



HANSRAJ MODEL SCHOOL

Punjabi Bagh, New Delhi

Meraki

#WeThePeople

e - m a g a z i n e

Fortnightly Edition, March 2021

From the Principal's Desk

Dear Readers,
I feel honored in being instrumental in transforming education in my domain of influence. The doors of Hansraj Model School always welcome constructive transposition for brighter and promising times ahead.



The gateway to our school symbolizes passage to progress and abundant prospects where we stand strong to uphold the integrity and commitment of our efforts towards building a holistic and ethical environment for responsible future-ready citizens. In our endeavor to work towards nurturing dedicated and keen learners, here is a piece of work **'The Ornate Door'** which I have penned down for my students.

Heemal H Bhat
Principal

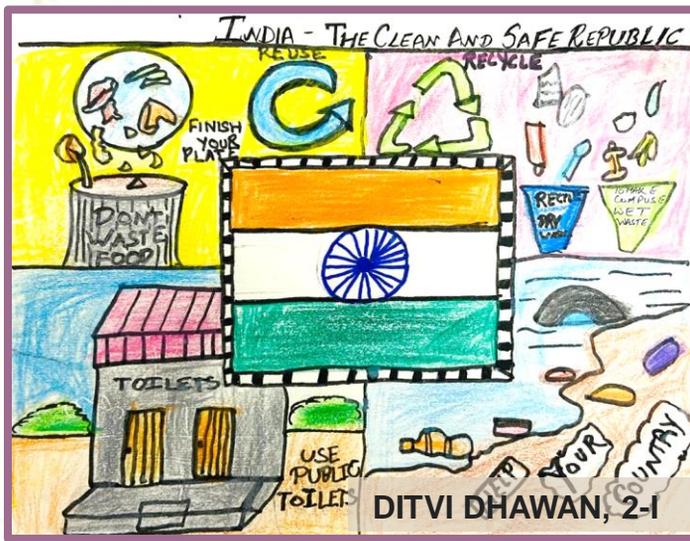


The Ornate Door

I stand tall
At a temple's entrance,
Always open
Watching shadows walk in.
Some admire my heavy frame
Which holds centuries of stories
And unknown things of yore.
A door of perception
Testimony to the magnificence
Panelled in timber.
Alas! My wrinkled exterior
is now painted with tangerine yellow.
My ornate metallic embellishments
have lost their antique look.
The hinges that embraced me
now show their ire
Over this ostentatious makeover.
I stand in splendour
Baring my veiled soul.
Don't look remorsefully on me
I lead you to opportunities,
Divinity and self-realisation.

Heemal H Bhat
Principal





Victorious Vaccine

Covid-Covid you gave us
a scare,
Now it's our turn to make
you rare.
Our scientists are making
vaccines fair,
Which with the world they
will share.
These are messengers of
hope & care.
Your reign will come to an
end,
Then we will have school to
attend.
If you try to come again,
Our safety & hygiene will put
you in chains.
Good bye Corona
Good bye Covid
Welcome Victorious Vaccine.

TANISHA BUTTA II-J

Aradhya Mehra, I-F



साफ़ ही सुंदर ही।
ऐसा मेरा भारत देवा ही ॥

Victorious Vaccine

As the sun rises,
A ray of hope arises.
It's time to celebrate,
After months of wait.
Finally the vaccine is here,
To make the mask disappear.
Scientists are the real Gods,
They have made vaccines
against all odds.

AADYA CHUGH 2I

Back to school

Corona virus go away,
I want to go to school
everyday.
When I go back to
school,
I'll play with my
friends, isn't that
cool?
When it'll be time for
a break,
We will share the
lunch our moms
make.
I will greet my
teachers with a
smile & a wave,
Their online teaching
made us suave.
When the school bell
will ring,
Our hearts will fill
with hope & sing.

REYANSH SUDAN II-B



LET'S WRITE OUR EXAMS AGAIN

School is a portal of learning, where human beings become the source of other resources. An overnight Shift in transferring the knowledge from physical to virtual platform because of the unprecedented Situation arise due to COVID 19 Pandemic has brought a lot of challenges and difficulties. Gradually, everything got streamlined and diluted with the changing demands of the environment .Anyhow, life needs to be get back on track soon . With the adequate preparedness school has reopened again to facilitate learning among students. Finally, the time has come for annual assessments. Examinations are the tool to measure the learning outcomes of the children. Here, the question is not about the mode of examinations whether through online or offline mode .On the contrary, the question is how much the learning gap has created due to the demand of pandemic situation last year. Children must identify the learning gaps and examine the discrepancies that has occurred between the learning and the outcomes. Surely, it will help them to prepare for the next academic session .So let's gear up and prepare our children with less confusion and more hopefulness. We must understand that it is our ability to adjust and adapt that makes us unique and saviours .Few examination tips to handle their adrenaline rush-

Mindfulness meditation: Train your child to be aware, in the present moment only. Five minutes of meditation and relaxing the mind can reduce the stressed and tensed muscles. Just visualize only the success and frame you achievements at that time. It will generate more positive emotions.

Developing non judging attitude: support your children and never judge their potentials. Children must attuned to their strengths.

Stop overlearning: children must stop overlearning at the time of exams because more than learning it gives more episodes of forgetting.

Have smaller goals: make smaller goals, design your day in such a way that you can achieve daily targets, it leads to more satisfaction level of achievement.

Believe in yourself: Everyone is unique and has its own identity, trust your potentials with a **Beginners mind. Believing yourself would in turn helps you out to be more productive and valuable.**

Letting go: if you are not able to perform in the past, start again because every day is a new day .past failures cannot predict your future outcomes.

Leaving the habit of procrastination: by adapting discipline, and leaving procrastination we can bridge the time gap.

Acceptance: most importantly, acceptance means being yourself rather than denying who you are. Acceptance does not mean passive resignation or losing the desire to change aspects of yourself and your life. It simply means stop making the comparison with your real self and imagined self.

Practice more: practice more exam papers because we all know” **practice makes a man perfect”.**

Positive self-talk: try to replace unhelpful thoughts with more encouraging self –talk by challenging your worried and negative thoughts.

Good sound sleep: lastly don't deprived yourself with sound sleep because lack of sleep makes you lethargic and irritable.

Shilpa Chawla (School Counsellor)



The Bemoaned Road.

The screech of brakes

The clang of gears

The splintering glass

And a life full of tears.

The cries of an infant

The pain of the lost

The bleeding victim

And a bright future tossed.

The blaring of sirens

The babble of the crowd

The waning light of life

And the outcome a cloud.

I am the road that watches

lives fall apart,

Because need for speed is the

only thought.

-Sonal Sood (PRT)

COVID: A BLESSING IN DISGUISE

'Every dark cloud has a silver lining.'

This famous proverb felicitously conveys the effect coronavirus-induced lockdown has had in empowering me technologically and carving a more relevant teacher out of me. Right from framing digitally creative notes to transacting curriculum online, both within and beyond the textbook, in an equally engaging way has been an enriching experience altogether.

Tony Robbins, an American author's celebrated quote, "**All growth starts at the end of your comfort zone.**" rings in my head when I think about how much of the online teaching has been nothing but one big roller coaster ride. While employing virtual pedagogical tools and resources exclusively was a huge challenge initially, gradually it seemed indispensable and fun for an effective facilitation of teaching-learning process. Besides, attending webinars and online courses enabled the enhancement of pedagogical skills and knowledge along with a productive utilization of the lockdown period.

During this phase, I also got to revive my long-lost hobby of reading books. While cheerful books like *The Happy Brain*, *The Overdue Life of Amy Byler* and *Life is What You Make It* kept me positive in these trying times, inspiring autobiographies like *Pour Your Heart Into It*, *Unbreakable*, and *On Writing: A Memoir of the Craft* to name a few helped me break free of the mundane routine. These bestsellers restored my self-confidence and gave me priceless lessons in resilience.

Now, with the pandemic slowing down, Delhi schools have reopened (though with covid protocols in place). It gives me great delight thinking how our dear students are going to have the best of both worlds with more-than-ever tech-savvy educators imparting lessons with the best of online as well as offline teaching techniques in practice.

- Kamakshi Sharma (PGT-English)

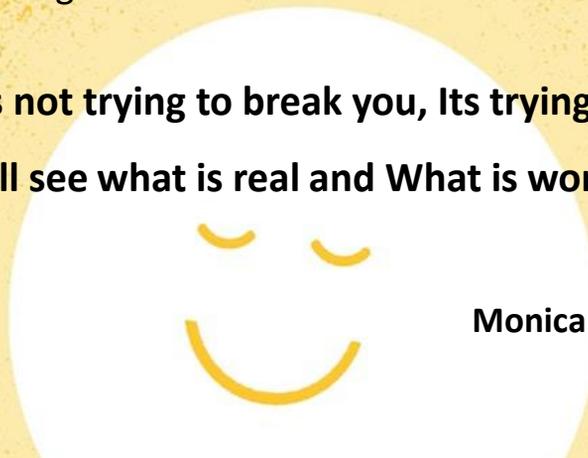
2020-New learnings and changing perspectives

**“Sometimes we are tested not to show our weaknesses,
But to discover our strength”**

2020 has been a year of transformation globally and economically. Looking at the economies all over the globe we find depressing and distressed figures of economic growth, poverty, unemployment ,etc.

However, sitting back a while, closing your eyes, just think were the things so bad that we could not see any rainbow amongst the clouds. Yes, we saw a lot of colours of life. This year indeed brought about a complete transformation in the environment around us. The world has long been discussing on the issue of depleting resources and degrading environment. A year of slowdown ,a year of rest reduced the pollution and gave a chance to our planet to rejuvenate. This year saw a lot of medical innovations, digitalisation, connection of people with each other on social media platforms, cooperation and reaching out to help those in need. Most important of all, it developed a sense of gratitude, for we had been taking our freedom for granted. It enabled to build a strong bonding between parents and children, understanding each other better. The message of 2020 was loud and clear.

**“The universe is not trying to break you, Its trying to wake you up,
So that you will see what is real and What is worth fighting for”**



Monica Sethi (PGT Economics)

“EMBRACE AN ATTITUDE OF GRATITUDE”

Thank you! Thank you everyone who is reading this.

**Thank you my wonderful HANSRAJ FAMILY, my students, friends,
my colleagues, community, country and lastly the ALMIGHTY
and special gratitude to the challenges and hardships in my life,
as they have made me a stronger and better human being.**

Gratitude is the powerful catalyst for happiness. Gratitude helps us to see what is there instead of what it isn't. Gratitude enables us to see beyond darkness. It inspires us to search for colours when everything turns grey.

The last year 2020, as we all know, has been the year of human revolution and transformation.

It has taught us that money is futile. Amassed wealth, high positions, burning desires and ambitions all lost their relative importance during the pandemic. Currently, we might be overwhelmed by the fears of coronavirus but it's teaching us so much. It has already helped us slow down, to stand still and ultimately reach a balance in our lives. It has given us time to ponder upon, reflect on and start valuing what really matters in life.

The most valuable asset that we have is the gift of life and our first priority is to protect and safeguard this gift of life.

We often complain and moan about petty issues in life but we often forget that how blessed we are. We never know that we are living someone else's dream. We should be grateful to the almighty for all the little things bestowed upon us. Gratitude is the need of the hour when everyone is forgetting the basic morals and values.

Let's ask the value of health from a person who is physically impaired.

**Let's ask the value of wealth and comfort from a person who is deprived of basic food
and essentials due to poverty.**

Let's ask the value of having a family, love and bonding from an orphan.

Gratitude makes man thoughtful and altruistic.

So, let's pledge to count our blessings and let gratitude be source of guiding light for the mankind as a whole. Be thankful for your limitations because they give you the opportunities for improvement. Be thankful when you are tired and weary because you have made a difference.

Let's train our mind to see the good in every situation. Gratitude is a practice and an attitude towards a happy and a peaceful life.

MEENAKSHI KUMAR (PRT, English)



A Teacher's Dream

The Realm of Spirituality is mystical
and mysterious,
The World of Education is all
Knowledge and Wisdom.
The little learner is all Inquisitive and
excited,
The Threshold of technology is
expanding and unfolding-
to make us see rare pleasures and
glories earlier unsighted.

New challenges ahead,
New Missions and Visions,
As a teacher of a whole new world
Let's step into the fun of **"creating."**
Transgressing boundaries being
traditional yet innovating.

Blend the two
We want a world of peace
We want harmony

And we want a Utopia of new
knowledge too.

Brilliant Minds at work
Let's create a **"rainbow of dreams"**
Surging ahead, soaring far above let
the new world of education – be our
treasure trove.

Health, happiness, peace, creativity –
Let this world be for learners and
teachers – A world of Positivity.

- **Bhavneet Kaur (PGT, English)**

कोरोना और अध्यापक

किसी ने सच ही कहा है- 'आवश्यकता आविष्कार की जननी' होती है। कौन जानता था, ऐसा समय भी आएगा जब स्कूल, कॉलेज, ऑफिस, बाजार सब कुछ बंद हो जाएगा। मानव सदा प्रकृति पर विजय पाता रहा है। कुछ समय तो शांति से बीता फिर आरंभ हुआ ऑनलाइन का प्रचलन। स्कूल, कॉलेज, ऑफिस सभी ऑनलाइन हो गया। बच्चों की कक्षाएँ ऑनलाइन हो गईं। अध्यापकों के सामने चुनौती थी इस ऑनलाइन को स्वीकार करने की जो अध्यापक कंप्यूटर ज्ञान से अनभिज्ञ थे उनके लिए 'अंगूर खट्टे थे' परंतु अध्यापक कब कहाँ किस से हारा। बहुत ही अल्प समय में कंप्यूटर का ज्ञान प्राप्त किया और बच्चों को पढ़ाना आरंभ कर दिया। ऑनलाइन पाठ्यक्रम, ऑनलाइन प्रतियोगिताएँ, यहाँ तक कि योग और व्यायाम भी ऑनलाइन होने लगा। चित्रकला, पाक कला, सामान्य ज्ञान, कविता प्रतियोगिता, भाषण प्रतियोगिता आदि में बच्चों ने ऑनलाइन अपनी कार्यकुशलता दिखाई। इतना ही नहीं सभी पर्व त्योहार भी ऑनलाइन मनाए गए फिर चाहे स्वतंत्रता दिवस हो, गणतंत्र दिवस हो, बसंत पंचमी हो या बड़ा दिन। समय की माँग ने अध्यापकों को कंप्यूटर ज्ञान में इतना कुशल बना दिया कि उन्होंने सभी परीक्षाएँ भी न केवल ऑनलाइन लीं बल्कि उनका निरीक्षण कर अंक विद्यार्थियों तक पहुँचा दिए। विद्यालय की मासिक पत्रिका भी ऑनलाइन विकसित हुई।

सत्य ही कहा गया है- 'जहाँ चाह वहाँ राह।'

- परीक्षा अग्रवाल, हिंदी विभाग

Back To School

With zest and zeal in our heart,
We are back to school with josh,
Marching ahead to defeat the pandemic,
With all precautions and without panic.

We are back to school with josh,
Determined to keep our steps together,
With the efforts of our teacher warriors,
We shall overcome all the barriers.

We are back to school with josh
With a reinforced faith in our school,
To overcome all obstacles that we may
come across,
We shall sail ahead without a toss.

We are back to school with josh,
Time has changed so shall we adapt,
With vaccine under our wings to protect,
We shall bring life back on tracks.

----Shakeel Ahmed
Jr. Engineer



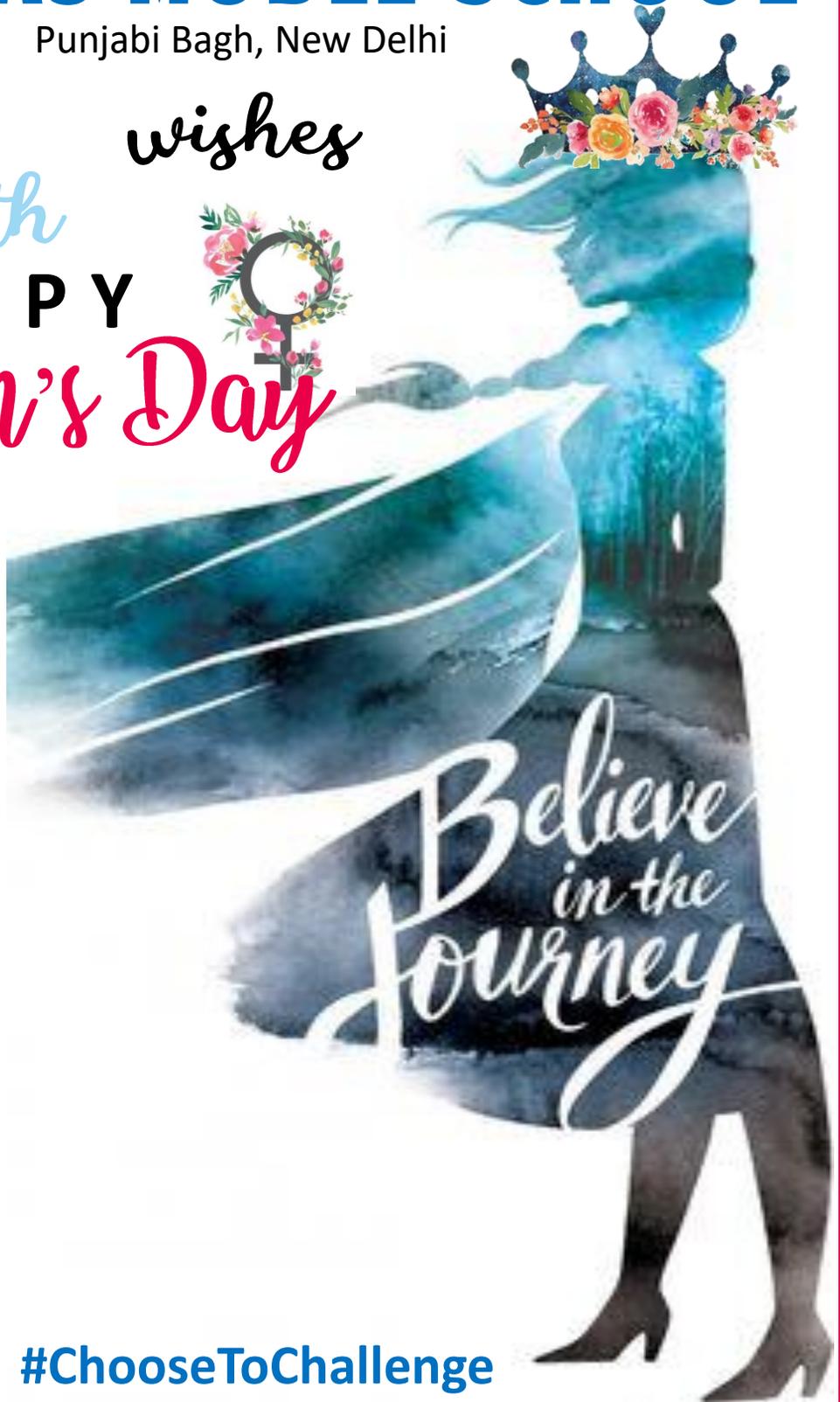
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wishes

8th
HAPPY
Women's Day
March

Women are
always a
source of
inspiration
for the
family and
society.



#ChooseToChallenge

Accolades of Teachers

Under the 'AatmaNirbhar Bharat Abhiyan' initiated by our Hon'ble Prime Minister, Shri. Narendra Modi, **Toycathon-2021** an inter-ministerial initiative organized by Ministry of Education's Innovation Cell with support from All India Council for Technical Education, Ministry of Women and Child Development, Ministry of Commerce and Industry, Ministry of MSME, Ministry of Textiles and Ministry of Information and Broadcasting. The following teachers were successful in donning the cap of Teacher mentors in two categories.

1. Digital category - Ms Sangeeta Panchal
2. Physical category - Ms Hema Sardana
3. Physical category - Ms Karuna Varshney



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