



# ARWACHIN BHARTI BHAWAN SR. SEC. SCHOOL C - BLOCK, VIVEK VIHAR, DELHI - 110095

SPECIAL EDITION ON  
**COVID-19**

**PANDEMIC  
ACADEMICS**







Dr. (Mrs.) URMILA SHARMA  
PRINCIPAL

कुछ सिखाकर यह दौर भी गुजर जाएगा, गुजर जाएगा,  
फिर एक बार और इंसान मुस्कुराएगा, यह दौर भी गुजर जाएगा,  
वक्त ने जिन्दगी को हैरान कर दिया, काम के बोझ से दबे हर  
इन्सान को,  
आराम के एहसास ने परेशान कर दिया, मगर यकीन रख,  
यह दौर भी गुजर जाएगा, गुजर जाएगा  
मुश्किल की घड़ी है, भयावता मूँह बाँँ खड़ी है ,  
लेकिन यह पहली बार नहीं, ये मसला भी सुलझ जायेगा,  
मायूस न होना, इस बुरे वक्त से ,  
कल आज है और आज, कल हो जाएगा.....  
कुछ सिखाकर यह दौर भी गुजर जाएगा ..... गुजर जाएगा



# REDEFINE EDUCATION

**" Things fall apart; the centre cannot hold..... everywhere the ceremony of innocence is drowned."**

**William Butler Yeats.**



**The entire earth is the battlefield wherein the universe is Fighting a battle against Covid 19. All the professions, directly or indirectly are trying to do their bit to secure solace from the disease and Revive economy but it is un-fortunate that despite Being Educationists and teachers, we refuse to learn any meaningful lesson from the crisis altering the Entire humankind. However, what is ironic is that even at this critical juncture, we fail to see beyond techno-managerial solutions; seldom do we go beyond what is popularly known as 'online' learning.**

**The general assumption is that the lockdown period should not be wasted; and students and teachers must do their 'normal' activities and complete the 'syllabus' through 'online' learning. I feel this is the time for an honest and a rigorous self-reflection; this is the time to understand the deeper layers of our consciousness; and this is the time to examine where we have gone wrong. Yes, this is the time to introspect and rethink education.**

**Introspection and meditation are mandatory, but the coronavirus has shattered this confidence of human beings. No, we are not the masters of the world. And not everything can be fitted into our notion of mathematical precision and engineered order. Not everything can be predicted—the way we predict whether it will rain this afternoon in South Delhi. In other words, the coronavirus has brought us to the domain of uncertainty and perplexity. And herein lies the importance of what the enthusiastic champions of modernity wanted us to forget: the inherent mystery of existence. To acknowledge this mystery is to redefine ourselves in the context that we have to rethink education. Our 'modern' education system has burdened us with the packages of specialised knowledge; we have learned to acquire all sorts of 'technical skills'; we have cultivated the prosaic intellect. Yet, we are almost incapable of engaging with the inherent uncertainty of existence—or, say the possibility of death knocking at our doors at this very moment. Hence, when a crisis of this kind confronts us, we are terribly shaken, we fail to see beyond masks and sanitisers, and yesterday's conquerors become today's fearful mortals.**

**And hence in this sensitive time, as educationists we must ask ourselves whether we should redefine education as a new quest of a wanderer. Should education give us the psychic, spiritual or aesthetic strength to understand our location in this vast universe, cherish a sense of gratitude and humility, and live gracefully even amidst the fragile character of the phenomenal world—the way a tiny blue flower blooms for a couple of days, and then withers away with absolute grace?**

**Mr. ANURUP SHARMA.  
(DIRECTOR)**



## **SCREEN TIME IS THE NEED OF THE TIMES**



With the outbreak and spread of COVID-19, The world has undergone a seismic shift in daily life. Times are rapidly changing, faster than anyone anticipated. Some of us have to set up classrooms at home overnight. Work from Home has Become the new normal as we try to minimize disruptions and keep operations running. The commitment to be a positive contributor of our society is a responsibility that each one of us owns. Teachers at Arwachin have become Helmsmen in this rough weather and carrying out the Teaching - Learning process incessantly with their unceasing efforts. We, teachers and the management are eagerly looking forward to see scholars in the classrooms and sports arena . We have to compromise with the current situation nevertheless learning must not stop. Thus, we have adopted the ideology "Screen time is the need of the times".

We would be able to sail through unaffected following simple well being tips .I would urge all the parents, teachers and scholars to- "Go on a News Diet, Get involved in daily activities like Cooking, Gardening, Make time for exercise, Connect with loved ones, Pursue a hobby, have fun to overcome loneliness".

Resting my views I would say "Sometimes to do a lot for mankind, you have to do nothing at all".  
Stay calm and healthy.

**Mrs. (Dr.) URMILA SHARMA**  
**PRINCIPAL**



## COVID-19 TO TECH 20

COVID-19, a deadly pandemic that has brought the whole world to a standstill and making people cough and sneeze for eons. It is among the many viruses that cause the common cold. But not so mild-mannered. It can even lead to serious illness and deaths. Coronaviruses get their name from their shape. These round viruses are surrounded by a halo of spiky proteins. That makes them look a bit like a crown or the corona of the sun. The genetic makeup of these viruses is composed of RNA, a single-stranded chemical cousin of DNA. Genetically, coronaviruses can be quite different from one another as well.

When everyone across the globe is fighting with this virus, Arwachin Bharti Bhawan Sr. Sec. School too is leaving no stone unturned to combat this pandemic. Each and every member of the school is putting that little extra to reach out to their students and serve the society in the best possible manner that the Arwachin Family can.

When the whole world has come to a standstill, we, the Arwachin Family is standing strong, united and all set to conquer this situation by instilling in our children a spirit to fight against the deadly virus by abiding all the rules and taking all the necessary precautions to keep themselves and their loved ones safe and healthy. Not only this school is doing everything to keep the students' academics well in order, even school is taking care of students' fitness and co-curricular activities as well. Time and again students are given various tasks to be performed at home and students then share their mesmerizing photographs and amazing videos wherein performing the given tasks whether a physical, informative or creative. Our gallery has flooded with such photos and AVs leaving us proud and overwhelmed.

This endeavour to serve is not confined to the people associated with the school rather school is fulfilling its social responsibility with numerous donations. As recently Honourable Director of the school, Shri Anurup Sharma donated several PPE kits to Deen Dayal Upadhyay Hospital.

Very affectionate, warm and sympathetic School Principal, Dr. (Mrs.) Urmila Sharma has time and again reached out to her loving children through virtual platform to keep them well encouraged, spirited and motivated to fight back and come out as a true Arwachinite, a winner. Even school Head Mistress, young and enthusiastic Ms. Saumya Anurup Sharma and the leading light of the school, the academic proctor, Mrs. Prabha Garg too have ignited the students through their eloquent and effective words through digital meets.



Arwachin had, has and will always have an utmost mission to serve the best to their students and set an example for the society. We work with a vision to evolve our students into such beings that where ever they go they stand unique and best among all.

## • **PHYSICAL FITNESS**

Arwachin Bharti Bhawan Sr. Sec. School, Vivek Vihar has taken an initiative to keep the students fit and healthy at home during the time of this Global Coronavirus Crisis by conducting online classes of Physical Education under the great guidance of School Director Hon'ble Shri Anurup Sharma, ever so motivating Principal Dr. (Mrs.) Urmila Sharma, very gracious and spirited Head Mistress Ms. Saumya Anurup Sharma and luminary Academic Proctor Mrs. Prabha Garg.

Not only students, but parents are also showing keen interest and enthusiasm in the fitness regime which is sent and reviewed on daily basis by the dedicated school P.E.Ts. Students are inspired and fueled with fresh energy and are eagerly sharing their videos performing different exercises which are easy to perform but very effective to keep them hale and hearty.

## • **POSTERS ON CORONAVIRUS BY STUDENTS OF CLASS I - V** Remarkable art by our tiny tots!

The school is doing all, not just to keep the students busy but also well aware and learnt. In regard to this students of classes I- V were given a task to make posters and our young talent has made some amazing posters on the widely spread concern of Coronavirus around the world. As it is very rightly said that "Action speaks louder than words", our little urchins have created such mesmerizing pieces of art which express their thoughts way better than one can articulate.

## • **SONG ON CORONA VIRUS**

Amidst the tensivity of wide spread threat of the pandemic - Coronavirus, Arwachin, Vivek Vihar is standing firm with an unflinching belief of conquering this situation and to fill in a new zest among all, diligent staff of Arwachin has prepared a song - HAREGA CORONA.

**LINK -** <https://www.youtube.com/watch?v=w3ujvfp78WU>



## **•MOTHER'S DAY**

School celebrated Mother's Day amidst the spread of the deadly virus through various online activities. It was an earnest effort to instil the importance of mother in a child's life through effective thematic presentations, moral stories, dramatization, video clippings and numerous activities like fan folding, card making, badge making, message box etc.

Our young minds came up with new and innovative ideas for the cards and reciting rhymes for their mothers, paid tribute and displayed their love through some innovative activities like Handprint Flower Craft, Song, Picture Frame, Handmade Card, Desert /Sweet Dish Making and many more.

This virtual initiative by Arwachin filled the air with intimacy, gratitude, appreciation, acknowledgement and gave all a moment to celebrate and forget the trauma of this globally spread pandemic, leaving an indubitable mark on the hearts of everyone.

Mom is such  
A special word  
The loveliest  
I've ever heard  
A toast to you  
Above all the rest  
Mom, you're so special  
You are simply the best.

## **•PROJECT WORK**

It is an undeniable fact that project-based learning is a non-traditional education model that seeks to better prepare students for solving real-world problems and issues while teaching them what they need to know to succeed in school right now. Keeping this in mind, students were given projects based on the recent concern of globally spread virus- COVID-19.

Students researched, analysed and presented their work extraordinarily.



## NAVIGATING THROUGH COVID-19 (ONLINE DIGITAL CLASSES)

A major factor that frames student life is a set routine comprising school, homework, coaching or tuition classes, co-curricular activities, and more studies with a dash of entertainment thrown in. But this routine has completely been disrupted - the boundaries between study time, play time and me-time having merged these days, owing to the widely spread pandemic around the world.

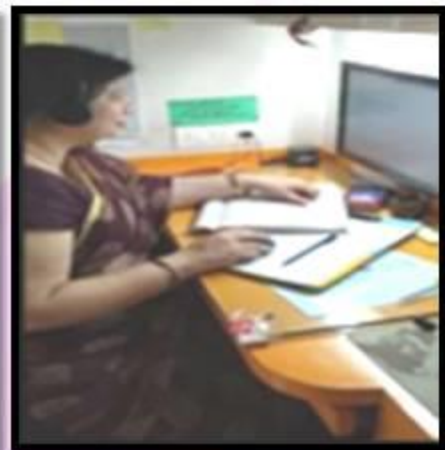




## NAVIGATING THROUGH COVID-19 (ONLINE DIGITAL CLASSES)



Establishing a routine becomes crucial for children, especially while staying indoors the entire day, to which they are not used to, moreover to keep their academics unimpeded, we at Arwachin are doing all to cater to this emergent need of students by providing online classes through a new app (HELLO PARENT) which school has devised especially for the benefit of its students and teachers. This app has made the teaching and learning process all plain sailing, it not only allows teachers to impart their lectures but it has even eased out the whole process whether it is about taking attendance, connecting to parents, sending classwork or receiving assignments everything that takes place in a conventional school. Arwachin has actually established a virtual campus, keeping children engaged and disciplined to follow the routine.





# NAVIGATING THROUGH COVID-19 (INTERACTING WITH PARENTS)



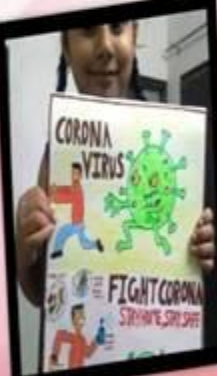


# NAVIGATING THROUGH COVID-19 (MOTHER'S DAY ACTIVITY)





# NAVIGATING THROUGH COVID-19 (CORONA ACTIVITY)





# NAVIGATING THROUGH COVID-19 (EARTH DAY- ACTIVITY)





# NAVIGATING THROUGH COVID-19 (NO TOBACCO DAY)





# NAVIGATING THROUGH COVID-19 (NO TOBACCO DAY)





# NAVIGATING THROUGH COVID-19 (NO TOBACCO DAY)







**webinar**



**"LIFE NEVER STOPS TEACHING.  
BE SURE YOU NEVER STOP LEARNING."**

**Great things happen to those who don't stop believing, trying and learning. In this critical time of Covid 19, the educators and teachers of our school are honing their skills and methods by attending various webinars organised by CBSE and other publishing houses as self growth is a key to having a fruitful career wherein teachers can benefit their students the most.**



**WEBINAR RECORD**

<b>S. No.</b>	<b>DATE</b>	<b>DAY</b>	<b>TOPIC</b>	<b>CONDUCTED BY</b>	<b>No. of count</b>
<b>1</b>	<b>4/7/2020</b>	<b>TUESDAY</b>	<b>TOP TEN TIPS FOR TEACHING FROM HOME</b>	<b>OXFORD UNIV. PRESS</b>	<b>5</b>
<b>2</b>	<b>4/15/2020</b>	<b>WEDNESDAY</b>	<b>MAKING MATHEMATICS TEACHING RELEVANT IN 21ST CENTURY</b>	<b>OXFORD UNIV PRESS</b>	<b>2</b>
<b>3</b>	<b>4/13/2020</b>	<b>MONDAY</b>	<b>EMOTIONAL INTELLIGENCE FOR TEACHERS</b>	<b>OXFORD UNIV PRESS</b>	<b>3</b>
<b>4</b>	<b>4/17/2020</b>	<b>FRIDAY</b>	<b>ONLINE SAFETY FOR WORKING WOMEN</b>	<b>INTERNET AND MOBILE ASSOCIATION OF INDIA</b>	<b>1</b>
<b>5</b>	<b>4/22/2020</b>	<b>WEDNESDAY</b>	<b>HELLO PARENT APP</b>	<b>MR. ATUL</b>	<b>6</b>
<b>6</b>	<b>4/23/2020</b>	<b>THURSDAY</b>	<b>BUILDING A HOLISTIC ACTIVITY</b>	<b>MS SONARELIA</b>	<b>10</b>
<b>7</b>	<b>4/28/2020</b>	<b>TUESDAY</b>	<b>SKILL ENHANCEMENT THROUGH ONLINE TEACHER TRAINING</b>	<b>OXFORD UNIV PRESS</b>	<b>4</b>
<b>8</b>	<b>4/28/2020</b>	<b>TUESDAY</b>	<b>MAKING SENSE OF READING</b>	<b>OXFORD UNIV PRESS</b>	<b>9</b>
<b>9</b>	<b>4/30/2020</b>	<b>THURSDAY</b>	<b>WORKING WOMENS ONLINE SAFETY</b>	<b>RAKSHIT TANDON</b>	<b>35</b>



# WEBINAR RECORD

S. NO.	DATE	DAY	TOPIC	CONDUCTED BY	NO. OF COUN T
1	5/2/2020	SATURDAY	HINDI LANGUAGE TEACHING	MADHUBAN EDUCATION BOOKS- DR. MANJU SHARMA	8
2	5/7/2020	THURSDAY	TIME AND STRESS MANAGEMENT AND BRINGING ALIVE VIRTUAL CLASS	MS SHALINI NAMBIAR	14
3	5/7/2020	THURSDAY	CLASSROOM MANAGEMENT AND ITS COMPONENTS	COE CBSE	
4	5/7/2020	THURSDAY	STRESS MANAGEMENT	COE CBSE	
5	5/7/2020	THURSDAY	HAPPY CLASSROOM	COE CBSE	
6	5/7/2020	THURSDAY	MANAGEMENT IN CLASSROOM AND INTERPERSONAL RELATIONSHIP	COE CBSE	
7	5/8/2020	FRIDAY	HAPPY CLASSROOM	COE CBSE	
8	5/8/2020	FRIDAY	VALUE EDUCATION	COE CBSE	2
9	5/8/2020	FRIDAY	CAREER GUIDANCE & SCHOOLS	COE CBSE	
10	5/8/2020	FRIDAY	POSITIVE MINDFUL MANTRAS FOR FIGHTING STRESS	COE CBSE	5
11	5/8/2020	FRIDAY	UNDERSTANDING CLASSROOM MANAGEMENT & ITS COMPONENTS	COE CBSE	
12	5/15/2020	FRIDAY	WEBINAR ON APPLIED MATHEMATICS	GOYAL BROTHERS PRAKASHAN	4



## WEBINAR RECORD

S. NO.	DATE	DAY	TOPIC	CONDUCTED BY	NO. OF COUNT
1	5/16/2020	SATURDAY	EDUCATIONAL E-CONTENT CONCEPT AND FORMS	PROF. INDU KUMAR	(NCERT - YOU TUBE)
2	5/18/2020	MONDAY	MINDMAPS	MR. SANDEEP SOLANKI (ORANGE GROUP)	39
3	5/19/2020	TUESDAY	MIND YOUR MENTAL HEALTH	OXFORD UNIV PRESS- YVETTE LEE	ALL NUR STAFF + 21
4	5/21/2020	THURSDAY	BEYOND CHALK AND TALK	MAITRAYEE TOSAWAD	64
5	5/22/2020	FRIDAY	MOTIVATIONAL AND LIFE SKILLS	EUPHEUS LEARNING- LOKESH N DARIRA	69
6	5/23/2020	SATURDAY	STRESS MANAGEMENT	SAURABH BENIWAL	65



## WEBINAR RECORD

S. No.	DATE	DAY	TOPIC	CONDUCTED BY	No. Of count
7	5/26/2020	TUES DAY	CORONAVIRUS:DIAGNOSIS& PREVENTION	DR. B.D.SHARMA-MAX HOSPITAL	24
8	5/27/2020	WEDNES DAY	EVS( NURSERY & PRT)	VAISHALI GUPTA	8 + prt staff
7	5/26/2020	TUES DAY	CORONAVIRUS : DIAGNOSIS & PREVENTION	DR. B.D.SHARMA-MAX HOSPITAL	24
8	5/27/2020	WEDNES DAY	EVS( NURSERY & PRT)	VAISHALI GUPTA	8 + prt staff
9	5/28/2020	THURS DAY	LITERACY & ORACY SKILLS	OXFORD UNIV PRESS - JACOPO D'ANDRIA URSOLEO & KATE GRALTON	15
10	31/5/2020	SUNDAY	COMPETENCY BASED EDUCATION IN SOCIAL SCIENCE	TIASHHA SAHA- EDUCATION CONSULTANT	3



## श्वाँस का खेल-

"....एक बार गुरु नानकदेवजी ने बाने और मर्दाने से पूछा था-

"जीवन कितना है ?"

इस पर बाने ने कहा-

"-आज का सूरज चढ़िया है कल का पता नहीं चढ़ेगा या नहीं।"

इस पर नानकदेवजी कहने लगे-

"-जीवन इतना बड़ा तो नहीं है। मर्दाने तू बता।"

मर्दाना कहने लगा-

"-सच्चे पातशाह ! अब जो घड़ी आई है, पता नहीं अगली घड़ी आयेगी भी या नहीं !"

नानकदेवजी कहने लगे-

"- अभी भी बहुत दूर की बात कर रहे हो। जीवन तो इतना भी नहीं है।"

इस पर दोनों ने हाथ जोड़कर कहा-

"-सच्चे पातशाह ! फिर आप ही बताओ।"

गुरु नानकदेवजी ने कहा-

"-जीवन एक श्वाँस का खेल है अगर अन्दर आ गया, बाहर ना आये। अगर श्वाँस बाहर आ जाये, वापस अन्दर ना जाये। एक श्वाँस का खेल है। इसलिये, हर स्वाँस में सिमरन करो।"

कोरोना महामारी की इन विषम परिस्थितियों में हम जितना ज्यादा ईश्वर का भजन सिमरन करेंगे उतना ही प्रभु की कृपा हम पर होगी और भगवान की दया से पूरा विश्व स्वस्थ और सुखी हो जाएगा ।इसलिये हर साँस की कीमत जानकर प्रभु शरण में चले जाएं । सकारात्मक रहें ,व्यस्त रहें मस्त रहें ,सुखी रहें, स्वस्थ रहें ।

सुदेश कौशिक  
(टी. जी. टी.) साइंस



# LET'S EDUCATE OURSELVES , ONCE AGAIN

We have all been hearing how the corona-virus has changed our world. Our social media accounts like Facebook, WhatsApp, Twitter are full of suggestions on what to eat, what to read, what to play and so on. And it is easy to lose oneself in this long list of do's and don'ts, especially when there is a bombardment of information from multiple sources. Therefore, here is a quick summation of what all you need to do to keep yourself safe and aware.

## COVID-19 A to Z



**A**

AVOID CROWDING



**B**

BEWARE OF  
FAKE NEWS



**C**

CLEAN YOUR  
HANDS FREQUENTLY



**D**

DON'T GO OUT



**E**

EMPTY THE  
STREETS



**F**

FEED THE NEEDY



**G**

GATHERING  
IS BAD



**H**

HAND  
SANITISING



**I**

INSIDE YOUR  
HOME



**J**

JOIN THE FIGHT  
AGAINST COVID-19



**K**

KINDNESS



**L**

LEARN NEW  
SKILLS



**M**

MEDITATE DAILY



**N**

NO HANDSHAKES



**O**

OFFER HELP



**P**

PRACTISE YOUR  
PASSION



**Q**

QUARANTINE  
YOURSELF



**R**

REGULAR  
EXERCISING



**S**

SOCIAL  
DISTANCING



**T**

TRAVEL IS  
DANGEROUS



**U**

USE MASK



**V**

VISIT YOUR  
DOCTOR ONLINE



**W**

WEAPONISED  
IMMUNE SYSTEM



**X**

X-TRA PRECAUTION  
FOR ELDERS



**Y**

YOUR AWARENESS



**Z**

ZERO FACE  
TOUCHING



## **DO THY DUTY**

### **LEARNING BEYOND BARRIERS**

**Problems are tough, the fear is scary, the world is puzzled.....But, the sun is shining, the clouds pouring, the wind still blowing.....**

**In the midst of such a standstill, the nature is rejuvenating and still is dutiful. Then, why we, the humans who have the immense potential of doing miracles are in despair? We have the caliber for transforming a simple seed into a variety of tasty delicacies, we are capable of not only flying but touching the moon n other planets...then why this panic?**

**This time shall pass away and shape us into even a better creature on this planet. We humans are famous for beating even tougher situations which threatened our existence and have always befriended success.**

**The right proposition in the present scenario is just to "Do Thy Duty". This applies to everyone as we must learn beyond the barriers. Everyone- the students, the teachers, the corona warriors, the common folk, all are at their best learning phases and every positive learning definitely yields the desired results. This is an examination of all humanity and its up to us, we panic or stand tall and give a miraculous comeback to this crisis and enjoy the world as shaped by us...even beautiful, adorned, embellished by our own efforts and always exemplify this tough time to generations after.**

**Do not forget that " To stay ahead you must have your next idea, waiting in your wings".**

**SHRADDHA MISHRA**

**(TGT ENGLISH)**

# **When I saw mathematics everywhere....**

***"THE HIGHEST FORM OF PURE THOUGHTS IS IN MATHEMATICS". -  
PLATO***

Whenever I read these lines, I always become nostalgic of the time when I decided to opt for teaching profession specially to teach mathematics. Maths has an image problem. It is often seen as dreary and difficult, a subject to be endured rather than to be enjoyed. Yet to me, maths is the most mind-blowing and creative subject of all. It enhances your brain, it takes you to some different kind of world. Maths has been the creator of the literature, science etc. It has given the world a different direction to see it, to feel it.

"God has used beautiful mathematics in creating this world" well said by PAUL DIRAC a famous physicist who had seen the beauty of maths everywhere and had given us so many wonderful theories.

With those huge calculations and numerous theorems and proofs we have achieved so much. Our day begins from maths and ends with it without even knowing it. Many people put off maths at school because of the donkey work involved, such as learning tables by rote and solving certain types of equations. Yet these tasks, while necessary in developing basic numeracy and scientific thinking, are mathematics only in the sense like learning scales is playing a musical instrument or practising free kicks is football. But if we starting discovering it everywhere from nature to even in their rooms it will become much easier to understand.

Today we are all going through difficult times as COVID-19 has spread all over the world alarmingly. Mathematicians are not handling viruses in the lab or treating sick people in the hospital, but they are using mathematics to understand how diseases spread and develop measures to control outbreaks of diseases like SARS, influenza, Ebola, and now Covid-19. During these hard times many mathematicians of different countries are advising their govt. to take necessary steps.

Atlast, I will say that if you see maths everywhere you will definitely fall for it like I did. As Galileo Galilei asserted, "The laws of Nature are written in the language of mathematics." If you love mathematics it will definitely loves you back and you will see it everywhere like I do.

**BY- AKANKSHA CHAUDHARY  
TGT (MATHEMATICS)**



**C  
O  
R  
N  
E  
R**

**STUDENTS**

ENGLISH IDIOMS

# BODY PARTS IDIOMS



## A HAND IN IT

to have a hand in something usually refers to you having a part to play in something

## LOSE YOUR HEAD

to get very angry over some issue and become very annoyed

## TO PUT YOUR TOE IN THE WATER

to attempt something perhaps for the first time and decide to do it gradually until you are more comfortable about it

## TURN A DEAF EAR

refuse to listen to someone

## EAT THE HEAD OFF SOMEONE

to get extremely annoyed at someone or to be very abrupt with someone

## FOOT THE BILL

having to pay the bill when somebody does something but doesn't have the money to pay for it



**STUDENT NAME: : ELIZABETH**  
**CLASS : XII-A**



ENGLISH IDIOMS

# ENGLISH IDIOMS

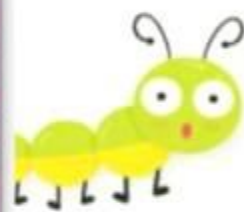
about

# SPEED



## GET YOUR SKATES ON

you have to hurry or be quick as you are either going to be late or miss something



## SPREAD LIKE WILDFIRE

to spread very quickly

## MAKE VERY GOOD TIME

use this to highlight the fact that we are moving quickly and progressing to our destination

## NO SOONER SAID THAN DONE

usually refers to doing something quickly when someone asks you to do them a favour

## GET OFF TO A FLYING START

This usually refers to something that begins very well or very quickly. It might not continue but you do not know.

## AT A SNAIL'S PACE

when people are slow we compare them to a snail



**STUDENT NAME : DIVYANSH**

**CLASS : XII-B**

# English **IDIOMS** **ABOUT DREAMS**

## **BEYOND YOUR WILDEST DREAMS**

This occurs when something you wished for actually comes true but in an even bigger or better way than you could have possibly imagined.



## **A DREAM COME TRUE**



We say this when our dreams become reality, something amazing happens that is hard to believe in.



## **WORKS LIKE A DREAM**



We say this when something broken works better than ever once the repair has been carried out.

## **DREAM ON!**

We can use this when someone is dreaming a little too much.



## **IN YOUR DREAMS!**



We use this expression when someone is really dreaming about something that is very unlikely to happen if in fact at all.



**STUDENT NAME : JANVI**  
**CLASS : XII-C**



## PROVERBS DURING CORONA CRISIS

Divided we live, United we die....

A sneeze, in time...

Infects nine....

All that snuffles has caught a cold....

Homestay is the best policy....

One man's mask is another man's poison...

An unmasked guy is the Covid's workshop...

As you spray, so shall you reap..

Better to be poor & healthy

Than being rich & sick...

Curiosity killed the doc...

Don't count your chickens before next  
March...

Every cough has its spray...

Rome wasn't infected in a day...

When the cough is away,

You can come out & play...

When in Rome

Die as the Romans die.

**STUDENT NAME : TARNI**

**CLASS**

**: XII-D**

## LOVE OUR EARTH

Let us love our earth  
Love her everyday!  
Be sure to turn the water off  
Keep her clean and green always.  
Let us love our earth  
Love her everyday!  
Take care of her in every way  
For this is our home to stay.  
Let us love our earth  
Love her everyday!  
Don't throw the trash but keep her  
clean  
She is all we have today.  
Let us love our earth  
Love her everyday!  
We can do so much to keep it green  
Just a plant a tree each day.

STUDENT NAME : AAYUSH  
CLASS : XII-E



## POEM ON EARTH AND TREES



The planet where we live needs repair  
As humans have filled it with despair  
Global warming, Pollution and deforestation  
Do we have any solution?  
Our earth is special and it is just the one,  
It is not meant to be destroyed for just fun.  
It made pure water, fertile soil and bright sun,  
We made destructive bomb, grenade and gun!!  
We share this land  
Then why don't we give it our small helping hand?  
We can plant the trees  
They help us cure all disease.  
Let's save them, pretty please!!!

***SAVE EARTH..SAVE TREES***

**STUDENT NAME : SAMRIDHI  
CLASS : XII-F**



## **WE SHALL OVERCOME!**



Hope can be a powerful force, especially in difficult times. Today, the world is facing the coronavirus crisis, a pandemic that has transformed lives of millions of people. In times like these, hope can only be a source of reassurance. Many who are locked at home, others who are working to help, prevent and fight the virus, need the reassurance and the hope that 'We shall overcome this'.

*"HOPE is seeing light in spite of being surrounded by darkness"*

I being the leader and the flag bearer of Arwachin Bharti Bhawan Sr. Sec. School am keeping myself well lit up with the hope that we all will sail through this global predicament and I want all the students around the world and members of this fraternity to take the onus to spread the hope all around them and make it much more contagious than this deadly pandemic. I truly believe that staying optimistic and hopeful is the biggest support that we can render to our nation presently. As being a humanitarian, I am doing my bit to keep my children and staff well cheerful and motivated and ardently want to spread the message and strength of hope all around.

I urge all of you to place on record the brave hearts who have been working tirelessly putting at risk their own life, all the volunteers, health professionals all over the world. Their selfless service is commendable. Let us in spirit wish and pray for all the people who have been affected by the virus directly or indirectly and hope for their rapid recovery.

This is the moment we are called to be our best selves in tune with the vision to be men and women for and with others leading a life of patience, empathy and compassion. The virus has prompted all of us to gain a heightened self-awareness. I am sure all of us have been practising social distancing, physical distancing and coming together on social media for mutual morale boosting conversations and sharing. This is the best way to counter the pandemic.

Ending my thoughts with a couplet, which I think is an utter need of the hour to set as our motto:

*"We shall overcome, we shall overcome some day  
Deep in my heart I do believe, we shall overcome some day."*

**Mrs. PRABHA GARG**  
**ACADEMIC PROCTOR**



# THE HEALING ELIXIR



**It is an unprecedented experience for everyone around the globe during this lockdown period due to the Covid-19 pandemic. Almost everyone is going through a rough phase and finding it challenging to deal with the abrupt change in lifestyle. But, if we contemplate on the other side of the coin then we surely will realise that this is the best time to bring in practice our ever so suspended and suppressed hobbies which we ourselves buried deep down under our dutiful lives to fulfil our wants and to stand upright to face the different challenges of this world to survive and stay well in cordiality with others in the so called society.**

**Instead of repenting over the current scenario and being anxious all the time, we all should rather utilise this abundant time in putting our hobbies into practice. Hobbies are not a mere way to pass time rather hobbies act as healers, hobbies decrease stress by relaxing and taking our mind off the more pressing concerns. Also, hobbies can give us a sense of mastery and control. Our esteem level tends to rise as we feel ever more accomplished at a particular task, whether it is gardening, listening to music, painting or drawing, cooking, colouring, and photography every hobby will result in improved mental health and depression reduction.**

**Our pastimes are an important way for us to connect with our passions and identity. Since hobbies inherently require learning new skills, they're an important way for us to keep our minds sharp as we get older. And right now, when anxiety is high, throwing ourselves into our favourite activities could be one good way to manage our stress.**

**In nutshell, my idea is just to let ourselves loose and make the most of this situation by reinventing oneself.**

**Ms. SAUMYA ANURUP SHARMA  
HEAD MISTRESS**



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