



## PINNACLE PERFORMERS



### COORDINATOR'S DESK

*Schools are Natural Magnets for Co-curricular Activities.*

In the 21st Century, the world is changing fast. Therefore, the conventional education curriculum, has to pave the way for a new kind of education and learning. "The world has changed so fundamentally in the last few decades that the roles of learning and education in day-to-day living have also changed forever".

The five mental abilities are developed in the students by participating in Non-scholastic activities - The Disciplinary Mind, The Synthesizing Mind, The Creating Mind, The Respectful Mind and The Ethical Mind. These concepts emphasize that in the 21st Century, education and learning must surpass the four walls of a classroom. So, the core aim of education and learning should be to foster holistic development. However, their importance cannot be overlooked in fostering holistic development. It essentially means intellectual, physical, emotional, and social development, which can be achieved only through proper education.

A school is the workshop of life-building in which the raw material is the nascent mind of young pupils. The Principal, the teachers are the moulders of this raw material into the ideal mould. These activities help students to develop problem-solving, reasoning, critical thinking, creative thinking, communication, and collaborative abilities. They are a very important part and parcel of educational institutions to develop the students' personality as well as to strengthen classroom learning.

Lastly, I would like to bring my words to end that the students should be given opportunities to explore their interests and abilities. The importance of extracurricular activities cannot be denied in order to instil the 'all-rounder' factor in the students. So Let's Learn with the fun.....

**Ms. Harsha Swami**



# SMART MOVE

## Right from the Track

If there is one field of life which teaches us the most valuable lessons about perseverance, patience in fact what constitutes a perfect character, it is sports.

St. Teresa School, Indirapuram organized the Annual Athletic Meet for the year 2022-23. The Annual Athletic Meet embodied the zeal, talents, and spirit of sportsmanship amongst the students of St. Teresa School.

It was commenced by highly distinguished Chief Guest, Shri Navdeep Chana, a DSP with Indo -Tibetan Police. The highly awaited Athletic Event left the audience awe -struck. It was indeed a day filled with fervour and excitement, truly a wonderful experience.

## Joyous Parents

A great initiative by St Teresa to involve parents in the sports day. It was a roaring success and this sports day has set a benchmark for future such extracurricular activities.

It was extremely well organized and this initiative showed that St Teresa not only focuses on scholastic achievement but also ensures complete holistic development of students. Such activities are always encouraged and I completely support St.Teresa management in the persistence for excellence.



Shelwyn Singh  
F/o Sheebasimrin Singh  
VIII D



## The Reflection

Sports Day, it was one of the best twenty-four hours of my life. It was a memorable day as I made so many memories and the experience would always stay in my life forever and make me smile. And I hope of making many more memories like this in future.

**"The journey is never ending"**

Lanchenbi Chanu  
Class - VIII C

I got the opportunity to visit my daughter's Annual Sports Meet on 18-19 November' 2022 at CWG Village, Khel Gaon. I must acknowledge over here that this sports meet was of special importance because it was a well-organized and well-coordinated event with cultural activities. So, I give full credit to the managing committee, teachers and the sports department of the school for their management which kept everyone's participation in mind. I must acknowledge that the event was well-managed, within stipulated time and it kept student's health and care in preference. I would like to congratulate St. Teresa family for the huge success of the event.

Ranjan Kumar  
F/o Nishtha Mehra  
VII A



# DAZZLING REVELLERS

## Cheers to the Celebrations

St. Teresa School, a magical world for students which not only is making the students learn the magic of arithmetic and letters but is also making them understand the meaning of brotherhood, harmony, humanity and much more through the celebration of all the festivals.

This year also, STS celebrated many festivals like Guruparv, Children's Day, Christmas and New Year. Each festival was connected with the values behind them to make the students understand the importance of all the festivals.

Though all the festivals were different but the message shared was same that is to spread humanity, harmony, love, peace, prosperity and positivity. The celebrations are to make students aware that all the religions are equal and important, respect should be given to each and everyone. And STS became successful in conveying this message to its students every time.



## CITATION DAY



Citation Ceremony was held at St. Teresa School to praise its students hard work and efforts they had put and are putting to get successful in their lives. Our honourable Directors, Shree Raman Raja Khanna Sir, Shree Vijay Kumar Gulati Sir wished the students for their bright future and motivated them to follow the path of values in life. Our respected Academic Director, Ms. Renu Srivastava Ma'am also wished students and blessed them with her kind words. It was preceded by a Hawan for the prosperous and successful life of students, followed by a lunch. This is how much St. Teresa loves its students and looks after its children always.

# ACHIEVEMENTS

Our students have excelled in every field in the year 2022-2023, be it academic or competitive levels. Their excellence has helped them to achieve many awards. The school awards not only appreciated the work of the students, but also the work and efficiency of the teachers. Their dedication towards the school helped them to gain appreciation by the whole school. The Inter House competitive award was for the best performance among the four houses which was judged by the school authorities. The students of each house had helped to maintain discipline and the decorum of the school.



**TANMAY SETHI**  
Class: VIII

Gold in 300 Meter Time Trial  
Gold in 500 Meter Race  
In CBSE NORTH ZONE  
SKATING CHAMPIONSHIP



**SANAT RATHORE**  
Class : VI  
Bronze Medal in  
Skating in  
Inter School  
Competition

**DHRUV SHARMA**  
Class: VIII

Has brought many Laurels to school  
1. Gold Medal in Boys Athletic Yogasana  
Championship  
2. Gold Medal in CBSE NORTH ZONE, Yoga  
Championship  
3. Appointed Brand Ambassador for Sadak  
Suraksha Abhiyan by Dainik Jagran

**Kaushiki Chandra**  
Class:VI  
Gold Medal in National  
Taekwondo  
Championship



**SHREYASH  
JHA**  
Class: VII  
Gold Medal in  
Skating in  
Inter School  
Competition

**MAAHIR CHHOKAR**  
Class : VI  
Gold Medal in Skating in  
Inter School Competition



**Rehan Ahmed**  
Class : VI  
Gold Medal in 35 to 40 kg  
Weight Category  
Taekwondo  
Championship



**Mansi**  
Class: VIII  
Bronze Medal in  
CBSE National Taekwondo.



**Shruti Tiwari**  
Class: VII  
Gold Medal in Dance  
Competition



**Sanvi Chaurasia**  
Class: VII  
Silver Medal in  
Basketball Tournament

## INAUGURATION OF ATL LAB

Innovation and renewal are required to keep a laboratory on the frontiers of science. The Inauguration of the ATL Lab was like a cherry on the cake. The students are now equipped with the ATL lab to expose their ideas and foster their creativity, curiosity, imagination and develop their adaptive learning skills as well.



# CHILLS & THRILLS

Picnics are very important as they add vibrance to our lives. They give us an opportunity to escape from the daily routine and help us open up more with respect to our feelings albeit in a relaxed atmosphere. They imbibe better learning and definitely help foster better mental health. It was a wonderful experience for our young minds with lots of new learning and exposure which acted as a blessing for them. Moreover, our teachers too need a break from their hectic and mundane routine, and they too were offered a relaxed atmosphere which brought out inner happiness and lifted their spirits.



And we Smile together...



## The Everyday's Tasks

Keep your eyes without a trace of lust  
Keep your workplace clean without any dust,  
Keep your surroundings much tidy and neat  
Keep your body clean, also your hands and feet.  
Keep your face clean and wear a mask  
Keep your mind clean before doing any tasks,  
Keep your ears clean and never let eves-drop  
Keep your heart clean, and ill must stop.  
Keep your skin clean by bathing everyday.  
Keep your souls clean of sins that lead to hell.

## Healthy Treasure

Staying fit is defined as being socially, physically and mentally fit. It is an asset of life that helps us to keep ourselves sound and calm. To keep oneself healthy, one should always eat healthy, sleep and wake up early, be positive and exercise daily. Health is a state of body which is totally free from illness and injuries. Health is the path to innovation, progress and wealth. A person who is healthy, is capable of doing more work and concentrate at the assigned task than an unhealthy and weak person. Other than physical appearance, health also includes mental health, behaviour and immunity. That is the reason we should inherit good values in ourselves, follow a maintained routine and be always positive. It is said that "-If you lose wealth, you lose nothing -if you lose health, you lose everything".

Sanchit Arya  
VII B

Rishima Tandon  
VI B

# Health and Innovation AND MY PEN SPEAKS.....

## Abode of Junk Food

Junk food never do you fail to appeal,  
You even make some squeal!  
Your appeal seems to shine,  
But my appetite shall always be mine!

Found for the cheapest,  
Many a times there've been finds of pest!  
O charmer of the children,  
Only enemy, the villain.

Found to be extortionate,  
Authenticity is the bait.  
O charmer of man,  
Supplier of all validation known to man.

From the side of the road,  
To the greatest of structures.  
Created has been your abode,  
Created has been this unhealthy infrastructure.

You who bears enmity towards health,  
Wearing masks of smiles and laughs.  
Practicing plagues and sickness with stealth,  
Warned should be those susceptible to your wicked.  
Your consumption needs to stop,  
For us to come out on top.

Praharsh Pranay, VII-A

## The Positive Vibes

Take time today to laugh and smile  
and get the sunshine on your skin  
go out in nature for a while  
and let the beauty soak within.

To prosper in much more than wealth  
enjoy the pleasure of each day  
do what you can for vibrant health  
balance your life with rest and play.

Give your body the best of foods  
and move your body! Walk and run !!  
Train your mind in positive moods  
after your work --- allow some fun !!

Take care to get plenty of sleep  
early to bed and early to rise  
these simple habits you can keep  
and lift your health to greater height.

Suhana Pandey, VII C

## BRAIN TEASERS

- 1) I am the nutrient vital for your good health.
- 2) What do seven days of dieting do?
- 3) You answer me, although I never ask you questions. What am I ?
- 4) What can fill a room but takes up no space?
- 5) Give it food and it will live; give it water and it will die.
- 6) What kind of coat can be put on only when wet?

Jiya Singh, VIII E



## INNOVATION -A BOON

'Innovation', a word which denotes new, better, and creative techniques of solving problems. It can be seen in all the fields be it health, education, business, banking, security, and the list continues. In the world of medical science, it promises new ways to prevent, diagnose and monitor health complications, as well as develop medicines and equipment to manage and cure diseases. Innovation in healthcare will prove both usable and desirable.

This will improve the quality of services and quality of life. Progress in healthcare requires new technologies e.g., advancement in medicines, devices, surgical techniques, etc. Healthcare has seen tremendous development over last 100 years there is abundance scope of improvement in future.

The new healthcare model, digital revolution, improving artificial intelligence, and other technologies are fuelling a wave of health innovations around the world today.

The coming future will surely bring an enhanced and efficient health care with it.

Vanshika Kaushik, VIII E

## ANSWERS:

- 1) Vitamins
- 2) Week
- 3) Telephone
- 4) Light
- 5) Fire
- 6) Towel

# सृजनात्मक लेख

## (सर्दी से बचने के उपाय)

खांसी जुकाम के लिए काढ़ा बनाने की विधि

सामग्री:

2 लौंग

1 और आधा कप पानी

2 टी स्पून अदरक का रस (अदरक को कटूकस करके और उसमें से निचोड़कर इसका रस तैयार कर सकते हैं.)

1 चम्मच काली मिर्च पाउडर

3 तुलसी के पत्ते

1 चुटकी दालचीनी पाउडर

एक कटोरा लें और उसमें पानी डालें, इसे उबाल लें.

2. पानी में उबाल आने के बाद अदरक का रस और तुलसी के पत्ते डालें और आंच धीमी कर दें. बता दें कि तुलसी और अदरक का फ्लेवर अलग है.

3. इसमें 2-3 मिनट के बाद लौंग के साथ काली मिर्च पाउडर में डालें. एक और मिनट के लिए उबाल लें और आंच बंद कर दें.

इस काढ़ा मिक्स को एक कप में डालें और गरम गरम पियें.

ध्यान रहे : रात में बिस्तर पर जाने से आधे घंटे पहले इसे पिएं, और सुनिश्चित करें कि यह गर्म हो. आप अपनी इम्यूनिटी बढ़ाने के लिए अपने काढ़ा के ऊपर एक चुटकी दालचीनी पाउडर छिड़क सकते हैं।

लीला बिष्ट  
हिंदी अध्यापिका

## आधुनिक विद्यार्थी की विनती

हे परीक्षक, अंकदाता, पास मुझको कीजिए । प्रभु ! परीक्षा के जाल से शीघ्र मुक्ति दीजिए ।। और कुछ चाहता नहीं बस अंक पैतीस दीजिए। गणित विषय जटिल है, वह मुझे आता नहीं। संस्कृत और इतिहास मुझको भाता नहीं। भाग गए अंग्रेज सारे, अंग्रेजी अभी भागी नहीं।। हिंदी का दुर्भाग्य, वह अभी जागी नहीं। कृषि और विज्ञान जाने क्यों पढ़ाये जा रहे।। चाँद पर बेकार मानव क्यों चढ़ाये जा रहे। आप जरा स्वयं सोचो, भूगोल का क्या काम है? विश्व के व्यापार से बताओ हमें क्या लाभ है? पुस्तकों का बोझ अब हमसे न लादा जा रहा है।

पास कर दो हे प्रभु! बेमौत में मारा जा रहा ।।

इशिका जैन 6-A

## नींव के पत्थर

निदेशक खन्ना सर का भाषण होता पांडित्यपूर्ण और गुलाटी सर के चुटकुले हमें ,हास्य से करते परिपूर्ण

इन दोनों के सानिन्ध्य का गणित इतना बेजोड़ इनके

देख-रेख में

सेंट-टेरेसा फलता-फूलता पुरजोर

शैक्षिक निदेशिका रेनु मैम

सुव्यवस्था ,सामांजस्य और व्यवहार में हैं इतनी शालीन

इनकी छत्रछाया में सेंट-टेरेसा

गाजियाबाद में बनेगा टॉप वन

सुमधुर हेड-मिस्ट्रेस शिवानी त्रिपाठी मैम की

हिंदी ,इंग्लिश इतनी बुलंद

एक पहर आहार ले ,

क्या कोई रह सकता इतना चाक-चौबंद ?

अनुराधा तिवारी  
हिंदी अध्यापिका

## मेरी प्यारी माँ

कहाँ से शुरू करूं,

कहाँ पर खत्म करूं ,

त्याग और प्रेम उस माँ का,

भला में कैसे बयां करूं,

माँ तो जन्नत का फूल है,

प्यार करना उसका उसूल है,

दुनिया की मोहब्बत फिजूल है।

माँ की हर दुआ कबूल है।

माँ को नाराज करना इंसान की भूल है,

माँ के कदमों की मिट्टी जन्नत की धूल है,

माँ की सेवा करके एक सुकून सा मिलता है।

दुनिया की सबसे अच्छी प्यारी माँ मेरी माँ

अवनि बंसल 6-C

## हिंदी बोली का महत्व ---- कहानी

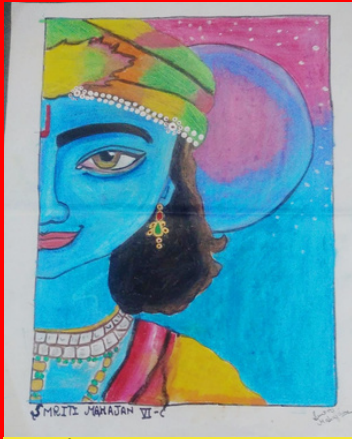
एक बार राजू नाम का एक बालक था। उसके विद्यालय में हिंदी दिवस का कार्यक्रम चल रहा था । सभी लोग कार्यक्रम का आनंद ले रहे थे। परंतु जो कार्यक्रम का संचालन मंच पर करने के लिए उपस्थित थे, वह अंग्रेजी शब्दों का प्रयोग ही नहीं कर रहे थे, बल्कि ऐसा करना वह अपनी शान समझ रहे थे। यह सब देख कर वहां उपस्थित अतिथि अति क्रोधित हो गए, और जब उन्हें मंच पर कुछ शब्द कहने के लिए आमंत्रित किया गया तब उन्होंने इस घटना का विरोध करते हुए कहा कि आज ही के दिन यानी 14 सितंबर 1949 को हिंदी भाषा को राजभाषा का दर्जा दिया गया। हमारी राष्ट्रभाषा हिंदी अवश्य है परंतु आजादी के इतने वर्षों के बाद भी हिंदी को जो गौरवपूर्ण स्थान प्राप्त होना चाहिए था वह ना हो सका। हम भारतीय जरूर है परंतु हिंदी भाषा बोलने में हमें शर्म महसूस होती है। हमें बातचीत करते समय अंग्रेजी शब्दों का प्रयोग करना अपना गौरव समझते हैं, भले ही वह अशुद्ध ही क्यों ना हो। हमें अपनी इस मानसिकता का त्याग करना चाहिए और हिंदी भाषा का प्रयोग करने में गर्व महसूस करना चाहिए। तभी हम अपनी राष्ट्रभाषा को उनका सम्मान दिला सकते हैं। अर्थात इंग्लिश में जो बात कर रहा है। वही बड़ा विद्वान, देश में हिंदी भाषा का है नहीं मान सम्मान हिंदी लगती कड़वी उनको इंग्लिश जैसे खीर अंधा राजा, सभा है ,बहरी किसे सुनाए पीर।

काशवी साहनी 7-B

# Thread of my Quill....



**PRATISHTH UPADHYAY-VIII C**



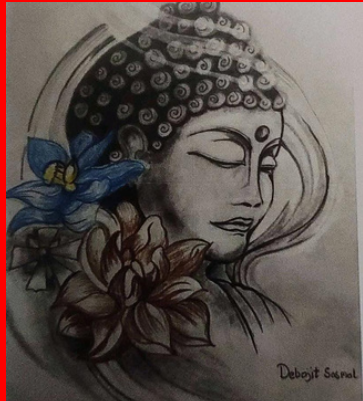
**SMRITI MAHAJAN-VI C**



**YASHIKA-VIII C**



**SHRIMI GUPTA- VI D**



**DEBOJIT SASMAL-VII B**



**SHRITHAN SHIEKAR- VI A**



**AMOGH SATAPATHY- VIII A**



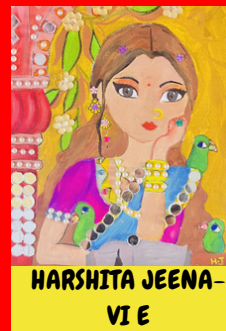
**HARSHITA JEENA- VI E**



**SANVI CHAURASIA- VII E**



**AAYUSH THAKUR- VII C**



**HARSHITA JEENA- VI E**



**ANSH AARAV- VI E**



**YASHIKA-VIII C**



**LAQSHYA CHOUDHARY-VIII C**

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