments and handholding is helping development of constructive skills to handle social, environmental and cultural issues.

I am witness to their evolving creativity and critical thinking in several domains. Children can be seen working on pottery, visual documentation and various elements of theatre. Their thoughts are quite integrated and grounded both theoretically and in practice. Pottery for them is an opportunity to explore possibility from the state of nothingness. They are attempting analysis of social and gender issues which prepare them for a future ready citizen

To summarize, a collaborative and child centric approach adopting a

1. Principal, MBIS

participatory pedagogy has helped the children develop critical thinking and ignited individuals ready to take on the global challenges with determination and élan. They are not the empty vessels, as is usually surmised, but powerful house of creativity and action. They need to be ignited and encouraged to catch up!

Out-and about is rightly designed to help them catch up and ignite their imagination!



Boon for the Poor : SHGs

Hanshika¹ and **Divyam²**

We chose this topic when we were discussing the chapter, "Money and Credit" in our economics class we got to know about SHGs. We found this topic very interesting, as it has helped in improving the economic status and in providing a better life and opportunities to the poor. Hence, we decided to research and write about it.

SHGs or self-help groups are cooperative societies which deal with poverty in a less complicated manner. The groups consist of around 10-25 members, who contribute money according to their economic status, and utilize it in a beneficial way. They pool their money and then take credits from the pooled money. Credits are taken by members who might be craftsmen, farmers, and other needy people on a certain interest rate which is comparatively lower than that of loans by the banks, moneylenders, landowners, or relatives. Whenever the money is repaid the amount is distributed among the group members, according to the proportion of the amount they contributed at first. It also protects individuals from uncertainty.

SHGs have proven to be a boon for the poor men and women in rural areas. Through these, women can become self-reliant and improve their lifestyle.

LET'S TAKE A PARTICULAR CASE

Ramu is a farmer, he has taken a loan to grow paddy crops. He planted those; he also hired some men to help him. He had great expectations from this harvest, such that he thought he would be able to pay his previous loan off, and still would have some money left for his savings. He visits his land every day and looks after

1. Hanshika Anand (X) : Passionate painter

2. Divyam Sinha (X) : Escaping the ordinary

the crops, irrigates them, uses expensive and qualitative insecticides, pesticides and fertilizers, etc. The very next day, a pleasant rain gave him huge hope but, suddenly big hailstones started falling. He was awestruck. He started praying to God. The only thought that occupied him was 'how would he repay his loan'. He didn't have any other source of income. In the end, when he did not get any solution, he had to sell half of his land and also some of his mother's jewellery, to repay the loan.

This story makes it clear how can help to deal with poverty and risky the income of farmers is. Thus, we can conclude that SHGs resist poverty. If Ramu would have joined an SHG he would've got more time to repay the loan, by convincing other members. The poor can't get loans from the bank without collateral. Groups like SHGs are now providing loans to the poor without collateral and at low interest rates, which can enhance their economic condition, stability and fulfill their needs too.

A VERY BEAUTIFUL EXAMPLE OF SHG:

A person named Mohammad Yunus took a way forward for the welfare of the poor to uplift them from poverty. Today it has taken the form of a huge organization where it helps millions of people to build up their economic status. The name of this substantial organization is Grameen bank, which was started by Mohammad Yunus.

Mohammad Yunus is a Bangladeshi economist. Let's talk about his life. He completed his schooling at Chittagong School, and then pursued a B.A degree and an M.A course from Dhaka University. Later, he completed his Ph.D. in economics from Vanderbilt University with a full-bright scholarship. He returned to Bangladesh after his Ph.D. and got the post of Deputy Chief of the Economics Division. In the year 1976, he started giving small amounts of money to the poor. We must be thinking about how Mohammad Yunus thought of taking this initiative of helping the poor. The idea of Grameen Bank struck his mind when he was doing a research program on designing the banking system.

And, there onwards his journey began. To make this project successful, he credited some money from the Central Bank of Bangladesh. In 1983 this group was declared incorporate by the government and they also got grants from some places. The main objective of this group was to give women from poorest strata of society self-employment opportunities. And, it has been estimated that 97% of the borrowers from Grameen Bank are women. For his pioneering work, Mr. Yunus and Grameen Bank were jointly awarded a Nobel Prize.

It is very important to promote these because many needy people are unaware of SHGs. They can get money from SHGs for their work, that too on low interest. For spreading awareness regarding SHGs we need to do the following:

1. We can develop a team and give a clear idea of the whole mechanism of SHG.
 2. We can run campaigns in rural areas.
 3. Non-developed banks should also collaborate with SHGs and advertise.
- A single step of ours can change the lives of millions.



Unity in Diversity

Shreya¹, Amogh², Abdulla³ and Shresth⁴

“The beauty of a country lies in the diversity of its people.” This article describes the beauty of India that is its diverse cultures.

Our topic is related to our Program of ‘Night Camp’ that was held in our school from 29.11.2021 – 30.11.2021 for classes V to IX. It was a fun evening, we danced on the song named- Welcome to India, represented all of the regions that one could find including Bengal, Gujarat, Tamil Nadu etc.

EXAMPLE

In Bengal, people speak Bengali and wear traditional Bengali clothes, for men its dhoti and for women its sari, respectively. Their staple food is commonly machh-bhaat, other such examples could be of Gujarat, Bihar, Maharashtra etc.

CONCEPT

Unity in Diversity is a concept which signifies unity among individuals who have certain differences among them, these differences can be on the basis of culture, language, ideology, religion, sect, class, ethnicity, etc. Furthermore, the existence of this concept has been, since time, immemorial. People have constantly shown this praiseworthy behavior almost everywhere on earth. The concept has certainly resulted in the ethical and moral evolution of Humanity. Unity in Diversity provides a source of tourism in India.

1. Shreya Kumari (IX): Badminton player

2. Amogh Upadhyay (IX): Plant lover

3. Abdullah Jawed (IX): Ethical hacker

4. Shresth Anand (IX): Harmonium player

INDIAN CULTURE

India is a vast country with various geographical features and climate, a country of infinite variety, is fascinating with its ancient and complex culture, dazzling contrasts and breathtaking physical beauty. Indian culture is an amalgamation of diverse cultures and traditions influenced by the great Indian history. India is the second most populated country in the world and thus evidently a culturally diverse country.

RELIGIOUS DIVERSITY

India is a birth place to more than 200 kinds of religions including Hinduism, Islam, Christianity, Sikhism, Buddhism, Tribal, Jainism, Judaism etc. But despite these many different types of beliefs, we Indians like to view our country's diversity as an asset rather than a liability. What we believe is that "many religions can be true", rather than that "ours is the true religion". Many Indians also practice religion in a secular way. For example; how some Hindus go to Gurudwara, how some Muslims have worshipped in a temple or church, how some Christians say that they have celebrated Holi and Diwali, how some Hindus and Muslims say that they have celebrated Christmas. We love everyone as equal; no religion can separate or divide us. It's our sworn duty to respect every diverse opinion in our country.



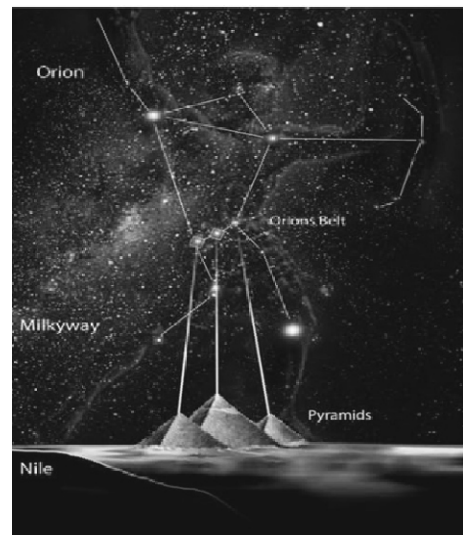
Mystery of UFO

Agastya¹, Sanskar², Vaibhav³, Hammad⁴ and Naman⁵

We all are aware of the history of human evolution and civilization. But very few of us know about UFO's and Aliens. So, this write up is filled with many amazing and unknown facts about the mysterious world.

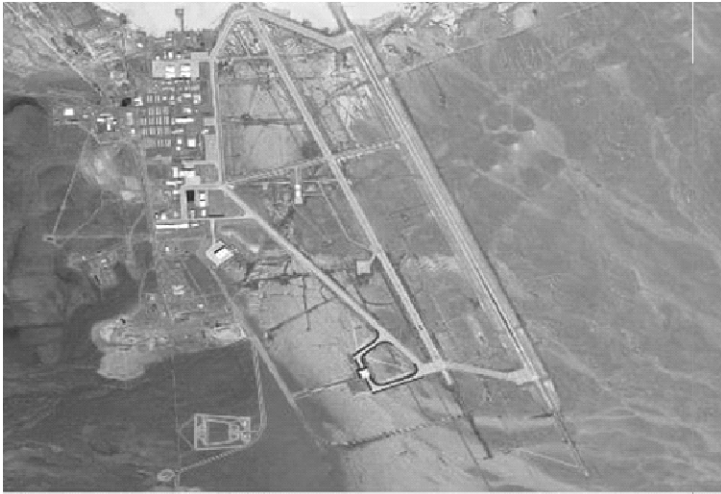
UFO is a great mysterious thing and if you think for a minute, it is very interesting and we have seen many evidences of it but still we aren't able to find what exactly it is. UFO stands for "unidentified flying object". So, let's find it. You may have heard the name of 'The great Pyramid of Giza'. It is said that it was made by the aliens in the earlier years. The scientists have found that there are three pyramids lined in such a way that it indicates the 3 stars in the space of Orion's belt.

The mysterious thing of these monuments is that they are so massive and are perfectly aligned. The rocks from which they are made weigh 200 tons. These pyramids are the last of the seven wonders of the world. The height of this is 479 feet (146 metres) with the base 754 feet. This was a very mysterious structure. You may have also heard about Area 51.



1. Agastya (VII): Cricket and History Lover
2. Sanskar (VII): Passionate about Sports
3. Vaibhav (VII): Dog Lover
4. Hammad (VII): Internet Surfing
5. Naman (VII): Video Games Lover

That year the national security achieved at the George Washington University open through the freedom of Information act, a formally classified saw a document that chronicled the history of the U-2 spy plane. According to the report released in 1955 the remote site- which included an air field not used by the military since World War II - was selected in order to test the U-2. Test flights of that spy plane and subsequent aircraft accounted for many of the UFO sightings in the area. After that area 5q was used to develop other aircraft including A-21 known as the stealth fighter



F-117 Nighthawk. These incidences are to be not believed. As there are not any perfect proof about it. There were many pictures leaked by NASA. One group of hackers leaked it. The picture was taken from area 51 in which fighters destroyed the UFO in 1942. By these all proof still scientists cannot tell it that there is external life form. NASA is still tracing it.

In 2013 the U.S. government officially acknowledged the existence of Area 51. That year the National Security Archive at George Washington University obtained through the Freedom of Information Act (FOIA) a formerly classified CIA document that chronicled the history of the U-2 spy plane; a heavily redacted version had previously been released in 1998. According to the report, in 1955 the remote site—which included an airfield not used by the military since World War II—was selected in order to test the U-2. Test flights of that spy plane, and subsequent aircraft, accounted for many of the UFO sightings in the area; the U-2 could reach altitudes much higher than any other planes at the time. After the U-2 was put into service in 1956, Area 51 was used to develop other aircraft, including the A-12 (also known as OXCART) reconnaissance plane and the stealth fighter F-117 Nighthawk.

□□□

Easy to watch but hard to accept

Akanksha Anni¹

This article puts a spotlight on the damages caused by poverty on the childhood of our country. So, here's the report dealing with it.

A day when I happened to visit kothwan Mushari, Anganwadi

When those big black blank eyes stared at me that afternoon as a stranger. I was filled with fear that this is what India is? If the distribution will be done equally amongst all the children of Bharat this is where Bharat can limit itself.

There was no tear in their eyes when their mothers left them in the anganwadi and went to earn, rather the continuous flow of their nose revealed that they were uncared. Anyone could harm them they were left there to cry. Those skinny arms asked me to take their photograph. Their wish to see that how they look in the picture was reflected



with a sigh. The flies gathered on their face as it was their favorite place to be. They have been left at Anganwadi to learn but they were far away from the education. Their childhood was lost in responsibilities of taking care of their younger ones. The life was full of disgrace still they had smile on their face. I could feel the hunger in their stomach.

1. Faculty (English)

Their poverty made them disabled mentally, no power to create anything.

Can I do anything to make them stronger? Will my soul allow me? Am I that courageous?

I came back home, the sight kept me haunting for few hours. Finally, I came to my knees and realized that I can only pray. The lost voice of my soul kept on calling me, but I was helpless. I made myself understand that to be born rich or poor is one's fate.

I deeply felt that how poverty affects a child's dream. My selfish blind eye couldn't see that they need care. Can I shout alone to open those deaf ears of the government or the society. How hard their life was but they still said 'cheese' and allowed me to take their snap. Are we wise enough to submit the hell as their future? Myself being wealthy enough could only share my blessings. Poverty, hunger, scarcity, poor children sweeping the Hamlet homes, half fed, half clothed, clumsy and soiled, uncoiled hair taking care of her younger brother... is the true picture of Bharat.



‘संसार पुस्तक है’ और ‘जो देखकर भी नहीं देखते’ : समीक्षा

शिव¹, प्रीत², अयानुर³, रजिया⁴ एवं रौनक⁵

हेलन केलर : घोर अंधकार में आशा की किरण ।

“संसार पुस्तक है। इसका अर्थ यह है कि पूरी संसार एक पुस्तक है। इस संसार में छोटी-से-छोटी चीजों से भी हमें बहुत जानकारी मिल सकती है।” यह पत्र जवाहरलाल नेहरू का है, जिसमें उन्होंने अपनी पुत्री इंदिरा को पूरी दुनिया के बारे में जानकारी दी है। जब नेहरूजी इलाहाबाद की नैनी जेल में थे तो इंदिरा मसूरी में थीं। उन दोनों के बीच बातचीत संभव नहीं थी। इसलिए विभिन्न विषयों की जानकारी देने और अपनी बातें कहने के लिए वह इंदिरा जी को नियमित छोटे-बड़े पत्र लिखा करते थे। यह कहानी भी उन्हीं में से एक पत्र है।

नेहरूजी ने इंदिरा जी को लिखा कि अगर उन्हें दुनिया के बारे में जानने का शौक है तब उन्हें उन सब देशों और उन सबमें बसी हुई जातियों को जानना पड़ेगा, उनका ध्यान रखना पड़ेगा; केवल उस एक छोटे से देश का नहीं जिसमें वह पैदा हुई हैं। उन्होंने कहा कि उनके लिखे गए पत्रों से वह समझेंगी कि दुनिया आबाद है और इसमें बसे हुए लोग हमारे भाई-बहन हैं। उन्होंने बताया कि यह धरती करोड़ों वर्ष पुरानी है और बहुत दिनों तक इस धरती पर कोई मनुष्य न था। मनुष्यों से पहले सिर्फ जानवर थे। और जानवरों से पहले एक ऐसा समय था जब धरती पर कोई जानदार चीज थी ही नहीं। दुनिया में कई ऐसी चीजें हैं जिनसे पुराने जमानों का हाल मालूम हो सकता है। तैसे पहाड़, समुद्र, सितारे, नदियाँ, जंगल, जानवरों की पुरानी हड्डियाँ आदि। अगर किसी इंसान को संसार-अक्षर पढ़ना आ जाए तो एक छोटे से रोड़े से भी बहुत बड़ी कहानी बना सकता है। अगर हम एक रोड़े को देखकर सोचें कि वह हमसे बातें कर रहा है तो वह हमें बताएगा कि एक समय—जिसे शायद बहुत दिन गुजर गए हों—वह भी एक चट्टान का टुकड़ा था। दूसरे चट्टान के टुकड़ों की तरह उसमें तीखे किनारे और कोने थे,

1. Shiv Keshav (VII): A good chess player.
2. Preet Sharma (VII): A badminton player
3. Ayunar Rahman (VII): A good artist
4. Raziya Praveena (VII): A singer
5. Raunak Kumar Singh (VII): A carrom board player

जिनसे तुम बड़ी चट्टान तोड़ती हो। शायद वह किसी पहाड़ के दामन में पड़ा रहा। तब पानी आ गया और उसे बहाकर छोटी घाटी तक ले गया। वहाँ से पानी के बहाव ने फिर उसे किसी छोटी-सी दरिया में पहुँचा दिया। दरिया में पड़े-पड़े, पानी के बहाव से उसके तीखे किनारे घिस गए और वह चारों ओर से चिकना और चमकदार हो गया। इस तरह वह कंकड़ बना और नदी के पेंदे से निकला तुम्हारे सामने है। किसी वजह से दरिया उसे छोड़ गया और तुम उसे पा गई। इस तरह, हर एक छोटी चीज के पीछे बड़ी कहानी होती है।

जो देखकर भी नहीं देखते

जो देखकर भी नहीं देखते का अर्थ होता है अनदेखा करना, जो हम ज्यादातर क देते हैं। कुदरत की तरफ से हमें दो आँखें मिली हैं, जिनसे हम सही-गलत, अच्छा-बुरा देख सकते हैं। हम यह नहीं देखते कि प्रकृति कितनी निराली है। प्रकृति को हम जब भी देखते हैं तो वह कितनी हरी-भरी दिखती है, लेकिन अधिकांश लोग उस पर गौर नहीं करते। अगर कोई इंसान उसी प्रकृति की सैर करने जाता है, एक-दो घंटे घूमता है, लेकिन अगर उससे पूछो कि उसने वहाँ क्या-क्या देखा तो वह बताता है कि उसने कुछ नहीं देखा या कुछ खास नहीं देखा। क्या यह संभव है कि कोई इतने समय इतने जगहों की सैर करे और देखे कुछ भी नहीं? यह बात सिर्फ प्रकृति की नहीं है, हर एक चीज की है, जिन्हें हम देखकर अनदेखा कर देते हैं। हम देखकर भी जो नहीं देखते हैं, वह जो देख नहीं सकते, देख लेते हैं; जैसे हेलेन केलर। क्यों? अमेरिकी हेलेन केलर एक ऐसा नाम है जो हमें अंधकार के बीच रोशनी देता है। वह जब डेढ़ साल की थीं तब एक ऐसी बीमारी के कारण उनकी देखने और सुनने की शक्ति चली गयी थी। लेकिन उन्होंने खूब पढ़ा, जाना एवं एक प्रसिद्ध लेखिका के रूप में नाम कमाया। दृष्टिशक्ति हीन लोगों के लिए किए गए अपने कामों के कारण वह एक विश्वप्रसिद्ध प्रेरणास्रोत हैं।

संसार पुस्तक है (निबंध)

- संसार पुस्तक है का अर्थ है कि यह संसार एक पुस्तक जैसी है।
- संसार की हर छोटी-छोटी चीज के पीछे भी एक बड़ा रहस्य होता है।
- जब तक हम जीवित रहते हैं, तब तक हम संसार से कुछ-न-कुछ सीखते ही रहते हैं।
- हमें जितना आनन्द संसार के बारे में जानने से मिलता है, उतना आनन्द हमें किसी कहानी में भी नहीं मिलता है।
- संसार का पुराना हाल हमें पहाड़-समुद्र-सितारे-नदियों-जंगलों आदि से मालूम हो सकता है, मगर हाल जानने का असली तरीका यह नहीं है कि हम केवल दूसरों की लिखी हुई किताबें ही पढ़ें, बल्कि संसाररूपी पुस्तक को स्वयं पढ़ें।
- एक छोटा-सा रोड़ा—जिसे हम सड़क पर या पहाड़ के नीचे पड़ा हुआ देखते हैं—वह संसार की पुस्तक का एक छोटा-सा पृष्ठ है। उससे हमें बहुत सारी बातें मालूम हो सकती हैं।
- हम संसाररूपी पुस्तक को पढ़ सकते हैं, अगर हम चीजों को अच्छे से देखें और हमें उसे पढ़ना आता हो।

जो देखकर भी नहीं देखते (मद्देनजर - 'स्वयं पर विश्वास')

आज जिनके विषय पर हम लिखने जा रहे हैं, वह एक लेखिका थीं। इनका नाम है हेलेन केलर। हेलेन केलर एक बहुत ही प्रसिद्ध लेखिका रही हैं। इनका जन्म 1880 ई. में अमेरिका के अल्बामा शहर में हुआ था। हेलेन केलर का नाम आज अंधकार में रोशनी देनेवाला नाम है। मान लीजिए, जो इंसान न सुन सकता हो और न ही देख सकता हो, वह लिखना-पढ़ना सीख ले और उच्च श्रेणी के ज्ञान तक पहुँचे तो कितनी यह बड़ी और आश्चर्यजनक बात है। बचपन में हुई एक बीमारी ने हेलेन से उनके देखने और सुनने की शक्ति छीन ली थी, किंतु आत्मविश्वास से भरपूर हेलेन ने अपनी कमियों को आगे बढ़ने का कांटा नहीं बनने दिया। अंधे लोगों के लिए उनके कार्यों के कारण उन्हें एक मसीहा की भांति याद किया जाता है। उनका योगदान पूरे विश्व के लिए उपयोगी है। उनकी कुल दस पुस्तकें और सैकड़ों लेख प्रकाशित हुए हैं। उनका स्वयं यही विश्वास था कि कुछ लोग देखकर अनदेखा कर देते हैं। वे लोग अपने आसपास के ज्ञान को उस प्रकार आत्मसात नहीं कर सके जैसा हेलेन केलर ने किया।



Way to Triumph

Divyam¹, Aditya², Raunak³, Gaurav⁴, Yogaja⁵ and Kishan⁶

This article describes the experience and the strategies applied by the batch of 2021-22 for the board examinations.

Board examinations will be in two parts? The first part will be in an MCQ format? The examinations might be cancelled. The students of class tenth were surrounded with so many questions like these. The proposed changes were difficult to accept in the beginning, but gradually all of us not only accepted it but also prepared ourselves to fight the battle ahead.

We changed our strategies, worked even harder, and demystified the format, all towards triumph. We did some sessions in which we all sat together and discussed how should we prepare for it? What should be an ideal strategy? And how can we execute it efficiently? We stuck to our strategy, worked diligently. We also had a brief discussion on MCQs only where students made their questions from their understanding about which we have written in detail in our first edition of 'Out and About'. This discussion was quite fruitful for all of us as we have got acquainted with MCQ's in true terms now & thus our stress has also reduced. Then each of our subject teachers sat with us and made a strategy to complete the syllabus and our goal was not only to finish the syllabus but along with it, was to practice the MCQ (Multiple Choice Questions) of each chapter that are coming in Term 1.

-
1. Divyam Sinha (X):Escaping the ordinary
 2. Aditya Raj (X):In the pursuit of happy life
 3. Raunak Kumar (X):Passionate to be enthusiastic
 4. Gaurav Kumar (X):Is passionate about learning how things work
 5. Yogaja Aasti(X):Passionate to demist life
 6. Kishan Raj(X): Passionate to be explorative

A few days later we had PT-2 in which our course was of Term 1 only. This was being done in the same format as Term 1, i.e., MCQ format and in the OMR sheet so that everyone will get a clear-cut idea of how to fill it and of time management during exam hours. Till now we were in a position where the pattern was not very new to us, and we had made our hands dirty with the new format.

Finally, after all the preparation & strategy, we were ready for our examinations. We were excited but at the same time our hands were shaking & it's natural as boards are not just an examination, it's an emotion for millions of students, a springboard for future too. We remember the last meeting with our teachers & mentor where we were discussing about examination centre & other important things to be kept in mind while going for the examinations.

Our friends were too happy & excited which is reflected by their words-"ab lag rha hai, hum log bade ho gaye hai" (now it seems, we have grown up). But, as said board is the very first step in every student's journey so we have also prepared like that only. Now we were close to the examination date & our nervousness, as well as excitement, was at the peak, but our parents, teachers and our friends held our tingling fingers & cheered us. We were overwhelmed by the love & support, we got from them & it was indeed one of the best moments of our life. Now the most awaited moment came - the board examination got started & we were prepared from all aspects, be it emotionally or mentally or academically. My friends & I reached the examination centre with our parents, there was a big smile & a different glow in their eyes, as we have come for a picnic & believe me, I am not boasting here, they were looking very calm & composed, which reduced my stress as well as congratulations to our teachers & parents, as no matter what our result will be, the way we all approached the examinations with a positive attitude, you all as well as we have already won the battle because once we know how to approach the exam positively, no exam is tough enough to excel.

During the examinations, we can see the love & genuine care in everyone's eyes; we got emotionally connected with our parents as well as teacher who were also there at the examination centre; we hugged them before each paper, shared how our examination was! After coming back from the centre with happiness as well as sadness, everyone around us listened to us patiently which we all needed at that time and motivated us to perform better next time instead of highlighting our mistakes negatively. What we study indeed helps us in our excellence, but for us, all these emotional factors were also the reason if we will perform better in this examination or any other future examination. Indeed, it became an unforgettable moment for us, and every time we talk about it, there comes a smile on our face.

During the examinations, we also got a very good environment at our examination centre & CBSE has looked well after the Covid-protocols for students' safety. They treated us well which also made us jolly & fresh while attempting paper. One teacher also patted me and said "best of luck for your next examination" which made my day as very well said, "a little act of kindness creates endless ripples".

From the start to the very end, we never felt we were alone in this battle, there was always someone to help us, to cheer us & to motivate us. Well after the end of the examination, there was a sigh of relief on our face as finally, the examination has ended & we were back to school. It was a different feeling all together where everyone was asking how your board examination was? And, we were getting lots of attention on the first day of school from everyone which also felt good. It was a strange feeling mixed with hope, anxiety, fear and somewhat relief. After a long time (not so long but examination always seems long only), all of us played volleyball and table tennis and had a good time with our friends. Then in the classroom, we had a discussion on each paper particularly with our subject teacher where we analysed our answers briefly. From the second day, we all went back to our normal classes, made strategies for Term 2 & have been preparing for another Triumph.



Fostering Creativity

Samidh¹

Want to bring out creativity? Here is an article you can refer to...

Maya Angelou—famous American poet and civil rights activist—once said, “You can’t use up creativity. The more you use, the more you have.” When you read it, you’ll be confused at first, but after thinking about it for a while you will know the deep meaning it has!

The power to create is one of the best things that we all have been blessed with. One might think he or she is not creative after not being able to draw, sing, dance etc. but what they’re not aware of is that all of us are creative!

Creativity is something which everyone has, some express it soon while some find out about it later.

According to me there are some important elements that are required to bring out the creativity in students:

- On top of the list is to create the right atmosphere!
- How do we exactly create a good atmosphere or environment where the students can learn better? Following are my observations on this point:

1. **Communication.** Yes, we have to keep in mind that communication is very important for fostering a healthy environment. Encourage your students to communicate with each other, in that way (when everyone communicates) the environment will be happy and bright! Just perfect for us to teach, and for them to learn.

Communication does not only mean to encourage your students to talk to their classmates or teachers, but to encourage them to express their views freely in

1. Faculty (English)

front of everyone without hesitation and fear.

2. **Good relationships.** The second on this list is good relationships. Positive interactions between students and teachers give rise to building trust among each other. When they start building faith, it's obvious that their bond will become better! So, it's very important to have good interactions.
3. **Trust.** The last point is trust. As I already stated about trust in the previous point, I would once again say that it's very important to trust your students and let them make their decisions! It will help them to imagine and print out their imagination and creativity in the best way possible.

Yeah, so there we have the perfect atmosphere:

We're still missing out on something though...yes!

It's super important to promote brainstorming among children! Not too clear about brainstorming? Let me explain it then,

To brainstorm is to think about and try to come up with ideas or solutions to a problem, either on your own or in a group. When you expose your students to some situations based on real life, it challenges them to think more deeply about it which gives the best results from their end!

Remember, the more you use, the more you have. So, the more they think, the more ideas they'll have!

We can hold discussions, project works, etc. to promote creativity among children. Not only by speaking or writing, but we can also foster creativity among them by playing some productive games! These games might/will enable the students to solve real world problems and will make them learn practical aspects of worldly things.

Teachers play a critical role in the development of students' creativity. How they respond to their students' ideas, views and suggestions during lessons can be expected to have an influence on the students' subsequent effort and inclination in coming up with new ideas, views and suggestions.

The second thing to be noted are the assignments/homework.

Are you sure if the children are getting creative tasks? To not create any misunderstanding with this point, I would say that creative tasks don't really mean something that always integrates subjects together or something that includes drawing in it. The word 'creative' here points to brainstorming. Any task that provokes them to think or to do research is creative!

It's important because it helps us to look at the problems and situations from a

fresh perspective. We see problems as interesting opportunities, challenge assumptions and suspend judgment. Therefore, we hardly give up.

By practicing critical thinking, we are allowing ourselves not only to solve problems but also to come up with new and creative ideas to do so. Critical thinking allows us to analyze these ideas and adjust them accordingly. So, it's important to enroll them in solving some real-life problems!

The last point is just equally important to both the points presented above! It's to inspire the students. We don't want the children to lack motivation, do we? No. So it's also very important to ensure that our students never lose the inspiration and passion towards their goal! They must never be disheartened. We need to reward them with positivity whenever they accomplish their tasks.

(i) Believe in them.

(ii) Be encouraging.

(iii) Make learning fun for them.

(iv) Be cool around them, try not to be too boring.

(v) Teach them why learning is so important. Radiate positivity, try not to be negative no matter what happens. It's okay if they make mistakes because mistakes are the only way through which we learn! Instead of stressing over their wrong doings, always encourage the children to find out the right solution towards the problems they have created.



Feedback from our Readers

We extend our thanks for sending the illuminating journal 'Out and About', and deeply appreciate the creative and extensive context that is reflected therein. It was a delight to learn about the myriad topics written by the students and the faculty.

The bilingual approach to inclusion of articles in both Hindi and English is noteworthy. We convey our best wishes for crossing new milestones and look forward to reading all future issues of this student led quarterly Journals.

Regards

B. Vinod, Principal, DPS, Patna



A Reader's Survey

How did you receive the copy of 'Out and About'?

SOURCES	FREQUENCY
Son/Daughter	8
Relative	11
Friend/Neighbour	12
Others	5
Total	36

2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?

New information specifically related to task or process of learning that fills a gap between what is understood and what is aimed to be understood.

.....

2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?

The most interesting part of this publication, I liked, loved is the students had put their own opinions and ~~views~~ views in a pure manner.

.....

2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?

इस पत्रिका के माध्यम से नट्टी की अपनी बात रखने का मौका मिला, इससे उनकी कुशलचित विकास में भी मदद नईगा,

.....

2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?

- The student led concept.
- Well composed write-ups of students

.....

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

Yes, it can be more useful. As the present content of globalization, the demand for skilled and multi skilled workers has increased, so there is a critical need for quality skill development and training. In this present scenario, there is a need of technical education in school for better prospect.

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

विद्यालय द्वारा रखे छात्राओं के गुणवत्ता से ही शुर्भीगीत होता है। अतः जिस विद्यालय से छात्र अपने कृष्ण गुणवत्ता का आदर और सम्मान करते हुए अपने लेखन की और अग्रसर रहे और प्रयत्न और अपने विद्यालय का नाम रक्षित करें।
(सर्व और मदात)

.....

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

इस पहल में अत अधिक से अधिक बच्चों को जोड़कर इसे और उपयोगी बनाया जा सकता है,

.....

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

⇒ It can be more useful by the following ways:-

* There should be more article from hindi language.

* There should be at least one photograph of the whole 'Out

5. Any other feedback. No (कोई और सुझाव) § About' team.

.....

2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?

The thing which I found most interesting about the journal is that this journal is written and managed by students. This can develop the mindset of numerous students and can motivate them.

3. Is it useful for the school/students? क्या यह विद्यालय/ छात्रों के लिए उपयोगी है?

In my opinion, this journal is useful for students as it has some positive vibes and contains a lot of information along with numerous motivational thoughts.

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

It can be more useful by adding some n useful topics through which a student can gain more information and can boost his/her mind.

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

- By adding some more useful topics.
- Reflecting upon student's ideas through articles.

.....

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

I don't think the book needs interpretation or any change. It is already too mendous.

.....

2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?

I was excited to find student collaboration for this school published inaugural issue and ways ideas were presented to encourage them learn from the environment.

3. Is it useful for the school/students? क्या यह विद्यालय/ छात्रों के लिए उपयोगी है?

As ideas were presented by students with help of team and teachers, I find this as interesting activity further to help them stay associated.

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

This is an exciting activity for students as well as teachers to stay connected with this publication. Time to help engage students along with social, family and environment to learn, gather and share thoughts.

5. Any other feedback (कोई और सुझाव)

While going through this inaugural issue, I would like to suggest that various art work and student projects could be added in coming issue or publication.

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5. Any other feedback (कोई और सुझाव) It must include academic articles or creative commentary articles to facilitate process management.

irector

2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?

We can proudly say about the publication was very excellent, well mannered, peaceful and lots of encouraging words have been used in this book. It is very helpful and also knowledgeable for these students.

3. Is it useful for the school/students? क्या यह विद्यालय/ छात्रों के लिए उपयोगी है?

Yes, of course it is very useful for both school and as well as students too. This kind of activity will get best and strong bonding between teachers and students.

In today's life studying is not just everything.

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

It can be more useful way like those students who are weak in study, get specially interacted with teacher's and talk with his/her personally. It is useful for us.

.....

2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?

→ The publication is too good and I can proudly say that all the candidate who read this fiction, have familiar with many new words, concepts, and many more too.

3. Is it useful for the school/students? क्या यह विद्यालय/ छात्रों के लिए उपयोगी है?

→ Yeah, Ofcourse Yes, It is very useful as well as very necessary for every school and students.

This type of Journal play very important role in our daily life.

4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?

→ In my opinion, this type journal makes my day. When I read this at first, I feel so lucky to have a chance to read this journal.

5. Any other feedback (कोई और सुझाव)

→ feedback is required when something is wrong or missing, but here, there is nothing like that.

Director

Note to :- "All is well". 😊

5. Any other feedback__ (कोई और सुझाव) It must include academic articles or creative commentary articles to facilitate process management. Director

.....

5. Any other feedback__ (कोई और सुझाव)
I dont have any suggestion right now I feel that MBIS family and of the students, teachers, Director housekeeping staff and the directors and the mentor collectively has done the great job.
info@mbispatna.org 8955776622, 8102450507, 7903312446 www.mbispatna.org

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2. What did you like about the publication? इस पत्रिका में आपको क्या अच्छा लगा?
I feel the magazine is highly engrossing, rich in content and totally according to the needs of Present Generation. I wish it may flower and flourish in future.
3. Is it useful for the school/students? क्या यह विद्यालय/ छात्रों के लिए उपयोगी है?
Yes, in the present Generation when there is a dearth of student having interest in Reading and Writing, I feel it may help them develop interest, enrich their vocabulary and encourage to become authors.
4. In what way it can be more useful? इसे और बेहतर कैसे बनाया जा सकता है?
I feel there could be Photographs, more Poems of the events to make it more eye catchy and add to the versatility of the Magazine.

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AN INVITATION TO THE FUTURE CONTRIBUTORS

'Out and About' is on your reading shelf and in your hands, many of you must have read it also. Beginning with the students, as contributors, intention is to open 'Out and About' for articles by guest contributor. The themes and subjects can be diverse and varied suitable for school students and school education. Please join us as creative contributors and help us realize of collective goal.

The length of the articles should not be more than 1,000 words typed in Words. Graphs, statistics and stories and case studies would be appreciated and welcome.

Please send your articles to:

The Editorial Team, Out and About
C/o Manava Bharati International School
Near AIIMS Patna, NH-98
Nawada More Gosai Math, P.O. Mubarakpur
Patna 801505 (Bihar)
Email: info@mbispatna.org

Please mark your emails as "Sub.: Out and About".

Thank you

MBIS family and the 'Out and About' team

•••••

“There is so much to be done by each of us!”

—Universal Declaration of Human Rights

We at

Manava Bharati International School, Patna

Firmly believes in this!

We endeavour to realize the above by Making Use of ‘Dialogue,
Debate and Deliberation’ as our preferred pedagogy.

You are invited to be a part of this journey.

You are welcome to connect with us.

Just drop us a line at: info@mbispatna.org



PREPPING UP



“OUT & ABOUT is a good move to inspire young minds to let their imagination fly out in all directions while being concerned about the immediate environment. It will bring teachers and students close to each other facilitating students’ growing process while enriching teachers’ understanding of students’ perspective and potentials. I congratulate all those who thought and gave it a shape.”

—Jai B.P. Sinha, PROFESSOR OF PSYCHOLOGY

