



## Contents



From the Principal's Desk	1
Big News	1
Flavours from Our Orchard	1
I Know More, I Grow More	2
Club of the Month	4
Special Assemblies	4
Our Green Ways	5
I Did It!	5
Impressions and Expressions	6
Personality of the Month	8
Virtue Alone Ennobles	9
Teachers' Corner	9
Parents' Prerogative	9
I Can Do It	12
From the Editorial Team	12
Thought for the Month	12

## From the Principal's Desk

*"One could only learn from the past and move on through the present to make a better future."*—Jason Medina

This month of January is named after Janus, the Roman god of beginnings and transitions. He is usually depicted having two faces, one that looks ahead and the other which looks behind. To my understanding that is exactly what the new year brings to us, learnings from the previous year and a new beginning ahead. Since we are presently informed by our past year, hence we are conscious of past successes and failures also. Whenever we look back, we are borrowing a leaf from our own book of experiences and wisdom.

Although all of us have had the lessons in the past, it is a fact that not everyone is able to do something about it. If we just remember the shortcomings and we do nothing to rectify them or repeat the same thing in future, then those experiences serve no purpose. This very important aspect should not be missed. So let us try to learn from the previous experiences and live the present brilliantly.

Gunjan Srivastava



## Big News!

A powerful ideology can bring a change in society and what's better than bringing a change from the grassroots level. The Orbis schools time and again have left no stone unturned to nurture the young minds to become responsible citizens of future India. So here it goes to the team Orbis for their relentless efforts for getting recognition and felicitation at Times Power Brand 2022 as 'The leading CBSE School' in Pune by Optimalmedia. We are sure our students will be future-ready and will lead our country in a more sustainable way!



## Flavours from our orchard



### Vegetables (4th - 6th January)

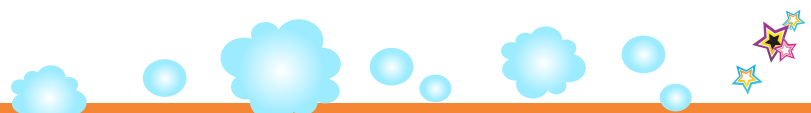
Inclusion of vegetables in our diet is very beneficial. They provide essential nutrients to keep us healthy and strong. They are loaded with antioxidants, vitamins, fibres and water. To learn the importance of vegetables the little ones did a fun activity of vegetable printing which allowed them to show their creative side. To get real-life experience students put up a vegetable shop in school and role-played a vegetable vendor and sold vegetables to their friends and teachers. All the students enjoyed every bit of this activity.

**Shamim Salim, CT Senior Kindergarten Mango**

### Uses of Water (16th - 20th January)

Water week was celebrated with enthusiasm and with a widespread message to use this important resource judiciously. The students were made to understand the uses of water through various activities. The teacher's talk followed by a visual presentation made children aware of various measures to be taken to conserve water and its importance in our lives. They learnt that this precious resource should be used wisely.

**Dimple Jagwani, CT Senior Kindergarten Orange**



## Heavenly Bodies (9th - 13th January)

To understand the heavenly bodies i.e., the sun, the moon and stars, the students of Pre Primary performed various activities. They enjoyed making stick puppets of the Sun, explored the night and day sky with story time, and also were introduced to different phases of the moon using Oreo biscuits. They excitedly enacted the concept of rotation and revolution. It was a great platform for them to learn about different celestial bodies.

**Aarti Shrimankar, CT Nursery Orange**



## Water Sources (23rd - 27th January)

Water is one of the most vital natural resources of all life on Earth. The students learnt about different sources of water and learnt methods to conserve these resources. A brief introduction on rain water harvesting and watershed management was given to them. An interactive discussion, activities using flashcards, digital presentation as well as creating rain drops with finger dabbing was organised. The students also made a river with silver foil and suggested different ways to conserve this important resource.

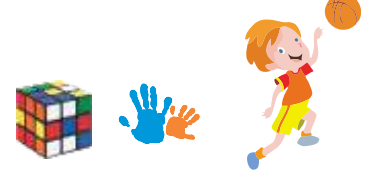
**Mona Hiwale, CT Senior Kindergarten Apple**

## Republic Day Celebration (26th January)

Celebrating Republic Day instilled a sense of belonging and ignited a spirit of patriotism in the students. A special assembly with a fun quiz followed by the singing of patriotic songs was conducted. Creative activities like making the Tri-colour and teachers' talk, and storytelling based on sustainable goals further buoyed their feelings. This Republic Day our tiny tots pledged to grow into confident and responsible citizens who will march India to the pinnacle of glory.

**Amrita Choudhury, CT Junior Kindergarten Apple**

 **I Know More, I Grow More**



## Orbis Run (8th January)

The Orbis schools kick-started this year by organising a 'Run for a Cause' in association with Free Runners Charitable trust to promote a healthy lifestyle and raise funds towards a social cause. The staff, students, and parents of Orbis schools actively participated in the event which was well managed by the volunteers. It started in the wee hours with warmup and energising Zumba. The Chief Guest for the day was Ms Hema Pandey, Director Youth Services Rotaract Club, Pune Cantonment, who is an active Marathon runner. The students of classes 6 and 7 participated in a 2 km run, classes 9 and 10 covered 3 km and classes 11 and 12 completed a distance of 5 km. The guests and parents opted to run either 3 or 5 km. The winners were felicitated. This event inspired us to be physically active and maintain a healthy lifestyle. It was overall a great experience. A sincere thanks to school and volunteers who made this run a success. (For results, refer to 'I Did it' section)

**Unnati Sharma, Student 9 Sirius**

## Inter-house Patriotic Song Competition (9th January)

Music can evoke magical feelings in our minds. To inculcate in young children the spirit of nationalism, an Inter-house patriotic song competition was conducted. The melodious patriotic songs sung by classes 6 and 7 students united all in the true spirit of salutation to the motherland. The lyrics and the music touched the souls that aroused patriotic fervour in hearts. The participants were successful in connecting with the audience with their euphonious renditions. They reminded us that we are the citizens of this beautiful country, and we owe a lot to it. (For results, refer to 'I Did it' section)

**Prisha Doshi, Student 6 Sirius**

## Visit to The Poona School and Home for The Blind (6th January)

Kindness is the language which the deaf can hear and the blind can see"- Mark Twain. The students of the Interact Club visited Poona School and Home for the Blind, which caters to the needs of visually challenged children. The Orbians interacted with them and visited the fully equipped music room, computer lab and Braille Library which houses 3000 books. We were fascinated to see the Braille learning device called 'Annie'. The usage of speakers in the computer laboratory to type and judge software impressed everyone. We were apprised of how children learn different subjects in various languages using Annie and play chess using pins to hold the pieces. The meeting ended with a beautiful melody in Marathi. We were awestruck by their teamwork and left with a valuable lesson, 'Make the best of what you have'.

**Aayushi Mishra, Student 9 Vega**



## Emotional Awareness Workshop (11th January)

"There is no separation of mind and emotions; emotions, thinking, and learning are all linked." Eric Jensen Emotional intelligence helps manage mental stress, helps mingle comfortably in the interactive society, and builds self-confidence to become emotionally stronger. A session on 'Active listening and Communication' was conducted for the students of Class 8, which focused on improving the mental health of teenagers to help them face challenges and to deal with them effectively. Listening to others and without interfering are the most crucial components of active listening for strong socio-emotional development. Ms Nidhi Gandhi and her team from Connecting NGO conducted mirroring activities and paired listening sessions that will help us to become good listeners. The students also learnt that life is all about perspective and to accept others' points of view.

**Divyanka Pandey, Student 8 Sirius**



## Kite Flying (13th January)

"Imagination is the highest kite that can fly" Lauren Bacall. Kite making and kite flying are all about play. The students participated in the kite making and flying activity with full zeal and fervour. It was a wonderful opportunity for the students to showcase their creativity wherein they made beautiful colourful kites and decorated them with glitter and patterns. It was enthralling to see students flying kites along with their peers and the entire Orbis family. It was a fun-filled day that brought joy to everyone. Such activities inculcate a feeling of positivity and happiness.

**Mona Anthony, ST Art and Craft**

## Baal Veer Diwas (18th January)

Courage is not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. Nelson Mandela

To pay homage to the courage and sacrifice of Sahibzada Zorawar Singh ji and Sahibzada Fateh Singh ji, younger sons of Guru Gobind Singh ji, the Orbis School organised a CBSE activity for classes 3 to 5. It started with a very intriguing and inspiring speech, followed by showcasing a thought-provoking short movie on the life of Sahibzada Zorawar Singh ji and Sahibzada Fateh Singhji. In the end, the students dressed up in the attire of these martyrs chanted the slogans that generated feelings of steadfastness, courage and mindfulness among the spectators. This event encouraged students to be brave and respectful towards our motherland.

**Manisha Tribhuvan, CT 4 Rigel**



## Blessing Ceremony (23rd January)

A blessing ceremony was organised for class 10 students by their juniors. The teachers rendered prayers for the school, students, teachers, and parents. This was followed by a cultural programme. The hosts showcased their talents through soulful renditions on the keyboard, Kathak and Rajasthani folk dance, and poem recital by the students were the highlights of the ceremony. The students enjoyed the refreshments and the games that were arranged for them. It was an emotional moment for both the students and the teachers.

**Amoha Krishna, Student 9 Vega**



## Republic Day Celebrations (25th - 26th January)

74th Republic Day was celebrated with patriotic fervour and zest at the Orbis schools. Maj General Ajay Pal Singh (retd.), VSM, was the Chief guest for the occasion. The celebrations gave an insight into India's political history and freedom struggle. The students recreated the historic moment of the drafting of the Indian constitution and reiterated the fundamental Rights and Duties. The cultural programme uplifted the spirits of everyone and gave the true essence of being Indian.

**Amisha Dange, Student 11 Deneb**

## Classmate- 'The All Rounder Competition - City Level' (24th January)

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Viktor Frankl. It was a day filled with excitement for the participants from the school who attended the Classmate - 'The All Rounder Competition with the urge to prove their mettle and to make their school proud. A hundred students competed in the Junior and Senior categories respectively and every student was determined to win the competition. The audience was on the edge of their seats through the competition. This competition tested the student's physical fitness, creative skills, quick-thinking ability and self-awareness. The confidence of the students was praiseworthy; they not just enjoyed it but learnt from it. (For results, refer to 'I Did it' section)

**Kimaya Peddakotla, Student 8 Vega**



## Club of the month

### Heritage Club

Heritage Club's purpose is to understand the value of the rich heritage of India's composite culture. It helps the students to grasp and take pride in the unique diversity. This club gives an exciting dimension to learning. Awareness and a sense of belongingness is created among students to appreciate and conserve our cultural heritage. The club also encourages to incorporate heritage education and inspire young minds to develop secular, cultural values and contribute to the sustainable growth of our nation. The students researched the famous heritage sites of India. Posters and projects on valuable treasures of India were made. The information gathered was shared with all students in the assembly. The students were glad to be a part of this club as they were able to satiate their curiosity through research work.

**Mohak Agrawal, Student 7 Deneb**



### Safety and Disaster Management Club

The club spreads awareness and promotes the importance and criticality of safety in all walks of life. Its objective is to instil a sense of responsibility in the students regarding their own and their near ones. Knowledge of the importance of the road, school, medical, environmental, and emotional safety is covered throughout the year. During disaster management sessions the students were made to identify and manage hazards in the school. Therefore, two mock fire drills and a special assembly were conducted wherein the club students showcased some of the natural disasters and the precautions to be taken during such times followed by a quiz round. The students participated with zeal, spreading awareness using slogans among their schoolmates during inter-club sessions.

**Richa Sharma, CT 7 Deneb**

## Special Assemblies

### National Youth Day

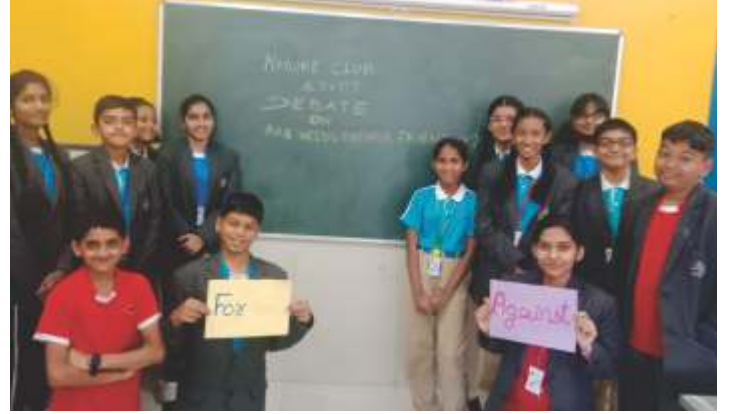
"We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far." - Swami Vivekananda. Youth are the future of every nation; they deserve appreciation, guidance, and support to lead a country. They bring a lot of positivity, and their dreams need to be nourished as they can make the country a better place. An assembly was conducted to create awareness of the importance of youth. It is the responsibility of everyone to nurture young people for the development of the nation in all fields be it political, economic, or social. The country's future lies on the shoulders of young people, so they need to be disciplined and responsible for their actions. The students left the assembly hall with the feeling of being an important part of the nation and realised they matter.

**Ridhima Shinde, Student 6 Deneb**

## Our Green Ways

A weed is a plant considered undesirable in a particular situation, "a plant in the wrong place", or a plant growing where it is not wanted. Weeds were found to benefit pest control, recycling nutrients, crop pollination, and improve soil physical quality. There is plenty of scientific literature that demonstrates that the presence of weeds can reduce the abundance of pests. They tend to do this by hosting natural enemies of pests. As part of understanding ecosystems and interdependence existing in Nature students were given this project to identify and collect samples or photographs of commonly found weeds. Also, since it is a topic for debate whether weeds are farmer friendly or not. Student members of the Nature club participated in a debate on the same. This activity made them understand the various stages of crop cultivation and also that everything in nature has a purpose, and nothing is a waste.

**Rajvardhan Khot, Student 8 Sirius**



## I did it

### Orbis Run (8th January)

Congratulations to the winners of the Orbis run. Pushkar Kohle of 8 Sirius bagged 1st prize, Jothi Aditya Dharmarpu of class 8 Deneb received 3rd prize in 3km run. Our teacher's energy was also commendable; Ms. Sushila Kumari won the 1st prize and Ms. Dimple Jagwani rightfully claimed the 2nd prize in 2 km and 3 km races respectively.

### LIT-O-MANIA

Students of our High school and Middle school participated in an inter-school Literature competition, Lit-o-Mania hosted and held online by S.M.Shetty International School and Junior College on 7th January, where more than 40 schools participated in this competition.

Ayush Pratap Singh from class 11 Vega secured the first position in Slam poetry, Yukta Gupte, student 9 Vega also bagged first place in the Myth Talk category in the competition. Congratulations! Aaradhya Kulkarni, class 6 Sirius for winning the third position in the Marathi Monologue and portraying 'Sambhaji Maharaj'. Kudos to Sahil Pradhan of class 6 Deneb as his performance was appreciated by the judges; he gave a brilliant monologue of Sant Tukaram. We congratulate these Orbians on this achievement. The ORBIS Family is extremely proud of you



### राष्ट्रीय राजभाषा हिंदी उत्तमा परीक्षा

दि ऑर्बिस स्कूल मुंद्रवा में महात्मा गाँधी राजभाषा हिंदी प्रचार संस्था सदाशिव पेठ, पुणे, द्वारा राष्ट्रीय राजभाषा हिंदी उत्तमा परीक्षा आयोजित की गई। २९ जुलाई को सम्पन्न इस परीक्षा में छठी से आठवीं कक्षाओं के ४० छात्र सहभागी हुए। ३१ छात्रों ने प्रथम श्रेणी में और ९ छात्रों ने द्वितीय श्रेणी में इस परीक्षा को उत्तीर्ण किया। कक्षा छठी सिरस की साध्या वातल ने इस परीक्षा को प्रथम अ श्रेणी में उत्तीर्ण कर विद्यालय को गौरवान्वित किया। साध्या को प्रथम अ श्रेणी में उत्तीर्ण होने के उपलक्ष्य में साभिनंदन राष्ट्रीय राजभाषा हिंदी गौरव रत्न द्वारा पुरस्कृत किया गया। विद्यालय परिवार की ओर से साध्या को बहुत-बहुत बधाई व शुभकामनाएँ।

सुशीला कुमारी, प्रशिक्षित स्नातक शिक्षक

### राष्ट्रीय राजभाषा हिंदी उत्तमा परीक्षा

दि ऑर्बिस स्कूल मुंद्रवा में महात्मा गाँधी राजभाषा हिंदी प्रचार संस्था सदाशिव पेठ, पुणे, द्वारा राष्ट्रीय राजभाषा हिंदी उत्तमा परीक्षा आयोजित की गई। २९ जुलाई को सम्पन्न इस परीक्षा में छठी से आठवीं कक्षाओं के ४० छात्र सहभागी हुए। ३१ छात्रों ने प्रथम श्रेणी में और ९ छात्रों ने द्वितीय श्रेणी में इस परीक्षा को उत्तीर्ण किया। कक्षा छठी सिरस की साध्या वातल ने इस परीक्षा को प्रथम अ श्रेणी में उत्तीर्ण कर विद्यालय को गौरवान्वित किया। साध्या को प्रथम अ श्रेणी में उत्तीर्ण होने के उपलक्ष्य में साभिनंदन राष्ट्रीय राजभाषा हिंदी गौरव रत्न द्वारा पुरस्कृत किया गया। विद्यालय परिवार की ओर से साध्या को बहुत-बहुत बधाई व शुभकामनाएँ।

सुशीला कुमारी, प्रशिक्षित स्नातक शिक्षक

### Classmate- 'The All Rounder Competition - City Level'

Ranesh Muchapathi of class 9 Sirius, was one amongst the 4 proud winners of the All Rounder Competition organised by Classmate. He was awarded RS. 10000 as cash prize. Ranesh will represent the school at the National level. Congrats! What a great accomplishment, Ranesh!

### Science Olympiad Foundation

Congratulations to the winners of the SOF International Science Olympiad (NSO).



## Science Olympiad Foundation

Congratulations to the winners of the SOF International Mathematics Olympiad (IMO).

S.No	Name	Class	School Rank	S.No	Name	Class	School Rank
1	Anika Agrawal	1 Sirius	1	16	Anvay Phappe	5 Deneb	2
2	Anshika Joshi	1 Sirius	2	17	Jasaswini Jena	5 Rigel	3
3	Ditya Duseja	1 Deneb	3	18	Rishi Sawant	5 Antares	1
4	Shravani Sullad	1 Antares	2	19	Sachit Gupta	6 Sirius	2
5	Aarav Sharma	2 Sirius	3	20	Sahil Pradhan	6 Deneb	3
6	Avaneesh Patale	2 Vega	3	21	Satwik Akuthota	6 Vega	1
7	Bhargavi Jade	2 Sirius	1	22	Anushka Dalvi	7 Vega	2
8	Dhairya Godhani	2 Sirius	2	23	Oishik Ghosh	7 Deneb	1
9	Aarush Rode Patil	3 Vega	1	24	Rashika Khangarot	7 Deneb	3
10	Asmita Mallick	3 Rigel	2	25	Aradhya Sharma	8 Deneb	3
11	Shivam Unune	3 Vega	3	26	Pushkar Kishore Kolhe	8 Sirius	1
12	Aaditya Sharma	4 Rigel	1	27	Yashvi Awasthi	8 Vega	2
13	Bhargav Rane	4 Deneb	3	28	Dhanush Sreepakash	9 Vega	3
14	Daksh Ballewar	4 Rigel	1	29	Garvit Gupta	9 Sirius	1
15	Darsh Chillarge	4 Rigel	2	30	Unnaatil Sharma	9 Sirius	2

## Inter House Results:

Event/Participating Classes	Inter-house Patriotic Song Competition Class 6
EXPLORERS	4
GUARDIANS	3
INNOVATORS	1
VANGUARDS	2

## Impressions and Expressions

### परीक्षा

'परीक्षा' एक ऐसा शब्द है जो हर इंसान, चाहे वह किसी भी आयु वर्ग का हो, हर किसी के दिलो - दिमाग में तनाव पैदा कर देता है। कभी - कभी यह तनाव इस हद तक बढ़ जाता है कि वह हथेलियों में पसीने अथवा तीव्र हृदय गति के रूप में दृष्टिगोचर होता है, किन्तु परीक्षा मुख्यतः ज्ञान और विषय के बारे में जानकारी को परखने का एक सशक्त जरिया है। परीक्षा के द्वारा ही हम क्षमताओं का सही आकलन कर सकते हैं। अतः परीक्षा के भय से मुक्ति अथवा उस भय पर काबू पाने की आवश्यकता है। जिसका एक ही हल है, "परीक्षा की अच्छी तैयारी" हमें व्यर्थ की चिंताओं, तनावों और घबराहट को दूर करके अपने परीक्षा की तैयारी में जुटने की आवश्यकता है। तनाव मुक्त रहकर सही और अच्छी तैयारी करने के विभिन्न तरीके हैं, जैसे- टाइम-टेबल बनाएं और उसपर अमल करें, रोजाना पौष्टिक आहार ग्रहण करें, समय के अनुसार पर्याप्त नींद लें, थोड़ा समय शारीरिक व्यायाम के लिए अवश्य निकालें, समयानुसार पढ़ाई से ब्रेक लेकर दिमाग को शांत और खुश रखने के लिए खुद का मनोरंजन करें, तनाव को छोड़ खुद पर विश्वास बनाएं रखें, परीक्षा के दौरान हमेशा सकारात्मक सोच रखें। परीक्षा के दिनों में समय से उपयुक्त भोजन, उचित निद्रा, व्यायाम इत्यादि अच्छी चीजों को अपनाकर एक सेहतमंद स्वास्थ्य के साथ परीक्षा दें और एक बेहतर सफलता को प्राप्त करें।

**Samhita Kulkarni, Student 9 Sirius**

### Salute to the Soldier

We must salute the brave,  
Who protect us from being slaves.  
They fight for our country,  
Like one strong tree.  
For us, they risk their lives,  
They use guns and sharp knives.  
Giving up is not their job,  
Failure does not make them sob.  
Fighting for a country is not a piece of cake,  
And it is absolutely not fake.  
So we salute the brave soldiers,  
Our country's fate rests on their shoulders.

**Medha Roy, Student 5 Antares**

### My Visit To The Pet Shop

I saw little kittens,  
Wearing tiny mittens,  
I gave a kitten a toy,  
And it mewed with great joy!  
I saw little puppies,  
Playing with their stuffies!!  
I saw adorable hamsters,  
But they were huge pranksters!  
I gave the birds some birdseed,  
And boy, they enjoyed their feed!  
Ah, that what a great day,  
'Cause I got an adorable kitten who was grey  
And then I ended up on a picnic by the bay....

**Tiara Harlalka, Student 5 Antares**

### Yummy Snacks

Fiddle Di Tiddle,  
Fizzle Fizzle pop,  
Burning burning in the pot.  
Popping tea in the shop,  
Lava Cake displayed on the top,  
Hot and sweet to burn my teeth,  
And cake to accompany tea,  
Freezing lollies on the stick,  
Melting quickly so eat it quick.  
Open your mouth,  
And I will give you a treat,  
A treat that will beat the heat.  
**Hasnain Vasi, Student 2 Rigel**

### Get Up! Stand Up!

Shaking and crumbling,  
That's what we have come to in life?  
But that isn't right!  
Pull up your socks and stiffen up your back,  
You! Yes, You! You are a fighter,  
A master of your destiny!  
Luck is just an excuse,  
Hard Work and consistency pave the way,  
Get up! You, little soldier and create your way!  
**Nidhi Agarwal, CO Upper Primary**



### Sacrifice

A man thinks he is the one, the only one to sacrifice,  
That he is born to struggle and fight, he suffers and then dies.  
Though he doesn't realise, that life is unfair to all,  
Everyone has to lose something, and every empire has to fall.  
Life revolves around one principle, the principle of letting go,  
Sacrifice is common to all, nature has neither friend nor foe.

The story of Krishna itself narrates, that even he cannot defy,  
Forfeiture is inevitable, he declares hereby.

By his will and his choice, he was born inside a jail,  
He withstood the sufferings of the world, to show how resilience prevails.  
Death was waiting for him, even before he was born,  
He was separated from his parents before he saw the first dawn.  
The others grew up hearing chariot noises and seeing swords talk,  
He saw attempts on his life before he could even walk.  
He got no army, no kingdom, no training or education,  
He heard people saying how he was the cause of their complications.  
He lost his beloved to prestige, he was left heartbroken by love,

The stature of his family, he had to keep above.  
No matter who won at Kurukshetra, he got nothing at all,  
Only curses from the people and blame for the war.

We know the story of Another man, who in life can be our guide,  
An incarnation of God himself, whose walk resembled a lion's stride.  
Endowed with humility and respect, he adhered to his father's appeal,  
He had to let go of his nobility as if it was no great deal.  
He accepted the struggle of

fourteen years, an eagle turned to a sparrow,  
He left with a smile on his face, showing no sign of sorrow.  
Now when I ask history, how to judge a man,  
On the basis of his achievements or his kingdom's expansion.  
History gives me just one answer, in a thousand martyr's voices,  
That a man's greatness is judged by the extent of his sacrifice.

**Ayush Pratap Singh,**  
**Student 11 Vega**



### Mythology Talk- Prize Winning Speech, Lit-o-Mania

बालिका अहं बालिका नव युग जनिता अहं बालिका ।

नाहमबला दुर्बला आदिशक्ति अहम्बिका ॥

This literally translates to;

I am a girl, a girl of modern times. I am not feeble or powerless. I am Aadi shakti, I am Ambika.

Ever since we were young, we've heard tales of Gods, heroes, various mythical creatures and sometimes also of goddesses and heroines. Often as girls, we were even told to live up to those tales. Women like Draupadi, Sati, Savitri, Sita, and Meera were and still are perceived as the most ideal women. But the qualities that they were idolised for are quite passive. These characters had so much more to offer and many of their important traits were underrated. These characters were so much more than just the ideal wives and daughters, they were brave, bold women who held their stand against the patriarchal society whenever needed. These traits are so much more relevant and inspiring in the modern world than the traits they were originally idolised for. Today, I shall try to give justice to these characters by drawing parallels between some female mythological characters and the bold and independent women of today. Born from the fire, Draupadi was intelligent, fearless, loyal, sacrificing, and the one who stood tall to protect her womanhood during the game of dice. Analysing her character in depth, Draupadi emerges as one of the first feminists our scriptures witnessed. This quality of fiery determination and her struggle to destroy the people who insulted her is quite relevant in today's modern world where the crime rate against women is so high. Sita was a woman of great inner strength and never resisted speaking up whenever the need arose. A woman of strong self-respect, she raised Luv and Kush as a single mother and finally took refuge in her mother- the goddess earth. Even today as we see so many independent women of great mental strength, we must remember that each one of them is an embodiment of Sita. In mythology, such women who are so independent and brave and speak their minds are abundant. But only a few are depicted in a positive light. We now move on to a character who was portrayed in a negative light but she was a woman who was ahead of her time. Surpanakha had strong emotions and did not shy from accepting her attraction towards men, which was considered taboo. She was ridiculed and insulted yet she played the evil genius in the epic Ram-Ravan War. Women in mythology I say were commonly portrayed as devious, manipulative, hazardous to men and deceitful. It becomes difficult to believe that such powerful characters ever existed on earth. However, they sure ...did, as per Indian mythology. When talking about culture one always remembers the strong women in mythology. Women changed the world then and women are capable of changing the world even today! These are the women who are trailblazing for decades now shattering glass ceilings and even tougher stuff. While some are obvious choices and some obscure, all acted to increase our liberty, safety and prosperity. Although we are slowly starting to see a shift in the way the world looks at and appreciates- women, the road to true gender equality remains long. But when in doubt, lean on these strong women who teach us that feminism isn't about making women stronger. Women are already strong, it's about changing the way the world perceives that strength.

**Yukta Gupte, Student 9 Vega**

### If I Were A Dragon

If I were a dragon I would save people's lives, and spread cheer, happiness and love. I would be kind to others and make friends and help people in need. As I could fly and lift objects, therefore help people take things from one place to another. I will take people to the sky so that I can discover more places with them. Use my powers to earn money. Perhaps! I would be worshipped, rather than being a fire dragon, an ice dragon who would put out the fire sounds so nice. I would love to be a colourful dragon who would create a name in history for doing good work.

**Kavya Panchal, Student 4 Deneb**



## Republic Day

Republic day is considered to be one of the most celebrated days in India as this was the day when our nation became independent and a democracy. After the Independence of our country, the nation lacked an official constitution. Therefore, the top priority of the Indian Government was to create an official constitution. Under the leadership of Dr Rajendra Prasad and Dr B. R. Ambedkar who was the chairman of the constitutional assembly worked hard for the creation of the Constitution. It is considered to be the longest constitution in the world. This conveys how acute and sharp these men were. It took two years, eleven months, and eighteen days to be finished. On this day flags are unfurled in schools and even universities. All over India, Cultural Celebrations to honour the struggle our freedom fighters have gone through for the freedom of our country. In New Delhi, at the India Gate, the National flag is raised by our President of India followed by a parade led by the President of India and the Military of Defense. The occasion highlights the rich cultural diversity in our country. This occasion also honours the ones who gave their lives in the defence of our nation.

**Arsh Shrestha, Student 7 Sirius**

## Have fun learning French!

Bonne fête de la République!

Le jour de la République est célébré le 26 janvier de chaque année pour marquer le jour où notre constitution est entrée en vigueur en 1950. Après ce jour, notre pays est véritablement devenu démocratique et indépendant.

Republic Day is celebrated on January 26th every year to mark the day our constitution came into effect in 1950. After that day, our country truly became democratic and independent.

La loi fondamentale du pays, la Constitution, a été promulguée grâce à la diligence et au travail acharné de grands hommes comme le Mahatma Gandhi et les nombreux autres combattants de la liberté qui ont combattu et sacrifié leur vie pour l'indépendance de notre pays.

The fundamental law of the land, the Constitution, was enacted through the diligence and hard work of great men like Mahatma Gandhi and the many other freedom fighters who fought and sacrificed their lives for the independence of our country.

Il est à noter que le 26 janvier a eu une grande importance dans la lutte de l'Inde pour le Swaraj ou l'autonomie. La session du Congrès à Lahore le 29 décembre 1929 avait adopté une résolution déclarant Purna Swaraj ou l'autonomie complète et absolue comme objectif de l'Inde. Il a également été décidé que le 26 janvier devrait être observé dans toute l'Inde en tant que jour de Purna Swaraj.

It is to be noted that January 26th had great significance in India's struggle for Swaraj or self-rule. The session of Congress at Lahore on 29th December 1929 passed a resolution declaring Purna Swaraj or complete and absolute self-government as India's goal. It was also decided that 26th January should be observed all over India as Purna Swaraj day.

La journée rassemble des personnes de castes, de croyances, de couleurs et d'horizons différents pour célébrer l'occasion avec beaucoup de ferveur et d'enthousiasme. La capitale nationale Delhi accueille également un grand défilé pour marquer l'occasion à laquelle l'armée indienne participe et expose la grandeur qui lui est associée.

The day brings together people of different castes, creeds, colours and backgrounds to celebrate the occasion with great fervour and enthusiasm. The national capital Delhi also hosts a grand parade to mark the occasion in which the Indian Armed Forces participate and exhibit their grandeur associated with it.

Le Premier ministre indien honore les martyrs en plaçant une boucle à l'Amar Jawan Jyoti de l'India Gate. La cérémonie se poursuit par un salut de 21 coups de canon, le chant de l'hymne national et le hissage du drapeau national.

India's Prime Minister honours martyrs by placing a loop at India Gate's Amar Jawan Jyoti. The ceremony continues with a 21-gun salute, the singing of the national anthem and the raising of the national flag.

La journée est célébrée en grande pompe dans tout le pays, en particulier dans les établissements d'enseignement. Les écoles, les collèges et les écoles polytechniques organisent des événements pour célébrer la journée et sensibiliser les étudiants.

The day is celebrated with great fanfare throughout the country, especially in educational institutions. Schools, colleges and polytechnics organise events to celebrate the day and raise awareness among students.

**Ishan Tirpude, Student 9 Vega**



## Personality of the month

Lionel Messi born on 24th June 1987 is also known as Leo Messi. He is an Argentine professional footballer who plays as a forward for Ligue 1 club Paris Saint-Germain and captains the Argentina national team. He is widely regarded as one of the greatest players of all time. Born and raised in central Argentina, Messi relocated to Spain at the age of 13 to join Barcelona, for whom he made his competitive debut at the age of 17 in October 2004. He established himself as an integral player for the club within the next three years, and in his first uninterrupted season in 2008–09 helped Barcelona achieve the first treble in Spanish football that year, at the age of 22, Messi won his first Ballon d'Or. Three successful seasons followed, with Messi winning four consecutive Ballons d'Or, making him the first player to win the award four times. During the 2011–12 season, he set the La Liga and European records for most goals scored in a single season, while establishing himself as Barcelona's all-time top scorer. Messi assumed the captaincy of Barcelona in 2018 and in 2019. He signed for Paris Saint-Germain in August 2021. Messi has won a record seven Ballon d'Or awards, a record six European Golden Shoes, and in 2020 was named to the Ballon d'Or Dream Team. Until leaving the club in 2021, he had spent his entire professional career with Barcelona, where he won a club-record 35 trophies, including 10 La Liga titles, seven Copa del Rey titles and four UEFA Champions Leagues. He won the 2021 Copa América and the 2022 FIFA World Cup. A prolific goalscorer and creative playmaker, Messi holds the records for most goals in La Liga (474), most hat-tricks in La Liga (36) and the UEFA Champions League (8), and most assists in La Liga (192) and the Copa América (17). He also has the most international goals by a South American male (98). Messi has scored over 790 senior career goals for club and country and has the most goals by a player for a single club (672). His exemplary spirit for the love of football inspires aspiring footballers across the globe.

**Compiled By Richa Sharma, CT 7 Deneb**

## Lionel Messi





## Virtue Alone Ennobles

### Forgiveness

We all get hurt in our lives, maybe by circumstances or because of someone's words or actions. In the same way knowingly or unknowingly we tend to do the same to others. So, it is essential to understand that it is better to forgive than to hold a grudge. Nobody likes to hurt anyone intentionally and usually are victims of circumstances. The act that hurt or offended you might always be with you. Forgiveness means different things to different people. But in general, it involves an intentional decision to let go of resentment and anger. If not it can affect the relationship with the person. Some may find it difficult to do so even if they want to. The following steps, in the order - Acknowledge, Consider, Accept, Determine, Repair, Learn, and Forgive will lead you to the path of humanity. The practice of forgiveness is our most important contribution to the healing world.

**Subha Vithal Gobburu, CT 9 Sirius**

## Teachers' Corner

### CBSE CoE Training - National Education Policy (3rd January)

An offline CBSE training was conducted for the teachers on National Education Policy 2020 by resource person Mr Sudhanshu S Nayak, Principal 'Podar International School' and Ms Gunjan Srivastava, Principal 'The Orbis School Mundhwa'. The prime focus was on the introduction of NEP, restructuring pedagogies, curricular integration, transforming assessments for student development, teacher education, and equitable inclusive education. The session was very enriching and thought-provoking. Everyone looks forward to being a part of this exciting game and fate-changing era in the education system of new India.

**Nidhi Agarwal, CO Upper Primary**



## Parents' Prerogative

### Parent Teacher Meeting (7th January)

Every student is unique and PTM gives both the teachers and parents an opportunity to discuss what suits each one of them. The PTM was conducted for classes pre-primary to 11 to monitor the progress of every child throughout the year. The parents were briefed about the upcoming yearly examinations and the co-curricular events. Teachers gave their valuable feedback and input about the student's scholastic and co-scholastic achievements. The parents were glad to communicate with the teacher and gave their suggestions in return. It was a fruitful session which would help the holistic development of students.

**Akshaya Abilash, CT 7 Sirius**



**Sara Dongre, Student 5 Rigel**



**Tanisha Bhurewar, Student 7 Sirius**



Yukti Saini, Student 5 Rigel



Jiya Soni, Student 5 Rigel



*Jiya Soni, Student 5 Rigel*



*Anwasha Joshi, Student 4 Vega*

## I can do it!

Based on your reading about the personality of the month try to answer these interesting questions:

1. How old was Messi when he played his first football world cup?
2. Where does Messi live?
3. In which country was Lionel Messi born?

## From the Editorial Team:

### Fast food: Not a healthy lifestyle

Today almost every person eats fast or junk food at least once a day. We prefer to eat junk food over healthy food even if it is not the correct alternative or the optimum choice. People can get easily addicted to fast food due to the hazardous chemicals present in them. The fast food may look tempting due to the added colours and artificial flavours added in them. The amount of oil and saturated fats present in this kind of food makes it unsafe for consumption. An average American eats one meal of fast food everyday. This leads to addiction and a whole host of health issues that reduce the life expectancy and quality of life. It is important to strike a balance between eating out and eating home-cooked meals. This will ensure that one is in the best of health.

*Eva Patil, Student 9 Vega*

Chief Editor- Nidhi Agarwal

Co-Editor, TOS 2- Rina Anthony, Vaishali Desai, Amreen Sabuwalla, Akshaya Abhilash, Samina Vasi

Student Editors- Editorial Club Members



## Thought for the month

"If it doesn't challenge you, it doesn't change you." - **Fred DeVito**

