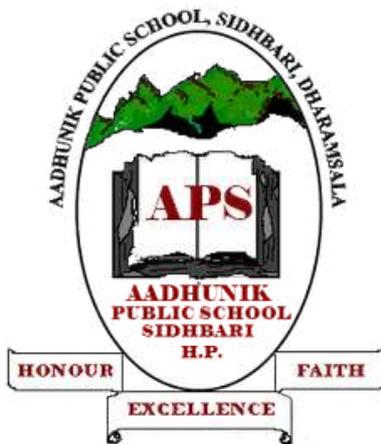


APS MIRROR

THE OFFICIAL SCHOOL NEWSLETTER

A PLATFORM TO ENCOURAGE CREATIVITY AND NURTURE NEW SKILLS AND INSIGHTS



CELEBRATING 25 YEARS OF SOUL CRAFTING

MESSAGE FROM THE DIRECTOR

CAPT. SANJAY SHAROTRI



“Keep your face always towards the sunshine and the shadow will fall behind you.”

It gives me immense pleasure on seeing the progress being made at Aadhunik Public School. The seeds of an idea sown in 1995, have come to fruition and the school is growing into a sturdy tree. It is the endeavour of the management to make the academic life of the student at APS a smooth journey, full of joy and discovery.

The Newsletter is a platform for the students to express their creative pursuit which develops in them originality of thought and perception. The contents reflect the wonderful creativity of thoughts and imagination of the students at Aadhunik .

I extend my warm wishes to the Principal, staff and students. May this journey continue towards the road to excellence.

May the tree grow deep and spread its branches.

MESSAGE FROM THE PRINCIPAL

MS. Anita Verma



"EDUCATION IS A SHARED COMMITMENT BETWEEN DEDICATED TEACHERS, MOTIVATED STUDENTS AND ENTHUSIASTIC PARENTS WITH HIGH EXPECTATIONS"

Today, the role of a school is not only to pursue the academic excellence but also to motivate and empower the students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society. Converting every individual into a self-reliant and independent citizen, our school provides an amalgam of scholastic and co-scholastic activities.

The world today is changing at such an accelerated rate and we as educators need to pause and reflect on this entire system of Education.

"To Motivate the Late bloomers, To mold the Mediocre and To Challenge the Gifted" is the teaching notion. Providing good quality modern education including a strong component of cultural values, environment awareness and physical education to talented children irrespective of their family's socio-economic condition is the prime motto of Aadhunik Public School. A committed and supportive management, dedicated teachers, caring and co-operative parents blend harmoniously to create this school as a child-centric school. There is something for everyone here. The variety and creativity of the articles in the magazine pages represent the talents of Aadhunik. The reflection of the students' and teachers creativity is the epitome of Aadhunik Mirror. "Success comes to those who work hard and stays with those who don't take rest on the laurels of the past"

"With warm wishes and God's blessings".

IN THIS ISSUE

Messages by the management, the principal and the editor

School activities/news

Messages by the teachers

Student submissions

THE EDITORIAL BOARD

Ms. Eeha Singh (Editor)
Ms. Pooja Kumbkarni
Ms. Neeraj Mehta
Ms. Sapna Thakur
Mr. Amit Sharma



'OUR SPIRITS WILL NEVER LEAVE THE MOUNTAIN'

CULTURAL MILIEU AMONG HIMACHAL PRADESH

DR. SAPNA THAKUR

Any phenomenon, or process that may be considered as possessing spatial properties and that are within the scale of man's observation are substance for geography.

India is a country of second largest human resource of the world. From the mountain of north to the sea coasts of Kanyakumari and from the Thar deserts of Rajasthan to the humid forests of the North-East, India displays her wealth of diversity in cultures, religion, fairs and festivals; indeed, India is unity in diversity. Although the Himalaya dominates the physical and cultural life of the Indian subcontinent, little attention has been given to various aspects of the cultural. Himachal Pradesh is a state with rich cultural heritage lying in the Himalayan region. The state has different physical and climatic conditions which results into variation in cultural practices

Tribal people are generally known to be conservative and preservers of the traditional culture. They do not open up easily to the outside world yet marks of changes are visible among them. As a result of the opening of Atal Tunnel inaugurated by Prime Minister Narendra Modi tribals will be interacting with the rest of the world. Growing educational awareness, diversification of occupation and growing incidences of nuclear family are becoming a common phenomenon among Lahulas: A TRIBAL GROUP OF HIMACHAL PRADESH.

The difficult living conditions due to remoteness of the region and tribal affinity have been the most important factors of bondage among the Lahulas. They live in cooperative society where family bonding holds an important position, but due to the advent of modern civilization in this tribal region, the system is under serious strain. Hope with changing times we will be able to preserve our past. Sustainable development is a must keeping in pace with economic prosperity.

"PRESERVING THE PAST, PRESERVING OURSELVES"

HOUSE BOARD COMPETITION 2021

The four houses – Brahmaputra, Ganga, Krishna and Narmada worked beyond the boundaries to do justice to the theme as well as the competition.



THE EDITOR'S PEN

My dear students

You've been a wonderful bunch of enthusiastic learners throughout the Pandemic and I hope you'd continue striving for your goal.

Now we are beginning with a new session and I am sure you all are in great spirits. Things will be a bit different but all together interesting. We all are going to Equip you with critical thing skills and self-awareness that you can take along into the real world and this is what actually matters.

All I want to tell you is to embrace the changes, do your best, and learn from them. Be inquisitive and ask questions. I want you to become problem solvers than passive thinkers. Get in there and really think about it. Then come up with your own analysis and conclusions.

Remember, the best way to grow is self-reflection and thinking deeply about what you're learning about yourselves. Such a mindset creates a love of learning and makes one resilient.

Let's continue to work together with greater determination. Let's move towards a better tomorrow.

EEHA SINGH



MUSIC IS LIFE ITSELF

मानव जीवन में संगीत का योगदान

संगीत की उत्पत्ति ब्रह्मा द्वारा हुई | अं स्वर का दीर्घ उच्चारण कर लम्बी ध्वनि द्वारा नाद स्थापित किया जाता था | इस उच्चारण को आध्यात्मिक ज्ञान की वृद्धि और संगीत उपासना का पर्याय माना गया है | कहा जाता है कि सभ्यता के साथ संगीत भी परिष्कृत हो जाता है | संगीत का अस्तित्व ब्रह्मांड की शुरुआत से बताया गया है | प्राचीन समय के ऋषि मुनि ईश्वर की आराधना आध्यात्मिक शक्ति से संपन्न करते थे | इसलिए ये अं स्वर से साधना करते थे | अं नाम से ही संगीत का अभ्यास माना जाता है | संगीत एक ऐसा साधन है जो आध्यात्मिकता को मानव जीवन में बनाए रखता है | भारतीय संस्कृति में मूल तत्व में जीवन मरण, पाप - पुण्य, कर्म विचार, चित्रकला आदि सभी कलाओं में संगीत को विशेष महत्व दिया गया है | माँ सरस्वती को संगीत की यह विद्या ब्रह्मा जी ने प्रदान की तथा माँ सरस्वती को वीणा पुस्तक धारिणी कहकर साहित्य की अधिष्ठात्री माना गया है | इसी आध्यात्मिक विद्या से नारद, हनुमान जी ने धरती पर इस विद्या का प्रचार किया | संगीत की यह विद्या आज तक मानव जीवन के आध्यात्मिक विकास के साथ - साथ उसके शारीरिक विकास में भी उपयोगी सिद्ध हुई | बिना संगीत मानव जीवन निरर्थक है | अतः मनुष्य को संगीत के प्रति रुचि अवश्य रखनी चाहिए |

धीरज शर्मा (संगीत शिक्षक)

NO BLUE..... NO GREEN



NATIONAL SCIENCE DAY 2021 POSTER MAKING COMPETITION



PROTECTIVE MEASURES



STAY SAFE
Squad



'At Aadhunik, we all move forward together and success takes care of itself!'



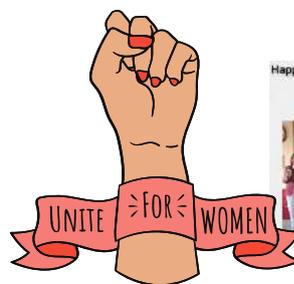
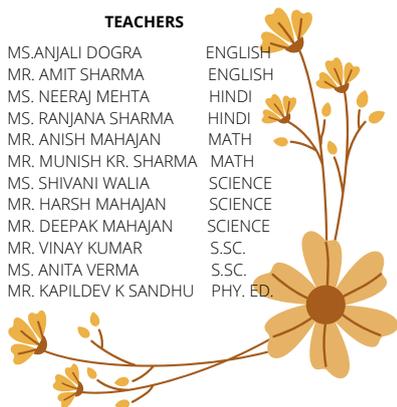
CONQUERING HEROES OF X & XII SESSION 2019-2020

STUDENTS

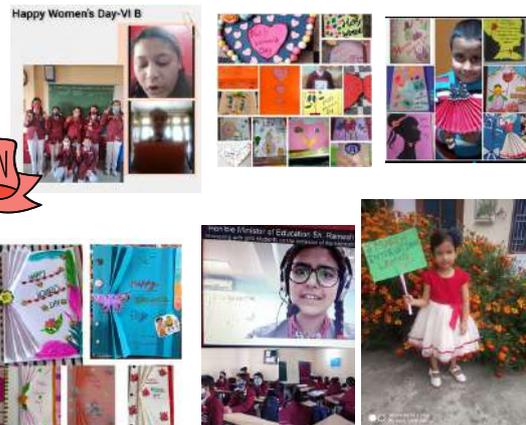
HARSHITA THAKUR - X	98%
ANKITA NANDA- X	97.6%
MEGHA SHARMA- X	97.2%
ISHIKA- X	97%
KARANVIR SINGH RANA- X	96.8%
SAKSHAM MAHAJAN- X	96.8%
ARYAN KANWAR- X	96.6%
NIKITA BODH- X	96.6%
PURNIMA- X-	95.2%
SANTAM BHATTACHARYA- XII	96.4%
SAUBHAGYA PANDITA- XII	95.4%
SATVIK SHARMA- XII	95.2%
SURBHI GROVER- XII	95.6%
SAKSHAM BAMBRA- XII	95.2%
VASU GOEL- XII	95%

TEACHERS

MS.ANJALI DOGRA	ENGLISH
MR. AMIT SHARMA	ENGLISH
MS. NEERAJ MEHTA	HINDI
MS. RANJANA SHARMA	HINDI
MR. ANISH MAHAJAN	MATH
MR. MUNISH KR. SHARMA	MATH
MS. SHIVANI WALIA	SCIENCE
MR. HARSH MAHAJAN	SCIENCE
MR. DEEPAK MAHAJAN	SCIENCE
MR. VINAY KUMAR	S.S.C.
MS. ANITA VERMA	S.S.C.
MR. KAPILDEV K SANDHU	PHY. ED.



INTERNATIONAL WOMEN'S DAY



NOTICEBOARD COMPETITION 2021

The Class Bulletin Board Competition was organized and it was a well-addressed challenge for the kids. The children showcased teamwork and a creative display of concepts in designing the boards. The bulletin boards of Nursery, VIII B and X A won the first place for a neat and well thought out portrayal of their imagination.



FROM A STUDENT'S PERSPECTIVE

Shradha Purohit

**IX B
MAYADA- Daughter of Iraq**

A few months back, I came across this book by Jean Sasson. It's about an Iraqi woman named Mayada Al-Askari who was brutally tortured under Saddam Hussein's rule in Iraq. She was born into a powerful Iraqi family, when Saddam Hussein and his Ba'ath party seized power, Mayada little imagined the devastation that it would wreak upon her life. She was a divorced mother of two, earning a meagre living by printing brochures. Until the morning in 1999 when she was arrested by Saddam's secret police and dragged to the notorious Baladiyat prison, accused of producing anti-government propaganda. It is a very fascinating novel. We, living in India have our fundamental rights, but people in Iraq were being randomly captured for invalid reasons. I personally love to read intense novels. Before reading this novel, I didn't know anything about the Iraqi history and the condition of people living there. This novel is a perfect combination of feminism, facts and history and it has taught me lot. Novels and storybooks are a significant way of learning. I think we all should take out 15 - 30 minutes of our day to read. I truly believe that reading will help you to concentrate and relax.

Manyansh Kaushal

**VII A
Advanced Technology**

What is Technology? Who developed Technology? What was the first invention made? How Technology can help us? Let's discuss about it now. Technology is the scientific knowledge and/or equipment that is needed for a particular industry, etc. Technology was developed by Thomas Edison, American inventor who singly or jointly created the world's first industrial research laboratory. The stone tool is the first known technological invention. Nowadays, the word Technology is heard everywhere in our surroundings. So now we all are familiar with this word. There is Technology in everything. In our homes we can see Washing Machine, Refrigerator, Induction, Air Conditioners, Mobiles etc, whereas when we move outside, we can see bikes, Cars, equipment used by doctors, on construction sites we can see JCB, heavy-duty trucks etc. Four to five months back coding was introduced in the schools, that is also a form of Technology. It is believed that after 10 to 20 years we would get an opportunity to see flying cars in our surroundings. If Technology would not be there then our life would be very difficult. For example: If we have to go to Mumbai from Delhi it would take 2 - 3 hours by flight whereas if we go to Mumbai on foot it would take 250 - 300 hours. Where there are pros, we'd find cons as well. Technology is harmful for the nature and all organisms. The population of birds is decreasing day by day. We all are using mobile phones that are harmful for our health in one way or the other. Technology is an amazing thing; but at the same time, it should not be used all of the time. We should not be overly dependent on it. Be smart and wise enough when using Technology.

DAIWIK SHANGARI

**VI B
Creative solutions to Challenging situations**

During the lockdown period I faced many challenging situations but I didn't give up and found their creative solutions. The first situation was of solving the 3x3 rubik's cube. I had it with me but I was unable to solve it. So, I decided to take help of the internet. I kept on searching on the internet for 2-3 days continuously. I kept on trying it for many days and finally I got the solution for it and now I am able to solve 3x3 rubik's cube in seconds. After solving 3x3 rubik's cube, now it's time to solve 4x4 rubik's cube which was again a very difficult and challenging situation for me. Moreover, I didn't have 4x4 rubik's cube, so I firstly decided to convince my parents to purchase that for me. In the beginning they were not permitting me to buy that cube but at last I overcame this problem also and my parents agreed on buying the 4x4 rubik's cube online. I was so happy and finally I got the cube after 7 days. Now I faced a bigger problem because 4x4 was not as easy as the previous one. I was trying, trying and trying but was unable to solve it. A time came when I was losing hope and then my mother told me that "Nothing is impossible in this world" I regained my hope of solving it and tried again. At last, after so many days I reached my goal. Amazing experience it was! The next thing I decided to learn from the internet was dice stacking. It seems to be a very easy task but when I started the problem, I came to know that it was not an easy task. But as my mother said earlier, I didn't lose hope and was able to overcome that situation as well. Now I am a dice stacker too. The other thing I love to do is juggling but it is hard too. Firstly, I started with two balls only. I found them so difficult to handle because balls only rolled out here and there. The main source of learning juggling of balls was again the internet. After so many days of practice I can successfully juggle two balls now. But to juggle 3 balls at a time is not a child's game. It also requires a lot of patience and hard work. Finally I started juggling 3 balls after putting so many efforts of picking up balls which rolled out thousands of times. I got a sense of satisfaction when I learned it. Now I enjoy it so much. I love to play it whenever I am free. Lastly, how can I forget the thing which will help me the whole life and that is self-studying. In the beginning, I felt it was very difficult because my mother was teaching and helping me in every step. After some days, slowly I understood how to learn the chapters in an easy way. Now I am able to write lengthy essays myself and also able to learn the long answer in a few minutes. It was all because of the Hindi Diwas competition held last year in which I participated and worked very hard for that. During lockdown I faced so many challenging situations in front of me. But I am really thankful to the internet that I am able to learn all these things like 4x4 rubik's cube, 3x3 rubik's cube dice stacking, juggling and even dancing. Without the internet it would not have been possible for me to learn these things. I am highly thankful to my parents also for their guidance, support and help they provided me during the pandemic.

FROM A STUDENT'S PERSPECTIVE

OJAS GOYAL

V A

Think Positive

It is a 99% challenge that you will have a wrong answer to the question asked in the following passage.

Once there was a young couple travelling in a bus in the mountainous region. They decided to get down at one place.

After the couple got down the bus moved on. As the bus moved on for a while, a huge rock fell on the bus and crushed it to crumbs resulting in instant death of the passengers. Everyone on board was killed.

The couple, upon seeing that, said, "We wish, we were on that bus."

Why do you think they said that?

>.....

>Think>.....

>Come on think again>

>Try hard >..... Answer!!!!

If they had remained on the bus instead of deciding to get down, the time taken for the bus to stop, and couple boarding off the bus would have saved time and the resultant delay could have been avoided. The rock would, then, have fallen after the bus had passed that ominous spot.

Always think positive in life and look for opportunities when you can help others!

Many a times in life, the opposite of success is not failure. It is quitting.

'Winners never quit!!!'

Sachit Rana

VII B

Immunity

Immunity is the self defence mechanism of the body which keeps us healthy. It protects our body from small to big diseases when we eat healthy food and maintain a balanced diet. Immunity starts getting weaker when we eat junk food. When Immunity is weak, all the diseases can affect our body like Covid-19, Cancer etc. It is very helpful and important especially in these days when Covid-19 is spreading throughout the world. So, it is very important to maintain and boost our immune system.

The immune system protects a person from organisms like bacteria, viruses, fungi, and parasites. The immune system is always active but its activity is decreased when /if a person becomes infected.

A number of vitamins (A, B6, B12, C, D, E) and elements (Zinc, Copper, Iron) play a very important role in supporting the human immune system.

Ayurveda plays a very important role in increasing our immunity. Various herbs can be taken regularly to increase immunity like Ashwagandha, Amla, Guduchi, Mulethi etc.

ANAYA RANA

IV A

Hydrogen: Clean fuel of the next generation

The entire world is struggling hard to mitigate adverse impact of environmental pollution on the health and survival of the people, animals and vegetation. Burning of fossil fuels is the largest source of the air pollution. The question of burning fuels is related to the creation and use of the energy which is needed to run the industries, means of transport, growth and development of agriculture and allied sector, making use of home and commercial appliances and providing scores of other services in and around home and commercial establishments. Fossil fuel-coal, lignite, wood, animal and agricultural waste dominates the energy sector. Although the electricity is replacing the coal and lignite, wood and animal waste, yet coal and lignite based thermal power stations still dominate the scene. Motorised vehicles running on petrol and diesel, release huge amount of "Green House" gases. Increasing use of electricity for industrial purposes and hauling goods and passenger trains is a move towards cleaner world on the one hand, while on the other the development of new and renewable sources of energy has paved the way for relatively a safer and sustainable world. Now-a-days Hydrogen is emerging as a fuel of the next generation. Although Hydrogen is not a fuel yet, like electricity, is an efficient carrier of energy. While automobiles and railways are moving to renewable energy-based generation of electricity, industrial units such as those that produce steel or cement cannot get the heat they need from these sources Hydrogen though can generate the required level of heat.

Globally efforts are undergoing a transition to clean low carbon sources of energy at an unprecedented pace and scale. New technologies are required to replace existing fossil fuels in order to move towards a net carbon neutral economy at earliest, whilst the markets for clean technologies such as solar PV and lithium in batteries have already been dominated by a few leading companies. There is a need for new technologies to reduce the emissions from other sectors of economy beyond electricity. One such area is technologies related to the production, transportation, storage and use of low carbon hydrogen.

At country level Japan has been at forefront of developing hydrogen technologies. Recently Japan opened the largest green hydrogen plant with 20 MW solar arrays feeding 10 MW electrolyser plant.

In terms of companies, there are a number of multinational companies undertaking serious activity on hydrogen.

If India is to deploy green hydrogen as a clean energy solution for key sectors, including transport industry and power by 2050, this would require significant investment in electrolysers.

Jaivantika

VI-A

Why do students procrastinate?

Students often procrastinate because they don't see how a project is relevant or important to them; they don't understand the material or just don't know how to get started. When you boil it down, procrastination is a combination of motivation, confidence and comprehension issues.



Aahana

IX B

वसंत

वसंत, जलवायु विज्ञान में, सर्दियों और गर्मियों के बीच वर्ष की अवधि जिसके दौरान तापमान में थोड़ी वृद्धि होती है। यह उत्तरी गोलार्ध में सबसे अधिक भाग के लिए है, जो कि वर्धमान विषुव (दिन और रात के बराबर लंबा), 20 या 21 मार्च को देर से वसंत संक्रांति (वर्ष का सबसे लंबा दिन), 21 या 22 जून तक, और में फैला है। दक्षिणी गोलार्ध 22 सितंबर या 23 से 22 दिसंबर या 23 तक। वसंत के तापमान में सदी जुकाम से लेकर गर्मी की गर्मी तक का तापमान सिर्फ केंद्र और उच्च दायरे में होता है; भूमध्य रेखा के करीब, तापमान वर्ष के दौरान छोटा होता है। ध्रुवीय क्षेत्रों में वसंत बेहद कम है।

कई समाजों में वसंत ऋतु को भोजन के निर्माण में इसके महत्व के आसपास कटाई और उत्सव के साथ सराहा गया है। यूरोपीय बोलियों में, वसंत का विचार फसल की कटाई से संबंधित है। इस मौसम में, विकसित पौधों सहित सभी पौधे, सर्दियों की सुस्ती के बाद एक बार फिर से विकास शुरू करते हैं। जीव असाधारण रूप से प्रभावित होते हैं, साथ ही: वे अपने वर्ष के ठंडे समय में सुस्ती या हाइबरनेशन से उभरते हैं और अपने बसने और दोहराए जाने वाले अभ्यास शुरू करते हैं, और पक्षी गर्म तापमान के कारण ध्रुवीय स्थानांतरित करते हैं।



Mitanshi

Class -IX B

बेसन के फ्रेंच फ्राइस

सामग्री

बेसन

हल्दी

नमक

लाल मिर्च पाउडर

तैयारी

0 एक बर्तन में 200 ग्राम बेसन लें और स्वाद अनुसार नमक, लाल मिर्च पाउडर और हल्दी डालें और उन्हें खूबा ही मिला लें।

0 इस मिश्रण में थोड़ा- थोड़ा करके पानी डालें और गढ़ा घोल बना लें और उसमें दो चम्मच तेल डाल कर अच्छे से मिलाएं। अब इस खोल को 10 मिनट के लिए ढककर छोड़ दें।

0 धीमी आंच पर तवा रखें और उसे तेल से चिकना करें।

0 अब घोल को तवे पर फैला दें। ध्यान रखें जब आप होल को फैलाए तो उसे ज्यादा पतला ना करें।

0 होल को दोनों तरफ से पका लें और अच्छे से पकने के बाद उसे एक प्लेट पर निकाल कर ठंडा होने के लिए रख दें।

0 जब ठंडा हो जाए तो उसे फ्रेंच फ्राइस के आकार में काट लें।

0 अब कढ़ाई में तेल को गर्म करें और बेसन की फ्राइस को उसमें तले।

0 इसे तब तक तले जब तक यह सुनहरा बुरा ना हो जाए।

0

अब इन्हें एक प्लेट में परोसें और किसी भी चटनी के साथ मजा लें।



Deepashina Sood

8th B

MOTHER NATURE

The one who is around us,

The one who is below us,

The one who surrounds us,

The one who still suffers

It's neither your mother nor your father,

but treats you like a kid

We remember what we owe to our parents,

But let it bear our sins.

The one who served us despite being stronger,

The one who bears the losses incurred

The one who doesn't like punishing you

but there'll be a time you suffer.

So let us be considerate for once,

And not wait then suffer.

The damage is done, it won't heal now,

But we can save what's left of Mother Nature.

अदिका सुद

कक्षा तीसरी ब

हम नन्हे बच्चे

हम नन्हे- नन्हे बच्चे हैं,

नादान उम्र के कच्चे हैं,

अपनी धुन के सच्चे हैं,

अपना पथ कभी ना छोड़ेंगे,

अपना प्रण कभी ना तोड़ेंगे,

हिम्मत से नाता जोड़ेंगे,

हम हिमगिरि पर चढ़ जाएंगे,

जन्नी की जय-जय गाएंगे

भारत की ध्वजा फहराएंगे।

STOP CHILD

LABOUR



HOLI



AT AADHUNIK

WE INDULGE IN PURPOSEFUL PLAY

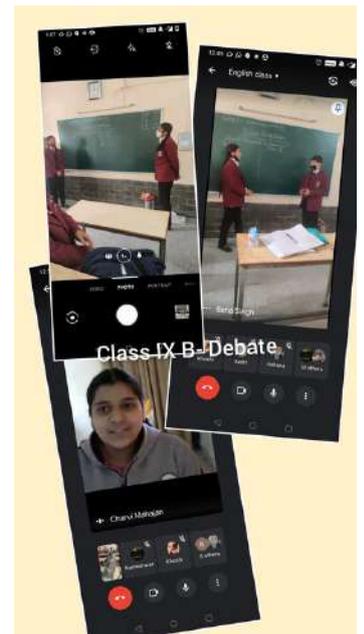
AND OFFER A SAFE LEARNING ENVIRONMENT

WE AIM FOR HOLISTIC DEVELOPMENT

NO BAG DAY



DUMB CHARADES



HAPPY LEARNING!