

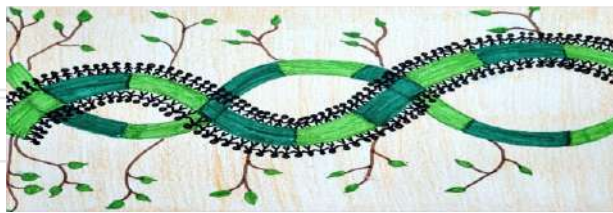
*A serene mind helps us relax each day,
It keeps our distractions away.
When we are fresh and free,
We can be ourselves.
Our mind needs care, rest and energy,
Exercise keeps us strong and healthy.
Running, laughing and playing,
Helps our body stay healthy and safe.
Nature is our home,
Trees and rivers give us pleasure and joy.
Clean air, safe water, green land,
Make our life serene and clean.
When mind, body, nature are fine,
We feel balanced, happy and joyful.
Taking care of all the three,
Helps us be in PEACE.*

Mehtab Singh, VII B

Health is Wealth

*Health is the greatest gift we own,
More precious than a jewel or throne.
Money can buy many things,
But not the joy good health brings.
Eating fruits and drinking water,
Makes us stronger day by day.
Playing, running, exercising,
Keeps all sickness far away.
A happy mind and body too,
Help us do all we want to do.
So take care of yourself each day,
In every simple, healthy way.
Remember this truth in stealth,
The greatest treasure is our health.*

Aanvi Bhasin, VII-Camb



Mia is a 28 year old adult. Doing a corporate job. She is very stressed about her work deadlines, Excel sheets and file submissions since she has joined the company. As she is so stressed out, she has planned a nature trip for next week. To get some stress relief and also some fresh air. It was a 7 km hiking trip on a lonely mountain in Himachal Pradesh. She was accompanied by her colleagues with the same situation.

Her colleagues planned a 5-star hotel trip but while booking it, Mia said that if we are going on a nature trip we should live in a place that is close to nature. They then booked an Airbnb named nature inn. It was in the middle of a healthy forest. Also including a meditation centre for mind, gym for your body and trekking to be close to nature.

They booked a tempo traveller to reach their destination. When they reached their destination they were totally tired so they decided to trek the next and train and today they will train their mind and body. And the Airbnb owner was also a guide for good training and trekking, making food good for body and mind. When they reached the top of the mountain they felt refreshed.

When they were coming down they felt that there was no stress in their life. They also felt connected to nature. They realised that nature didn't want attention, it just needed peace.

When they returned from the trip they learned to live life in a different way.

Tanishq Goyal, VII B

Sustainable living – WELLNESS THAT PROTECTS THE PLANET

*Sustainability, a common word,
Yet in people's living unheard,
From pen to ink it goes around,
Yet people don't make an active part,
Just quiet on the topic, there's not a sound,
But till when will this stop,
As trees around countries continuously drop,
Their weeps we may not hear,
But just try to act of difference,
And for the Nature, it might we good steer,
Its start is simple,
Don't waste Mother Nature's survival gift,
Bridge up mankind's balance riggle,
And just maybe, just maybe,
Mother Nature may smile back to you,
with her cute dimple.
Sustainability, a common word,
Try to make it in people's living
truly heard.*

Manushree Mehra, VII B





Mind body paradigm is a holistic and interconnected system where psychological states, physical health and surroundings built environment mentally influence to each other. Environment in balance is often called ecological balance. This delicate equilibrium is maintained through natural cycle. The environment is also a place where clean air, fresh water and green trees support life on Earth. Mind, body, environment is very important. By caring and protecting of nature, we can live a good life.

Raghav Shukla, VII B

Sustainable Living

Walk more, drive less,
Clear the mind, lose the stress.
Eat some plants, skip the meat,
Better health, a cooler street.
Simple shifts, a lighter start,
A happy earth, a healthy heart.
Open windows, feel the breeze,
Live in harmony with the trees.
Keep it simple, keep it true,
Doing good for Earth and for you.

Aadhya Singhal, VII B

Technology in Education

In recent years, technology has become an essential part of education. Nowadays, classrooms are no longer limited to boards, and textbooks. With the use of computers, smart boards and the Internet, learning has become more modern and effective. Students can now attend online classes, watch educational videos, and access digital libraries anytime and anywhere.

Nowadays, technology also makes learning more interesting and interactive. Animations, presentations, and learning apps, help students understand complex topics easily. Teachers also use online tests and digital tools to check progress and provide personalized feedback.

However, overuse of technology has also caused problems such as distraction and less physical activity. Moreover, nowadays not all students have equal access to digital devices.

In short, technology has transformed education. If used properly, it can make learning easier, engaging, and useful for the future.

Devansh, VII-Camb

Earth

Oh Earth, My Earth
Very beautiful Earth,
Filled with water,
Gives us life,
Filled with plants,
Gives us life,
Value the earth,
Or else it will die,
Oh my Earth, oh my Earth,
My beautiful Earth

Kanav Soni, VII B

A guide to sustainable living

Sustainable living is a lifestyle that attempts to ensure that the society or a certain individual makes conscious decisions about everyday habits which also benefit the environment. The end goal of sustainability is to produce as much renewable energy as you are consuming, and the waste output comes out to be zero.

There are many ways to start a sustainable living, depending on each person's habits and uniqueness:

"One man's trash is another man's treasure." To reduce waste, you can repurpose the things/trash around your area. This can be done with anything, from clothing to papers lying around.

The most common thing to reduce your impact is planting more plants – common yet impactful. This helps clear the air, reduce soil erosion and even more.

To reduce your impact, you can walk, carpool or cycle to places. This reduces travel emission and can also benefit the person doing so, as it is a great exercise.

Vaanya Rana, VII B





Sustainable Living

Sustainability means living in such a way that doesn't harm our dear planet, the Earth. Because of human actions in the last decades, our Earth's natural resources, such as water bodies, have been polluted. To repair this damage, we should turn to sustainability. Sustainable living is living without wasting anything, and using the resources wisely. If we live sustainably, we can make our planet beautiful once again.

Ritwik Atri, VII B

A healthy life needs balance between the mind, body, and environment. A calm mind helps us think clearly, stay positive, and handle stress better. A strong body keeps us active, energetic, and fit for daily life. A clean and peaceful environment gives us fresh air and a sense of calm. When we care for our thoughts, health, and surroundings together, we live a happy, balanced, and meaningful life every day.

Reyansh Sood, VII B

Finding balance isn't just about your thoughts, it's about how your body and your surroundings work together. When you eat well and exercise, your body feels strong. When you stay calm, your mind stays clear. Finally, a clean and peaceful environment helps you relax. If one part is off, the others suffer. By taking care of all three, you feel happier and more focused every day. True health is keeping your life in total harmony.

Atharva Jha, VII B

Sustainable Living

Sustainable living means caring for earth because its our home since the day of birth we save water and plant many trees so the Earth can stay pollution-free.

We often tend to throw things away

If we don't, the Earth will thank us in every way

If we just try to reduce and reuse,

The Earth will be really amused.

Ojas Upadhyay, VII B



Sustainable living means to keep our Earth clean and green, taking care of our Earth. This is our only home. We should not dirty our planet and reduce pollution.

Most of the times we throw away toxic substances in our oceans and don't throw things in the dustbin. This harms our Earth and animals. If we care for our only planet, Earth will be very happy and grateful.

Rajveer Sood, VII B

Mind is a state in which how we speak, think and see. It makes us think in various situations we can think because of it.

When we perform different actions It is because of our body.

It is used while playing sports.

The place where we go or belong is called environment.

Viraj Singh Rana, VII B

Sleep: The Silent Architect of Health

In an era obsessed with "the grind," we often treat sleep as a negotiable luxury rather than a biological imperative. However, sleep is not merely a period of inactivity; it is the foundational scaffolding upon which our physical and mental health is built. Without it, the body's most sophisticated systems begin to fracture.

During the deep stages of sleep, the immune system undergoes a critical "re-education." The body releases cytokines, proteins that facilitate communication between immune cells to target infections and inflammation. Depriving yourself of rest essentially disarms your internal cellular army, leaving you vulnerable to both acute pathogens and chronic metabolic dysfunction.

Furthermore, physical recovery is intrinsically tied to the circadian rhythm. As we sleep, the pituitary gland floods the bloodstream with growth hormones, repairing the microscopic tears in muscle tissue and flushing metabolic waste from the brain via the glymphatic system. To view rest as "lost time" is a fundamental biological misunderstanding. True health is not found in constant exertion, but in the rhythmic balance between effort and restorative stillness. By prioritizing sleep, we don't just feel better—we provide our bodies the essential window required to rebuild and defend.

Shaurya Krishna Rohatgi, VIII-B



*Strength through active living
Daily motion sparks a surge of energy,
Running trails builds speed and synergy.
Training forges muscles firm and true,
Boosting power in all that you do.
Ditch the couch for fields of play,
Vigor flows when you seize the day.
Strength emerges from effort sustained,
Healthy habits, forever ingrained.*

Saniya Rizvi, VIII-B

The Depth of Our Mind

*The mind can feel heavy even on quiet days,
Lost in thoughts that don't seem to stay.
A smile may hide what words can't show,
A silent battle no one knows.
We are told to be strong, to never fall,
To hide our tears behind a wall.
But our mind needs care, just like the heart,
Healing begins when we choose to start.
Speaking up shouldn't bring shame,
Pain is pain - not a game.
Asking for help is hard but true,
It's the bravest thing we can do.
Break the stigma, let hope rise,
Listening to our mind should be the prize.*

Amara Qureshi, VIII-B

STAYING HERE

*My mind likes to wander and run far away,
It forgets to just stay in the middle of today.
It jumps to the future or back to the past,
Moving so jumpy and moving so fast.
But I take a breath and I feel my two feet,
I listen to sounds coming out from the street.
The racing all stops when I start to focus,
The present is real, it's not hocus-pocus.
I'm right where I am and I'm doing okay,
I'll let all the wandering thoughts drift away.*

Kashish Bansal, VIII-B

Flame of the Nation

*Freedom is a river, fierce and wide,
Flowing through every heart with pride.
She lifts her face, the Nation's soul,
Guiding us onward toward our goal.
Our dreams are wings in the morning sky,
Soaring where hope can never die.
Through storm and fire, we still defend,
The flame that burns and shall not end.
For in our hands, the future lies,
Beneath our flag, where courage flies.*

Ayushman Sharma, VIII B



DREAMS

*A dream brings a sensation,
A world of imagination.
Our thoughts come alive and fly,
Like birds across the silent sky.
We think once and they appear,
Sometimes bright, sometimes unclear.
Dreams power our mind each day,
And guide our thoughts along the way.
Whether it's day or night,
Dreams can fill our hearts with light.
They whisper hope when we feel low,
And show us places we can go.
A dream arrives so soft and free,
Like waves upon a restless sea.
It carries wishes deep inside,
And fills our soul with strength and pride.
The path, the path,
Dreams show us the path.
They tell us not to stop or fall,
Even when the road feels tall.
They teach us how to stand again,
Through struggle, loss, and silent pain.
They push us forward, make us strong,
And help us know where we belong.
The path, the path,
Dreams show us the path.
They light the road when days are tough,
And remind us we are strong enough.
Some dreams are big, some dreams are small,
But every dream matters to us all.
For dreams are sparks that help us see,
The future we are meant to be.
The path, the path,
Dreams show us the right path.*

Aditya Singh Mahar, VIII-B

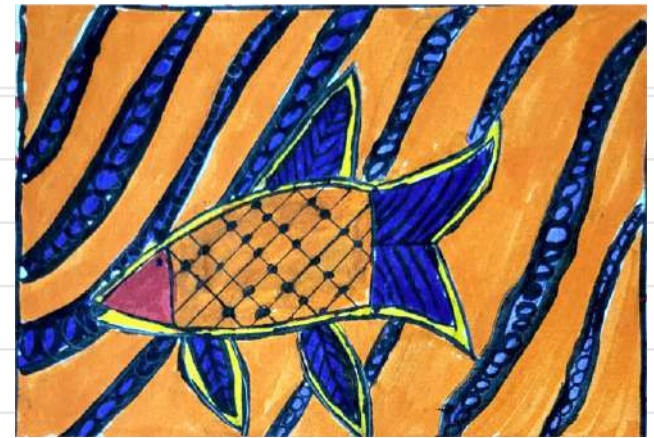
In the year 2040, people started cutting trees. They planned to cut over eight lakh trees in 10 days. They didn't know that this could harm them very badly. Around 3 lakh trees were already chopped off. They started producing more plastic items. This started releasing toxic materials and gases in the atmosphere. Already the AQI had reached 800 but still the chopping of trees was on. Now, it was time for nature to reply. The oxygen level was too low. People started manifesting that they had done wrong to nature. Many died due to lack of oxygen. People started praying. They began to plant trees. They banned the manufacturing of plastic. But still the condition was not in control. The one who had planned for this project also passed away due to low oxygen level. Bearing the consequences, all took a pledge to not cut trees. This scenario is a reflection of our actions we do today. It's far away to see a more aggravated situation. So act NOW!

Ayaan Qureshi, VIII-C

Nature's Embrace

*The river sings a gentle song,
Its waters carry peace along.
Each ripple whispers, soft and true,
A promise of renewal for you.
The forest breathes with quiet grace,
Green shadows soothe the weary face.
Leaves fall like prayers upon the ground,
In silence, healing can be found.
The morning sun begins to rise,
A golden balm for tired eyes.
Through nature's touch, the spirit mends,
In earth's embrace, all sorrow ends*

Aradhya Gupta, VIII-C



*Learn to perceive the contours of the soul
Not the uses of disgrace
Or all that is becomes a ghoul
It all can save a common race.
Come side-to-side, not face-to-face
Use love, not a mace
Money can't produce a cure
Thy is a form impure
To save nature's beauty
We must take a pledge
Everyone does their part
In not making a wedge.*

Nirvaan Dhyani, VIII-C

Healing with Nature

Talking about nature, nature helps in many situations like planting trees, helps in mindfulness and calmness in our body. Nature helps and takes care of your mind in many situations. I like to shape about nature like helps in my mindfulness and calm not dependent and ignore to bad peoples and bad friends and dont trap them other peoples and friends like stranger and thanks for nature.

Rishabh Sen, VIII-C

Mindfulness - The Calm Tutor

*I sit still and take a breath
Leaving behind my fear and stress
I watch my thoughts come and go
Like quiet clouds moving slow.
I focus on the here and now
Not on the when, not on the how
My mind feels clear,
My heart feels strong
I know where i truly belong.
Being mindful helps me see
The calm and peace inside me
I feel more ready to learn and try
With a focussed mind and a calm sigh.*

Ananya Thakur, VIII C

Nature, My Saviour

*Nature talks without a sound
It heals the hurt that we have found
Green trees stand so calm and tall
They teach us how to not feel small.
The soft breeze cools my tired face
It feels like a warm, safe place
When i sit under the open sky
My worries slowly pass me by.
Nature helps my heart feel light
It makes my broken dreams feel right
In its arms, i feel okay
Ready to smile and start each day.*

Tvisha Kaur, VIII-C

An Anonymous Healer

Nature heals us in many ways that we don't even know. When we go out to walk, our heart relaxes and makes our blood flow more efficiently. When we go out to breathe fresh air, the air that the nature provides us makes our neurons and body relax. Nature has even been considered the best medicine for stress and anxiety. Some people don't know that they are disrespecting the nature by cutting the trees for paper and selfish needs. When there is no one to talk to, you can talk to nature and under the cool breeze and sun.

Shreyansh Guleria, VIII-C



Nature's Gratitude

Many people do not understand or give nature the importance it deserves. They do not understand that even a tiny little action can disrupt its balance. Nature provides us with shelter, food and so much more. It helps us to meditate, it's calm lap and even learn from our mistakes through trial and error method. Nature is not always giving, it can also be harmful at the same time. It teaches us to adapt to any environment and get out of our comfort zone. Pollution has covered the world, not even a beam of light is visible properly yet nature stands tall and protects us by providing fresh air for us to breathe in. Nature is beautiful in its own way, all we have to do is be grateful for what we have.

Suhani Alsisaria, VIII-C

The nature's positivity

Nature is a natural spirit which helps our mind and body to calm. Nature's silence helps us meditate and focus on ourselves. Nature helps us to learn lessons such as hit and trial method where you do something and if it fails you try again. Nature plays a significant role in our lives telling us that peace and calmness is the only way we can have a balanced life. But people don't understand that this thing is very important, they are destroying the atmosphere by smoke, pollution, and deforestation. I learnt a lesson from nature. Clouds rain after condensation, which tells that you are a cloud and when you get full of negative things just let it out in tears, and no one is there to point you on that. And after rain the weather gets really nice, which tells that after you let it out you feel free, good and not heavy with emotions.

So, don't let that positive spirit get destroyed, try to keep it clean and fresh and also learn from it because it gives you plenty of joy, peace, and happiness.

Aqsa Khan, VIII-C



Nature and Healing

“Nature is magical” (grandparents' memory)

Nature and is fantastic! The story starts with a girl named Maria. From childhood, she took care of a tree that she was close to her heart as it reminded of her grandparents. Day by day year by year, she took care of the tree. When she became an adult, the villagers advised her that she should cut the tree, as it had become old. But she refused and protected the tree.

One day, due to an infection, she fell sick. She couldn't buy medicines or get good care as she was alone and had less money. But even when she was sick, she never stopped caring for the tree. But a drastic change appeared when she got so sick, she fell bedsick. After 2 months with no care or any food left, she got up to check on the tree, she saw fruits growing with things that make medicines. The tree was standing tall.

She started getting better like her world was starting to show light. She got a job and together this shows how little care, the tree saved her life!!!

Saanvi Padhy, VIII-C

Nature's Healing

Nature is a type of medicine. It heals us with its scenic views, wonderful weather and a peaceful aura. It calms our mind in stressful situations no matter what. Humans are originally meant for nature but this evolving world, these high skyscraper and the hazardous practice of construction work and construction are destroying them repeatedly. Nature gives us all we need but why don't we return it from our side? A little contribution to nature can heal nature from us.

Samyak Jain, VIII-C

Nature Healing

In the year 2030, people started cutting trees for the making of cities and buildings. A young teenager named Anuj, born in Uttar Pradesh, was in love with the studying of nature. He used to make people aware of nature's gift. He used to spend his majority of his time in a park filled with trees.

When he heard the news, he was flabbergasted and furious. People were breaking the home gift of nature that belonged to everyone. Nobody would listen to his cries and he travelled to gather people who thought like he did and wanted to protect the nature. They used to protest against the government. They wrote letters to the president. But no one listened to him.

Fast forward in the year 2040, people struggled for life. The air became polluted and the population started to deplete. People stopped it but it was too late. In the next few years, the population almost went extinct.

Samaksh Saxena, VIII-C

Nature and its tale

Let Nature guide you and tell it's tale

It motivates you never allowing you to fail

Maple leaves falling from trees tall

And us humans cut them down for building malls

Many trees give us delicious fruits

People still decide to rip off their roots

Watching stars together with trees

It used to be like a good treat

Let nature guide you and tell it's tale

Aayaan Arora, VIII-C

SYMPHONY

At dawn the body greets the light,

Bones and breath fit just right

Each movement whispers in a healing tone,

A rhythm felt, a strength well known.

The mind then clears its crowded skies,

Allowing restless worries to rise,

Thoughts drift softly, free and slow:

Like clouds that learn when to go.

Nature leads with quiet art,

Wind and water play their part,

Birdsong, sunlight, earth below,

Teach the pace our hearts should know.

When body, mind, and nature blend,

No voice must lead, no sound must end

Wellness sings in balanced grace

A living song through time and space.

Manan Singhal, VIII-A

many crucial issues faced by humanity-some of which are dangerous enough to threaten its existence- and provide people with the motivation deeply required to take action to protect our future and our planet. Not only that, they provide a sort of framework for the measures to take, catering to the masses' need of reassurance that they are on the right path.

Just like the many past instances we have seen in human history, such as the Indian National Movement, which united people of all class, religion, caste, to one cause - the freedom of India, sustainability issues are also a slight hurdle that tests our unity, courage, love for the planet, and of course, our humanity which we can overcome if we work hard and smart.

Riana Bansal, VIII-A

The Three Pillars of Sustainability: Social, Economic, & Environment

One can define sustainability as the ability to exist, develop and grow, without the depletion of resources required for our future. In our daily lives, sustainability is built on three interconnected pillars, with several terms like dimensions, components, aspects, perspectives, factors, or goals used by authors and scientists alike. These 'pillars' of sustainability first appeared in a 1987 article by the economist Edward Barbier.

Social: This dimension of sustainability is not well defined. One definition states that a society is sustainable in social terms if people do not face structural obstacles in the key areas. These key areas are health, influence, competence, impartiality and meaning-making. Some scholars place social issues at the very center of discussions, suggesting that all the domains of sustainability are under the social perspective.

Economic: The economic dimension of sustainability is controversial. This is because the term development within sustainable development can be interpreted in different ways. Some may take it to mean only economic development and growth, which can have a negative effect on the environment. Others focus more on the trade-offs between environmental conservation and achieving welfare goals for basic needs (food, water, health, and shelter).

Environmental: The environmental dimension is central to the overall concept of sustainability. It started earlier than the other dimensions (1960s - 70s) and is more understood than the rest of the components. This process began in the 1970s with concern for environmental issues. These included natural ecosystems or natural resources and the

human environment. It later extended to all systems that support life on Earth, including human society.

People often debate the relationship between the environmental and economic dimensions of sustainability and discuss it under the terms of weak and strong sustainability. The weak sustainability states that human - made resources can be replaced by the natural capital. An example of this is the use of environmental technologies to manage pollution.

The opposite concept in this situation is strong sustainability which says that natural resources provide functions modern technology cannot replace, such as biodiversity, which, once lost, cannot be entirely regained or repaired.

As social sustainability is yet to become a common topic for debate, there are not many opinions about its many faces or even its relation to the other two pillars.

Riana Bansal, VIII-A

The Big Picture

Pillar How to Practice It

Body Drink plenty of water and stay active.

Mind Take & quot; digital breaks" away from screens.

Nature Spend 15 minutes a day outdoors.

Conclusion: You cannot have a healthy person on a sick planet. By taking care of your body and mind, you become a stronger & quot; instrument & quot; in the symphony of the world.

Yatharth Singh, VIII-A

The Symphony of Wellness: Body, Mind, and Nature

Sustainability isn't just about recycling plastic bottles or saving electricity; it's about balance. Think of your life as a symphony—a piece of music where every instrument needs to play in harmony. For us to be truly & quot; sustainable, & quot; our body, our mind, and nature must work together.

1. The Body: Your Personal Ecosystem

Your body is the only place you have to live. To keep it sustainable, you have to treat it with respect. This means eating & quot; real & quot; food (like fruits and veggies) that comes from the Earth rather than a factory. When you stay active and get enough sleep, you are recharging your own personal battery. A healthy body gives you the energy to help others and protect the planet.

2. The Mind: Keeping the Peace

A sustainable mind is a calm mind. In a world full of phone notifications and school stress, it's easy to feel & quot; polluted & quot; by worry. Taking time to unplug, breathe, and focus on the present moment is like clearing smog out of the air.

When your mind is clear, you make better choices—for yourself and for the environment.

3. Nature: Our Shared Home

We are not separate from nature; we are a part of it. We breathe the oxygen from trees and drink water from the Earth. When we take care of nature—by planting trees or reducing waste—nature takes care of us by giving us a beautiful, healthy place to live. Spending time outside, whether in a park or a forest, actually helps our brains feel happier and less stressed.

Sustainability:

A Symphony of Wellness

Sustainability is like a symphony of wellness where every part of nature plays its own special instrument.

The trees, rivers, air, animals, and humans are all musicians in this grand orchestra. When we take care of the environment, the music stays beautiful and balanced. But when we waste resources and create pollution, the symphony becomes noisy and broken.

A symphony works only when each instrument is respected and played carefully. In the same way, sustainability means using Earth's resources wisely so they are available for future generations. Saving water, planting trees, reducing plastic use and conserving energy are like tuning our instruments before a performance. Small actions from each person create a big positive sound together.

Wellness is not only about personal health - it is also about the health of our planet. Clean air helps us breathe better. Fresh water keeps us strong. Green spaces calm our minds.

When the Earth is healthy, people are healthier too. This connection between nature and human life forms the true symphony of wellness.

Students can be powerful musicians in this orchestra of change. By switching off unused lights, recycling notebooks, using public transport and spreading awareness, we help keep the rhythm steady. Schools and communities can work together like choirs, creating harmony through teamwork and responsibility. If we listen carefully to nature's music, we will understand what it needs - balance, respect, and care. Sustainability is not a single action but a lifelong performance. Let us all play our parts well and keep the symphony of wellness alive for years to come.

Adveik Badola, VIII-A

Every Step Counts

Sustainability is not merely a word; it is the blueprint for how nations envision our collective future. At its core, sustainability means the avoidance of the depletion of natural resources in order to maintain an ecological balance. It is a cardinal necessity, requiring all countries to act with cohesion to create a world that is both better and more accessible to everyone. Natural resources are an essential and vital component of Earth. They provide the measure for fossil fuels and serve our daily needs, from commutation to household survival. Recognizing their importance, the United Nations established the Sustainable Development Goals (SDGs)—17 ambitious targets aimed at making the world pollution-free and accessible. By reducing our dependence on natural resources, these goals seek to restore the ecological balance we have lost over the past few years.

Among these goals are Zero Hunger, Affordable and Clean Energy, No Poverty, and Gender Equality. A common thread weaving through these objectives is equity. The UN is striving to uplift all people to a similar level where true equality can be seen by all. It is imperative that all countries scrutinize these goals and implement them with urgency.

The theme "Every Step Matters" reminds us that even a single step taken by an individual can lead to impactful changes. Small daily habits-such as adopting renewable sources of energy or cycling short distances-could prevent the annihilation of the Earth caused by the overexploitation of natural resources.

Currently, human beings are excessively extracting these resources, causing a massive plummet in their available quantity.

Ultimately, every single step toward saving our Earth and reducing our dependency finite resources will lead to a more resilient future. As Mother Teresa

once said:

"I only feel angry when I see waste. When I see people throwing away things we could use." Sustainability comes by our actions, rather than our words.

Yuvraj Singh, VIII-A

Nature And Healing

"A helping leaf in the darkest time"

Lila's passion was working at her dream company as a fashion designer. But one day her world went dark when she lost her job. She stopped leaving her house and got trapped in a cycle of anxiety, depression and doubt. One evening, her neighbour knocked on her door with a small potted lemon plant and told Lila to take care of the little plant while smiling.

Lila begrudgingly agreed. She started taking care of the plant, from watering it daily to adding compost to it. As she watered it, she noticed tiny changes – a new leaf sprouting, new buds, small flowers and sometimes a bent stem. So, she continued taking care of it daily and slowly, her routine shifted. She started opening her windows, letting sunlight in and sometimes stepped out to feel the breeze.

As the plant thrived, so did Lila. She found solace in the moist soil, the sun warmth and the plant's resilience. Nature's rhythm taught her to nurture and take care of herself again. One morning, she stepped out with a confident smile, ready to face the world and find her passion once again, all because of a little lemon plant.

Panika Tyagi, VIII-C

*Small steps, lasting change
 One small step can start a chain,
 Like quiet drops that become rain.
 I save some water, I walk, not drive,
 Simple choices help the earth survive.
 The world is fragile, soft and thin,
 Changed by the act we settle in.
 Each kind habit plants a seed,
 Growing hope from a careful deed.
 Change does not come loud or fast,
 It builds from moments meant to last.
 What seems like today, I see,
 Becomes tomorrow's legacy.
 Together our steps can shape the land,
 A healthier world held hand in hand.*

Nia Goel, IX A

*How Our Environment Affect Our Well-Being
 We grow in places that speak without sound
 In air weighed down by smoke and speed
 In hallways echoing constant demand
 In a world that never slows to let us breath
 Steel towers stretch into borrowed skies
 Blocking stars we used to know by name
 And crowded minds mirror crowded streets
 Both restless, both quietly strained
 Yet beyond the rush, the earth still waits
 Green answers to our unspoken fear
 Where rivers carry more than water
 And silence teaches us how to hear
 A single tree can steady a storm
 A clear sky can loosen doubt
 Nature does not ask who we are
 It simply lets our worries out
 So if we heal the world we walk upon
 Clean its air, restore its light
 We protect the fragile minds of youth
 Still learning how to stand upright.*

Vanya Khokhar IX A

SHADES OF HOPE

*I see a world in black and white
 But painted in brightness, in light
 Each soul different from the outside
 Having a part that has died.
 Where silence screams louder than ghastly cries
 And truth having a heartbreaking lie
 Where hearts beats with a will
 Now forced to stand still.
 I long for a world where wars not fought with gun
 But with words and broken tongues
 Where happiness stacked in a pile
 I see beauty where other's see crime
 In a broken glass, in a world so blind.
 A man fighting oh so brave
 Finding light in the darkest cave
 I see a child with eyes full of dreams
 A smile covering up the grieves
 A soldier standing tall
 The wind whispers forgotten name
 The rage roars in flames
 I see a world mourning in pain
 But finding joy in things so simple, so plain
 A place with happy cries
 That's the world through my eyes.*

Anika Agarwal, IX A



*Now I only have social media to guide me,
 Influence of my friends,
 Influence of my family.
 No clear boundaries to tell me what to do,
 No time left to colour within the lines.
 Without the lines,
 I have nothing to work with,
 Only subtle hints and white lies.
 My heart yearns only to go back to a time,
 Where all I cared about was a box of crayons,
 And not how others perceive me,
 Or who I can trust.
 Now while I daydream I see,
 A box of crayons,
 Only just worn out ones,
 Drained of some of their colour.
 But not all of it,
 Because the child in me,
 Will never let all the colours fade.
 And forever, that box of crayons remains.*
 - Upmanyu Singh Chandra IX A

Health in Harmony

*In quite dawn where choices start,
 A symphony plays within the heart.
 The body a temple, a vessel of light
 Guided by harmony, shining ever bright.
 With air in the lungs, a gentle, deep sigh,
 And a steadfast dawn as the moments go by.
 Varied by nature, the land and the stream,
 A life of balance, a beautiful dream.
 Not merely the absence of ailment or pain,
 But spirit and mind finding peace in the rain.
 Emotions grounded, the spirit allowed to fly,
 A healthy body beneath a clear sky.*

Aryan Chauhan, IX A

The Marine Graveyard of Hopeful Lives

*The sea which was always calm,
Now undertook me in its harsh waves.
As the sea washed over me,
I felt at peace,
Until the water started getting higher,
And slowly started to consume me,
In its high tides.
When I thought I was at peace,
The water slowly overtook my body.
Reaching up to my mouth,
And steadily my entire body drowned.
My rubber shoes left in the sand.
I was flowing freely in the sea,
But that didn't mean I was safe.
When I thought I was free,
The salt got into my eyes,
The water was suffocating my throat,
As my body slowly started to go numb.
I thought my soul was gone,
And I finally left my pain.
But as the days went by,
A day of drought came,
But it was too late.
As my lifeless body laid,
On the sandy beach,
A beach of paradise,
Which now is a graveyard of hopeful lives.
With many lifeless bodies, not only mine.*

Upmanyu Singh Chandra, IX A

Mental Health Awareness

Over 970 million people worldwide live with a mental health condition, yet these conditions are normally looked upon. Mental health is something that normally cannot be seen, unlike physical health. Advocating for open and judgemental-free zone for such conversations must be brought light upon.

Most of the times we do not share our problems with anyone, but the truth lies in the fact that we cannot deal with such illnesses or issues without talking about it, educating people or venting. As responsible advocates we should foster supportive communities and offer care to those who seek for it. It should be treated just as serious as our physical well-being - both are equally vital and also interdependent. Mental health awareness is not just recognizing and accepting - it is about combating the stigma around all mental illnesses, not just through education others but also avoiding self-doubt and isolation. Breaking the stigma refers to separating a person and their illness, rather than seeing it as them at fault, we must understand that it is just a distinguishing characteristic, and remembering that all are worthy of love, support and care. It can be the little efforts that cause great impacts on your loved ones, like checking up on them, giving respectful advice, providing comfort, or just offering a shoulder to lean on or an ear to listen to is enough. It is necessary to break the stigma before the stigma. Reaching out is not a sign of weakness but shows how strong one has been for a long time, and feels the need to share to lighten their heart and emotional baggage. It is the need of the hour to create safe spaces so no one feels dismissed, isolated or judged.

Kavya Srivastava X A

PATH TO THE PEAK

*With patience lighting up my way,
I strive towards the break of day.
Through trials tough and shadows dense,
Perseverance stands in my defence.
Each step I take though slow yet sure,
Brings me closer to dreams pure.
Resilience within a constant kind,
Guides me through the darkest bind.
For those who labour, never bend,
Success awaits around the bend.
Through patience, effort and resolve,
The peak of dreams we shall absolve.
With each challenge that we face,
We grow stronger pace by pace.
Each setback met with fortitude,
Leads us down to gratitude.*

Fatema Zahra X A

Strength through active living

In today's world, physical fitness has become an important part of lifestyle. Active living encourages regular movement in everyday life — walking, playing sports, cycling, stretching, etc. Engaging in regular physical activity helps build physical strength, increases flexibility, and improves cardiovascular health. It also has a positive effect on mental health by reducing stress, improving concentration, and increasing self-confidence. For children, regular physical activity helps improve concentration, increase energy levels, and overall well-being.

Fitness begins with movement and grows with consistency. Choosing to stay active each day leads to long-term strength, health, and overall well-being. Staying active keeps the body healthy, the mind focused, and life balanced.

Gaurav Jain, X A

A world Through my eyes (My POV)
Through my eyes a world is born
A reflection of my heart and my soul
Every sight, a story to be told
Every sound, a memory to hold
The sun rises high in the morning sky
Painting hues of pink and orange high
The world awakens, fresh and new
A canvas waiting for dream to break through
The city streets, a bustling throng
A symphony of sounds all day long
The smell of food, a savory treat
A culinary journey to savour and repeat
The trees sway gently, in the refreshing breeze
Their leaves rustling, a soothing melody
The flowers bloom, in vibrant hues
A colorful spectacle, for my eyes to choose
The people pass, with stories untold
Their faces map of experiences old
Their smiles, a glimpse of joy and delight
A connection made, in the blink of eyes light
The world is vast, wide and deep
A mystery, that my heart keep
Every moment a gift to unwrap
A treasure to behold, in this life's map
Through my eyes, the world is seem
A reflection of my dreams, my hopes, my being
Every experience, a lesson to learn
A world of wonder, that's forever yearned
The stars shine bright in the midnight sky
Celestial show, as the world goes by
The moon glows full, with a gentle light
Illuminating paths through the dark of night.

Pramyarupa Rath, X A

Stress is a natural part of life, but when it goes unnoticed, it can quietly take over our thoughts, emotions, and body. Emotional balance doesn't mean eliminating stress, it means understanding it. Awareness is the key to doing just that.

By becoming aware of our emotions, we create space between what we feel and how we react. Simple acts like noticing a racing heart, shallow breathing, or mental overwhelm help us pause and respond more thoughtfully instead of reacting impulsively. This awareness brings us back to the present moment, where stress feels more manageable.

Managing stress with awareness also means accepting emotions without judgment. Rather than pushing feelings away or criticizing ourselves for having them, acknowledging stress allows it to lose its intensity. Small mindful habits like taking slow breaths, stepping away from screens, or spending a few quiet moments alone can restore emotional balance.

In a fast-paced world, awareness helps us slow down, listen inward, and care for our emotional well-being.

Naysha Jindal X A

Clean Surroundings, Better Well-Being

I do not understand—
when on one hand we worship the river,
revere it, call it Maiya,
why can we not keep it clean?
I do not understand—
when we respect the river as a mother,
why do we throw chemicals and waste into her arms?
I do not understand—
we love pure, clean water
splashing life all around,
yet we wait for someone else to take the first step.
But now, I do understand—
saving water is in my hands;
I do not need someone to remind me.
I do understand—
keeping rivers clean is my duty;
I do not need a law for that.
I do understand—
a journey of a thousand miles
begins with my single step of change.

Samridhi Nauhria, X A

Nurturing Harmony for a Better and Healthier Planet

As Martin Luther King Jr. rightly stated, "We may have all come on different ships, but we're in the same boat now." To make our world a healthy planet, we need to nurture peace, equality, and dignity. If we work together to listen and support one another, we can create a world where everyone can live together. A healthy planet needs all global citizens to care for one another and the environment. When we promote these principles, we can create a harmonious society.

By encouraging peace, we can avoid conflicts and foster a sense of cooperation. Adopting equality ensures that everyone can contribute to society's progress, and showing dignity to others helps build trust and positive relationships. Together, these principles contribute to a sustainable world where everyone can live in prosperity.

So, let's spread peace, practise equality, and show dignity to make the world a better place for everyone.

Anvi Vijesh, X A

*You are the one who is like no other,
Keeping my head on your lap makes me feel
calmer.*

*You are the one who shows the reality of who I am,
The guiding light in a world of sham.*

*You are the one who showers the flowers in my
hard times,*

*The bell that takes away the noise and fills my life
with beautiful chimes.*

*You have the aptitude to change my attitude,
Turning chaos into peace with endless gratitude.*

*You spew out the clatters of my life,
Easing my soul in moments of strife.*

*I pray to God, with a heart so true,
To always keep me close to you.*

Shivika Medda, XI-A



We have built a world where people apologize for struggling.

*They say “I’m fine” with red eyes. They laugh
through panic attacks. They call exhaustion
“laziness” and trauma “being sensitive.” Somewhere
along the way, we decided that a broken bone
deserves sympathy, but a breaking mind deserves
silence. That belief has cost us more than we admit.*

*Mental health is not a weakness, a trend, or a lack of
willpower. It is the foundation beneath every
thought we think and every choice we make. Yet
stigma turns suffering into a secret. It convinces
people that asking for help is failure, that
medication is shameful, that therapy is indulgent. It
teaches us to endure instead of heal.*

*Stigma does not operate alone. It grows where
racism, sexism, homophobia, and ableism already
exist. When a Black student is labeled “aggressive”
instead of anxious. When a woman’s distress is
dismissed as drama. When a queer teenager’s
depression is blamed on their identity instead of the
prejudice they face. When a person with a disability
is seen as incapable rather than overwhelmed.
These patterns are not accidents. They are
reflections of a society that judges before it
understands.*

*If we truly want a healthier society, we must stop
asking people to be silent about their pain and start
asking why the silence was necessary in the first
place. Because a world that forces people to hide
their wounds is a world that refuses to heal.*

*And the measure of our progress will not be how
loudly we speak about mental health, but how gently
we respond when someone finally does.*

Zico Christopher, XI-C



Living Light on the Planet: Is a Zero-Waste Lifestyle Practical for Teenagers?

The idea of a zero-waste lifestyle sounds inspiring—producing little to no trash and reducing our environmental footprint. But for teenagers juggling school, exams, social life, and limited budgets, is it really practical?

Zero-waste living does not mean producing absolutely no waste. Instead, it encourages mindful consumption—refusing unnecessary items, reducing what we use, reusing what we can, recycling responsibly, and composting organic waste. For teenagers, this approach can begin with small, manageable changes.

At school, students can carry reusable water bottles instead of buying plastic ones. Packing lunch in steel or reusable containers instead of disposable wraps significantly cuts waste. Choosing cloth tote bags over plastic bags and avoiding single-use straws or cutlery are simple habits that make a real difference. Even switching to digital notes where possible can reduce paper consumption.

However, challenges do exist. Teenagers may not always control household purchases, and eco-friendly products can sometimes be more expensive or less accessible. Peer pressure and convenience culture also play a role—fast fashion, packaged snacks, and online shopping generate significant waste.

Despite the obstacles, teenagers are uniquely positioned to lead change. Schools can support eco-clubs, organize waste audits, and encourage recycling drives. Social media can be used to spread awareness and inspire others. When young people adopt sustainable habits, they influence families and communities.

The zero-waste lifestyle does not demand perfection; it demands intention. Teenagers do not have to transform overnight. By making conscious choices and encouraging collective action, they can move closer to a more sustainable future. In the end, zero waste is not about doing everything perfectly—it is about doing something consistently.

Shreya Varshney, XI-A

On the edge of extinction!

As a student living in today's world, climate change no longer feels like a future prediction—it feels like breaking news. Every year, we hear about record-breaking heat waves, massive wildfires, severe floods, and coral reefs turning white. These events are not just natural disasters; they are warning signs of a planet under stress. And wildlife is among the first to suffer. Recent global events show forests burning across continents, destroying the homes of thousands of animals. Rising ocean temperatures are causing coral bleaching on a large scale, threatening marine ecosystems that support millions of species. In many regions, unusual weather patterns are disrupting migration routes and breeding cycles. Animals that once thrived in stable climates are now struggling to adapt to rapidly changing conditions.

As students, we are growing up in a time when extinction rates are accelerating. Scientists warn that many species could disappear within decades if global temperatures continue to rise. This is frightening because wildlife is not separate from us. Healthy ecosystems provide clean air, fresh water, food, and climate stability. When species vanish, ecosystems weaken—and so does our own future. At times, it feels overwhelming to read global headlines about environmental crises. But I also see young people worldwide speaking up, organizing climate marches, promoting sustainability, and demanding stronger action from leaders. This gives me hope.

In a world facing climate challenges, I believe students must stay informed, responsible, and active. The story of climate change and wildlife extinction is still being written. Our generation has the choice to either witness irreversible loss—or to become the generation that protected life on Earth when it mattered most.

Shreya Bansal, XI-A





CONSTRUCTRAMA 2025-26

“Curiosity fuels learning; experiments shape understanding.”
CONSTRUCTRAMA-“THINK, EXPERIMENT, INNOVATE”



Name of The Learner (VI-A):
Divisha Sharma And Anaya Tyagi
Exhibit:
Rain Water Harvesting



Name of The Learner (VI-A):
Pratyusha Ranjan Verma
And Aliya Fatema
Exhibit:
IR Sensor Lights



Name of The Learner (VI-A):
Rudraneel Bhattacharjee
And Virat Shandilya
Exhibit:
Solar Oven



Name of The Learner (VI-A):
Ahaana Sharma And Ishi Dalmia
Exhibit:
Piezoelectric Tiles



Name of The Learner (VI-A):
Nitara Gupta And Ravya Patwal
Exhibit:
Solar Power Distillation/ Light



Name of The Learner (VI-A):
Ashvi Rana And Anaya Chauhan
Exhibit:
Sustainable City



Name of The Learner (VI-A):
Shanaya Sinha & Deepika Sharma
Exhibit:
Components of Electric Car



Name of The Learner (VI-A):
Sana Siddiqui And
Udwamsha Verma
Exhibit:
Solar Power House



Name of The Learner (VI-B):
Aadvik Aggarwal, Aarav Jain,
Arnav Jain
Exhibit:
Smart Solar City



Name of The Learner (VI-A):
Nimai Pahuja And Hetarth Raj
Exhibit:
IR Sensor Car



Name of The Learner (VI-A):
Krishay Chauhan And
Ayush Sharma Kyra Chauhan
Exhibit:
Electric Cooler



Name of The Learner (VI-B):
Aaradhya MS
Exhibit:
Embracing Greener,
Lifestyle With 3R's (Game)



Name of The Learner (VI-A):
Aryash Tyagi
And Hansvi Kaur Arora
Exhibit:
Eco Friendly Building
Walking Water



Name of The Learner (VI-A):
Kyra Chauhan
Exhibit:
Electric Cooler



Name of The Learner (VI-B):
Aarohi Malik, Aradhya Agarwal
Exhibit:
Recycling Old Clothes and
Preparation of Natural Dyes



Name of The Learner (VI-A):
Danya Sharma And
Pratyusha Ranjan Verma
Exhibit:
Solar Power Water Heater



Name of The Learner (VI-A):
Vrishti Bhadani And
Taruni Yadav
Exhibit:
Sustainable Clothing



Name of The Learner (VI-B):
Atharv Biswas, Vihaan Nanda
Exhibit:
Smart Water Irrigation System



Name of The Learner (VI-B):
Bidit Bhuyan, Jahangir Jamal
Exhibit:
Piezoelectric Tiles



Name of The Learner (VI-B):
Riaan Bhasin
Exhibit:
Pinhole Camera



Name of The Learner (VI-C):
Ayansh And Vian
Exhibit:
Smart Farming Automation



Name of The Learner (VI-B):
Eshaan Goel
Exhibit:
Live Experiment
(Presence of Dust Particles In Air)



Name of The Learner (VI-B):
Samyak Jain
Exhibit:
Periscope



Name of The Learner (VI-C):
Prisha Maheshwari
Exhibit:
Lava Lamp



Name of The Learner (VI-B):
Gourab Deb, Richan Bhaduri,
Swastik Mukherjee, Aarav Jain
Exhibit:
ECO Beats



Name of The Learner (VI-B):
Saanvi Gujral, Riesa Kapani
Exhibit:
Paper Recycling And Live
Experiment (citrus Glow)



Name of The Learner (VI-C):
Urvi
Exhibit:
Throw Ball Game



Name of The Learner (VI-B):
Hriyaansh Chawla
Exhibit:
Hydroelectric Generator



Name of The Learner (VI-B):
Disha Lohani
Exhibit:
Water Fireworks Live Experiment



Name of The Learner (VI-C):
Tia Lavishka
Exhibit:
Pendulum Clock



Name of The Learner (VI-B):
Avyaan Singh, Krishang Gaba
Exhibit:
Buzz Wire Game



Name of The Learner (VI-C):
Yuval, Anay Goel
Exhibit:
Pinhole Camera



Name of The Learner (VI-C):
Saira
Exhibit:
Solar Eclipse Project



Name of The Learner (VI-B):
Kriyansh Gupta
Exhibit:
Solar Oven



Name of The Learner (VI-C):
Anvi And Himank
Exhibit:
Buzz Wire Activity



Name of The Learner (VI-C):
Nia
Exhibit:
Solar Energy Working Model



Name of The Learner (VI-B):
Naitik Kaushik
Exhibit:
ECO Friendly Planters Using
Old Plastic Bottles



Name of The Learner (VI-C):
Laksh And Hridhan
Exhibit:
Solar Energy



Name of The Learner (VI-C):
Darsh
Exhibit:
Pin Ball Working Model



Name of The Learner (VI-C):

Ishaan Chauhan

Exhibit:

Earthquake Alarm Working Model



Name of The Learner (VII-A):

Aadhira Raturi, Hanya Sharma

Exhibit:

The Acidic Showers Model



Name of The Learner (VII-A):

Avantika Sharma, Yashika Dangda

Exhibit:

Catapult



Name of The Learner (VI-C):

Shubh

Exhibit:

Refraction Project



Name of The Learner (VII-A):

Aarush Garg, Siddhant Aggarwal

Exhibit:

Blind Radar Gloves



Name of The Learner (VII-A):

Avyan Nath Saxena, Samarth Srivastava,
Divit Singh Rawat, Panache Chawla Dey

Exhibit: Smart City



Name of The Learner (VI-C):

Ishaan Pal

Exhibit:

Lunar Eclipse Project



Name of The Learner (VII-A):

Aashee Dev, Advika Bhimania,
Naiyra Singh

Exhibit:

Zero Waste Innovation Lab



Name of The Learner (VII-A):

Batool Zahra, Tanu Baisoya,
Veronica Singh

Exhibit:

Nano Medicine: Research Project



Name of The Learner (VI-B):

Tejas, Kyra

Exhibit:

Edge Avoiding JCB



Name of The Learner (VII-A):

Adhiraaj Singh, Sean Jacob Mathew,
Anay Singh

Exhibit:

Robotic Car



Name of The Learner (VII-A):

Divam Kathpalia, Girik Hoon

Exhibit:

Upthrust In Action



Name of The Learner (VI-B):

Saharsh

Exhibit:

Edge Joystick Arcade Maze



Name of The Learner (VII-A):

Advik Mahato, Daksh Gupta

Exhibit:

Water Boat



Name of The Learner (VII-A):

S. Lalith Athithya, Rudransh Gaur

Exhibit:

Bubbles In Water



Name of The Learner (VI-B):

Reyansh

Exhibit:

Mission Pulley



Name of The Learner (VII-A):

Akshita Choudhary

Exhibit:

Non-Newtonian Fluid



Name of The Learner (VII-A):

Shanaya Pandey

Exhibit:

Paper Recycling



Name of The Learner (VI-B):

Aiyra, Vihaan, Heyansh

Exhibit:

Science News Reporting



Name of The Learner (VII-A):

Atharav Bajpai, Sukhman Pal Singh

Exhibit:

Water Dispenser



Name of The Learner (VII-A):

Vaibhav Gupta, Shaurya Chauhan,
Viraj Bhadani

Exhibit:

Pascal's Law Hologram



Name of The Learner (VII-A):

Aliza Khan

Exhibit:

Electro Foods



Name of The Learner (VII-B):

Vaanya Rana, Paavni Dubey

Exhibit:

Future Scape-Eco City



Name of The Learner (VII-B):

Agamjot Singh

Exhibit:

Baloon Powered Car



Name of The Learner (VII-B):

Pragnay Jaiswal, Ritwik Atri,
Atharva Goel

Exhibit:

3R Challenge



Name of The Learner (VII-B):

Aadhya Singhal, Aarna Singla

Exhibit:

Science Quiz



Name of The Learner (VII-B):

Mehtab Singh, Athrava Jha,
Kahna Upadhyay

Exhibit:

Newton's Cradle And Energy
Transfer



Name of The Learner (VII-B):

Tanishq Goyal, Samar Singhal

Exhibit:

Solar Powered Air Purifier



Name of The Learner (VII-B):

Aarshiya Gandher, Anya Agarwal,
Kaureen Mirza

Exhibit:

Hydro Electric Project



Name of The Learner (VIII-A):

Yuvraj Singh Bais

Exhibit:

Sustainability Quest
(Website)



Name of The Learner (VII-B):

Devansh Kathpalia

Exhibit:

Hydroponic Farming



Name of The Learner (VII-B):

Shruti Verma

Exhibit:

Rain Water Harvesting



Name Of The Learner (VIII-A):

Yatharth Singh

Exhibit:

Fusion Energy



Name of The Learner (VII-B):

Manushree Mehra

Exhibit:

Science Mania, Recycle Hub,
Health Centre



Name of The Learner (VII-B):

Divyansh Kumar

Exhibit:

Conservation of Energy
By Solar Panels



Name of The Learner (VIII-A):

Arihant Shukla

Exhibit:

Law Of Inertia



Name of The Learner (VII-B):

Aariz Khan, Raghav Shukla,
Bhautik (Camb)

Exhibit:

Replace Plastic From Oral Hygienic



Name of The Learner (VII-B):

Advika Verma

Exhibit:

Sustainable City
For Green Future



Name of The Learner (VIII-A):

Tanishi Rastogi, Aarika Atharav

Exhibit:

Board Game on Science
Related Fact



Name of The Learner (VII-B):

Pracheeti Medda

Exhibit:

Electric Circuit House



Name of The Learner (VII-B):

Ojaswini Satya Shukla

Exhibit:

Hydro Electric Project



Name of The Learner (VIII-A):

Hridyaanshika Khurana,
Tanishka Mendiratta

Exhibit:

Automatic Street Light



Name of The Learner (VIII-A):
Riana Bansal Singh,
Ilisha Mitra
Exhibit:
Steam Engine



Name of The Learner (VIII-A):
Pival Agarwal, Jiya Rajput
Exhibit:
Wind And Uv Rays As
Energy Source



Name of The Learner (VIII-A):
Naisha Taneja, Aarika V Rai
Exhibit:
Solar Energy



Name of The Learner (VIII-A):
Rishik Shrivastav,
Manan Singhal
Exhibit:
Perpetual Motion



Name of The Learner (VIII-A):
Mischka Banerji
Exhibit:
Wind Energy



Name of The Learner (VIII-A):
Aarna Singh Tyagi,
Amaira Katlaria
Exhibit:
IVF In 2040



Name of The Learner (VIII-B):
Nitara Sarna
Exhibit:
Biogas



Name of The Learner (VIII-B):
Amara Qureshi,
Saniya Rizvi
Exhibit:
Eco Beats



Name of The Learner (VIII-B):
Aanya Singh, Sanaya Jain
Exhibit:
Our Heart



Name of The Learner (VIII-B):
Alok Kumar
Exhibit:
Glow Diffuser Bottle



Name of The Learner (VIII-B):
Kashish Bansal, Mishika
Sood, Sanaya Katlaria
Exhibit:
Flavor Mixer-nose Knows The Taste



Name of The Learner (VIII-B):
Khushali Sharma
Exhibit:
Hydroelectric Power Plant



Name of The Learner (VIII-B):
Mohd. Faaz Qureshi
Exhibit:
Magnetic Levitation



Name of The Learner (VIII-B):
Shaurya Krishna Rohatgi,
Prayan Kumar Rath
Exhibit:
Smoke Detector



Name of The Learner (VIII-B):
Aditya Mahar, Dhanish Gunti
Exhibit:
Rain Detection System



Name of The Learner (VIII-B):
Aeshan Verma,
Virat Singh Sawant
Exhibit:
Dc Motor Dynamo



Name of The Learner (VIII-B):
Shaurya Gupta
Exhibit:
Trash to Trend - Eco
Friendly Bags



Name of The Learner (VIII-B):
Manan Bhardwaj,
Dairya Yadav
Exhibit:
Liquid Motion Lamp



Name of The Learner (VIII-B):
Ayushman Sharma
Exhibit:
Oobleck:
Non-Newtonian Fluid



Name of The Learner (VIII-C):
Aayaan Arora, And
Samaksh Saxena
Exhibit:
Automatic Street Light



Name of The Learner (VIII-C):
Advitya Singh
Exhibit:
Aerodynamics - A Projection
on How Plane Designs



Name of The Learner (VIII-C):
Ananya Thakur And
Suhani Alsisaria
Exhibit:
Rethink What You Drink (Teeth)



Name of The Learner (VIII-C):
Aqsa Khan, Hurriah Ashraf
Exhibit:
Balloon Powered Car



Name of The Learner (VIII-C):
Aayaan Qureshi
Exhibit:
Hydroelectric Project



Name of The Learner (VIII-C):
Devangi Goswami And
Saanvi Padhy
Exhibit:
PH Scale Indicators



Name of The Learner (VIII-C):
Nirvaan Dhyani
Exhibit:
Infinity Mirror



Name of The Learner (VIII-C):
Parnika Tyagi
Exhibit:
Refraction Based Activity



Name of The Learner (VIII-C):
Rishabh Sengupta
Exhibit:
Hydraulic Scissor Lift



Name of The Learner (VIII-C):
Aradhya Gupta And
Samar Rana
Exhibit:
Magnetic Vortex



Name of The Learner (VIII-C):
Shaurya Maheshwari
Exhibit:
Robotic Arm



Name of The Learner (VIII-C):
Samyak Jain And
Shreyansh Guleria
Exhibit:
Solar Oven



Name of The Learner (VIII-C):
Tvisha Singh And Tanishka Singh
Exhibit:
Anti Flood House Model
And Earthquake Resistant



BILLABONG HIGH SCHOOL
21 November 2025

Constructrama

Think. Experiment. Innovate

"Science is the way to learn many new things in life and satisfy your questions with knowledge."

The poster features a central image of a student in a white lab coat working with a microscope. Surrounding this are various scientific illustrations: a beaker with blue liquid, a test tube with red liquid, a flask with green liquid, a globe, a calculator, and a molecular model. The text 'Constructrama' is written in a large, stylized font, and the date '21 November 2025' is prominently displayed.

BILLABONG HIGH SCHOOL

THINK. EXPERIMENT. INNOVATE

CONSTRUCTRAMA

WHERE THINKING SPARKS
IMAGINATION AND
EXPERIMENTS LEAD TO
INNOVATION

21 November 2025

The poster features a central image of a student in a white lab coat working with a microscope. Surrounding this are various scientific illustrations: a beaker with blue liquid, a test tube with red liquid, a flask with green liquid, a globe, a calculator, and a molecular model. The text 'Constructrama' is written in a large, stylized font, and the date '21 November 2025' is prominently displayed.

मरिच्छक की उड़ान, भविष्य की पहचान

वन महोत्सव

एक था वह समय सुनहरा,
जब चिड़ियाँ मधुर गीत गाती थीं,
आज वही वन हमसे सहायता माँगते हैं।
वन और धरती कभी हरे-भरे थे,
जीवन से भरे, आनंदित थे।
आज वही वन मौन खड़े हैं,
मानो हमसे प्रश्न कर रहे हैं।
हमने पेड़ काट डाले सारे,
वनों के जीवन छीने च्यारे।
तो अब यह मत पूछो क्यों सूखते सागर,
या कैसे जीएगा मानव अकेला,
बस इतना समझ लो आज,
मानव का अस्तित्व वनों पर ही टिका है।
आओ मिलकर वनों को बचाएँ,
नए पेड़-पौधे आज लगाएँ,
और हरियाली को फिर से जगाएँ।
आयरा रिजवी, छटी स

निराशा नहीं

निराश न होने दो मन को,
कुछ अच्छा करो, कुछ नया गढ़ो।
इस जग में रहकर नाम करो,
यह जीवन किस अर्थ मिला जानो,
ताकि यह व्यर्थ कभी न हो।
कुछ तो उपकार मानव करो,
धरती पर जो बोझ बने,
उनका भार हल्का करो,
अपने जीवन को सफल बनाओ।
अपना नाम अमर कर जाओ,
सेवा का अवसर किसे न मिला?
ईश्वर उसी का साथ देता है,
जो सत्य पथ पर अडिग चलता है।
अक्षिता चौधरी, सातवीं अ

कोशिश – एक आशा

हार के डर से कोशिश छोड़ी नहीं जाती,
ऐसी कोई रात नहीं जिसकी सुबह न आती।
काले घने बादलों ने सूरज को ढक लिया,
गरज गरजकर उसे डराने की कोशिश
किया।
पर सूरज ने हार नहीं मानी,
बादलों ने भी बरसाकर अमृत पानी।
कोशिश कभी व्यर्थ नहीं जाती,
ऐसी कोई रात नहीं जिसकी सुबह न आती।
आरुष गर्ग, सातवीं-अ

आपका बीती

माँ-पापा अलग हो गए,
बंटी का घर बदल गया।
माँ कॉलेज जाती रही,
पापा दूर को चले गए।
उसके दिन बीत गए अकेले,
किसी ने भी संभाला नहीं।
हर शाम चुप सा मुस्कुराया
पर मन के सवाल बढ़ते रहे।
“मैं हूँ किसका?” वो पूछता,
न मिला उसको कोई टोस जवाब कही।
बच्चे के मासूम मन की पीड़ा,
बंटी बस गया हर याद कही।
आध्या सिंघल, कक्षा छठी व

आजादी का पर्व

आजादी का सही अर्थ क्या है,
यह हम सबको जानना है।
आजादी केवल अधिकार नहीं,
कर्तव्यों को भी निभाना है।
खुला आकाश, ऊँचे सपने,
बिना भय आगे बढ़ना है।
देश के मान-सम्मान की रक्षा कर,
यही सच्ची आजादी अपनाना है।
प्रिशा महेश्वरी, छटी-स

पेड़ बचाओ

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वन महोत्सव क्यों मनाया जाता है ?

वन महोत्सव, जिसे “पेड़ों का त्यौहार” भी कहा जाता है, भारत में हर साल 1 जुलाई से 7 जुलाई तक मनाया जाने वाला एक वार्षिक वृक्षारोपण उत्सव है। इसका मुख्य उद्देश्य पर्यावरण संरक्षण के बारे में जागरूकता बढ़ाना और लोगों को पेड़ लगाने के लिए प्रेरित करना है। 1950 में, तत्कालीन केंद्रीय कृषि और आधा मंत्री श्री के.एम. कुंजी ने इसे एक राष्ट्रीय गतिविधि के रूप में शुरू किया था।

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meya
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presented by

“ वृक्ष लगाओ,
हरियाली लाओ”

अन्वी मित्तल (छटी स)



दयालु नाम है तेरा

दयालु नाम है तेरा, प्रभु हम पर दया कीजिए।
 एक बार हमारी सुन लीजे, हे करुणा सागर, कृपा कीजिए।
 दुखी जनों के दुःख हरते, सब पर कृपा बरसाते हो।
 हम भी आपके बच्चे हैं, हम पर दया कीजिए।
 अज्ञान अंधकार है छाया, हम पर प्रकाश वरदान दीजिए।
 दयालु नाम है तेरा, प्रभु हम पर दया कीजिए।
 तुम ही माता पिता जग के, तुम्हीं ही नाथ हमारे हो।
 तुम्हीं ही मित्र सब जग के, सबके हितकारी दीजे।
 दयालु नाम है तेरा, प्रभु हम पर दया कीजिए।
 न चाहें राज धन वैभव, न ही कोई कामना मेरी।
 रखें सदा शुभ भाव हृदय में, ऐसा वरदान दीजिए।

उद्यमावेश वर्मा, कक्षा छठी अ

सफलता का पथ

परिश्रम एक ऐसी चीज है जो कभी व्यर्थ तो नहीं पर हमेशा बिना मेहनत के सफलता भी प्राप्त नहीं होती। सफलता के पथ पर एक और चीज जरूरी होती है - समय का महत्व। यह हमें यह ज्ञान कराता है कि व्यक्ति सफलता प्राप्त कर सकता है। यह बात हमारे जीवन में सफलता प्राप्त करने का मूल मंत्र है। लेकिन हम ही यह मान कर बैठ जाते हैं कि सफलता प्रयास से नहीं मिलती। हमारे

सभी प्रेरणास्रोत भारत के महान पुरुष - अब्दुल कलाम, जवाहरलाल नेहरू आदि हमें यह सिखाते हैं कि सफलता प्राप्त करने के लिए अपने जीवन में आत्मविश्वास जरूरी है। इसी के साथ-साथ हमें धैर्य से भी पता होता है कि समय का महत्व एक आवश्यक मूल्य है। लेकिन हम ही इसका अपमान करते हैं। हम जब भी कोई काम करने के लिए समय तय करते हैं, समय वहीं तो पहुँच जाता है लेकिन हम ही नहीं पहुँचते। इस कारण से हमारा कार्य अधूरा रह जाता है और हम समय को कोसते हैं कि वह कितना कम है। बस हम यह भूल जाते हैं कि सब के पास समान मात्रा का समय है - २४ घंटे। यह हमारे ऊपर है कि हम उसका कैसे उपयोग करना है।

सफलता के पथ पर एक आदमी पर अनगिनत चीजें, कुल वस्तुएँ जितनी चीजों के लिए तथा पैसों के लिए हम कुशल रहेंगे उतनी ही चीजों की हमारे जीवन में बढ़ोतरी होगी। कुशल होना बहुत आसान है बस आपके दिन के दो मिनट जिसमें आप अपनी सारी चीजों तथा सुविधाओं के लिए भगवान तथा यूनिवर्स को धन्यवाद कहते हैं। बस अगर हम इन बातों को याद कर आगे बढ़ें, सफलता प्राप्त करना आसानी से संभव है।

मनुश्री मेहरा, कक्षा सात ब

Topic: नेताजी सुभाष चंद्र बोस। Date: 1/11/25.

जहाँ हर कोई अहिंसा का मार्ग खोज रहे था, वहाँ नेताजी ने 'तुम मुझे खून दो, मैं तुम्हें आजादी दूंगा' जैसे प्रेरक नारे दिए, जो आज भी देश के हर नागरिक के दिल में जूझा करते हैं। वे मानते थे कि आजादी पाने के लिए केवल अहिंसा ही नहीं, बल्कि संघर्ष और बलिदान भी जरूरी हैं। उनकी कहानी में कुछ ऐसे पल हैं जो सुनते ही कांप उठते हैं। उन्होंने जापान जैसे देश से मदद ली और आजाद हिंद फौज बनाई, एक बार सिंगापुर से उन्होंने युवाओं को बुलाकर 'विल्ली चलो' का नारा दिया, जिससे हम आजादी के करीब ला पाए। आज भी उनकी कहानी एक जीवंत मिसाल है कि कैसे एक व्यक्ति पूरे देश की दिशा बदल सकता है और आने वाली पीढ़ियों के लिए रूढ़ि प्रेरणा बन सकता है। नेताजी एक ऐसे व्यक्ति हैं, जो भारत के अमर नायक हैं, जिनका बलिदान हम कभी नहीं भूल सकते!

जय हिंद!

अंशु खेन
IX - B

इशिता अति सिद्ध
IX - A

मनभावन सावन

दाहुर हर हर करते, सिल्ली बजली इन अन,
 म्याक म्याक रे मोर, पीठ चंड चातक ले गुण।
 उड़ते सोन नलान और सुठ से कर प्राहन,
 गुमड़ गुमड़ दियर मेच गगन में करते गर्जन।

वर्षा के प्रिय स्वर हर में बुनते सम्मोहन,
 प्रणयानुर शन छोट दिखान करते सुख गायन।
 मेढों का लोमल लन श्यामल तरुओं से रंगन,
 मन के भु की अलस लानसा भरता जोषन।

समीर सिंह X-A

Date: _____ Page No. _____

महादेवी वर्मा

जन्म: 1907 - 1983

मैरा जीवन 'महादेवी वर्मा' नामा प्रिया गया एक सर्वप्रथम संस्कृत है, जिसमें उन्होंने अपनी जीवन से जुड़े पद्य-पद्यों को सदा प्रिय पद्यों के रूप में आत्मोत्साह से प्रस्तुत किया है। यह संस्कृत पद्यों को करुणा और गहराई की आकाश से भर देती है।

महादेवी वर्मा ने उन कवियों की तरह जाड़ा की हैं जो उनके जीवन का हिस्सा बन गईं और उन्हें समय तक खड़े दिया। उन्होंने उन जीवन के स्वभाव, का और गुणों का इतना गहरा वर्णन किया है कि पाठक उनमें तटस्थ नहीं रह पाते हैं।

इन संस्कृत में शामिल प्राणी हैं:

- १) नीलकंठ (मोर), २) बिल्व (शिवजी), ३) सोना (शिवजी),
- ४) दुर्गा (शिवजी), ५) बौध (साध), ६) नील (कुमा),
- ७) लकड़ (लोभा), ८) शैली (कुशिका), ९) शमी (श्रीधर)

दिया राई
IX - C
DELTA Designer

महादेवी वर्मा सन (1907-1987)

'मेरा परिवार' महादेवी वर्मा द्वारा लिखा गया एक सुंदर संस्मरण है, जिसमें उन्होंने अपने जीवन से जुड़े पशु-पक्षि पक्षियों के साथ बिताए पलों को प्रेम और आत्मीयता से प्रस्तुत कि कि या है। यह रचना पढ़ने वाले की करुणा और साहस की भावना से भर देती है।

महादेवी वर्मा मा मा ने उन मानवतर प्राणियों की यादें साझा की हैं जो उनके जीवन का हिस्सा बने और उन्हें साथ व स्नेह दिया। उन्होंने इन जीवों के स्वभाव, रंग और गुणों का इतना सुंदर वर्णन किया है कि पाठक उनसे गहराई से जुड़ जाते हैं।

इस संस्मरण में शामिल प्राणी हैं:

१. नीलकंठ (मोर), २. गिल्लू (गिलहरी), ३. सोना

४. दुर्मुख (खरगोश), ५. गौर (गाय), ६. नीनू (कुत्ता),

७. निक्की (नेवला), ८. रोजी (कुत्तिया), ९. रानी (घोडा)

सिया गर्ग, कक्षा दसवीं सी



नेताजी सुभाष चंद्र बोस

जहाँ हर कोई अहिंसा का मार्ग खोज रहा था, वहाँ नेताजी ने 'तुम मुझे खून दो, मैं तुम्हें आजादी दूंगा' जैसे प्रेरक नारे दिए, जो आज भी देश के हर नौजवान के दिल में जज्बा भरते हैं। वे मानते थे कि आजादी पाने के लिए केवल अहिंसा ही नहीं, बल्कि संघर्ष और बलिदान भी जरूरी है। उनकी कहानी में कुछ ऐसे पल हैं जो सुनते ही कांप उठते हैं। उन्होंने जापान जैसे देश से मदद ली और आजाद हिंद फौज बनाई, एक बार सिंगापुर से उन्होंने युवाओं को बुलाकर 'दिल्ली चलो' का नारा दिया, जिससे हम आजादी के करीब जा पाए आज भी उनकी कहानी एक जीवंत मिसाल है कि कि कैसे एक व्यक्ति पूरे देश की दिशा बदल सकता है और आने वाली पीढ़ियों के लिए एक प्रेरणा बन सकता है। नेताजी एक ऐसे व्यक्ति हैं, जो भारत के अमर नायक हैं, जिनका बलिदान हम कभी नहीं भूल सकते।

जय हिंद !

आशी जैन, कक्षा नवीं ब

(हरी-भरी मेरी प्रकृति)

हम - सबका एक ही सपना हरा-भरा हो देश अपना।

हरी, हरी, हर जगह, पत्ते पेड़ घर भरी हवा।

खेत होते बड़े व छोटे, परंतु पेड़ होते बड़े-बड़े।

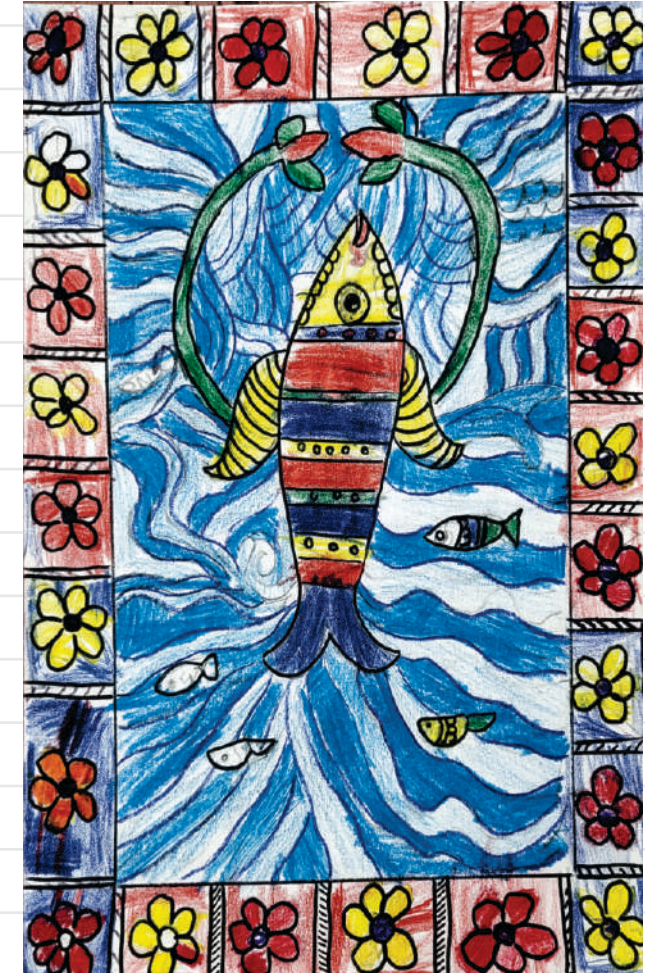
यह हर साल मनाया जाना चाहिए, न केवल एक दिन मनाया चाहिए।

अपितु हर रोज मनाया चाहिए हॉ - हॉ... वन महोत्सव मनाया चाहिए।

पेड़ लगाओ जीवन बचाओ, खुशियों का संसार बसाओ।

आओ मिलकर करें ये काम, प्रकृति को दें नया आयाम

कशिश बंसल, कक्षा आठवीं ब



Les jeunes esprits, l'avenir en marche (Young minds, the future on the move)

J'installe un grand sapin vert au milieu du salon. Je suspends des boules rouges, dorées et argentées sur les branches, puis j'ajoute une guirlande lumineuse qui brille de mille couleurs. Enfin, je place une étoile dorée tout en haut du sapin pour compléter la décoration de Noël.

Je fais une grosse boule de neige pour le corps et une plus petite pour la tête. J'ajoute des cailloux pour les yeux et une carotte pour le nez. Enfin, je lui mets une écharpe et un chapeau pour le garder au chaud.

Pour le repas de Noël, nous mangeons de la dinde rôtie avec des légumes, puis une bûche au chocolat en dessert.

VIHAAN RAWAT '24

Vihaan Rawat, VIII-A

Comment ça va?

ça va très bien

ça va bien

comme ça

ça va mal

Mahika Panwar, IV-A

Alimentation durable (Sustainable food)

Alimentation sans gluten (Gluten free food)

Alimentation végétalienne et végétarienne (Vegan and vegetarian food)

Alimentation à base de plantes (Plant based food)

Salad

PULSES

Prayan Kumar Rath, VIII-B

bonne alimentation

Sais du sport!

en general

Moesha

Moesha Grade, IX

Calendrier D'anniversaire

SWEET

Juin

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
-	1 un	2 deux	3 trois	4 quatre	5 cinq	6 six
7 sept	8 huit	9 neuf	10 dix	11 onze	12 douze	13 treize
14 quatorze	15 quinze	16 seize	17 dix-sept	18 dix-huit	19 dix-neuf	20 vingt
21 vingt et un	22 vingt-deux	23 vingt-trois	24 vingt-quatre	25 vingt-cinq	26 vingt-six	27 vingt-sept
28 vingt-huit	29 vingt-neuf	30 trente	-	-	-	-

Mansi Tiwari, IV-A

Topic: L'IMPORTANCE DE LA BIODIVERSITE

1. Qu'est-ce que la Biodiversité?

2. Pourquoi est-elle importante?

3. Quelles sont les menaces pour la biodiversité?

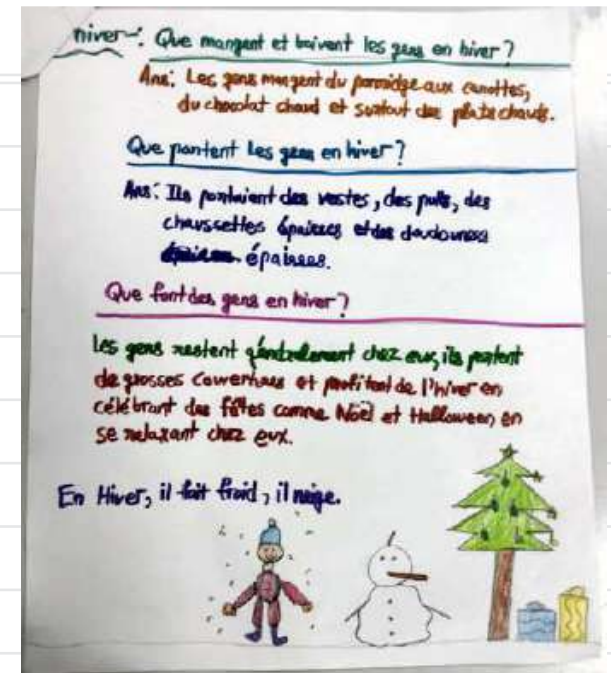
Daksh Bhardwaj, VIII-C



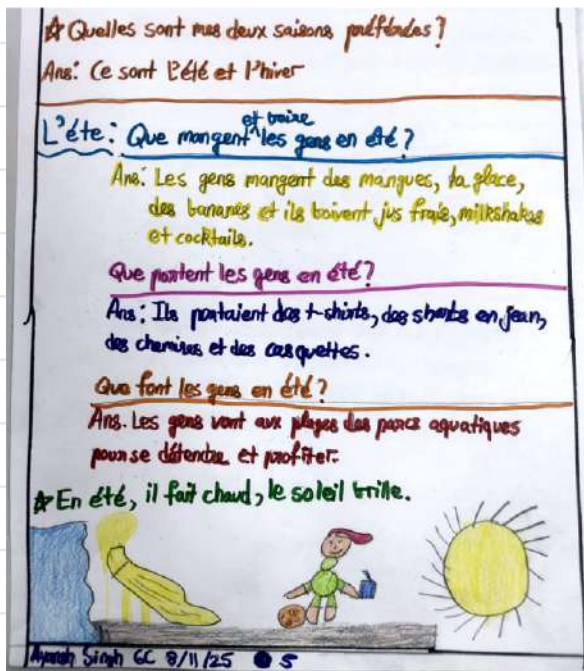
Mansi Tiwari, IV-A



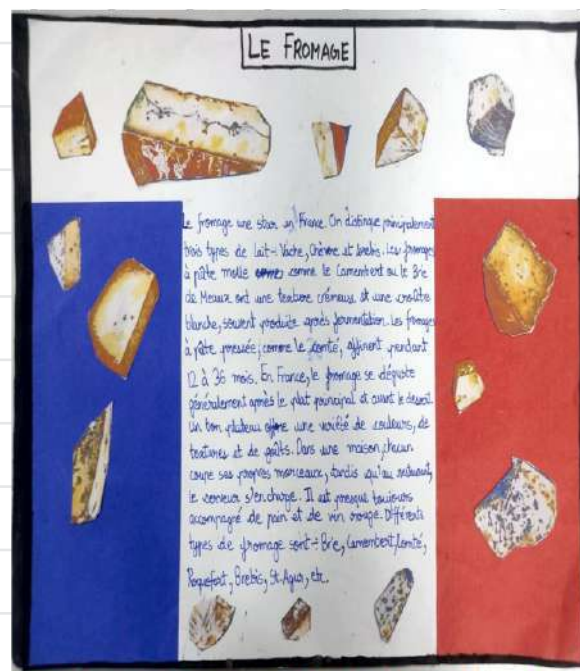
Khushi Rai, VI-Cambridge



Ayansh Singh, VI-C



Ayansh Singh, VI-C

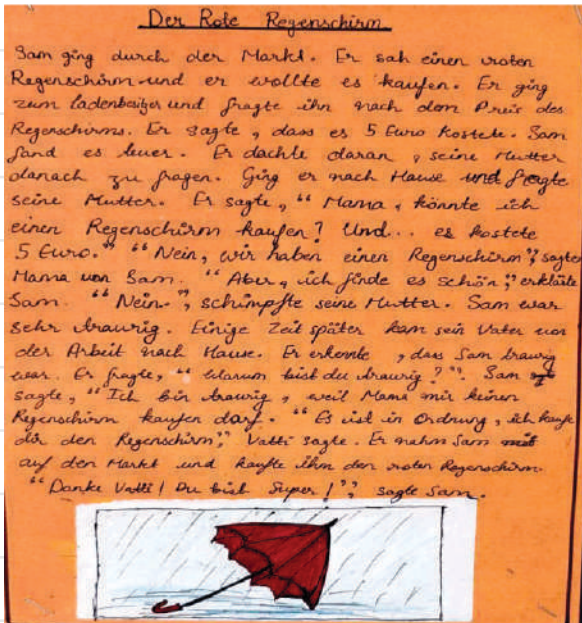


Reyansh Phadnis, VI-A



Aqsa Khan, VIII-C

Lernen ist ein Abenteuer, das nie endet (Learning is an adventure that never ends)



Sarah Khalid X A



Devansh Saharawat Grade VC



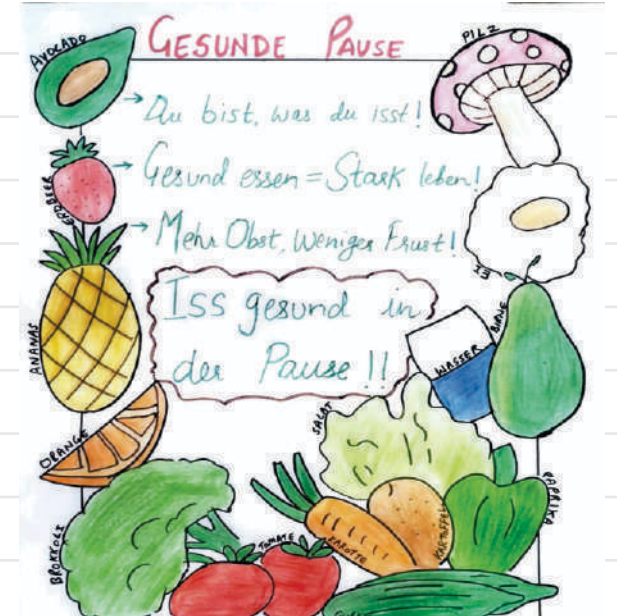
Dhruv Mehrotra Grade VC



Kashish Bansal, Grade VIII-B



Aradhya Joshi V Cambridge



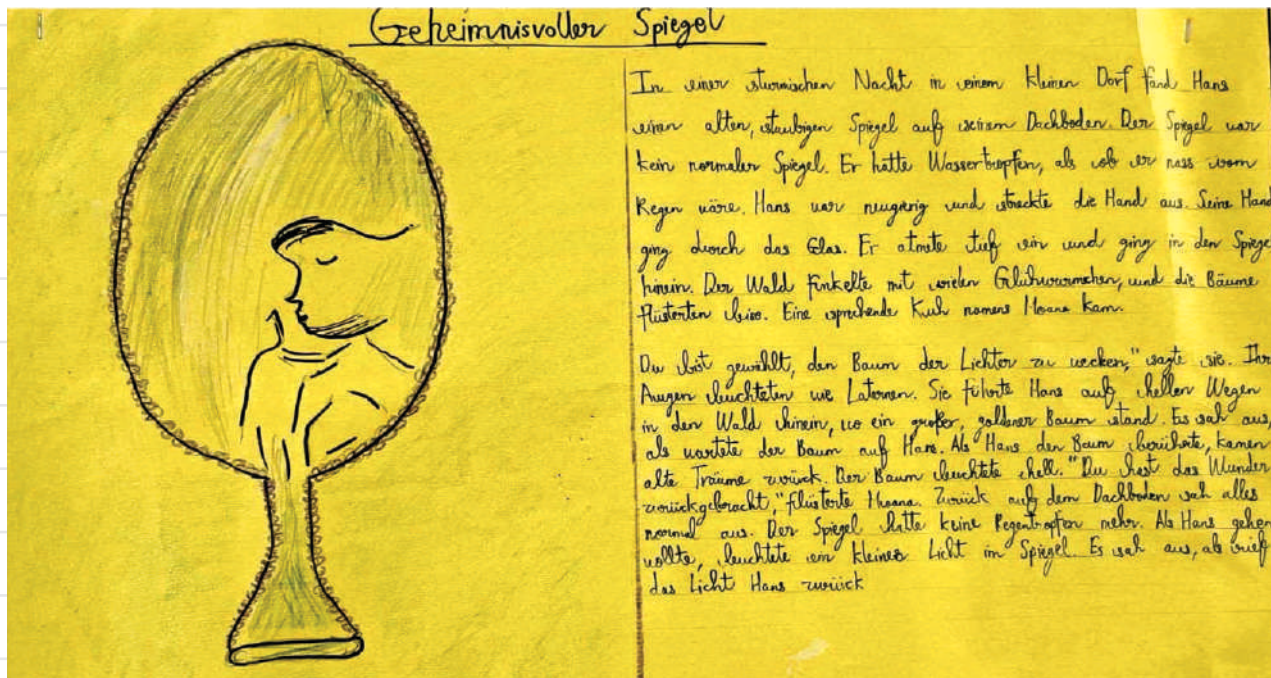
Aanvi Bhasin Grade VII Cambridge



Rajvi Srivastava Grade IVB



Parth Panwar Grade IV B



Saksham Alagh X C

Soll man viel einkaufen?

Ich denke man soll nicht viel einkaufen, sondern man soll Geld sparen. Wenn man viel einkauft, dann kauft er auch Dinge die er nicht braucht und damit verschwendet man sein Geld. Nicht nur das, viel einkaufen ist nicht gut für die Umwelt, denn es gibt mehr Abfall.

Man soll ein Budget machen, wenn man einkaufen geht. Dann weißt man genau, wie viel Geld er ausgeben soll. Ich habe auch über Kauf-nix-Tag gelesen. Ich habe diese Idee Sehr gut gefunden. Man kann daran auch teilnehmen.

Meiner Meinung nach soll man sein Geld sinnvoll ausgeben.

Nishka Singh IX B

School Empowerment Program

AEP- Empowering Young Leaders through Mindset, Resilience and Self-Discovery

Billabong High International School, Noida, in collaboration with Expressions India – The National Life Skills and School Wellness Program, hosted the 11th Annual Adolescent Peer Educators Leadership Orientation Program on 14–15 May 2025. The theme, “Growing through what we Go through: A Journey of Mindset, Resilience and Self-Discovery,” focused on equipping students to respond to challenges with resilience and a positive mindset. Aligned with the National Education Policy’s life skills vision, the program empowered adolescents to build critical thinking, communication, empathy, and responsible decision-making skills. The event was inaugurated by Dr. Jitendra Nagpal and Principal Ms. Sharmila Chatterjee with the ceremonial lighting of the lamp. Students from Grades VII–XII across twelve Noida NCR schools participated. Through creative formats such as short films, entrepreneurship projects, storytelling, and nukkad natak, peer educators strengthened leadership, teamwork, and socio-emotional skills while designing action plans to foster positive change in their school communities. The event also featured an insightful interactive session with Ms. Geeta Mehrotra, Senior Advisor (Academics and Training) at Expressions India and a National Life Skills Trainer with CBSE and UNESCO. She shared valuable perspectives on the evolving roles and responsibilities of peer educators, while offering thoughtful reflections after each group’s presentation. Her engaging interaction helped peer educators connect their lived experiences with the theme of the program— ‘Growing through what we Go through- A journey of Mindset, Resilience and Self- Discovery’—emphasizing how challenges can be transformed into powerful moments of growth, resilience, and self-discovery. Her guidance encouraged peer educators to embrace their journeys with a positive mindset and to emerge as empathetic, empowered leaders.



FUTUREWISE...BHS CAREER COUNSELING CELL

Global University Fair 2025



CAREER FAIR



KIC UnivAssist - Global University Fest 2025



On 8 April 2025, Billabong High International School, Noida, hosted the KIC UnivAssist Global University Fair—a vibrant platform where global university representatives connected with young minds. Students from Grade IX to Grade XII engaged proactively in one-on-one discussions, gaining valuable insights into university admissions, curriculums, and selection criteria. The event empowered learners to make informed decisions about their future career paths, fostering awareness and confidence in exploring global educational opportunities. It was a day of meaningful dialogue, inspiration, and exploration helping young learners be more aware in making informed choices about their career. List of Universities and their representatives who visited BHIS Noida were Binghamton University, Embry-Riddle Aeronautical University, The Ohio State University U.S. Vinod Rani Alumni Relations Specialist, Purdue University Northwest 5, Radford University 6, Saint Mary's University of Minnesota, 7. San Jose State University, Savannah College of Art and Design, to name a few.



PREPARED, NOT PANICKED: FIRE DRILL IN ACTION



A Fire Disaster Management Mock Drill was conducted at Billabong High International School, Noida, in collaboration with officers from the local police station. The session aimed to create awareness among learners about emergency preparedness and safety protocols during fire incidents. Students actively participated in the drill, gaining practical knowledge on evacuation procedures and first-response measures. The initiative reinforced BHIS Noida's commitment to ensuring a safe and secure environment for all its learners.



PAVING THE WAY ... THE PATH FINDERS



LABOUR DAY



Labour Day was meaningfully celebrated in our school by the students to honour the dedication and hard work of the support staff. Through heartfelt messages, students expressed gratitude towards helpers who contribute silently to the smooth functioning of the school. The celebration reminded everyone of the dignity of labour and the importance of respect, equality, and appreciation for every individual's effort in building a strong and supportive community.

Investiture Ceremony...Invested with Trust, Guided by values



CELEBRATIONS

Inter House Band... Our beats, Our pride, Our nation



Inter House Dance



SPIC MACAY

Rhythm, grace and poise!

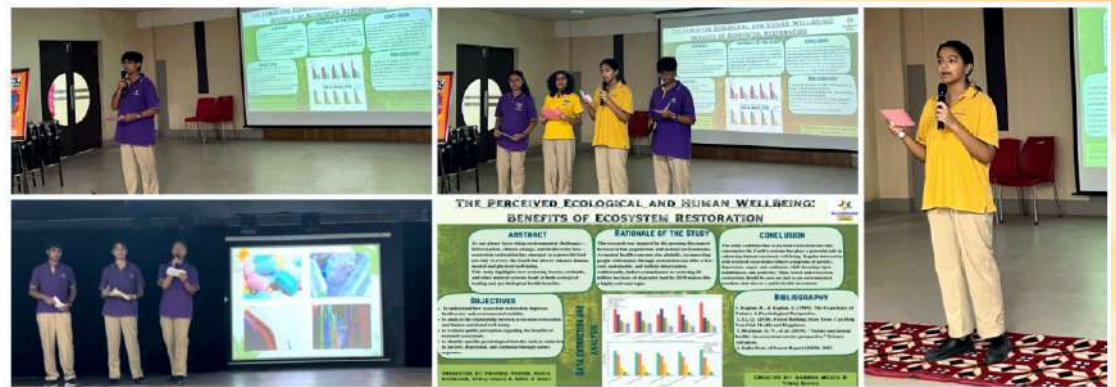
A Celebration of World Dance Day at BHIS Noida World Dance Day at BILLABONG HIGH INTERNATIONAL SCHOOL, NOIDA was an unforgettable experience as SPIC MACAY brought the magic of Kathak to our students. Led by a renowned Kathak maestro, SMT. GAURI DIWAKAR, at SPIC MACAY 2025, the session was a profound exploration of rhythm, grace, and storytelling—an embodiment of India's rich cultural heritage. Our learners were enthralled by the elegance of the traditional art form and found inspiration in its timeless beauty. Such sessions reaffirm the importance of art in education, bridging generations and fostering cultural connections. BHIS Noida is proud to host events that ignite creativity and celebrate the vibrancy of Indian traditions.



VAN Mahotsav...

The Saviours taking the stage for the Planet

Learners presented a research paper that highlighted the interconnection between ecological restoration and human well-being. Their study focused on how restoring forests, wetlands, and natural ecosystems not only helps the environment but also positively impacts human health, both mentally and emotionally. The TED Talk activity on "Microplastics and Their Impact on the Human Body" was organized to help learners develop awareness about one of the most concerning environmental and health issues of our time. The presentation aimed at explaining how tiny plastic particles, often invisible to the naked eye, are entering the human body through food, water, and air, and how they can affect human health. Learners presented their talk in the signature TED Talk style—engaging, informative, and thought-provoking—while using real-life examples and scientific facts to connect with the audience.



हिंदी दिवस

हिंदी है हमारी पहचान, हिंदी है हमारा अभिमान...



School Trips Turning pages for Real-Life Adventures...

Monumental Memories at Agra



Royal Roads and Timeless tales at Jaipur



Sunset and Safari Dreams at Jim Corbett Park



SPORTS... GAME ON

CBSE NORTH ZONE Lawn Tennis Championship



A Grand Celebration of Sporting Excellence

Billabong High International School, Sector-34, Noida proudly hosted the CBSE Cluster XIX North Zone-I Tennis Championship from July 30 to August 2, 2025. The four-day tournament witnessed participation from 498 players representing 76 schools, celebrating competitive spirit and sportsmanship. The event was inaugurated by Dr. Sanjeev Sahni and Subhash Panchal. Principal Ms. Sharmila Chatterjee highlighted the role of sports in holistic development as young athletes impressed audiences with outstanding tennis performances.



Gurleen Soni A Rising Star in Indian Cricket

Gurleen Soni, our Grade XII learner, has carved a remarkable path in cricket with her dedication and outstanding performances. She proudly represented the CBSE India Team as Vice Captain at the SGFI National level and earned a Gold Medal at the CBSE Zonal Championship. Showcasing her consistent excellence, Gurleen was also selected for the Punjab State Team in the BCCI tournament and represented the Bathinda District Team under the Punjab Cricket Association. Her achievements reflect her leadership, talent, and commitment to the sport at national and state levels.



WINTER GAMES





Sports Day..Play Hard, Play Smart

Interschool Yoga



Late Shri M. S. Gandhi Memorial Trophy

Unleashing Talent, Igniting Spirit

The Late Shri M. S. Gandhi Memorial Trophy - Inter-House Sports Tournament, proudly hosted by BHIS Noida, once again proved to be a grand celebration of sportsmanship and talent. With over 50 schools participating and more than 1200 players showcasing their skills, the event was a spectacular display of determination and teamwork. The competitive spirit was at its peak as young athletes engaged in riveting matches, making the tournament one of the most remarkable events of the year for BHIS Noida. This annual sports extravaganza not only fostered camaraderie but also reinforced the school's commitment to excellence in athletics. The various sports activities that were hosted under the tournament were - BASKETBALL, FOOTBALL, CRICKET, CHESS, LAWN TENNIS, YOGA, SHOOTING and TABLE-TENNIS. The tournament featured a diverse range of sports, including high-intensity matches in Basketball, Football, and Cricket, where players exhibited remarkable strategy and teamwork. Precision and focus were tested in Chess and Shooting, while Lawn Tennis and Table Tennis brought agility and quick reflexes to the forefront. Yoga sessions added a unique dimension, promoting balance and mindfulness, making the event a true celebration of athletic excellence.





Team Games...United we Play, United we Win



Mentors...Expanding Skills, Impacting Lives

Fun Times in the Teacher Learning Lounge



JOYOUS OUTING



Pickle Ball Play



Relaxing Yoga



Mandala Art Session

IT Conclave... Building Digital Confidence for Educators

The IT Conclave for Teachers, hosted by the IT Department, highlighted the growing importance of digital awareness in education. As classrooms become increasingly technology-driven, teachers must stay updated with modern tools, cybersecurity practices, and ethical online conduct. The conclave equipped educators with essential digital skills, enabling them to create engaging, safe, and innovative learning environments while guiding students to become responsible digital citizens in today's tech-powered world.



PEER LEARNING



Mental Health and Well-Being of the learners by Dr Pooja Jaitley



SMC - (School Managing Committee) Meeting



S NO	Workshops / Trainings
1	<i>Gamification in Learning</i>
2	<i>Storytelling as a tool to learn</i>
3	<i>21st Century Skills...Creating Global Learners</i>
4	<i>Social Emotional Learning</i>
5	<i>Basket of Pedagogy</i>
6	<i>Use of ICT - AI Tools</i>
7	<i>Art and Sculpture as Pedagogy</i>
8	<i>Teachers as Counsellors</i>
9	<i>Capacity Building Accountancy</i>
10	<i>Capacity Building Chemistry</i>

स्वर्ण विद्या क्लासेस

शिक्षित नारी, सशक्त समाज

स्वर्ण विद्या क्लासेस में पढ़ाई के साथ आत्मविश्वास और जीवन में आगे बढ़ने के लिए जरूरी कौशल भी सिखाते हैं। यहाँ छात्राओं को संगीत, खेल, कंप्यूटर, आर्ट और ताइक्वांडो जैसी गतिविधियों में ट्रेनिंग दी जाती है, इससे उनका सर्वांगीण विकास होता है। कंप्यूटर शिक्षा से बालिकाएँ डिजिटल दुनिया से जुड़ती हैं। वही आर्ट और संगीत उनकी रचनात्मकता को निखारते हैं। खेल और ताइक्वांडो शारीरिक रूप से मजबूत बनाकर आत्म रक्षा के गुण सिखाते हैं। विज्ञान प्रदर्शनी प्रतियोगिताओं और सांस्कृतिक कार्यक्रमों में भाग लेने से छात्राओं में वैज्ञानिक सोच, टीम वर्क और नेतृत्व क्षमता विकसित होती है। विद्यालय केवल शिक्षा का केंद्र नहीं, बेटियों के सपनों को पंख देने वाला संस्थान है, जो समाज को यह संदेश देता है कि जब एक लड़की शिक्षित होती है तो पूरा परिवार और देश आगे बढ़ता है।

**Integrated Farming by
(Grade 4 learners)**



**Brain Game
(Grade 4 learners)**



Sports (Grade 3 to 5)



Drawing (Grade 3 to 5)



Music (Grade 1 to 5)



Yoga



Taekwondo (Grade 1 to 5)



Sniff test (Grade 5 learners)



Mother Earth Poem (Nursery learners)



Drawing (Grade 1 & 2)



Computer (Grade 3 & 5)



Pollution (Grade 2 learners)



Puppet show Grade 3 learners



Chandrayan (Grade 2 learners)



**Shapes Game
(Grade 3 learners)**



**Sense Organs
(Grades KG/2 learners)**



**Yoga
(Grade 1 learners)**



**Types of land
(Grade 5 learners)**



**Refraction of light
(Grade 1 learners)**





Academic Partners In Learning

- Central Board of Secondary Education (CBSE)
- National Council of Educational Research and Training (NCERT)
- Cambridge Assessment International Education (CAIE)
- Lighthouse Learning
- Rama Krishna Mission
- Expressions India
- First in Math (FIM)
- British Council
- Science Olympiad Foundation (SOF)
- Education World
- SPIC MACAY
- City as Lab (CAL)
- Centre for Career Development (CCD)
- Inspire- Department of Science and Technology
- Green Rating for Integrated Habitat Assessment (GRIHA)
- Space Technology and Education Pvt Ltd
- Rahul Khannas Education through Theatre
- Gandhi Smriti and Darshan Smriti
- Indian Pollution Control Association
- Rocksport
- Scholastic India
- Edterra Edventures





Striving for greatness with unwavering dedication...

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