

DECEMBER, JANUARY, FEBRUARY

2021

HAPPY NEW YEAR



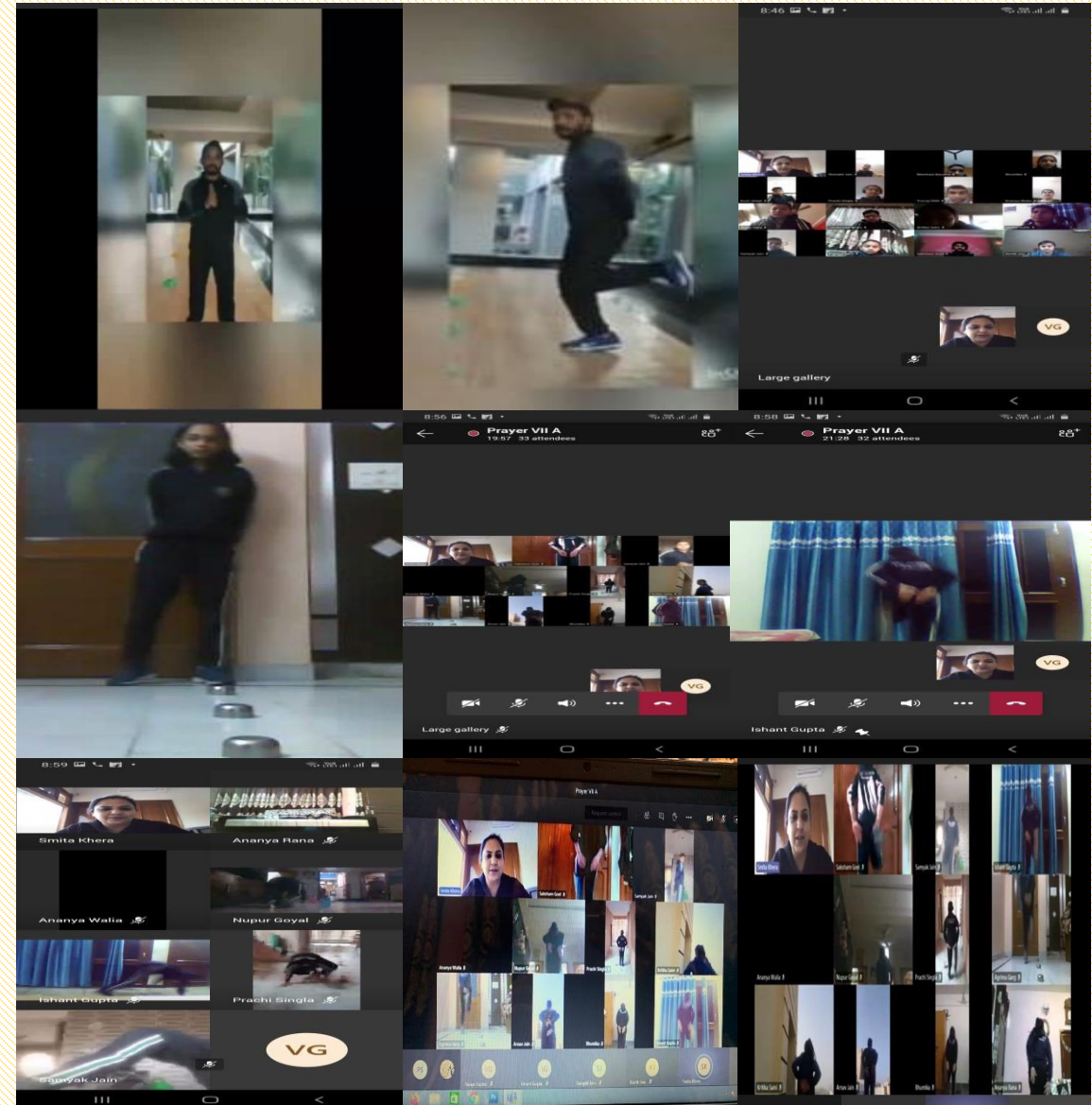
CLASS-7TH SATYAM

CLASS T.-MS.SMITA KHERA

FIT INDIA MOVEMENT

Today we participated in the Fit India week. We were shown a video by our Physical Education teacher where he taught us various exercises which are good in our daily life. First exercise was a zig-zag run where we had to run in a zig-zag fashion. Second exercise was to run straight from one end to the other and touch the cone with alternate hands at both the ends. Next exercise was jogging while standing at one place. Next exercise was animal walk where we had to complete the round on our all the four limbs. And the last exercise was a back jog where we had to move our legs backward in such a fashion that our feet touches our hands. All this was good fun and *Smita* ma'am encouraged everyone to do his/her best.

BY-NUPUR GOYAL



CHRISTMAS

Christmas is celebrated to remember the [birth of Jesus Christ](#), who Christians believe is the Son of God.

The name 'Christmas' comes from the Mass of Christ (or Jesus). A Mass service (which is sometimes called Communion or Eucharist) is where Christians remember that Jesus died for us and then came back to life. The 'Christ-Mass' service was the only one that was allowed to take place after sunset (and before sunrise the next day), so people had it at Midnight! So we get the name Christ-Mass, shortened to Christmas.

[Christmas is now celebrated by people around the world](#), whether they are Christians or not. It's a time when family and friends come together and remember the good things they have. People, and especially children, also like Christmas as it's [a time when you give and receive presents!](#)





Makar Sankranti is the celebration of the harvest festival. We all know that spring is the most pleasant of all seasons. It is accompanied by pleasant weather, calm winds, and a sunny but not **scorching** weather. All of these reasons together make spring the perfect season to grow crops and sustain high crop yield. The fest is also called the Kite festival in several parts of our country India. Kites are flown on this day to honor the Sun God. It is celebrated a day after the Lohri festival celebrated mostly in Punjab and Chandigarh. Sweets and clothes are exchanged among families.



Lohri is celebrated with a bonfire. Traditionally about a week or two before the local teenage boys and girls start collecting the logs and twigs for Lohri bonfire, On the night of Lohri fire, people wear new clothes and gather around the bonfire to light it. People pray in front of the bonfire and put til, moongfali, and Chura as all these eatables are considered Lohri Prasad. Men and women go around singing and dancing, the traditional songs and Bhangra and Gidda, respectively. People greet each other, wishing Happy Lohri and spread the feeling of joy to their loved ones and neighbor.

HAPPY REPUBLIC DAY

Special Force name	Short name	Motto	Used for	Made in	Since	Commander	Garrison	Branch
Para (Special Force)	Every man an emperor	Shatrujeet	<ul style="list-style-type: none">➤ Special operation➤ Counter Terrorism➤ Hostage rescue➤ Covert operation	01 July 1966	54 years	Lt.Gen. Paramjeet Singh Sangha	Bangalore	Indian Army
Marcos	Magarmach	The Few the Fearless	<ul style="list-style-type: none">➤ Amphibious Operation➤ Counter Terrorism➤ Hostage rescue➤ Direct Action	February 1987	33 years	-	Vishakhapatnam	Indian Navy
Garud Force	-	Defence by offence	<ul style="list-style-type: none">➤ Air born operation➤ Air Assault➤ Air Field Seizure➤ Direct Action	06 February 2004	16 years	-	Ghaziabad (UP)	Indian Air Force (S.F.)
Special Protection Group	SPG	Bravery, Dedication, Security	<ul style="list-style-type: none">➤ VVIP Security	30 March 1985	35 years	Sh. Arun kumar Sinha, IPS	New Delhi	Police
Special Frontier Force	Establishment 22	-	<ul style="list-style-type: none">➤ Direct Action➤ Hostage Rescue➤ Covert Operation➤ Counter Terrorism	14 November 1962	58 years	-	Uttarakhand	RAW
Commando Battalion for Resolute Action	Cobra	Victory for Gallant in war	<ul style="list-style-type: none">➤ Naxalite Problem➤ Multi Tasking Operation➤ Guerrilla Tactics	12 September 2008	12 years	Sh. Vijay Kumar, IPS	New Delhi	Police
National Security Guard	Black cat Commando	Omnipresent, Omnipotent, Security	<ul style="list-style-type: none">➤ Anti Hijacking➤ Counter Terrorism	1986	34 years	Sh. Anup Kumar Singh, IPS	New Delhi	Police

India celebrated its first Republic Day in 1950 on the 26th of January. The country got Independence in 1947, and then there was a constituent assembly formed for making the Constitution. It took two years to make the Constitution by the constituent assembly. It was finally completed on the 26th of November in 1949. The announcement of its implementation was built on the 26th of January, 1950.

स्वामी विवेकानंद

भारत की एक ऐसी राष्ट्रियता
जिसने युवकों का किया उत्थान
नाम या उनका नरेंद्र बचपन में
बाद में बन गए विवेकानंद महान

गुरु श्री रामकृष्ण के देहांत उपरांत
उनकी आज्ञा का करके सम्मान
गए थे वो पश्चिम में
देने वेदान्त का ज्ञान-दान

उनको भारतीय वेष-भूषा में देख
पहले अमेरिकियों ने किया तिरस्कार
पर भाई-बहन कह भाषण में, कर दिखाया चमत्कार
फिर लोगों ने उनका किया बहुत आदर-सत्कार

भारत लौटकर किया उन्होंने
धर्म प्रचार का शुभ काम
गुरु नाम रोशन करने हेतु
कर दिया बेलूर मठ का निर्माण

4 जुलाई 1902 की तिथि थी दुःखदायी बड़ी
काल के क्रूर हाथों ने धीन लिया था जिस घुड़ी
39 वर्ष की अन्त्यायु तक कार्यों की लगा दी झड़ी
समाधी मरण ले लिया बिलखते रह गए सभी

-कार्तिक जैन



Vasant Panchami is celebrated in the month of January and February. While it might be a Hindu festival, lot of other religions in India such as Islam, Christianity and Sikhs also celebrate Vasant Panchami. Goddess Saraswati, who is the Goddess of knowledge, is the one who is worshipped on Vasant Panchami. Students artists, musicians, thinkers and academicians are some of the people who worship of goddess Saraswati and they are the ones who celebrate Vasant Panchami on a large scale. On the day of Vasant Panchami, people visit Saraswati temples or worship Saraswati idols in their own homes as a traditional practice, students keep their books, pens, textbooks and even spectacles near goddess Saraswati's idol for her blessings. It is believed that anyone who believes in goddess Saraswati will be knowledgeable by nature even though it is just a belief, this strong faith will motivate students on Vasant Panchami day to study well and achieve big in life. Vasant Panchami also indicates the arrival of spring in India which is in itself brings freshness in people's lives. For a constant flow of knowledge while being humble, people devote themselves to goddess Saraswati and hence Vasant Panchami is widely celebrated across universities colleges and schools in India

TOP 10 *Fitness Facts*

1. **Exercise gives you energy**
2. **Cardio melts away stress**
3. **It's easy to find time for fitness**
4. **Exercise boosts your brainpower**
5. **Exercise helps keep you alert**
6. **Fitness keeps your heart healthy**
7. **Exercise boosts your immune system**
8. **Fitness helps build friendships**
9. **A healthy body gives you confidence**
10. **Don't aim to be skinny, aim to be healthy**



Recipe of the month

gingerbread dough



2 sticks butter
3/4 cup packed brown sugar
3/4 cup molasses
5 1/4 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons cinnamon
2 teaspoons ground ginger
1/2 teaspoon ground cloves
1 teaspoon salt
3/4 cup cold water

Cream together sugar and butter until light and fluffy. Add the molasses in and beat on low speed. Sift together the flour, soda, spices and salt. Add the flour mixture in 1 cup increments until all the flour is absorbed. Add in the water and blend.

Spread the dough out on a sheet pan and cover tightly with plastic wrap. Refrigerate until you are ready to roll it out, ideally overnight, but at least for three hours. The dough will keep well in the fridge for three days.

Bake at 350 for 15-20 minutes depending on the thickness of your rolled gingerbread.

January Trivia

1. What are the two January flowers?
2. What is January's gem?
3. What are the two zodiac signs for January?
4. When is Elvis Presley's birthday?
5. What federal holiday is in January?
6. T/F: January 1st is both the furthest away and closest day to December 31st.
7. What did the Anglo-Saxons call January?
8. What is January named after?
9. What does January's gem represent?
10. T/F: January is National Blood Donor Month.

ANSWERS: (1) Snowdrop + carnation (2) Garnet (3) Capricorn + Aquarius
(4) January 8 (5) Martin Luther King, Jr. Day (6) True
(7) Wulfmonath (8) The Roman god Janus (9) Constancy (10) True

Celebrate Exams

Exams are like demons
If you shy away from them
They will keep scaring you
And continue to overwhelm
The best way to deal with this
Is to face them in the eye
With a killer attitude
That shouts, never say die
So muster up some courage
Don't let the stress dictate
That's how you'll win yourself
A reason to Celebrate...

Class Magazine

Merry Christmas 2021



**Under the direction of-
Mrs. Deepali Bhatia**

**Our ancestors gave us a glorious past.....
We need to create the future..... This
Republic Day ...Lead the change and
become a real INDIAN... JAI HIND..**

Happy Republic Day

**Presented By -
Class VII
Shivam**



**Efforts -:
Saksham
Siddharath
Lakshya**

चंसत पंचमी
की
हार्दिक शुभकामनाएँ
..~..~..~..

National Mathematics Day.

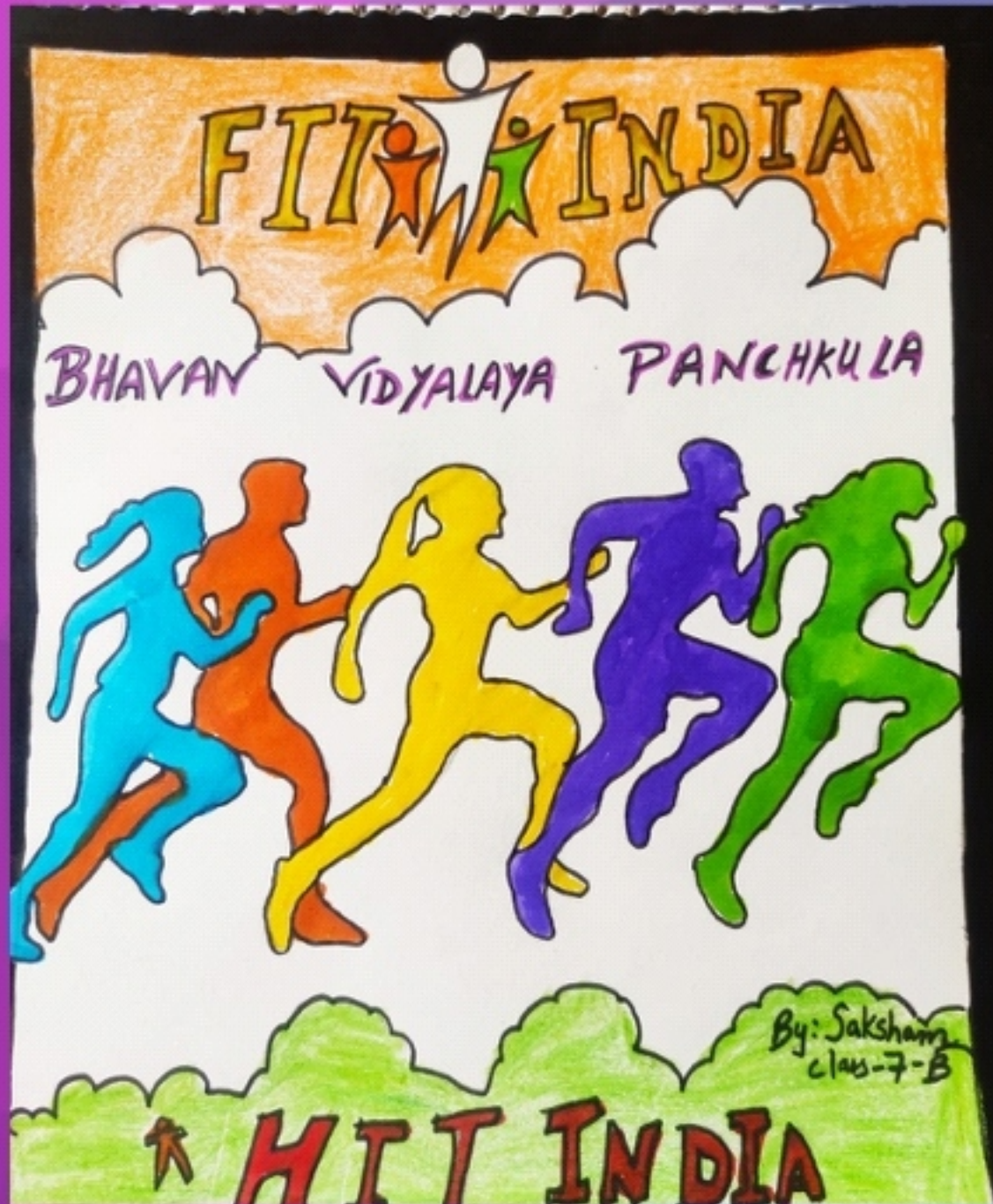


22nd December is that very special day as National Mathematics Day in the memory of the genius, S. Ramanujan Iyengar declared by Dr. Manmohan Singh (13th Prime Minister) in Chennai on 26th February 2012 . He also declared the year 2012 as National Mathematics Year. Indian National Mathematics day is celebrated with numerous Educational Events in Schools and Universities to spark the mind of the pupils. In 2017, the day's significance was enhanced by the opening of the Ramanujan Mathematic Park in Kuppam, in Chittoor Andhra Pradesh.

By Poorvanjali

Fit India

Hit India



By Saksham



By Dikshant



By Raghav

Scam 1992

(An Ethical Learning)

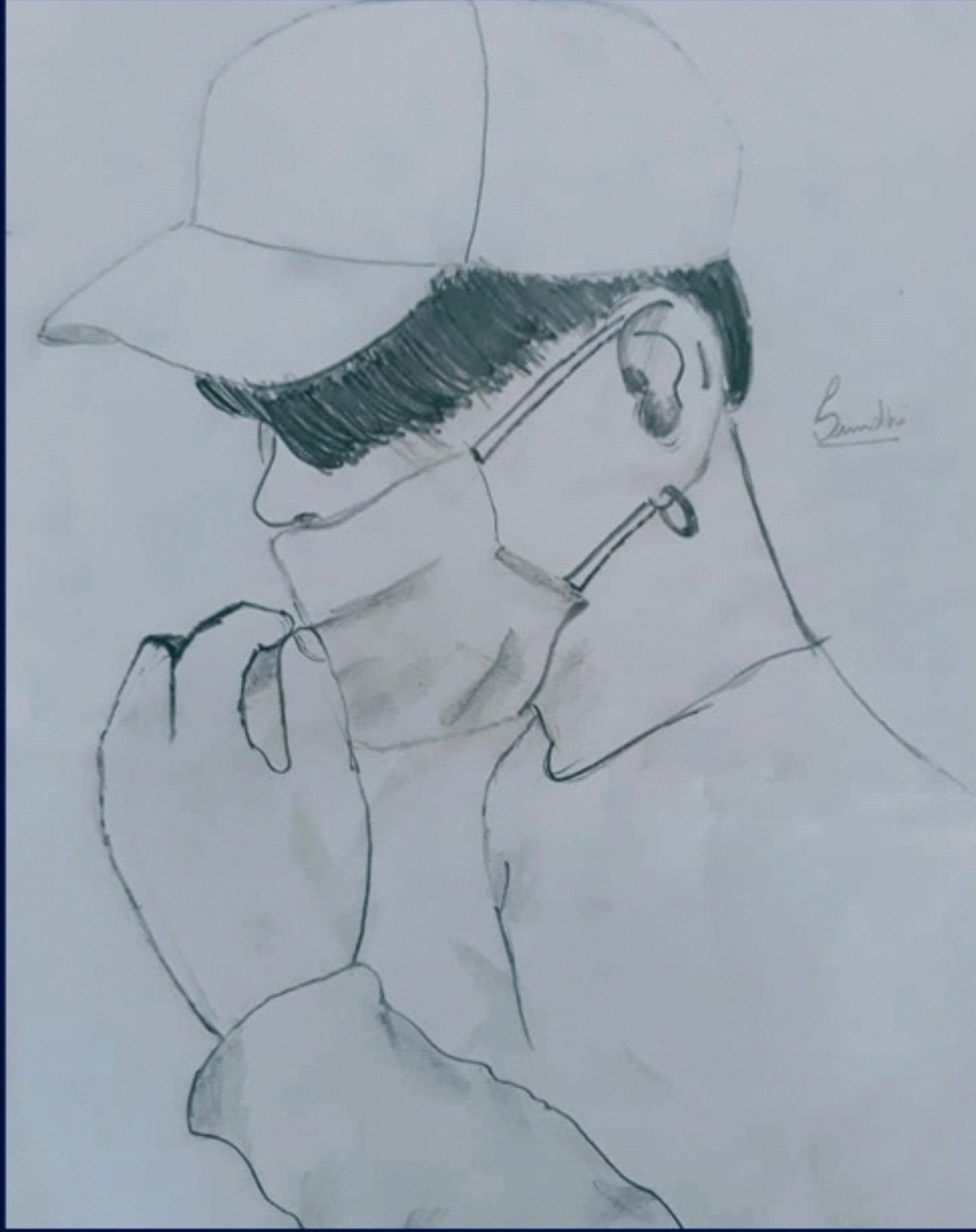


The 1992 Indian stock market scam was a market manipulation carried out by Harshad Mehta and other bankers and politicians on the Bombay Stock Exchange. The scam caused significant disruption to the stock market of India, with over one billion USD defrauded

Techniques used by Mehta involved having corrupt officials signing fake cheques, market loopholes, and lies to drive the prices of stocks up to 40 times their original price. Stock traders making good returns as a result of the scam were able to fraudulently obtain unsecured loans from banks. When the scam was discovered in April 1992, the Indian stock market collapsed, and the same banks suddenly found themselves holding millions of INR in now useless debt. **In the nutshell, we learn that at times when the greed and arrogance reach its pinnacle, even the mightiest falls.**

By Siddharth Goyal

Art Corner

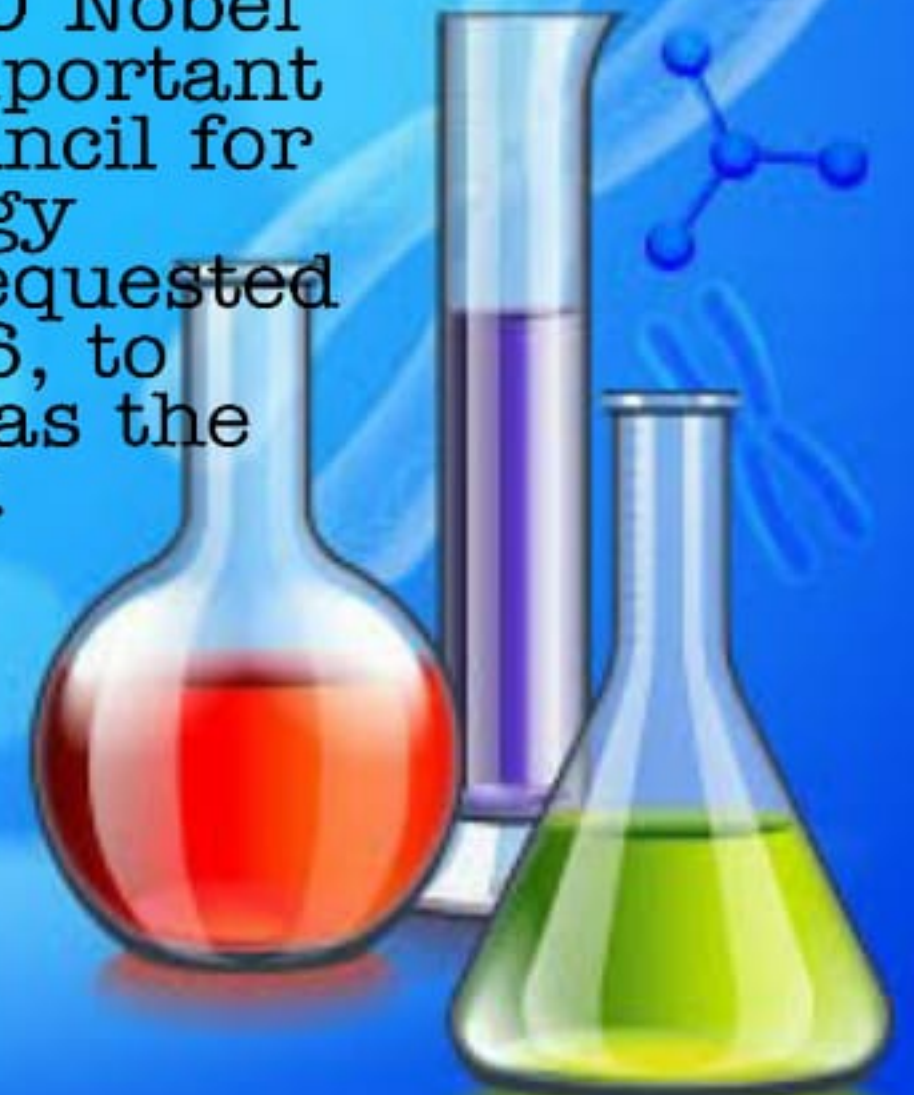


By SUNIDHI

National Science day.

India celebrates National Science Day on 28th February to commemorate the discovery of the 'Raman Effect' by a great Indian scientist Dr. Chandrasekhar Venkata Raman or C.V. Raman. He had invented the Raman Effect on 28th February 1928. Raman Effect was an important discovery in the field of scattering of light. The discovery states that when the light traverses through a transparent object some of it gets dispersed and the dispersed light changes its wavelength and amplitude, though slightly. The discovery was made by Sir C.V. Raman on 26th February 1928. He was also awarded the 1930 Nobel Prize in Physics for this important discovery. the National Council for Science and Technology Communication (NCSTC), requested the government in 1986, to designate February 28th as the National Science Day.

By Saksham



Mind Puzzling Riddles

1. What has Teeth But Cannot eat?

2. Which is the smallest room in the world ?

3. When does yesterday come after today ?

4. Which is faster, hot or Cold ?

5. Forward I am heavy, backwards I am not ! Who am I ?

Answers :- 1. Comb ; 2. Mushroom ; 3. In the dictionary ; 4. Hot (we can easily catch cold) ; 5. ton



BHAVAN VIDYALAYA PANCHKULA

MEDHA MANTHAN

NEWSLETTER – DEC. 20 - FEB. 21

VII - SUNDARAM

CT- MS. ASHVARYA AWASTHI

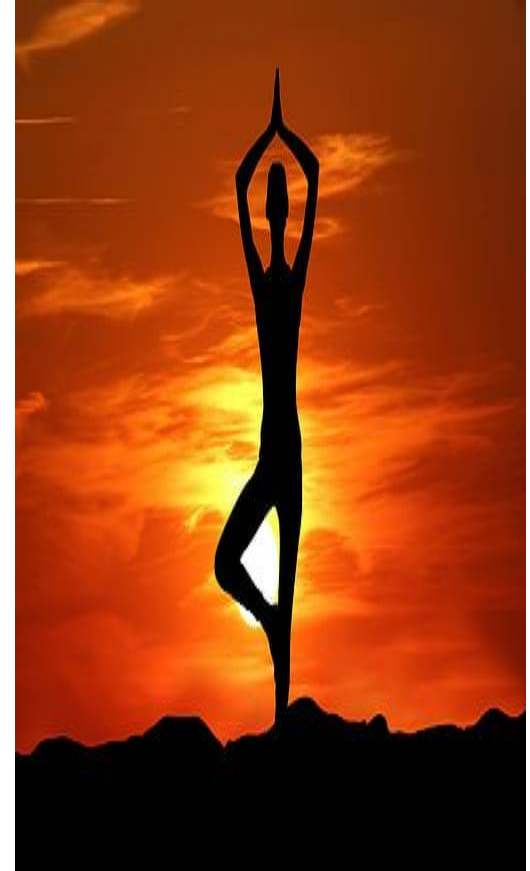
Hum fit... toh India Fit...

Exercise is a celebration of what your body can do not a punishment for what you ate.

Healthy mind resides in a healthy body. Our body is the most complex system ever created. The more we learn about it, the more appreciation we have about what a rich system it is. Staying healthy physically can also help us to stay healthy mentally and emotionally. If you are eating the right food and maintaining a fit body , your body will be strong and help you to cope up with stress and also fight illness. Eating well and exercising often when you're a teenager also helps in remaining healthy. In a nutshell , there are many benefits of exercising , increases energy levels improves muscle strength, maintains a healthy weight brain function.. and so on ..There is overwhelming evidence that people who lead active lifestyles are less likely to suffer from illness and more likely to live longer.

Therefore , celebrate fit India , hit India movement and change your mindset from thinking exercise as a punishment to a celebration. Hum fit toh India Fit ! Jai Hind .

- By Nahve Goyal



“Exercise is a celebration of what your body can do, not a punishment for what you ate.”

Exercise should be a celebration. If your body walks, lifts, runs, jumps, spins, cartwheels anything.... it should be celebrated! We often overlook what a gift our health, our ability to move, breathe, and get our heart pumping is. There are many people in this world that would KILL to have just one day, to be able to walk, run, & jump but are unable.

With this I Kanav Bansal of class 7 would like to talk regarding the benefits of staying fit “Exercise is a celebration of what your body can do, not a punishment for what you ate.”

It is indeed very important to understand the relationship between food and exercise. Food provides energy for physical activities like jogging, walking and exercising, etc. as you get more active and more fit, your energy needs may change.

The amount of calories we eat or drink has a direct impact on our health. If we consume same number of calories that the body burns over time, we stay fit and healthy but if we consume more than the body can burn we become unhealthy and obese.

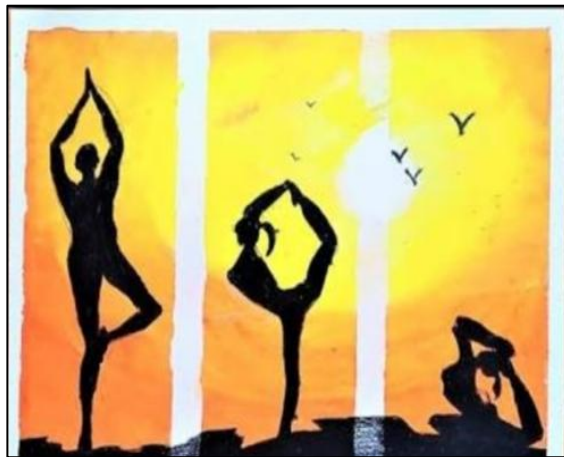
The benefits of taking proper diet and exercising are countless. We will then have better cholesterol, less stress, stronger immune system. Even during this current pandemic situation we need to stay active and fit. This can only be possible through regular exercise. But on the whole we will have to understand that excess of exercising is also injurious to our health as in over - exertion may damage our heart and arteries and lead to muscle injuries.

So I hope that you all will stay fit and stay healthy during this difficult time.

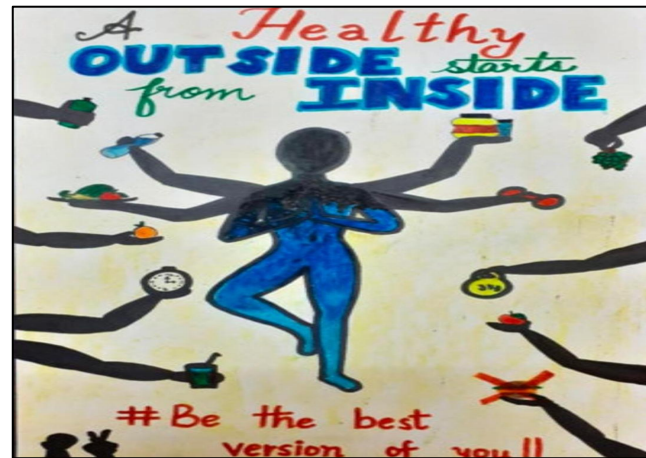
By - Kanav Bansal



CHIRAG



BHUMIKA



SAMIYA GUPTA



MEHAK

FIT INDIA POSTERS

PRANAVI



Strengthening the mind post pandemic

Since the middle of March, millions of students have been out of school, because of the covid - 19 lockdown. Today, even after 8-9 months of announcements and extensions, it is difficult to predict when schools will restart. Schooling is supposed to look after the emotional, social, and behavioral health of children, which is diametrically opposite to social distancing. Strengthening the mind post pandemic is essential these days because all of us are confined in our homes. Our school conducted a workshop specially for students to let us know that a healthy mind resides in a healthy body. Anchal ma'am from Fortis Hospital joined us live on Microsoft Teams and we had an interactive session from 1 - 2 pm. She shared her screen and presented slides which made the learning easier ... I liked that part so much that I tried to take screenshots of every slide but could not as there were more than a limit of 20 slides.

We were asked questions in between through chat box so that sermonizing is not boring but interesting and interactive. In between there was a network error and ma'am left but nothing is impossible ... Anupama Ma'am from our school had a short interesting session conducted wherein we told ma'am about our learnings what Anchal ma'am made us learn. She also told us about Diaphragmatic Breathing, in which we have to sit back in a comfortable position, breathe slow, release, breathe again and repeat until we feel relaxed and calm. The session was a fruitful one and I hope our school will continue these sessions.

By - Nahve Goyal

Strengthening the mind post pandemic

Today on 14 December, 2020, our school organised a virtual session through Microsoft teams app on 'Restrengthening Our Mind Post Pandemic' conducted by Counselling Psychologist, Fortis Healthcare, Mohali Ms. Anchal Sharma. She taught the students the actual difference between stimulus and response with the help of daily life examples and also how to control our responses according to the circumstances. Then she gave a relaxation mantra 'DIAPHRAGMATIC BREATHING 'The relaxation exercise. She also gave success mantras like to be successful one has to be disciplined, time has to be managed and organised properly and effectively. How to study , where to study and how much to study at a stretch were the core areas of discussion. Lastly, she also laid emphasis on digital Detox in digital time and stress relievers.

Kanav Bansal

In the webinar there was a specialist named Ms.Aanchal Sharma who came from FORTIS hospital. She told us about how can we manage our screen time as we are spending a lot of time on phones,laptops,etc. She also told us about how our parents can tell us to manage our time in such a way that we do not think that our parents are giving us a lecture.

We should think that yes our parents are our friends. She also told that there are many changes in every person's life and every person reacts to that change differently. It was a very interesting and informative webinar. I thank all the teachers of our school and respected principal ma'am for organizing such a webinar

Samiya Gupta

METEORS 2020



A meteor is also known as a shooting star or falling star. The word meteor comes from the Greek word 'meteoros' which means 'high in the air'. Meteors typically occur in the mesosphere that is 250000 to 330000 ft. high from the earth's surface. Millions of meteors occur in the Earth's atmosphere daily. Meteors may occur in showers, which arise when earth passes through a stream of debris left by a comet.

A number of specific meteors have been observed, largely by the public. Meteors come visible about 250000 ft. to 390000 ft. above the Earth's surface. Meteors have roughly a fifty percent chance to be viewed in daylight, most meteors are, however, observed at night, when darkness allows fainter objects to be recognized. Most meteors glow for a second or so.

This year, due to lockdowns and travel restrictions in the wake of COVID-19 pandemic, nature has seemed to return back to normal by some bits. Likewise, clear skies are perfect for the host of celestial events that have been gracing the calendar this year. If you are interested in watching the starry skies, here's an interesting event waiting for you.



GEMINID METEOR SHOWER

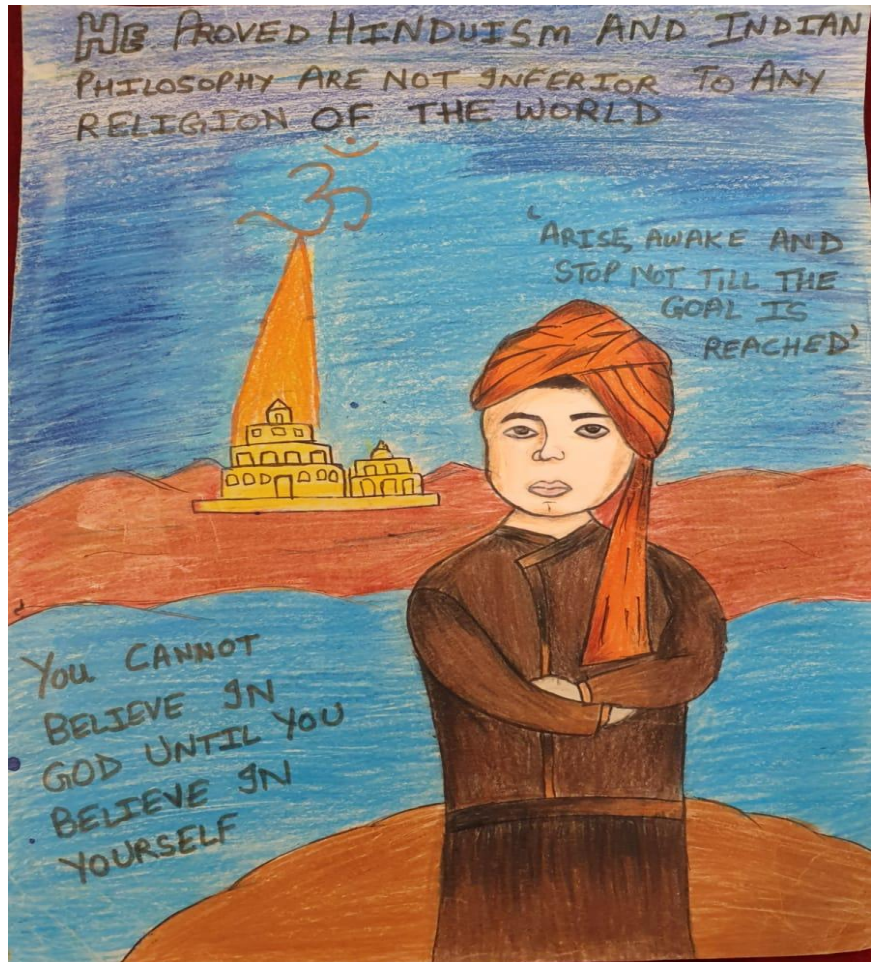


The Geminid Meteor Shower, popularity known as the King of Meteor Showers, is all set to grace the night sky on December 13 and 14 this year, to make for a spectacular starry night.

Reportedly, this shower will be visible from locations that lie in the Northern Hemisphere. However, since city lights might come in your way and obstruct your visuals, you can head to a secluded spot away from the hustle and bustle of the city to capture the best visuals.

As per the reports, experts suggest 2 A.M. as the best time to witness the shower. When you set out to view the shower, make sure you dedicate an hour to this process. Since it's December, put on your warm clothes and enjoy a fun-time with your family under the stars. Stay safe from COVID-19.

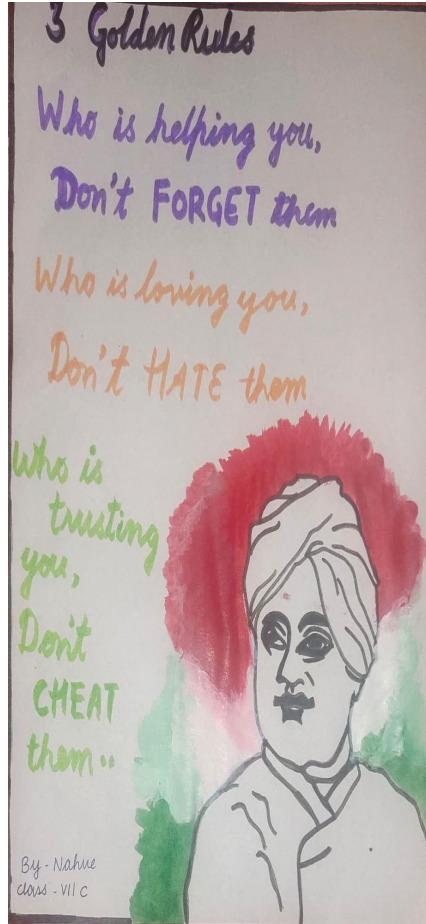
VANYA GUPTA



Swami Vivekananda has rightly said...

We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.

Arise, awake and do not stop until the goal is reached.



Swami Vivekananda was born on 12th January 1863, as Narendranath Datta. He was an Indian Hindu Monk and was the chief disciple of the 19th century mystic Ramakrishna. He was a major force in the contemporary Hindu reform movements in India. He represented Hinduism in the Parliament of Religions in 1893 in Chicago. National Youth Day is observed on 12th January, to commemorate the birth anniversary of Swami Vivekananda. Swami founded Ramakrishnan Mission on 1st may 1897 for one's own salvation and for the welfare of the world. His lectures, writings, letters, poems, ideas motivated not only the youth of India but also the whole world. He was a man of wisdom and a very simple human being. He always focused on teaching universal principles rather than personalities. His literary works includes- Raja yoga (1896), Karma yoga (1896), Bhakti yoga (1896), My Master (1901), Lectures from Colombo to Almora (1897). He quoted, "Take risks in your life if you win, you can lead if you lose, you can guide." He stayed around two and a half years in America itself and founded Vedanta Society of New York. He also travelled to the United Kingdom to preach the philosophy, spiritualism and principles of Vedanta on 4rth July 1902. He died while doing meditation. He is said to have attained "Mahasamadhi" and was cremated on the banks of river Ganga.

Pranavi

7 Shubham

Wish you a Happy New Year

December – February

Class Teacher: Mrs. Priyanka Kapoor



[Start Over >>>](#)

FIT INDIA MOVEMENT POSTERS



BY:-1. ARSHIA KAUSHAL

2. RIDHI

3.HARSHIT

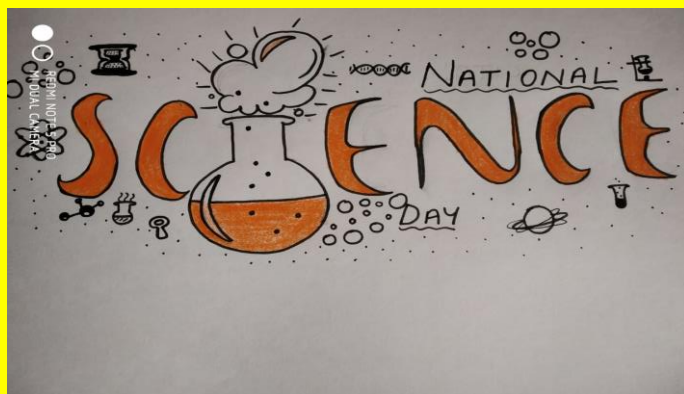
GLIMPSE OF SOME ARTISTS



BY:-1. HARNOOR

2. MANISHTHA

3. RIDHI



WHY IS SCIENCE DAY CELEBRATED?

In 2021 NATIONAL SCIENCE DAY is celebrated on 28th February.

Science day is celebrated every year to commemorate the effect of the Raman Effect.

On this day, sir CV Raman had announced the discovery of the Raman Effect for which he was awarded the Nobel Prize in 1930.

“FUTURE OF STI: IMPACTS ON EDUCATION, SKILLS AND WORK” IS THE THEME FOR SCIENCE DAY IN 2021. On this day, PRESIDENT RAM NATH KOVIND will present awards for science communication.



WRITTEN BY :- DEVISHI MALHOTRA

Life

What is Life?

Life is a challenge : meet it

Life is a gift : accept it

Life is an adventure : dare it

Life is a sorrow : overcome it

Life is a tragedy : face it

Life is a duty : perform it

Life is a game : play it

Life is a mystery : unfold it

Life is a song : sing it

Life is a journey : complete it

Life is an opportunity : take it

Life is a promise : fulfill it

Life is a love : enjoy it

Life is a beauty : praise it

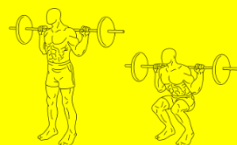
Life is a spirit : realize it

Life is a struggle : fight it

Life is a puzzle : solve it

Life is a goal : achieve

Harnoor Sandhu



Exercise is a celebration of what your body can do, not a punishment for what you ate.

Well Education, food, family or Exercise are essential things. Exercise is a celebration as it shows what your body can do and how you have maintained your body. Exercise is good for health because it reduces fat and even increases our lifespan. Exercise is beneficial for all children, teens, adults and old people. Especially for those who have weak bones, blood pressure problem and it also reduce risk of cancer. If someone have health problem, he or she should not do exercise without asking the doctor. So at last I would say that exercise is a nourishment not a punishment.

Aashman shyam

SOME IMPORTANT DAY'S CELEBRATED IN DECEMBER, JANUARY AND FEBRUARY!!

1 DECEMBER- WORLD AIDS DAY



4 DECEMBER- INDIAN NAVY DAY



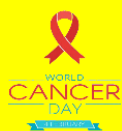
1 JANUARY- GLOBAL FAMILY DAY



13 JANUARY- INDIAN ARMY DAY



4 FEBRUARY- WORLD CANCER DAY



13 FEBRUARY- WORLD RADIO DAY



INTRODUCTION TO 5G TECHNOLOGY

5G is the fifth generation of cellular networks, bringing new capabilities that will create opportunities for people, business and society.

WHAT IS 5G CAPABLE OF?

5G will do much more than significantly improve your network connection. It provides new opportunities, enabling us to deliver ground-breaking solutions that reach across society.

Imagine billions of connected devices gathering and sharing information in real time to reduce road accidents; or lifesaving applications that can take flight thanks to lag free guaranteed connections; or production lines so predictive they can prevent interruptions well before they occur. There is no need to imagine. We are making it happen.

WHAT MAKES 5G DIFFERENT?

5G runs on the same radio frequencies that are currently being used for your smartphones, on Wi-Fi network and in satellite communications, but it enables technology to go a lot further.

Beyond being able to download a full-length HD movie to your phone in seconds (even from a crowded stadium), 5G is really about connecting things everywhere reliably, without lag-so people can measure, understand and manage things in real time.



Written by:-Harshit Garg

Compiled by:- Devishi and Jatin

"We are more *powerful* when we
empower each other"



VII Sangam

Class Teacher: Shilpi Sharma

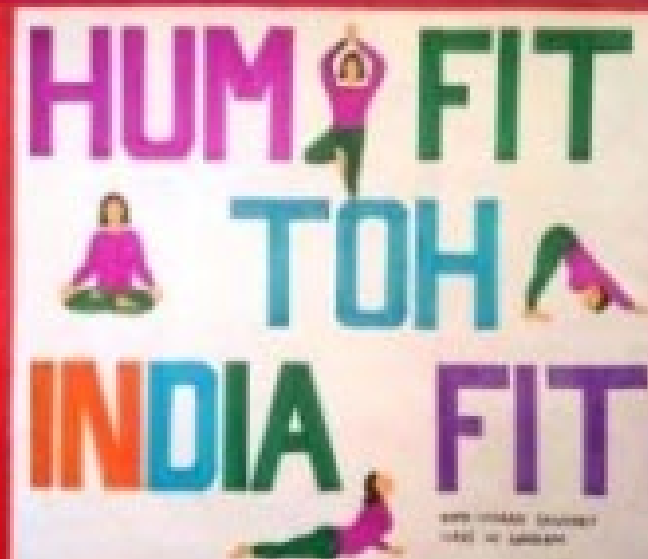
Last from the
batch of 2020-21

(Interesting poems, articles , jokes, recipes ,facts
,amazing posters and so much more!!!)

Truth+ Love+ Beauty+ Peace= *Success*

D
E
C
E
M
B
E
R

Jo Fit hain woh Hit hain



Everything is easy
When you are busy
But nothing is easy
When you are lazy

*Don't wish for a
good body work
for it*



*Hum Fit
Jo India Fit*

*Good health is not
something we can
buy. However it can
be an extremely
valuable savings*

Cooking is the great
gift you can provide
to people you love



Chocolate Chip Cookies

INGREDIENTS:

- 1 and 1/8 cups sifted flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup vegetable shortening
- 1/2 cup white sugar
- 1/4 cup brown sugar
- 1/4 cup unsweetened apple
- 1 teaspoon vanilla
- 3/4 cup vegan chocolate

DIRECTIONS:

Preheat oven to 350° F.

1. Sift flour, baking soda, and salt together.
2. Cream shortening and sugars together. Add to sifted ingredients and stir.
3. Add applesauce and vanilla. Blend thoroughly.
4. Add vegan chocolate chips.
5. Drop teaspoon amount onto greased baking sheet. Repeat.

Bake each tray approximately 10 minutes. Makes 25 to 40 cookies.

Christmas Special!!



recipe:

Ingredients :

1. Wheat flour 1cup
2. Milk powder 1 cup
3. Sugar 1 cup
4. Baking powder 1 tsp
5. Vanilla essence 5-7 drops
6. Salt A pinch
7. Cream 1 cup
8. Walnuts/Tutti fruity
9. Honey 2 tsp



METHOD:

Sieve wheat flour, milk powder, sugar, salt and baking powder together thrice. Now beat this mixture by adding milk and malai. Then add vanilla essence and honey. Pre-heat OTG 15 minutes before. First grease the cake tin and then pour the mixture in it. Now bake it for 50 minutes and your yummy and healthy cake is ready!!!



Kashvi
VII sangam

POETRY IS THE RHYTHMICAL CREATION OF BEAUTY IN WORDS.

Poetry is not a group of words tied together in a rhythmic tune, rather, they are the overflow of emotions creating a beautiful feeling each in the poet's and reader's heart and soul... It is basically the only source of togetherness between two strangers left ... without knowing the poet, the reader can feel him, so can the poet without ever thinking about the reader.. Poetry has many types, 2 of which, a limerick and an acrostic ...

Enjoy reading !!!!!

- Ananya Sharma

(Poetess of the next given limerick and acrostic poem)

TILL IT LASTS

(**Word Used : Environment**)

Every time I glance at the newly polished
window

Vanishes the grief , to let in that gratitude
Improvising the youthfulness, the sunshine
entering feels my skin

Rigorously the clouds heal me

Overwhelms me the kiss of wind

Not to forget...the purity of those sunkissed
glazing roses

Maybe this is it or may this is not

Everything has a hamartia ,and this one will
have too

Nevertheless I stand and stare

Treasuring those few unforgettable moments
with my Environment

WHAT IF...

(Topic:family)

What if our families could read our mind,

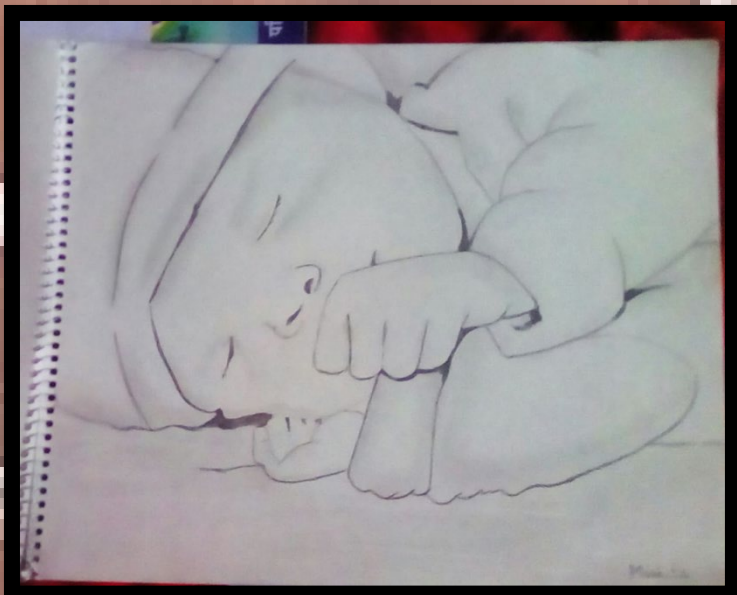
Including, The story of the teacher behind the book we so urgently need to find.

The hidden candies which we stole from mom,

The movie we saw secretly which became our favourite rom com,

Indeed, then they'd be running behind us threatening us of slaps knowing no kind.

Grab A Pencil And Sketch Your Own World



A photograph of a person's legs from the knees down, wearing blue jeans and white sneakers with black soles. They are walking on a paved path. The background is a soft, out-of-focus sunset or sunrise scene with warm orange and yellow light. The entire image is framed by a black border.

EVERY ENDING
IS CREATING THE
SPACE AND
OPENING FOR
AN AMAZING
NEW
BEGINNING.

— BRYANT MCGILL

Simple Reminders
SIMPLEREMINDERS.COM

*This Maybe The Last One For
Now, But As The Above Quote
States, Endings Are Just So
Necessary...*



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