

Growing Minds, Blooming Futures... Grades 1, 2

Classes in Action – “Learning Beyond Books!”

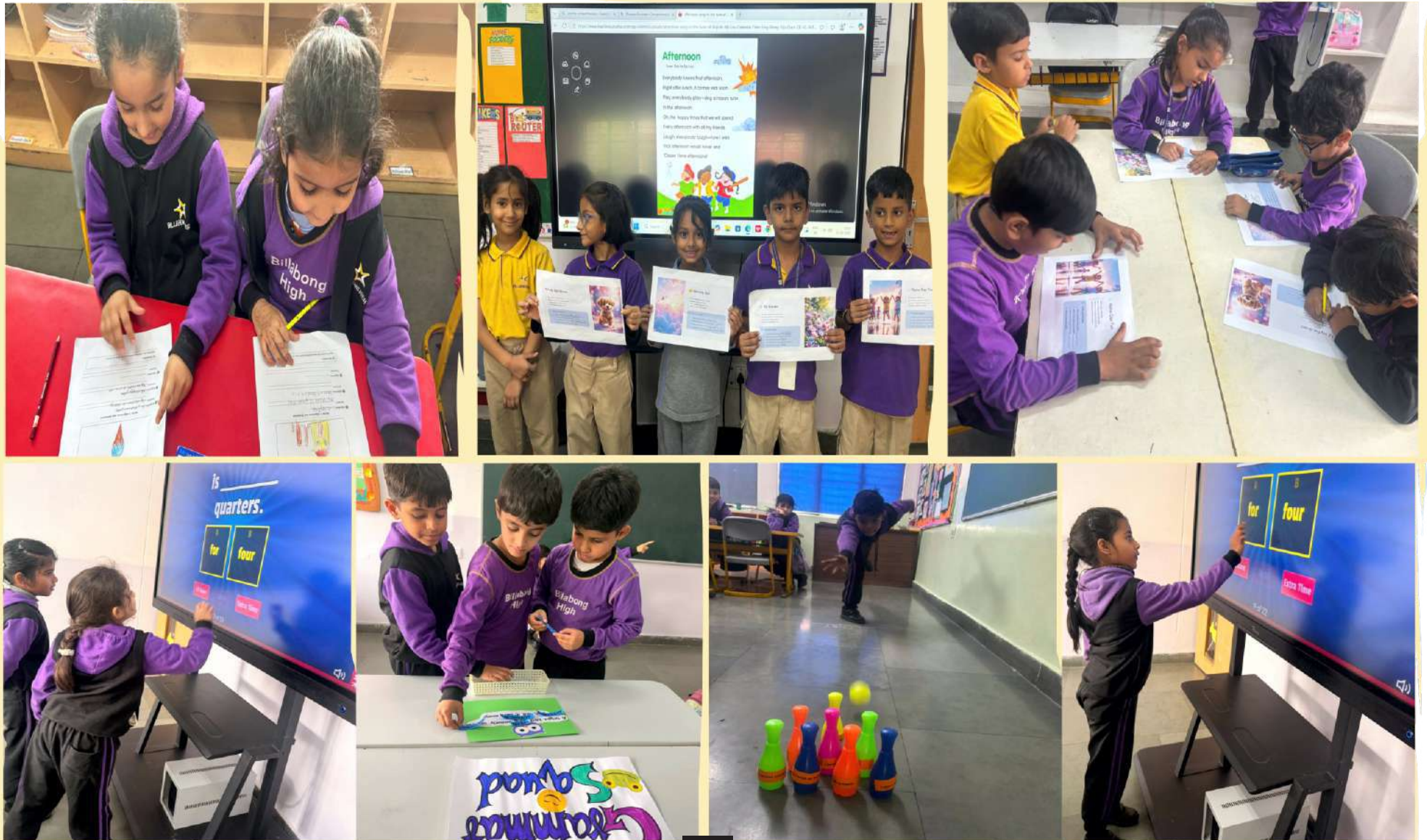
Our “Classes in Action” segment beautifully captured the vibrant spirit of learning across grade 1 & 2. Classrooms transformed into dynamic spaces filled with hands-on activities, group discussions, creative projects, and interactive challenges. Students enthusiastically participated in experiments, art integrations, language games, and collaborative tasks that encouraged critical thinking and teamwork. The atmosphere reflected curiosity, confidence, and creativity as learners explored concepts beyond textbooks. This initiative highlighted the importance of experiential learning, where students actively engage, discover, and apply their knowledge in meaningful ways. “Classes in Action” truly showcased that learning becomes powerful when it is lively, interactive, and student-centered.



Every corner buzzing with curiosity and creativity.

Grammar is Fun with Our Squad! - “Little grammarians in action!”

The Grammar Squad activity was an engaging and enriching experience for our young learners. Through interactive games, sentence-building tasks, and fun challenges, students explored parts of speech, punctuation, and sentence formation in an enjoyable way. The activity encouraged participation, teamwork, and critical thinking as students worked together to solve grammar puzzles and create meaningful sentences. Laughter and excitement filled the classroom as learning transformed into a lively and memorable experience. Grammar Squad not only strengthened language skills but also boosted students' confidence in speaking and writing correctly. It was truly a celebration of learning, creativity, and collaboration.



HINDI DIVAS - “Ek Bhasha, Anek Bhavnaayein!”



Hindi Diwas was celebrated with great enthusiasm and pride, honouring the richness and heritage of our national language. The celebration not only strengthened linguistic skills but also instilled a sense of pride and belonging among students. Hindi Diwas served as a reminder of the importance of preserving and promoting our language and cultural roots.



MATH MAGICIAN - “Turning Numbers into Wonders!”



The Math Magician activity transformed the classroom into a world of numbers, logic, and excitement. Through engaging games, puzzles, and hands-on challenges, students explored mathematical concepts in a fun and interactive way. From quick mental math rounds to problem-solving tasks, our young learners demonstrated confidence, accuracy, and enthusiasm. The activity encouraged critical thinking, teamwork, and a positive attitude towards mathematics. Math Magician not only strengthened numerical skills but also helped students discover that math can be enjoyable and magical. It was a delightful celebration of curiosity, learning, and achievement.

MATRIX - "Where Minds Meet Mastery!"



Matrix was an exhilarating event that brought together enthusiasm, intellect, and teamwork. Students participated with great zeal, showcasing their knowledge across various subjects through stimulating rounds and thought-provoking challenges. The atmosphere was filled with excitement as participants demonstrated quick thinking, clarity of concepts, and strong collaboration skills. Every round tested not just academic understanding but also confidence and presence of mind. Matrix truly reflected the spirit of healthy competition and lifelong learning. The event encouraged students to step forward, think critically, and shine brightly as confident learners.



Where teamwork meets intelligence.



POET'S CAFE - "Where Little Voices Create Big Poetry!"



Rhymes that touched hearts and sparked smiles.

Poet's Café was a delightful event where creativity met confidence. The classroom transformed into a cozy café setting as students took the stage to recite poems filled with rhythm, expression, and emotion. From joyful rhymes to thoughtful verses, each performance reflected imagination and courage. The audience listened with admiration, encouraging every young poet with warm applause and appreciation. Poet's Café not only nurtured language skills but also built confidence, stage presence, and a love for literature. It was truly a beautiful celebration of words, creativity, and self-expression.

SPORTS DAY - "Every Finish Line is a Victory!"



The Sports Day races were a spectacular display of energy, determination, and team spirit. The playground came alive with cheers as our young athletes eagerly took their positions at the starting line. From sprint races to fun relays, every event was filled with excitement and healthy competition. What made the day truly special was not just the speed of the runners, but their sportsmanship and enthusiasm. Smiles, encouragement, and loud applause created a joyful atmosphere that motivated every participant to give their best. The event beautifully reflected the values of confidence, perseverance, and teamwork, making it a memorable day.



The track was filled with cheers, excitement, and unstoppable energy!

Sanchetna

ART & Sculpture

Where imagination is carved into permanence and inspiration stands in three dimensions.

Art and Craft



Sculpture



Co-Curricular

Building teamwork, resilience and confidence through every activity.

Dance



Music



Swimming



Yoga



Conclave

On the occasion of World Disability Day 2025, Sanchetna organized a meaningful Conclave to promote awareness, inclusion and empathy. Distinguished guest shared valuable insights on embracing diverse abilities and fostering supportive learning environments. Parents joined us in this important dialogue, making the event truly collaborative and impactful. "Disability is not inability; it is a different ability that deserves understanding and respect." The conclave served as a reminder of our shared responsibility to create a community where every child feels valued, empowered and included.



Srijan Sangam 2026

Srijan Sangam an inter-school event that celebrated creativity, participation and inclusive learning. Students from various special schools came together to participate in a thoughtfully curated range of activities, including visual art, sensorial and cognitive tasks, life skills and sports. The event provided a meaningful platform for students to explore their abilities, build confidence and experience the joy of collaboration and achievement.



Early Intervention

Encouraging curiosity, creativity, and confidence in our youngest champions.



FDP

Nurturing growth, collaboration and excellence to elevate the teaching and learning experience.



Gurpurab

In the warmth of Langar, little ones serve with hearts full of joy, showing that giving knows no bounds.



International Visitors

Celebrating global connections at our school.



Inclusion

Encouraging curiosity, creativity, and confidence in our youngest champions.



Matrix

The Matrix event 2025 brought together students of all abilities in a vibrant celebration of talent, creativity and collaboration. Participants engaged in a variety of activities and tasks, showcasing their unique skills and enthusiasm. "Every child is an artist; the challenge is to allow their creativity to shine." Parents and visitors joined to witness and celebrate these joyful moments, making the event a shared experience of learning, teamwork and community spirit.



Independence Day

Honouring freedom, celebrating unity and inspiring the future.



Interschool Events

Celebrating healthy competition, teamwork and the spirit of learning beyond the classroom.



Junior Group

Encouraging curiosity, creativity and confidence in our youngest champions. Little stars, big dreams, every young talent gets a chance to shine and soar. Little stars, big dreams, shining bright together.



Occupational Therapy

Empowering children to achieve independence, master essential life skills and build confidence.



Pre Vocational

Pre-vocational training empowers students with hands-on skills, confidence, and independence through real-life activities and practical learning.



Skill Development



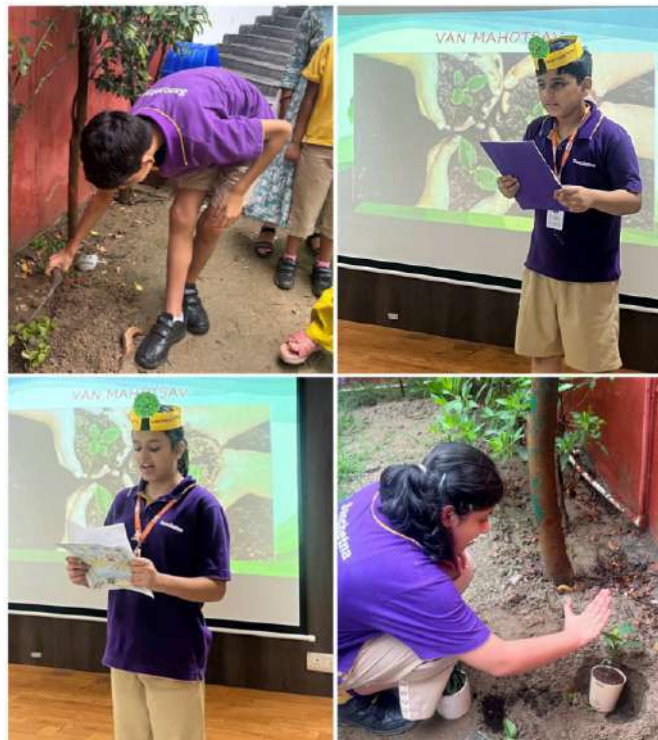
Sports and Physical Education

Play, persevere and excel. Building stronger minds and healthier bodies.



Van Mahotsav

Celebrating Van Mahotsav by nurturing saplings today for a sustainable tomorrow.



Speech Therapy

Helping every child express, connect, and thrive.

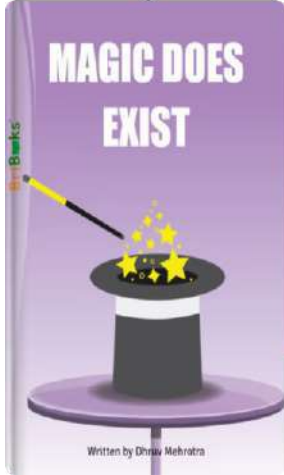


Sports Day

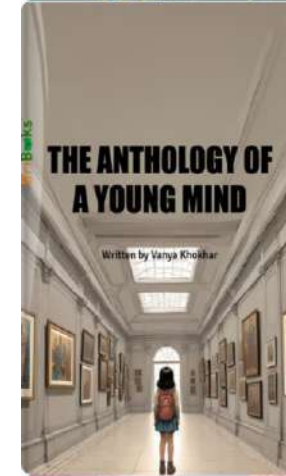
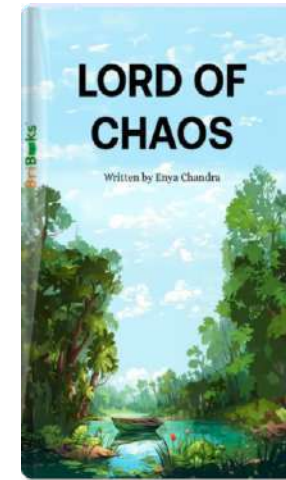
Sports Day 2026 was a vibrant celebration of talent, determination and teamwork. Students of all abilities participated enthusiastically in a variety of games, races and team activities, each designed to showcase their unique strengths and skills. "Strength doesn't come from what you can do; it comes from overcoming the things you once thought you couldn't." The event highlighted not only achievement and skill but also the values of perseverance, collaboration and the importance of fostering an inclusive and supportive community.



YOUNG BUDDING AUTHORS OF BILLABONG



S. No	Name	Grade and Section	Name of the book published
1	Shudhi Sabarwal	IV -C	The terrific elevator
2	Sarvin Jha	IV -C	Robots/Climate Action Book 1
3	Nyra Jain	V-A	Billy's long dream
4	Advik Narayan Choudhary	V A	Life in covid tragic years/ My dream of football
5	Saysha Malik	V-B	Friends/ Saysha and the secret garden
6	Dhruv Mehrotra	V-C	Magic does exist
7	Pragyaan Jaiswal	V C	Rohan's Question
8	Veni Batra	V-C	The best camping trip
9	Anahita Jugran	V-A	A sea of woe
10	Dev Bairagi	V-B	What AI can do/ Explore Nature/ Lets go to picnic
11	Aashvi Vivek	V-B	Magical dream on my birthday
12	Keshavendra Pratap Singh	V B	My dive into the multivers
13	Sanbir Singh	V- Cambridge	The Adventures
14	Shivanya Srivastav	V- Cambridge	HI Ghosty/ Nature Heroes
15	Jyotsana Sinha	V- Cambridge	Never Break Your Friendship
16	Alaisha Arora	VI Cambridge	The Adventures of Sunshine
17	Hansvi Kaur Arora	VI - A	Jack the crazy boy
18	Aliya Fatema	VI-A	Sports Fun
19	Divisha Sharma	VI A	Stories of wisdom
20	Riesa Kapani	VI- B	The obsession with badminton
21	Saanvi Gujral	VI B	The mighty air force pilot
22	Saira Nagpal	VI C	Saira's World of Wonder
23	Ishaan Chauhan	VI C	All about football
24	Anvi Mittal	VI- C	The magical wand
25	Tejas Kumar	VI C	World War 3 prediction
26	Aiyra Rizvi	VI C	The fathom of heists
27	Heyash Aggarwal	VI C	The Wizard of Mezorak
28	Advika Bhimania	VII A	Her waterfall hermit
29	Aashee Dev	VII A	The magic of Luna
30	Akshita Choudhary	VII A	Adventures of Rishikesh/ Adventures of Manali
31	Veronica Singh	VII A	Robot and Ventures
32	Anay Singh	VII A	James Journey
33	S Lalith Athithya	VII A	The Uses of Technology
34	Aarna Singla	VII B	Where to go next
35	Aariz Khan	VII B	Lio the baby lion
36	Pragnay Jaiswal	VII B	The scary Circus
37	Atharva Jha	VII B	The time when I was trapped
38	Ritwik Atri	VII B	The Tunnel of War
39	Vaanya Rana	VII B	Amy's Simple Machines
40	Agamjot Singh	VII B	Sam's imaginative dream
41	Ojaswini Satya Shukla	VII B	New Innings
42	Atharva Goel	VII B	Jack Willson- A Cricket Legend
43	Ojas Upadhay	VII B	A trip to the zoo
44	Alok Kumar	VIII B	Goal or nothing
45	Manan Singhal	VIII A	The Hands of death/The spell of paradox
46	Ilisha Mitra	VIII A	The transmitter's code
47	Aradhya Gupta	VIII C	
48	Vanya Khokar	IX A	The Anthology of a Young Mind
49	Upmanyu Singh Chandra	IX A	The Diary of a Teen
50	Advait Vivek	IX A	The Aspiring Kid
51	Shreya Varshney	XI A	Whisperers of Magic
52	Enya Chandra	XII C	Lord of chaos



Classroom Activity

Grade VI card sorting and arranging activity-sort percentage with their decimals and fractions equivalents and arrange in ascending order



A fun way to learn!

Learning in the Cambridge curriculum feels different the moment you step into the classroom. Children don't just sit and listen - they question, explore, experiment, and discover. Concepts are not memorised for a test; they are understood through discussion, collaboration, and hands-on activities. There is depth, yes - but there is also laughter, curiosity, and that spark in their eyes when something finally clicks. Our Science and Mathematics workstations are always buzzing with energy. Children move from one station to another - measuring, experimenting, solving puzzles, testing ideas. No one waits for others to finish; everyone is actively engaged. The room feels alive with movement and excitement. Learning becomes an adventure rather than a routine, and even complex concepts start to feel simple and enjoyable. And then there are the moments that stay with us - like Idiom Day, when the corridors were filled with children dressed as "a piece of cake" or "raining cats and dogs," proudly explaining their idioms with creativity and humour. Our public speaking and storytelling sessions further give them a voice. They stand tall, share ideas, narrate stories, and grow in confidence. Here, children don't just learn subjects - they discover their own potential.

Independence Day



Gandhi Jayanti



Global Perspective

Students of Grade VII presented a creative role-play on Climate Change, featuring characters like Car Pollution, Earth, Trees, Students, and Factory Smoke. Each character shared how they contribute to climate change and what actions can reduce its impact. The performance highlighted the importance of planting trees, reducing emissions, saving energy, and the vital role students play in protecting the planet. It was an engaging and meaningful activity that encouraged everyone to take small steps toward a greener, healthier future.



Environment Day

Cambridge Lower Secondary



Rethinking Well-being in a Restless World

Is It Possible to Stay in the Moment?

In a world of constant distractions, staying present has become increasingly difficult. Many people find themselves dwelling on past experiences or worrying about what lies ahead. This constant mental shift often leads to stress and reduced focus.

Living in the moment, however, is both possible and beneficial. One effective approach is to pay close attention to your surroundings. Observing simple details—such as sounds, textures, or movement—helps anchor the mind in the present and reduces anxiety.

Another important practice is focusing on one task at a time. While multitasking may appear efficient, it often divides attention and reduces productivity. Each time the brain switches tasks, it requires time to refocus. Concentrating on a single activity improves efficiency and leads to better outcomes.

That said, modern life often demands multitasking. Deadlines, notifications, and expectations can make single-tasking seem unrealistic. Yet, while multitasking may increase speed, it often diminishes quality and awareness. Tasks may be completed, but the experience itself is lost.

Staying present does not require major changes. By reducing distractions and giving full attention to each moment, we can improve concentration, lower stress, and experience life more meaningfully.

By Advik Jaiswar, Cambridge IX

Nutrition and Health Reimagined: Our Daily Fuel

The human body is a remarkably efficient system, yet it is often overlooked in the demands of daily life. Just as a vehicle depends on the right fuel, our bodies require balanced nutrition and healthy habits to perform effectively. The food we consume directly influences our energy levels and long-term health. Nutritional needs vary depending on age and activity, and an imbalance between intake and output can lead to health issues such as obesity. Carbohydrates provide essential energy, proteins support growth and repair, and healthy fats contribute to brain function. Vitamins and minerals, though required in smaller amounts, are equally vital in maintaining overall health. However, nutrition alone is not enough. A healthy lifestyle depends on consistent habits. Eating a balanced breakfast, staying hydrated, engaging in regular physical activity, and getting sufficient sleep all contribute to improved concentration, energy, and mood. Mental well-being is equally significant. Activities such as reading, social interaction, and learning new skills help reduce stress and maintain emotional balance.

On a larger scale, a healthy population contributes to a more productive society. The principle is simple: the choices we make today shape our future. By prioritising health, we invest not only in our own well-being but also in long-term success.

By Kartik Shukla, Cambridge IX

When “Fine” Isn’t Fine

We are often taught to appear “fine” before we are taught how to truly feel okay. The pressure to seem strong has quietly become part of everyday life, where emotional honesty is mistaken for weakness. Over time, this expectation shapes not only how we express ourselves, but also how we understand our own emotions.

Much of this begins early. Parents and adults may not intend it, but their responses influence how children perceive feelings. When expressions of anger, sadness, or frustration are dismissed or discouraged, children may begin to associate emotions with disapproval. Gradually, they adapt—not by understanding their feelings, but by suppressing them.

As a result, masking emotions becomes habitual. Negative feelings are hidden, often replaced with a quick “I’m fine.” Over time, this limits the ability to communicate honestly. When emotions are not expressed, they are also not understood, making conversations about feelings uncomfortable. Instead of listening, people may offer quick advice or change the subject, reinforcing silence.

This creates a cycle. It becomes easier to appear fine than to be honest. Social media intensifies this pattern by presenting carefully curated images of success and happiness. While awareness of mental health has increased, genuine understanding has not always followed. Constant exposure to positivity can make ordinary struggles feel unusual or even inadequate.

These patterns also affect performance. Suppressed emotions do not disappear—they surface as distraction, fatigue, or reduced focus. Students who continue to perform well may be seen as resilient, but outward success does not always reflect inner stability. Productivity can hide emotional strain.

Over time, constant masking can lead to disconnection—not only from others, but from oneself. When emotions are repeatedly ignored, it becomes difficult to recognise what one truly feels. This is where emotional regulation becomes important—not as control, but as awareness. Recognising emotions, rather than avoiding them, allows for clearer thinking and healthier responses.

Emotional regulation does not require dramatic change. Small steps—acknowledging feelings, pausing before reacting, or taking time to reflect—can make a meaningful difference. However, these steps are only possible when emotions are first accepted.

Perhaps the most important shift is simple: allowing ourselves, and others, the space to feel. Because sometimes, “fine” is not fine—and recognising that is where understanding begins.

By Moesha Singh, Cambridge IX

Nature and Healing: Let Nature Restore You

In an age dominated by screens and constant activity, many people feel mentally drained and disconnected. Nature offers a powerful remedy. Whether it is a quiet park, a stretch of countryside, or even a small garden, stepping outdoors can restore a sense of balance and calm.

Scientific studies confirm what we often feel instinctively: time spent in natural surroundings reduces stress, improves mood, and sharpens concentration. The gentle rustle of leaves, the warmth of sunlight, and the freshness of open air create a calming effect that indoor environments rarely replicate.

For students, this is especially important. Academic pressure can lead to fatigue and reduced focus, but even short breaks outdoors can refresh the mind. A brief walk in a park, for instance, can clear thoughts and improve understanding. Natural spaces also encourage movement, boosting energy levels and improving sleep—both essential for effective learning. Simple changes can make a difference. Sitting near natural light, keeping plants on a desk, or spending time outside during breaks can positively influence both mood and productivity. Beyond this, nature teaches patience, resilience, and calmness—qualities that extend far beyond the classroom.

In a world filled with noise and pressure, nature provides a quiet refuge—one that helps us regain focus, restore balance, and reconnect with ourselves.

By Mihir Maheshwari, Cambridge IX

Restoring Balance Through Nature

As modern life becomes increasingly fast-paced, the human connection with nature continues to weaken. This disconnection often leaves individuals searching for calm and balance. Yet, nature remains a powerful source of restoration, supported by both scientific research and traditional practices.

Time spent in natural surroundings has been shown to lower stress levels, reduce blood pressure, and improve overall mood. In India, practices such as yoga and meditation have long emphasised the importance of connecting with the natural environment. Even a short walk among trees or near water can refresh the mind and encourage a sense of clarity.

Nature’s impact extends beyond individual well-being. It also fosters a sense of responsibility towards the environment. Activities such as gardening, birdwatching, and eco-volunteering help individuals develop a deeper appreciation for the natural world.

In a country as diverse as India—where urban life exists alongside rich natural landscapes—embracing nature can bring balance not only to individuals but to communities as well.

Ultimately, nature reminds us that renewal is always within reach. By reconnecting with the environment, we can rediscover calm, clarity, and a more sustainable way of living.

By C. Shawn Robinson, Cambridge IX

Thematic Assemblies... Exploring ideas, Inspiring Minds, Building Impacts



The Key is Empathy...Pass in on



World Dance Day



Technology Day



Sports - Play, Perform, Persevere



Sadbhavna Diwas



Pride, Passion, Patriotism



Planet Saviours



Awaken the power within...Gurudev



An Ode to Kalam



Martyr's Day



Unity & Tagore... The Bard of Bengal



Biodiversity Day



Ambedkar Jayanti...Educate, Agitate, Organize



World Book Day



Small Actions Today, A Greener Tomorrow



Guardians of Green



Learning today, Learning tomorrow

Matri

An Annual Science Exhibition Health
in Harmony, Wellness of Body, Mind & Environment

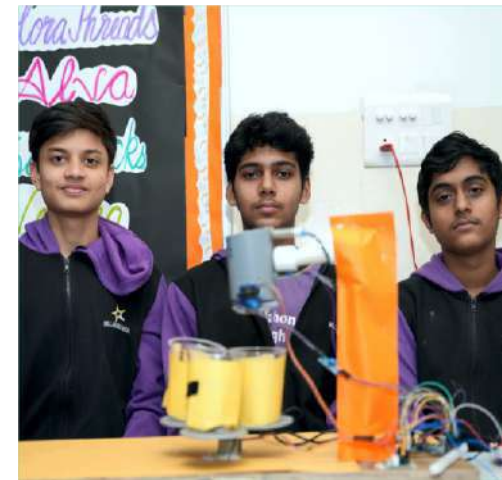
Matrix 2025-26, a dynamic platform that brings together the vibrant spirit that highlights diverse talents through clubs like Rhetoric Rhythms, celebrating expression and communication; Infinity Innovators, fostering creativity and problem-solving; Abhivridhi, encouraging growth and development; Bliss and Balance, promoting well-being; Numeric Canvas, blending logic with creativity; and Green Titans, inspiring environmental responsibility. The perfect pedestal, it serves as a space where ideas, skills, and passions intersect, allowing learners to explore their interests, collaborate meaningfully, and shine beyond academics. It reflects the holistic development of learners in a lively and engaging way.



Green Titans...

Champions of Change

Green Titans Club, with active participation from Grades 6 to 12, led a remarkable journey toward sustainability through diverse and innovative projects. From a Waste Segregation Drive, Recycling Shoes, eco-friendly Agarbattis and Soft Toys, to creative initiatives like Sustainable Fashion, Urban Crumble Cakes, and a Puppet Show on Sustainability, students transformed ideas into action. Digital and awareness-based projects such as the Eco Cart Website, Green Ledger, Sustainable EVM, and Geo-tagging of Historical Monuments blended technology with environmental responsibility. Research presentations on Rivers: Lifelines of India, the Kumbh Mela, understanding the Government Budget, and promoting the spirit of Vocal for Local further enriched their learning experience. Through teamwork, creativity, and commitment, the Green Titans proved that sustainability is not just a project—it is a promise for a greener future.



Infinity Innovators...

Powered by Physics, Crafted by Chemistry, Driven by IT

Infinity Innovators Club is a dynamic student-led platform that fosters creativity, scientific curiosity, and technological advancement through hands-on learning and real-world problem solving. The club brings together ideas from Physics, Chemistry, and Information Technology to create meaningful innovations that reflect both knowledge and imagination. The club promotes an interdisciplinary approach, where science and technology blend seamlessly to address modern challenges in health, environment, energy, automation, and smart living. The projects showcased the development of a Periodic Table website for interactive learning, a Robotic Arm demonstrating automation and mechanical control, and an Obstacle Detection Car designed with sensor-based safety features. Sustainability remains a key focus, highlighted through creations like a Wind Turbine Engine for Car, a Solar Powered Humidifier, and the Work to Watt model that explores energy conversion in practical ways.



Numeric CANVAS

Creative Hands with Calculations

Numeric Canvass beautifully blended creativity with logic. It provided students with a unique platform to explore the artistic side of mathematics, proving that numbers were not just formulas on paper but patterns, symmetry, design, and imagination brought to life. Through activities like geometric art, tessellation projects, mathematical rangoli, fractal designs, and data-based visual art, the club transformed abstract concepts into creative expressions. The club stood firmly on values such as creativity, critical thinking, precision, collaboration, and innovation as it encouraged learners to see mathematics beyond textbooks and appreciate its presence in everyday beauty and structure.

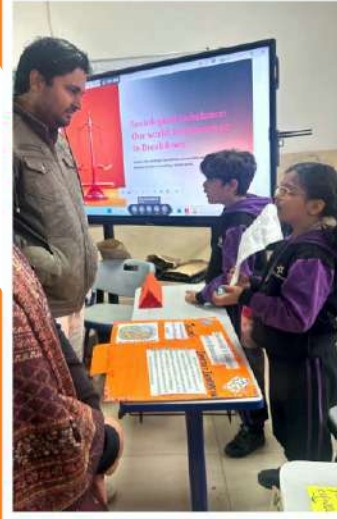


BLISS N BALANCE..

Nourish your Body, Nourish your Soul



Bliss n Balance dedicated itself to nurturing emotional well-being and promote positivity among students. It provided a safe and welcoming space where members felt heard, valued, and supported. The club focused on building self-awareness, resilience, empathy, and teamwork, believing that a balanced mind was essential for academic and personal success. Throughout the year, students actively organized mindfulness sessions, gratitude circles, creative expression workshops, and awareness campaigns on mental health. These activities encouraged open conversations and helped reduce stress within the school community. Learners contributed by planning events, designing posters, leading discussions, and supporting their peers during challenging times. It not only strengthened individual confidence but also fostered a culture of kindness and mutual respect across the campus. Bliss n Balance became a symbol of harmony and positivity, leaving a lasting impact on everyone involved and inspiring students to carry its values forward in their daily lives.





Rhetoric Rhythms...

Beats of Expression, Harmony of Melodies

Rhetoric Rhythms, a vibrant platform where creativity, communication, and performance come alive. Designed to nurture confidence and artistic expression, the club encourages students to explore the power of words and movement. Members actively participate in role plays, dramatic presentations, dance performances, musicals, poetry recitations, and public speaking activities. Through these engaging experiences, students develop stage presence, teamwork, voice modulation, and expressive skills. The club provides opportunities for learners to script, choreograph, and present their own performances, fostering leadership and collaboration. Rhetoric Rhythm is not just about performing - it is about expressing ideas boldly, building self-confidence, and celebrating talent in all its forms.



Abhivridhi... Wellness of Body, Mind, Environment

Abhivridhi, meaning growth and progress, is a vibrant school club focused on holistic development. Learners engage in debates, creative writing, public speaking, cultural programs, community service drives, workshops, and leadership activities. Through these experiences, the club builds confidence, teamwork, creativity, and responsibility-empowering students to grow beyond the classroom.



ASTRONOMY... Expanding Minds Through Space Science

The Astronomy Session conducted in our school was an exciting and enriching experience for students, sparking curiosity about the wonders of the universe. Students enthusiastically participated in a comet-making activity, where they learned about the structure and composition of comets by creating their own models. This was followed by an engaging rocket launching activity, where students explored basic principles of thrust and motion while launching small rockets, filling the atmosphere with excitement. A highlight of the session was safe solar observation, where students observed the Sun using specially designed filters and equipment. The session also included fun with DSLR cameras, where students were introduced to basic astrophotography techniques. Overall, the astronomy session was a perfect blend of learning and fun, inspiring students to look beyond the classroom and develop a deeper interest in space science and exploration.



Theatre...

Parakram Sabka Saath Sabka Prayaas

थिएटर गतिविधियाँ वार्षिक झलक - विलाबोंग हाई इंटरनेशनल स्कूल, नोएडा वद उत्तर प्रदेश में इस वर्ष थिएटर गतिविधियों के माध्यम से विद्यार्थियों ने अपनी रचनात्मकता, अभिव्यक्ति और आत्मविश्वास का उत्कृष्ट प्रदर्शन किया। वर्ष भर आयोजित नाट्य प्रस्तुतियों ने विद्यार्थियों के समग्र विकास में महत्वपूर्ण भूमिका निभाई। विद्यार्थियों ने सामूहिक रूप से विभिन्न मंचों पर नुककड़ नाटकों में सक्रिय भागीदारी की। एक प्रभावशाली प्रस्तुति भारत मंडपम, नई दिल्ली में दी गई, जिसका विषय साइबर अपराध था। इस नाटक के माध्यम से विद्यार्थियों ने सामाजिक जागरूकता का सशक्त संदेश दिया। उनकी प्रस्तुति ऊर्जा, आत्मविश्वास और जीवंत अभिव्यक्ति से परिपूर्ण थी, जिसने दर्शकों को गहराई से प्रभावित किया। इसके अतिरिक्त, विद्यालय के मैट्रिक्स समारोह में भी विद्यार्थियों ने 'स्वास्थ्य सामंजस्य' शरीर, मन और पर्यावरण कल्याण' विषय पर आधारित नुककड़ नाटक प्रस्तुत किया। इस प्रस्तुति में विद्यार्थियों का उत्साह, टीमवर्क और मंच पर उनकी सहजता स्पष्ट रूप से देखने को मिली। पूरे वर्ष इन गतिविधियों के माध्यम से विद्यार्थियों में न केवल अभिनय कौशल का विकास हुआ, बल्कि उनकी अभिव्यक्ति क्षमता, सामाजिक समझ और सहयोग की भावना भी सुदृढ़ हुई। विद्यार्थियों ने यह सिद्ध किया कि थिएटर केवल मनोरंजन का माध्यम नहीं, बल्कि जागरूकता, सीखने और आत्मविश्वास बढ़ाने का एक प्रभावी साधन भी है।



BHISNMUN... Placards Up, Diplomacy On



Billabong High International School, Noida, continuing with its legacy of empowering the young citizens towards creating transformations hosted the **BHIS MUN 2025 – Chapter 10** on 25 and 26 July 2025 in sync with the objective to impart critical thinking, problem solving and decision making skills.

The two-day event captured the vibrant spirit of diplomacy, debate, and dialogue that unfolded with six dynamic committees and diverse agendas namely AIPPM, ECOSOC, GENSAFE, DISEC and GASC. This year's conference became a stage for students to not only voice their opinions but also embody the true essence of global citizenship.

From heated debates on “One Nation, One Election” in AIPPM, to the ethical dilemmas of autonomous weapons in DISEC, to trade justice under U.S. tariffs in ECOSOC, the sessions reflected intellectual vigor and collaborative problem-solving. Delegates in GENSAFE explored how climate change and gender equality intersect, while GASC took diplomacy beyond Earth with a **Galactic Environmental Protection Treaty**—a blend of imagination and foresight.

The event was enriched with the presence of esteemed guests and mentored by the incessant passion of the Secretariat, who reminded us that youth is the **torchbearer for tomorrow's leadership**. We were honored with the presence of Ms Monica Singh who through her anecdotes and practical knowledge enlightened the delegates. Meanwhile, the International Press Committee ensured that every fiery exchange, witty remark, and breakthrough moment was immortalized through sharp reporting, photography, and creative illustrations.

BHISN MUN 2025 was a celebration of **ideas, unity, and resilience**. It stands as a reminder that Model UN is not just an academic simulation, but a training ground for empathy, leadership, and change-making.

OPENING CEREMONY



DISEC (Disarmament and International Security Committee)



GASC (Galactic Assembly of sentient civilization)



IP (International Press)



AIPPM (All India Political Parties Meet)



GENSAFE (Gender safety)



ECOSOC (Economic and Social Council of the United Nations)



THE CHRONICLES OF DISCOURSE

An Inter School Literary Festival

Point Counterpoint



BHIS Noida hosted "The Chronicles of Literary Discourse - Chapter X" - an inter-school literary symposium, where young voices echoed hope, courage & resilience. Students from Grade I to XII showcased their creativity and critical thinking through a variety of competitions, including Storytelling, Quiz, Dialogue writing, skit-performances, role-plays, poems, debating, TED Talks, and more. The event was a vibrant celebration of literary talent, where young minds engaged in thought-provoking discussions and creative performances. List of competitions held, during two-days inter-school literary event are -

- Hope and Healing
- Hope's Little Voices - Storytelling with Puppets
- I Am Hope - Dialogue writing
- GrammaTech Quest: Decode the Language Matrix
- The Grammar Gladiators... Quiz Time
- FABLES OF THE FORGOTTEN - Twiggy Tales
- Hope and Healing
- Hope's Little Voices - Storytelling with Puppets
- I Am Hope - Dialogue writing
- GrammaTech Quest: Decode the Language Matrix
- The Grammar Gladiators... Quiz Time
- FABLES OF THE FORGOTTEN - Twiggy Tales

Curtain Call



Funny Side Up

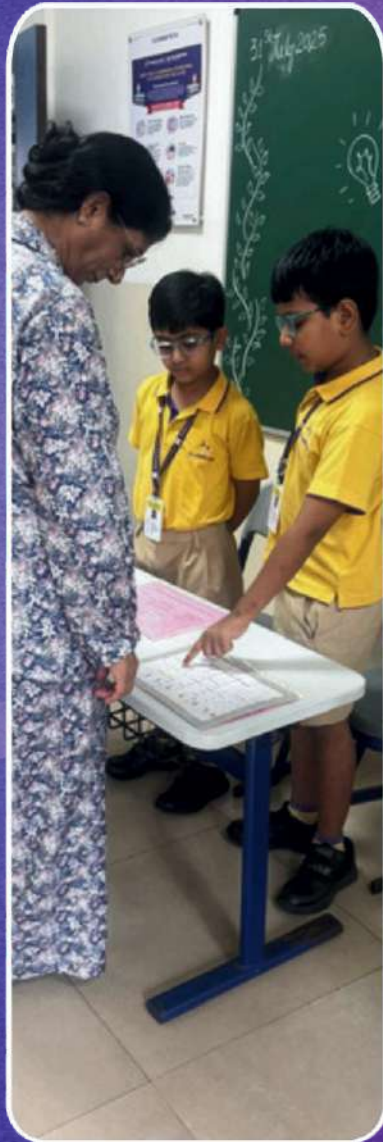


Whispers of Wit



Culmination - Grades 3 & 4

The Culmination of grades 4 and 3 was organised on 31st July and 1st August 2025 respectively. It was a joyful celebration of learning and creativity of the learners. They showcased their projects, performances and presentations, exhibiting their confidence and teamwork. Some of the activities that were part of the presentations were: board games, nukkad natak, science experiments and fun with mathematics. The event was a reminder that learning is not just about books, but also building confidence and self-awareness.



Constructrama...



Sustainable Clothing



Soil Ph Test



Magnetic Levitation



Colorful Reactions



Fizzy Lemons



The Smart City



The Escalator



Paper Recycling



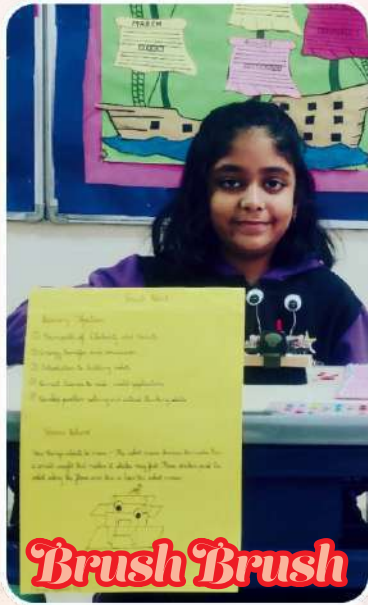
Voices of the Wild



Scientific Inflator Hydraulic Crane



Microscope



Brush Brush



Air Purifier



Magnetic Swing



Magic Ice Lift



Thermal Power Plant



Eco Beats



Invisible Coin



Science Newsroom



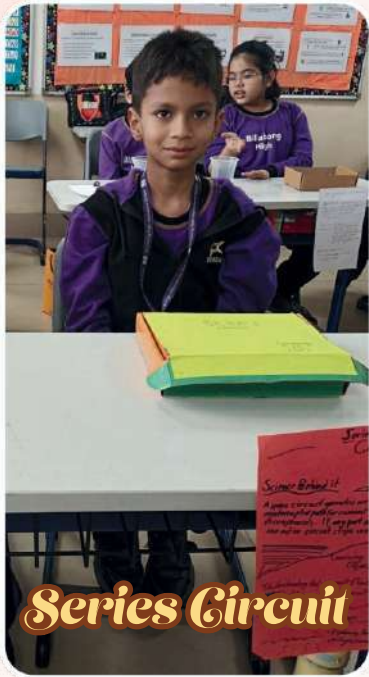
Capillary Action - Lava Lamp



Sustainable Fashion Clothing



Sustainable Volcano Experiment



Series Circuit



Inclined Plane & Pulley



Chemical Rocket Launch



Electro Fish Picking



Inclined Plane Working Model



Paper Recycling & Reuse



Ecobeats Music for the Environment

From Me To Mother Earth

From Self-Care To Earth-Care

Taking care of ourselves means taking care of our planet. Eating healthy food keeps us strong and supports our health. Walking or riding a bicycle instead of using a car or scooter, keeps our air clean and our body healthy. Turning off lights while leaving a room helps to save energy. Protecting natural resources and following 3Rs (Reduce, Reuse and Recycle) principle help in keeping our surroundings clean. When we are healthy, Earth stays healthy too.

Kunj Singh - 3 A

Living healthy like eating and sleeping properly, exercising and meditating for the mind are some of the activities which are for self-care. When self-care becomes a habit, we all naturally start taking care of the world around us. Planting more trees and not littering or polluting the environment becomes a part of our daily routine, just like self-care. Just as we need love and attention to be healthy and happy, Earth also needs the same love, care and attention to be healthy and beautiful.

Misha Uppal - 3 A

I breathe in deep to calm my mind, And leave a frantic place behind. By honoring my body's need, I plant a peaceful, mindful seed. This gentleness I turn toward Earth, Recognizing its priceless worth. No longer wasteful, I consume, Giving the planet space to bloom. As I heal, the world heals too, A greener life for me and you. Use solar power for energy, And spread greenery to make a Beautiful land for you and me.

Rishika Singh - 3 A

Here, with mother Earth, if our thoughts aren't mutual? Would we be able to see our future? Oh! Really will we be on cloud nine? If we didn't notice our mother Earth crying. Since how long we haven't taken a breath which is clean I wonder if we have ever seen the AQI green So, let's take an oath Human and mother Earth both Will forever be taking care of each other, So that, We can be healthy babies of our mother Earth.

Raghav Singh - 3 A

Let us first talk about self-care. Eating healthy food is necessary for health. But how do we know if our food is healthy or not? Firstly, if it's a home cooked meal then it's healthy but not always. Secondly, if it contains food items from all the food groups like proteins, fats, healthy oils, carbohydrates, vitamins, minerals and dairy products. Sleep is also essential for health. It helps us to concentrate on tasks and relieve stress. It helps us to reenergize and stay active the whole day. Playing sports is a good way to stay fit. It keeps our whole body active and increases stamina. We must exercise, do yoga, meditation or do similar activities to keep our body healthy. We should also avoid contact with germs and viruses. Many people don't follow basic hygiene practices. We should encourage them to stay hygienic and minimize the spread of germs. We could also fine people for doing unhygienic activities like spitting in public places, throwing trash here and there, etc. Now let's talk about Earth care.

For protecting mother Earth, we must plant more trees, say no to deforestation, stop hunting animals and save water. We should also use bicycles or walk for short distances and turn off electrical appliances when not in use. We should also think of ideas by which we can reduce plastic usage in our daily life and one day zero percent of plastic should be used in the world.

We must think of alternatives of single use plastic like straws, cups, etc and try for biodegradable options of the same and implement 6R's of zero waste in our daily life – Recycle, Rethink, Repair, Refuse, Reuse and Reduce.

Nimit Varshney - 3 A

Nature has plants, trees, and bushes, That's why our Mother Earth blushes. So we should not cut the trees, Nor harm the creeps. Every week we should water the plants, So our Mother Earth is blessed with garlands. As more plants will grow from the seeds we sow, The oxygen we get will continue to flow. As a result, our life will multiply by four, Don't create pollution anymore. Let's keep our planet clean and pure.

Amaira Purwar - 3 B

I drank my water, stretched my spine, Earth said, "Good job, you are doing fine!" I skipped junk food, slept on time, Trees clapped hands—what a sign! I turned off lights, reused my cup, The plants winked, "You're levelling up!" I breathed deep, smiled all day, Trash said, "Oops," and went away. Less stress in me, less waste around, Self-care and Earth care—The best combo found!

Ekansh Singh - 3 B

We save water all our life, Just like we groom, We make the trees bloom, We breathe clean air. The Earth cares, Earth gives us so many gifts. So we give it our trust The Earth stays happy always.

Akshara Saini - 3 B

*Help the Earth, give it a touch,
A natural gift that means so much. Remember:
Save it to be it,
Don't just send a note—crack the care code! Be the Savior, let the Earth be your praiser,
Bend your ways and groom your soul.
Be an Earth Hero—let us not be a zero,
Don't take a break,
Just save the Earth for my sake.
Don't sit and cry, just try,
Believe and succeed—this is all I plead.*

Aanya Verma - 3 B

Self-care to Earth care means taking care of ourselves and our planet Earth together so that we can have a safe and healthy future. For example, walking, running, or using a bicycle not only helps us keep fit, but also helps reduce pollution, which means it can give us fresh air. Likewise, we can follow a simple practice of reduce, reuse, and recycle. That means reduce waste, use things again, and recycle old things into new items. If we provide love and care to our planet, it will love us back and give us a beautiful world to live in.

Kiaara Purwar - 3 B

We save water all our life,
Just like we groom,
We make the trees bloom,
We breathe clean air.
The Earth cares,
Earth gives us so many gifts.
So we give it our trust
The Earth stays happy always.

Akshara Saini -3 B

When I breathe, I feel the Earth breathing too.
When I drink water, I learn why I must not pollute.
When I eat my food, I do not waste a goal—
For I am mending My body, mind, and soul.
I feel the forests calming,
healing myself, I heal the land
With every mindful step.
I move my hand
watering plants grow, I feel it too.
Less rush, less waste,
Less need to own, A lighter life Is more clearly shown.
Self-care is not a lonely art,
It is connected to the world's heart.

Satyajeet Pratap Singh -3 B

Take care of the earth Take care of the earth
We all have to work together Take care of the earth.
Reduce reuse recycle, Reduce reuse recycle
We all have to work together
Reduce reuse recycle
Plant at tree Conserve water

Anvi Singh -3 C

Kindness goes a long way Self-Care means to take care of our body, to keep ourselves healthy happy and strong. But did you know that Earth also needs care When we throw trash on the ground cut the trees pollute the oceans, seas rivers and lakes we hurt the Earth. If we choose kindness for ourselves for others and for the earth, we can make this world a happier place. Let's start with small acts of kindness and make a big difference.

Samridh Sharma - 3 C

Calms my mind. Trees on Earth,
We can now rarely find; As humans,
We have lost our mind.
The river gives us water To bathe and drink;
If not saved,
We will lose it in a blink.
Beautiful flowers
And birds chirping around,
Spreading the joy
And magical sound.
O Mother Earth,
You are so magical and kind,
The beautiful nature
Calms my mind.

Ahaana Kestwal - 3 B

I wake up fresh and brush my teeth,
I always pay for greenery clean air we breathe.
I eat good food, I rest, I play
And I try to be kind all day.
I always throw the trash in bin,
This is how Earth will grin.
I turn off taps, I plant a tree,
And try to streets roads garbage free.
If we care for ourselves and earth each day,
She will care for me and you the same way.

Mokshvardhan Chauhan - 3 C

Our Earth is not just a planet, we call it mother Earth because it takes care of us like a mother does for a child. So it becomes our duty to protect the Earth. Small contributions make a huge difference. Let us all ensure that we save electricity don't waste water don't waste paper which will save our trees which not only provide us with clean air to breathe but also helps in fighting against the global warming. Let us also ensure that we use public transport and drive CNG or electric vehicles so that we can reduce air pollution. Let us all keep mother earth clean.

Feriha Bhatnagar - 3 C

Self-care means taking care of our body and mind. Earth care means taking care of mother Earth. Both the things are directly related. When we take steps for self-care we directly lead ourselves to take care for a mother earth few measures that we can take are eating healthy organic food, avoid processed or junk food, planting more trees, keeping our surroundings clean, adopt 3R's –recycle, reuse and reduce. Lastly making people around us AWARE about the self-care which will lead to Earth care.

Alishka Kaloo - 3 C

Self-care means taking care of our body and mind. We should eat healthy food ,drink clean water, exercise and sleep well. When we care for ourselves we learn to take care for others too. Earth care means keeping our planet clean and green. We should save water, plant trees , avoid use of plastics and our keep our surroundings clean. By caring for ourselves and the Earth we can make our world happy, healthy and beautiful.

Advit Turray - 3 C



Small Thoughts, Big Change

Power of Positive Thought and Gratitude

Let's admit, we all feel angry at times and feel like we want to smash things around us, we all feel ungrateful. Whatever it is, it happens to all of us. But there should be some way to control it. It is to try and be positive and grateful at all times. Try to think about things that make you happy in these situations. This can be explained through a story. There lived a little girl named Lily. One day Lily went shopping with her mother. Lily saw the shopkeeper's daughter. She was very smart and was studying things way beyond her level despite her poor conditions. When Lily's mother asked her what she was doing, she answered with confidence in her eyes "I am studying because I want to be an IPS officer." That day Lily understood the value of being grateful and positive in tough situations.

Mahika Panwar - 4 A

If we think positive, our mind will be positive and when our mind is positive, our day will be positive. We are grateful to thank someone and ourselves. To keep our mind positive, we need to be gratitude daily, meditate, and keep ourselves calm. To gratitude what we need to do? We have to be thankful for what we have, what our qualities, our family members. Positive mind increases the resilience, well-being, mental health, behavior. Really power of positive thinking is very powerful. Stay calm.

Arnav Pandey - 4 A

Positive thought helps us feel good, They change our mood and do us good. They make us brave and help us try, Even when problem pass us by Gratitude means being thankful every day, For our parents, teachers, friends and play. For food we eat and health we have, And little joys that make us glad When our thought are clean and bright, Life feels happy, calm and light. A thankful heart and positive mind, Make peace and happiness easy to find.

Riddhima Rajput - 4 A

The power of positive thinking and gratitude can significantly enhance our mental and emotional well-being. When we focus on the positive aspects of life, we shift our mindset from scarcity to abundance, reducing stress and increasing resilience. Practicing gratitude further amplifies these effects by helping us appreciate the present moment and recognize the good around us. This powerful combination fosters a mindset that attracts more positivity, improves relationships, and enhances overall happiness. By cultivating these practices daily, we create a life filled with joy, peace, and a greater sense of fulfillment.

Divyansh Singh - 4 B

Positive thoughts are little lights, They make our hearts feel warm and bright. Gratitude helps us smile each day, And shows the good in every way. In sunny times or stormy weather, They help us all stay strong together. Kind thoughts calm our worries too, And help us try our very best to do. We learn to share, we learn to care, Find joy in work and play everywhere. With thankful hearts and hope so true, We grow up strong in all we do.

Rajvi Srivastav - 4 B

When we think positive, we do positive as our mind starts to focus on the good around us. Positive thinking is a way to relax our minds, to calm our minds and to feel safe.

Positive thinking is like a bubble with only you and no one else, everything in this bubble is filled with positive things like happiness, kindness and gratitude. Gratitude is a way to be kind, polite, respectful and happy.

Gratitude is a way to behave in a nice manner with our friends, family and others. This bubble does not contain any negative things like violence and fighting.

Rasit Vikash - 4 B

We all get nervous when it comes to important exams, tests, etc but when we talk positively not focussing on negative thoughts, the event turns out to be better than we expected! That is the power of positive thoughts.

As they say, "What you say is what you get". Being grateful is also a major part of our life. People who don't care about what they have, lose everything from their lives. This is the effect of gratitude. Don't be greedy and God will give us a lot of happiness and good things. The everyday conversations of our life help us make our surroundings a better place to live in.

Reyansh Srivastava - 4 B

Once upon a time there was a boy named Chris. He was in school the day before and his results were awaited. He was waiting anxiously. He got very less marks even though he was the smartest in the class. He was very devastated. And before all the terms he did not prepare that much as he used to do. In school he did not talk to anyone.

A boy came up to him and said "What happened Chris? Why are you so sad?" he asked. Chris said "I got very less marks in my mid-terms". The boy said that "It is okay I also got less marks but I am not sad if you see".

Chris was motivated. After school he started studying. Then after four months his term-2 results came. He knew that even if he doesn't get good marks then he will not be devastated but would improve his mistakes.

Then his results came. He got the best marks in the whole grade. He was very delighted. Learning- We should not think negative in any case. We must be calm. When we are very tensed then we don't think the right way. So being positive will help us be calm.

Sammarth Alagh - 4 B

Positive thoughts and gratitude are the powerful attributes for the wellbeing and happiness of the brain and the soul. They shift our focus from negative to positive and reduce stress. Positive thinking involves accepting life's challenges with a constructive and optimistic mindset, looking for solution rather than panicking over the situation /problem. It doesn't mean that you are ignoring difficulties but believing in one's ability to overcome the obstacles. Gratitude compliments positivity by encouraging everyone to acknowledge the goodness present in our lives.

Such as simply being thankful for every small or big moments which can bring the feeling of joy, comfort and peace. We should practice gratitude by thinking everyone and writing in our journal. By expressing gratitude we can shift our mind from the things we lack to the things which we already have.

Positive thinking and gratitude helps us enhance our mental health, reduce anxiety, anger and stress. Increase happiness, self-esteem and empathy. It improves physical health, our sleep cycle and makes us more energetic which leads to a longer life. It improves our brain activity as it secretes a happy hormone known as Serotonin.

By practicing positive thinking and gratitude in our daily life we can cultivate a mindset that acknowledges life difficulties and choose to focus on positive thought which can lead to a more joyful, pleasurable and abundant life.

Vanya Sharma - 4 B

The power of positive thinking comes from the idea that it has the potential to change the world. It gives our brain a chance to focus on the opportunities, solutions and strength that the obstacles that can be replaced with. Gratitude can enhance this phenomenon more. By regularly expressing appreciation for what we have or had be it a lot or a little, we direct our attention away from lack towards abundance. Research has shown that the more we practice gratitude, the more it can boost our happiness level, sleep cycle and relationship. The power of positive thoughts and Gratitude as a combo- Positivity makes gratitude easier and gratitude leads to more positivity.

Viraj Choudhary - 4 B

*I think happy thoughts, zoom zoom fast,
Gratitude makes bad days go splat!
Thanks for friends, ice-cream and sunny play,
My worlds all sparkle now hip hip hooray!
No grumpy clouds when I smile and say,
Thank you –poof! Good stuff comes my way!
Even when I fall and skin my knee,
Positive power fixes it- yay for me!*

Vanya Saxena - 4 B

Positive thinking and gratitude are powerful tools. We should always think positively in every situation. The list is endless to whom we should show gratitude. First, we should be thankful to the Almighty for giving us this beautiful life and everything to make this life more comfortable and beautiful. Our parents and other family members who take care of our every need and desire, our teachers who educate us and teach discipline, our friends for standing with us in every situation and nature for giving us food, water, air, etc. Positive thinking and gratitude reduce our stress and keep us calm.

Shuddhi Sabharwal - 4 C

As long as the body and mind are healthy, life is happy. In today's life, it is very important to be healthy because when we are healthy, we can do any work and achieve success. When we are not healthy, our mind does not feel like doing any work because it keeps thinking about how to become healthy. Hence, health is the biggest wealth of life. It is rightly said that a healthy mind resides in a healthy body.

Disha Choudhary - 4 C

Ever felt like everything is going wrong? Try thinking about one good thing instead. This is called positive thinking. It may sound simple, but it can really change how your day goes. Gratitude is just a fancy word for saying thank you for the good things in life, such as getting good grades, having nice clothes, good education, friends, and a comfortable home. When we look for positive things in life, we feel happy and content. Being thankful helps us a lot. Saying thank you for what we have is like a superpower—it makes us happy and helps us appreciate everything in life.

Saina Siddique - 4 C



We must always remain positive and appreciative, and nurture such desires in life. People are often influenced by individuals who spread positive vibes. Hopefulness, assurance, and confidence lead to constructive ideas in the mind. Reduced stress, better mental and physical health, and stronger immunity are what we all strive to find.

The ability to bounce back from adversity is supported by a determined and positive mind. By staying positive, our system undoubtedly gains a unique kind of happiness. Along with positivity, gratitude is also a paramount and imperative need. Thankfulness for everything good should constantly feed our mind. Appreciation for both big and small things is something every human must learn and follow. Positive thoughts, when combined with gratitude, protect us from feeling empty and hollow.

Veronica Pal - 4 C



Young Minds, Powerful Words

Power of Positive Thought and Gratitude

Wellness is like a crochet my granny makes With threads of body and mind that she carefully takes Each movement of the body, each peaceful thought Weaves together a pattern perfectly taught Nature adds colours, sunshine and rain Mixing with my threads, to ease any pain Where all the threads joined sooth and in tune The crochet unfolds its beautiful boon But if my body rushes and my mind feels tense The threads get tangled with a noisy cacophony hence So, I breathe, I rest and take my time To weave my wellness into a most sought-after design With every look and every stitch, I craft the self I choose Till life shines as a silken thread, refining by mindful views

Ajooi Kaur - 5 A

Just like all great symphonies, true wellness happens when our body, mind and nature come together in perfect harmony. Our body is the lead instrument. By eating healthy food, staying active and getting enough sleep, we keep it in tune. This gives us energy to explore and play. Next is our mind, the conductor, who keeps the harmony of the whole ensemble. Taking moments to breathe deeply, practicing kindness and thinking positive thoughts keeps our mental music calm and clear. Finally, nature provides the perfect stage. Fresh air and green trees help reduce stress and brighten our mood. When we care for our body, calm our mind and connect with the outdoors, we create a melodious symphony of wellness that keeps us feeling our very best.

Anaahita Jugran - 5 A

Breathe in the dawn, let the sunlight flow, Through veins like rivers where warm winds go. Stretch with trees, let yourself grow, Don't let your energy, go too low. The mind is a garden, tend it with care, Pull out the weeds of worry and despair. Let kindness and gratitude bloom, So, joy dances in every room. When you sleep, go and rest But later on, do your best. Move with the rhythm the earth has spun, Walk with the moon, rest with the sun. When body, mind, and nature unite, Life glows in colours pure and bright. For wellness is not just to live each day, but to love the journey along the way.

Kavya Srivastava - 5 A

Wellness is like a symphony where the body, mind, and nature all work together in harmony. A healthy body needs good food, exercise, and rest to stay strong. A calm mind helps us feel happy, think clearly, and help us in decision making and handling problems. Nature plays an important role too. Fresh air, sunlight, trees, and open spaces help us relax and feel peaceful. When we spend time outdoors, we feel more energetic and cheerful. If we take care of our body, keep our mind positive, and stay connected to nature, our life becomes balanced and joyful. Just like music sounds best when all instruments are in sync, wellness feels best when body, mind, and nature work as one.

Nyra Jain - 5 A

Wellness means being healthy in our body and mind and living in a good environment. When our body is healthy, we feel active and can do our daily activities properly. A healthy mind helps us think clearly, stay calm, and handle stress. Nature also plays an important role in wellness. Fresh air, sunlight, trees, and open spaces make us feel relaxed and happy. Spending time outdoors helps improve our mood and energy. Simple habits like eating healthy food, exercising regularly, resting enough, and enjoying nature help maintain balance. When body, mind, and nature work together, life becomes healthier and more peaceful.

Vivaan Sharma - 5 A

The Symphony of a mind and plants, You will never realize what it grants. Be happy or sad depends on us, Why to make an unwanted fuss. The reuniting of mind, nature, and soul, Makes it easy to set a goal. Connect the nature and your mind, Be happy and always be kind. When the soul and mind work together, They get immortal and live forever. The nature plants the seed of knowledge, The nature's quite beauty is what I acknowledge. The nature is who I am grateful to, Nature gives us everything without us having a clue. Always be happy and very helpful, If you do this everyone will be grateful. Spread the flu of love and care, The things we got are so rare. Do not pollute the nature please, Everything is not good that is done with ease.

Advitika Singh - 5 B

The symphony of wellness is a combination of lots of practices and rules you are following to keep your body both mentally and physically healthy working together in harmony. Just like how a musical orchestra plays their instruments in harmony, you are also able to live a balanced and peaceful life if you are following a good routine. For physical health, trying a new sport or going out for a morning walk or jog everyday can be a very good start. For mental health, starting the day practicing new yoga poses is very healthy and can help reduce stress. Nature walks with family and friends are also a good way to spend you free time. So, with these habits and hobbies, you can live a beautiful and peaceful life.

Niharika Chandra - 5 B

Symphony is a piece of music by many instruments playing together to make a beautiful song. If any instrument is noisy or out of tune, the song sounds wrong. Similarly, wellness is also a beautiful song made by our body, mind and Nature. When I eat good food, have good thoughts and breath fresh air I feel strong. If anyone of them goes out of tune, then it impacts wellness. My body is the drum that keeps a steady beat when I run, stretch, and sleep well. My mind is the flute that makes soft music when I think kindly and stay calm. Nature is the violin that sings when trees sway, birds call, and rivers shine.

Vanee Agarwal - 5 B

Wellness is a song we play each day, With mind and body leading the way. Nature joins with a gentle sound, A happy symphony all around. Our mind is the music, calm and bright, Thinking good thoughts, feeling light. When we smile, learn, and kindly share, Our minds grow strong with loving care. Our body is the drum, beat by beat, Jumping, running, dancing feet. Eating healthy, sleeping right, Gives us energy and shining might. Nature hums with birds and trees, Flowing rivers, whispering breeze. Sunshine warms us, rain helps grow, Teaching us more than we know. When mind and body work as one, And nature joins, the song's begun. A joyful tune, both kind and true— The Symphony of Wellness... for me and you!

Reva Srivastava - 5 B

Imagine your life is like a beautiful Symphony—a song where many sounds come together. For this song to be happy and healthy, our body, mind and nature must work together as a team. “Our Body, Our Instrument”. Our body loves movement, good and healthy food along with proper rest. Next is our Mind, which is “Our Inner Melody”. Our mind helps us think, learn, and feel. When we stay calm, positive, and focused, our mind becomes powerful. The third and most special is Nature. which is like “The Wonderful Background Music” that makes the whole symphony magical. When our body, mind, and nature work together, we feel healthy, happy, and confident. This harmony is called the Symphony of Wellness. If we take care of these three every day, our life’s music will always sound cheerful and strong. A positive approach is like turning the volume up on the level of happiness in the Symphony of Wellness. Stay Positive and Stay Happy and Balanced!!

Sayasha Malik - 5 B

Wellness hums a beautiful tune of health every day, With body, mind and nature at its play. The body dances strong with health, The nature showing its true wealth. The nature being a place where health is free, The mind dancing at its melody. The play of body with its truth, We all enjoying our youth. I can't imagine a world so wide, All the trees being our personal guide. The joyful life we spend, Body and nature; what a blend!

Divyanka Aggarwal - 5 C

Symphony of Wellness is harmonious integration of body, mind and nature where everything is important in our life and creates our life a vibrant life. A healthy body provides an instrument, maintained through movement and nutrition with healthy food, While a calm mind consists of letting go of your fear, jealousy and going away from negativity, staying positive and managing stress through mindfulness. Nature offers the essential, replenishing sound track, where immersion in green spaces boosts mood and it restores cognitive function when we align our physical health with mental clarity and environmental connection, they function together as a unified, thriving.

Khushvika Sharma - 5 C

Wellness is a balanced state that is made when our mind, body, and nature work together. When all three are aligned, we feel happy, healthy, and confident. Just like a symphony needs many instruments, our life also needs different parts to stay in harmony. Our body stays strong when we eat healthy food, exercise regularly, and get enough sleep every day. Our mind stays clear when we think positively, stay calm, and focus on what we are doing. Taking breaks and practicing mindfulness also help our mind to be relax. Our emotions help us to understand how we feel and how others feel. When we are kind, patient, and honest, we build good relationships. Our spirit gives our life meaning and peace. We can take care of us by praying, meditating, or spending time in nature. Nature is considered an essential factor of wellness. Spending time in natural environment is always beneficial to our health. Connecting with natural sources in the form of foods, medication helps to restore the body's natural balance. To keep our well-being strong, we should take care of ourselves, listen to our feelings and surround ourselves with people who support us. When our mind, body, and nature work together, life becomes happier and more peaceful.

Gauranga Tilak Bhuyan - 5 C



Wellness is like a big, happy song where the body, mind, and nature all play together. Our body is the drum, giving us strength and rhythm when we eat healthy food, drink water, and run or play outside. Our mind is the flute, keeping our thoughts light and clear when we stay calm, think positive and don't let stress take over our mind. Nature is the guitar, adding a fresh feeling and harmony with sunshine, trees and fresh air that make us feel peaceful. When the drum, flute, and guitar play together, the music is perfect. Just like when body, mind, and nature work together to make us healthy, joyful, and full of energy every day.

Devansh Saharawat - 5 C



Movement it's dance, laughing it's music
Flowing in a form that's totally mystic
And then expressing it in a form that's artistic
I wander in my quiet place
Where stressful thoughts lose their frantic pace
A garden meant to be fed with peace
Where positive thoughts take bloom
To release our inner gloom
And now our beautiful lovely nature
A lush green meadow where all of this sprouts
Though nobody shouts
There are still whispers
About this beautiful creature that shimmers
A part of nature forever

Veni Batra - 5 C

खेलकूद का महत्व

मेरा परिचय, मैं हूँ खेल, सब करते हैं मुझसे मेल। कोई न रहता मेरे बिन, कटे न मुझ बिन एक भी दिन। मैं हूँ हर बच्चे का साथी, जैसे साइकिल, घोड़ा हाथी। सबके साथ मैं समय बिताऊँ, सबको अच्छी बातें सिखाऊँ। चोट लगे यदि कभी किसी को, प्यार से उसको मरहम लगाना। हार से घबराकर कोई रोए, प्यार से उसको गले लगाना।

Aavya Arora - 3 A

तंदुरुस्ती का यही है मन्त्र खेल कूद से जीवन होगा सुन्दर सुबह सवेरे सूरज आता सोने सी करण संग लाता कहता—उठो बच्चों, मत करना आलस खेलने कूदने बाहर जरूर जाना दौड़ो, खेलो—कूदो, खाओ खुली हवा में मन बहलाओ तंदुरुस्ती का यही है मन्त्र खेल कूद से जीवन होगा सुन्दर

Arjun Singh - 3 A

खेल हम. हमारी ऊजा का सही उपयोग करना प्सखाता है। खेल से हम तंदुरुस्त और ताकतवर हो जाते हैं। खेल हम. दूसर के साथ रहना और शिमलकर काम करना प्सखाता है। खेल से हमारा दिमाग और शरीर स्वस्थ रहता है। अतः खेलना कूदना भी जरूरी है।

Fatima Zahra - 3 A

खेलकूद है सबसे प्यारा यही है सेहत का राज हमारा। रखे हमें बिल्कुल फिट, कभी फुटबॉल तो कभी क्रिकेट। दोस्त से जब मैदान में मिलते हम, भूल जाते हैं सारे गम। मिलजुल कर रहना है खेलकूद सिखाता, हार हो या जीत, यही है हमें दोस्तों से मिलाता। दिन भर करते खेलकूद के समय का इंतज़ार, मजा आ जाता है जब मिल जाते हैं सब यार।

Pranjal Sinha - 3 A

खेलना, हमारे स्वास्थ्य के लिए बहुत फायदेमंद होता है। खेल—कूद से हमारा शरीर मजबूत होता है। खेल शरीर को स्वस्थ बनाता है। हर रोज़ खेल खेलने से बीमारियाँ दूर रहती हैं। खेल—कूद दिमाग और शरीर को तंदुरुस्त व चुस्त रखता है। स्वस्थ रहने के प्लए खेल—कूद बहुत आवश्यक है।

Aashvi Singh - 3 B

खेल का हमारे जीवन में बहुत महत्व होता है। जितना पढ़ना हमारे जीवन में हत्वपूर्ण उतना ही खेलना महत्वपूर्ण है। खेलने से हमारा शरीर चुस्त और तंदुरुस्त रहता है। खेलने से हमारे शरीर में खून का प्रवाह सही होता है जिससे हमारा शरीर फुर्तिला रहता है। खेल के भी दो प्रकार होते हैं। अंदर खेले जाने वाले खेल और मैदान में खेल जाने वाले खेल। मैदान में खेल जाने वाले खेल से मानसिक व शारीरिक विकास होता है।

Ahaana Kestwal - 3 B

आओ मिलकर खेलें खेल, उत्साह से मिलकर खेलें खेल। खेल हमें देता है ऊर्जा, हर दिन खेलें यही है जीवनदान। शरीर को मिलता है बल और बौद्ध, स्वास्थ्य और तंदुरुस्ती की पहचान। खेल में है समूह से काम करने की शक्ति, हर चुनौती का सामना धैर्य से मिलती। मन को भी मिलती है शांत और स्थिरता, आत्मविश्वास बढ़ाता है, मिलती है सफलता। खेल में है अनुशासन और नियम, जीवन को बनाता है यह श्रेष्ठतम।

स्वस्थ शरीर और मानसिक स्वास्थ्य का रास्ता है खेल, मुस्कुराओ, और मिलकर खेलो अनेको खेल।

Kiaan Khokhar - 3 B

रोज सुबह हम मैदान को जाएँ, खेले कूद. और दौड़ लगाएँ। खेल कूद से फुर्ती आए, आलस से दूर भगाए। खेल से बढ़ती ताकत हमारी, सेहत रहती अच्छी हमारी। खेल सीखाते हमें हार और जीत, संग बढ़ाएँ मन का विश्वास। पढ़ना लिखना खेल के साथ, तभी बढ़े जीवन कि बात।

Prisha Seth - 3 B

जब जब भी मैं खेलने जाता, उत्साह से मेरा मन भर जाता। थकता जरूर हे शरीर खेलने से पर दिमाग में है दम भर जाता। कभी भागना, कभी कूदना, खेल—खेल में व्यायाम हो जाता। जैसे पढ़ना लिखना है बड़ा जरूरी वैसे ही खेल कूद पर भी दो ध्यान महत्व बढ़े हैं खेल के, इसको भी मनो तुम ज्ञान।

Sharvil Jain Bokil - 3 B

खेल—कूद से तन स्वस्थ रहता, मन में खुशियाँ भर जाता। दौड़ो, कूदो, खेलो मिलकर, थकान दूर हो जाती। खेल सिखाते दोस्ती हमको, हार—जीत समझाते। समय पर — खेल, समय पर पढ़ें, जीवन पथ आसान बनाते। खेल—कूद से बच्चें हरदम, तंदुरुस्त और चतुर बन जाते।

Advit Turray - 3 C

पढ़ोगे लिखोगे, बनोगे नवाब, खेलोगे, कूदोगे बनोगे खरास!! लेकिन अब नहीं!! खेलकूद हमारे जीवन में उतना ही आवश्यक है, जितना कि पढ़ना। खेलकूद से हमारा शरीर तंदुरुस्त, दुबल और लचीला बनता है। प्रति दिन खेलने से हम ताकतवर और खुश महसूस करते हैं। खेलने कूदने से हमारे मस्तिष्क का विकास होता है जिससे हम जीवन में अच्छा प्रदर्शन कर सकते हैं। खेलने कूदने से हम नए—नए मित्र बनाते हैं, जिनसे हम बहुत कुछ नया भी सीखते हैं। इस लिए हमें खेलने को अपने जीवन कि एक आवश्यक गतिविधि बनाना चाहिए। खेलो, कूदो और स्वस्थ रहो!!

Alishka Kaloo - 3 C

खेल से हमारे जीवन में बहुत महत्व है। इससे हमारा शरीर स्वस्थ और मजबूत बनता है। रोज खेलने से हम खुश रहते हैं और आलस दूर रहता है। खेल हमें मिल—जुलकर रहना और नियम मानना सिखाते हैं। इससे दोस्ती बढ़ती है। खेल कूद से हमारा मन ताजा रहता है और हम हर काम अच्छे से कर पाते हैं।

Kaira Singh - 3 C

खेल से हमारे जीवन में बहुत महत्व है। इससे हमारा शरीर स्वस्थ और मजबूत बनता है। खेल से हमारा आत्म—विश्वास बढ़ता है और हमें चुनौतियों का सामना करना सीखाता है। खेल हमें सहयोग और सामंजस्य सिखाते हैं। खेल हमें हार—जीत का सामना करना सिखाते हैं। खेल न केवल हमारा शारीरिक बल्कि मानकसक विकास ठीक प्रकार से हो सके।

Mokshvardhan Chauhan - 3 C

खेल हमारे जीवन का एक अभिन्न अंग है, जो स्वयं शरीर और प्रफुलित मन के लिए आवश्यक है। इसमें शरीर के लिए आवश्यक है। इसमें शरीर की स्फूर्ति मिलती है, रोग प्रतिरोधक क्षमता बढ़ती है और तनाव कम होता है, जिससे हृदय और फेफड़े स्वस्थ रहते हैं। खेल हमें अनुशासन, सहयोग, साहस और टीम भावना सिखाते हैं। इससे सामाजिक कौशल और नेतृत्व क्षमता विकसित होती है। यह हमें हार—जीत को स्वीकार करना और लक्ष्य के लए परिश्रम करना सिखाता है। खेल के माध्यम से आत्म विश्वास बढ़ता है और हमें कठिन परिस्थितियों का सामना करना सिखाते हैं, जो जीवन में सफलता के लए महत्वपूर्ण है।

Tanmay Kumar - 3 C

खेल—कूद का महत्व हमारे जीवन में अतुलनीय है। यह न केवल शारीरिक स्वास्थ्य, फुर्ती और मजबूती प्रदान करता है, बल्कि मानसिक विकास भी करता है। खेल से अनुशासन, टीम भावना, धैर्य और प्रतिस्पर्धा की सकारात्मक भावना का विकास होता है। खेल आत्मविश्वास बढ़ाते हैं और स्वस्थ शरीर में ही स्वस्थ मानसिकता का विकास होता है। इस लिए प्रत्येक व्यक्ति को अपनी दिनचर्या में खेल को अवश्य स्थान देना चाहिए।

Tanvik Rawat - 3 C

स्वस्थ तन में स्वस्थ मन का विकास

हमारे शरीर का स्वस्थ होना बहुत महत्वपूर्ण है दिमाग के लिए। हमें हर रोज़ कसरत करनी चाहिए। हमें पौष्टिक भोजन खाना चाहिए। बड़े बुर्जुगों ने कहा है—स्वस्थ तन में स्वस्थ मन का निवास। उदाहरण के लए अगर हम योग करते हैं तो हमारा शरीर तो स्वस्थ रहेगा ही साथ में मन भी शांत होगा। अगर हम किसी खेल में जाते हैं तो हमारा मन उत्साहित होता है। पौष्टिक भोजन खाने से हम स्वस्थ बनते हैं, हमें ऊर्जा मिलती है। कसरत करने से बीमारियों का खतरा कम हो जाता है। इस लिए तन को स्वस्थ रखना आवश्यक है ताकि उसमें स्वस्थ मन का निवास हो सके।

Arnav Pandey - 4 A

जब भी हम सुबह उठकर व्यायाम करते हैं, तो, हमारे मन को ऊर्जा मिलती है क्योंकि व्यायाम करते वक्त हमारा मन शांत होता है। जब हमारा शरीर स्वस्थ रहता है तो हमारे मन को भी शांति प्राप्त होती है, अगर हमारा शरीर स्वस्थ नहीं होगा तो हमारे मन को शांति प्राप्त नहीं होगी। इस लिए हमेशा अपने शरीर को स्वस्थ रखना चाहिए। चाहे कुछ भी हो जाए, हमें हमेशा स्वस्थ रहना चाहिए ताकि हमारा मन स्वस्थ रहे।

Rasit Vikash - 4 B

“स्वस्थ तन में स्वस्थ मन का निवास”, हमने यह कहावत बहुत सुनी है, लेकिन क्या हमने कभी सोचा है क इसका क्या मतलब है.. इसका मतलब यह है क अगर हमारे तन और मन दोन स्वस्थ रहगें, तभी हम किसी काम को करने के लिए शारीरिक ऊर्जा मिलेगी। संतुलित आहार, नियमित व्यायाम और पर्याप्त निंद आदि के द्वारा स्वस्थ तन में स्वस्थ मन का निवास किया जा सकता है। अतः स्वस्थ तन और स्वस्थ मन दोन ही हमारे जीवन कि सफलता के लए ज़रूरी हैं।

Reyansh Srivastava - 4 B

मेरी काया है हीरो,
मन है उसका साथी,
जब दोन मल जाएँ,
हर समस्या दूर हो जाए,
पेट बोले फल खाओ,
जीम बोले मैगी लाओ,
में बोली रुको ज़रा,
मेरी माँ ने नियम बनाए,
साफ़ सुथरे कपड़े पहनूँ,
हाथ धोकर खाना खाऊँ,
स्वस्थ तन से मन खुश होता,
हर दिन नया चमत्कार दिखाता,
आओ दोस्त मिलकर वादा लें आज सेहत से करें
हम प्यार,
ये सेट है बड़ा कमाल, तभी बन गे हम बड़े
धमाल।

Vanya Saxena - 4 B



जब तब तन और मन है स्वस्थ। तब तक जीवन भी है मस्त।

आजकल के दौड़ती भागती जिदगी में इन दो चीज का स्वस्थ होना बहुत जरूरी है क्योंकि जब हम स्वस्थ होते हैं तब हम मन से किसी भी कार्य को करते है और उसमें विजयी भी हासिल करते हैं और जब हमारा स्वास्थ्य ठीक नही होता तो हमारा मन कसी भी काय में नहीं लगता क्योंकि हमारा मन इसी चिंता में रहता है कि हम अपने स्वास्थ्य को कैसे ठीक करें। इस लिए जीवन की सबसे बड़ी पूंजी है स्वास्थ्य। तभी तो कहते हैं स्वस्थ तन में स्वस्थ मन का निवास होता है।

Disha Choudhary - 4 C

स्वस्थ तन, स्वस्थ मन, सुबह सवेरे जल्दी जाग, आलस को हम दूर भगाएँ। साफ़—सफाई और व्यायाम, पूरे होंगे सारे काम। ताजा फल और सब्जी खाएँ, अपनी सेहत खूब बनाएँ। जब शरीर होगा बलवान, तब ही बनेगा मन बलवान, खुश रहने की आदत डालें, बात पुरानी, स्वस्थ तन में स्वस्थ मन की है कहानी।

Saina Siddiqui - 4 C

स्वस्थ तन में स्वस्थ मन का निवास, जिदगी में ही खुशियों का वास। पेड़ पौधे लगाएँगे तन मन को स्वस्थ बनाएंगे, चारों ओर हरियाली छाई स्वस्थ मन में खुशियाँ लाई। तन मन में हो शुद्धता का वास, तभी स्वस्थ बन अपना आवास। धन से मिले सुख, मिले समृद्धि, लेकिन स्वस्थ मन से ही जीवन उन्नति। जीवन ही खुशिय का इतिहास, जब स्वस्थ तन में हो स्वस्थ मन का निवास।

Advik Nathani - 4 C



सकारात्मक सोच - आत्मविश्वास वृद्धि का आवश्यक पहलू

मनुष्य क जीवन शैली कई सिधांतों पर आधारित होती है जैसे सत्यता, पवित्रता, कर्तव्यपरायणता आदि। इनके साथ वह श्रेष्ठ जीवन व्यतीत कर सकता है। सकारात्मक सोच से वह अपने दृष्टिकोण हमेशा आशावाद और रचनात्मक रख कर हर परिस्थिति का खुशी से सामना करता है। ऐसा करने से मनुष्य व्यक्तिगत और सामाजिक स्तर पर भी ऐसा वातावरण तैयार कर देता है जो उसके आत्मविश्वास में वृद्धि करता है, जिससे वह हर समस्या को एक अवसर समझ कर उत्तम समाधान निकाल लेता है। सकारात्मक सोच उसके व्यक्तित्व को दृढ़ता और असीम मानसिक एवं शारीरिक शक्ति से परिपूर्ण कर देती है।

Aashvi Suri - 5 A

जैसा सोचो वैसा बनो,
मन में उजियारा रखो।
गिर जाओ तो उठ जाना,
हार से मत घबराना।
खुद पर यकीन करो तुम,
आधी जीत पा लगे तुम।
मेहनत से बढ़े विश्वास,
यही सफलता की कुंजी खास।
काबिलियत पर भरोसा बढ़ाओ,
मुश्किल आएँ तो मुस्काओ।
लक्ष्य तक पहुँचने का रास्ता,
सकारात्मक सोच का वास्ता
इच्छा शक्ति और होसला,
खोले सफलता का दरवाज़ा।
हर दन सीखो, आगे बढ़ो,
सपने को सच कर लो।

Garvita Dhupia - 5 A

सकारात्मक सोच आत्मविश्वास के लिए बहुत ज़रूरी है। किसी डर को दूर भगाने के लिए सकारात्मक सोच बहुत आवश्यक है। जब हम अच्छे विचार सोचते हैं, तब हमें अपने आप पर भरोसा बढ़ता है। नई चीज़ें सीखने में सकारात्मक सोच ज़रूरी है। सकारात्मक सोच हमें हार का सामना करने का बल देती है और उससे सीखने की प्रेरणा देती है। इससे हम अपने लक्ष्य को प्राप्त कर पाते हैं।

Ajooni Kaur - 5 A

सकारात्मक सोच हमें अपने आप पर भरोसा करना सिखाती है, जब हम अच्छा सोचते हैं, तो हमें लगता है कि हम सब कुछ कर सकते हैं। इससे डर कम होता है और हिम्मत बढ़ती है। सकारात्मक सोच हमें गलतियों से सीखने में मदद करती है। जब हम खुद पर विश्वास करते हैं, तो हम नए काम करने कि कोशिश करते हैं। इस तरह सकारात्मक सोच से हमारा आत्मविश्वास बढ़ता है और हम खुश भी रहते हैं।

Nyra Jain - 5 A

सकारात्मक सोच अपनाओ,
मन में विश्वास जगाओ।
मुश्किल चाहे कितनी आए,
हिम्मत कभी न हार जाओ।
अच्छे विचार शक्ति देते,
डर को दूर भगाते हैं।
जो खुद पर भरोसा रखते है,
वही सपने सच बनाते हैं।
आत्म विश्वास कि रोशनी से,
हर राह आसान हो जाती है।
सकारात्मक सोच से ही,
जीवन में सफलता आती है।

Syed Ahmed - 5 A

खुद पर विश्वास करना ही सफलता कि कुंजी है। अगर आप अपनी क्षमताओं पर विश्वास करते हैं और चुनौतियों को अवसर के रूप में देखते हैं, तो आत्मबल अपने आप बढ़ जाता है। बेशक, उसके बाद हमको सफलता कि राह पर आगे बढ़ने के लिए मेहनत और लगन कि ज़रूरत होती है, लेकिन अगर हम वह पहला कदम नह उठाते, तो हम खुद से कह रहे हैं कि हम नही कर सकते या हम नही करना चाहते। खुद पर विश्वास करने के लिए अक्सर प्रेरणा कि ज़रूरत होती है। प्रेरणा वह भावना या ऊजा है जो हमें मुश्किल समय में भी आगे बढ़ने कि हिम्मत देती है। प्रेरणा कई चीज़ से मिलती है—जैसे हमको क्या मिल सकता है, हम पर किसे गर्व महसूस हो सकता है या हमको कैसा महसूस होगा। संक्षेप में, सकारात्मकता ही वह शक्ति है, जो हमारे भीतर छिपे आत्मविश्वास को जगाती है।

Anahita Jugran - 5 A

सकारात्मक सोच आत्म विश्वास के लिए बेहद ज़रूरी है, क्योंकि यह आत्म विश्वास बढ़ाती है, तनाव कम करती है और शारीरिक व मानसिक स्वास्थ्य को बेहतर बनाती है। यह हमको चुनौतियों के बावजूद आशावाद रहने में मदद करती है, जिससे आत्मसम्मान बढ़ता है और हम खुद को बेहतर बनाने कि दिशा में आगे बढ़ते हैं। जब नकारात्मक विचार आएँ तो उन्हें पहचान कर सकारात्मक विचार से बदलना चाहिए। जब हम अपनी असफलताओं के बजाय अपनी खूबियाँ और उपलब्धियों पर ध्यान करते हैं तो हमारा आत्म विश्वास बढ़ता है।

Vivaan Sharma - 5 A

सकारात्मक सोच आत्म विश्वास मै वृद्धि के लिए एक महत्वपूर्ण और आवश्यक पहलू है। यह हम इंसान को अन्धकार से प्रकाश क और ले जाता है और सकारात्मक सोच पूरे आत्मविश्वास के साथ जीवन में लक्ष्य को प्राप्त करने में सहायक है। यह हम जीवन में आई मुसीबतों से सामना करने के लिए प्रेरित करता है। अगर मन में आत्मविश्वास है तो इंसान असंभव कार्य को संभव कर सकता है। इस लिए हमें बुरी परिस्थितियों में निराश नही होना चाहिए क्योंकि जीवन में उतार चढ़ाव होते रहते हैं। आत्मविश्वास हम चुनौतियों का सामना करना सिखाता है, अतः हमें हमेशा सकारात्मक विचार रखने चाहिए और खुश रहना चाहिए। पूरे आत्मविश्वास के साथ आगे बढ़ते रहना चाहिए।

Dev Bairagi - 5 B



सकारात्मक सोच का अर्थ है हर परिस्थितियों में अच्छाई ढूँढना। जब हम अच्छा सोचते हैं, तो मन खुश और शांत रहता है। शांत तथा खुश मन व स्वभाव सदैव आकर्षण का केंद्र होता है। सकारात्मक सोच हमारा आत्मविश्वास बढ़ाती है और हमें साहसी बनाती है। साथ ही वह हमें संयम में रहना भी सिखाती है। अच्छा सोचने से हमें डर कम लगता है तथा कठिन काम भी थोड़े आसान और संभव लगने लगते हैं। मुस्कुराना, खुद से अच्छी बात करना और गलतियों से सीखना सकारात्मक रहने के आसान तरीके हैं। हमारे विचार बीज के सामान होते हैं। अच्छा तथा सकारात्मक विचार बोने से हम मजबूत तथा खुशहाल बनते हैं।

Sayasha Malik - 5 B

सकारात्मक सोच से आत्मविश्वास में निरंतर वृद्धि होती है। जब व्यक्ति सकारात्मक दृष्टिकोण अपनाता है, तो कठिन कार्य भी उसे संभव प्रतीत होने लगते हैं। इसका उत्कृष्ट उदाहरण स्वामी विवेकानंद जी हैं। जब वे शिकागो में आयोजित धर्म संसद में भाषण देने पहुँचे, तब उनका दृष्टिकोण पूर्णतः सकारात्मक था। इसी सकारात्मक ऊजा के कारण उनके प्रारंभिक शब्द सुनते ही वहाँ उपस्थित अमेरिकियों ने खड़े होकर तालियों कि गड़गड़ाहट से उनका स्वागत किया। इस लिए हमें प्रत्येक परिस्थिति में आशावादी बने रहना चाहिए।

Niharika Chandra - 5 B

सकारात्मक सोच वह शक्ति है जो साधारण व्यक्ति को असाधारण बना देती है। हमारे देश के महान वैज्ञानिक डॉ. ए.पी.जे. अब्दुल कलाम बचपन में अखबार बेचते थे, लेकिन उन्होंने कभी यह न सोचा कि वे कुछ नहीं कर सकते। उनका विश्वास था "महान सपने देखने वाले के सपने हमेशा पूरे होते हैं।" इसी तरह मैरी कॉम ने कठिन परिस्थिति में भी हार नहीं मानी और विश्व की महान बॉक्सर बनी। उनकी सकारात्मक सोच और आत्मविश्वास ने उन्हें आगे बढ़ाया। जब हम असफल होते हैं, तो सकारात्मक सोच हमें कहती है कि हार नहीं, सीख मिली है।" एक सुंदर हिंदी कहावत है, "मन के हारे हार है, मन के जीते जीत।" इसलिए हमें हमेशा अच्छा सोचना चाहिए, खुद पर विश्वास रखना चाहिए और पूरे आत्मविश्वास के साथ अपने सपने कि ओर बढ़ना चाहिए।

Vani Agarwal - 5 B

सपनों कि राह म जब अँधेरा छाए, मन डगमगाए, हौंसलें घबराए, तब दीप जो राह दिखाए, वह सकारात्मक सोच कहलाए। हर हार में छुपा होता है सबक, हर टोकर देती है आगे बढ़ने की ललक, जो गिरकर फिर से खड़ा हो जाए, मन में आत्मविश्वास जग जाए। सोच अगर उजली, लक्ष्य है स्पष्ट, तो मुश्किल भी लगे सरल, सहज, "मैं कर सकता हूँ" की गूँज उठे, वही विश्वास सफलता की नींव रखे। नकारात्मकता के बादल जब घेरें, आत्मबल के पंख तब ही फैलें, विश्वास स्वयं पर जब अडिग हो, तो हर असंभव भी संभव हो। सकारात्मक सोच है श महान, जो देती है जीवन को नई पहचान, आत्मविश्वास बढ़ने का यही आधार, यही सफलता का सच्चा संसार।

Rhythm Arya - 5 B



सकारात्मक सोच हमारे जीवन के लिए बहुत जरूरी है, जब हम अच्छा सोचते हैं तो हमें खुद पर भरोसा होने लगता है। यही भरोसा हमारा आत्मविश्वास बढ़ाता है। एक सकारात्मक बच्चा कभी हार नह मानता और हर काम को खुशी-खुशी करने की कोशिश करता है। आत्मविश्वास होने से हम मुश्किल काम को भी आसानी से कर लेते हैं। इसलिए हमें हमेशा अपनी खूबियों पर ध्यान देना चाहिए और खुश रहना चाहिए। अच्छी सोच ही हमें जीवन में सफलता की ओर ले जाती है।

Dewansh Kumar Singh - 5 C

जब भी मैं सुबह जागता हूँ, मन में एक बात ठानता हूँ। आज का दिन होगा सबसे प्यारा, चमकेगा जैसे कोई तारा। सोच अगर मैं अच्छी रखूँ, तो हर मुश्किल से नह डरूँ। गिरूँगा तो फिर उठ जाऊँगा, कोशिश करके जीत पाऊँगा। मैं भी अब न घबराऊँगा खुद पर भरोसा जगाऊँगा। अच्छी सोच है मेरा गहना, सफलता के संग है मुझे रहना। मैं हूँ छोटा पर काम बड़े करूँगा, सपनों के आसमान में ऊँचा उड़ूँगा।

Devansh Saharawat - 5 C



सकारात्मक सोच अपनाएँ, मन में विश्वास जगाएँ। मुश्किलें भी आसान बनें, जब हम खुद पर भरोसा लाएँ। अच्छे विचार, मजबूत मन, सफलता आए पल-पल, क्षण-क्षण। आत्मविश्वास बढ़ता जाए, जब सोच हमारी उजली बन जाए।

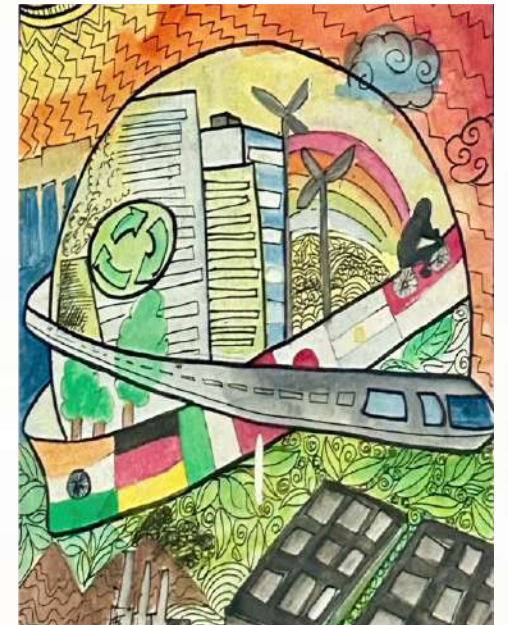
Reyansh Joshi - 5

सकारात्मक सोच और आत्मविश्वास एक दूसरे के पूरक हैं, जहाँ सकारात्मक सोच हमें हर हाल में अच्छाई देखने और चुनौतियों का सामना करने कि शक्ति देती है, दूसरी तरफ आत्मविश्वास स्वयं पर और अपनी क्षमताओं पर अटूट विश्वास रखने की मानसिक शक्ति है, जो व्यक्ति को चुनौतियों का सामना करने, सही निर्णय लेने और जीवन के हर क्षेत्र में सफलता पाने के लिए प्रेरित करती है, यह आत्म संवाद और कृतज्ञता जैसी आदत से विकसित होती है।

Khushvika Sharma - 5 C

आओ सकारात्मक सोच अपनाओ, आत्मविश्वास बढ़ाओ, आत्मविश्वास बढ़ाओ। अपने अंदर भरोसे के दीप जलाओ, अपने दिल का हर डर भगाओ। आत्मविश्वास जब साथ निभाए अच्छा सोच मुश्किल आसान बनाये। जो कोई भी खुद को पहचान ले, वह हर क्षेत्र में जीतेगा अपने प्रयास से। डर को छोड़कर आगे बढ़ो, अपने सपन से नाता कभी न तोड़ो। गलतिय से सीखो और तुम, बस आगे बढ़ते जाओ। खुद के लिए भरोसा बनाओ, आत्मविश्वास को मन में बसाओ।

Divyanka Aggarwal - 5 C



Logic with a lyrical heart

ANGLES

Angles, angles, they are everywhere;
Wherever you look, you'll see them there.
There is obtuse, acute and right;
They are a very common sight.
Fist comes acute, it's quiet and shy;
Like a slice of yummy apple pie.
Then comes right, standing so tall;
Like the sharp, square corners of a wall.
Next is obtuse, it's wide and grand;
Like a folding fan held in your hand.
Last is straight, it's as flat as the floor;
It's 180 degrees and not a bit more.
So, grab your protractor and give them a measure;
Finding an angle is a mathematical treasure!

Anaahita Jugran - 5 A

Shapes & Figures

Do you know anything that rhymes with a pine?
Well, I know what it is, just say it – a line!
Did you know your shoulder has a ball and socket joint?
But for Mr. Maths it's an adorable point. Tick-Tock-Tick-Tok, says the clock.
It's angle time, says the segment of a line.
Once I went to the shopkeeper to buy a pair,
But instead he gave a 90° square.
In the world all around from floor to sky,
Shapes and angles are heroes catching the eye.

Ajooni Kaur - 5 A

FRACTIONS AND DECIMALS

A half said "0.5, that's me!"
A quarter laughed "0.25, you see!" Three fourths smiled,
"0.75 is my name, Different looks but we are all the same!
Fractions stand with a line so neat, Decimals march in a row on the street. Two ways to show one part or whole,
Different paths but the same Math goal!

Kavya Srivastava - 5 A

Fun With Math

Math is fun, come and see,
Numbers are friends with you and me.
Large numbers big and tall,
We can read and write them all.
Addition adds more to the pile,
Subtraction takes away with a smile.
Multiplication helps numbers grow,
Division shares equal and slow.
Multiples count in jump and beats,
Factors divides numbers into least parts and pieces.
Factors are few, multiples abound,
Together they help Math be found.
Fractions are equal parts of a whole cake,
Decimals are points we make.
Percent means out of hundred,
Different forms, same value thundered.
Shapes like circle, square and kite,
Make our math so fun and bright.
Measure the space with care,
Area perimeter, volume is there.

Gatik Gupta - 5 C

MATH RAP

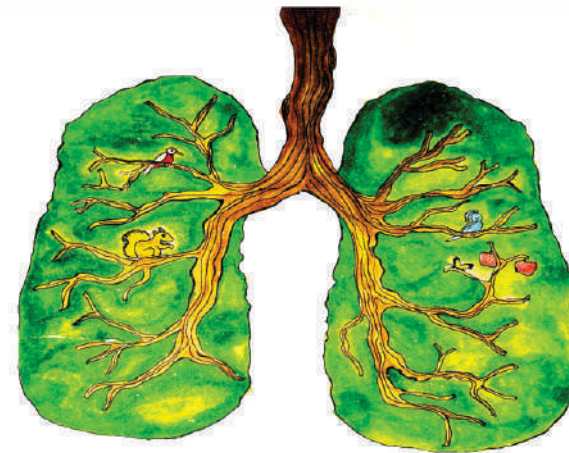
Yo angles here we go,
Yah, this is how angles flow!
Acute is a small, sharp and tight,
Less than 90 its just right.
Obtuse is big and wide,
More than 90, stands with pride.
Reflex goes more than straight,
Angles are cool and great.
Right angle is exactly 90 degree,
Like the corners of the TV screens.
Straight angle is a flat line so long,
With 180 degree steady and strong.
Angles angles clap to the beat
Math with rythms feel so sweet.

Dewansh Saharawat - 5 C

LEARN WITH FUN ANGLE TURN

Straight Lines meet at a point,
The vertex is where they join.
The open space between
the lines is the angle we measure,
It shows the turn, guiding how the lines relate.
Triangles has three angles,
They add to 180 and dangles.
Triangles named on angles
Acute, right, obtuse are few types
Acute angles less than ninety,
Sharp and narrow cutting tight.
Right angles stand at ninety,
Square and corners get it right.
Obtuse angles opens wide,
Straight angles are 180 slide.
Reflex angles over 180 degree,
Turning wide around I agree.
Full rotation is 360 spin,
It's a complete turn within.
Use a protractor to measure,
Read each degree and treasure.
Angles shows directions,
Helping us to set geometry

Shivaan Shekhar Mishra - 5 C



House Pride on Show... Inter House Events

Inter House Nukkad Nataka Grades 3 to 5



InterHouse Debate



InterHouse Debate



BILLABONG HIGH INTERNATIONAL SCHOOL, NOIDA

TECHNET



THEME: Digital Pathways to Sustainability - IT counts
It will be a conglomeration of various events:

- Unlocking The Harmony of Well-Being (Grade V)
From Thought to App (MIT)
- Game Maker Studio (Grade VI-VIII)
Dream • Design • Develop
- School Navigation App (Grade IX-XII)
Know Your School

IH CHOREOGRAPHY

1st Place Peace



2nd Place Freedom



3rd Place Unity



4th Place Equality



IH SELF COMPOSED POETRY



IH SST Presentation



Learners Pen Down Their Thoughts on Sustainable Living

To maintain physical fitness, movement is important. Movement includes activities such as running, walking, playing sports, and exercising that help the body to stay physically fit. And healthy. Regular movement improves blood circulation, strengthens bones and muscles, and raises energy levels and agility. It supports mental health as it reduces stress and may increase and improve focus.

Khushagrita Ahuja, VI A

Hygienic places are what we need

I think that it is very agreed.

We should always clean our places

With smiles and never leave traces.

Everyone has a right to be clean

I think that is very keen.

We should always protect the green

And also keep it very clean.

Our dirtiness will now decrease

And our well-being will only increase!

Hetarth Raj, VI A

Fitness is therapy for the body. It is very essential for the body. Movement is very essential for our body. It helps in our daily tasks like in strengthening muscles, boosting immunity and so on. Regular exercise increases our fitness level and stamina. Exercising can be effective in improving the mental well-being of human beings. Exercises can play a significant role in keeping the individual, society, community and nation healthy.

Ashvi Rana, VI A

Did you know?

The trees, the plants, the bushes and even Earth can talk to us, but not with words or language, but with feelings, instincts, and outcomes. Their voice can only be heard by the people who can truly understand the beauty and pain of the Earth. Our planet is screaming for help!

Plants dying, trees being cut and air being polluted. The people who heard Nature's cry for help are trying to save and protect our Earth, but there are some people who really don't get it. We need to understand that our existence is because of Mother Nature, so let's take a pledge that ' We shall always respond positively to our Earth's request.'

Shanaya Sinha, VI A



Movement is medicine for the body and mind. Regular movements help our muscles become strong, keep our heart healthy and improve flexibility like playing games, exercise, yoga, keeps us happy and active. It also keeps us free from diseases. Everyone should involve themselves in activities which keep them healthy.

Ravya Patwal, VI A

Physical movement plays a vital role in keeping our bodies fit and healthy. By physical fitness, we mean that we should be fit enough to perform our day to day activities without getting tired and weary. Regular movement helps people stay active, energetic and disease-free.

In today's world, children and even adults spend long hours on their mobiles or computers, so there is lack of any physical movement or activity which leads to various health problems like obesity, weak muscles and poor posture.

Taruni Yadav, VI A

Wake up at the start of sunrise

Let your heart's rhythm flow

Check your progress and

Go in the great outdoors

Speed up the pace

And let the sweat flow.

Let the stamina rise.

Let's sprint and leap

You will be great

Both in the field or gym.

Keep tracking your progress

And you will be great.

Improve your strength

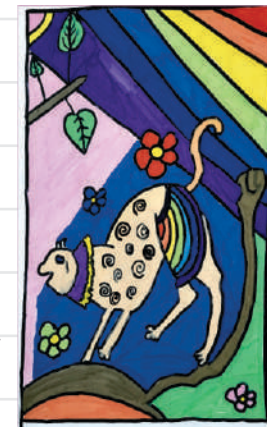
Come on, you can stretch.

Let your breath be in perfect flow

Your balance will be perfect

If you practise till

The sun shines brightly.



Aliya Fatema, VI A

Every bottle tossed,
 every light left on,
 decides if tomorrow
 is weak or strong.
 Choose the cycle—
 reduce, reuse, repeat.
 Small green steps
 still move the Earth's feet.
 The planet gives life,
 Let's give it a chance.
 Sustainability isn't extra—
 it's our responsibility, our stance.

Maanil Anand, VI-Camb



Clean the surroundings and be good
 Keep air as it should.
 Save electricity and let light in
 Healthy spaces gives a grin.
 Throw the waste in the bin
 Don't leave a chance to put it in.
 Be neat and tidy everyday
 Keeping illness away.
 Nature is near us to stay
 Giving us a healthier way
 Growing greenery is nice
 The choice of growing trees is wise.
 Clean water and food too
 Keeping our body fit too
 Healthy spaces with sun bright
 Ensuring our future right!

Ishi Dalmia, VI A

Healthy living spaces actually mean clean and safe environment. If there will no healthy environment, people will get sick quickly and it will harm the nature. Clean environment will help us stay fit and healthy and the people will not get sick quickly.

Anaya Chauhan, VI A

Our primary goal is our health, which can be done through many ways but the most important is movement and physical fitness. Movement is the most essential part to be done in our body. It can be done just by moving or roaming around the house or walking in the park, doing house chores or so on. No movement can make our body lazy. Physical movement and exercise reduces calories. Stretching, walking, warm up exercises and even dance is a part of physical fitness. Both body movement and physical fitness for us aids in digestion. The main motive of movement and physical fitness is for our body to keep it steady, healthy and erect. It prevents our body from any stiffness and rigidity. In winters, it keeps our body warm and in summers, it removes sweat which excretes germs and dust from our body.

Nitara Gupta, VI A

Healthy living spaces and clean environments primarily lead to good mental and physical health, and reducing different kinds of stress. Clean surroundings lead to a better mindset that leads to productivity. Clean surroundings also lead to better organizing and classification of things. If we organize things by order, it will lead to relocation and peace in the surroundings. Proper hygiene also leads to mental peace and better well-being.

Vrishti Bhadani, VI A

Movement isn't something that is scheduled for a specific time. It is something we do all day!

There is a huge misconception that movement is the same as exercise. But this is incorrect. No one needs to go to the gym just to be fit. You can be fit just by taking a stroll in the park or by using the stairs instead of lift. By sitting for a long time, or not getting up at all, our physical fitness is affected. So, you can avoid this by even getting up every 15 minutes to refresh and to stretch for a while. Another mistake made by people is that they think working out for extensive hours once a month, is better than going for a jog for 10 minutes everyday. But actually, daily movement is a healthy practice to be in good shape. Volunteering in sports and outdoor activities can keep you fit and help you get fresh air. It's a win – win! So don't take exercise as a burden, instead consider it as a fun activity.

Divisha Sharma, VI A

School is a place where we study and have fun
 Being helpful and kind to everyone
 Sports like badminton, table tennis and football
 We will always listen to the protocol
 Studying makes us bright
 Together we make the school shine
 We learn, we grow, we play, we share
 With loving teachers everywhere
 Memories here will always stay
 With opportunities on their way.

Arya Bhatnagar, VI-Camb

*In the bright world
Where our stories shall lie
We chase movement and fitness
To become better in our lives.
Physical fitness allows you
To stay alive to thrive.
Choose movement to stay healthy
Movement and physical fitness with
Motivation is the key to success.
Take fitness as your main task
Or you may not last
Be wise, health wise.*

Syed Mohammad Abuzar, VI A



*Our beautiful world is unique
We need to keep it in one piece
Clean air is a must
Else everything will burst.
When the sun shines bright
We all should enjoy the light
An environment clean and green
Results in better well-being.
A healthy living space is for us to enjoy
And fresh air results in lots of joy
No dust, no pollution, and clean surroundings
Means several acres for enjoyment and outings.
Toady let us take a pledge
To grow more plants and hedges
For a better and cleaner world
And make our Earth a pearl.*

Pratyusha Verma, VI A



Movement and Physical Fitness - strength through active living

*Lets try bit by bit to make our body fit,
lets start walking instead of sit.
Lets follow a lifestyle which will keep us healthy,
as this is the only treasure which keeps us wealthy.
Fitness helps in building strength,
active living improves health.
Lets do one percent more than your body tells to,
lets be as fit as your soul dwells to.
Lets eat nutrients in each bite,
as there are many diseases we need to fight.
Dear readers, Today lets take this pledge,
to live healthy lives, stay on the right edge.
We will eat good food and exercise,
keep our bodies clean and minds wise.*

Aradhya Aggarwal, VI B

I love my Earth

*Earth is warming more each day,
Glaciers slowly melt away.
Rising oceans touch the shore,
Storms and floods return once more.
Forests vanish, skies turn gray,
Animals lose homes to stay.
We must act and start today,
Plant new trees along the way.
Save clean water, air, and land,
Protect our world hand in hand.*

Arya Bhatnagar, VI-Camb

Sustainable living - wellness that protects the Planet TOPIC: STRENGTH THROUGH ACTIVE FITNESS

Strength through active fitness comes from regular movement and physical activity. Moving own body through exercise, sports, yoga or daily activities keeps muscles strong improves flexibility and builds stamina.

Physical fitness supports heart health, strengthens bones, and improves posture and balance. Staying active helps control body weight and boost immunity. It also reduces stress, improves sleep and enhances mental well-being.

Regular movement increases concentration and confidence helping us perform better in daily life. An active lifestyle is the key to long-term health, energy and overall well-being.

Ayansh Singh, VI C

*Healthy Living Space - Clean Surroundings Poem
A tidy room, equals to Positive Vibes,
A mindful sweep of Broom, removes negative vibes
A spaces without stubborn dust,
Leads to environment full of joyful gust.
No stagnant air, No heavy clutter,
Makes our soul flutter
A healthy life choice we make,
For our surroundings and body's sake.*

Prisha Maheshwari, VI C



The Lone And Helpful Tree

*I stand still in the banks of a river,
The cold water makes me shiver,
Everyday and night,
I watch as the gleaming stars go By.
I dance and dance with immense pride,
And As the crashing waves hit the sand,
the silent sound of waves rushing repeats itself,
I, a Lone Tree watch time go by.
I help the world with one singular breath,
That prevents the earth from sudden death,
Factories, cars, all going against,
Without me, the world will be tenced.
Climate change and global warming,
All going against me,
But later on, it's their earth they have to flee,
I help and sustain balance, which is a necessity.*

Padmanav, VI-Camb

SUSTAINABILITY

*A Promise to our planet
Let's care for our earth, our only home,
So future kids can freely roam.
Plant more trees and save each drop,
Before the rivers slowly stop.
Reuse, reduce, recycle too,
Small, good acts make big things come true.
Clean the air and keep sea blue,
The planet's health depends on you.
Walk gently, waste less, share and care,
Show kindness to Earth everywhere.
Together we can change the way,
And build a greener world each day.*

Khushi Rai, VI-amb

Our Earth Or Home

*This world we see today
Once flourished, alive and free,
But now our days grow ever short-
We destroy its life, its fragile plea.
From mountains high to towering trees,
For every creature, great and small,
This world is home to all who breathe,
Yet animals mourn while humans stand tall.
Oceans stretch both deep and wide,
Their beauty fades-we come too late.
Snow-clad peaks and joyful skies
Now yield to cement and growing weight.
By breaking nature, we harm our home,
Unaware of the cost we sow.
When plants and wildlife fade away,
The seas fall still, the winds won't blow.
So rise as one, before it's too late,
Heal the wounds we chose to make-
Protect the Earth, our only home,
For saving it is how we are saved.*

Alaisha Arora, VI Camb.

*Healthy spaces, clean surroundings,
A must for all the living.
Your effort will give need
will lay the required seed.
So come on, do your best
the earth will do the rest.
This will give us happiness
Discipline is given by cleanliness.
This can change lives
and will give safety to everyone who implies.*

Aryash Tyagi, VI A

*We don't own the sky,
we just breathe it for a while.
We don't own the oceans,
we borrow their blue, their wild.
The Earth isn't fragile it's tired.
Tired of plastic promises, tired of trees falling
for things we don't even need.
Sustainability isn't a trend,
it's a mindset.
It's choosing tomorrow
even when today feels convenient.
It's turning off lights
so stars still shine.
It's planting hope
one seed, one choice, one step at a time.
Because the future is watching us,
quietly asking one thing:
Did you care enough
to leave me something green?*



**Mind - Body - Environment Balance -
Everything is connected**

Mind, body, and environment are closely connected. A calm mind keeps the body healthy, and a healthy body supports positive thinking. A clean and peaceful environment further strengthens both. When we care for ourselves and nature, we create balance and well-being in life.

Akshita Choudhary, VII A

Sustainable living is about making choices that care for both our well being and the Earth's health. It means using resources wisely, reducing carbon footprint and growing eco friendly habits like conserving water, saving energy, recycling and supporting renewable energy sources. By eating locally grown food, reducing plastics, and planting trees, we not only protect the environment, but also improve our own quality of life. When we live sustainably we create a healthier Planet for ourselves and for the future.

S Lalith Athithya, VII A

*The earth gives food and clean air,
So it's our job to treat it fair.
We turn off lights and don't waste food,
We help the planet when we are good.
If we protect it everyday,
The earth will smile and want to stay.
We recycle, reuse and try again,
To help the world for plants and men.
Small steps matter,
Caring for earth helps one and all.*

Agamjot Singh, VII B

Mind – Body – Environment In balance.

*My mind feels peaceful when I stop and breathe,
My thoughts flow down, like leaves on a tree.
My body feels powerful when I rest and play,
I love running in the sun at the end of the day.
The world around me makes me feel alright.
Blue skies are above me, and trees sway gently.
When my mind, body and the world come together,
Life feels happy and balanced to me.*

Advika Verma, VII B

*My body, mind and environment are worship,
Beyond that, I don't need a holy dip.
I breathe in my blessings, which pleases me sit
silently.
I wake up to be washed away by breeze of
trees, and let the sunrays cuddle me when I freeze.
Then comes the diverse colour of the sky,
cushioning the stars far away from sight but
not so high.
When the horizon serves as a canvas of a heap of
beautiful hues, after the sojourning on Earth
of shower clouds.*

Aarna Singla, VII B



*Wellness that Protects the Planet
When I save energy at home,
I protect my future beyond my walls.
I walk, I cycle, and breathe a little easier,
Knowing cleaner air keeps my body stronger.
When nature is cared for,
It quietly cares for me in return.
My health grows with trees and rivers,
Because my life depends on theirs.
I choose sustainability every day,
Not because it's popular,
But because it matters.
A healthier planet creates healthier people –
And it begins with me.*

Shruti Verma, VII B

*A calm mind helps us think each day,
It keeps our stress and fear away.
When our mind is fresh and free,
We feel happy and can be me.
Our body needs care, rest, and food,
Exercise keeps us strong and good.
Running, playing, laughing too,
Helps our body stay healthy and new.
The environment is our home on Earth,
Trees and rivers give us worth,
Clean air, water, land so green,
Make our life peaceful and clean.
When mind, body, and nature stay right,
Life feels balanced, happy, and bright.
Taking care of all the three,
Helps us live in HARMONY.*

Aariz Khan, VII B