

BE A GREEN WARRIOR



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OUR VOICES

**I AM NOT AN ENVIRONMENTALIST,
 I AM AN EARTH WARRIOR!**

Nature can exist without humanity, but humans simply cannot exist without nature. This edition aims to highlight the sheer importance of nature and how we can contribute to save our environment and be a Green Warrior.





Editorial

Dear Readers

Greetings!

We, the editorial team are pleased to present the volume 3 of 'Our Voices'. It is indeed a privilege to witness the creative minds of the school compiled into an extensive anthology of artworks, poem, and articles.

We thank our Principal, Ms. Neha Ralli for having faith in us and entrusting the responsibility of Chief Editors for this volume. Our heartfelt thanks to our team of teachers and student editors for their immense support and efforts in bringing this newsletter to light. This volume is truly going to be a window to discover, inspire and appreciate the green warrior instinct of each one of us.

Happy Reading!



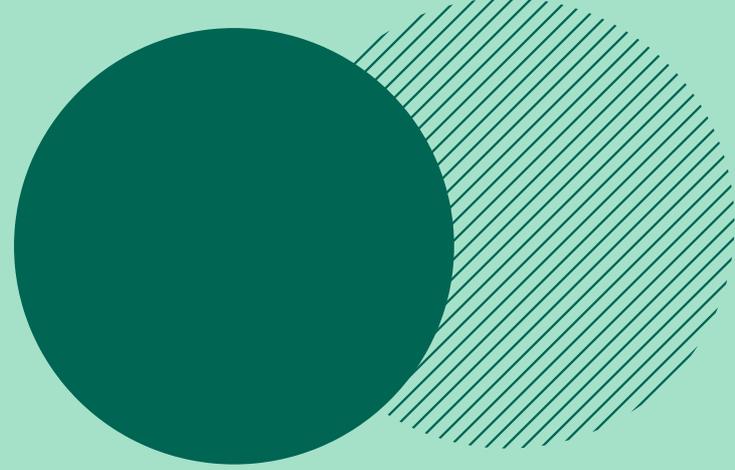
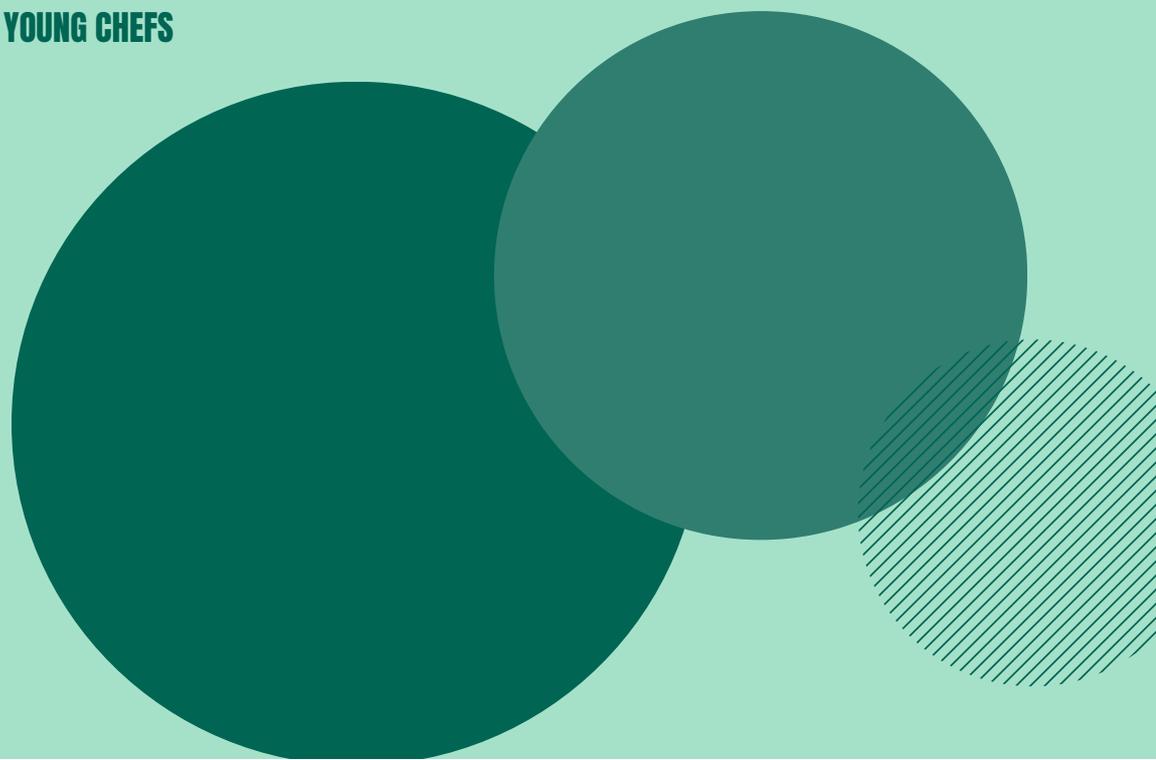


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THE BUDDING BLOGGERS

THE JOURNEY TO BE A GREEN WARRIOR

This delightful term has two words first 'green' and second 'warrior'. Green here shows greenery and warrior means a brave or experienced soldier or fighter, and when these two words are combined, they become the warriors who fight the waste present on earth, they fight for the five Rs – Reduce, Reuse, Repair, Rot, Recycle and fight for a greener, positive and a cleaner community. In a hilarious way they are the superheroes who grow and protect the natural environment for all living creatures against awful and terrible master Concrete, which is a solid existing in a material or physical form; not abstract. Now a big question is how to become a green warrior?

There are few small steps to be taken to become a green warrior and the saviour of our environment. First and most important step is usage of eco-friendly/public transportation. When travelling long distances, we are using diesel and petrol vehicles which adds to air pollution. For covering short distances, we can simply use a cycle or walk which will help to reduce vehicle emissions polluting our cities. Also, EV, hybrid and CNG vehicles reduce our carbon imprints helping in a much greener environment. Practising sustainable fashion is also a very important step as we can swap or exchange clothes instead of throwing them, or even buying second hand or vintage clothes. Some other steps are limiting online shopping when possible, carrying reusable bags and containers and many more.

I remember it was a summery and unclouded day, and I was walking on a road with my grandfather and suddenly a car came across and threw some can tins and few chips' packet outside on the road. And when I look back on, I recall picking them up and throwing them in the nearby dustbin. And this small step has made me come close to being a green warrior. And if you have followed all these steps then congratulations because now you not only a child but also a green warrior!!!

TITIKSHA SINGH
VIII B

BE A GREEN WARRIOR EVERY DAY

There is an urge to save our Mother Earth or life would end due to high pollution ,excessive amount of carbon dioxide in air and wastage of water. There are lot of ways to save our habitat - Reduce, reuse, and recycle, Volunteer for cleanups in your community, be a green warrior and educate people on the importance to save our planet Earth.

Being a Green Warrior means you fight against waste. You fight for recycling and a greener and cleaner community .It promotes environmental protection and conservation and thereby aiding to sustainable development. This reduces carbon footprint and saves a lot of trash from ending up in a landfill. Safe, environmentally-friendly products do not make workers sick or pollute the soil. Thus, improves the quality of Earth.

Simple ways to be a green warrior:

- Use eco-friendly/public transportation
- Spread awareness
- Carry reusable bags and containers

AASHI GOYAL
VIII-A



पर्यावरण संरक्षण

हमें हमारे वातावरण को साफ रखने के लिए कुछ करना होगा। यह आपने ना जाने कहाँ-कहाँ सुना होगा? पर क्या जो बोलते हैं वह करते हैं? नहीं, बहुत कम लोग ही वातावरण के लिए कुछ करते हैं। जो अपने वातावरण के लिए कुछ करे उसे ही एक सच्चा हरित योद्धा कर सकते हैं। वातावरण को बचाने के लिए कुछ करना हो तो हम पेड़ लगा सकते हैं। हमें पेड़ लगाना चाहिए क्योंकि पेड़ हमें छाया देने के साथ-साथ वातावरण को भी साफ करते हैं। पेड़ पौधे जानवरों के रहने के लिए घर प्रदान करते हैं, पेड़ लगाने से हम जानवरों को सुरक्षा देते हैं। हमें पेड़ खुद के लिए ना सही पर हमारी आने वाली पीढ़ी के लिए पेड़ लगाने चाहिए। पेड़ हमें साफ हवा, फल, औषधि आदि वस्तुएँ प्रदान करते हैं। हम इंसान पेड़ को काटकर अपने लिए घरों का निर्माण कर रहे हैं। सरकार ने वृक्षों की कटाई को रोकने के लिए कई योजनाएँ निकाली है जैसे हरियाणा सरकार ने तो यह कहा है “पेड़ बचाओ ढाई हजार रुपए पेंशन पाओ।” यदि कोई पेड़ 75 वर्ष या उससे अधिक पुराना है तो उसके मालिक को पेंशन दी जाएगी। पेड़ों की अंधाधुंध कटाई से समय पर वर्षा नहीं होती जिससे फसल सूख जाती है। जब किसान खेत में काम करके थक जाते हैं तो पेड़ के नीचे बैठ जाते हैं। इस प्रकार पेड़ की कटाई में किसानों को भी नहीं छोड़ा पेड़ और वातावरण को बचाने के लिए हम हर वर्ष पर्यावरण दिवस 5 जून को मानते हैं।

अमन कुमार सिंह
आठवीं बी

पर्यावरण हमारे जीवन का मूल आधार

पर्यावरण हमारे जीवन का मूल आधार है। यह हमें सांस लेने के लिए हवा, पीने के लिए जल, खाने के लिए भोजन एवं रहने के लिए भूमि प्रदान करता है।

पर्यावरण उन स्थितियों का महायोग है जो हमें निश्चित समय और स्थान के आसपास घेरे हुए है। यह भौतिक, जैविक और सांस्कृतिक तत्वों की संपर्क प्रणाली से बना हुआ है जो व्यक्तिगत और सामूहिक रूप दोनों प्रकार से आपस में जुड़े हैं। पर्यावरण स्थितियों का कुल योग है जिसमें एक जीव को जीवित रहना पड़ता है या जीवन प्रक्रिया को बनाए रखना होता है। यह जीवित जीव की वृद्धि और विकास को प्रभावित करता है।

यह वायुमंडल, जलमंडल, स्थलमंडल और जीवमंडल से बना होता है। इसके प्रमुख घटक मिट्टी, पानी, हवा, जीव और सौर ऊर्जा हैं। पर्यावरण ने एक आरामदायक जीवन जीने के लिए हमें सभी संसाधन प्रदान किए हैं। मनुष्य अपनी इच्छा पूरी करने के लिए पेड़ पौधे एवं जानवरों के रहने का स्थान छीन कर अपने लिए आलीशान घर स्थापित कर रहे हैं। जंगल को काटकर लोग बड़े- बड़े कारखाने बनवा रहे हैं जिससे वायु प्रदूषण हो रहा है और ऑक्सीजन कम हो रहा है। पेड़ों को बचाने के लिए सरकार बहुत सारी योजनाएँ बना रही है। हम पर्यावरण दिवस 5 जून को मानते हैं। वातावरण को बचाना हमारी जिम्मेदारी है जैसे हमें खाली जगह पर पेड़ लगाना चाहिए तथा सरकार को पेड़ बचाने में मदद करनी चाहिए।

पर्यावरण संरक्षण का समस्त प्राणियों के जीवन तथा इस धरती के समस्त प्राकृतिक परिवेश से घनिष्ठ सम्बन्ध है। प्रदूषण के कारण सारी पृथ्वी दूषित हो रही है और निकट भविष्य में मानव सभ्यता का अंत दिखाई दे रहा है। पर्यावरण को बचाना हमारी जिम्मेदारी है जैसे हमें खाली जगह पर पेड़ लगाना चाहिए। अतः हमें अपने पर्यावरण को बचाना चाहिए।

आरोही शर्मा
आठवीं बी



THE BUDDING BLOGGERS

A CALL TO SKIP THE CRACKERS AND EMBRACE A GREEN DIWALI

Diwali, the much-awaited festival of lights, is just around the corner. It's a time for joy, togetherness, and celebration. However, it's also a time when our environment often bears the brunt of our festivities due to the excessive use of firecrackers. This year, let's make a conscious choice to say no to crackers and embrace a green and eco-friendly Diwali.

The detrimental effects of firecrackers on the environment cannot be overstated. They release harmful pollutants into the air, contributing to air pollution and adversely affecting public health, particularly for those with respiratory issues. The loud noise from these crackers not only disturbs humans but also causes immense stress and discomfort to animals and birds. Moreover, the extensive use of firecrackers results in an enormous amount of non-biodegradable waste, which can take years, if not decades, to decompose.

By choosing to celebrate a green Diwali, you are not only protecting the environment but also setting a meaningful example for future generations. Let the festival of lights be a beacon of hope for a cleaner and greener world. Saying no to crackers is a step toward a more sustainable and eco-friendly Diwali celebration that brings light, joy, and peace to all.

Moreover, many organizations and communities are actively promoting "No Crackers" campaigns to spread awareness about the environmental and health hazards associated with firecrackers. These campaigns emphasize the need for a cleaner and greener Diwali.

As we usher in this festive season, it's a reminder that our choices can have a significant impact on our environment. By choosing a green Diwali, you contribute to the well-being of the planet and ensure a brighter, cleaner, and healthier future for all. Say no to crackers and let the true spirit of Diwali shine through in a sustainable and eco-friendly way.

Om
XB

ENVIRONMENT FRIENDLY DIWALI

In the midst of Diwali's gleaming light,
 A green warrior rises, strong and bright,
 Not with swords or shields, but with a goal,
 To heal the Earth, to make it whole.
 Amidst the firecrackers' dazzling spree,
 A green warrior fights for harmony,
 With eco-friendly choices, they take a stand,
 Protecting the Earth, this sacred land.
 They plant trees in the city's heart,
 Reviving the green, a brand-new start,
 In the midst of festivities, they remind us all,
 To care for the planet, stand tall.
 So let's celebrate Diwali, not in vain,
 But as a green warrior, to sustain,
 A world that's thriving, fresh and clean,
 With love and care for the Earth's serene.

ADIRAMAN
 XI A1





THE BUDDING BLOGGERS

HOW TO CELEBRATE GREEN DIWALI

~ NISHTHA , XI A1

As Diwali, the festival of lights, approaches, the call for an eco-friendly celebration gains momentum. In a world where environmental consciousness is increasingly vital, many are opting for a Green Diwali, steering away from the traditional practice of bursting firecrackers. Here's a guide on how you can make your Diwali bright, joyous, and environmentally responsible.

1. Eco-friendly Decorations:

Start by adorning your home with eco-friendly decorations. Opt for reusable or recyclable materials to create vibrant rangolis, and choose traditional clay diyas over electric lights. These small changes not only reduce waste but also add a touch of authenticity to your festive decor.

2. Virtual Celebrations:

In the age of technology, consider celebrating Diwali virtually with loved ones. Host online gatherings, share festive moments through video calls, and exchange digital wishes. This not only reduces travel-related carbon emissions but also keeps everyone connected and safe.

3. Eco-friendly Gifts:

Opt for gifts that align with the spirit of a Green Diwali. Choose products made from sustainable materials, or consider gifting experiences rather than material possessions. This not only reduces the environmental impact but also promotes a mindful approach to consumption.

4. Support Local Artisans:

Purchase handmade, locally crafted items for your Diwali celebrations. Supporting local artisans not only contributes to the preservation of traditional crafts but also ensures that your purchases have a lower carbon footprint compared to mass-produced goods.

By making mindful choices and embracing eco-friendly practices, you can contribute to a brighter and cleaner Diwali celebration. Let this festival be a beacon of light not only in your home but also in your commitment to the well-being of our planet. Celebrate the joy of Diwali without compromising the health of our environment—illuminate, don't pollute.

FROM THE BARDS

GREEN WARRIOR

Be a green warrior,
 To keep our home clean.
 This will make our life easier,
 And earth will be green.
 This will stop pollution,
 And restore the streams.
 We can do contribution,
 And fulfil our dreams
 For Green Warriors, the battle's real,
 With every choice, with every deed,
 To mend the wounds, to help hearts heal.
 They plant the hope the world does need.
 So, let us join, hand in hand,
 In unity, we'll make a start,
 With Green Warriors, take a stand.
 To mend and heal each wounded part.



ATHARV RAGHAV
 VIII A



SAVE TREES

Let's reduce pollution,
 to be a solution.
 Not being so rude towards our tree,
 Plant more and more trees,
 To make our earth pollution free
 be a good human being and participate in this race,
 to make our mother earth a beautiful place
 Be a savior,
 Not a failure.
 Be a warrior,
 Not a destroyer

NEETI JAIN
 VIII A

FROM THE BARDS

BE A GREEN WARRIOR

Let's plant more tree
To make our world pollution free.
To make our planet green
Let's start by making it clean
To protect our Earth, it's our dream
Let's start it slow,
And for the protection let's be a team
And go with the flow
Our Earth's color is blue
Let's vanish plastic without any clue,
It was full of cleanliness
But, now it's crying from inside of loneliness
So let's save our Earth and be a savior
To be called a Green Warrior....

YASH KHANNA (VII-B)
PRISHA SHARMA (VII-B)



हरियाली के रक्षक

हे धरती ! हे धरती !
मैं तुझ पर इमारत बनाऊँगा।,
हे ! हम सब की जननी,
मैं अपने लिए कारखाने लगाऊँगा।
हे बालक !
तुम अपने उपयोग के लिए मुझे नष्ट करोगे ?
अरे मूर्ख ,
मेरे बारे में कब सोचोगे ?
हे माता ! हे माता!
क्या तुम्हारा मंगल नहीं आएगा ?
चलो मुझे ही बता दो,
यह बालक तुम्हारे क्या काम आएगा?
प्यारे बालक ,
मेरे पेड़ मत नष्ट करो,
प्रदूषण कम और
जल का सदुपयोग करो ।
हे! भावी पीढ़ी,
मुझ पर जुल्म ना करो ।
वन व जल का सदुपयोग करो,
और प्रकृति के रक्षक बनो

आर्जव जैन
आठवीं ई

FROM THE BARDS

प्रकृति

आओ- आओ पेड़ बचाओं,
इन पौधों को बचाओं।
यही हमारी जान है,
इनसे ही हमारी पहचान है।
क्या है जंगल का हम पर उपकार,
मिटटी पानी और बयार।
मिटटी, पानी और बयार है,
जिंदा रहने का आधार।
पहले जिस चिड़िया का था आशियाना,
उसका भी अब नहीं ठिकाना।
इस दुनिया के पहले थे हम रक्षक,
अब हम बन चुके हैं इस दुनिया के भक्षक।
इससे पहले सब कुछ बिगड़ जाए,
चलो मिलकर कुछ पेड़ लगाएँ
और पर्यावरण को बचाएँ।



रेना सहगल
आठवीं ब

वृक्षारोपण

आओ - आओ ! पेड़ लगाएँ ,
इस वातावरण को बचाएँ।
पशु, पक्षी, पेड़ और पौधें ,
प्रकृति के हैं अनुपम उपहार ।
फिर क्यों काट रहे इसको ,
तुम मेरे यार।
आओ - आओ ! पेड़ लगाएँ ,
इस वातावरण को बचाएँ।
क्यों निराश की ओर बढ़ते जा रहे हो ?
अपने अस्तित्व को खाते जा रहे हो ।
वृक्ष प्राणों का आधार,
न करो इसे खराब ।
बंजर से इस सूने तन पर,
वृक्ष धरती का है श्रृंगार ।
मत काटो इनको मेरे यार।
आओ - आओ ! पेड़ लगाएँ,
इस वातावरण को बचाएँ।
पेड़, पौधे, नदियाँ और झरने,
हरते हैं मन को सबके ,
हरी - हरी हमारी है धरती,
अपनी सुंदरता से मन को हरती ।
हर जगह चलाओ यह अभियान,
खत्म हो जाए प्रदूषण का नामोनिशान ।

देवजीत सिंह
आठवीं ड



FROM THE BARDS

ECO-WARRIORS

Pick up rubbish, and keep it clean.
 The greener school you've ever seen.
 let up all reduce the waste.
 Make our world a happy place
 Close the windows and the doors
 Eco-warriors are on their toes.
 Moving compost for the plants
 Keeping lecture from the ants.
 If we know Eco rules
 We can be an eco-school
 Close the windows and the doors.
 Eco-warriors are on their toes.

SHREE MITTAL
 IX-C



THE HERO IS IN ME

To protect the earth, it's my decree,
 To be devotee for greenery.
 If we stand for our earth together, let's be a
 family
 The hero is in me.
 In unity, in your wisdom, there is a key, The
 hero is in you and me.
 In nature's teaching, I found glee,
 The hero is in me.
 The nature unfolds me to its endless possibilities
 In nature, I find endless beauties
 Protecting the environment, our sacred duty,
 A call that resonates with beauty.
 With strength and valor, I'll set my spirit free.
 The hero is in me.

KUNAL SINGH BHAKUNI
 IX A

FROM THE BARDS

STOP CRACKERS

If you want to save nature, hear the plea,
 Refrain from burning crackers, let it be,
 For in the silence of the night's embrace,
 The Earth finds solace, in a gentle grace.

The stars above, they twinkle and they gleam,
 Without the smoke, their brilliance reigns supreme,
 Let the moon's soft glow, untouched and clear,
 Guide us to a world without the fear.

The creatures of the wild, both near and far,
 Deserve a tranquil night, no fiery scar,
 With every spark and bang, their homes we scar,
 So, to save nature, let's wish upon a star.

In the quiet of the night, let's all agree,
 To protect the world, the land, the sea,
 For in our choices, we hold the key,
 To save nature, and let it truly be free.

TANNU
 XI A2



BE A GREEN WARRIOR

With eco-friendly choices, we lead the way,
 Teaching others to be green every day.

To be a green warrior is a call,
 To protect our planet, one and all.
 So, let's unite as green warriors today,
 In the quest to protect and save the day.
 For our Earth's future, let's take a stand,
 Together, we'll nurture this precious land.

Reduce, reuse, recycle, we say,
 Conserve our resources every day.
 You champion nature's fragile grace,
 In your footsteps, leave a smaller trace.

In forests, oceans, and city streets,
 We'll work to make our world complete,
 A green warrior, brave and bold,
 Inspiring others, both young and old.
 So, let us join this noble fight,
 With unity, strength, and pure delight,
 To be green warriors, hand in hand,
 For a sustainable Earth, together we'll stand.

YAKSH KUMAR SINGH
 IX A



ART ATTACK

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how to make a decorative wall hanging for Christmas

01



First the material required paper scissors and glue

02



Fold the paper and paste the ends and divide it into 4 parts

03



Cut the piece from sides into semi circle and triangle shape from above

Cut same shape for around 10-12

04



05



Paste from the middle one above another

06



Paste in a order for shape

07



It should be paste till it become a thick bundle

08



now open it and paste the ends and your wall hanging is ready

- PRATISHTHA MITTAL. 11C

FROM THE YOUNG CHEFS

TASTE THE GOODNESS OF GREEN FOOD

PALAK PANEER

Palak Paneer is one of the most popular Indian dishes made with succulent Paneer cubes (Indian cottage cheese) in a smooth spinach sauce. Packed with healthy nutrients like calcium, iron and vitamin C, this is a green healthy meal that everyone can feel good about eating.

INGREDIENTS:

Palak, Paneer, Ginger, garlic, onion, tomato, salt, red chili, turmeric, sabzi masala



RECIPE:

- Wash palak and cut into small pieces and put them in a cooker and wait till 2-3 whistles.
- Heat 2 tablespoons oil, ghee or butter in a pan or kadhai (wok). If using butter, melt it on a low heat making sure that it does not brown.
- Add ½ teaspoon cumin seeds and let them splutter.
- Add ⅓ cup finely chopped onions. Then add 1 teaspoon finely chopped garlic. Sauté till the raw aroma of garlic goes away but stop short of browning the garlic.
- Add ⅓ cup chopped or pureed tomatoes.
- When the mixture starts releasing oil then add grinded palak in it.
- After 10 min of cooking, add the cut paneer cubes in it. We can also opt to lightly pan-fry the paneer cubes in some oil until they are lightly browned and then add them to the palak gravy.

Our healthy Palak Paneer is ready.

SARGAM THAKER

IX A

THE CAREER SEGMENT

FLAVOR CHEMIST

Are you a foodie who loves everything about foods and all their different flavours? Do you wonder about the creation and manipulation of new and exciting flavours in food products? If yes, then a career in flavour chemistry might be perfect for you.



Flavour chemistry is the science of detecting and understanding flavours. The taste, texture, aroma, and mouthfeel form the physical and sensational aspects of food. What really brings out the characteristic flavours of food is its chemical properties and chemical constituents. Flavour chemistry involves understanding, creating, and modifying these flavours to bring about tasty and long-lasting food items. Flavour chemistry is an amalgamation of Chemistry, food science, and Biology.

To be a food chemist, you need a bachelor's degree in food science, Biology, Chemistry, or related fields in India, followed by an extensive training and testing programme if you want to become a flavor chemist. Outside India, an aspirant has to undertake a seven-year apprenticeship period approved by the Society of Flavour Chemists. An aspirant should have a good memory, mathematical skills and a good sense of taste and smell.

BHUMIKA CHATTERJEE
XI A2

KAMBALA

Kambala is an annual buffalo race held in Karnataka, during the Kambala season that begins from November and lasts till March. It started as a traditional sport to entertain the rural public by whiplashing buffalos on a slushy paddy field. Kambala is performed on two parallel racetracks, filled with slushy water. Buffalo owners and farmers in the region take great care of their buffalos and best of them are well fed, oiled and nurtured for a race in Kambala. Buffaloes are usually raced in pairs during a Kambala buffalo race event, held together with ploughs and ropes. The best of Kambala Buffaloes can cover a 140-meter racetrack in less than 12 seconds. The Honorable Supreme Court of India has issued several guidelines to ensure Kambala buffaloes are not harmed, tortured or ill-treated. Two teams of buffaloes along with their jockeys race towards the finish line on the two parallel race tracks. Race goes on all day and winners qualify for next rounds. Besides reaching the finish line first, prizes are also given for splashing water high till a target set above (known as kolu).



BHUMIKA CHATTERJEE

XI A2

REVIEWS AT A GLANCE

MOVIE REVIEW



"Bridge to Terabithia," released in 2007, is a touching and imaginative film that skillfully balances the challenges of growing up with the power of friendship. The story revolves around Jess and Leslie, two young outsiders who create their own magical world in the woods. The film beautifully captures the innocence of childhood and the bittersweet realities of life. The characters are well-developed, and the young actors deliver heartfelt performances. The movie's special effects and visual storytelling bring the fantasy realm of Terabithia to life, providing a captivating escape for the audience. However, the film also explores deep themes of loss and resilience, making it an emotional rollercoaster. While some may find the tonal shifts jarring, they add depth to the narrative. "Bridge to Terabithia" is a poignant tale that reminds us of the importance of imagination, friendship, and embracing life's challenges. On Rotten Tomatoes, "Bridge to Terabithia" has an approval rating of 85%, highlighting its positive critical reception. On IMDb, it holds a solid rating of 7.1/10, further indicating its lasting impact and resonance with audiences.

RISHIT BHATIA
 IX C

BOOK REVIEW



The second series of one of our favourite books, Harry Potter and The Chamber of Secrets has proven to be even more exciting than the first one. Harry was continued to be treated cruelly by the Dursley family, and so does the kindness and support by Ron Weasley's family. The fantasy elements are also much more as compared to the first series, In first series it was flying broomsticks and now a flying car - belonging to Ron's dad. Flying car is an inspirational inclusion which many people can relate to. The plot is similar to the first book, where lethal, dark and evil forces concealed in Hogwarts school of Witchcraft and Wizardry are discovered. The revolves around Harry eliminating the problem. It leads to many more characteristic discoveries, many of them being quite frightening. The chamber is found to be home of a basilisk, a snake that has power to kill people with its eyesight. This series also continues to address several other social and behavioral issues along with a bit of racism because Harry is not a pure magical blood. The dangers of acting upon unreliable information is also another message of the story. At a psychological level too, this series tells us that one's character is a result of one's choices.

AYATI SRIVASTAVA
 XI A2

TETE-A-TETE WITH THE ALUMNI



TANISHQ SHARMA

Government Institute of Medical Sciences (GIMS Greater Noida)

Interviewer: What motivated you to think of MBBS?

Tanishq: MBBS as a profession is very fun to learn as well as a tedious task to save mankind. Being brought up in a family of doctors this thought was pretty much pre planned to pursue MBBS. The noblest profession attracted me towards itself, and I pursued MBBS.

Interviewer: How did you prepare for it?

Tanishq: Preparation was the toughest part. I had no conscience of day or night, burdened by books and stressed about the entrance I couldn't sleep at night. Frightened by the result and the massive competition, the preparation was the pressure test. An advice to all the aspirants: Prepare for the worst and hope for the best.

Interviewer: Were you completely focused to your studies only at the time of preparation or you spent leisure time too?

Tanishq: At the time of preparation, the amount of stress and pressure was tremendous. To ease of the pressure a little bit of a treat is necessary otherwise the pressure ruptures everything. A leisure time during studies helps ease of the stress and makes the mind more active and concentrated towards studies. Leisure time should be limited between studies and should be necessary for all aspirants.

Interviewer: What is the role of your teachers and parents in your success?

Tanishq: A ship always needs a beacon light that guides it in the darkness, the ship is made to conquer destinations, but the ultimate guide is the beacon light. An aspirant is the ship, and the beacon light is the parents and the teachers. Parents and teachers played a pivotal role in my success. No matter how hard you prepare or how much you practice, without proper guidance it is of no use. My parents guided me about the vast world of medicine and my teachers guided me to swim in the vast ocean of medicine.

Interviewer: Where do you see yourself in next 5 years?

Tanishq: In the next 5 years I see myself as one of the best pediatricians . Being a good doctor is not important, being the best is important. A doctor is designed to save lives and I will make sure to perform the protocols as guided. Wish to help the needy as much as possible and not merely earning money . Such a noble profession has chosen me , so will make sure to make everyone proud .

MEET THE TEAM

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Editor-in Chief, Columnist

AYATI SRIVASTAVA, XI A2

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NISHTHA XI A1

Columnist

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