



GLIMPSES OF 2019–2020

TAFS JUNIOR WING



THE PRINCIPAL'S MESSAGE

"When I started counting my blessings, my whole life turned around"

- Willie Nelson



Dear students,

Gratitude is being thankful for the blessings we have. Being grateful helps us to grow and bring joy, laughter and purpose to life. Successful people have, time and again, acknowledged the help and contributions they received from others and expressed gratitude to them for their success. The attitude of gratefulness helps us to find whatever good is there in any adverse situation thereby helping us to survive any setback. In short being thankful will be a major force in your bouncing back after taking a fall.

The prevailing pandemic has compelled us to reflect on the blessings we have that very often we take for granted. We have learnt to appreciate what we easily had within our reach, that the lockdown has denied us, like playing with our friends in a playground or enjoying a group activity. The new circumstances have made us learn a lesson in gratitude and appreciation of all our blessings like family, home, good health, the talents we possess and many more. And of course you get to see so many miracles like the sunrise each day and a plant growing from the seed and rising relentlessly up to the sky. So look out for opportunities that each day brings with it.

It has been proven scientifically that people who are grateful are more compassionate, kinder and have strong immune system. So isn't it a good idea to practice being grateful? My dear students, saying 'Thank you' is one of the simplest forms of expression of gratitude. This e-edition has articles which are anecdotes and experiences of gratitude that children have shared. Hope these writings will inspire you.

*Wishing you the best. Take care and keep safe.
Happy reading and reflecting!*

*Fondly,
Amita Gupta
(Principal)*



THE HEADMISTRESS' MESSAGE



"Be thankful for what you have, you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

-Oprah Winfrey

My dear students,

Take a moment and picture this...the sight of a beautiful sunrise, enjoying the refreshing showers or relishing a cool sundae on a sweltering summer afternoon, snuggling up in bed with a warm blanket on a cold winter night! They may seem like everyday things in life that we never seem to spare a thought for. Aren't there countless such moments and aspects of life which we often take for granted?! And imagine, if we only pause in those moments instead and rejoice them...see what I mean! Appreciating all the good things in the world around us requires a mindset and that we call 'Attitude of gratitude'.

Life is a mixed bag and it comes with its share of happiness and success as well as disappointments and setbacks. However imperfect life may seem but the choice of looking at the bright side is ours. And when you do that, there is always something that one can be thankful for.

"I cried because I had no shoes, then I met a man who had no feet."

To make life more meaningful, we just have to shift our perspectives and learn to see the world through the lens of 'gratitude'. Well, the 'attitude of gratitude' is the quintessence of leading a positive and spirited life! Everyday remind yourself of what you are grateful for and acknowledge others when they inspire you or make you happy. Gratitude surely is something beyond saying a mere "Thank you!" to someone.

This edition is full of heartwarming and uplifting narratives of your understanding of 'gratitude'. Children, you are blessed with innocence and always express your genuine feelings. So when you say, 'Thank you!', let it convey your heartfelt appreciation!

Keep counting your blessings and Happy reading!

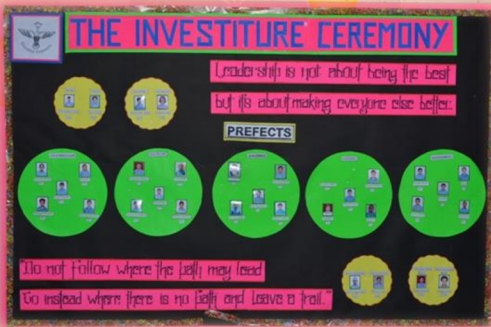
*Your Headmistress,
Deepa R Krishnan*

LEARNING BY DOING



Round the year various activities were conducted for experiential learning which helped the students to remain focused, accelerated learning and improved content retention.





INVESTITURE CEREMONY



A grand **Investiture Ceremony** for The Air Force School, Primary Wing, Student Council 2019-20, was held on 30 July, 2019. The newly appointed Student Council was administered the oath of allegiance by the Chief Guest, Gp Capt Ravindra Bhatnagar, Executive Director, TAFS. It was a momentous occasion for all as the young leaders pledged to uphold the values of the school.



CELEBRATING SPECIAL DAYS

Special occasions deserves celebration. We at TAFS celebrate in style and often use celebration as a learning tool as well.



CREATIVITY AT ITS BEST



*An **Exhibition** was organized in TAFS Junior Wing from 16 Aug to 19 Aug 2019 by classes III, IV and V which focused on showcasing the scientific temperament of young tafsians and ingraining creative attitude in our children to make them understand the interdependence of science, technology and society by hands on experience. The exhibition was fun and enriching one which motivated the children to research, create and display their work aesthetically.*



THE WORDSMITHS' MEET



THE WORDSMITHS' MEET 2019

The 8th edition of our annual interschool literary event 'The Wordsmiths' Meet', was organized on Friday, 02 August 2019, during school hours.

Celebrating 50 years of the historic landing on the moon, the theme for this event this year was 'One small step for man, a giant leap for mankind'.

Three non-competitive events were organized for students of classes III, IV & V.

13 prestigious schools of Delhi NCR region participated in this event.

Children had great fun showcasing their talents in public speaking and critical thinking. All participants were given certificates of participation and everyone went back 'moonstruck' and a winner!



MINI FOOTBALL TOURNAMENT



The Air Force School, Subroto Park, hosted the 9th Mini Football Tournament in the school premises on 27-28 January 2020 for boys and girls of Classes IV and V. 13 prestigious schools of Delhi-NCR participated in this tournament. The two-day tournament was a treat watching the young footballers display their skills with great vigour and enthusiasm.



MINI BASKETBALL TOURNAMENT



The 4th TAFS Mini Basketball Tournament for boys and girls was organized on 13-14 February 2020. 18 teams of boys and girls from 10 prestigious schools of Delhi-NCR participated in this tournament.

The enthusiasm and resilience of the players made this event a great success.

In the girls' tournament, TAFS girls took home the Winners trophy and TAFS boys' team claimed the Runners'-Up position.

Wg Cdr Pushpa Thakur, ED TAFS and the Principal Ms Amita Gupta gave away the trophies.



KHEL UTSAV



64th Sports Day – “SUSTHITHI-THE WEALTH OF WELLNESS” was celebrated on 07 December 2019. The sports ground at TAFS reverberated with the enthusiastic sounds of drills.

The Chief Guests for the event were

Air Marshal Vibhas Pande VSM, Director General (Aircraft) and Mrs Ruchira Pande.

The event witnessed hundred percent participation by the little ones. The message that there is no opportune time or age for one to realize the benefits of healthy living, rang loud and clear.



The students of all classes participated in athletic events setting the tracks on fire! Amidst much cheering and clapping the students ran with all their strength and won many medals. 80m flat races were held for classes III to V and 50m flat races for the students of classes I-II. Fun races and 30m flat races were organized for class UKG.

ADDING FEATHERS TO OUR CAP



REFRESHING RETREAT



TAFS encourages its students to learn beyond the school boundaries. Keeping this in mind various trips, heritage walk and adventure camps were organised by the school. Students of class III visited **The Crafts Museum**, they saw and learnt about the cultural diversity of our country. Class IV students went to **National Philatelic Museum**. All students were mesmerized by the exhibits and the visit was an inspiration to many students who wish to take up philately as a hobby. Children of class V visited **Gandhi Smriti**. The Heritage Walk proved to be an enriching experience and a valuable lesson in understanding the magnificent leader and his philosophy. **Adventure camps** were also organised for all classes to ensure holistic development of our students.



THE ATTITUDE OF GRATITUDE

I AM THANKFUL TOWARDS

*my brother who helps me
and guides me in
everything.*

Manchit, I A

*the trees that gives me
oxygen.*

Ivaan, I A

*the helper at my home
because she keeps my
house clean.*

Gursifat, I B

*the teachers who makes us do
so many different activities.*

Aarana, I A

*my parents for taking care
of me.*

Ranveer, I B

*the trees because they
give us shade.*

Nirvan, I B

*my parents because they
help me to read and
write.*

Ardhya R, I C

the trees that give us medicine.

Shaurya Singh, I C

*my ayah didi who keeps our
classroom clean.*

Daksh Chhabra, I D

*the birds that sing and
make us happy.*

Aayat, I D

I AM THANKFUL TOWARDS

*God for giving me
loving parents*

Sumit, I E

*the trees that cause rain and
save us from pollution.*

Aayushman, I D

*my grandparents as
they tell stories to me*
Sarthak Yadav, I E

*God for giving me a baby
brother to love and play
with.*

P. Kayil Achira, I D

*my friends as they
share things with me*
Yash Papola, I E

*my pet fish as it makes me
happy.*

Abhinav Kumar Ojha, I E

*my grandparents as they
play and talk with me.*

Manyata Choudhary, I E

*the helpers as they keep
the school neat and tidy.*

Vani, I E

*the Sun for brightening
my day.*

Mehar, I B

*the milkman who
gets fresh milk for
me. Vaishnavi, I E*

PATH TO HAPPINESS

The attitude of being grateful does not come easy. It means that you script everything that happens in your life, gracefully. Failures are as much a part of your life as success. Gratefulness towards an event means that you learn from it. It means that you are evolving as a human being. It means that you are spreading kindness.

Having an attitude of gratitude will make you a happy person. It will not make you worry about obstacles in life. Roadblocks would be just another event. We will be able to handle success better without being vain or arrogant. Stress levels will reduce and we will lead a more healthy life.... physically, emotionally as well as mentally.

Dhruva Marathe V A

SHOW APPRECIATION

Gratitude is a positive emotion. It is a state of being ready and willing to show appreciation and return the kindness that is received. It helps people acknowledge goodness in their lives. It improves the physiological functioning in our daily lives. It makes us aware of the good deeds that others have done for us. It also helps us make good friends and deepens existing relationships.



I would like to share an incident that taught me the value of gratitude. One day, two of my friends visited me at home. We showed each other the projects we made that our class teacher had asked us to. But one of my friends did not like the project made by the other friend and made it obvious. This made her feel terrible because she had worked hard and put in her best. Her project was not really bad. I noticed her disheartened look and quickly tried to cheer her up. I told her that her work was really good and the teacher would like it too. In turn, she liked my work too, which made me very happy. Suddenly the whole atmosphere changed and the other friend, who was rude, learnt a lesson and apologized. She realized her mistake and felt embarrassed. She thanked us for liking her project. That day, we learnt a lesson of the attitude of gratitude.

Aarohi Vashist V B

THE MOVIE MAKERS

Film makers are people who make professional films. They are also known as directors. Film makers play an important role like that of a teacher in the society. They show us reality and expose the good and bad in the society. We are made aware of a lot of things through films. Films teach us moral values like modesty, patience, love, peace, etc. Some films may not be good in the sense that they may mislead people or have a negative impact. Impressive minds may learn cruelty, violence and anger through them. There are many film makers who have made strong social movies with positive messages. Then, there are film makers who go to great lengths and even risk their lives to bring us real footage of wildlife, war, natural disasters and even man-made disturbances. Such movies show us the true incidents and take us back into history. I am very thankful to such film makers. May they make good movies which inspire, inform as well as entertain?

Aarna Y. Raj V C

GOOD DAYS

*Good days go away,
They never last long.
Good days always come,
But they are only some.
Why do good days go so fast?
If we want too they never last.
Why are good days oh so rare?
Maybe so we can take care.
Good days will come once again,
Heavy snow, bright sun or continuous rain.*



Aryan Garg V B

AUTHORS ARE AMAZING



I would like to thank all the authors for writing books because books are my favorite things. Whether it's a story book or an educational book, I love them all. Jeff Kinney, R.L. Stine, Rachel Renee Russell, Ruskin Bond and Roald Dahl are some of my favorites. Authors are amazing; they spend hours and hours, days and days and even months to just write a book for us. Writing is a difficult, solitary work and it becomes more challenging even when it's done and goes for publishing. We should appreciate their efforts and imaginations and respect their dedication. A big thanks to all the authors for writing books.

Vidhi Singh V E

THE THREE ARMS

In India, defence forces are of three types-Indian Air Force, Indian Army and Indian Navy. Indian Armed Forces not only defend the nation, but also helps out in natural disasters and civil riots.

Indian Air Force (IAF) defends the Indian air-space from enemy air attacks. It uses various aircraft, missiles and radars to do so. Aircraft are further divided into fighter aircraft, transport aircraft and helicopters. Examples of fighter aircraft are SU-30MKI, JAGUAR, MiG-21, MiG-27 and Tejas. Examples of transport aircraft are C-17, C-130 and AN 32. Examples of helicopters in IAF are Mi-17, Mi-35, ALH, Chinook and Apache. An example of a recent operation is Balakot Air Strike, 2019.



Indian Army (IA) is responsible for defending the Nation's borders against enemy's ground attacks. IA uses soldiers with rifles, grenades, pistols and battle tanks like Arjun MBT. It also uses big artillery guns such as Bofors and Howitzers. Example of a recent operation is the surgical strike held in 2016 in response to the URI attack.

Indian Navy (IN) operates ships, submarines and aircraft to protect our country from enemy's action through sea routes. It has various ships and submarines of different capacities and capabilities to do so. IN also has an aircraft carrier called INS Vikramaditya which houses MiG-29K fighter aircraft.

We must have a thankful attitude towards our armed forces because they help us in many ways like during flood relief operations, during earthquake relief operations and in evacuation of Indian nationals from foreign countries. They truly deserve an Attitude of Gratitude from all Indians for their selfless service to the nation.

!! JAI HIND!!

Aahana Kashyap VC

A TRIBUTE

As we all know that on 15th August 1947, our country was finally a free and independent Indian nation. It was marked as the end to the British rule and partition of the two countries, India and Pakistan.

The path to India's Independence was actually not an easy task. If we go back in history we would actually notice and find that we Indians were slaves in the British rule and we only got free from them after a very long struggle of freedom fighters which took away thousands of lives and countless sacrifices of many people. Some of these sacrifices were actually noticed and were written in our books as history but some were unnoticed and not known. But let me tell you whether these were noticed or unnoticed, these sacrifices by the people of India are still remembered today with great honour and pride.



Freedom fighters like Bhagat Singh, Mangal Pandey, Rajguru, Sukhdev, Chandra Shekhar Azad, Rani Lakshmibai, Mahatma Gandhi, Lal Bal Pal, Subhash Chandra Bose, Sardar Vallabh Bhai Patel and many other influential leaders and freedom fighters whose names we don't know, gave their immense contribution towards freeing our country from the Britishers. Their contribution will always remain in every Indian's heart. I hereby salute them as they all have done what I can't do. I will always be thankful to them as their sacrifices have brought us happiness. They will always be remembered in my heart with respect and I hereby give my tribute by trying to be a good citizen of India.

Shreshtha Chawla VE

"We don't know them all, but owe them all"

Dear soldiers,



My blessings are countless. However, my greatest blessing is my freedom. I want to thank our soldiers for many things. You live away from your family, you sacrifice your lives for others, you work day and night, you fight the enemies for us, you protect us and bless us with freedom without being repaid. Thank you all for your sacrifice and commitment towards the nation and keeping us safe!!



Bhavya Saini VD

OUR STRONG DEFENCE



"A strong defence force makes a strong nation"

These words well and truly encapsulate the importance a strong military holds in preserving the liberty and sovereignty of a country and its people. 26th February was a joyful and cherished day for Indians. I was really happy that the Indian defence forces had finally brought the perpetrators of the Pulwama attack to justice by the means of an airstrike in Balakot. In 1990 the Indian armed forces proved their mettle by executing a combined operation with Air India to evacuate 1,70,000 Indians from war torn Kuwait. On 1st April 2015 an operation by the Indian Armed Forces evacuated Indian citizens and foreign nationals from Yemen when the military intervention by Saudi Arabia and its allies in that country caused the Yemen Crisis. This operation was called Operation Raahat.

I am very thankful that there are Indian defence forces to protect us from our enemies.

Arunima Bhat V A

WE SALUTE YOU

India is a vast country with a great history. Once upon a time our country was badly ruled by British people. But we fought for and got our independence almost 73 years ago. During the British rule, we were suppressed and treated as slaves. But now we are free and happy because of the sacrifice of many people who took part in the freedom struggle. We have heard about many people who led the fight for freedom. But we don't know much about many other people who sacrificed their lives in that struggle. They gifted us the happiness which they lost. We are very thankful to them. "Your fight brought us happiness." We salute you. You have done what we might not be able to do. We will remember your struggle and sacrifice and we promise you that we will build ourselves as good citizens of India.

Utkarsh V E

OUR FREEDOM FIGHTERS



The freedom fighters of our country fought very bravely against the mighty and cruel British. The British people wanted to keep Indians poor and backward so that they can rule India. Bhagat Singh, Udham Singh, Rajguru, Sukhdev, Chandrashekar Azad, Mangal Pandey and many more fought against the British and lost their precious lives for India's freedom. The Indians were fighting fiercely for their independence. Gandhi ji led from the front and other freedom fighters who actively participated in the freedom movement were Subhas Chandra Bose, Jawahar Lal Nehru, Sardar Vallabhai Patel, Dr Rajendra Prasad, Chakravarti Rajgopalachari. After the Second World War, the British agreed to leave India and finally on 15th august 1947, we got our independence from the British. There are other people who sacrificed their lives in getting us our independence. Later, Dr Bheem Rao Ambedkar drafted the Constitution of India. He fought against the caste system and gave voice to the untouchables. All Indians are indebted to the people who fought for India's freedom and gave us an opportunity to develop and become a prosperous nation.

Atulya Thakur V E

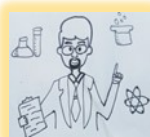
SCIENTIST SPIRIT

Sushruta was a surgeon. He is called the 'father of plastic surgery'. He lived during the 6th century BCE. He was an expert in removing stones from the kidneys and the bladder, treating fractures and performing eye operations to remove eye cataract. Before operating, he gave wine to his patients to numb their senses so that they could not feel much pain. Sushruta wrote a book called Sushruta Samhita. The Sushruta Samhita is one of the most important surviving ancient treatises on medicine and is considered a foundational text of Ayurveda. We should be grateful to this great scientist of the past for laying the foundation for modern medicine to develop and flourish.



Aryan Pandey V A

GREAT SCIENTISTS



Everyone wants our world to be a better place and scientists are the ones who can make it possible. They work all day and night to make things successful. They put in unbelievable efforts to make impossible things happen. They try their best to fulfill our needs. In 1879, Thomas Alva Edison contributed the great invention of light bulb for the betterment of the world. Scientists always try to make our life comfortable. They are an inspiration for me and I also want to be like them. A salute to all the great scientists who have improved our lives.

Sudiksha Singh V B

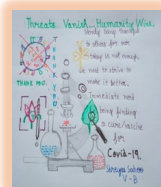
SUPER POWER

As technology has rooted its way into our day to day existence, education has changed. Technology can be utilized to improve teaching and learning and helps students be successful. Technology-based projects can also inspire students to think and collaborate as opposed to memorizing, whether they are using the internet for research or to correspond with other students. Digital simulations and models can help teachers explain difficult concepts more tangibly and clearly and help students better understand the concepts. The utilization of technology has made learning significantly more fun than at any other time in recent memory. Technology is not just a powerful tool in education - it is a Super Power. And, I am grateful to this Super Power for shaping our lives and making us worthy citizens of the future.



Ayushi Singh V D

HATS OFF TO SCIENTISTS, FOR MAKING OUR WORLD WONDERFUL



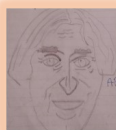
Life without gadgets! It is simply unimaginable, today. However, it was very different a couple of decades ago. Stories by our parents and grandparents make a frequent mention of box-type TV, landline telephone, etc., which are a passé today. But the phenomenal scientific progress made by the human race during the last 20 years has brought irreversible enhancements in our way of life. I'm therefore immensely grateful to the scientific community of yesteryears for making our parents' dreams a reality and to today's scientists for giving wings to our imagination. If you concentrate on what you have, you'll always have more. Hence, while expressing my thankfulness to one and all and appreciation for everything, big and small, I would like to concentrate on improvising on whatever I have today.

Life is God's most beautiful gift to us which is wrapped in a package of happiness, sadness, joy, love and hatred. And definitely, lots of people have toiled hard, given up their youth and energy for making our life beautiful. We need to pick up the attributes that give us happiness and stay away from the ones that make us or others feel sad.

Every achievement should make us humble and grateful. At the same time, we should express our gratitude towards scientists and appreciate their inventions, discoveries, ideas and designs as they make our day to day life eventful.

Shreyas Sahoo V B

EASY LIFE



The attitude of gratitude means the feeling of thankfulness for people who make our daily life easy and comfortable. Scientists are some of them. They are the people who invent and discover many things for our daily use. Many scientists have invented many things which help to make our life easier like

A.P. J. Abdul Kalam who is known as the Missile Man of India, Karl Benz who invented the car, James

Watt who invented the steam engine and Thomas Alva Edison who invented the electric bulb. Scientists have also invented a very useful thing for us which is medicine. Medicine is a chemical substance which is used to cure diseases such as TB, Typhoid etc. Vaccination is also a method invented by scientists to prevent diseases. Scientists made it possible to land on the moon. The mobile phone is a very useful communication medium for distant people invented by scientists.

Nowadays we can't imagine our lives without gadgets and home appliances. They are part and parcel of our daily life. To survive we are completely dependent on technologies such as electric bulb, motor vehicles, mobile phones, etc. MRI machines, X-RAY machines, ultrasound machines etc. are most required to diagnose life threatening diseases at times to save lives.

We are thankful to those scientists who have made these types of technologies and appliances with their valuable efforts.



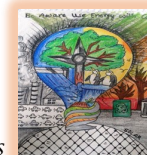
Picture By Shaurya Sharma V D

Suryansh Singh V C

INVENTORS AND EXPLORERS



We all know that explorers traveled around the world and they traded spices, clothes and many other things from the new places and on the way they also explored the unknown territory of earth which was isolated from the rest of the world. Explorers are not only those who explored the earth. There are also space explorers called 'Astronauts'. They travel into space in spaceships like NASA's Voyager 1 and Voyager 2. Do you know that Vasco da Gama was a Portuguese explorer who explored the whole world in two years? The last place he visited was Calicut (Kozhikode), Kerala, India. Columbus was also an explorer who discovered America. Now let's talk about inventors. Many inventors invented many useful things and for this I am very thankful to them. Since



Picture By Yash Vardhan Trivedi V D

ages, the fire, wheel, x-rays, electricity, steam engine, telephone, etc. have been very important for man. In today's lives, cars, aero planes, televisions, computers and 'smart' mobile phones, etc. are the indispensable inventions for humans. The whole world is thankful to inventors like Edison, Graham Bell, Charles Babbage, Martin Cooper, etc. because they invented the most essential things in our lives today. The first telephone was invented in Bell Labs, America by Alexander Graham Bell on 10 March 1876 and the first cell phone call was made by Martin Cooper of Motorola on 3 April 1973.

Swapnil Singh IV E

WE ARE GRATEFUL TO OUR NATURE

I'm grateful for the **Beauty of Nature**. I am incredibly grateful for the beauty of God's creation and the opportunity I have of exploring and capturing each season in photos. Being outside is one of my favorite things to do. Whether it is walking through the woods, along a beach, or around a lake, being outside is healing and calming for me.

- ♦ When I am stressed, a walk outside helps me to relax.
- ♦ When I am tired, breathing deeply of fresh air refreshes me.
- ♦ When life feels overwhelming and out of control, a long walk on the beach, listening to the crashing waves, calms me down.

So I thank Mother Nature for making my life so comfortable,

Anish Ghosh, III-B



Nature is a precious gift to us by God. Nature provides us with resources like air, water, and sunlight. Nature helps us to live a healthy life. We should not damage the beautiful assets of nature. It is our responsibility to keep the nature clean and protect it from problems like pollution, deforestation, global warming etc. If we protect nature today then Mother Nature will certainly protect us and our future generations.

C Navya Shree , III-A

Nature is our future
Future has many special features
There are so many different creatures
The glacier is a part of nature
So is a volcano and its crater
Nature may cause danger
If we pollute the woods with their fruits
And chase the animals to shoot.
Nature is our childhood
It keeps good our mood
Trees and plants give us food
So we must not be rude
Care for nature we should
Be thankful for all the things we get
Nature may turn around, you bet!



Rashmi Kumari IV-E

We always ignore the importance of nature. The air we breathe, the food we eat, the water we drink and many other things that we use for our comfort are all gifts of our mother nature. The clothes we wear to cover our body are also made by natural resources. Nature includes forest, hill, river, desert, oceans, weather, etc. Nature and its resources are the basis of human survival on earth. So we must respect it. The time has now come for the conservation of nature and to maintain the balance. Mother Nature provides us everything needed for our survival.

Janisa , III-B



Nature is all the animals, plants, rivers, mountain and other things in the world that are not made by people, and all events and processes that are not caused by people. The most amazing thing about nature is its infinite variety. Nature is God's greatest boon to mankind. We depend on nature for our basic needs. The air we breathe, the food we eat, the water we drink, everything we get from nature. Thus nature is an essential part of our lives. It is important as it helps in the functioning

Picture by Ashutosh Singh IV E

of human life and gives us natural resources to lead a healthy life. But, we are polluting our environment. If the nature has the ability to protect us, it is also powerful enough to destroy the entire mankind. In order to conserve nature, we must take drastic steps right away to prevent any further damage. We have to conserve water, plant more trees, stop wasting and must follow the concept of reduce, reuse and recycle. To protect our nature we must have a feeling of gratitude towards it. We have to be grateful for the beauty of nature. We can express our thanks to nature in many ways. For example by planting more and more trees, conserving water and other natural resources, using organic and biologically degradable things as much as you can, saying no to plastic and creating awareness amongst all.

Vansh, III E

Whenever we come across this word "NATURE" we always imagine a picture of a beautiful rainforest endowed with diverse fauna or a waterfall. It is because in due course of time, our definition of nature has become confined to the beautiful and serene natural views. But the irony is that almost everything, which is present on earth's surface constitutes nature - whether it's the air that we breathe or a mere stone lying on the road. Many insignificant looking components play a significant role in nature. It is true that nature not only provides us with such breathtaking landscapes but also provides many important minerals and resources which are



Picture by Ashutosh Singh IV E

highly crucial for the survival of human race. Due to the reckless greed of mankind, balance of the ecosystem is getting disturbed. The sweet chirping of birds is replaced by the constant growling of machines. Instead of enjoying the serene beauty of nature around us we prefer to plug in our earphones and tune into our favourite playlist. We are becoming less sensitive, impatient and short tempered. In this hectic and dazzling life, we have failed to appreciate the bounties of nature, we have failed to express our gratitude to mother nature. We take nature for granted. We make false promises for the conservation of nature and continue to harm the environment in some way or the other. Alas! we fail to realise the fact that nature can definitely survive without us, but we cannot survive without nature.

Mother nature has huge patience and that's the reason we are still surviving on this planet. When the thread of this patience breaks we will cease to exist. Therefore, we should act now instead of making false promises because it's now or never!! Be grateful towards Mother Nature.

Vibhor Chaturvedi, III E

The spirit of appreciation expressed in the words thank you is not enough for us to express our gratitude to nature and Mother Earth. It's easy to forget that everything comes from nature. Without the gifts of nature-water, air, raw materials, food, ecosystem services - human beings would cease to exist. "Nature doesn't need people. People need nature." For hundreds of years we haven't given much thought to what is required on our part to ensure that the gifts of nature keep giving. This planet came with a set of instructions, but we seem to have forgotten them. Now, with ice caps melting, oceans acidifying, and temperatures rising, we're finally starting to realize that when nature doesn't thrive, humanity can't either. A culture that lives in harmony with its environment has a much better chance of flourishing than a culture that destroys its environment. I would like to thank our Earth for vegetation. The forests, woodlands, grasslands, and wetlands create so many necessities for human survival. Your vast environment provides us with oxygen, sustains us with food, and provides medicine to heal our bodies. Your timber provides wood for our shelter and your natural fibers create our clothing. Thank you for your landforms. The mountains, valleys, canyons, plateaus, and shorelines provide terrain for me to explore on my own two feet. Lying on my back under the endless canvas of dark sky provides me an opportunity to be mindful and think over and over about what we have done to this Earth. Thank you for your abundance of colour. In the morning, the magnificent spectrum of colours that the rising sun provides a fresh start to write my story. You are a being that fills me with hope, curiosity, and desire. The more I learn, the more I explore, the better I understand how I can no longer take you for granted. Our repeated violations against your air, soils, forests, rivers, lakes, and biodiversity are unacceptable. I promise you I am making the commitment to do my part as an individual.

Ansk Kumar, II B

THANKFUL TO FAMILY



My family members are the most important people in my life. My family includes my father, my mother and my elder sister. My father brings a lot of toys for me, takes me to different places and plays games with me. My mother makes tasty food for me, helps me take a bath and cleans my clothes. My sister plays with me, goes cycling with me, helps me to do interesting activities like art, playing instruments, dancing etc. They all help me in my studies. I thank them all for everything!

Yug Rathee, II D



Being thankful to someone shows we are directly or indirectly dependent on them. It is like, we are nothing without them and we are everything with them. For example - a parent is everything for a child. Parents are the reason behind the success of the child. Parents are the ones who take care of the child and on whom the children can trust the most. They are the ones who understand the emotions of their children. So, to have this happiness of having loving parents for ever in my life let me join both my hands, bow my head, come on my little knees, close my eyes and let my heart say these kind words : Thank you my mom and dad for the gift of life. Thank you God for giving me such loving and caring parents .I am thankful for the sacrifices that you make for my future. I am thankful for your love and affection.

Avika Thakur, III A

THANK YOU DAD

The one who cares for me selflessly is my sweet father.
The one who always sees my benefit is my father.
The one who always compromises is my father,
The one who always wants me to rise is my dear father.
The one who always wants me to shine is my father,
The one who wants my health to be fine is my father.
The one who wishes for my bright future is my father,
The one who speaks caringly to me on my failures is my father.
He is my real superhero,
ALL MY GRATITUDE IS FOREVER FOR HIM.



IT'S GOOD TO BE APPRECIATED



On 22nd of March 2020, when every Indian was showing their appreciation for our doctors, nurses and health workers, I realized the importance of showing gratitude. It is the easiest way to repay others and show thankfulness for the good we receive in our life. We receive so many valuable gifts like air, water, food from nature; love and care from our parents and grandparents; education and values from our teachers; friendship from our peers; safety of our country from armed forces etc. The list is endless.

A small appreciation from our side for these selfless people brings happiness all-around. Appreciation can be in the form of words or deeds. Helping our parents in keeping the house clean, our efforts to conserve nature, saying thank you to the doctor who provides the first-aid , thanking God for giving life. All these forms of showing gratitude brings smile not only on the face of receiver but also on the face of giver. I love seeing that smile on the face of my mother when I appreciate her cooking. In return, next time she cooks my favourite dish. A smile generates smile. As Dalai Lama aptly said, "The root of all goodness lies in the soil of appreciation of goodness".

Ivana Ahuja, III-B

THANKFUL TO BUILDERS



Now a day we can see builders everywhere. Who are builders? Builders are those people who make houses for us. Builder's job is to make house or repair the house. Builders are very hard working because they make big flats, bungalows, wooden houses, offices, schools etc. They make houses using many materials like cement, iron, bricks, etc. Builders sometimes work in difficult circumstances to build house for us. We must thank them for making shelters for us.

Aaditya Verma, III-D

AJJI'S WISDOM

The attitude of gratitude...I wondered,
I asked my mother and we together pondered,
Ask your grandmother, she said
She has lots of thoughts in her head!



My mom was right, my Ajji is wise,
And she gave me the right advice.
Ajji said, "The ones who make your life so colourful,
Are your parents to whom you should be grateful.

Then the teachers at school,
Who always ask you to follow the rule.
They make you better people,
Knowledgeable, kind and truthful!"

I then understood what Gratitude meant,
And kept thinking even after Ajji went.
Thank you Ajji for helping me think and rewind,
And bringing so many thoughts to my mind.

I am grateful to mother nature,
For the animals, birds and the other creatures,
For the soil, air and water,
And to J.K Rowling who wrote, " Harry Potter"!

My teacher once said, "We lead our lives without a fuss.
'Cause, there are many who provide for us.
They are our local, state and central administration,
Who play a big role in building our nation."

I am so grateful to all the inventors,
Who work hard at research centres.
Making our lives easy peasy
Lemony squeezey!!

I am grateful to our soldiers who guard our borders,
Standing tall shoulder to shoulders.
They inspire me to do my bit,
To become a person full of grit.

I wake up every day feeling grateful,
For all the things so delightful
The beauty of nature is fascinating,
And every new day is fun and exciting!

Aadya Upadhyay IV D

THANKFUL TO FARMERS

We all are very thankful to farmers who feed the huge growing population all over the world. They supply food to all of us. Farmers are dedicated to take the challenge of feeding our growing population and producing more food with fewer resources. Farmers work every day throughout the year. Farmers constantly seek new and better way to give care to their animals, land and communities.



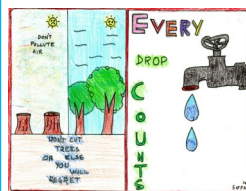
Farmers care about the well-being of the people consuming their food and they take care of their animals like their children. We don't worry about food because

Picture by Abhya, IV E

farmers dedicate their life in providing nutritious and abundant food for us .It's their passion. They continuously look for innovation and new practices to increase food production in a more sustainable manner. They give choice to the people all over the globe in selecting foods that will fit their price, taste and nutritional need. Let's take a moment to give thanks to farmers for the food on your table and the hard work and dedication it took to get it there.

Shanvi, III A

THANKS TO NATURAL RESOURCES



Can all humans even think in their wildest dream to live on this beautiful planet without air, water, minerals and many such natural resources? The answer is a big 'NO'. Hence, it is clear that all natural resources are the first and foremost of the essential things for all of us. We cannot even dream of living without them. In spite of being aware of these facts we have always spent most of our time either spoiling or wasting and even polluting them; instead of thanking, saving and respecting them. We are continuously making all efforts to deplete them without even realizing that there will be no life without them. The inevitable outcome of which is global warming which is leading us towards the destruction of this beautiful planet.

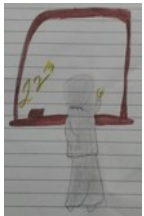
All of us have to come together on one common platform to pledge and decide not to hamper or destroy our precious natural resources. Not only this, we also must start thanking, respecting and preserving them so that our future generations can also use them to live a happy and healthy life. The best way to carry out this is by conserving them; not polluting the air and water, not cutting forests and by developing new and sustainable sources of energy. So let us all come together hand in hand to use our natural resources judiciously and contribute to save them by not overusing them and keeping them available for our coming generations.

Siffat Kaur IV E

THANK YOU.....TEACHERS

Feeling gratitude means a feeling of being grateful towards someone. We show our gratitude to the people who have helped a lot in making our future. They are those who work hard for our welfare.

A person can be grateful towards anyone; doctors, teachers, nurses, the police, the vendors or even the sweepers. But for students their teachers are the first ones to whom they must show their gratitude because a teacher is the one who leads the child on the right path. They are the ones who always dream that their students succeed in life. I feel gratitude towards my school teachers for taking good care of me and my friends.



I feel gratitude towards them because they taught me to choose right from wrong. They raised my confidence. They scolded me for my wrong behaviour. They are the ones who taught me how to read, write and understand.

I feel gratitude towards my school for giving me such good teachers and good surroundings. I feel gratitude towards it because it taught me the manners of how to be a good person. It is just like my home where I see my teachers as my mother and the other students as my siblings, cousins and friends. It is my responsibility to make it feel proud as the school is the place where I learnt what teamwork is. It is the place where I learnt how to work together as a group and learnt coordination and cooperation. All the above mentioned things make me feel grateful towards my school which is very less compared to the love, care, affection and guidance that it gives to us.

Aditi Thakur IV E

NAMASTE

The culture of a place is defined by the traditions and customs followed by the people of the place.



The diverse nature of terrain of India has created a rich culture and that has become our identity. Be it in religion, art, intellectual achievements or performing arts, it has made us a colorful, rich and diverse nation.

On the brink of becoming a super power, the customs are being kept alive by the traditions. The world acknowledges our gift of Yoga today by celebrating world yoga day. People have followed various religions, traditions and customs but gratitude continues to be the main stay of all traditions. Indian culture and traditions are something which has now become renowned all across the world. Most of the customs and traditions originate from the Ancient Indian scriptures and texts which have dictated the way of life for thousands of years.

The basic tradition of greeting each other with "Namaste" itself speaks of beginning a conversation with gratitude. It literally translates to "I bow to you" and greeting one another with it is a way of saying 'May our minds meet', indicated by the folded palms placed before the chest. Indian literature can be traced back in the great epics written in the form of poems, plays, stories and even self help guides. The most famous Hindu epics are Ramayana and Mahabharata. Both these epics are written in order to highlight human values of gratitude, loyalty, sacrifice, devotion and truth. The moral of both stories signify the triumph of good over evil.

There exist thousands of traditions in India and quite a few of them would leave outsiders rather curious. But the crux of Indian society and culture has always been to develop an attitude of gratitude.

Siddhiksha Shiv Kumar IV D

GOODBYE JUNIOR WING.....WILL MISS YOU

Dear Junior School,
I joined you in class four and spent one and a half years with you but the memories that were built are everlasting. Each day spent in the school was so special that I cannot forget it throughout my life. As I move to Senior School, I seek blessings of my teachers and convey my best wishes to my juniors. Special thanks to my Class Teacher, Headmistress Ma'am and my classmates.

With warm regards,
Raghav Singh Chib

Dear Junior wing,
I came to junior school in class five. My most special memory was to get selected for the main football team. I played the inter school football tournament. We won the first two matches; then we lost the semi-final. I love the game created by our class teacher, "base foot" and our team won four tournaments.

Yours lovingly,
Aryan Thakur

Dear Ma'ams, Sirs and my Junior School friends,
The time has come when I have to move to Senior School. I am both happy and sad at this moment. I'm happy because I'm going to a new standard and I'm sad because I'm leaving junior school.

Yours affectionately,
Atulya Thakur

Dear Junior Wing,
We're going to the Senior Wing but the time I spent in the Junior Wing will always be remembered by me. My Headmistress is very kindhearted and an awesome person. This section was the best of all. I have learned many things from teachers. They made me more confident. This was not possible without my teachers. I will miss all my teachers. I'm so grateful to all my teachers who supported me throughout the years.

Your student,
Gauri Nair

Dear Jr. Wing,
I would love to spend just one more year with you. You have cared for me so much. Thank you, didis, bhaiyas and teachers. I have made so many friends. I will miss you so much and I promise to keep you in my heart always, Alvida.

Yours frudent (Friend+student),
Dhruva

Dear Junior School
Goodbye, I will miss you a lot. Wish me luck for my journey ahead. There will be so much to study. I don't know how I am going to handle it. Lunch will be late. Sanskrit will be a brand-new subject. We don't even know who will be our teachers! They may be strict, who knows! I came here in class four, that's why I don't know a lot of teachers but those whom I know were very nice to me. It was an honour to study with these brilliant teachers who helped me reach above the clouds.

Your student,
Arunima Bhat

Dear Junior Wing,
It is not the goodbyes that hurt, it is the flashbacks that follow and this is the reason, I will miss Junior Wing. The memories I got from here are the precious gifts of my life. The teachers, friends, punishments, games period with Mam, the prizes, the Good Luck party, the children cheering me up, the chocolate for the roll of honour, all are part of my favourite memories which I can never forget.

Yours lovingly,
Ritika Jayswal

Dear Junior Wing,
I will miss all the teachers, ayaas didis and bhaiyas. We loved the new game of 'basefoot'. I loved all my teachers and friends. I will keep all my test papers, certificates and appreciation cards as the memories of our magical and good Junior Wing Days.

Yours Fally (Friend + Ally),
Vidisha Yadav

GOODBYE JUNIOR WING.....WILL MISS YOU

Dear Junior Wing
All class five children and I are going to the Senior Wing. I am very confused, Will it be strict or will they be nice? I am feeling very nervous about going there. First of all I will miss my super-duper great class, secondly, my best friend. A special heart for my friend ma'am too. I will be only asking one thing from God and that is that my lovely teachers will be always with me.
Yours Lovingly,
Shayna

Dear Junior Wing,
I have been in the Junior Wing for only a few amazing, awesome months. All the teachers have been generous and kind to me. They have taught me very nicely and I have done amazingly well. Even the teachers took part in fun activities. The tests that I have taken went like a breeze because of the way we were taught. They not only helped us in studies by being very helpful, but in sports too. Thank you.
Yours amazingly,
Aaron Gupta

Dear Junior School,
It feels very sad that I'm leaving the Junior School. This journey has been full of excitement and learning new things. I will never forget the kindness of all the teachers throughout my life and especially when I will go to the Senior School. Days of junior school have been a rollercoaster ride for me; the functions, assemblies, exhibitions, the drills of Sports Day and the Museum visits. So many things were planned for us to ensure an all-round development. Thank you School, for making me a strong, confident and helpful student.
Your loving student,
Kashish Choudhary

Dear Junior Wing,
I would like to thank my teachers who taught me good manners, corrected and supported me. It has been almost six years that I have been in this school. I'm very sad to say goodbye to all of you.
Your student,
Arshiya Sharma

Dear Junior School,
Miles on Ways do not matter with time,
When you know that your Bestie stays in your heart,
So what, my friend, if we are apart,
I still remember in each moment and thought,
Yes, the days are not the same without you,
As I'm forever missing you.
Yes, I do miss you a lot
And I hope to see you pretty soon,
I so miss you my Bestie,
My Junior Wing.

Your loving student,
Serina Choudhary

Dear Junior School,
I am your loving student. I will never forget the last session here. We learnt both in the class and outside. We did many social activities too. There are many rooms like the Library, Computer Lab and Dance room for us to learn in. There are many varieties of books in the library for us to refer to. We did many practical classes of Computer Science in the Computer Lab. I also participated in dance functions. I enjoyed the Junior Wing and will never forget it.
Your loving student,
Nivedita Singh

Dear Junior School,
Class five is the senior most class in the Junior Wing. From April Class Five will be going to the Senior Wing and become class 6. We will be the junior most class in the Senior Wing. I will miss my teachers of the Junior school.

Your loving student,
Kamal Malik