



# Vignettes

2022 - 23



**SBGS**  
SUSHILA BIRLA GIRLS' SCHOOL  
EMPOWERING THE GIRL CHILD

**HAPPINESS**





Debomouli Sarkar (XII S2)

Front Cover - Nishika Singhvi (IX C)



## **OUR MISSION**

To motivate and empower students so that they can become ethical and responsible leaders who contribute productively to society.

## **OUR VISION**

To engineer social change through empowerment of the girl child.



# Messages from Dignitaries







## **CHAIRMAN** **VIDYA MANDIR SOCIETY**

**Mr. S. K. Birla**

The purpose of education is to empower. It promotes an environment that accepts diversity and helps students discover their passions, develop their critical thinking skills and apply the same in real world situations. It provides meaningful opportunities to extend a student's knowledge, strengths and capabilities so that they become future ready.

For the society, education is progress.

For an educator, education is to impart knowledge and skills.

For a parent, education is acquisition of success and financial stability.

At the core of these diverse interpretations lies the fundamental concern which though not very frequently voiced, is predominant. All stakeholders want students to be happy, to understand themselves and the community to which they belong. Happiness in children plays a vital role in motivation and has often been linked to other benefits such as better health, better learning, higher emotional literacy and good behaviour. Therefore, all stakeholders want the curriculum to stimulate mental well-being, ensure character building supported by a robust value system and promote resilience while minimizing anxiety, depression and intolerance amongst students.

I congratulate the editorial team for their effort to promote happiness through this year's edition of Vignettes and I am sure your voice will be inspirational in ushering in a new dimension in the mindset of people.

**Sd. S. K. Birla**







**VICE PRESIDENT**  
**VIDYA MANDIR SOCIETY**

**Mrs. Sumangala Birla**

Two years of the pandemic saw all of us trapped in a maelstrom of uncertainty, insecurity and fear of the unknown. As the schools reopened last year, this was replaced with the security of being in familiar settings and experiencing the stability of routine. Lines of fatigue from being cooped at home disappeared and were supplanted by lines of laughter. The sight of merry children spilling into the corridors during break, the noisy classrooms throbbing with animated exchanges, the excited cries of students at play and even the sound of the school bell- all things hitherto commonplace appeared magical. Slowly but definitely, the social skills that were either undeveloped or underdeveloped or had got eroded in the past two years were reinstated. Normal had never looked so beautiful before. Happiness no longer belonged to the pre-pandemic era, it was no longer elusive.

It is this happiness that has found manifestation in the form of articles, art work and photographs gracing the pages of Vignettes 2022-23. Browsing through this outpouring of joy will be as delightful to the readers as the journey of its creation must have been to the ones closely associated with it.

I heartily congratulate the students, teachers and staff of Sushila Birla Girls' School and wish them great success and innumerable moments of happiness in future.

Sd. S. Birla







## **SECRETARY GENERAL VIDYA MANDIR SOCIETY**

**Major General V N Chaturvedi (Retd.)**

The pandemic has left society in the wake of negativity that has brought to the fore numerous issues impacting mental health. This impact is more discernible in the young school students which has necessitated the identification of 'Happiness' as the theme in this issue of 'Vignettes'.

In order to pursue happiness as a mindset, there is a requirement of creating a positive mind space that will nurture positive emotions. This will provide impetus to happy smiles and replace the stress induced frowns. It is encouraging to see the school moving in this direction. The seeds sown today will eventually bear fruit in the lives of this generation. It is a happy situation indeed.

The school needs to be complimented for its effort in eradicating negativity of thought and highlighting gratitude, kindness and responsible behaviour. All these factors are imperative in the pursuit of positivity and creation of happy minds.

My best wishes are with the Principal, her team of dedicated staff and students for their goal of pursuing happiness in the school.

Keep smiling.

**Sd. Major General V N Chaturvedi (Retd.)**







**DIRECTOR**  
**SUSHILA BIRLA GIRLS' SCHOOL**

**Ms. Sharmila Bose**

The present day world appears to be governed by negativism and cynicism in equal measure. It is difficult to determine if we can blame it entirely on the pandemic or whether divisive social and economic forces trap our minds into a vortex of despair.

Under these circumstances Vignettes, this year, chooses to accentuate the fact that joy and happiness may be found in the most mundane of situations. The look on the face of a child who has won a trophy or a teenager who has been the recipient of unexpected praise from a teacher, or someone who has discovered a delicious treat in her friend's tiffin box – all spell innocent joy, sometimes an unadulterated bliss. There are uncountable such instances to gratify us if only we have the eyes to really see. And we must remember that amidst all the hardships we faced, one of the biggest takeaways of the pandemic has been the ability to live our lives with simplicity. We have learnt to live without seeking contentment in exotic vacations, discovered unexplored aspects about ourselves, cultivated new hobbies, acknowledged that we have much more than we need.

I congratulate the editorial team of Vignettes for having selected happiness as the theme this year. I admire their spirit which seems to say – I am alive, I am safe, I look forward to a fulfilling life – What's not to be happy ?

Let us all welcome a happier version of ourselves!

Sd. Sharmila Bose







**PRINCIPAL**  
**SUSHILA BIRLA GIRLS' SCHOOL**

**Ms. Koeli Dey**

We, at Sushila Birla Girls' School are committed to building on our past successes and striving for all round excellence. Our goal is to provide a safe, nurturing and inclusive environment where every student can thrive academically, socially and emotionally.

In this school, we believe that happiness is an essential component of a successful and fulfilling life. Happiness is not something that can be achieved by external factors alone. While success, good grades and other accomplishments can bring temporary happiness, true happiness comes from within. It involves developing a positive mindset, cultivating meaningful relationships and engaging in activities that bring joy and fulfilment. The school is the place to learn and develop academically but we also want our students to prioritize their happiness and well-being. When they are happy, they are more likely to be motivated, remain grounded and have a firm value system that the school encourages and strives to instil at all times. These articles, art works, and other creative representations are but a portrayal and interpretation of one's happiness.

Let us remember, happiness is not a destination that one arrives at but a journey that is ongoing. We hope that our students will prioritize their happiness and well-being along with academic success in the forthcoming academic session and we are here to support them along the way.

Sd. Koeli Dey





**HEADMISTRESS**  
**SUSHILA BIRLA GIRLS' SCHOOL**

**Ms. Vidisha Panja**

Training the mind from early years is what we endeavour to do. As educators, it is our responsibility to create a safe environment that fosters positive emotions and inspires children to develop coping strategies to deal with the hurdles they may face. We promise our students and parents a journey of love, warmth and faith.

At Sushila Birla Girls' School, we believe that children are multi-dimensional and their development is complex. There are many more facets to learning than just academics. Children need to grow in their self-esteem, relationships, emotional stability and overall well-being and, in order to facilitate this, we remain committed to creating a happy and nurturing environment for our young students. We believe that a joyful primary school experience sets the foundation for a contented and successful life ahead.

Therefore, we make it our priority to create a culture of 'happiness' and positivity at our school where students feel supported and encouraged to pursue their dreams. As an organization, we wish that our students face challenges fearlessly, overcome them and emerge as winners. May they always remember that happiness is not just a destination but a way of life.

**Sd. Vidisha Panja**





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## FROM THE EDITOR'S DESK

Dear Readers,

Happiness is the greatest enigma of the universe. For thousands of years, scholars and philosophers have feverishly tried to decipher its true meaning. Alas, all have failed. Happiness is fleeting. Happiness is transient. It is like sand slipping from between our fingers. The more we try to hold onto it, the more it slips away. However, the objective understanding of happiness is impossible because it is a matter so inherently subjective and grounded in individual perception.

Great men and women have travelled miles, embarked on dangerous journeys, undertaken convoluted metaphysical discourses to understand it. However, the secret lies in the fact that happiness rests in plain sight. It is right under our nose and yet we cannot fathom it. Happiness is in the soft brush of our mother's lips against our cheek. It is in the contagious laughter of our best friend. It is in the merciless counselling of our father. Happiness does not lie in grand gestures or pretentious proclamations of love. It hides in inconsequential moments. Happiness is omnipresent and yet, a master at deception. It misleads us so eloquently that we are unable to grasp it. Sand slips away from our fingers when we try to tighten our hold but it stays put right at the centre of our palm the moment we stop straining. There is an important lesson in this analogy. The pursuit of happiness is never ending. However, the wisdom of being content from within is the lesson of life. This journey commences from the moment we make an active choice to be happy. Happiness does not come to us. It can only come from us.

"Happiness can be found even in the darkest of times, when one remembers to turn on the light." Dumbledore once said it and, as mindful individuals, let us religiously try to apply it. Therefore, let us start cherishing these impermanent moments. Let us start unveiling the happiness that hides behind the curtain. Let us hold on a little tighter, smile a little more, cry a little harder, laugh a little louder, forgive a little quicker and love a whole lot deeper. Let us, once and for all, choose happiness over misery.

Embodying this revitalizing and fierce spirit of happiness, we present to you the latest edition of Vignettes 2022-23 --- Happiness --- which shows us how students, in their own way, turned on the light.



**Madhunisha Majumder**  
Editor-in-Chief







**Junior**  
**Student Council**  
**(2022-2023)**



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**Senior**  
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**(2022-2023)**



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## CLASS PREFECTS



**NIKITA  
MAHESHKA**



**SHREYA  
MALOO**



**RIYA  
JINDAL**



**MARIAM  
EQBAL**



**SAMYA  
MEHTA**



*Awards  
&  
Accolades*



# Accreditation by NABET

On February 28, 2023, Sushila Birla Girls' School was awarded the Certificate of Accreditation by the National Accreditation Board for Education and Training for complying with NABET requirements as per the Accreditation Standard for Quality School Governance.





## The Telegraph School Awards



Sushila Birla Girls' School received the most coveted SCHOOL OF THE YEAR Award at The Telegraph School Awards 2022. The award is a validation of all the hard work put in by the students and the teachers of the school. The school looks forward to attaining many more such milestones in future.

## Skill Education and Sustainable Development Goal



Sushila Birla Girls' School secured the prestigious CED INDIA Star Rating School Award 2022. Mrs. Vidisha Panja, Head Mistress, received the award on behalf of the school at the 8th Annual Conference titled, Skill Education and Sustainable Development Goal - 4 on January 8, 2023 in Delhi. The category of the secured award was Experiential Learning School.



## India's School Merit Awards



Sushila Birla Girls' School received 'India's School Merit Awards' on December 7, 2022. In the category of India's Top 5 Girls' Schools, the school was placed fourth in India, second in West Bengal and second in Kolkata in a survey done by Education Today. The participating schools were categorized under 15 parameters which included Academic Reputation, Teachers' Advancement and Well-being and Cocurricular Education among others. The Jury Rating, Parents' Votes and Education Today Team Analysis were used to determine the winners. Mrs. K. Dey, the Principal, accepted the honour.

## Sampriti Utsav



On the occasion of Sampriti Utsav, an Indo-Bangladesh Concert, organized by Sritibritto, Kolkata and Alokito Banglar Mukh, Bangladesh, the Principal of Sushila Birla Girls' School, Mrs. K. Dey and the Senior School Cocurricular Coordinator, Mrs. Rubena Chatterjee, were felicitated for their contribution to the field of education. The honour was conferred on them on July 25, 2022, at ICCR, Kolkata.



## Inter School Gita Shloka Chanting Competition



The Inter School Gita Shloka Chanting Competition was held at Chinmaya Mission in Kolkata on January 29, 2023. There were two Sushila Birla Girls' School participants. The second place went to Jeetisha Dutt of Class VII B in the tournament. On March 19, 2023, the award presentation took place at Birla Academy of Fine Arts. In addition to receiving second place in the shloka chanting category, the school also won a unique award called Chant Gita Enchant Krishna.



### IKA 2023

Sushila Birla Girls' School received the India K-12 Award (IKA 2023) for the Category, Excellence in Providing Sustainable and Holistic Growth Programs at the Eldrok India K-12 Summit held at Taj City Centre, New Town, Kolkata on February 2, 2023. Mrs. K. Dey, Principal, received the award on behalf of the school.

## Leadership Conclave 2023



On January 13, 2023, Sushila Birla Girls' School was given an award in the category of Most Consistent Leadership in Girl Child Empowerment by News 18 Bangla. This platform aims to honour the best entrepreneurs, business leaders, professionals and organizations from Bengal who have successfully navigated the opening of the economy post pandemic, reshaped their ventures and innovated along the way. Ms. K. Dey, Principal, Ms. Vidisha Panja, Headmistress, Ms. Rubena Chatterjee, Cocurricular Coordinator, Ms. Sumana Sanyal, Academic Coordinator and Ms. Shraddha Jain, Academic Coordinator, received the award on behalf of the school.



## IHM Awards



On September 13, 2022, Ms. S. Bose, Director, Ms. K. Dey, Principal and Ms. Niti Pasari, IT Coordinator were felicitated by I.I.H.M for their extraordinary contribution in the field of education.

## India's Top Prestigious School Jury Awards 2022



On October 11, 2022, Sushila Birla Girls' School was felicitated at India's Top Prestigious School Jury Awards 2022. The school won an award in the category of 'Mental and Emotional Well-Being Support'. The jury comprised eminent personalities from the field of education who specialize in analysing the performance of schools pan India and in other countries. The felicitation ceremony was held in Delhi at The Radisson Blu Plaza.



## Education World India School Rankings



On October 12, 2022, to felicitate the country's top day, boarding and international schools, the 'Education World India School Rankings 2022-23 Awards' ceremony was held at The Leela Ambience Gurgaon Hotel. Sushila Birla Girls' School was ranked 2nd in Kolkata and in West Bengal in the 'Girls' Day Schools' category on the basis of academic reputation, faculty competence, leadership quality and sports education.

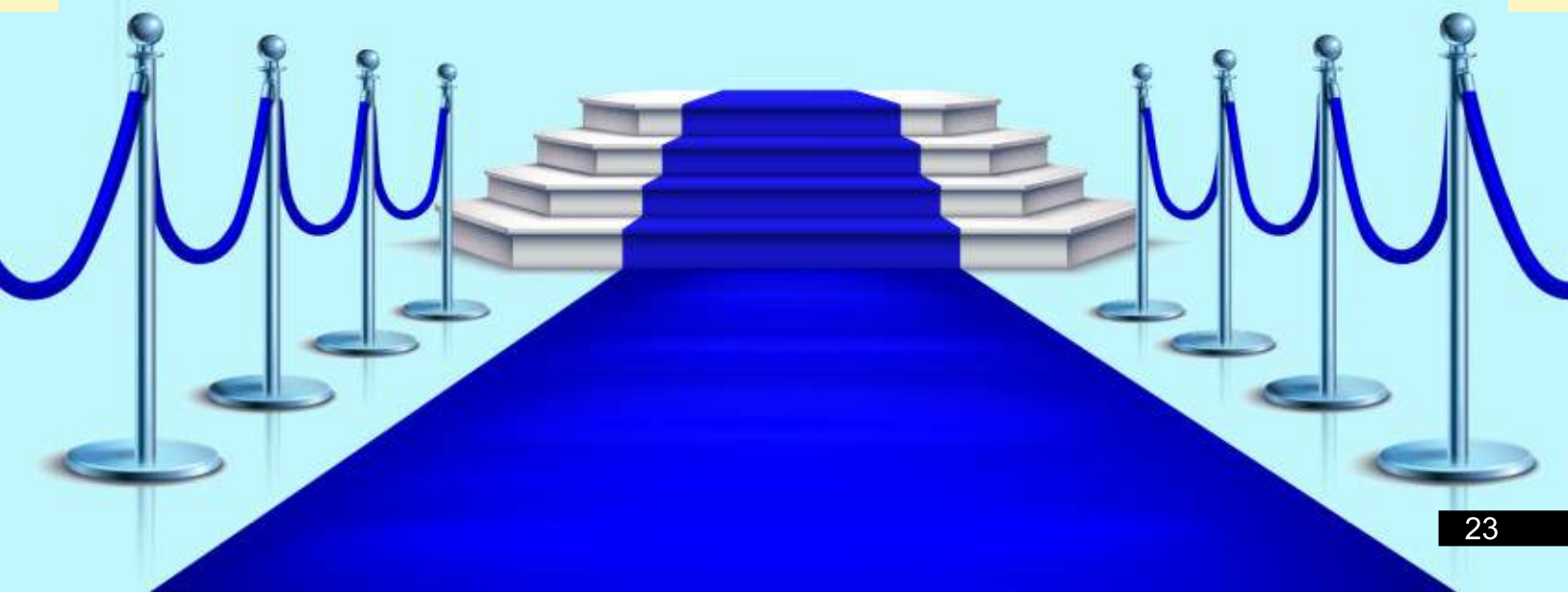
## Gurukul Awards



Sushila Birla Girls' School was awarded with a certificate of recognition for BEST COCURRICULAR ACTIVITIES (School) for the academic session 2021-2022, at the 10th Gurukul Awards Ceremony held on November 19, 2022. The Award has been instituted by the prestigious Lions Club International District 322 B2 and the felicitation ceremony was held at Lions Children's Corner, Kolkata. Sushila Birla Girls' School believes in the holistic development of each child and was honoured to receive this prestigious recognition.



# HALL OF FAME



# AISSE (CLASS X) RESULTS

## THE SCHOOL TOPPERS



Hritika Agarwal  
98.60%



Riddhima Doshi  
98.60%



Shraddha Kedia  
98.60%



Ceyona Agarwal  
98.20%



Niharika Agarwal  
98.00%



Shruti Agarwal  
98.00%



Vedisha Goyal  
98.00%



Vidisha Jagnani  
98.00%

### Salient features:

- Six students scored 100% in Science.
- Five students scored 100% in Standard Mathematics.
- Four students scored 100% in English.
- Four students scored 100% in Social Science.
- One student scored 100% in French.

The total number of students who appeared for the assessment was 113, all having secured 1st division.

The average of total marks obtained was 89.30%.

The percentage of students who secured 80% and above was 88.50%.



# AISSCE (CLASS XII) RESULTS

## THE SCHOOL TOPPERS



**Vanisha Khemka**  
**98.80%**



**Bhumi Kumari**  
**98.60%**



**Manjari Bagri**  
**98.60%**



**Tejal Chandak**  
**98.60 %**



**Akansa Kedia**  
**98.40%**

### SALIENT FEATURES:

- Fourteen students scored 100% in Business Studies.
- Five students scored 100% in Accountancy.
- Five students scored 100% in Entrepreneurship.
- Four students scored 100% in Psychology.
- Three students scored 100% in Economics.
- Two students scored 100% in Mathematics.
- One student scored 100% in Political Science.
- One student scored 100% in Informatics Practices.
- The highest score of one of our students is 98.80%.

The total number of students who appeared for the assessment was 186 and 184 students secured 1st division.

The average of total marks obtained was 87.60%.

The percentage of students who secured 80% and above is 80.11%.



# INVESTITURE CEREMONY

The Investiture Ceremony of the senior section of Sushila Birla Girls' School took place on February 10, 2023. The old Student Council of the session 2022- 2023 handed over the responsibility to the new Student Council of the academic session 2023-24. Ms. Amita Prasad, Director, Indus Valley World School was the Chief Guest for the event.





# ANNUAL PRIZE DAY - JUNIOR SECTION

Annual Day and Prize Distribution Ceremony – Primary Section Prize days are motivational as they take us a step closer to our dreams. Instilling confidence in children and sharpening their skills formed the essence of this year's Annual Prize Day Programme for the Primary Section at SBGS. The cultural programme preceding the prize distribution comprised songs, dance and a play. The enactment was based on Vikram Seth's famous poem, 'The Elephant and the Tragopan'. It upheld the urgent need for conservation of our ecosystem.





# ANNUAL PRIZE DAY - SENIOR SECTION

'Education is the passport to the future, for tomorrow belongs to those who prepare for it today.'

Sushila Birla Girls' School stands for the holistic development of the girl child, advocating the growth of students not only in academics but also co-curricular activities including sports, music, dance and art. The school celebrated its Annual Prize Day on 13th April 2023, felicitating the students' endeavour to strive for excellence in the session 2022-23.

The occasion was graced by the Chief Guest, Mr. Nakagawa Koichi, Consul General of Japan in Kolkata. Accompanying the Consul General was his wife, Mrs. Nakagawa. Mr. Gautam Ray of the Cultural Section of the Consulate General of Japan was also present. A warm welcome was accorded to the Chief Guest by Major General V.N Chaturvedi, Secretary General, Vidya Mandir Society.

A cultural programme preceded the prize distribution ceremony. Various categories of prizes were awarded to deserving students who had worked hard to earn them by performing consistently throughout the year. The prizes were handed over to the students by the Chief Guest, Mr. Nakagawa Koichi, Mrs. Nakagawa along with parents of meritorious students.







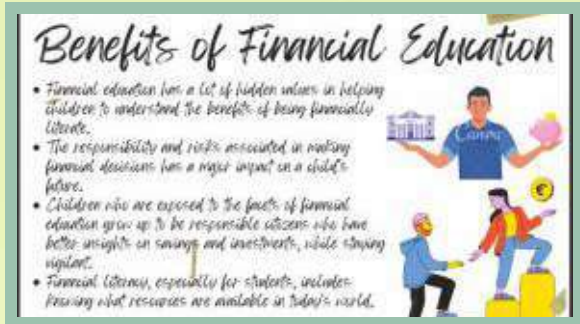


# EXCHANGE AND OUTREACH PROGRAMMES



# Global School Alliance 2022-23

Naqiyyah Calcuttawala and Ria Jindal represented the school in the first meeting of Global School Alliance. The Global School Alliance unites passionate educationalists from around the world under the common goal of providing global learning for students by combining online collaboration and immersive experiences. The objective of the meet was to present innovative ideas on controlling plastic pollution.



Khushi Jain and Aashi Bansal of Class IX represented the school in the second meeting of Global School Alliance which took place on 12.01.2023. The meet saw schools from 7 countries presenting their work on the project 'Economic Champions' with reference to SDG 4. The students from SBGS spoke at length about the Financial Literacy Programme launched in school for the students of Class IV.

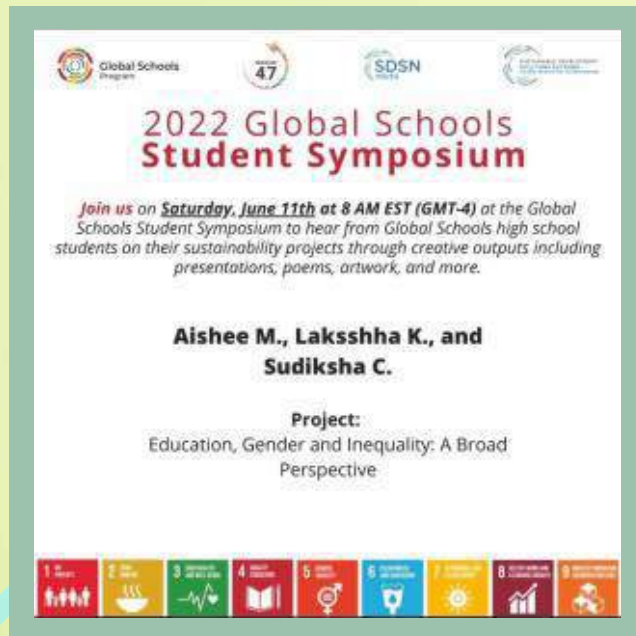
## Exchange with Collège Sacré Coeur, Lamballe, France



The virtual exchange project that will lead to the in-person exchange with Collège Sacré-Coeur, Lamballe, Brittany, France in March 2023 began in the month of November. The first activity (Partager des recettes) has been completed successfully by the students of Sushila Birla Girls' School. They posted detailed recipes of their favourite dishes along with very interesting tutorial videos on the same. Few students from Collège Sacré Coeur have posted their favourite recipes too and commented on the tutorials the students from Sushila Birla Girls' School had posted previously. A goodie box containing candies, cookies, cards and gifts was sent by Ms. Natacha Caramelle, an English teacher representing Collège Sacré Coeur, Lamballe, France. All items were distributed amongst the students of Class V and the French Language students from the Middle and Secondary Sections.



# Global School Symposium



Sudiksha Chakraborty, Laksshha Khanna and Aishee Mazumder, students of Class X, represented the school at the Global School Symposium, a platform created by the Sustainable Development Solutions Network (SDSN), an initiative of the UN on 11th June 2022. The Global Schools launched the 2022 Global Schools Student Symposium under the theme of “A Story of Change”. The Global Schools has been driving change and promoting sustainable development on an international level. The Symposium served as a platform for students from across the world to showcase their projects related to achieving Sustainable Development Goals. They connected with other aspiring youth in sharing goals and ideas thereby initiating impactful changes. On the first day of the Symposium, professionals from different sustainable industries shared their expertise. On the second day of the event, student presenters shared their projects and this was followed by a networking session. The three representatives from the school spoke about SDG 5 - Education, Gender, and Inequality.

# Exchange with Sekwila Zurich, Switzerland



An hour long virtual exchange between the students of SBGS and Sekwila, a German school in Zurich, Switzerland took place on 19.01.2023. The exchange was divided into two sections. In the first, 10 German Language students from Classes VIII and IX made a presentation on India which was followed by a question/answer session in the German language. In the next session, the students from Sekwila spoke about their country and this was followed by a question/answer session in English. The objectives of the session were to promote a better understanding of the German culture, give students an exposure to the German language as spoken in Switzerland. A reciprocal exchange took place 09.02.2023.



# Media Literacy Camp for German Students, Sikkim



The Goethe-Institut in Kolkata and Delhi jointly organised a youth camp for the German language students of their partner schools. The topic of the camp was 'Media Literacy' and it was held at Gangtok, Sikkim, from 24th to the 28th of September 2022.

The students who took part in Youth Camp are:

- 1.Samaira Vaid, Class IX D
- 2.Devangi Agarwal, Class IX C
3. Radhika Tibrewal, Class IX B
- 4.Fatema Kapadia, Class X A
- 5.Parnika Dalan, Class X D

The youth camp is one of the series of programmes being held as part of "DigiVerse: How to Read Media", a multi-annual project on Media Literacy, organised by Goethe-Institut, South Asia and led by Goethe-Institut, Kolkata and Delhi. The camp was an opportunity for students to learn about media literacy and digital literacy, with a focus on fact checking/post-truth, ethics including hate speech, cyber bullying, media – functioning and structure, media making and digital security/rights, digital detox and mental health versus FOMO; media representation of (historical) events.



# CREATIVE SECTION





## WHOLE

I am late August's sun  
And an early morning run.  
I am cotton candy skies  
And chocolate brown eyes.  
I am bitter coffee notes  
And long trench coats.  
I am fantasy books  
And a quilt of all that I took.  
I am the cool breeze of summer  
Blowing secrets yet to discover.  
I am the sun lighting up your skin  
Brimming with gold that lies within.  
I am all that is blissful, serene and sweet,  
The warmth that will flow to your feet,  
I am whoever I want to be,  
I am whole, I am complete.

*Laksshha Khanna (X B)*



**Vanshika Vaid (VIII C)**

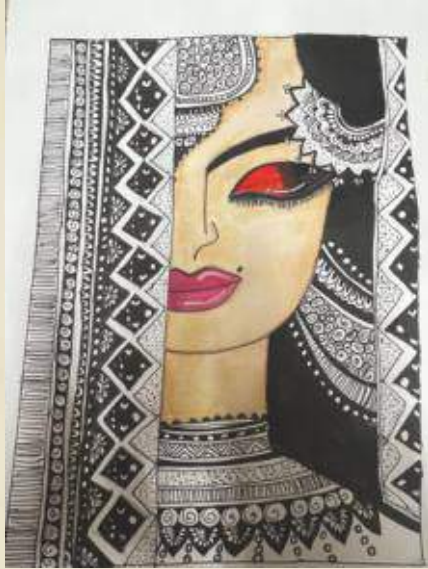
## UNVEILING THE METAVERSE- ONE'S PERSONALISED WORLD

Think of what you would want your world to look like. Think of the things you want to do but cannot. Imagine a world that you have created ... there is no one to criticise you, no one to judge you and the best part is that there is zero possibility of anything going wrong. Imagine if you could create a world like this and that too on your personalised gadgets, would you not do it?

The metaverse is a digital world where happiness finds new limits. In its virtual expanse, one can curate one's own realities, give shape to one's own thoughts and live it without actually living it! A world that offers us space to take actions and fulfil our aspirations, no matter how impossible they might seem. One can use one's imagination and skills to create and share art, music, stories and more. If one is tired of the hectic life of the physical world, one can find peace and happiness in a world that is one's own. For a jobholder, it is like not having to earn a living to maintain one's existence. For a child, it is like giving life to an endless imagination! Most importantly, this imaginary world gives one the satisfaction of being the supreme inhabitant of one's own world. However, while we enjoy the metaverse's ability to constantly offer something new, we must maintain a balance with real-life connections as well. As we journey into the metaverse, we unveil a new dimension of happiness —one that goes beyond all physical boundaries and opens up limitless possibilities.

*Neeti Jain (VIII A) and Yashvii Mehta (VIII B)*





**Saura Pugalia**  
(X C)



**Kashvi Parwal**  
(X D)

### **THE UNATTAINABLE**

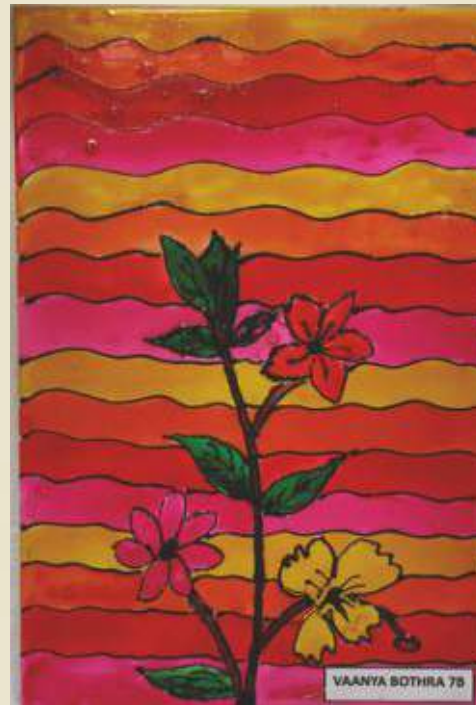
Happiness has always been quite an enigmatic emotion for me. I have never been able to truly understand it. To be fair, the greatest of philosophers like Camus, Kierkegaard and Nietzsche have been unable to decipher its true meaning. In that way, my absolute inability to grasp the essence of the word would make a lot of sense. The earliest happy memories I can trace back would be the ones I made in school. The freedom and carelessness that childhood offers are forms of happiness. Is it not strange how children want to grow up as fast as they can and adults want to go back to being children again? This is the irony of life. No matter how much we try, the grass will always be greener on the other side. No matter how aware we are, we realise the true essence of something only once it is gone. I miss the innocence of my childhood. I miss how easily I could be made happy. A packet of chips, new stationery, tickles on my stomach --- it was always enough. I was satisfied. Now, there is so much of self-doubt, worry and sadness to swim through. Most often I forget to be happy. Is it not funny how day by day nothing changes but when you look back everything is different? I did not even realise when my childhood vanished and adult struggles took hold of me. Now, there is nowhere to go but forward. It is the end of my school life. It is the end of an era. I will soon be out of this city and in college somewhere else. Maybe I will be happy. I hope I will be but then, I will look

at the ones I left behind in Kolkata. I will look back at my parents, alone in a six-bedroom apartment. There was a time when they complained about not finding an empty room to do their work in peace. Now, all they will find are empty rooms. Maybe I will be happy in college. Maybe, back home in Kolkata, my parents will not. Looking at them, maybe I will not either. Happiness is fleeting. It is like a December sunset. One moment it is there and then it is not. There is no guarantee that our life will be a happy one. However, I truly believe that if we do good deeds, happiness will come our way. More importantly, it is not our life itself that is inherently happy but the people in it that make it worthwhile. We can never be our own source of happiness. Our happiness will always depend on that of our loved ones. Life is meaningless if one does not have people to love and those who love them back. I do not ask for fake assurances because nobody can know what the future holds but I do hope wherever I am, I am loved and cared for. That would be true happiness for me.

*Madhunisha Majumdar (XII H)*



**Sneha Saha**  
(VII C)



**Vaanya Bothra**  
(VII B)



## THE BIG QUESTION

What is happiness? Happiness is a positive emotion that you feel when you help someone and you see a smile on his face or when you have done something that you are proud of. We can find happiness in many ways– when we achieve our goals, when we help someone who is in need and he thanks us for that. Even in our tough times we should remain calm and find a way to the problem’s solution. That is, happiness. Happiness is not just about seeing a smile on someone’s face. It is also experienced when someone making us feel special. We should always derive joy in every activity we perform. If you can be sad for no reason, why not try being happy for none? If we are always tense then we will not be happy and instead get demotivated. Though happiness is temporary, if a person always tries to be happy then it will motivate her to come out from the hardest times of her life. It is happiness that gives us the strength to fight through these situations. Therefore, stay calm and be happy.

*Khushi Banga (VIII A)*



**Ananya Garg  
(VIII C)**



**Paridhi Dewra  
(XI S1)**

## THE PURSUIT OF HAPPINESS

Happiness is a universal pursuit that transcends cultural boundaries and resonates with individuals across the globe. It is a state of being that brings about feelings of joy, contentment and fulfilment. However, the concept of happiness is subjective, as what brings happiness to one person may leave another completely untouched.

Happiness can be found in various aspects of life. For some, it lies in the pursuit of personal achievements and success. Setting and accomplishing goals, whether they are related to education, career, or personal growth, can provide a deep sense of satisfaction and happiness. The journey of striving towards these objectives and overcoming obstacles along the way often brings immense joy and a sense of fulfilment. Furthermore, happiness can be derived from meaningful relationships and connections with others. Human beings are social creatures, and fostering positive relationships with family, friends, and loved ones is often a vital source of happiness. The love, support, and companionship found in these connections contribute to a sense of belonging and emotional well-being. Moreover, gratitude and mindfulness play a significant role in cultivating happiness. Taking time to appreciate the present moment, practising gratitude for the blessings in life, and focusing on the positive aspects rather than dwelling on the negative can greatly enhance one's sense of happiness. Being mindful allows individuals to savour the simple joys, find beauty in the ordinary and develop a more positive outlook on life.

In conclusion, happiness is a multifaceted concept that can be found in various aspects of life. Ultimately, happiness is a subjective experience, and each individual has his own unique path to finding and cultivating it.

*Khushi Sengupta (XII H)*



**Avni Bhojagarwala  
(VIII D)**



### WHEN ALL IS DARK

As the sun sets  
The birds peacefully sleep in their nests.  
The shrouding darkness all around  
From the sky to the ground,  
The atmosphere is dark and morose  
All that is heard is the cawing of the crows.  
The dark gloomy night leads to a bright  
dawn  
That is when happiness and new hope are  
born.  
There is chirping of birds in the green lawn  
With a new hope the reaper harvests his  
corn.  
When all is black and everything is dark  
Look a little further where happiness lies  
and everything sparks.

*Ishika Das (VII B)*



**Aashi Dhawan (XI C2)**

### PRECIOUS MOMENTS

Happiness for me is dancing on my  
birthday with my friends.  
Happiness for me is when I cut the cake and  
when my friends apply the cake on my face.  
I am happy when I get presents.  
Birthdays are fun as I play with my friends.  
I feel happy on my birthday.

*Anaisha Agarwal (I C)*



**Dia Bothra (VII B)**

### THE MIRACLE

Happiness comes now and then,  
You just cannot know when.  
It is something you cannot define,  
Also, something you cannot decline.  
Never fear that it will go,  
Because it can always grow.  
Happiness can make you happy,  
And someone else merry.  
It travels in a circle,  
Like a miracle.  
It makes everyone forget their sad past,  
And makes them believe that their  
sadness will not last.

*Sarah Ali (VI C)*



**Mahek Dugar  
(XII C2)**

### RAINBOW

Rainbow, rainbow in the sky  
Bright and beautiful up so high.  
I wish I could reach you with my hand,  
To touch your colourful rainbow band.  
Rainbow, can I fly in the air?  
To steal your colours and store them  
with care!  
When the sky smiles through a rainbow,  
It makes my heart sing from head to toe.  
*Shanvika Ghosh (II A)*



**Shristi Mukhopadhyay  
(VII C)**



## BEING HAPPY WITH ONESELF

'The only thing that will make you happy is being happy with who you are.' In today's fast-paced world, our generation is so busy trying to cope with life and making society happy that we forget about our own feelings and what the actual definition of happiness is.

We are taught from our very childhood that we must live up to the expectations of society at any cost. Therein, we leave ourselves far behind in the journey. In order to accomplish a goal, we change who we really are, without realising it. For example, a girl who once loved to sketch and aspired to become an artist, gave up her favourite hobby because society said it was not good enough. We must understand that we should do exactly what our hearts desire. We must not worry about the rest as people will judge and discriminate irrespective of what we do. Life is complex and uncertain and I believe that if we can find even a little source of joy amidst the difficulties in life, it is the greatest treasure and ought to be cherished. Many of us are so focused on figuring out what the world wants from us that we forget to ask ourselves- Who am I? What do I want? What is my dream? What do I value the most?

We must be brave enough to take off the mask that we wear and accept our true selves. We must accept our flaws for these make us who we are as an individual. We should be confident enough to showcase our talents to the world and take pride in our strengths.

*Akansa Shah (VIII B)*



**Akanksha Shah  
(VIII B)**



**Tisha Agarwal  
(VII D)**

### A BLESSING

Happiness is when I see the birds chirp.  
Happiness is when I see my mother laugh.  
Happiness is in helping others and making them smile.  
Happiness is in seeing the flowers bloom.  
Happiness is in sharing with others.  
Happiness is in doing fun activities.  
Happiness is in bursting the crackers on the day of Diwali.  
Happiness is in doing everything.

*Saatvika Agarwal (I A)*



**Manya Kapoor (XI S2)**

### OUR QUEST

There are many ways to find happiness. Some find it on their birthdays or on holidays. I also find satisfaction in these, but what makes me happiest is getting to meet new people, meeting family and friends, going on holidays and picnics with them. The underprivileged find happiness in the things we do not. They become happy when someone gives them a blanket in winter, something to eat or something nice to wear. I have observed that even though they do not have everything, they are happy . with whatever little they have. Happiness can be found in different ways, only if one is ready to receive it.

*Akshita Kapoor (V C)*



## STAY HAPPY

"Smile, an everlasting smile  
A smile could bring you near to me."

~BOYZONE

A smile is the first little step one takes in the everlasting journey of happiness. Happiness is a state in which one's heart feels light, jovial and blithesome. One's soul feels pure, exultant and buoyant and as for oneself, this feeling contains immense amounts of contentment, satisfaction and euphoria. However, when I try to describe this feeling, it all goes in vain because happiness differs from person to person. Some feel happy when they possess wealth, others when they are surrounded by loved ones or even in the act of devotion towards an idol/God. Happiness is actually a positive frequency one emits while looking at the bigger picture with optimism and eliminating all kinds of negative emotions like stress, melancholy and misery .

Happiness is the key to the locked doors of the seventh heaven, but to obtain that seventh heaven one has to maintain a positive outlook towards all aspects of life and be grateful for everything one has. By doing so, one automatically creates a merry, cheerful and positive environment around oneself that results in an exuberant personal self. In order to be happy, one should strive to tip one's emotional scale to the positive side, be persistent and resilient in the journey towards one's goals in spite of troubles and misfortune. Overcoming these troubles makes one feel capable and happy. Being happy is one's mission in life. I believe that happiness is to love and to be loved.

Happiness is as contagious as laughter. Whether it be peals of laughter or roars of mirth, whether it be a squeal or a giggle if it includes happiness, it is infectious. Thus, never try to hold back laughter or a smile because happiness is the only good infectious thing and it should never be contained. Keep laughing, show off that beautiful smile and stay happy.

*Advani Damani (VII D)*



**Bhavya Pansari (IX C)**



**Adaa Agarwal (IX A)**

## ACHIEVING HAPPINESS

When we think of happiness, imagine a euphoric feeling that is attained upon finally living up to our expectations, but is it really attainable?

I would like to believe that happiness is an illusion. We all have our own versions of it. It is something we idealise because, in reality, we cannot truly attain it. Happiness is what we think happiness would feel like. When has there ever been a moment when we were truly satisfied, mind, body and soul? When has there ever been a moment where we have felt like we have done enough? It is basic human nature to want more, man's greed to always achieve more. This is precisely why I personally do not believe that happiness, in all its true self, can be achieved. It is in fact our goal to earn the happiness that we so idealise whilst growing up, and maturity is in realising that it is something that never existed in the first place.

Despite its nonexistence, the hunger for it helps us achieve the goals we set for ourselves. It acts as a silent motivation, a pseudo-force of life. Thus, true happiness is not the ultimate burst of dopamine, but the result of our hard work towards our betterment. Happiness lies in believing in our self-worth.

*Debomouli Sarkar (XI S2)*



**Shubhangi Mandal  
(XI H)**



**Samriddha Bhattacharya  
(X B)**



## THE ONLY ANSWER

Happiness is an emotional state described by feelings of satisfaction, contentment and joy. It is a state of mind and it comes from within. It is one of the major emotions in life and can be achieved if we stay positive and avoid any negative thoughts in our minds. If we focus on the negative aspects in our life, we can never be happy. If we look at the bright side of life only then can we be joyful and satisfied. When we spend time with our family members or do some fun activities like painting, dancing, and singing, we feel cheerful. A study has revealed that staying positive prevents sadness and mood disorders like anxiety and depression. When we feel extremely happy or think something is funny, we laugh. Laughter enhances your intake of oxygen-rich air and stimulates your heart, lungs and muscles. It also reduces stress and boosts your immunity. Thus, it is very important to stay happy as it not only gives us good vibes but is also very important for our well-being and health.

*Shevanti Ghosh (VII D)*

## RAIN

Have you ever sat before the rain?  
The rain doesn't leave you alone.  
It embraces you and wraps you in warmth.  
Have you ever spread your arms and stood in the rain?  
You are never lonely in the rain.  
It never judges your likes and dislikes; it only accompanies you.  
Have you ever danced in the rain?  
It fills your heart with childlike innocence.  
The rain only sings and dances with you.  
Have you ever cried in the rain?  
It doesn't question your tears or your pain.  
It only washes your tears away.  
The sky is crying with you.  
It's not your weakness; it's your secret.  
A secret only you and the rain know.  
Next time when it rains, let's get drenched.  
Let's be happy next time it rains.

*Nimesa Majee (XII S2)*

## THE QUEST FOR INNER BLISS

In life's depths, a quest unfurls,  
For inner bliss and happiness bubbles  
Through winding paths, we venture far,  
Seeking treasures that truly inspire.

Not fleeting pleasure, nor transient haze,  
But purpose pure, our souls ablaze.  
Triumph and trials, wisdom's embrace,  
Seeking serenity while finding our place.

With resilience, we pave our way,  
Chasing happiness day by day.  
Truths and falsehoods our souls discern,  
Discovering treasures our hearts yearn.

Within life's tapestry, elusive joy,  
Transcendental bliss we enjoy.  
Striving, spirits unfurl,  
In pursuit of a happy world.

*Mahak Patwari (XII S1)*



**Harshika Nahar (VII B)**



**Aashi Bansal (IX C)**

## SERENDIPITY

It's a relief to know that I am not  
the only one writing about you.  
You're writing about me too,  
What's better than people in  
love?

There are millions of what-ifs in  
the millions of universes.  
and the true happenings in our  
universe,  
Trying to do our best every  
moment,  
happy, just waiting to make a  
million memories with the one we  
love.

*Nimesa Majee (XII S2)*



## **HAPPINESS: AROUND YOU OR WITHIN YOU**

Happiness is not some permanent thing we are all trying to achieve in life. It is merely a thing that shows up every now and then.

Science says, 'If the cause is there, the effect will follow.' A more profound law of spiritual science asks to create the effect beforehand; the cause will automatically follow. Be happy first and everything else shall follow. The reason will follow. Needless to say, if the seeds are there, the trees will be born but if you can catch hold of a tree, millions and millions of roots will be in your hand.

One can only find happiness within oneself. Start loving yourself. You cannot expect to discover contentment around you if you cannot find the same with yourself. Others cannot make you happy if you cannot do the same. Happiness is not just the absence of sadness; it is enjoying life, enjoying the fleeting moments of life that give you joy.

Joyful living is the first fundamental dimension in which you should always remain active, alert and aware. You should be so aware of this truth that you should not allow even a single moment of your life to be spent not being joyful. You have to be simply aware and alert of this fact, and if you are vigilant, the rest of the things will start happening on their own. Be happy, you do not owe it to anyone but yourself.

*Akshita Shaw (XI C1)*



**Avni Bhojnarwala (VIII D)**



**Riya Samdhani (XI C2)**

## CHOCOLATE BOX OF LIFE

I was with my father on our daily late night walk around our neighbourhood when I suddenly asked him, “What did true happiness mean to you as a child?” He replied with a smile, “I remember, as a child, I would buy comics and read them while eating my favourite ice-cream. Nothing made me happier.” That made me realise how innocent children are.

Only a child can experience that pure happiness. When we grow old, we do not understand the true joy of eating candy and laughing at the silliest things. Happiness is a feeling which cannot be defined but is felt by each of us in different ways. It makes us want to keep going. It makes our insides warm and our eyes shine with true joy. The most trivial of things cause us to smile but as we grow older we do not feel the same happiness. It reminds me of that time when someone said that as you grow older, you will be happier and more mature. I believe that as we age, we let our true happiness be clouded by anxiety, stress and responsibilities.

The child inside us who used to find happiness even while watching birds slowly fades. As we enter the real world, we change and so does our definition of happiness. However, after the pandemic, as we once again started bonding with our family and friends, we found happiness amidst the sorrow. Knowing that there is light, that there is a pot of happiness at every dark end is what kept us going.

*Shreya Bhanuka (VII D)*



**Aryahi Bhowmick (IX B)**



**Khushi Jain (IX A)**



### FINDING HAPPINESS

Happiness is a word,  
That rarely people utter.  
Yet if you look hard,  
You'll find many things to love.

Some find it in a hot bath,  
Some might in music,  
Some might in coffee,  
All of them are therapeutic.

A perfectly baked cake,  
That 'Friday feeling',  
A fresh coating of snow,  
Maybe even a trip to Darjeeling.

Happiness is something,  
You'll find it everywhere.  
From snuggling with a loved one,  
To finding memories everywhere.

*Raika Das (VIII B)*



**Anushka Sinha (VI A)**



**Maahira Dujari (VII C)**

### THE TRANSFORMATION

Happiness makes you bright,  
Like a shooting star in the night.

It brings you joy and makes you smile,  
More than the majestic Nile.

Happiness lightens our faces forever,  
Higher and more beautiful than the  
Eiffel Tower.

Spreading happiness makes you feel  
like the best,  
Stronger and higher than Mt. Everest.

*Bhavya Baid (V C)*

### THE EUPHORIA OF LIFE

Looking back in time,  
Happiness used to be bedtime stories and rhymes.  
I guess it was ingrained in the uncontrollable  
laughter,  
As my brother and I tickled each other.

Growing up, I found happiness transform  
Into something more refined  
Like aesthetic rainbows and ecstatic journeys  
Which became the best solution to all my worries.

With the passing years, I saw  
Happiness becomes something new.  
It was no more confined to the outward beauty  
Rather it had its roots in love and its hues.

Now, as I complete my diamond jubilee,  
Do you know what gives me immense glee?  
It is the euphoric journey I've been through.  
The satisfaction that all my efforts were true.

*Saman Quasim (XI C1)*



**Paridhi Dewra  
(XI S1)**

### THE RIGHT CONNECTIONS

Happiness is a feeling that should be present in everyone's life and mind. It is like a wave that comes upon a person's mind and feelings when even the smallest acts of kindness, appreciation and time are bestowed upon them. People believe that happiness comes mostly through success. It is, however, true that happiness will not last forever. During our lives' final hours, all our success, riches and luxuries will not make us happy, but love and support from our family and friends would bring immense happiness and joy to us. However, happiness is not something that only comes from support and kindness. When we spend time with our family and friends, we never realise how much they appreciate it. As a matter of fact, one of the most important factors for experiencing happiness is the amount of time we spend each day with someone we care about and, most importantly, with ourselves.

*Drisana Ray (VI C)*



## CARPE DIEM

Happiness is not by chance but by choice. The meaning of happiness varies from one person to another. For some, happiness is just the absence of sadness whereas, for others, it can be a moment, a memory, a person or anything that may bring peace to them.

For me, books have always been a source of happiness. Being a shy and introverted person, I spend most of my time with my books. For my brother, an outgoing person who loves video games, happiness is when he is playing his favourite game with his best friends. Similarly, for my father, it is his work and the happiness of his family members that bring him joy. For my mother, happiness is when she sees her children excelling in life. For a sick person, happiness is well-being and a speedy recovery. Finding one's true passion in life is happiness for some. Securing a bright future is happiness for adults.

To conclude, the meaning of happiness has never been the same for all people. No one can define it in a sentence. So what exactly is happiness? Happiness is an emotion which a person feels when he is stress-free. Happiness is found where he finds comfort and there is nothing bothering him or burdening him. When a person lives to the fullest without worrying what might happen in future is when he feels happy.

*Shristi Murarka (XI C1)*



**Rashi Ajitsaria**  
(IX A)



**Rayna Choudhuri**  
(VII B)

## SPRING

The rosy sunset painted the fields  
Shining into the damp trenches;  
The snowdrops shook free of snow  
And danced with their grassy friends.

The trees whispered and swayed;  
As if in a gentle lovers' rapture  
The ivy creepers on the white wall;  
Crawled with a renewed vigor.

The flower beds blushed pink;  
In lavish praise of its regained beauty  
The streams gurgled over the pebbles;  
The chilly water, gentle to my hand.

The fearsome white lands faded out  
Into a cradle for the lonesome soul;  
The freezing hearts rekindle  
With far too much to withhold.

The dandelions kissed Nature;  
The Mother, worn by the cares of life,  
Turns a rosy cheek, flushed in joy,  
Her child's laughter taking her breath away.

The sleeping bird now bursts into song;  
In my heart it struck a painful chord-  
And those silent lips of mine  
Clumsily followed the birdsong.

I stop to listen, in mellowed light  
The sounds of life from under the green;  
I close my eyes in silent prayer,  
In thought of the happiness I had seen.

A cricket sings in the waning hours;  
Of growing and thriving, the only goal,  
And the birds and me, do quite agree  
As does my restless soul.

*Aishee Mazumdar (X A)*



**Debangi Chakraborty  
(X B)**



**Rajashree  
Bhattacharya (XI H)**



## A SYMPHONY OF JOY

In the realm of knowledge,  
A student stands making a pledge.  
Amidst the laughter and the tears shed,  
A journey of growth, as she is being led.  
The scent of books and chalk, the melodies of the bell,  
Awakening in her eager mind new stories to tell.  
From teachers who inspired, with passion and care,  
To classmates who become family, the joys they share.  
And as she grows older, the paths begin to part,  
But the memories shall remain etched, deep within her heart.  
For school is not just walls, it is a haven, pure and true,  
Where happiness finds its home, and dreams begin to brew.

*Mahak Parasrampuria (XII S1)*



**Varnika Patwari (VI D)**



**Prisha Garg (VI D)**

## SMILE ON!

I am sure you have all felt happy sometime or the other. Maybe because of the things you like, your family, your birthday or your favourite food. Only you decide what gives you joy, you decide what makes you happy. Here are some things that make me happy.

Every day I get up after my alarm goes off. I brush my teeth till they are as white as pearls. Food makes me very happy. After having my breakfast, I switch on some music and enjoy a refreshing, warm bath. Music makes me overjoyed, as I sing along and rap to the beat. Soon I change and go out to play with my friends. We laugh at jokes, play in the sand pit and go on imaginative adventures. As it starts getting dark I go home and cuddle up with my family as we start watching our favourite television shows. We also bond in other ways like by playing board games. My family makes me very happy. Time flies and I go to bed. One last time, I smile from ear to ear because I see something extra special and magical. I see myself. The thing that gives me the most happiness is myself. I am glad to have this amazing life and I feel blessed with all I have. Love yourself. Your power, is that there is only one of you. Most importantly, stay happy and focus on the things that give you joy.

*Adya Chamaria (V B)*

## THE LITTLE THINGS IN LIFE

The little things make so much of a difference  
in our life.

Seeing that one person smile,  
The soft breeze of the sky sweeps away all the  
sadness,  
The exceptional greenery of the garden.

Eating food that feels like home,  
Talking to our favourite person at night,  
Bright sunshine falling on our faces,  
Flocks of birds flying high in the sky.

Watching the one and only comfort film,  
Going out to that one place which feels like  
tranquility,  
Soft drops of rain tingle every inch of our skin,  
The fragrance of fresh flowers on a spring  
morning.

The most serene playlist on our phones to get  
through a rough day,  
That one storybook which we can never stop  
reading,  
The sound of ocean waves hitting the shore,  
A view of the magnificent mountains from a  
chilly hill station.

Roaming through the streets of our favourite  
travel destination,  
Playing with cousins for hours on vacations,  
Sunsets which melt our hearts,  
The long stretch of blue sky which we can  
never get tired of.

Happiness always finds a way in our lives.  
It exists in every ounce of the earth we live in.  
It exists in people, things, nature and  
surroundings.  
Happiness is something that we see and  
instantly makes our hearts smile.

*Samya Mehta (XII S2)*



**Ananya Garg (VIII C)**



**Aadyashakti Dalmia (VII A)**





**Aashi Bansal (IX C)**



**Dishita Chatterjee (VII C)**

### **DANCE IT OUT**

I slipped into my linen nightgown, brushed my hair and tied it into a bun. I was eighteen and aspired to be a Broadway dancer and the next day, I had my first audition. It was for an important role in an upcoming musical. Ever since I was a young girl, I had imagined this night. It would be like a fairytale with me smiling ear to ear and ready for the moves to flow out of me like a glistening river of melody through a beautiful meadow. Yet I felt unsure. This was an important audition, an opportunity that could change my life and that overwhelmed me. I was extremely nervous and my hands were stiff like a stick. I looked at myself in the mirror and saw those elegant arms that had been practising for months and yearned to hold the script but I kept thinking, "I am not ready, I don't have what it takes!"

Exhausted, I pulled the sheets over myself and closed my eyes hoping that tomorrow, I would have what it took to achieve my childhood dream. The only sound I could hear was the ticking of the clock. The distant ticking changed to a gushing sound of a light summer breeze and a stream flowing. It was a dream. I could feel the dandelion's soothing texture on the soft tips of my fingers. Music started playing and I could feel myself relax and loosen up. My hands and legs started flowing with grace.

Suddenly, a girl appeared; she was my younger self, the girl who was eager to dance, who knew that she would sacrifice everything just to move forever and ever. She pulled me towards a small cottage which I had never noticed. It was a homely cottage with a cobblestone path leading to the house. The pathway was lined with the most beautiful white roses I had ever seen. In our old apartment, after my mother would come back from work, she used to switch on the radio and we danced till we fell laughing and exhausted. The younger me twirled as she asked me to follow her to the backyard. It felt like the old days when I danced for fun to feel the heat of my face, to see my face glowing red and smiling. I held on to my little self. We danced, jumped and talked. It felt like ages since I had giggled and felt so free in this feeling of ecstasy.

A shrill sound filled the sky and suddenly my little self hastily plucked a white rose and placed it in my palm and said, "You can do this for all of us." She hugged me one last time. I opened my eyes to an abundance of sunshine filling the room. I remembered it was October 15th, the day of the audition. I was too paralysed to move and suddenly, I saw the white rose on my side table. I knew I had to get ready and give it my all.

As I reached the venue, I remembered all the sacrifices my mother had to make and how much this meant to my younger self. "Emily, you're up next. The judges are waiting." I looked at the rose one last time before stepping onto the stage.

The music flew and the beat swirled in my ear. I loosened up. The tension in the air felt like a cool breeze on a hot summer day. I had never felt so swift and light on my legs. I did not even realise when the music had faded and my routine came to an end.

I knew I had given it my best. I felt the happiness of dancing again. A few days later the results were out. I had gotten the lead role of a girl who was always happy. I looked at the white rose which now sat in a vase beside my bed. I smiled and said, "Thank you."

*Shreya Bhanuka (VII D)*

### **HABITS**

The morning alarm that wakes us up,  
Ushers in the rushed morning tea session,  
As we get ready for another hard day,  
Working all the time till the sun says goodbye,  
Momentarily, no sweet words shared.

Then the birds too fly back to their nest.  
And we go back to our homes.

The peaceful silence of the night takes over.  
The tiredness in our bodies shuts us up too.  
But the little conversations about our day,  
The stolen glances and the pretty moments  
are what keeps me going.

Everyday is mundane. Just the same as the previous one...

However, there you are in your cotton pajamas,  
With your messy hair and fond smile and your tired eyes;  
I need them to keep us alive in the bustling atmosphere of life.  
In our habits lies the true meaning of life  
Because our habits are acts of true love.

*Nimesa Majee (XII S2)*



## EMBRACING THE JOYS OF LIFE

Two sparkling innocent eyes  
Akin to the marble candies they sold  
Flashed a saga of piety and candour  
With every penny earned, and  
Million hardships untold.

The glistening string of teeth  
Shone bright in the deep tanned face  
Beamed with laughter at a silly joke  
Unfazed by the unfairness of life  
Taking every trial in a joyful embrace

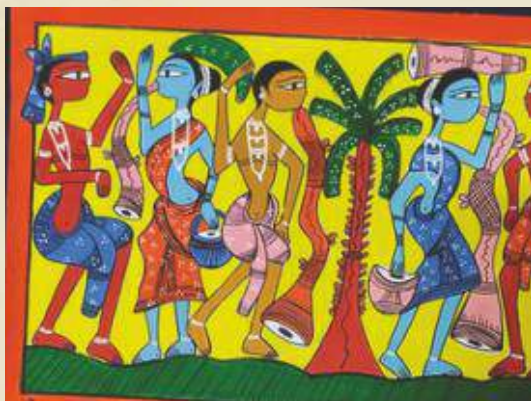
This - one of the many lil' boys  
That dotted my cityscape everyday  
Never did they grumble, nor moan  
Not a single question they raised  
And yet, not once did they fail to pray!

Their spirits, resilient, pure and free  
Inspire me to embrace happiness  
To be grateful and joyous  
To rise above the vanity and pride in me  
To transcend all petty considerations.

*Maansi Chamria (XII C1)*



**Yatee Choudhary  
(VII C)**



**Swastika Chattopadhyay  
(VII C)**



**Swastika Chattopadhyay  
(VII C)**

## A TRYST

The sun weakly casts its light  
A last time over the snowy peaks.  
The thick pines sway no more  
Silenced by the looming darkness.  
The lengthening shadows of the  
waning day  
Are cloaked in black and disappear.  
The golden light glitters on the  
meadows  
Engulfed by the hungry night.  
As the stars peep and the moon  
emerges  
A scream echoes on the hillside.  
A lone bird calls out in the fading  
colours  
A melancholy, helpless cry.  
It circles the mountain, unafraid  
Sharp black against the white.  
As the world withdraws and departs  
The bird inches closer, closer still.  
The mountain stretches and calls to it  
The despairing head beckoning.  
The bird dives and curvets  
Playful in its boundless joy.  
It swoops and flies and vanishes into  
Some crevice among the rocks.  
The bird and mountain heave a sigh  
Their untold secret, a homely glow.  
For the bird had at last found its  
home  
Tucked away warmly in the snow.

*Aishee Mazumdar (X A)*



**Manvi Bajaj (X B)**



**Paridhi Dewra  
(XI S1)**





**Aditi Seksaria (VII B)**



**Varnika Patwari (VI D)**



**Aishee Majumder (X A)**

### **HAPPINESS IS A FARCE**

True happiness seems like a utopian dream. Simply put it is hard to achieve and even harder to maintain. Human beings have endless wants and no matter how much one achieves one always seems to want more. Happiness is not a place that someone can give you directions for. It is not a recipe that you can follow to the tee. Being happy does not always indicate positive emotions. In fact, studies have actually shown that people who process both their negative and positive emotions are actually more likely to feel happier in the long run. Society expects us to feel happy all the time and we are constantly expected to put on a mask and hide our true emotions like a Potemkin village. Potemkin villages have neighbourhoods where the local government paints and lights up abandoned houses and storefronts to make them look occupied and in order to hide blight. So let us not for once put up a farce and actually feel our true emotions. Maybe then happiness may actually be achieved.

*Noyonika Ghose (XII H)*

## CARPE DIEM

You say that life is tough,  
That it has no meaning.  
However, my love, you are so young,  
You have barely started breathing.  
There are sunsets that your eyes,  
Are yet to adore.  
You are yet to dance,  
Till your feet get sore.

Start living, my love,  
It is not that hard to do.  
Sing on top of your lungs,  
Or paint your room blue.  
Read that book you have wanted  
To read for so long.  
Watch your favourite show,  
Or write a new song.

Dance in the rain,  
Fall in love.  
Admire the stars,  
That shine above.  
Jump a little higher,  
Laugh a little more.  
Do not wait till death to realise  
You have got so much to live for.

You live for those moments,  
That make you feel alive.  
Those fractions of seconds,  
Where the stars align.  
Living is not just breathing  
It is making those breaths count.  
There is joy and happiness,  
In everything around.

You do not have to save the world  
For your life to be a victory.  
You just have to be yourself,  
To create history.  
So do not let your hands stay shackled,  
Go ahead and free them,  
You have got the whole world to see,  
Go on, carpe diem.

*Mariam Eqbal (XII S1)*



**Mughda Agarwal (VIII A)**



**Tanisha Thakur (VIII C)**



### WISHING STARS

I feel a strange relief when I hear your voice.  
Even when you are miles away,  
Knowing that you are there,  
Under the same sky, beneath the same stars  
Makes me happier.

*Nimesa Majee (XII S2)*

### MY BUCKET LIST

My father asked me what would  
make me smile.  
I thought and thought and it took  
me a while.  
Maybe an iphone or a tab  
Or the latest smart watch to look  
fab.  
I looked out of the window  
and saw a child playing joyfully  
with his own shadow.  
A girl dressed in torn clothes  
playing with a street dog  
wearing her best smile ever.  
Happiness, I then understood,  
could not be  
the things on my Amazon wish list.  
It is in the little things on my  
bucket list.  
Like dancing in the rain in a world  
without pain.  
Like getting a pet when one is  
lonely.  
Like singing my heart out,  
in a world where everyone  
is there for each other to help out.  
Let us all pledge to gift a smile  
And bring happiness to someone  
Once in a while.

*Vanya Ajmera (V C)*



**Avni Bhojnagarwala (VIII D)**



**Nishika Singhvi (IX C)**

### **CANDY GIRL**

On a cheerful evening  
When all the children were screaming,  
Playing around the Madhubani Park  
When it was about to get dark,  
There came the candy girl,  
Making all the children twirl,  
With happiness and excitement.

There was a little confusion about the choice of flavour;  
'Cause, she had all the colours from the rainbow to savour.  
Aanvi said she wants yellow.  
Aavya cheered for red.  
Vansh was adamant about choosing both plum and blue.

The candy girl politely urged him to choose just one.  
He could take the other flavour the next day and be a good son.  
'Cause too much candy might hurt his gum  
And it would pain a lot so he agreed on plum  
They then smiled and had lots of fun.

*Saasha Murarka (II B)*



**Preksha Agarwala (XI CI)**



**Manvi Bajaj (X B)**



### A BLESSING

Happiness is God gifted.  
With happiness our life is beautiful.  
Happiness is a way of life.  
With happiness life is good,  
Without happiness,  
Life is meaningless!  
A smiling face is the symbol of true  
happiness.  
So, why should we cry?  
Instead, we can stay happy with a smile.  
And with our smiling faces, our life becomes  
wonderful!

*Akanksha Singh (V D)*



Swastika Chattopadhyay (VII C)

### THE ABSTRACTION

The word happiness is an abstract noun that is derived from the word happy. It is a feeling where we forget all our sadness and have a joyful time!

Every person gets happiness in different ways. I am happy when I spend time with my friend, play with my pet birds and feed them mint and 'tulsi' leaves.

Whenever I go to a science laboratory and perform experiments, I feel happy with what I learn.

One day, when I was lying down on my bed at night, I felt something very hard near my pillow. I found a rectangular box covered beautifully with wrapping paper. When I opened it, I saw a cell phone inside and I was overjoyed. I knew that I would feel happy for a long time.

*Diya Golpani (VI A)*



Aashi Bansal (IX C)





## সুখ

সুখ হল আনন্দের আপেক্ষিক। সুখ ভাষায় বর্ণনা করা বড়ো কঠিন। এটি শুধুই অনুভব করা যায়। মানুসিক ও শারীরিক স্বাস্থ্য সুখ সন্ধানের পরিক্রমায় গুরুত্বপূর্ণ। কারুর কাছে সুখের মানে শুধুই অর্থলাভ। আবার কারুর কাছে সুখ, আত্মনির্ভর হয়ে ওঠা। প্রত্যেকটি মানুষের কাছে সুখ শব্দের সংজ্ঞা, অনুভূতি, উৎস আলাদা। মানুষের মনের ভিতর সুখ, দুঃখ দুইয়ের বাস। একে ওপরের ছাড়া সুখ-দুঃখের কোনো পরিচয় নেই। মানুষ সারাজীবন ধরে সুখের সন্ধান করে চলে কিন্তু তারা বোঝে না সুখ আসে দুঃখের কালো মেঘে ঢাকা আকাশের বৃষ্টির শীতল, পবিত্র ফোঁটা হয়ে। সুখ ও দুঃখ দুই মিলে সৃষ্টি করে এক ভারসাম্য জীবন। জীবনে যেমন চড়াই আছে তেমন আছে উতরাই। দুই মিলে জীবনের ফাঁকা পাতায় লেখে এক রোমাঞ্চকর গল্প।

*Sonica Saha (IX B)*



**Khushboo Bagri (VIII A)**

দই বোন  
সুখ শান্তি দই বোন  
থাকে এক ঘরে।  
সুখ বড় চঞ্চল;  
শান্তি আসে ধীরে।  
সুখ আনে বৈভব;  
শান্তি থাকে মনে।  
দই বোনের বড় বিবাদ,  
তাই তারা গেল দই ঘরে।

*Aryahi Bhowmick (IX B)*

## সুখ

সুখ ছোট্ট একটা কথা,  
এক নিমেষে ভুলিয়ে দেয় সবার মনের ব্যাথা।  
ছোট্ট পাখি সুখ খুঁজেপায় বাসায় ফিরে এসে  
বৃষ্টি তার সুখ খুঁজে নেয় মেঘে ভেসে ভেসে।  
একলা বাউল কত খুশি বাজিয়ে একতারা  
দস্যি ছেলে খুশি হয়, হলে বাঁধন ছাড়া।  
আমিও আজ কত সুখী পেয়ে রঙের মেলা  
সারাটি দিন আঁকছি, করছি শুধু খেলা।  
সুখকে কী আর মুঠোয় ভরা যায় সহজে?  
নিজের নিজের মতো করে সুখ নিতে হয় খুঁজে।

*Moogdha Bhattacharya (IV C)*



**Prachi Shah (XI C1)**

## সব চরিত্র বাস্তবিক

দৈনন্দিন জীবনের চাপানোতর সামলাতে সামলাতে সুখানুভাবের স্মৃতিগুলো তেমনভাবে মনে রাখতে পারি না আমরা। আবার এও সত্যি যে এই সুখানুভাব বড় বিচিত্র। ভালোবাসা দিয়ে আঁকড়ে ধরলে সে মনের কাছেই বাসা বাঁধে। আবার অবহেলায় দূরে সরিয়ে রাখলে, বন্ড তাড়াতাড়ি পালিয়ে যায়। তাই তাকে ভালোবেসে কাছে টেনে নেওয়ার চেষ্টা চালাই নিরন্তর। আজ রইল আমার জীবনে সুখানুভাবের মুহূর্তগুলির কিছু টুকরো নিদর্শন।

১) শনিবার, সকাল ৭:৩০

তীব্র শব্দে ঘুম ভেঙে যায়। হান্কা রোদ এসে পড়েছে পরদার ফাঁক দিয়ে। চোখ মুছতে মুছতে বাইরের ঘরে এসে দেখি মেঝেতে কাঁচের টুকরো ছড়িয়ে। মা একমনে জানলার বাইরে চেয়ে আছে। চোখের দৃষ্টি চলে গেছে কোন সুদূরে। বাবা অন্য ঘরে। আমি পাশে গিয়ে বসি। মায়ের হাত ধরে আলতো করে মাথায় হাত বোলাতেই এক ফোঁটা জল গড়িয়ে পড়ে তার চোখের কোণ থেকে। কোঁকড়ানো চুলভরা মাথাটা কোলে লুটিয়ে পড়ে। কে জানে কতক্ষণ কেটে যায় এইভাবে। চোখের জল শুকিয়ে গেলে মায়ের কানের কাছে মুখ নিয়ে বলি,

- আইসক্রিম খাবে?

কোলের থেকে মুখ তুলে তাকায় আমার দিকে। পরের মুহূর্তে শিশুর মত হাসি ফুটে ওঠে মুখে, তুই খাওয়ারি? বাটার স্কচ হলে খাব কিন্তু।

- আচ্ছা, বাটার স্কচই হোক। আমি বলি।

যেন নিজের অজান্তেই মায়ের ঠোঁটের এক কোণে মৃদু হাসি দেখা দিল।

২) শুক্রবার, দুপুর ৩টে

স্কুল থেকে বাড়ি ফিরছি। শুক্রবার দুপুরের জ্যামে ভরা রাস্তা। রেডিওর গান শুনতে শুনতে বাইরের দিকে তাকিয়ে আছি, এমন সময় গাড়ির জানলায় একটি মিষ্টি বাচ্চা বেলুন হাতে নিয়ে এসে দাঁড়াল।

- দিদি দশটা টাকা দেবে?

টাকা না থাকায় আমার অক্ষমতা স্বীকার করি। সে গিয়ে দাঁড়ায় ড্রাইভার কাকুর জানলার পাশে। যে মানুষটা সাধারণত গস্তীর ও চুপচাপ হয়ে থাকে গাড়ির জানলায় দেখি রুক্ষ দাড়ির নিচে তার একপাটি খয়েরি দাঁত। সে মেয়েটির দিকে তাকিয়ে বলে, তুমি এখানেই থাক? তোমার বাড়ি কোথায়?

সরু হাত তুলে কাছের মাঠের দিকে দেখিয়ে সে বলে, ঐ তো।

- তোমার দেশ এখানে?

- আমাদের ওসব দেশ ফেস নেই এইখানেই সবাই থাকি।

- মা বাবা এই কাজই করে?

সজোরে মাথা নাড়ায় সে।

- আচ্ছা শোন কেউ টাকা দিলে সব সময় তাকে বলবে “থ্যাঙ্কু” ঠিক আছে।

এইটা শুনে বাচ্চাটি খিলখিল করে পেট ধরে হাসে যেন এর থেকে বেশি মজার কথা সে শোনেনি।

- ওমা ওকি হাসছ কেন?

- অ্যাই ওটা “থ্যাঙ্কু” নয় “থ্যাঙ্ক ইউ”।

ড্রাইভার জিভ কেটে বলল, এ বাবা আচ্ছা, “থ্যাঙ্ক ইউ”।

সিগন্যাল সবুজ হয়ে যায়। টাটা বলার আগেই গাড়ি ছুটিয়ে দেয় কাকু। আয়নায় দেখি মেয়েটা ফুটপাথে দাঁড়িয়ে আমাদের দিকে হাত নাড়ছে, মুখে তখনও সেই সরল হাসি।

**Bianca Bokshi (XI S1)**



**Manya Bhandari (X B)**



## সুখের ঠিকানা

বাংলা অভিধানে ' সুখ ' শব্দের যাই ব্যাখ্যা থাক, আমার মনে হয়েছে 'সুখ' এমন একটা আনন্দানুভূতি যা অতীব আপেক্ষিক। ' সুখ ' বড়ই ক্ষণস্থায়ী বা চঞ্চল, সুখ কে ধরে রাখা বা বেধে রাখাই যদি বলি তা বেশ কঠিন। এই অধরা সুখেকে ধরে রাখার উপায় প্রত্যেককে নিজেই খুঁজে নিতে হয়, মানুষ মন খারাপকে উপেক্ষা করেই তার ভালোলাগা বা আনন্দের অনুভূতি থেকেই 'সুখ' খুঁজে নেয়। এই খোঁজার কাজটা ' যার কাছে যত সহজ ততই সে সুখী। যা পেয়েছ তাই যথেষ্ট' এই মনোভাব একজন মানুষ কে সুখের সন্ধান দিতে পারে। কিন্তু এই ভাবনাটা ভাবা বড়ই কঠিন। সুখ একটা আপেক্ষিক কারণ, একজন মানুষ অন্য জনের থেকে বেশি বা কম সুখী মনে করেন তখনই যখন সে তুলনা করে সুখ মাপার চেষ্টা করেন। সুখ মাপার যন্ত্র আমার জানা নেই তাহলে সুখ মাপার উপায় কি, তাও কেউ জানে না। তবে একথা ঠিক যে সুখ কিন্তু লুকিয়ে রাখা যায় না , সুখের অনুভূতি চোখে , মুখে শরীরে প্রকাশ পায় তা কোনও কোনও মানুষের ব্যবহারেও প্রকাশ পায়। আমি দেখেছি কোন কোন মানুষ মাসের প্রথমে যে মাইনে পায় তার একটা অংশ নানা সামাজিক কাজে ব্যবহার করে নিজের সুখ খুঁজে পায়, হয়তো মাসের শেষে ধার করে দিন চালান – কিন্তু তাতেই তিনি সুখী। আবার একটা মানুষ একটা সংসার সুন্দর ভাবে চালিয়ে যান কিন্তু তাঁর বা তাঁদের সুখ বা আনন্দ কোনোটাই নেই। ঠিক যেন চিরতা খেয়ে আছেন, সর্বদাই অসুখী। কেউ তার পোষ্য নিয়ে বা বাগানের গাছের যত্ন নিয়েই সুখী থাকেন। কেউ আবার মানুষজনকে বাড়িতে নেমন্তন্ন করে আনন্দ করে প্রাণ ভরে খাইয়ে সুখী হন। কোন মানুষকে কিসে খুশি থাকেন সত্যিই অজানা। সবশেষে আমার মনে হয়, সুখ বড় অভিমানী তাকে ভালোবেসে, আদর, যত্ন দিয়ে নিজের করে রাখতে হয়। সবাই সুখী হতে চায় কিন্তু কেউ পায় আবার কেউ পায় না।

*Rupkatha Bose (XI H)*

## সুখ

সুখ মানে কি?

সুখ মানে পুতুল খেলা

সুখ মানে খেলার মেলা

সুখ মানে মা দিদির সাথে কথা বলা

সুখ মানে সবকিছু

সুখ মানে খুশি থাকা

*Khiraja Thakur (III C)*



*Diya Daruka (VII A)*

### সুখের জীবনধারা

আনন্দ হলো বৃষ্টির দিনে, জানলার ধরে বসে, জলের টাপুর টুপুর শব্দ শোনা এবং সব চিন্তা ভুলে, মনের সুখে সেই বৃষ্টির নিচে আনন্দের নৃত্যে মেতে ওঠা। আনন্দ হলো রবিবারে বন্ধুদের সাথে ঘন্টার পর ঘন্টা, মুখে হাসি এবং গায়ে কাদা মেখে, মাঠে দৌড়ানো। আনন্দ হলো দুর্গা পূজোর ঠিক আগে, সারা শহরটাকে আলোর অলংকারে সেজে উঠতে দেখা। আনন্দ একটি ছোট শব্দ কিন্তু, এই শব্দটির যে আমাদের দৈনন্দিন জীবনে কতোখানি প্রভাব পরে, সেটা আমরা নিজেরাও কল্পনা করতে পারিনা। আনন্দ সব সময় যে অবসরতার মধ্যে থাকে তা নয়। সুখ লুকিয়ে থাকে জীবনের ছোট মুহূর্তের মধ্যে। আমাদের কাজ হলো সেই গুপ্ত আনন্দটিকে খুঁজে বের করা। একজন রিকশাচালকের জন্যে, কারুর থেকে দশ টাকা বেশি পাওয়া একটি আনন্দের ব্যাপার আবার একজন অফিস কর্মীর জন্যে প্রমোশন পাওয়া হলো একটি আনন্দের ব্যাপার। যদিও আমাদের সবার জীবনে এই শব্দটির অর্থ আলাদা, তবুও অনুভূতিটি একেবারেই এক। তবে একজন মানুষের জীবনে এই আনন্দের ছোট মুহূর্তে গুলো না থাকলে, জীবন শুধু ব্যাথা এবং বেদনা। এমন বেদনা যেটি মানসিক স্বাস্থ্যের ওপর প্রভাব ফেলে। সেই জন্যে এখনকার দিনে নিজের মতন করে নিজেকে আনন্দিত এবং সুস্থ রাখা খুব জরুরি। বহু মানুষ একটি পোষা পশু রেখে খুশি হন, কেউ কেউ নিজের একটি শোকের পেশায় সময় দিয়ে খুশি হন অথবা অনেকজন শুধুমাত্র নিজের কাজের ওপর মন দিয়ে প্রত্যাশিত ফল পেয়ে খুশি হন। আমার সব সময় মনে হয় যে খুশি এবং আনন্দ হলো মনে একটি অবস্থা। আমরা যদি নিজেরা মনে করি যে আমরা খুশিতে, আনন্দে ভালো আছি তাহলেই আমরা জীবনে আনন্দিত থাকবো।

*Pratithi Das (IX C)*

### সুখের দিন

আজকে আমার ছুটি।  
সবাই মিলে জুটি।  
চলেছি আমরা বড়ন্তি,  
মনে খুশি অশুন্তি।

ট্রেন ছুটেছে মাঠ পেরিয়ে,  
স্টেশনগুলো যায় হারিয়ে।  
ধানের গাছ, পদ্ম বিল,  
সবুজ ঘাস, আকাশ নীল।

কত গল্প, গান আর কথা,  
নেই বই আর পড়ার খাতা।  
নাচছি আমি তা ধিন ধিন,  
আজকে আমার সুখের দিন।

*Aabheri Bhattacharjee (III D)*



*Khushi Kajaria (XI C2)*



### মেঘের বাদ্য

আকাশ যখন গুরুগুরু  
চাকের বাদ্যি বাজায় ---  
মেঘরা তখন সেজেগুজে  
দল বেঁধে সব পাড়ায়।

মাটির বুকে ছেলেরা সব  
আনন্দে মেতে উঠে ---  
দুহাত তুলে মেঘের দিকে  
কোমড় বেঁধে ছোটো।

ঝমঝমা মলের আওয়াজে  
বাজতে থাকে যেই ---  
শীতল ফোঁটার তলে ময়ূর নাচে  
পেখম তুলে সেই।

*Raagini Maitra (IX B)*



*Manya Bhandari (X B)*

### সুখ

সুখ একটি খুব অদ্ভুত শব্দ। সুখকে আমরা ছুতেও পারিনা দেখতেও পাইনা শুধু অনুভব করতে পারি। কিন্তু সুখ অনুভব করা খুব কঠিন। মানুষের মন বিচিত্র। সবাই আলাদা আলাদা জিনিস করে সুখ অনুভব করে। যে অনুভূতি একজনকে সুখ অনুভব করাতে পারে ওপর জনকে তা সুখ অনুভব করাতে না ও পারে। কারর অল্পতেই সুখ কারর আবার সীমাহীন অভাব দূর হওয়াতেও সুখ নেই। তাই নিজের মনকে বুঝতে হবে। আসল সুখী সে যে জীবনে যতটা পেয়েছে তা নিয়েই সন্তুষ্ট। যে মানুষ বস্তুবাদী সে জীবনে কখনই সুখ পেতে পারবে না কারণ তার চাহিদা হল সীমাহীন। তবে নিরবিচ্ছিন্ন সুখ পাওয়া অসম্ভব। মন দুঃখ পেলে তাহলেই মন সুখ পেতে চায়। জীবনে দুঃখ না থাকলে সুখ থাকতো না। সুখ টাকা দিয়ে কখনই কেনা যায় না। সুখ এমনই যে সেটা আমাদেরকে নিজেদেরকে অনুভব করতে হবে সেটা কোন কাজ করে হক, কোথাও গিয়ে হক। অন্য কেউ আমাদেরকে সুখ অনুভব করিয়ে দিতে পারবে না।

*Induprabha Ghosh (X B)*

## সুখ

সকল মানুষের, জীবনে একটাই লক্ষ্য, পরম সুখ। কিন্তু প্রশ্ন একটাই পরম সুখ কী বাস্তব নাকি একটি অবাস্তব কল্পনা ?

মানুষের জীবনে এমন সময়ে ঘনিষে আসে, যখন তাদের বুকের ওপর পাথর চাপা দিয়ে জীবনের পথে হাটতে হয়ে। এমন দিনে, তারা পথের শেষে চিরন্তন সুখ খুঁজে পাওয়ার আশায় সেই কঠিন পথে এগিয়ে যায়। এই পরম সুখের ধারণাটি হয়ে ওঠে এক কালো মেঘে ঢাকা আকাশে, একটি সূর্যের রশ্মি। জীবনের কালো অন্ধকারে সুখের সন্ধান পাওয়া, মানুষকে অনুপ্রেরণিত করে তাদের লক্ষ্যপূরণ করার জন্যে।

জীবনের পথে বাঁধা বিপত্তি পেরিয়ে যেতে সুখের এই অস্পষ্ট ধারণা মানুষকে সাহস দেয়।

মানুষ ভাবে যে পরম সুখ হয়তো অনেক বিলাসিতা, হয়তো ধনী হওয়া বা হয়তো কোনো অভাব না থাকা।

কিন্তু পরম সুখ কি আসলে তাই ?

পরম সুখ এমন এক অনুভূতি যার প্রাপ্তি দুরূহ। সাধারণ মানুষ যেই সুখের কথা ভেবে থাকে বা বলে থাকে তা আসলে ক্ষণস্থায়ী আনন্দ। পরম সুখ বা জীবনের আসল সুখ শুধু তখনই পাওয়া যায় যখন মানুষ এই জগতের সকল মোহ মায়া ত্যাগ করে। পরম সুখ মানে শুভ বুদ্ধির সূচনা এবং শুভ কর্ম করা ফলের চিন্তা না করে, যা আজকাল কোনো মানুষের দ্বারা সম্ভব না। মানুষ এখন ক্ষণস্থায়ী সুখে সন্তুষ্ট এবং মোহ মায়ার গভীর জালে বন্দি। সাধারণ মানুষ এতটাই সরল যে তারা হুঁদুর দৌড়ে এমন এক জিনিসের সন্ধানে মত্ত, যা তারা দেখেনি। জীবনচক্রে সুখ আসলে একটি কাল্পনিক বিভ্রম, যার আভাস ক্ষনে ক্ষনে মানুষ পেয়ে থাকে। সুখ বলে আসলো মানুষের জীবনে কিছুই নেই, পুরোটাই একটি কল্পনা।

**Eshani Roy Barman (XI S2)**

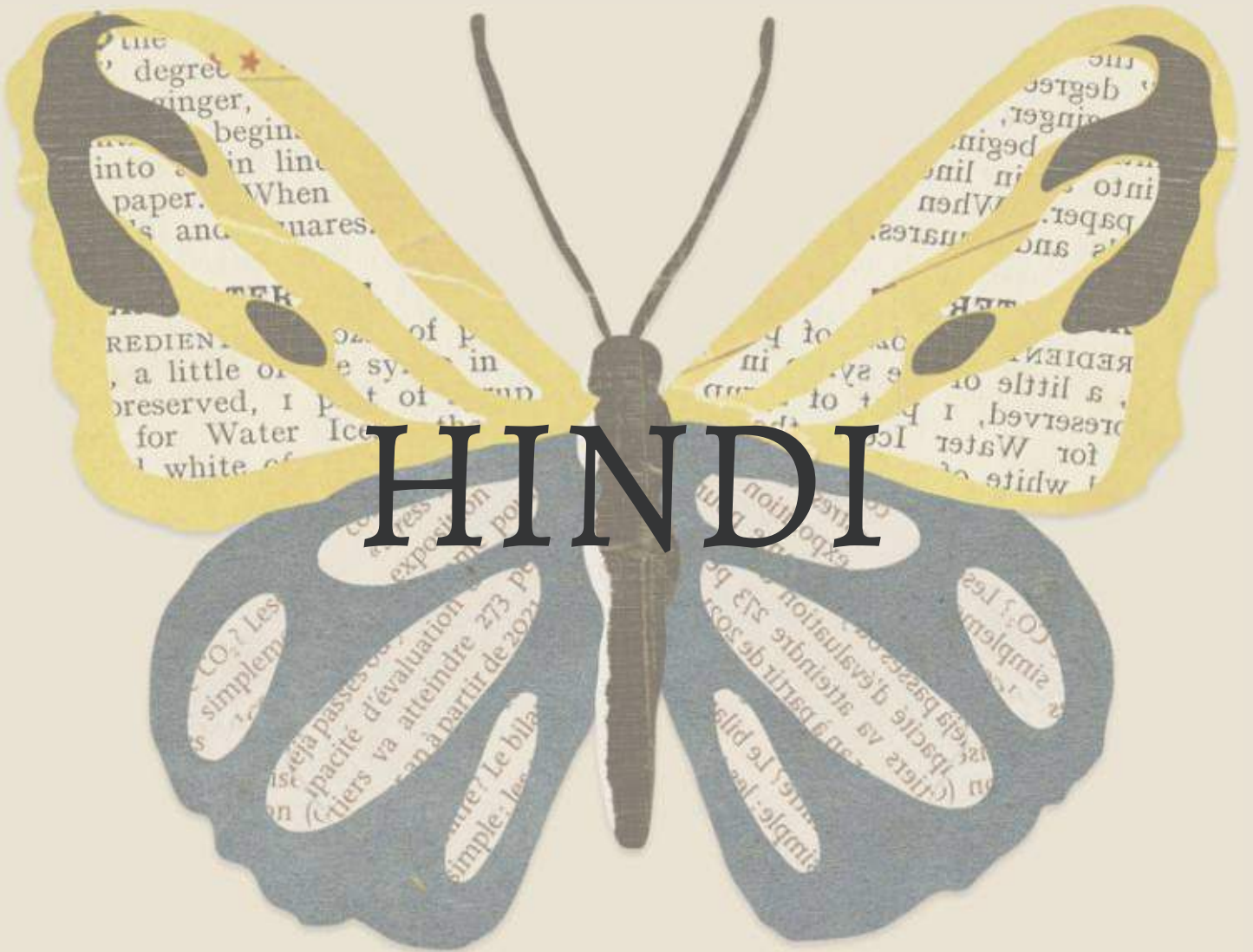


**Manvi Bajaj (X B)**

সকলের জীবনে সুখ এবং দুঃখ দুটিই থাকে। সুখ আমাদের জীবনের জন্য খুবই গুরুত্বপূর্ণ। সুখ না থাকলে কারুর জীবন শান্তিপূর্ণ হবে না। সুখ এমন এক অনুভূতি যার দাম টাকার দ্বারা বোঝা সম্ভব না। দেখা গেছে যারা ধনী অথচ অর্থের লোভে মত্ত, তাদের জীবনে অশান্তির কালো মেঘের ছায়া পড়েছে। কিন্তু যাদের অর্থের প্রতি নেই কোনো লোভ বা মনে অন্যের প্রতি হিংসা, তাদের জীবন সুখে শান্তিতে ভরপুর। আমরা যদি সুখে শান্তিতে জীবন কাটাতে চাই, তাহলে আমাদের সকলের সাথে মানিয়ে চলতে হবে। জীবনের ছোট ছোট জিনিষে আমাদের আনন্দ খুঁজতে হবে। নিজের জীবনে সুখপ্রাপ্তির জন্য আমরা যাতে অন্যের জীবনে সমস্যা না সৃষ্টি করি তা আমাদের সর্বদা খেয়াল রাখতে হবে। মানুষ বিভিন্ন উপায়ে সুখ লাভ করার চেষ্টা করে। কেউ গান বাজনার দ্বারা আবার কেউ খেলাধুলার দ্বারা। ভবিষ্যতে সুখ অর্জনের জন্য আমাদের গুরুজনদের আর শিক্ষক/শিক্ষিকাদের আদেশ পালন করা এবং মনোযোগপূর্বক পড়াশোনা করার।

**Rlitosree Chatteraj (V D)**





## त्योहार-खुशियों का पर्याय

आया त्योहारों का मौसम ,  
खुशियों की बरसात का मौसम,  
हौले-हौले चले पुरवाई,  
मानो बाजे कहीं शहनाई,  
गिले शिकवे मिटाने का मौसम  
आया त्योहारों का मौसम  
खुशियों की बरसात का मौसम।  
उत्साह की बारात फाग लाया,  
सबने रंगों का थाल सजाया,  
हिलमिल गले मिलने का मौसम,  
आया त्योहारों का मौसम,  
खुशियों की बरसात का मौसम।  
बसंती रंग बिखरा चहुँ ओर,  
मन को बांधे प्रीत की डोर ,  
रूठने-मनाने का मौसम,  
आया त्योहारों का मौसम,  
खुशियों की बरसात का मौसम ।  
बाबुल का संदेशा आया  
भैया परदेस से लेने आया ,  
प्रिय जनों से मिलने का मौसम  
माता-पिता के दुलार का मौसम  
आया त्योहारों का मौसम,  
खुशियों की बरसात का मौसम,  
मेघों ने है रूप सजाया ,  
धरती का भी मन हर्षाया,  
मिलने और मिलाने का मौसम,  
आया त्योहारों का मौसम ,  
खुशियों की बरसात का मौसम।  
बूंदे बरसी छम छम छम,  
बिजली चमकी चम चम चम,  
नवजीवन के संगीत का मौसम,  
आया त्योहारों का मौसम ,  
खुशियों की बरसात का मौसम।  
वसुंधरा ने ओढी हरी चुनर,  
आँखें हर्षाती उसकी हर डगर ,  
नव छंदों के सृजन का मौसम,  
आया त्योहारों का मौसम,  
खुशियों की बरसात का मौसम।

श्रीमती ज्योति अग्रवाला  
हिन्दी अध्यापिका

## खुशी का रहस्य

हमें खुशी का अनुभव तब होता है जब हम दूसरों की या खुद की कदर करते हैं। बहुत सी चीजें हमें खुश करती हैं। खुशी एक ऐसा एहसास है जो हमें तब मिलता है जब हम मुश्किल समय में दूसरों का समर्थन करते हैं, एक लंबे समय की अनुपस्थिति के बाद एक पुराने दोस्त के साथ एकजुट होते हैं, या जरूरतमंदों को रक्तदान करते हैं, जो असहाय हैं। परिवार के साथ समय बिताने से भी हमें खुशी मिलती है। यह एक ऐसा जीवन जीने की अनुभूति है जिससे आप प्यार करते हैं। हमारी सकारात्मक ऊर्जा में वृद्धि होती है और हमारी नकारात्मक भावनाओं को खुशी से दूर रखा जा सकता है। पृथ्वी पर हर व्यक्ति अलग तरह से खुशी का अनुभव करता है, इसलिए हमें अपनी तुलना किसी और से नहीं करनी चाहिए। जब हम कुछ हासिल करते हैं, कुछ शानदार करने के लिए पुरस्कार जीतते हैं, या किसी से प्रशंसा प्राप्त करते हैं, तो यह हमें खुश करता है। एक सुखी जीवन उन लोगों के बारे में अधिक है जिसके साथ हम अपने आप को घेरते हैं, हम अपना समय कैसे व्यतीत करते हैं, हम अपना जीवन कैसे जीते हैं, और हम अपने आप को और जीवन में अपने अनुभवों को कैसे देखते हैं।

तोशाणी साहा (IX A)



### कप्तान विक्रम बत्रा (देश बनाम खुशी )

वीरता, निडरता, यह उनकी पहचान थी,  
जीत की भूख मानों इनके लिए आसमान थी।  
दुश्मनों तक भी चर्चित इनका पराक्रम था,  
इनका तो नाम ही कप्तान विक्रम था।

न शान न शौकत की परवाह थी उन्हें,  
न धन - दौलत की भूख।  
दुश्मनों की खोज में घूमते सरहद पर,  
रख हाथों में बंदूक।

न झुकने दिया तिरंगे को इन्होंने,  
न जंग कभी इन्होंने हारी है।  
भारत माता के इस वीर सपूत ने  
दुश्मनों को चुन - चुन कर मारा है।

दम निकले इस देश के खातिर  
बस यही उनका अरमान था।  
एक बार इस राह में मरना,  
उनके लिए सौ जन्मों के समान था।

जब बाकी सब बैठे थे घरों में,  
वे खून से लहुलुहान हुए।  
चीर गए छाती दुश्मनों की,  
ये वीर ऐसे महान हुए।

उनके शहीद हो जाने पर  
न जाने उनकी माँ कैसे सोई होगी।  
एक बात तो तय है कि,  
इनको लगने वाली गोली भी एक नहीं सौ बार अवश्य  
ही रोई होगी।

सरहद पर यूँ मर - मिटने वाले  
देकर कितने पैगाम गए।  
अपने खून की स्याही से  
वे लिख कर "हिंदुस्तान" गए।

यशवी मेहता (VIII B)

### बिकती नहीं हैं खुशियाँ

संतोष रूपी धन के सामने सभी प्रकार के धन धूल के समान व्यर्थ है। आज मनुष्य के पास अनेक प्रकार के धन है - सुख - सुविधाओं के रूप में, भोग - विलास के रूप में, या पैसों के रूप में परन्तु इनमें से किसी भी प्रकार का धन मनुष्य को सच्चा सुख नहीं देता। ऐसा धन केवल और पाने की लालसा उत्पन्न करता है। आज के युग में मनुष्य के भीतर ईर्ष्या, लालसा और कामना की भावनाएँ भर गई हैं और साथ ही अपने नैतिक मूल्यों का त्याग कर बुरी आदतों में लगा रहता है। वह इन बाहरी आडम्बरों को ही खुशियाँ मान लेते हैं परन्तु उन्हें यह नहीं पता कि खुशियाँ खरीदी नहीं जा सकती। खुशी एक भाव है जो महसूस की जा सकती है। आज की दौर में अमीर लोगों के पास धन , दौलत, घर सब है किन्तु खुशी नहीं है वहीं शोषित वर्ग या निम्न वर्ग के लोगों के पास ऐसी सुख सुविधाएँ न होने के बाद भी वे खुश हैं क्योंकि वह संतुष्टि का भाव रखते हैं और जानते हैं कि खुशियाँ बाटने से बढ़ती है। चेहरे पर एक मुस्कान न केवल अपने भीतर सकारात्मक ऊर्जा पैदा करती है परन्तु शांत मन से आगे बढ़ने के लिए सही राह भी दिखाती है। लोगों को यह समझना होगा कि आज की दुनिया की भाग- दौड़ में दौड़ने वाले खत्म हो जाते हैं, पर दौड़ कभी खत्म नहीं होती। अतः लोगों को पैसों के पीछे नहीं भागना चाहिए किन्तु अपने आज को खुशी के साथ जीना चाहिए।

निष्ठा ग़ोवर (XII H)



Vani Goenka (VII B)



## बधाइयाँ

कुछ दिनों की अमावस ने  
करी सरसता अब शेष,  
रह गया प्रचंड दुख में  
नीरसता और क्लेश ।

फिर इस अवसाद को भेदकर  
खिली किलकारियों की गूँज  
पालने में हुआ प्रवेश,  
लक्ष्मी आई परी के भेष ।

उसके पावन कदमों ने रचा कैसा  
अनदेखा खेल,  
घर परिवेश सब उन्नत हुआ,  
माता-पिता, बुआ-फूफा,  
सब रिश्तो का हुआ परस्पर मेल ।

खुशियों की बौछार से  
भर गया समस्त प्रांगण,  
ऐसी शोभा और खुमार लिए  
रह गया दिल में बेशुमार प्यार ।

**वन्या बागला (XII C2)**



**Mehak Dugar (XII C2)**



**Mugdha Agarwal (VIII A)**

## दोस्ती - एक रूप खुशी का

कई दिन गुज़र गए तुझसे मिली नहीं मैं  
फिर भी कभी भूल पाती नहीं तुझे मैं  
तू मेरी ज़िंदगी में एक फरिश्ता बनकर आई  
जो मेरे जीवन में खूब सारी खुशियाँ ले आई  
तेरी ही वजह से आज जो हूँ वो बन पाई  
तेरी फूल जैसी मुस्कुराहट हमेशा याद आती है  
तेरी खिलखिलाहट हमेशा दिन बना देती है  
तेरी बातें हमेशा दिल को छू जाती है  
तुझसे मिल न पाना हमेशा उदासी लाती है  
तुझसे बात न कर पाना जीवन को खाली बना  
देता है

सच कहती हूँ तेरे बिना बहुत अधूरा लगता है  
फिर भी हमारी दोस्ती कभी न टूटने वाली है  
तुझसे मिले हुए मुझे सात महीने हो गए  
फिर भी तुझे याद किए बिना मेरे दिन कभी न  
गए

खैर बहुत खुश किस्मत मानती हूँ खुद को मैं  
कि मिल पाई तुझसे मैं  
बस यह याद रखना तुझे अपनी बहन मानती हूँ  
मैं।

**निष्ठा ग्रोवर (XII H)**



## सफ़र के साथियों के नाम

आज मिले क्या कल ही बिछड़ जाएँगे?  
इन यादों से बचकर कहा जाएँगे?  
लम्हें, महीने, साल बीत जाएँगे,  
जिंदगी के साथ हम बह जाएँगे,  
लफ़्ज़ बनकर हम पन्नों पर रह जाएँगे।  
हमसे जुदा हमारा वजूद नहीं,  
नाम से तुम्हारे ही हम बुलाए जाएँगे।  
वक्त बीतेगा जितना उतना ही याद आएँगे,  
हम तुम्हारे हैं तुम हमारे हो,  
नाम तुम्हारा जब भी आएगा,  
हम रोते हुए मुस्कुरा जाएँगे।  
जब कभी छाएगा गम का बादल तुमपे,  
हम प्यार बनके तुम पर बरस जाएँगे।  
मुरझाएँगे नहीं ये चेहरे कभी,  
हम फूल बनके तुम्हारे लिए महक जाएँगे।  
जहाँ कहीं भी तुम कभी जाओगे,  
हम दुआ बनके तुम्हारे साथ आएँगे।  
तुम भूल जाओ हमें, यह मुमकिन हो सकता है,  
हमने तो मोहब्बत की है, हम न भुला पाएँगे।  
जब भी ये नगमा पढ़के तुम मुस्कुराओगे,  
हम तब-तब एक शायर कहलाएँगे।

वैष्णवी धर (XII H)

## मेरी खुशी

मेरी खुशी का मतलब दादा-दादी का प्यार,  
सबसे ज्यादा कीमती नाना-नानी का दुलार।  
मेरी खुशी का मतलब बारिश की पहली फुहार,  
और साथ में गरमा-गर्म पकोड़े मज़ेदार।  
मेरी खुशी का मतलब खेलना दोस्तों के साथ,  
और भाई-बहन के संग प्यार भरी तकरार।  
मेरी खुशी का मतलब जीना दिल खोल के,  
और बिना रोक टोक के मस्ती करने का अधिकार।

वंशिका सुराणा (II D)



Yashica Doshi (I B)



## खुशी - जीने का वजूद

छोटी सी है यह जिंदगी,  
क्या है आने वाला कल पता नहीं।  
न है कुछ भी गलत, है सब कुछ सही,  
छोड़ो इस दुखी जग को और फैलाओ खुशी।

खुशी का कोई स्थिर स्थान नहीं है,  
जहाँ आप हो वह भी वहीं हैं,  
बस थोड़ी खोई हुई, छुपी हुई सी है,  
आप मुस्कुराकर देखो जनाब आपके मुख पर  
खिलखिलाते हुए यही है।

खुशी माँगने से न मिलती खुशी खरीदने से न मिलती,  
खुशी लड़ाई-झगड़े से न मिलती,  
खुशी प्यार और दिलासे से मिलती है  
दूँढो तो हर जगह दिखती है।

जब हम हो परिवार के साथ  
थामा हो अपने दोस्तों का हाथ  
बस खुशी होती है हमारे साथ  
तो आसान हो जाते हैं मुश्किलों के पथ।

संसार, नदी, झरनों को तू देख ज़रा  
फूल, पंखों की उड़ान और बच्चों की मस्ती को देख ज़रा  
हर जगह है खुशी  
अगर तुम छोड़ दो ये मायूसी।

अंत में तुम्हें होगा यह अहसास  
क्या था खुशी का मोल  
इसे ढूँढ कर तो देखो  
तब तुम्हें पता चलेगा यह है कितनी अनमोल।

छोटी सी है यह जिंदगी,  
क्या है आने वाला कल पता नहीं  
न हैं कुछ भी गलत, है सब कुछ सही  
छोड़ो इस दुखी जग को और फैलाओ खुशी।

देवांशी कमानी (VIII C)



Paridhi Dewra (XI S1)



Preksha Agarwala (XI C1)



## खुशी का एहसास

भूखे को खाना मिलने पर,  
प्यासे को पानी मिलने पर,  
नौकरी पेशा को तरक्की मिलने पर,  
बच्चे को माँ के हाथ का खाना मिलने पर,  
यही अहसास है खुशी।  
जो खुद से नहीं दूसरों से मिलती है।  
ऐशोआराम का जीवन ज़रूरी नहीं,  
छोटी छोटी चीजों में खुशी वही।  
कल का ठिकाना नहीं,  
आज में खुश रहो।  
खुद की ही नहीं,  
दूसरों की झोलियों को खुशियों से भरो।

राशि अजीतसरिया (IX A)



Riddhima Gupta (VIII D)



Divya Daruka (VII A)

## खुशियों का खज़ाना

वो कलियों का खिलना  
वो नदियों का बहना  
वो फूलों की खुशबू  
वो सूरज की धूप  
ऐ खुशी तेरे कितने रूप

वो भंवरो की गुंजन  
वो चंदा की चम चम  
वो चिड़ियों की चक चक  
वो बारिश की कल कल  
ऐ खुशी तेरे कितने रूप

ज़रा सी दो दस्तक  
इन कुदरत के तोहफे को  
खुशियों से भर देंगे  
इस सूने से जीवन को  
इस सूने से जीवन को

मिशिका बिहानी (IV B)

## "खुशियाँ आने वाली हैं"

'खुशियों' ढूँढने में निकला,  
जग सारा घूम लिया,  
खुशियाँ मिली घर में ही,  
बस जरिया नया खोज लिया।

'खुशी' थी पापा के घर आने में,  
'आनंद' था माँ के हाथ से खाने में,  
'सुख' था दादी की गोद में सोने में,  
'चैन' था बाबा से कहानी सुनने में,  
'आमोद' था भाई से लड़ने में,  
'प्रमोद' था दोस्तों के संग खेलने में,  
'हर्ष' था लूडो, लुका-छुपी खेलने में,  
'प्रसन्नता' थी देर रात जागने में,  
'आह्लाद' था सबसे गपशप करने में,

फिर बड़े हुए सब व्यस्त हुए,  
अपने ढंग से जीने में आश्रुस्त हुए,  
मगर कुछ कहीं छूट गया,  
लगा कुछ कहीं टूट गया,  
आज सब इकट्ठा होने वाले हैं,  
सालों बाद मिलने-जुलने वाले हैं।

आज दीपावली है,  
सब जगह खुशहाली है,  
क्योंकि आज,  
फिर से खुशियाँ आने वाली है,  
"आज फिर से 'खुशियाँ आने वाली हैं"

ट्वीषा सिंघल (V B)

## सच्ची खुशी

इस वर्ष मेरे अठारहवें जन्मदिन पर मेरे भाई ने मुझे एक बहुत शानदार कार उपहार में दी, जिसे पाकर मैं खुशी से फूली न समाई और खुशी-खुशी अपनी कार की सवारी करने निकली। रास्ते में जब मैं अपनी नई कार में पेट्रोल भरवाने के लिए रुकी अचानक से मेरा ध्यान ग्यारह साल के लड़के पर गया जो मेरी कार की तरफ बड़े गौर से एक टक देख रहा था। मैंने उस लड़के को अपने पास बुलाया और उससे पूछा कि "तुम इतनी देर से एक टक क्या देख रहे हो?" लड़के ने उत्तर दिया "आपकी कार बहुत सुंदर है।" मैंने उसे खुशी-खुशी बताया कि मुझे यह कार मेरे भाई ने उपहार में दी है। यह सुनकर वह बालक गंभीर सोच में डूब गया। मैंने उस लड़के को कहा कि "मुझे पता है कि तुम क्या सोच रहे हो। तुम भी मेरी तरह ही बनना चाहते हो ना जिसे इतने महँगे उपहार मिलते हों।" इस पर उस लड़के का उत्तर था कि "नहीं, मैं बड़ा होकर आपकी तरह नहीं आपके भाई की तरह बनना चाहता हूँ जो दूसरों को उपहार देकर खुशी देने में समर्थ हो।" यह कहकर वह लड़का वहाँ से चला गया और मैं वहीं कुछ क्षणों के लिए यह सोचती रह गई कि उस लड़के की सोच कितनी ऊँची है। वास्तव में सच्ची खुशी लेने में नहीं देने में है।

लावण्या शिवदासानी (VIII B)



## ज़िंदगी एक पहेली

ऐसे सोचो तो मायाजाल है ज़िंदगी क्योंकि  
प्रकृति के लिए प्रदूषण मुक्त वातावरण है ज़िंदगी  
फौजी के लिए देश की हिफाजत करना है ज़िंदगी  
किसानों के लिए अच्छी उपज है ज़िंदगी  
बच्चों के लिए दोस्तों का साथ है ज़िंदगी  
माँ के लिए बच्चों की खुशी है ज़िंदगी  
पिता के लिए बच्चों की तरक्की है ज़िंदगी  
व्यवसायी के लिए मुनाफ़ा है ज़िंदगी  
दीन दुखियारों के लिए दो वक्त की रोटी है ज़िंदगी  
साधु संत के लिए निर्माता है ज़िंदगी  
गुरु के लिए शिष्य का पथ प्रदर्शित करना है ज़िंदगी  
भक्तों के लिए ईश्वर का आशीर्वाद है ज़िंदगी  
देखो तो ख़्वाब है ज़िंदगी  
पढ़ो तो किताब है ज़िंदगी  
सुनो तो ज्ञान है ज़िंदगी  
पर हमें लगता है कि हँसते रहो तो आसान है ज़िंदगी।

संस्कृति अग्रवाल (XI C2)  
वंशिका सुरेका (XI C1)



Kavya Dewra (VIII A)



Reet Agarwal (VIII D)

## बसंत

देखो बसंत आया  
हर तरफ हरियाली है,  
रंग बिरंगी फूल खिले हैं  
देखो बसंत आया।

झलियाँ लट्ट गईं फूलों से  
कोयल ने कूक सुनाई,  
चिड़िया चहचहाने लगी पेड़ों पर  
बच्चों ने झुला डाला।  
देखो बसंत आया।

सूरज चमके आसमान में  
जलाशयों में जल लहराया,  
अन्य जीव लगे झूमने  
सबका मन हर्षाया।  
देखो बसंत आया।

लावण्या शिवदासानी (VIII B)



## खुशी का अर्थ

खुशी का अर्थ उस भाव से है, जिस भाव के कारण मनुष्य का हृदय आनंद से भर जाता है और वह इस आनंद को अपने तक ही सीमित ना रख कर चारों तरफ फैलाना चाहता है। कहते हैं जो मनुष्य खुश रहता है, वही मनुष्य समाज में खुशी फैला सकता है। स्वयं खुश ना रहने वाला व्यक्ति कभी किसी को खुश नहीं रख सकता है। खुशी ऐसा भाव है जो मनुष्य को जीवन में आगे बढ़ते रहने की प्रेरणा देती है। खुश रहकर मनुष्य असंभव कार्य को भी संभव बना देता है। खुश रहने से मनुष्य का स्वास्थ्य भी अच्छा बना रहता है। उसका मानसिक संतुलन भी बहुत अच्छा रहता है। कहते हैं कि जो मनुष्य दिन में एक बार भी अपनी खुशी से हँसता है, उसे दिल का दौरा कभी नहीं पड़ता। खुशी मनुष्य के जीवन को स्वर्ग बना देती है। विपरीत परिस्थितियों में भी यदि कोई व्यक्ति खुश रहता है तो वह अपने कठिन समय को बहुत आसानी से पार कर लेता है। अतः खुश रहना मनुष्य के लिए बहुत ही आवश्यक है। खुश रहने वाला कभी किसी को दुख नहीं पहुँचाता है। इसलिए हमें अपने चारों तरफ खुशी का वातावरण ही रखना चाहिए।

विधा खेमका (VIII B)

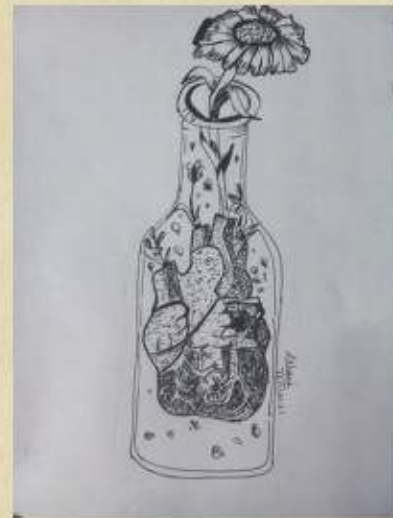
## खुशी की प्राप्ति

जीवन में हर कोई खुश एवं सुखी रहना चाहता है। सकारात्मक सोच से हम हर क्षेत्र में सफल होकर अपना जीवन आनंद से भर सकते हैं। हमारा वर्तमान, जीवन का उपहार है इस सच्चाई को जितनी जल्दी समझ जाएँ उतना अच्छा होगा। हम जो भी काम करेंगे उसे खुशी और कुशलता से करेंगे। हमें बचपन से आत्मनिर्भर बनना और स्वयं पर विश्वास करना चाहिए। रोज़ की दिनचर्या के छोटे छोटे क्षणों में खुशियों खोजनी चाहिए जैसे-अपने घर वालों तथा अन्य कुटुम्बियों के जन्मदिन आदि पर शुभकामना संदेश भेजना, साल में एक बार परिवार के साथ बाहर घूमने जाना, मधुर यादों का अलबम बनाना आदि। खुशियों ही सबको एकत्रित करने का एक, सरल सा उपाय है। हमें समाज विरोधी तत्वों को उनके कर्म के फल पर छोड़ देना चाहिए। कभी-कभी जीवन में दुख किसी के ऊपर निर्भर होने के कारण होता है, अर्थात् हम खुश तब हो पाएँगे जब हम पूरी तरह आत्मनिर्भर बन पाएँगे। जीवन में हर मोड़ पर उतार-चढ़ाव आते ही हैं, लेकिन यदि हम अपनी जिम्मेदारियों को उठाते रहें, तो हमारे जीवन में खुशियों का मेला लगा रह सकता है।

स्नेहा साहा (VII C)



Vani Gupta (IX B)



Eshani Roy Barman (XI S2)



## खुशी क्या है?

जब सुबह मैं आँखें खोल और माँ का मुस्कुराता चेहरा देखूँ,  
वही तो खुशी है।

जब मैं स्कूल जाऊँ, मेरी टीचर मुझे शाबाशी दें,  
वही तो खुशी है  
जब मैं अपने दोस्तों से मिलूँ, ढेर सारी बातें करूँ और खूब  
खेलूँ,  
वही तो खुशी है।

जब कड़कती धूप हो, और मुझे आइसक्रीम खाने को मिल  
जाए,  
वही तो खुशी है।  
जब भी मुझे भूख लगे, मेरी माँ मुझे मेरा मनपसंद खाना दे,  
वही तो खुशी है।  
जब मेरे पापा मुझे घुमाने ले जाए, नए-नए खिलौने दिलाएँ,  
वही तो खुशी है।  
यही जो छोटे-छोटे पल हैं, जिनसे जीवन खुशहाल है,  
वही तो खुशी है।

ख्याति बैद (II B)



Rashi Ajitsaria (IX A)

## खुशी का राज़

एक नगर में एक धनी व्यक्ति रहता था। वह एक बहुत बड़ा व्यवसायी था। उनके पास किसी चीज़ की कमी नहीं थी लेकिन फिर भी वह हमेशा चिंतित और बेचैन रहते थे। एक दिन वह अपने गाँव के एक आश्रम में ऋषि से मिलने गया उन्होंने अपनी समस्या ऋषि को बताई कि उनके पास किसी चीज़ की कमी नहीं है लेकिन फिर भी वे हमेशा चिंतित रहते हैं। ऋषि ने उनकी समस्या सुनी और कहा- कल आओ, मैं तुम्हें बताऊँगा कि कैसे चिंता मुक्त रहना है। सेठ अगले दिन उसी समय ऋषि के आश्रम में पहुँचे। उन्होंने देखा कि ऋषि अपने आश्रम के बाहर कुछ ढूँढ रहे थे। सेठ ने कहा, “गुरुवर (ऋषि) आप क्या ढूँढ रहे हैं? क्या मैं आपकी कुछ मदद कर सकता हूँ?” ऋषि ने कहा- “मैं अपनी अँगूठी ढूँढ रहा हूँ, जो खो गई है।” यह सुनकर सेठ भी ऋषि के साथ उनकी अँगूठी खोजने लगे। काफी खोजने के बाद भी अँगूठी नहीं मिली तो सेठ ने ऋषि से पूछा - “आपकी अँगूठी कहाँ गिरी थी?”, ऋषि ने कहा - “मेरी अँगूठी आश्रम की झोंपड़ी में कहीं गिर गई थी, लेकिन वहाँ बहुत अंधेरा है, इसलिए मैं आश्रम के बाहर अँगूठी ढूँढ रहा हूँ।” सेठ ने आश्चर्य से पूछा - “जब आपकी अँगूठी झोंपड़ी में गिर गई तो आप यहाँ-वहाँ क्यों खोज रहे हैं?” ऋषि ने कहा- “यही आपकी समस्या का समाधान है।”

प्रज्ञा छाड़िया (VIII A)



## खुशी

हर बात में खुश रहा करो।  
छोटी सी तो हैं ये जिंदगी,  
क्यों हर बात को दिल पर  
लेकर उदास हो जाते हो  
हर बात में खुश रहा करो,  
जो चेहरा आपके करीब ना हो  
उसकी आवाज में खुश रहा करो।  
जो रूठा हो तुमसे  
उसके इस अंदाज में ही खुश रहा करो।  
जो कभी लौट के न आए  
उन लम्हों की याद में खुश रहा करो  
छोटी सी तो हैं ये जिंदगी  
क्यों हर बात को दिल पर  
ले कर उदास हो जाते हो  
हर बात में खुश रहा करो  
कल किसने देखा है,  
जिसने भी देखा है,  
उसने केवल आज देखा है इसलिए अपने आज में खुश  
रहो।  
खुशियों का इंतजार किस बात का  
दूसरो की खुशियों में खुश रहा करो।  
क्यों तड़पते हो हर पल किसी के साथ को  
कभी तो अपने आप में खुश रहा करो।  
छोटी सी तो हैं ये जिंदगी  
क्यों हर बात को दिल पर  
ले कर उदास हो जाते हो  
हर बात में खुश रहा करो।

तानिया खेतान (VI A)



Yuvika Bhutoria (X C)

## खुशी मेरी लहराती है

पर्वत के पीछे से  
न ज़मीन के नीचे से  
खुशी मेरी लहराती है  
मासूम दिल के अंदर।

मंदिर के भीतर  
न मस्जिद के बाहर  
खुशी मेरी लहराती है  
मेरे मित्रों के साथ।

पर्वत के पीछे  
न तारों के पार  
खुशी मेरी लहराती है  
माँ के आँचल में अपार।

अन्वी दमानी (III B)



Vani Gupta (IX B)





## BONHEUR

La vie sans bonheur est terne. Le bonheur est la clé de tout, et il répand la positivité intérieure de nous et aux gens qui nous entourent, et nous ne pouvons pas diminuer sa valeur.

Le bonheur est la raison de mener une vie heureuse. C'est un état d'esprit que chacun doit préserver. Le bonheur est contagieux; si nous sommes heureux, nous pouvons aussi conserver nos proches heureux. Il existe de nombreuses clés du bonheur. Nous pouvons être heureux parce que nos loisirs, en ayant des pensées positives, etc. Une personne peut être heureuse dans sa vie pour plusieurs raisons. Cela peut être une maison, une voiture, une robe, un jouet, etc. La meilleure façon d'être heureux est d'oublier et de pardonner, une fois que vous avez oublié les mauvaises choses qui vous sont arrivées et que vous pardonnez à ceux qui se sont excusés pour leurs mauvaises actions envers nous.

La manière dont nous choisissons de voir la vie décide de notre vrai bonheur. D'être heureux est dans nos mains.

"Le bonheur ne s'achète pas mais se vit et se ressent"

***Nishita Linga (VI D)***

## LE BONHEUR: UN ÉTAT D'ESPRIT

Il existe d'innombrables définitions du bonheur. Chacun a sa propre conception en fonction de sa vision de la vie. Par exemple, certains l'obtiennent de l'argent, de la renommée, de la famille.

Les sages disent que le bonheur est un état d'esprit et lorsque les humains se sentent à l'aise dans leur existence, le bonheur en résulte. Quel est donc cet état d'esprit qui me rend heureuse ? Trouver une nouvelle émission à regarder ou un nouveau livre à lire me rend heureuse. Revenir de l'école pour enfin rencontrer ma chatte me rend heureuse. Les plus petites choses comme trouver un caillou de forme bizarre près du Victoria Memorial me rend heureuse. Je me sens heureuse quand mes professeurs me louent. Nous avons tous nos propres définitions du bonheur. Nous devons trouver le bonheur dans chaque centimètre de notre vie, non pas parce que nous le devons, mais parce qu'il est là. Dans la vie quotidienne, à la fin de la journée, tout ce que nous avons, c'est nous-mêmes et si nous ne sommes pas contents de nous, alors nous sommes vraiment seuls. C'est ma définition du bonheur, avez-vous pensé à la vôtre ?

***Chandresha Das (XII C1)***



**Bhavya Khinwasara (VIII A)**



## TROUVER LE BONHEUR

Oh mère, oh mère, où trouvez-vous le bonheur?  
Oh Paul, oh Paul, je le trouve quand je suis avec ton père,  
Quand je suis avec toi et ta sœur.

Oh père, oh père, où trouvez-vous le bonheur?  
Oh fils, oh fils, je le trouve quand je suis avec vous parce que vous êtes mon cœur.

Oh sœur, oh sœur, où trouvez-vous le bonheur?  
Oh frère, oh frère, je le trouve quand je vois de belles fleurs,  
Et quand je joue au basket avec mon père.

Oh grands-parents, oh grands-parents, où trouvez-vous le bonheur?  
Oh chéri, oh chéri, nous le trouvons quand nous sommes tes conteurs.

Le bonheur est tout autour de nous,  
Alors demandez-vous,  
Aimez-vous voir le ciel bleu?  
Ou aimez-vous s'asseoir dans les bois en hiver avec le feu?  
Alors d'ici là ne suis pas triste et adieu!

**Khushi Seth (VIII C)**

## LE BONHEUR EST EN VOUS

Le bonheur est le ciel étoilé  
Sa danse sous la pluie du soir,  
Le bonheur est la vue brumeuse du matin.

Mais à la fin, le bonheur vient de l'intérieur de  
vous.

Le bonheur c'est de passer du temps avec sa  
famille,  
C'est aider vos amis,  
Le bonheur est de prendre soin des gens autour  
de vous.

Mais à la fin, le bonheur vient de l'intérieur de  
vous.

Votre bonheur est si contagieux,  
Ça te rend si jolie,  
Parce qu'à la fin le bonheur vient de l'intérieur de  
vous.

**Akansa Shah (VIII B)**



**Khushboo Bagri (VIII A)**

## Être heureux

Le soleil brillant  
Le vent soufflant  
L'eau qui coule  
C'est tout ce dont nous avons besoin.

Le ciel clair  
L'océan vivant  
Les plantes qui respirent  
C'est tout ce qu'on devrait souhaiter.

La terre fleurit  
L'humanité se répand  
Pourtant nous ne sommes pas  
contents, pourquoi ?  
Le bonheur est tout autour de nous  
Ouvre juste les yeux.

**Medhavee Agrawal (VIII A)**



**Harshika Nahar (VII B)**

## LE BONHEUR

Le bonheur, c'est d'être de retour à la maison  
C'est marcher sous la pluie  
C'est marcher sans douleur

Le bonheur de voir ma maison d'accueil  
C'est la joie de ne pas être seul  
C'est la satisfaction de s'asseoir et de ne pas  
errer

Le bonheur est une famille pour moi  
Le bonheur dans le visage, j'avais envie de voir  
Le bonheur, c'est à nouveau être libre.

**Divyanshi Agarwal (VIII B)**



**Aanya Parekh (VIII D)**





**Riya Samdhani (XI C2)**



**Paridhi Dewra (XI S1)**

## **LE BONHEUR**

Le bonheur est plus qu'un bon sentiment ou un sourire jeune. C'est le sentiment de vraiment profiter de votre vie, et le désir de faire de son mieux. Le bonheur est la "sauce secrète" qui peut nous aider faire de notre mieux. Nous sommes tous tenus d'être heureux dans notre vie, peu importe dans quelle vie nous choisissons de vivre.

Le bonheur n'est pas permanent mais les petits moments de bonheur sont comme une bénédiction. Beaucoup de gens essaient de trouver le bonheur au mauvais endroit et dans les mauvaises choses. Il y a une fausse croyance que l'argent puisse acheter le bonheur. Si cela était vrai, tous les riches ne se sentiraient jamais tristes. De nombreuses célébrités bien connues se suicident à cause de la dépression, montrant que l'argent et la gloire ne peuvent pas acheter le bonheur. Le bonheur est un sentiment qui vient de l'intérieur. Nous ne pouvons pas l'acheter avec de l'argent, et nous ne pouvons pas le trouver chez les autres. Le vrai bonheur, c'est quand on obtient un grand succès dans n'importe quel domaine professionnel ou académique, en rencontrant ses proches après une longue période. Un passe-temps aiguise la capacité d'une personne à résoudre des problèmes dans autres domaines de la vie et apporte le bonheur aux gens.

Nous pouvons conclure de cette façon que chacun de nous doit réaliser que certains jours peuvent ne pas se dérouler comme il le prévoir; nous devons les considérer comme de mauvais jours et, comme ils le disent à juste titre, « il y a toujours le crépuscule après l'aube ». Le bonheur est vraiment une expérience.

**Riddhima Gupta (VIII D)**

## QU'EST CE QUE LE BONHEUR?

La plupart des gens ont souvent cette idée fausse que le bonheur est une destination que l'on peut atteindre s'ils font les bons choix. Ils croient que le bonheur est une étape de la vie où une personne est pleinement satisfaite. Pourtant le bonheur est un état d'esprit. C'est une émotion, un sentiment temporaire comme la colère ou la tristesse. Penser que le bonheur peut durer éternellement est illogique. En fin de compte, ce qui monte doit redescendre. Vous pouvez être heureux un moment et la seconde suivante, vous pouvez être contrarié. Le bonheur pour toujours que Disney nous montre est un mythe. Pourtant, nous avons souvent tendance à oublier qu'un moment heureux n'est qu'un moment heureux et que les moments sont éphémères. Et ça va. Quelqu'un a dit un jour "Vous n'êtes pas censé être heureux tout le temps. La vie fait mal et c'est dur. Pas parce que tu le fais mal, mais parce que ça fait mal pour tout le monde. N'évite pas la douleur. Vous en avez besoin. Il vous est destiné. Soyez tranquille avec lui, laissez-le venir, laissez-le partir, laissez-le vous laisser avec le carburant que vous brûlerez pour faire votre travail sur cette terre.

***Vidushi Agarwal (XI H)***

## LA CLÉ D'UNE VIE HEUREUSE

Le bonheur est la clé pour mener une vie heureuse.

Le bonheur n'a pas de définition commune et de signification acceptée par tous.

Chaque individu définit le bonheur à sa manière unique de la façon dont il le ressent.

Le bonheur est lié à des choses qui vous rendent heureux comme la foi, la richesse, la carrière, les relations et l'amour.

Pour beaucoup de gens, le bonheur est bien plus que la carrière, le succès et la richesse.

Pour certains, le bonheur signifie aimer la vie et voir les autres heureux.

Alors que certains trouvent leur bonheur dans l'écriture d'histoires.

Certains conquièrent le bonheur en étant simples mais la meilleure personne qu'ils puissent être.

Chacun a sa propre façon de se sentir heureux en trouvant des choses qu'il ne s'attendait pas à trouver.

***Kaavya Pachisia (VI D)***



**TANISHI PATOARY (VI D)**



## LE BONHEUR EST PAPILLON

“Un papillon que vous essayez d'attraper s'envole, mais si vous vous asseyez tranquillement, il peut vous revenir.” La quête du bonheur semble être une obsession de la race humaine depuis le début des temps. Les gens ne se rendent pas compte que le bonheur n'est pas quelque chose qui peut être mesuré par le livre ou la cour et vous ne pouvez pas le garder dans votre poche ou sur une étagère. Cela signifie des choses différentes pour différentes personnes. Le bonheur est surtout un état d'être. Je vois des gens s'efforcer d'une chose à une autre, en pensant que cela les acheminera au bonheur mais ils sont douloureusement déçus. Je vous laisse avec cela, quand vous pensez que le bonheur est hors de portée, asseyez-vous un moment dans le calme et remplissez votre cœur des doux moments que vous avez vécu. Un sourire d'un étranger, un câlin d'un ami, les merveilles autour de vous comme un papillon sur votre épaule. Ces-jours si, de nombreuses personnes souffrent à cause de dépression parce qu'elles choisissent de faire face à leurs problèmes elles-mêmes et de ne pas impliquer les autres. C'est faux! Il est important de regarder à l'intérieur pour trouver le vrai bonheur, mais il est tout aussi important de s'entourer des personnes positives.

*Divyanshi Saraf (XI C1)*

## TROUVER LE BONHEUR

Un petit mot si drôle  
Ce qui signifie tellement pour nous.  
Certaines personnes deviennent  
heureuses sans effort,  
Alors que certaines personnes passent  
leur vie à le chasser.  
Certaines personnes pensent que le  
bonheur ne peut être trouvé que par  
l'argent et la gloire.  
Ignorant que le bonheur n'est qu'un état  
d'esprit.  
Vous devez voir en vous pour le trouver.  
Parce que le bonheur est une chose qui  
vit dans toi.  
Tout ce que je voudrais dire  
Mon cher ami  
Pourquoi chérir chaque moment de la vie  
Et sourire tous les jours?  
Car c'est contagieux.

*Angana Sarkar (VIII D)*



*Yashika Patwari (VII C)*



# GERMAN





## Glück

Glück ist vielleicht eine Emotion aus der Perspektive eines anderen und nicht aus der eines anderen. Es ist sehr natürlich, wenn man mit etwas zufrieden ist, fühlt man sich beschwingt. Wenn wir vor einem Meer stehen und unsere Füße das Wasser berühren, macht uns das glücklich. Auch das Umarmen von Menschen, die du liebst, macht dich glücklich. Vor dem Nachthimmel zu stehen und die Sterne zu sehen, macht glücklich. Es ist nicht notwendig, dass glücklich in der Perspektive eines anderen glücklich ist. Es hängt von dir ab, davon, was du fühlst, was du denkst, es geht nicht um alle anderen. Die Situation, in der wir uns befinden, macht uns glücklich.

*Varnika Rungta*



**Khushboo Bagri (VIII A)**

## Glück ist in den kleinen Momenten

Glück ist eine Emotion. Es kann in den kleinsten Momenten gefühlt werden. Vielleicht, wenn Sie Ihre Freunde treffen oder wenn Sie Ihren Lieblingsfilm sehen! Vielleicht, wenn deine Eltern dich umarmen oder wenn du dein Softy umarmst, während du einschläfst. Vielleicht, wenn du eine Blume siehst oder wenn du einen Schmetterling siehst. Vielleicht, wenn Sie singen oder tanzen. Vielleicht, wenn Sie einen Welpen sehen oder wenn Sie den hübschen Himmel sehen. Glücklich zu bleiben ist sehr wichtig. Diese kleinen Momente machen uns glücklich. Wir sollten sie schätzen.

*Shalika Agarwal (VII B)*



**Shristi Gupta (XI S2)**



**Preksha Agarwala (XI C1)**





Shanaya Somani (VII C)

### OPTIMISMUS: EINE WOHLTÄTIGE FORM DES GLÜCKS

Optimismus ist eine Form des Glücks. Jeder Mensch erlebt sowohl negative als auch positive Emotionen. Optimisten fühlen immer noch negative Emotionen, aber wenn sie mit Schwierigkeiten konfrontiert werden, haben sie ein Gefühl des Optimismus, das ihnen Hoffnung auf eine Verbesserung der Situation gibt. Wenn sie unangenehme Gedanken haben, vertreibt sie ihren Optimismus. Optimismus kann uns helfen, gesünder und erfolgreicher zu sein. Es reduziert Stress. Optimistische Menschen haben eine bessere psychische Gesundheit, da sie sich nicht von negativen Gedanken übernehmen lassen. Sie überwinden ihre Schwierigkeiten mit einer fröhlichen Einstellung. Vertrauen zu haben und auf Gutes zu hoffen, macht uns zu einem glücklichen Menschen und lässt uns besser mit Schwierigkeiten umgehen. Die Forschung zeigt sogar, dass optimistische Menschen länger leben! Eine positive Lebenseinstellung kann das Immunsystem stärken und die Kraft des Körpers steigern. Es entsteht ein Gefühl der Erfüllung und Zufriedenheit. Es ermöglicht Ihnen, Geduld zu entwickeln, indem Sie auf gute Dinge im Leben warten. Außerdem beruhigt es dich und steigert deine Motivation.

„Optimismus ist der Glaube, der zum Erfolg führt.“

*Shagun Kundra (VIII D)*



# **COCURRICULAR EVENTS**





## POILA BAISHAKH



Poila Baishakh is one of the most celebrated traditions of Bengali culture. Our students of Sushila Birla Girls' School have embraced the occasion with much fervour and delight showcasing their performance through recitation, songs, dance and painting, all on a virtual platform.

## WORLD DANCE DAY

In a bid to commemorate International Dance Day, students from the Junior and Senior Sections of Sushila Birla Girls' School performed a choreographed Indo-Western dance. The video was shot as a one- take sequence using the entire school premises. The students danced in the form of a flash mob along with their mentors, the dance teachers of the school.



## EARTH DAY



On 22nd April 2022, the students of the Primary Section of Sushila Birla Girls' School, participated in an array of activities to raise awareness about environmental issues. The celebrations rekindled among the students a feeling of love for Mother Earth and a sense to protect her.

## RABINDRA JAYANTI

Rabindra Jayanti is a much awaited cultural celebration to remember and pay homage to the eternal bard of Bengal, Rabindranath Tagore. The celebration of his birth anniversary is an opportunity for all students to exert themselves in the path of courage, knowledge and humility, as led by him since time immemorial. The students of Sushila Birla Girls' School paid tribute to Kabiguru through dance, music and poetry.





## WORLD MUSIC DAY



Music exerts a powerful influence on humans by spreading positivity. It is a universal language that boosts memory, lightens one's mood, reduces anxiety and depression, staves off fatigue and helps one work effectively. To celebrate World Music Day on 21st June, Sushila Birla Girls' School spreads happiness by singing Bob Marley's song, 'Don't Worry, Be Happy'.

## INTERNATIONAL YOGA DAY

On the occasion of International Yoga Day 2022, six city schools joined hands and demonstrated various asanas to highlight the importance of physical fitness.



## L.N BIRLA MEMORIAL DEBATE



On July 11, 2022, the 23rd L. N. Birla Memorial Invitational Debate—a three-hour oratory session—took Kolkata by storm. Only 8 of the 17 schools who participated in the competition on the 9th of July at Birla High School in Mukundapur advanced to the Final Round, which was held at G. D. Birla Sabhaghar. Dr. Kunal Sarkar, a renowned doctor and debater, presided over the event and amused the audience with nuggets of knowledge. While Birla High School and Loreto House shared the Runner-up Speaker Award, the students from Sushila Birla Girls' School outperformed everyone by winning three impressive positions. Noyonika Ghose of the opposition was named the best speaker, and Madhunisha Majumder of the proposition won the runner-up speaker award. Together, the group—which included Riddhima Kuthari as a Q Panelist—won everyone's affection by being named the Best Team. At Sushila Birla Girls' School, there are truly many reasons to celebrate.



## VAN MAHOTSAV

25 students from Classes II, III, IV and V participated in Van Mahotsav 2022, an inter-school fest organised by St. Xavier's Collegiate School on 22nd and 25th July 2022. RESULTS:

**Fashion Show**

**1st position**

**Shubhangi Jain & Jia Doshi (IV D)**

**Bhavya Daga (IV C)**

**Lakshita Pipara (V A)**

**Aarohi Jain (V B)**

**Fancy Dress**

**2nd position**

**Jiya Heda (II C)**



## HINDI DIWAS

Hindi Diwas was celebrated at Sushila Birla Girls' School on 14th and 20th September 2022. Students from Class III showcased the richness of Hindi Literature with the programme, 'Hindi - Bharat Ki Shaan'. It was followed by an inter house competition on the 20th, titled 'Hindi Sahitya Ke Anmol Ratna'.

## HINDI AND BENGALI ELOCUTION

Inter House Hindi and Bengali Elocution Competition was organised for the students of Classes IV and V in July. Certificates were awarded to the winners.



## INTER HOUSE ART COMPETITION



An Inter House Art Competition was organised for the students of Classes I to V from August 1 to August 5, 2022. Their colourful paintings showcased their creativity.

## INTER HOUSE QUIZ COMPETITION

Inter House Quiz Competition was organised for the students of Class III on Thursday, 8th September 2022. The students were quizzed on famous personalities, important monuments, logos and their general awareness. The quiz concluded with a rapid-fire round.





## ENGLISH ELOCUTION (III)

An Inter House English Elocution Competition was organised for the students of Class III on 15th September 2022. The choice of poems and the beautiful manner in which the participants recited them left the audience mesmerized.



## INTER HOUSE MUSIC AND DANCE COMPETITION (II)



An Inter House Music and Dance Competition was organised for the students of Class II on 16th September 2022 at the Centre for Performing Arts.

Students from all four Houses participated in the competition. They were trained by the senior students of their respective Houses.

## J.A.M (IV-V)

An Inter House Just a Minute Competition was organised for the students of Classes V and IV on 20th and 21st September 2022 respectively. The students, shortlisted from the four Houses, spoke on the topics given to them on spot with great confidence.



## INTER HOUSE MUSIC AND DANCE COMPETITION

Inter House Music and Dance Competition on the theme 'Festival' was organised for the students of Class III on September 22, 2022. Students from all four Houses, trained by the senior students of their respective Houses, participated enthusiastically in the competition.



## HINDI AND BENGALI ELOCUTION



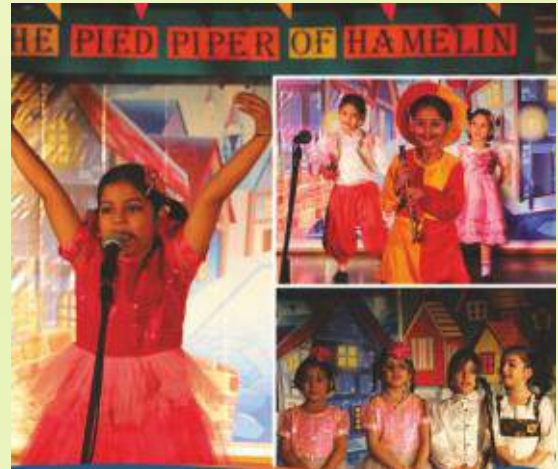
Inter House Hindi and Bengali Elocution Competition was organized for the students of Class II on 23rd September 2022. A medley of poems came alive with the enthusiastic recitation of the little participants.



## THE PIED PIPER OF HAMELIN

The tiny tots of Sushila Birla Girls' School upheld the value of keeping a promise with their delightful dramatisation of Robert Browning's masterpiece, 'The Pied Piper of Hamelin' on Friday, 25th November 2022.

The students of Kindergarten showcased their talents for the first time as they ventured out of the comfort of their homes and their mother's lap to explore the wonders of school life. They worked tirelessly under the guidance of their teachers to put up this programme which was a visual delight.



## MUSIC - DANCE COMPETITION (V)



An Inter House Music and Dance Competition was organized for the students of Class V on 21st November 2022 at the Centre for Performing Arts.

The theme for the music competition was "Disney" and the theme for the dance competition was "Classical".

The students from four Houses were trained by the senior students of their respective Houses.

## MUSIC- DANCE COMPETITION (IX-X)

Sushila Birla Girls' School organised an Inter House Music Competition for Classes IX and X on the 24th of November 2022. Students pursuing Western and Eastern Vocal participated in the competition. Each team presented a musical skit with a social message.

The event was judged by the teachers of the school. The first and the second positions were bagged by the Chalukya House and the Maurya House respectively.



## QUIZ COMPETITION (I)



An Inter House Quiz Competition was organised for the students of Class I on Friday, 25th November 2022. The quiz had five rounds including the very interesting rapid-fire round. Students from all four Houses participated in it.



## QUIZ COMPETITION (IV-V)



An Inter House Quiz Competition for Classes IV and V was organised on Monday, 19 December 2022.

Mr. Ranjan Datta (Quiz Club Resource Person) was the Quiz Master for the event. The winners were as follows:

First Position: Pallava House  
Second Position: Kushan House

## CBSE FAR EAST ZONE BADMINTON TOURNAMENT

The CBSE Far East Zone Badminton Tournament was held from 1st December 2022 to 4th December 2022 at DPS Duliajan in Dibrugarh, Assam.

Around 52 schools from all over India participated in the tournament. Each match consisted of two singles and one doubles. Sushila Birla Girls School was represented by Rhea Ann Thomas and Sharon Liz Thomas of Class XI who reached the semi-finals and bagged the bronze medal in the Under 17 category.



## CBSE FAR EAST ZONE SKATING TOURNAMENT

An Inter House Quiz Competition was organised for the students of Class I on Friday, 25th November 2022.

The quiz had five rounds including a rapid-fire round that was the most interesting. Students from all four Houses participated in it.



Devyanshi Lakhani won the silver medal in the 500m Quad category.

Chahek Malpani won the silver medal in the 300m Quad category and the gold medal in the 1000m Quad category.

Drishti Malpani won the bronze medal in the 300m Quad category and the silver medal in the 1000m Quad category.



## CBSE CLUSTER -II BASKETBALL

CBSE CLUSTER- II Basketball Tournament was held from 1st December 2022 to 4th December 2022 at Burnpur Riverside School. The three states which participated in the cluster meet were Chhattisgarh, Odisha and West Bengal.



Twelve girls of Sushila Birla Girls' School from Classes IX to XI participated in the tournament. The Sushila Birla Girls' School team secured first position in the Girls' Under 19 category. Juhi Bansal was declared the Player of the Match in the final match and Ipshita Pugalia bagged the Player of the Tournament Award.



## INTER SCHOOL FEST 'EXEBIT 2022'

Sarthika Neogi of Class III won 'THE ASSIDUOUS ACHIEVER AWARD' for the event QwertyRUSH in the Inter School Fest 'Exebit 2022' organised by Lakshmiapat Singhania Academy on 12th August in the online mode. Sarthika's brilliant typing speed and accuracy helped her bag this award.



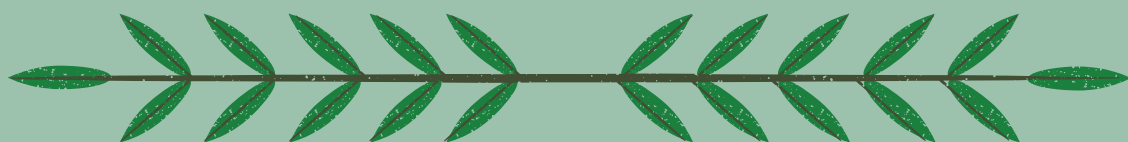
## ARTICLE WRITING COMPETITION

Tiara Basu of Class III won the Article Writing Competition organized by Literacy Planet. Her article was selected from hundreds of entries worldwide and published in the recent edition of Intrepizine Magazine. Tiara's feel-good article, 'Count Me In', written straight from the heart fetched her the winning position in her category.





# Field Trips



## Celebration of Earth Day

The students of Class IV celebrated Earth Day by undertaking a field trip within the school premises on 22nd April 2022. The interdisciplinary field trip covered three subjects: The Food Factory of Plants (Science), Directions (Geography) and Rounding the Number (Mathematics). As the students walked around the school premises they were asked to take an impression of the bark of any tree, move as per directions given by the teacher and observe different shapes, colour and margins of leaves.



## Vivekananda Museum

Bengali students of Class IX visited Swami Vivekananda's Ancestral House and Cultural Centre, Kolkata on 18th January 2023. The objectives of the trip were to learn about Swami Vivekananda's life and thoughts; to view the paintings and photographs celebrating important milestones in his life and to view a 3D film based on his famous Chicago speech.





## Netaji Bhavan Museum

Students of the Quiz Club in school went on a field trip to Netaji Bhawan Museum on 13th January 2023. The objectives of the trip were to understand the pivotal role played by Netaji in the Indian Independence movement; to view the different rooms and personal belongings (dress, sword, letters, wooden slippers etc.) of Netaji Subhash Chandra Bose and to see video clippings of speeches made by Netaji and read the original letters written by him.



## Victoria Square

Students of Class I went on a field trip to Victoria Square on 6th January 2023. The objective of the trip was to enable students to develop greater familiarity with different types of plants and learn about parts of plants. This was with reference to the lesson in EVS, 'Plants Around Us'.





## Alipore Jail Museum

All students of Class VIII and Bengali students of Class VII visited the Alipore Jail Museum on 27th January 2023 to gain an insight into the hardships faced by the freedom fighters due to their incarceration. The field trip was with reference to the lessons in History and Bengali titled 'National Movement' and 'Ekusher Kobita' respectively.



## Birla Industrial and Technological Museum

On 15th January 2023, students of Class V visited the Birla Industrial and Technological Museum on an educational field trip. The objective of the workshop was to reinforce their understanding of the Skeletal and Nervous System through experiments and observation of models.





## Antara Hospital

On 21st October 2022, 23 students of Class XII who study Psychology, went to Antara Hospital, in Dakshin Gobindopur, Kolkata, accompanied by Ms. Ranjana Das. Antara Hospital is a mental health hospital helping patients suffering from different psychological disorders by offering treatment, including counselling and medication, and providing them with a place to stay to improve their condition. The students were permitted to visit and interact with female patients suffering from different kinds of disorders including schizophrenia, mental retardation and bipolar disorder. They met highly educated and intelligent patients there along with intellectually deficient ones. The field trip was very educational, enriching as well as informative and helped students gain practical knowledge about several theoretical concepts.





## Linc

Students of Class III visited the Linc store at Shakespeare Sarani, Kolkata, accompanied by teachers and some parents on 15th November 2022. The subject areas covered were: Number Work, English, Hindi, Geography and Value Education. The learning objectives of the field trip included identifying and calculating the amount spent and change returned, spending money judiciously and showing respect towards shopkeepers, parents and volunteers.





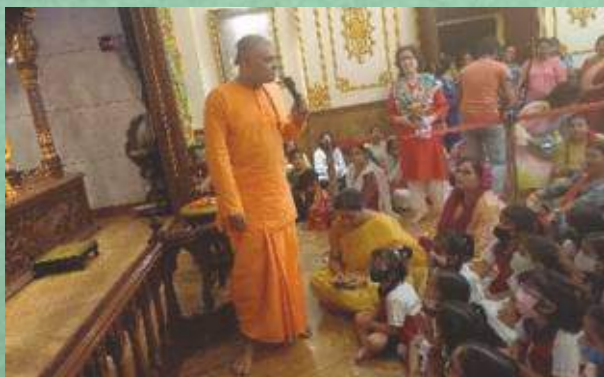
## Max Mueller Bhavan

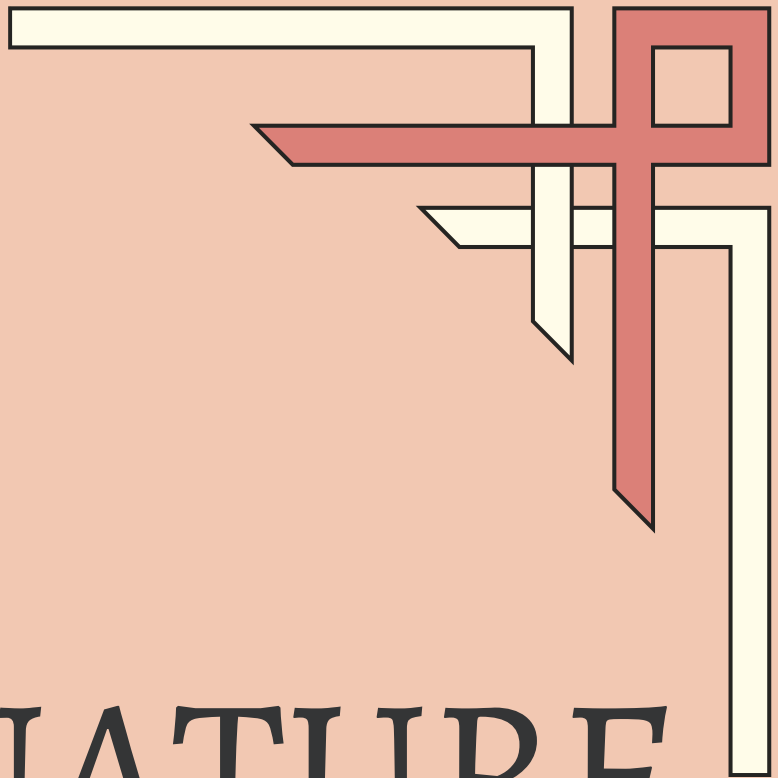
Students of Class IX visited Max Mueller Bhavan on the 21st and 22nd of November 2022. The subjects covered were History and English. The students viewed a presentation on the Holocaust and Anne Frank. They were divided into two groups, one of the groups was taken to an exhibition where a total of 31 documentary panels were explained in great detail. The entire background of the rise of Hitler against the backdrop of the interwar period, the Holocaust experience and the discovery of Anne Frank and diary evidence were discussed with the students.



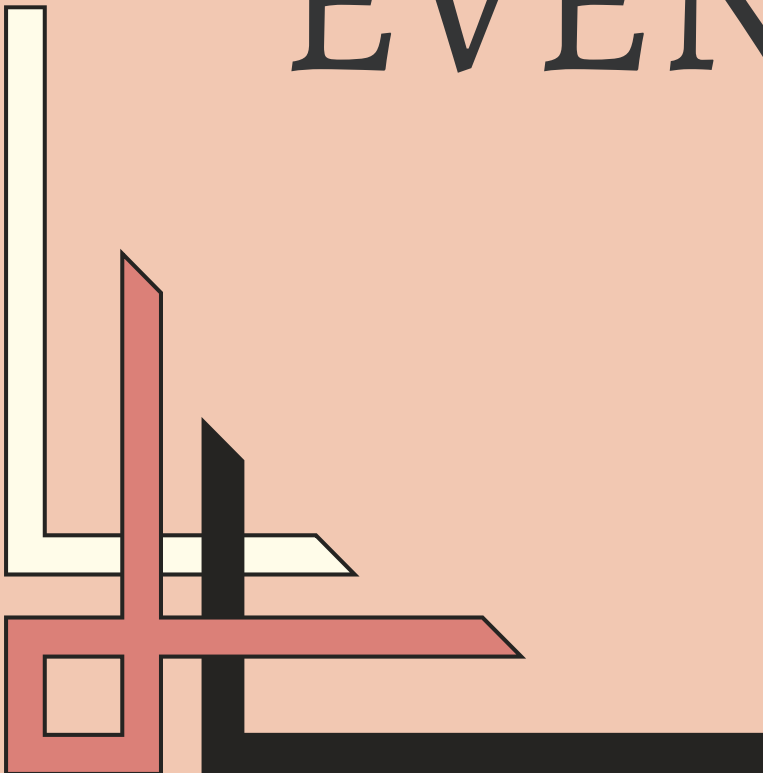
## Iskon Temple

120 students from Class KG went to Iskon Temple, Minto Park on 17th August 2022. The objective of the field trip was to promote cultural awareness. The subjects covered were Conversation, Language, Story Telling, Music and Dance. They were accompanied by their teachers and a few parents.





# SIGNATURE EVENTS





# Sushila Birla Memorial Day 2022-23

Sushila Birla Girls' School commemorated Memorial Day on September 29, 2022, by delivering a Ted Talk on the TED X platform in honour of Smt. Sushila Devi Birla, mother of Sri S.K. Birla. 'Of Isms and Schisms: A Divided Society' was the theme.



Mr. Atri Bhattacharya, Additional Chief Secretary, Sunderban Affairs, West Bengal, delivered the keynote address on 'Pluralism in Democracy: Fact or Fiction?' Ms. Swati Gautam, a successful entrepreneur, addressed 'The Gender Divide in the Workplace'. Ms. Sohini Sengupta, prominent film and theatrical figure expounded on the issue, 'Ageism and the Performing Art'.



'Ableism and Indian Education' was elaborated on by Dr. Reena Sen, a special educator. Mr. Kounteya Sinha, an award-winning journalist, lectured on the topic 'Socially Connected, Emotionally Disconnected'. Lastly, Ms. Sharmila Bose, Director of Sushila Birla Girls' School, talked on the theme 'Humanism, the Final 'ism'.



# Talk on Cyber Security 2022

On 15th September, 2022 a seminar on Cyber Security was organised by Sushila Birla Girls' School at G. D. Birla Sabhagar.

The facilitator was Dr. Rakshit Tandon, an expert on Cyber Security. His guidance to young students on keeping security norms uppermost on their minds while using electronic devices formed the core of his address. He introduced the audience to Cyber Hygiene, a term which digital citizens were not familiar with before.



## Van Mahotsav



The First Calcutta Local Association organised Van Mahotsav for the Bulbuls on Sunday, 31st July 2022 at Calcutta Parsi Club, The Maidan Tent.

The Bulbuls learnt the importance of planting trees and keeping the environment clean and green.



# Daan Utsav

On 23rd September 2022, the students and teachers of Sushila Birla Girls' School travelled to Uttar Chandanpiri, a small hamlet in Sunderban to distribute survival kits and other essential items to 500 villagers.

LED lights, toys, teaching aids and various stationery items were donated to Uttar Chandanpiri Prathamik Vidyalaya. 265 students of the school were also given food items.



# Financial Literacy 2022

A training Session on Financial Literacy and use of Digital Tools was organized by CBSE on 7th September, 2022. It was held in Sushila Birla Girls' School which has been designated by CBSE as a mentor school for other hub schools. The session was conducted by Mr Alok Nath Ghosh, Relationship Manager-Equity with Sharekhan.

73 teachers from Sushila Birla Girls' School and member schools of the hub participated.

# Career Fair

On 4th November 2022, a career fair was held for students in Classes XI and XII. Additionally, visitors from other local schools were welcomed to the fair.

From their interactions with the specialists from the various universities, all students and parents gained something.



The fair attracted 53 universities from around the world. Ashoka University, Flame University, and GITAM University were a few of the top universities from India that attended the exhibition. University of Windsor, Arizona State University, York University Canada, and Ontario Tech University, were some of the foreign universities that took part in the exhibition.



# Smayan

Sushila Birla Girls' School's Sneh Club organized the much-anticipated inter school fest Smayan, for the specially abled children, on 26th November 2022.

Noble Mission, Oral School, New Mission Julian Day, I Can Fly, Asha School, Manovikas Kendra, Mentaid, Akshar, and IICP were among the participating schools. Dr. Praveen Kumar was the Guest of Honour and Mrs. Sujata Sen officiated as the Chief Guest.

A variety of events were held. They comprised a fashion show, a dance competition, an elocution contest in three languages (English, Bengali and Hindi), an art contest, a competition to create rangolis and a competition to test one's computer skills. Additionally, the Sneh Club members set up booths where the students could engage in games and puzzles.



# Annual Sports Day

On 23rd December 2022, the Annual Sports Day of Sushila Birla Girls' School was held at Gitanjali Stadium.

Students, teachers, ex-students, parents and support staff participated in various track events. The spectators were mesmerised by the zumba, drill, yoga and karate display presented by the students. The novelty races of the primary section captured the imagination of the spectators. The Maurya House won the trophy for overall performance while the Pallava House won the trophy for March Past. Mr. Rahul Banerjee, Olympic athlete and Arjuna Awardee, was the Chief Guest of the event.





# MAGICAL MARCH

As spring ushered in a season of happiness, colour and bounty, school life at Sushila Birla Girls' School got exciting with the advent of Magical March, an ensemble of exciting workshops organized for the students. These workshops provided a forum for the young minds to discover and develop their talents.

An assortment of workshops arranged seamlessly kept the children busy for almost the entire month. The eager learners enjoyed a fun and welcoming environment where they could explore and grow confidently. They were exposed to an array of creative activities that provided valuable hands - on learning opportunities. As learning is most effective when the learner is engaged, each session was designed around enjoyable and productive activities.

## INTER HOUSE KABADDI TOURNAMENT

An inter house Kabaddi tournament was conducted for the students of Classes VI - VII (1st slot) and VIII - IX (2nd slot) on 24th March 2023. The tournament was played in a knock-out format. The final decision was taken by state-level kabaddi judge Ms Kabita Satpati. This was the first time that a kabaddi tournament was organised in SBGS. It gave the students an opportunity to enhance their skills in the sport.



### TIE AND DYE WORKSHOP

The workshop was organized in the Home Science laboratory. Students from different streams had enrolled for the above workshop and learnt applications of different techniques of tie and dye like spiral dyeing, crumpling on t-shirts, marbling and circular technique on dupattas. The two and a half hour workshop was thoroughly enjoyed by students.



### INTER HOUSE BASKETBALL TOURNAMENT

An Inter House Basketball tournament was organized for the students of Classes VI- IX on 23rd March 2023. The school coach Mr. Rajshekar Roy along with the P.E teacher Mrs. Prashansa Gurung conducted the tournament. The tournament was played in a league. A team was awarded 2 points when they won a game. Each team got a chance to play with the other three teams. Chalukya and Maurya scored the highest points and qualified for the final and Pallava and Kushan played for the 3rd and 4th position.





### INTER HOUSE THROWBALL TOURNAMENT

An Inter House Throwball tournament was organized for the students of Clas X. The tournament was played in a league format. A team was awarded 2 points when they won a game. Each team got a chance to play with the other three teams. Chalukya House and Kushan House scored the highest points and qualified for the final.



### INTER HOUSE SKATING COMPETITION

Skating competition for the students of Classes VI and VII and Classes VIII and IX was held on 22nd March 2023 and 23rd March 2023 respectively. It was conducted by the school skating coach Mr. Ajay Bera along with the P.E teachers. There were 8 participants from the four houses of Classes VI and VII and 7 participants from VIII and IX. The competition took place in two rounds. Each student's time was recorded in the first round. The best four selected from the first round competed in the final round.

### INTER HOUSE DRY FLOWER ARRANGEMENT COMPETITION

The Inter House Dry Flower Arrangement Competition was held on 15th March 2023. There were 180 participants from 36 teams which comprised students from Classes VI, VII and XI. The theme of the competition was 'Summer in Winter' and the students had to make either a hand bouquet arrangement for a special occasion or a floral table centrepiece based on the given theme. The students presented splendid handcrafted floral arrangements which were praiseworthy. The event was judged by Ms S. Yaqoob, Ms R. Ghosh, Ms S. Majumder and Mrs S. Sain.



### INTER HOUSE DANCE COMPETITION

On the 21 st of March 2023, an inter house dance competition took place at the Centre of Performing Arts (CPA) of Sushila Birla Girls' School. The judges of the competition were Mr Rakesh Biswas, a renowned chhau dancer, and Mrs Olympia Saha, a teacher at Sushila Birla Girls' School. The theme for Classes VI and VII was International Folk Dance. The Chalukya House was declared the winner of the competition and the Pallava House was declared the runner-up. The theme for Classes VIII and IX was Fusion Dance on Mythology. The Pallava House was declared the winner and the Chalukya House was declared the runner-up.





### INTERHOUSE FRESH FLOWER ARRANGEMENT COMPETITION

The event was held in the Home science laboratory. There were 64 participants from 16 teams which comprised students from Classes VIII and IX. The students had the liberty to select and present their floral arrangements according to the theme selected by them. They had to make either a hand bouquet arrangement for a special occasion or a floral table centrepiece based on that theme.



### TABLE TENNIS COMPETITION

The Magical March 2022-23 Individual Table Tennis Competition took place at SBGS premises on 23rd March 2023 for the students of Classes VI, VII, VIII and IX . The Table Tennis knock-out competition was conducted by P.E teachers Mrs Subhra Kundu Mrs Sanghmitra Chatterjee and coach Srayosree Sur. The total number of participants was 20 and the total number of rounds was 5.



### ZUMBA WORKSHOP

Zumba sessions were conducted by in-house zumba teacher Kausani Ganguly on 15th March and 21st March for Classes VI to XI. Students learnt different forms of Zumba workout like Soca and Merengue. They also choreographed Zumba songs and got information related to Zumba Training to be a fitness coach.







**ACAPELLA AND HARMONY**  
Acapella and harmony workshop was conducted by Mr Ayan Banerjee on 16th March 2023. It was a 2 hours session with the girls of Classes VI, VII, VIII and IX. He taught the concept and the divisions of music arrangements and how acapella and harmony becomes a part of arrangement.



### **MASK PAINTING WORKSHOP**

The Mask Painting Workshop took place at Sushila Birla Girls School premises. The students of Classes VI, VII and VIII participated enthusiastically. The resource persons Ms Priyanka Dutta, Mr Shreemanta Bhardwaj and Mr Dipankar Mishra from Kraycol Stationary Pvt Ltd. Brand name Polo were invited to conduct the workshop. It was a wonderful opportunity to learn about the culture and the traditional folk art of Odisha. Odisha is widely known for its masks and figurines made from papier mache. These are inspired by traditional patachitra painting.



### DRAMA WORKSHOP

The drama workshop held on 16th March 2023 named 'All the World's a Stage' by Ms. Reshmi Bose was quite an interesting session. The students learnt how to calm themselves before or after a performance by doing certain exercises. They also learnt how to express themselves more clearly to the audience through a fun activity where a person has to guess the adverb chosen by the others by giving them an activity to act out the proverb. They also had another fun activity where they were divided into groups and had to use their imagination and creativity to create a statue exhibition where there were two sculptors and the other team members were clay moulded into various statues. Each group did a wonderful job and the students learnt to be patient and steady. Overall, everyone learnt important aspects of acting and at the same time enjoyed themselves.



### YOGIC FUN

Magical March 2022-23 'Yogic Fun' workshop was held on 24th March 2023 at Sushila Birla Girls' School premises in two slots for students of Classes VI, VII, VIII and IX. The session was conducted by P.E. teacher Subhra Kundu and state/national level gymnast Ms Anamika Chaudhary. The duration of the workshop was one hour. Students learnt the following from this workshop :

1. Gymnastics steps and techniques,
2. Rhythmic Yoga Steps
3. How to improve flexibility.







### **PATACHITRA WORKSHOP**

The students of Classes VI, VII, VIII and IX participated very enthusiastically in a Patachitra Workshop that took place at Sushila Birla Girls' School under the guidance of eminent pat painters Rupsona Chitrakar and Suman Chitrakar. Students felt proud and honoured to be a part of the Patachitra Workshop. It was a golden opportunity for them to learn about the culture and the traditional folk art of West Bengal through which the folktales and the mythological narratives can be represented. The word patachitra has been derived from the Sanskrit words patta meaning cloth and chitra meaning picture. They depict the stories of Hindu deities and folktales through the beautiful use of paintings. Its roots date back to the pre-pala period and it is suggested on the basis of historical themes connected with the accompanied songs like patua sangeet.

### TAAL SE TAAL MILA

Taal Se Taal Mila Music workshop was conducted by Ms Sunayana Ghosh and her team on 15th March 2023. Three main 'taals' were taught to the students - dadra, kaharwa and roopak. For better understanding, teachers and students even engaged in various songs that go with these 'taals'. Ms Ghosh and her team did a jugalbandi performance too that was very entertaining for everyone. Overall, it was a very fruitful experience for the students.



### BEATBOXING

A Beatboxing Workshop was conducted by Mr Rohan Chakraborty on 17th March 2023 for the students of Classes VII, IX and XI. He taught the basic patterns used for beatboxing, showed mouth shapes and how to breathe in and out for making that percussion sound. Towards the end of the session, students sang various songs as Mr Chakraborty beatboxed along with them.







Students of Class III loved 'Theatrics' - a theatre workshop conducted by Ms Reshmi Bose. Dancing to 'Wobbly Chicken', the children warmed up and were eager for some action.

Ms Anamika Chowdhury, a national level gymnast, conducted 'Rhythmic Yoga' - a workshop on freestyle artistic gymnastics for Classes II, IV and V. 'Crafty Clay', a clay modelling workshop brought the students of Class I close to nature via the use of clay.



Magical March 3.0 comprised a series of workshops organised for the students of Class Nursery to Class V. The flag off session was 'Masquerade' - a two-day art based workshop for students of Class IV.

The next event was 'Notes and Rhythm' - a musical bonanza for Class V. Acapella was taught by the resource person, Mr. Kaustav Banerjee. The students were delighted to sing songs without any musical instrument.



Last but not the least, 'Kiddy Zumba' was a workshop organised for the Nursery and KG students. It was a low-intensity dance session curated especially for the little ones. Apart from being full of fun and vigour, the workshops aimed at boosting the self-esteem of students, providing them hands-on training in specialised areas and stimulating their creativity and imagination.



**CLUB REPORTS**





# **JUNIOR SCHOOL CLUBS**



# Bulbuls

The Bulbul Classes started on 10th April 2022. The club is held every Monday from 2.15 pm to 3:15 pm. The following activities took place during the year.

On 8th November 2022, the Bulbuls attended the prayer meeting on the occasion of Guru Nanak Jayanti at St James School. The first Calcutta Local Association organised Van Mahotsav on Sunday, 31st July at the Parsi Club. Mrs Ruchika Rajgharia attended the programme.

It is also called the 'Tree Festival' and it is celebrated annually over a week.



The FCLA organised a virtual Independence Day programme on the google platform on 15th August at 5 pm. The event was organised to commemorate the freedom Indians enjoy as well as the long struggle that India faced. The Bulbuls realised that the fight for our independence was long and difficult. It reminded the bulbuls of the many sacrifices Indian freedom fighters made for the freedom movement and to get independence from British rule.

The Enrolment Ceremony was held on 28th November. They recited the Bulbul Promise, Law and Motto. They were given their scarves and badges and were also treated to chocolates.



# Skating

The skating club of the Primary Section was held every Tuesday with 39 students. 18 students from Class III, 8 students from Class IV and 13 students from Class V respectively. Mr Ajay Bera, the resource person conducted the club. The club is aimed at helping children burn off extra calories, strengthen leg muscles, reduce stress, improve flexibility and maintain a healthy weight.



# Coding

The concepts taught included Python Turtle and Pivot Animator. The main focus was on coding where students were given assignments in Python Turtle like creating Olympics Logo, Indian National Flag, Audi Logo, Star studded sky ,various patterns etc.In Pivot Animator focus was on animating stick figures using the concept of frames and timeline management. Assignments included exercises like yoga poses and swimming etc.Theclub enabled the students to come up with various creative ideas enhancing and incorporating their logical skills.



# Cookery

The COVID pandemic devastated lives world over. Rising above the chaos, our school reverted to the physical mode of Classes and took every possible step to bring things back to normal. Clubs and extra-curricular activities are important for children to release their stress and hone their skills. The club, with its 23 student members and common love for cooking, was held every Thursday in the Home Science lab. At the onset, children learnt about measures, conversions and important terms required for this club. From organizing and clearing their work stations, to mixing the ingredients in the correct proportions, children learnt the nuances of creating magic and serving these nutritious delights.







## Kinderuni

The Kinderuni Club comprises students from Classes IV and V. It is an afternoon activity conducted after school hours, once a week for one hour. There were twelve students this year.

The German Children's Online University is a free educational platform of the Goethe Institut. It is meant for children aged 8-12 years. It helps children to find answers to questions about the phenomena of the world and enables the children to learn and play.

# Scrabble

The Scrabble Club for the Primary Section is held every Thursday with 25 students from Classes IV and V within the school hours. The club helps the students build spelling, vocabulary and social skills. It also provides opportunity to prepare for inter school competitions.

The different activities, that are conducted are as follows: scrabble boardgame, online scrabble games, word maze, antonyms, synonyms, word-meanings, unscrambling words to form meaningful words and make sentences with the same, making smaller words from a big word given, unseen spellings and similar activities.



# Singing

The Singing Club of the Primary Section comprising 39 students of Classes IV and V was held every Thursday. The students of this Club were taught the basics of Indian classical and western music. They were also taught group songs related to various festivals so that they can perform in programmes and competitions.





# Chess



The Chess Club of the Primary Section was held every Thursday with 35 students from Classes IV and V. The Classes were conducted by Mr Bipin Shenoy who is a former National player and an internationally-rated chess player. Apart from teaching the rudiments of the game, the students were taught the history of the game as well as various tactical motifs such as Pin, Fork Skewer and Double Check.

# Quiz



The Quiz Club of the Primary Section for Classes IV and V was held every Thursday with 13 students. Mr Ranjan Datta, the resource person guided the students with enthusiasm. Quizzes were held at regular intervals to shape the students' thought processes. Worksheets were engaging for the students and helped them to probe into the nuances of the game. The visuals were equally appealing and engaging for them.



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**SENIOR  
SCHOOL  
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# Photography

Photography is an essential tool for preserving memories and telling stories. The photography club aims to help students explore and enhance their skills and interest in taking good pictures. It teaches the students to comprehend the basic rules of photography. They can apply these techniques by clicking pictures. We also focus on understanding the meaning behind some of the most famous photographs ever taken. Students are assigned various topics during the club period based on which did take pictures. This exercise helps expand their creativity and imagination. Additionally, it helps them tell a thousand words through photographs. Many workshops are also held from time to time. In the club, we encourage group discussions and peer assessments to help the students enhance their skills.



## Book

The school's Book Club is a haven for bibliophiles who are eager to explore new books, engage in vibrant discussions and meet with renowned authors. Through this club, students gain a deeper appreciation for literature. This club provides an excellent opportunity for students to expand their imagination, creativity, broaden their perspectives and enhance their vocabulary. The Book Club also provides students with an opportunity to meet established authors, such as Christopher Doyle and Caroline Turner Survaia. Students can learn from these accomplished authors about the craft of writing and the inspiration behind their works, gaining valuable insights into the world of literature. Furthermore, the club provides a safe space for all viewpoints to be heard and respected, fostering a community of passionate readers who are eager to share their thoughts and ideas.



## Debate

The Debate Club provides a platform for students to enhance their leadership skills, interpersonal influence, team building and oral presentation skills. Through various activities, this club provides students with opportunities to develop their communication and critical reasoning skills. It conducts regular debates on various topics which not only helps students expand their knowledge but also trains them to make logical arguments. Students learn to articulate their viewpoints and defend their positions in a structured and compelling manner. The club also helps students develop their research and analytical skills as they gather information and evidence to support their arguments. Moreover, the club provides a safe and inclusive environment where students can express their opinions freely and engage in constructive discourse with their peers. This allows students to broaden their perspectives and appreciate different viewpoints. The skills and experiences gained through participation in the Debate Club are invaluable and they prepare the students for success in their future academic and professional endeavours. The ability to communicate effectively, analyze complex information, and think critically are essential skills in all aspects of life.





## Scrabble

The Scrabble Club is the best choice for students who want to improve their focus and memory, all the more interacting with their peers. They engage in playing Scrabble and different kinds of word games. Although the game of Scrabble is concerned with building up words, tactics and strategic understanding are also involved. This club brings forward activities that sharpen their navigational skills, relieve stress, boost confidence, and bring in faster critical thinking. Sentence-making and storytelling sessions are one of them which enhance their vocabulary, encourage active participation, and use imagination and creativity. A game of Scrabble can teach us new words, although at times, due to our mistakes. It brings in a newfound thirst for knowledge among the students.



## Drama

The Drama Club comprises 68 students from Classes VI to VIII who are truly passionate about acting. Some of the children have been introduced to the genre of drama for the first time and are thus quite enthusiastic to participate in the entire process. Under the guidance of Mrs. Guha Mazumdar, Mrs. Mitra and Mrs. Upadhyay, the students were given group activities that involved not only scripting, direction and acting but also choreography and miming. Each presentation made by the students, be it individual, pair or group, was evaluated by both the teachers and their peers based on parameters like clarity and audibility, expression, retention, punctuality and concept. These sessions have given the children an opportunity to express themselves without being inhibited by the fear of performing in public.



## Adventure

Making a model tent and learning about various types of rope knots and their utilities are some of the activities held by the Adventure Club. Teamwork is one of the core values instilled in the students. The workshop on bird nests and bird feeders was one of the many professional workshops conducted. Students were made aware of the disastrous effect of urbanization on natural habitation. Making bird nests will enable the birds to reclaim their home once again. The other activities also give them a chance to ensure survival in the outdoors with minimum resources available. Students learned the internal setup of a tent and its utility in outdoor survival. Idea presentations help them enhance innovative thought processes, public speaking skills, and teamwork. Their physical fitness is also not unattended.



## Computer

Activities and assignments on Microbit, Makecode, Flash and Photoscape were conducted throughout the year, and the students acquired knowledge on the above topics. Interactive and engaging programming experiences took place for those new to programming. Students learned the uses of Photoscape. It is useful for editing photos and has some fun light filters and overlays; that make editing faster and easier. They were taught how to design book covers, comic strips and posters.





# Sneh

Sneh is the social service unit of Sushila Birla Girls' School. Students of Classes IX, X, XI, and XII enrolled themselves as members of the club. The club committee was formed by the selected members of Class XII. The committee was responsible for conducting all the social service programs for the present session.

Daan Utsav was conducted in the month of September. The drive was conducted in Uttar Chandanpiri village of Namkhana district in Sunderbans. About 500 families were provided with new sarees, petticoats and kurtas & groceries. About 260 primary students were given play materials, goody bags with food items and stationery items. The Primary Section of the village was provided with teaching-learning materials. The drive was conducted on 23rd September 2022.

Smayan – the annual fest for the differently abled children was conducted on 26th November 2022. About 190 students from 9 different special schools in the city participated in the program. Mrs. Sujata Sen, CEO of Future Hope was the chief guest of the program. Dr. Praveen Kumar, a renowned psychiatrist, H.O.D. of the Department of Psychiatry from The Institute of Neurosciences, Kolkata, was the special guest for the occasion. Academic and game stalls were organized within the school premises to encourage these students. Different competitions were organized to showcase their skills. The winners were awarded. All the participants were provided with certificates and food packets.



# Aavishkar

The Aavishkar Club is a club which aims at developing the wellness and well-being of students in Classes IX, X, XI and XII. Sessions were held on topics like:

- a. Working on undue habits like procrastination and perfectionism
- b. Ways to develop mindfulness
- c. Prospects of choosing Psychology as a career
- d. Body Shaming and internet trolling
- e. Graphology, significance of handwriting analysis
- f. Diet and lifestyle during teenage
- g. Examination anxiety
- h. Dance therapy and Music Therapy

Such sessions and many more are conducted by Professionals and experts in various enriching and interactive sessions.

This club works as a preventive so that students do not fall prey to abuse, depression or even substances or even and suicide.





# Swabhimaan

Swabhimaan is the entrepreneurship club for the students of the senior section. It is a social service unit that aims to uplift small businesses and start-ups by bringing them into the spotlight and helping them grow. This year the club hosted its annual 'Craftastic Fair' on 28th and 29th July 2022, where craftspersons from all over West Bengal were invited to display and sell their local handicrafts such as Dokra and Wooden Handicraft and spread awareness about their business. The craftspersons were helped by the students of the club in selling and promoting their wares. This served as an enriching learning experience and helped the students get a glimpse into the business world. Later on, the students of the club also made products such as envelopes, jewellery, cross-stitched keychains and hygiene bombs. These handmade products were sold during the Open House on the 2nd and 3rd of February 2023. There were several eager buyers on both the days. The Swabhimaan Club is a great opportunity for the students to get first-hand experience about entrepreneurship and business, and also aid small start-ups in developing their business.



# HOUSE REPORTS



# KUSHAN HOUSE



**CAPTAIN**



**NOYONIKA  
GHOSE**

**VICE CAPTAIN**



**PIYASI  
SHOW**

**PREFECT**



**AASHVIKA  
JAIN**

**MRS CHANDRIMA GHOSH**  
(Kushan Housemistress)

The Kushan Dynasty descended from the Yuezhi. The Yuezhi conquered Bactria in the 2nd century BCE and divided the country into five chiefdoms, one of which was the Kushan chiefdom. A hundred years later, the Kushan Chief, Kujula Kadphises, secured the political unification of the Yuezhi kingdom. Under Kaniska I and his successors, the Kushan kingdom reached heights of glory.

The red colour of the flag of the Kushan House symbolises love, commitment, courage, strength and bravery. Red is often associated with Maa Durga, a warrior Goddess who symbolises strength and power. The white dove on the flag symbolises a new beginning, peace, love, luck and prosperity. In order to bring out the best in each student, the school conducted various competitions throughout the year. The Kushan House has performed well in most of them.

The House bagged the 1st position in Debate Competition for both Classes VII's and IX's and XII's. It also stood first in the Music Competition for Classes VI and VII. In the Primary Section, the House won the the Dance Competition for both Classes I and IV. With encouragement and guidance from the Housemistress, Mrs. Ghosh and the commitment of each and every member, the House has been able to fare well in all domains this year.

House Captain Noyonika Ghose, Vice Captain Piyasi Show and Prefect Aashvika Jain have put in an immense amount of effort without which it was impossible for us to excel.

# PALLAVA HOUSE



**MRS JULIE DEY**  
(Pallava Housemistress)

**CAPTAIN**



**MEGHA  
REGE**

**VICE CAPTAIN**



**ARUSHI  
BOTHRA**

**PREFECT**



**AANYA  
BATAVIA**

The Pallava House acquired its name from the prevailing dynasty of South India, the Pallava Dynasty. Throughout the course of the year, the members of the House have shown a tremendous amount of determination, perseverance and confidence, which helped them achieve incredible feats together, this year.

Yellow is a joyous and radiant colour that exudes warmth, inspiration and vitality. Just as the sun's beams of bright yellow promise a positive future, the beams of the Pallava House shine brightly on our path guiding us forward.

The members of the Pallava House enthusiastically participated in various competitions held in this year. Under the guidance of our Housemistress Mrs Julie De and the efforts of our Captain Megha Rege, Vice captain Arushi Bothra and Prefect Aanya Batavia, we have earned a milestone in winning the March Past trophy. We have also shown immense teamwork by winning various positions in the Creative Writing, Music, Dance and Quiz Competitions. Further to commemorate Hindi Diwas, a Poster Making Competition was held, in which the Pallavas secured the 3rd position. The motto of the Pallava House is:

Sky is the limit  
Hopes are high  
We are the Pallavas  
Touching the sky!



# CHALUKYA HOUSE



**CAPTAIN**



**PALAK  
SHAH**

**VICE CAPTAIN**



**AISHEE  
MAJUMDER**

**PREFECT**



**MEDHA  
AGARWAL**

## **MRS MAMATA KUMARI GOSWAMI (Chalukya Housemistress)**

The history of the Chalukya Dynasty has been a golden era. It is famous for its grandeur, bravery and valour. The Chalukya era may be seen as the beginning of the fusion of cultures of northern and southern India, making way for the transmission of ideas between the two regions. It is also known for its innovative ideas. This special quality is present in each and every student of Chalukya House, especially the Captain Palak Shah, Vice Captain Aishee Majumder and Prefect Medha Agarwal who have worked tirelessly to achieve success in every competition of the session.

In the session, 2022-23 many inter house competitions were held in which the Chalukya House performed commendably. They came first and second in the Class II Dance Competition, first in Class IX- X Music Competition, first in the Hindi Divas Competition, second in Class III, V, VI and VIII Music Competition and second in Class IV Dance Competition. In almost every competition of this session, all the participants performed well with a lot of enthusiasm and dedication. The same enthusiasm was seen on Annual Sports Day.

All these successes were made possible by all the students and teachers of the Chalukya House. The contribution of all of them is exemplary. The Chalukya House does what they say they would do. 'We are the Chalukyas, we bleed blue, we are better than all of you.'

# MAURYA HOUSE



**CAPTAIN**



**ANUSHKA  
MITRA**

**VICE CAPTAIN**



**AAKRITI  
BAGRI**

**PREFECT**



**KRISHIKA.P.  
BHAMBANI**

**MRS SHIBANGEE PAUL**  
(Maurya Housemistress)

The Maurya House is not just a House but a vital force that upholds the legacy of hard work, determination, perseverance and the will to achieve new heights of success. The House derives its name from the first pan Indian empire to encompass most of the Indian subcontinent, the Mauryan dynasty, widely popular for a highly systematized administration and organisation of army not to be found easily anywhere else at that time.

The colour green signifies the balance which exists in nature. A similar balance exists in the performance of the students in academic and co curricular activities. After eleven long years, combined team effort enabled the House to win back the sports trophy and raise its House Flag with pride and glory once again.

Under the able guidance of House Mistress, Ms Shibangee Paul and the spirited endeavour of students steered by Captain Anushka Mitra, Vice Captain Aakriti Bagri and Prefect Krishika P Bhambani, the House won laurels in several competitions. Our Junior House Representative and Junior House Prefect deserve a special mention as well. Standing by the House Motto, 'Trees are green. Green is our land. Mauryas, Mauryas on the victory stand', this year, the Mauryas did indeed secure a coveted position on the victory stand.

Once again, the House demonstrated its zeal for excellence.





# ARCHIVE

# Ex-Students



## Ananya Jhunjunwala

Ex - student, Sushila Birla Girls' School  
Currently pursuing MA in Economics at  
Delhi School of Economics

### MY GOLDEN DAYS OF HAPPINESS

It has been four years since I passed out. I have completed my graduation and am currently pursuing my post-graduation degree. However, even now, when I look back, the only memory that brings a spontaneous smile on my face is school. It is the only place where one can be carefree, make mistakes, and still have their best time.

During my thirteen year journey, I have made countless memories. From strolling through the corridors of the wooden building to laughing about the most random of things with friends, to our teachers being our helping hand and to lifting the school flag, there is no such incident that I remember, which does not make me happy. I think happiness for me lies in these little things because when I look back, these are what I really cherish.





## **Mehek Bengani**

**Ex - student, Sushila Birla Girls' School**

**Currently a first year student of B.Com Hons.  
at St. Xavier's College, Kolkata.**

**Parallely pursuing Chartered Accountancy Course**

### **HOW I CHOOSE TO BE HAPPY**

**Happiness. It is the joy that we feel when we are utterly content and satisfied with our life. It can be the joy of achieving your dream and it can also be the joy of receiving your favourite chocolate. In my humble opinion, happiness is something that is waiting at every step of life if we choose to find it. It can be in the little things of everyday life or it can be in the achievement of milestones. Bad days are a usual occurrence in life but choosing to remember it as a bad one is our decision.**

**We have the power to choose how we perceive and respond to the events in our lives. By shifting our focus towards the positive aspects, seeking support from loved ones, and finding moments of joy amidst the hardships, we can navigate through the darkest of times and find happiness.**

**Focussing on the good makes the rocky road of life slightly easier to traverse and as Albus Dumbledore says, "Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."**

# Ex-Teachers



**Mrs. Vijaya Dubey**

Ex-Teacher  
Department of Hindi

खुशी, आंतरिक खुशी और संतुष्टि की भावना के साथ आती है। यह सकारात्मकता फैलाती है और चारों ओर खुशियाँ बिखेरती है। कोई खुशी नहीं सीख सकता; यह अनुभव करने की भावना है। खुश रहने के लिए किसी का अमीर होना जरूरी नहीं है। खुशी को स्टोर किया या मापा नहीं जा सकता है लेकिन इसे बाँटा या फैलाया जा सकता है।

खुशी की कोई परिभाषा नहीं है-यह सिर्फ कोई मज़ेदार अनुभूति नहीं है। हर कोई सुख चाहता है-चाहे वह कितना भी अमीर या शक्तिशाली क्यों न हो। यदि प्रसन्नता ही जीवन का अंतिम लक्ष्य है, तो उसके लिए हर इंच रास्ता खुदा हुआ होना चाहिए। प्रसन्नता प्राप्त करने के लिए कर्म आवश्यक है।

परिवार और उसके प्रयास सुख की राह बनाने की दिशा में सपना महत्वपूर्ण योगदान देता है।

खुशी एक व्यक्ति से दूसरे व्यक्ति के लिए भिन्न होती है; अलग-अलग लोगों की खुश रहने की अलग-अलग धारणाएँ और अवधारणाएँ होती हैं। जो कुछ भी हो, खुशी मानव जीवन की एक अनिवार्य विशेषता है। इसके बिना जीवन का कोई अर्थ नहीं है। किसी भी व्यक्ति के लिए आनंद और आनंद से रहित जीवन जीना बिल्कुल भी संभव नहीं है।





**Mrs Sangeeta Sanghvi**

**Ex-HOD  
Department of Hindi**

#### खुशी की सरगम

“खुशी” एक खूबसूरत लब्ज है, अनुभूति है, भावना है और अंतर्मन की वह ध्वनि है- जो हृदय से निकलती है मस्तिष्क को छूती है और दसों दिशाओं में अपना प्रभाव जमाती है। खुशी एक नवजात शिशु की निर्दोष मुस्कान से छलकती है। छलकती है बालक की उन्मुक्त हंसी से उस लाल फ्रॉक से जिसे पहनकर छोटी सी बालिका उन्मुक्त गगन को छूने का सपना देखती है। उस युवती की मंद- मंद मुस्कान से जहाँ उसके भाव स्वयं तक ही केंद्रित होते हैं। माँ के निःस्वार्थ वात्सल्य में, पिता के संरक्षण में, शिक्षक के अप्रतिम परिश्रम में और शिष्य की लगन एवं सफलता में जो भाव समाया होता है, उसी का दूसरा नाम खुशी या आनंद है।

मैं कई बार सोचती हूँ कि मैंने इस भाव की अनुभूति किन किन रूपों में प्राप्त की है? तो जात होता है शायद ऊपर दर्शाए गए स्वरूपों में से कोई भी रूप ऐसा नहीं है जिस की अनुभूति मुझे नहीं मिली है। प्रातः काल के सूर्य की किरणों से थिरकती आती धूप एवं सतरंगी रजकणों में मुझे उसी खुशी का अहसास मिलता है। सुबह दोनों हथेलियों को देखकर प्रभु से कामना करती हूँ कि- “प्रभु आज का दिन तेरा है और जो तेरा है, वह तो मेरा ही है न, क्योंकि तू जो मेरा है”, यह विचार मुझे दिनभर की स्फूर्ति देता है और यह स्फूर्ति ही मेरा आनंद है। कक्षा में शिक्षण द्वारा वही आनंद मुझे चरम सीमा तक ले जाता है मित्रों के साथ चाय पर बात में भी खुशी की तस्वीर और अधिक गहरे रंगों से चमक उठती है, परिवार के साथ मिलकर रहना खाना, घूमना, सेवा करना इत्यादि सभी क्रियाएँ उसी आनंद का एहसास दिलाती है और तब दिल से एक आवाज आती है-----

“हृदय की ध्वनि आज सुन ले  
ध्वनि के शब्दों को आज तू अपना कर ले  
कल हो ना हो खुशी का हर क्षण तू जी ले  
आज की खुशी में ही तेरे जीवन का संगीत महकेगा  
आज की महकती संगीत की सरगम में  
तू संगीता को डूबा दे , तू संगीता को डूबा दे”।

संगीता संघवी  
सेवा निवृत्त हिन्दी विभागाध्यक्ष









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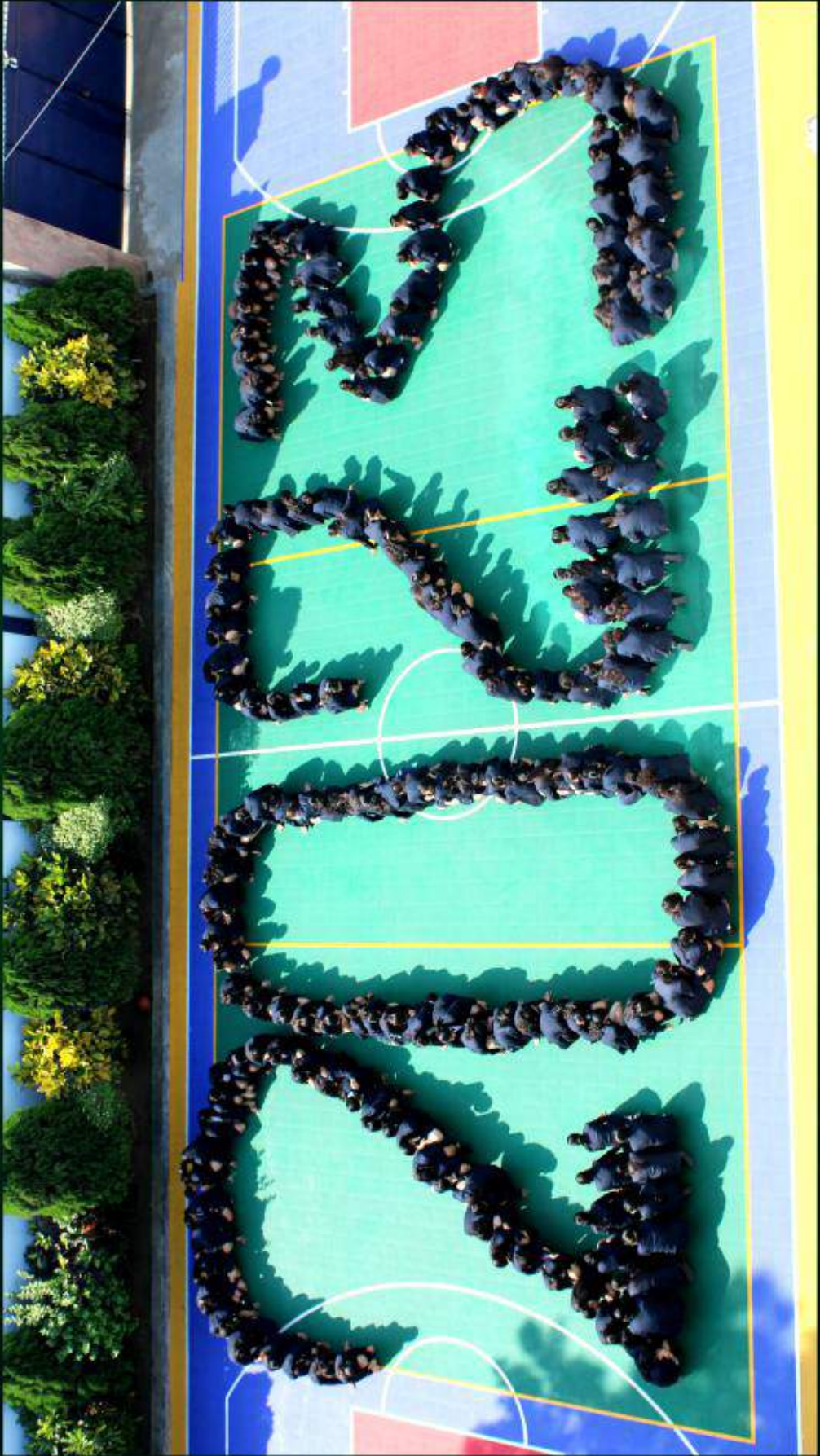


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