

# MVN TIMES

October-December : 2018



*Believe in yourself and never give up*

## **BELIEVE IN YOURSELF AND YOU WILL BE UNSTOPPABLE**

*On the last day of the school session, a school teacher sat in a pensive mood in a corner in the staffroom, thinking what last lecture/teaching should she give to all her class students, who would the next day step out of the school and into this real world, where some would be feted and applauded, some ignored and some treated with disdain and ridicule. How the students, who had been protected and cocooned in the school and at home, would face this unrelenting, competitive and cruel world? How can she prepare the students to face all this and yet not lose their balance, courage and enthusiasm to turn their dreams into a reality?*

*Then an idea crosses her mind. She got up immediately, walked into the class and excitedly pulled out a five hundred rupee note from her wallet and asked the students as to who would like to take the note. Everyone raised their hand and said they would like to take it. Then she crushed the note and threw it on the ground. She again asked the class the same question and once again everyone raised their hand. Then she picked up the note, straightened it, rubbed it on the floor, stamped on it, then crushed it and again asked the students as to who would like to take it now. Again the response was the same. Then she smiled and turned towards all the students and said "My dear students you all are like this five hundred rupee note. Each one has his/her own value. Each one is destined to claim his/her place under the sun. Remember that when you face the real world, many would ignore you, hinder your way to success, life might stamp out on you but even after all that your value would not diminish or recede".*

*As we begin the last quarter of the academic session and dear students, as you prepare to take your final examinations and some their 10<sup>th</sup> & 12<sup>th</sup> class Board Exams, I would like you all to believe that you all ARE LIKE THAT 500 RUPEE NOTE. VALUABLE. Believe in yourself, dream big and work exceedingly hard to transform your dreams into reality. Remember, that if you do not believe in your capabilities, no one else would.*

*The road to success is seldom straight and easy. On the way you will fall, find pits and at times you would find that others would take a shortcut or simply run past you. Do Not Get Disheartened or lose sight of your goal, for failure is not in falling but in refusing to get up again. Learn from your follies and march ahead. Do Not let the clouds of past overshadow your present and darken your future.*

**"First they ignore you, then they laugh at you, then they fight you, then you win"**

**Manika Girdhar**

**(Co-ordinator Middle Wing)**



# School Assemblies

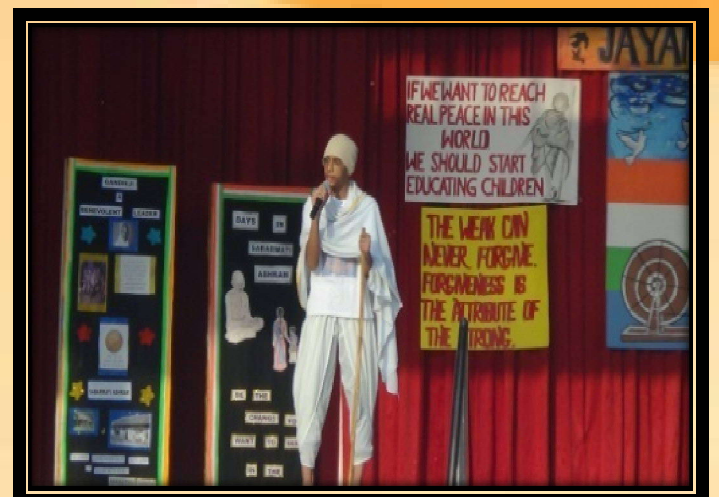
*We are what we repeatedly do. Excellence, then, is not an act, but a habit.*  
—Aristotle

In order to achieve excellence in all that we do, the school often conducts assemblies which help to inculcate values among our students and to facilitate them to shine by bringing out their talents.

## GANDHI JAYANTI

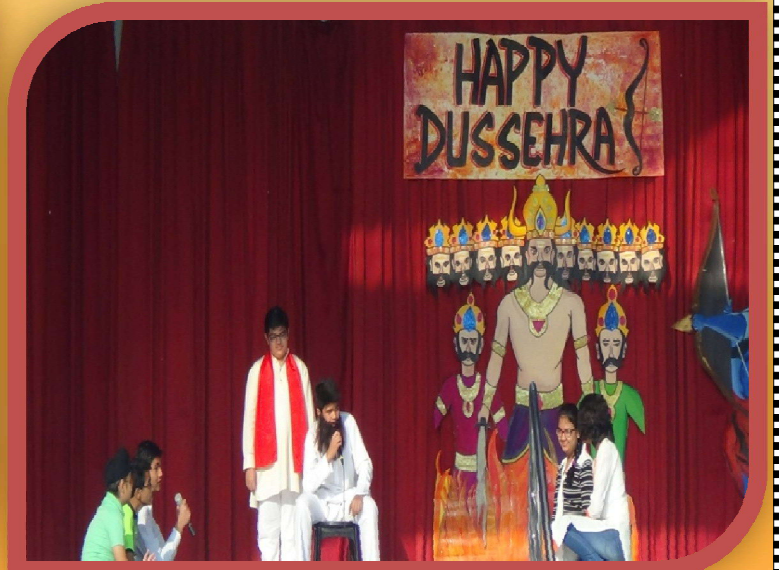
*“Strength does not come from physical capacity .It comes from an indomitable will.”*

A special assembly was conducted by Middle Wing to mark the 150th birth anniversary of Mahatma Gandhi- the Father of the Nation. On this auspicious occasion, the students presented a play depicting the life of the great man who lived by the principle of Non-violence. The students showed how the ‘Mahatma’s’ teachings are still relevant in our lives through the skit. The assembly concluded with the National Anthem.



# DUSSEHRA

*“A time for celebration,  
A time for victory of good over bad’  
A time when world sees the,  
Exemplary power of the truth.”*



The school celebrated Dussehra with a lot of fervor and ardor. A spectacular one act 'Ramlila' was staged by the students in which they presented the scenes from banishment of Rama from Ayodhya to his victory over Ravana. They were successful in conveying the message of triumph of virtue over the vice, inspiring all to cultivate the path of virtuous living, as it is the only way to peace and felicity.



# DIWALI: Celebration of Life and Goodness.

'The festival of lights' lit up MVN-17, Faridabad, when the entire school wore a festive look with Diyas and lanterns adorning the corridors and the assembly area in bright colours. Rangoli is a fabulous way to express joy. Rangoli designs were made on the floor by the students, which added the perfect setting to the festivity in all its brilliant dazzle and sparkle. The radiance and flair that the festival brings was celebrated by all.





# CHILDREN'S DAY



The children's day was celebrated with great enthusiasm in MVN-17, Faridabad. Teachers of the school presented songs and dances to mark the event. On this occasion the future of the nation secured their future by planting trees and an ever lasting memory. Speaking on the occasion, the Principal, Ms. Agalya Venkatesh wished the students and motivated them to follow the footsteps of Pandit Nehru.





# ANNUAL FUNCTION

MVN- 17, Faridabad, held its Annual Day on Saturday, the 1st December, 2018 amidst great zest, vibrancy and elation. The programme commenced with the lighting of the Ceremonial lamp by Mr. Gaur, Director, MVN Society and Ms. Neeta Arora, the Principal, MVN-Aravali Branch. They were escorted by the Principal, MVN Sector-17, Ms. Agalya Venkatesh and other dignitaries. Ms. Rupam Sachdeva, coordinator welcomed the gathering. The Head Boy Manas Sharma and the Head Girl Sanya Chauhan shared the School's Annual report with the audience. The highlight of the evening was the soul stirring beautiful rendition of the dance drama 'Ascension: Roots to Wings'. The presentation captured the dream of every parent to see their child blossoming into a wonderful being who nurtures his own aspiration, realizes it, and in doing so, brings an everlasting felicity, peace and joy to the world around. The school, the teachers facilitate this 'Ascension' from 'Roots to Wings'. Vedic chanting; dramatic adaptation of the classics like Tenali Rama, Malgudi Days, The Merchant of Venice, On the Face of It; Ballet celebrating nature; delightful music and dance routines wove an eclectic tapestry of harmony, truth, resilience, persistence, grit, wit and wisdom winning a thunderous applause from all around.

Ms. Manika Girdhar, the coordinator, Middle Wing, proposed the vote of thanks bringing the glowing evening to its culmination with the National Anthem.









# CHRISTMAS CELEBRATION

The Christmas celebration was held on 24th December 2018. Various performances were exhibited by the students and they were followed by Christmas quiz and Christmas carols bathing every spirit in the happy festive vibes. The life and teachings of Jesus Christ were recalled. The assembly dispersed taking home a message of love and joy, compassion and forgiveness, sharing and caring



# PRENA DIWAS

*“Great men are made, not born through the endless toil of their own,  
they tread not on grassy roads but labour under heavy loads.”*

The school observes ‘Perna Diwas’ every year on 19th of December in memory of its founder Principal Shri Gopal Sharma. Speaking on the occasion, Ms. Kanta Sharma, Managing Director, MVN Society, motivated the students to never give up at any obstacles in their lives and to become good citizens of India.

*“No matter how difficult is the trail,  
Great men chisel their path,  
For posterity to emulate.”*

The golden memories recalled by her, filled everyone with the winning spirit as this is the virtue which reflects the aura of our beloved Gopal Sharma Sir. The assembly came to its conclusion with the entire gathering paying a floral tribute to sir.

“His life was a blessing,  
His memory a treasure.  
He is loved beyond words and  
missed beyond measures.”





# NEW YEAR ASSEMBLY



Sixth graders organized an exhilarating special assembly on the last working day of the year i.e. 28.12.18. Students presented a very informative and entertaining show. They kept the audience spell bound with their mesmerizing performances. The assembly culminated with a captivating dance performance which enthused the audience with the spirit of celebration.



# The Bravura

With immense sense of exhilaration, we present the path breaking achievements of the school and its students to you.

## MVNITES EXCEL IN SÆVUS ECO ACHIEVERS QUIZ

Students of Classes V-VII of MVN Sector-17 secured the FIRST POSITION in 'SÆVUS ECO ACHIEVERS QUIZ' held on 13.10.2018 at Grand Columbus International School, Faridabad.





## BAL UTSAV-2018

NIGHTINGALE OF MVN - CHARVI CHAWLA QUALIFIES FOR STATE LEVEL

Charvi Chawla of Class-X qualifies for the 'Solo Song Competition' at the State Level after winning at the District and Zonal Level. She bagged the First Prize at both the levels held at Bal Bhawan on 31.10.18 organised by Haryana State Council for Child Welfare.



## 'Solo Dance Competition' (Zonal Level)

Anusha Tiwari of Class – IX bagged the First Prize in 'Solo Dance Competition' (Zonal Level) held at Bal Bhawan on 30.10.18 organised by Haryana State Council for Child Welfare. She was selected for State Level Dance Competition.



# MVNITES EXCEL IN SWARNIMA 2018 HELD AT ST. JOHN'S SCHOOL, FARIDABAD

## *The Highlights...*

Sr. No.	Event	Name of the Student	Class	Position
1	RANGOMETRY	ADITI SHARMA AVNI BHALLA	V	FIRST
2	HASYA CHITRA	PRATHAM NANDWANI NIHARIKA VEEDHI	VII	FIRST
3	SANSKRIT SHALOKA	AANVI BHARDWAJ AISHWARYA GABA AANUM SINDWANI RISHIKA GOBHIL TATSAM RANJAN	VI VIII VIII VIII IX	SECOND
4	ABHIGYAN TAKNEEK	SWAYAM ARORA ARYAN BHANOT	IX	SECOND
5	KALAKRITI	MIESHA BANSAL ARUSHI	IX	THIRD





# WINNERS OF PRAUDYOGIKI...

## **PRAUDYOGIKI Science Quiz And**

### **Model Making Competition**

Students of class VI-VIII proved their mettle by winning First Position in Quiz and Second position in Science Model Making held at the event PRAUDYOGIKI at Aravali International School, Faridabad on 20th November 2018.



#### **QUIZ COMPETITION WINNERS:-**

1. KavyamRanjan (VI)
2. M. Thirucharan (VII)
3. VatsalyaJaiswal (VIII)

#### **SCIENCE MODEL MAKING WINNERS: -**

1. SidheeVerma (VI)
2. Yashdeep Singh (VII)
3. Arin Chhabra (VIII)



## PANCHOTSAV

Shrusti Acharya of Class-IX won the Second Prize in English Extempore Competition held at the event PANCHOTSAV at Jiva Public School on 22nd November 2018.



## INNOVATORS AT WORK...

Aryan Bhanot and Jayant Jain of IX-D won the First Prize in Model Making Competition held in VidyaMandir on the 1st of December 2018 in the 8th Shri Hari Inter School Science Quiz and Tech Task. 25 schools had participated in the competition and the overall Tech Task Trophy was won by MVN Sector-17 Team.





## **PATH BREAKING FEAT OF MYNITES**

Kaustubh Verma, student of Class-XII, brought laurels to school and himself by winning a Silver Medal at International Olympiad on Astronomy and Astrophysics (IOAA) held in Beijing China.

Devanshu Singla of Class-XII is one among 7 students selected from Delhi and NCR for INMO- International Mathematics Olympiad.

### **Exemplary Performance**

**KAUSTUBH VERMA**

in

**International Olympiad on Astronomy and  
Astrophysics(IOAA)- 2018**



He won a Silver Medal at Beijing, China and is one among the four students who represented India and competed with 200 students from 40 countries at the International Forum to claim the coveted position.

**DEVANSHU SINGLA**

in

**Regional Mathematics Olympiad(RMO)- 2018**



He cleared the Regional Mathematics Olympiad and is one among the 7 students from Delhi-NCR, who qualified for the INMO- International Mathematics Olympiad.

# KISHORE VAIGYANIK PROTSAHAN YOJNA

20 MVNites CRACK KVPY (FIRST STAGE) CREATING AN ASTRAL RESULT

(2018-19)



20 students of MVN School, Sector-17, Faridabad have crafted an unprecedented achievement and success in KVPY this year. The result was announced on 20th December, 2018 and the result seals the fact that with hard work and undeterred determination, students can scale any height and script a precedent for others to emulate.



# INDIAN NATIONAL OLYMPIAD

## HEARTIEST CONGRATULATIONS TO OUR STAR PERFORMERS

“It is inspirational to witness hard work finally give birth to success.”

7 Selections for Indian National Olympiad (INO) – The Second Stage of National Standard Examination organized by Homi Bhabha Centre for Science Education Tata Institute of Fundamental Research.



## Modern Vidya Niketan, Sec-17

**27** Students Qualified (with MAS) in National Standard Examination  
Organized by Indian Association of Physics Teachers (IAPT 2018-19)

**7** Selections for Indian National Olympiad (INO) - The Second Stage of National Standard Examination Organized by  
Homi Bhabha Centre for Science Education Tata Institute of Fundamental Research

**Our Star Performer Kaustubh Verma of Class-XII outshines again by qualifying for Three National Olympiads**

Selected in Indian National Astronomy Olympiad (INAO)



KAUSTUBH VERMA  
XII



YASH MALIK  
XI

Selected in Indian National Chemistry Olympiad (INCHO)



KAUSTUBH VERMA  
XII



NIKET JAIN  
XII



RAMNEET SINGH  
XII



NISHANT BANSAL  
XII

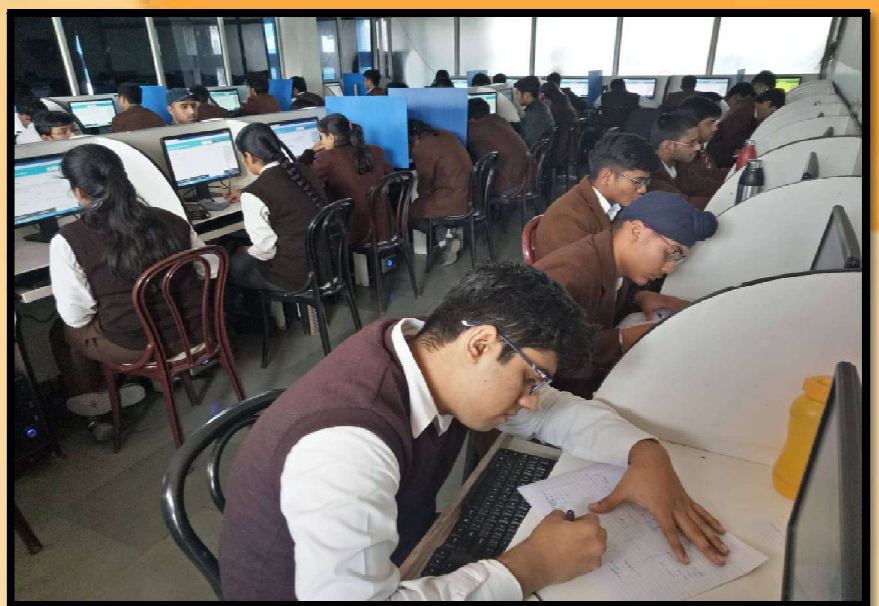
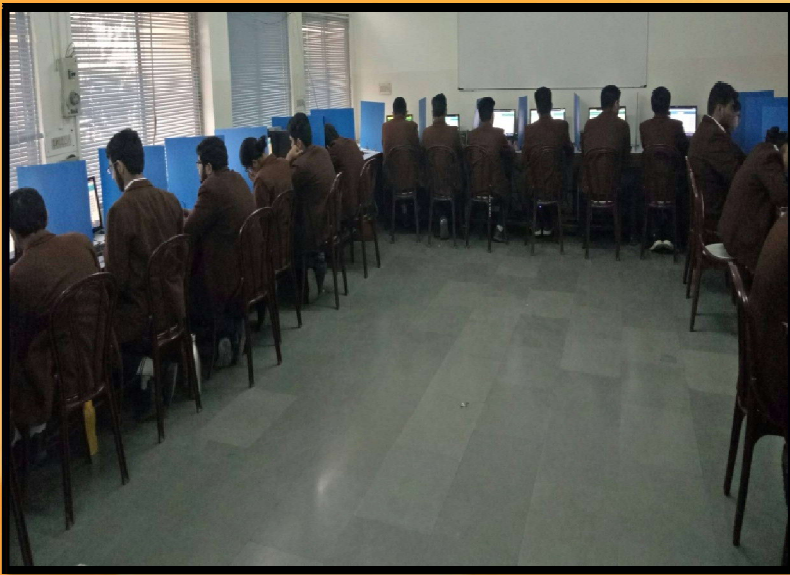
Selected in Indian National Physics Olympiad (INPHO)



KAUSTUBH VERMA  
XII

## PIONEERING INNOVATION

With immense pleasure we wish to share the great news with you that MVN once again leads the way in educational innovation. MVN pioneers, in the introduction of ONLINE TEST SERIES for IIT, JEE aspirants of class – XII. This would enable the students to get an in-depth analysis of their test performance on the same day thus paving way for timely correction and remedial.





# Sports Spherule

*Good Players Inspire Themselves, Great Players Inspire Others:  
We proudly present our sports stars who are presently in this journey, a journey from  
good to great.*

## **ACCOLADES TT CHAMP...**

Trisha Paul of Grade XI won several positions at 52nd Hero Haryana State & Inter District Table Tennis Championships held at Sonapat from 10th November to 15th November 2018.

<b>U-18 (Junior Girls) (Team / Individual)</b>	<b>-</b>	<b>2nd Position</b>
<b>U-21 (Youth Girls-Team)</b>	<b>-</b>	<b>2nd Position</b>
<b>Women's Category (Team)</b>	<b>-</b>	<b>3rd Position</b>



**CONGRATULATING OUR CHAMPIONS...**

**CBSE TAEKWONDO STATE CHAMPIONSHIP**

**GIRLS (U-19) (04.10.18 - 07.10.18)**

**VENUE : ST. JOSEPH'S SR. SEC. SCHOOL, SECTOR- 44D, CHANDIGARH**



**BHUVNESHWARI  
XII**

**SILVER MEDAL**



**SANYA MALIK  
XI**

**BRONZE MEDAL**



## From the Counsellor's Desk : Ms. Archana Bapat

An integral part of school ecosystem, the school counsellor helps students in their emotional and social needs. Students are free to consult her for their any small or big issues. Teachers and parents also seek counselling interventions for students as needed. The school counsellor visits classes and conducts workshops for spreading awareness on various emotional and social issues for students in an age-appropriate way.

### 1. SPECIAL SESSION FOR BOYS Classes VI, VII, VIII October 8, 2018

In view of changing social environment, our children are getting exposed to multiple good and bad influences. At this tender age, they are not capable of making responsible choices and so are prone to pick up bad habits like abusive language, aggression, defiance, etc.

To help children learn to make responsible choices and grow up conscientious, a session was organized for the boys of class VI, VII and VIII on October 8, 2018 with the school counsellor, Ms. Archana Bapat on "Growing up Responsibly". Through various activities and interactions, the power of making choices and how to make responsible choices was emphasized. Multiple strategies to handle real-life situations in students' day-to-day life were given by the counsellor. Students participated in all activities enthusiastically.



### 2. VISIT TO UPKAR UCHCHA VIDYALAYA, HASANPUR. November 5, 2018

With an objective to inculcate social responsibility, students of class 11 (Medical) from MVN sector 17 along with the teachers and the school counsellor visited "Upkar Uchcha Vidyalaya", Hasanpur on 5th, November, 2018. Our students got the opportunity to interact with students of different economic and social status and they empathized with them. They also shared some goodies and school bags with them.

The school counsellor conducted two sessions for students there, one for younger ones on how they should keep themselves safe and happy and for senior students on how to achieve success in life. It was a learning experience for our students.





### 3. LIFE LESSONS

Class XI

November 12, 2018

A motivational session was taken by the school counsellor for students of class XIth where through a peek into the life stories of some real-life achievers like Jack Ma, Steve Jobs, Oprah Winfrey etc, some life lessons were drawn and emphasized. It was an interactive session where students got a platform to raise many points which were discussed thoroughly. The importance of taking positive risks was stressed upon; need to develop resilience was emphasized through a video clipping. Students participated enthusiastically and learned a lot.



### 4. ADDICTION – THE TRAP

Classes IX & X

November 26, 2018

Addiction, particularly mobile and gaming addiction has become a bitter truth these days and teenagers are suffering a lot. In order to spread awareness and offer help, the school counsellor, Ms. Archana Bapat has taken a session for students of classes IX and X where issues related to addiction were discussed in an open and non-judgmental way. Students were made aware about the various myths, dangers and traps. Various addictive agents, signs and symptoms of addiction and legal aspects, all were discussed in a very lucid way. Students had many queries which were aptly answered.



# Educational Memoirs

*At MVN we believe that each experience opens the door to learning, learning worth sharing:*

## **GO GREEN CAMPAIGN**



**Live life cleaner by making Earth greener!**

Class-XII students planted saplings around the school as a part of 'GO GREEN CAMPAIGN' to create awareness among the people.

It was celebrated to support the cause of reducing the carbon footprints and also was a gesture of thanks giving to the nature.

Going Green help protect the environment and save our planet. Greener school environment can improve the health and learning.





## DAY TRIP TO OH! MAX GREATER NOIDA

Students of classes IV- VII were taken for a day trip to Oh! Max Wonderland at Greater Noida. Saturday morning of 3rd November was full of excitement and thrill. Students revisited the lanes of history and reinvented the secrets of Taj there. Apart from the adventures of Indoor Obstacle course, they got to know the real story of the unsinkable Titanic. Their heart missed a beat when they walked through the pyramids of Egypt and the Jungles of Amazon. They were on cloud nine when they got to know how the chocolates are made in the chocolate factory. There can be no better start of the festivities of Diwali than going on a day trip.



## TIME AND STRESS MANAGEMENT SEMINAR FOR CLASSES XI-XII

**“There is no way to happiness; happiness is the way to everything.”**

MVN Sector-17 organized a seminar on ‘TIME AND STRESS MANAGEMENT’ for classes XI-XII delivered by Mr. Ashish from PRATHAM Institute where students learned to keep track of their preparations and work accordingly. They learnt various innovative ways to learn theoretical subjects with interest by using mnemonics instead of cramming.



## AN INTERACTIVE SESSION BY SCHOOL COUNSELLOR

A session on

**‘Growing up Responsibly’**

was conducted by the school Counsellor, ArchanaBapat for the boys of VI to VIII on 8th October 2018.





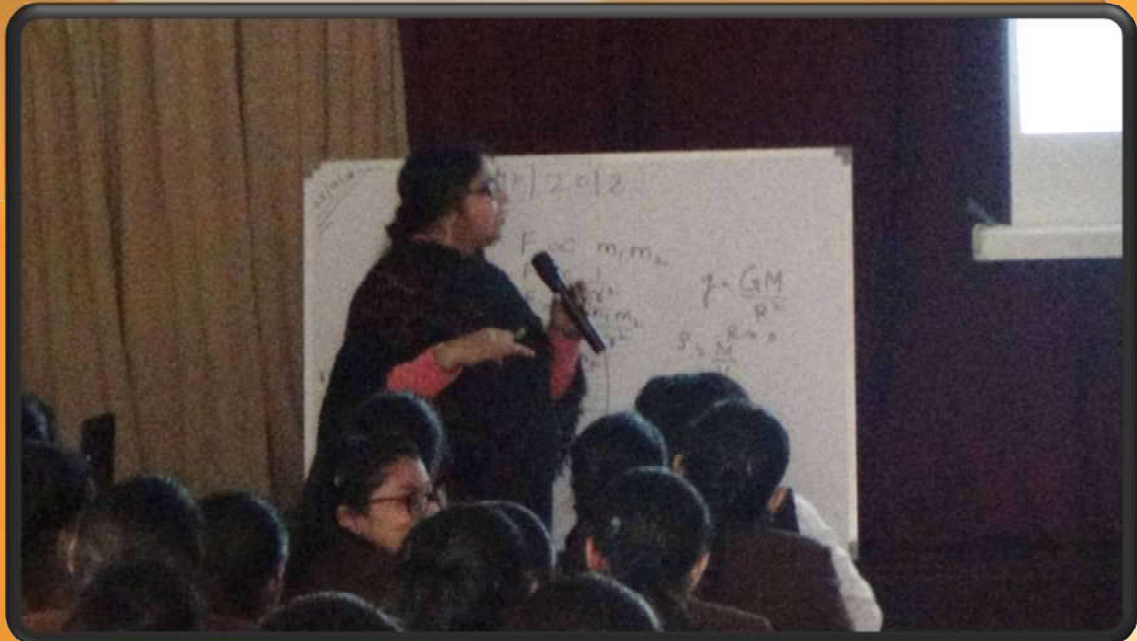
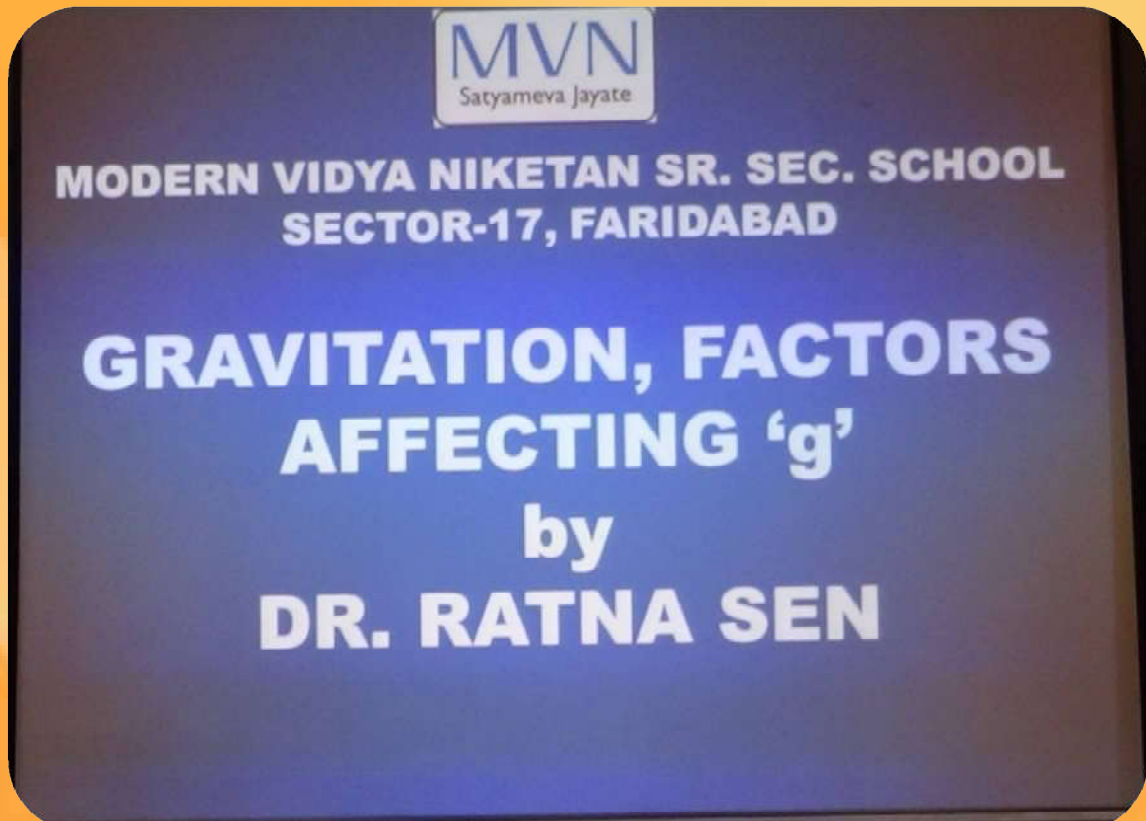
## VEDIC MATHS WORKSHOP

A workshop was organized on Vedic Maths by MVN University on December 22, 2018 for the MVN students. The resource person Ms. Sumita Dutta skillfully taught the addition and subtraction of numbers using the 'vedic' rules. Easy multiplication tables were also presented on slides. Students were asked to follow the 'vedic' rules and complete the various tasks given to them. Students were glad to find that mathematical operations on large numbers can be done without conventional methods by following the magical 'vedic' rules. Altogether, the workshop was informative and fruitful.



## WORKSHOP ON GRAVITATION

A physics workshop on 'Gravitation and factors affecting 'g' was conducted by Dr. Ratna Sen from MVN University. The presentation helped the students to understand the topic at a higher level. Also this workshop helped the students to know the depth of few more related topics which helped them to understand the various phenomenons which occurs in the universe.



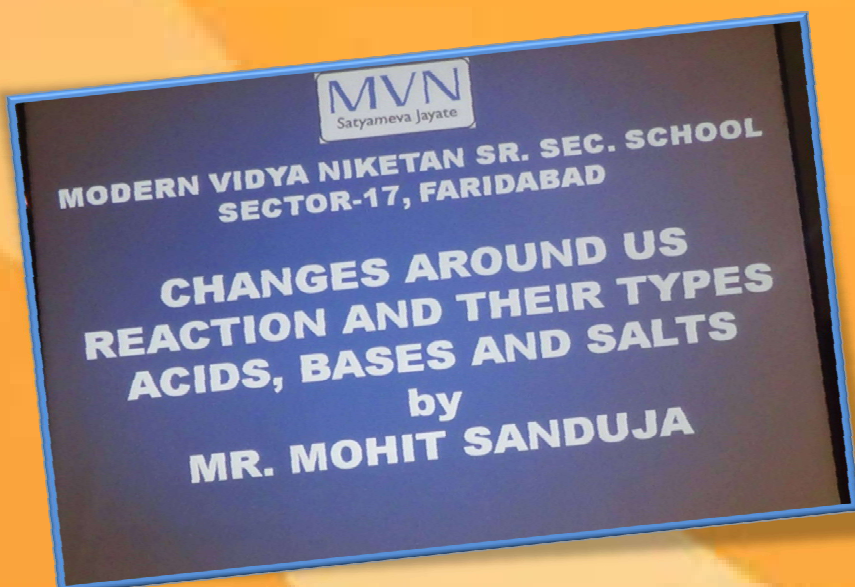


# CYBER AWARENESS WORKSHOP

The increasing use of the internet and social media has made cyber security even more important than it was before. Keeping this in mind the school arranged a workshop for its students. The resource person Ms. Babita Yadav from MVN University told the students about growing cyber threats such as data theft, phishing scams etc. She shared many tips with students to understand the varied type of risks and vulnerabilities that exist in the Internet world. The students walked out of the auditorium enriched with knowledge of the cyber world.



## WORKSHOP ON CHANGES AROUND US



A chemistry workshop on '**Changes Around us**', Chemical Reaction and their types and Acids, Bases and Salts' was conducted by Mr. Mohit Sanduja from MVN University. The presentation helped them to understand more about various chemical changes that occur around us and lead to different types of chemical reactions. He also explained the theories, proposed by different scientists, related to Acids, bases and Salts. This in depth knowledge helped the students understand the reason for various natural phenomenon occurring around us.



# Creative Corner

*Creativity is intelligence having fun.*

*Albert Einstein*

## YOUTUBE

Like, share, download and subscribe;  
Within this is my story inscribed.  
This world so obsessed over my red skin,  
to get a fact or put some trash in.

All kinds of people I know,  
Who just stream me over cups of coffee at their window,  
Or others who search more meaningful things.  
From using me just for recreation,  
to getting inspired from younger generation.  
They like, subscribe, download and share;  
but some are here only to glare.

Overloaded with stress,  
Teens and adults get over the mess.  
All their five minute breaks that stretch for hours;  
The search for a word's pronunciation that end up learning how to talk to giraffes.

Through all the comedians;  
I crack jokes and show sarcasm.  
You all laugh it off with your stomach in pain;  
& I feel so blessed cause of the beautiful smiles I gain.

Or my love for the science freaks;  
Who flow in the endless knowledge in me;  
In return, I take them to some parallel Universe indeed.

No one as fashionable as I am;  
"Sorry! No offence, ma'am."  
All those simple hacks to live;  
Or the dressing tips I give.  
They make me proud sometimes;  
For all the ladders I did climb.

And those pizzas, burgers, delicious cakes,  
Smoothies, curries & snacks you learn to make.  
They all leave my mouth watering;  
But not a bite I can take.

For me age is just a number,  
'Cause I got some stuff for every member.  
Religious talks, old music or anything that bring nostalgia,  
Lies here in my area.

To all your favourite stars I connect;  
More than just the story of movie I enact.  
Be it teasers, trailers or music releases;  
With some chit-chat, rapid fires & interviews that you enjoy with nacho pieces.  
Behind the scenes,  
Deep in the camera roll,  
Yeah! Reaching there is my goal.

Over the oceans, mountains and hills;  
Dreamy destinations, dusty mills.  
I like those tourists who enjoy my immensity,  
Like some oasis of serenity.

Whenever I get a checkpoint,  
I feel helpless at each time.  
People say they are okay with ads,  
They are okay with buffer.  
But when ads buffer,  
They suffer!

But I am so understanding;  
No need of long explanations.  
Just a word or two  
Will take you to your desired destination.

Everyone thinks I'm free;  
But they don't know that they are paying their time as my fee.  
Everyone gives me a drive,  
When they like, share, download and subscribe;

No guesses how many times I have been hit,  
Reached millions & counting still....

**-By SanyaChauhan**



# THE DARK ONE

Amidst the myriad fireworks,  
In the mingle of a thousand crowds;  
With the place walked by officers, ladies and clerks,  
And festive music played about.  
A young lad walked by  
Making eyebrows rise and heads jerk.  
Men turned around; women sighed  
Thinking  
What makes him come around and lurk?  
I thought  
Why push him out  
Just because he is dark  
Why flinch at his touch  
As though he were an electric spark  
Why look at him and pout 1  
Just because he isn't white  
You never object the thin or stout  
But run away at his sight  
You keep the dark one at your beck and call  
And give the white one food;  
'tis for not only one ,but all!  
Your compare him to the black bin bag  
Just because 'black' is with what they are tagged.  
He only wants to be happy  
Even if he dwells in rags.

**-Parishka Gupta(X-B)**

# TRAVELOGUE

Our only trip to Switzerland, in my memory, is full of snow and ice. I had never laid my eyes upon so much of ice ever before. We were at Lucerne. the city of cobble-stoned, narrow and enthralling streets. When I step upon the streets on Lucerne, instantaneously, a background music of bagpipes and violins starts playing in my brain. A stoked and abstemious feeling settles upon my soul.

Lucerne is also the city of lakes. Photogenic lakes, each one of them. In the morning the sunlight first strikes the streets, bathing them in gold. and then creeps its way to the lakes, and the light ripples created by the light breeze make the sunbeam dance across the glassy water surface. The banks meet levitated streets which are towered by marvelous architecture. Buildings with slant red tops that are coffee-coloured, mud-brown, sand- coloured, chocolate-brown and all other shades of brown and yellow prevail the street margins. Coffee and snack counters are present on the edge of the streets with the lake in the background creating a vista... Colourful umbrellas shading delicate chairs and tables precisely lined the margins of streets and lakesides. The shops were extremely lively and happening. There were so many display windows which made me forget my surroundings and stop and gawk; stare, but buy nothing.

People of Lucerne are very polite, affable and hospitable. A top view of a street would luridly illustrate brightly-coloured specks jostling around, little crowds at display windows- all amongst beautiful, small-windowed buildings.

The roads of Lucerne are spick and span and tempts one to walk to the center of the road and enjoy the pretty view of superb greenery set before one's eyes. The trains of Switzerland are also extremely attractive. We took an ice train. ICE- 143. One thing; one can capture great photographs with train and people in the foreground and Mt. Titlis and blotches of shades of green of a canvas. In my view, Lucerne's natural beauty makes time slow and suave.

Paragliding is one of the best activities that can be enjoyed in Lucerne in order to open your senses and let your soul soar. This activity is best done above Lake Lucerne, near the Alps. You can feel free; feel on top of the world. It is an once-in-a-lifetime experience. I'm not a great fan of heights, so I can speak no more. Photographs can be captured during flights as well! Go ahead, make your friends jealous!!



The road trailing to the point where ascending of the huge mountains start is broad and passable. A beautiful road stretched out; disappearing in the distance with lush green trees lining it, people moving around in warm jackets, and above all, the Mt. Titlis in all its grandeur towering the scene. Ah! The perfect photograph of Switzerland!

Our trip to the heights of Mt. Titlis began with a sweet cable car. The wonderful picture of Lucerne with the viewer hovering in air floats in front of eyes as I reminisce its beauty while I write. It was an elfin experience indeed; where one felt as though he were rapidly increasing in height with the surroundings cower before oneself.

As we continued creeping towards heaven, I could feel the temperature drop and the cold settled upon us as if it were a silvery-soft cloak. Our breaths turned misty and our surroundings went white. Hands started stuffing into coat and jacket pockets and in no time, everyone around was bundled in snow jackets and caps. Only the twinkling eyes of the children were showing as they were wrapped in layers of clothing.

Mt. Titlis is latitudinally sliced into sections in accordance with various heights. Personally, I found 10,000 feet the best experience and quality memories. We were transported from one height to the other by cable cars. I realized that it wasn't THAT cold as people thought. It was just the mental block.

Now, let me help you picture this- we stand the icy breathe of the Snow Queen gazing at her stupefying and vast kingdom. We feel our insides relaxing and refusing to function. Sunglasses shade our eyes from the blinding sunlight; challenging us to take them off and giving at least a cursory glance at the fulgent white and vast spreadsheet of snow loomed by ice and rock giants. As our gaze crept down the icy slopes, bursts of green and plant life became blatant; and far below were velvety soft patches of green and the complete jolly Engelberg lay unfolded before us.

The chuckling part of Mt. Titlis- Shah Rukh Khan and Kajol, the dazzling stars of the box office hit movie Dilwale Dulhania Le Jayenge in a still from the latter. An Indian frisson blew up like a soap bubble inside me. I know, the essence of India is always a part of everywhere.

After that, things got icy. We entered the Glacier Cave. The temperature dropped tangibly and silence complemented by beauty took over the show. The glacier's heart was pervaded by atmospheric light and sound. Crystal clear but burning cold sculptures were all around. I could almost hear the silence whisper its poetry.

We were then invited to look at the ice kingdom and fulfil its wish to boast a terrific vista covering up all its ups and downs and a few points that served as unguarded Doors of Death. It was the Ice Flyer Chairlift. It was indeed breathtaking. A brilliant blue sky with laudable and bold cloud--not in a poetic mood; but a cheerful and almost impetuous style. The Chairlift could accommodate four in one go and would hover a neat thousand feet from the ground. It was perchance the most memorable part of the trip.

Next, it was time to prove snow fun. We headed towards the Titlis Glacier Park. Snow can really be some serious fun toy! Throwing snowballs at random people. sliding over piled snow and getting our bottoms sore: I think I've had enough of snow for a lifetime.

Coming to proper snow sports, we were served with snow tubes, snow scoots, snow sledges and a lot of other snow toys. I found snow tubes the best. You are first on the edge of a nice, long and steep slope; you are bundled in a rubber tube with so-called handles that are no larger than a soup bowl's handles on either side. You see an arguably long way down and all sorts of thoughts swim in your head. "What if I crash into that big rock and prove myself and excellent nincompoop? What if I never stop sliding? What if I-" and your flow of thoughts cease abruptly and you are pushed really hard from the back and off you go!! The former pleasant breeze morphs into icy tentacles, stinging and slapping your skin as you skid away. Great! Now you've got to have your tyre all the way up the grateful slope which just gave you a killing ride. Phew! Tiring, but worth it.

After leaving no snowy stone upturned and having enough snow for a lifetime, we began our journey earthwards with a paneer roll in each one's hands. We encountered so many Indians that I began to doubt the number of residing natives. In fact, the alarming dominance of Indians had compelled a lake to be named 'Chopra Lake' in honour of the greatest Indian director Yash Chopra.

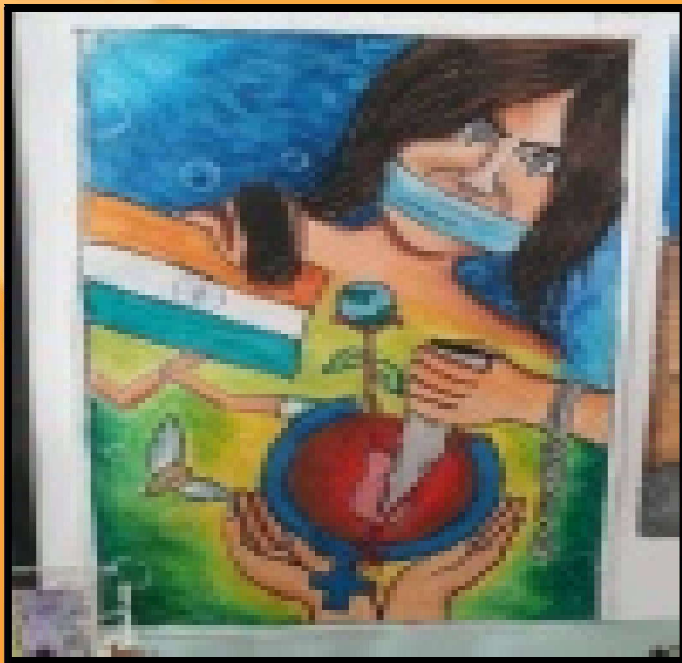
Our experience was surreal, and whenever we reminisce our icy trip the memory freezes in our brains, making it numb with nostalgia and a maddening desire to run away to the sound of silence once again.

**Parishka Gupta(X-B)**

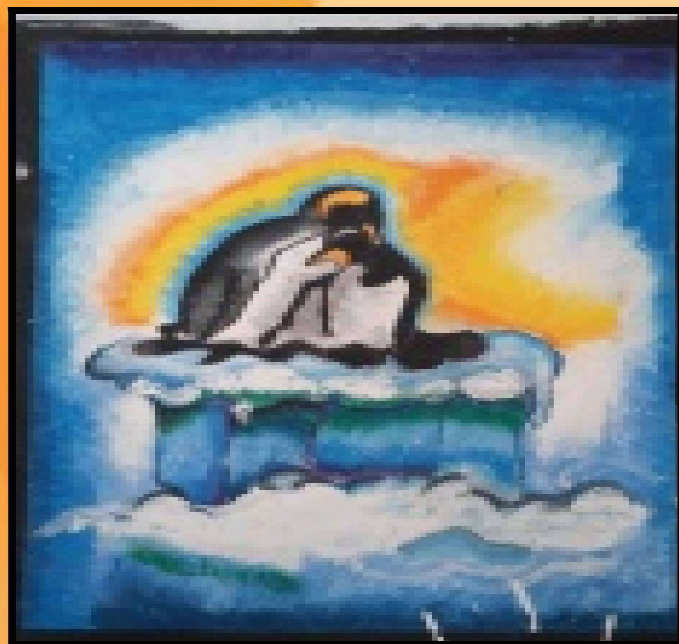




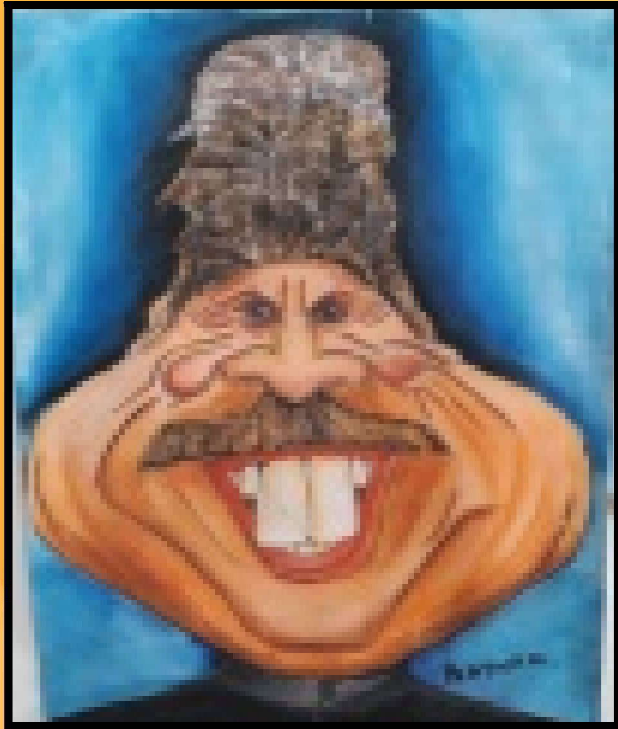
**Miesha Bansal**  
**IX-O**



**Arushi**  
**IX-O**



**Trisha Paul**  
**XI**



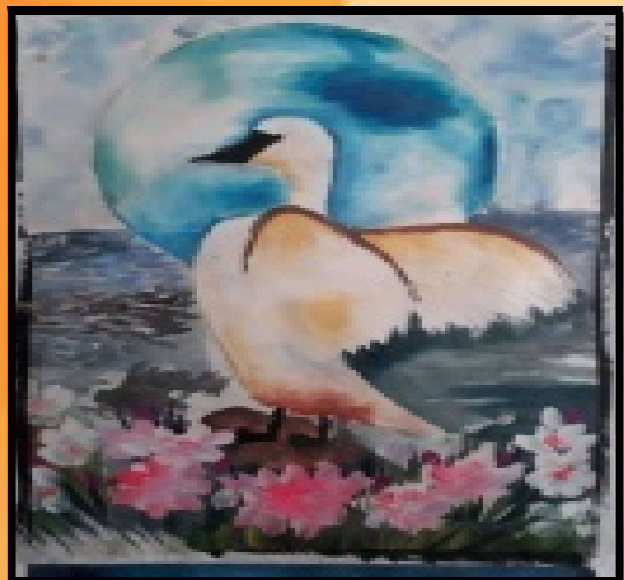
**PrathamNandwani**

**VII- C**



**Niharika**

**VII A**



**Shivansh Aggarwal**

**VIII B**



# THE POWER OF POSITIVE APPROACH

Life is a beautiful journey. We pass through different situations and stages. Life is a wonderful blending of joys and sorrows. It depends on us to derive joys and happiness from our circumstances and to ignore the sorrows, miseries and to feel blessed and peaceful. Having and maintaining a positive attitude is indispensable for success in life and business. Our attitude is more important than our aptitude that determines our altitude. The power of being positive, whatever the situation is, can never be underestimated. We all are here for a transient stay on the Earth. Is it worth to spend the precious time in a dismal mood? Unfortunately, it is not always easy to stay positive and keep an optimistic approach. The true test of an individual is to remain positive when he faces challenges of life. Overcoming negativity and to become positive is a mind set that can be adopted at any moment and turned into a habit. There are some tips that can help one in changing one's mindset:

1. Wake up early- The habit of waking up early in the morning helps in maintaining a positive attitude. This habit gives us a feel-good factor and a very pleasing and refreshing start of the day. We can spend this precious time in reading, prayer, meditation, and exercise. Exercise is beneficial to combat depression and to improve overall positive mood.
2. We must be thankful - Be thankful, be happy, be contented with what you have, who you are and what your life is like. Think through all of the things that you can be thankful for. When you are happy and peaceful from inside, you will feel blessed and glad.
3. Read positive and inspiring books- One of the best ways to maintain a positive attitude is reading positive books. These books encourage us, inspire us and guide us. While reading, one sits still and concentrates on something positive that helps one to keep a positive mindset throughout the day.
4. No expectations- According to Swami Vivekananda, the root cause of all the miseries in the world is that we expect from others. If we stop expecting from others, we will feel contented from inside. We must thank God for everything we possess.
5. Surround yourself with positive people- The people around you have a significant impact on you and your personality, So surround yourself with positive, relaxed, happy and cheerful people. You will be more positive, energetic, lively and relaxed.

Vaibhav Vivek Sahi  
XI SA1-M

**Success is no accident  
It is hard work,  
perseverance,  
learning, studying,  
sacrifice & most of all,  
love of what you are doing.**

**Pele'**