



# HANSRAJ MODEL SCHOOL

Punjabi Bagh, New Delhi

# Meraki

#MovingTowardsPositivity

e - m a g a z i n e

Fortnightly Edition, November 2020



My loving Hansraj family and very dear Heemal

It is indeed noteworthy that even in such troubled times, my family at Hansraj held to each other so strongly that I could not help but admire the healthy work habits amongst all which resulted in greater productivity and the key to a positive scenario. Not only did the school excel in academic fronts but compliance to ethical behaviour amongst staff and students so ably put together by the dynamic Principal Heemal led to the school and myself in person priding about the fact that the leader wins the coveted **CBSE TEACHER'S AWARD 2019-20 at the National Level**. Congratulations to the whole team to help her apply the available resources in the most wanting way.

Meraki, I wish you success for what I have known of you, is that you are a platform to the huge talent pool that Hansraj prides in itself and encourages independent thinking.

Start exploring, develop your capabilities and make HANSRAJ a brand associated with LIFELONG LEARNING.

Good luck for all that you strive for

**Shri T.R.Gupta**  
**Chairman, HRMS**



Dear Heemal

I have every hope that the contributors to the forthcoming issue of the magazine will enrich us on every facet of *POSITIVITY* and how that can be instrumental in transforming education for national development. In particular, how the concept can be incorporated into the scheme of initial teacher preparation and their lifelong professional development.

Not infrequently nostalgic references are made to the 'GURU' ideal in any discussion on the role of the teacher in the national context. How relevant is the 'GURU' concept in the context of the current realities of education. Is the professional teacher concept lacking in any way from the 'GURU' of ancient yore? Can the two be combined and a synthesis worked out - the "GURU" or the Professional Teacher?

I have not attempted any formal MESSAGE, only shared some concerns which should engage attention of all of us in the field of education.

With regards  
AK Sharma  
Vice Chairman, HRMS



Dear Heemal,

I am happy to note that the school is ready to release yet another issue of the virtual bi-monthly magazine 'Meraki'.

The theme for the new issue "***Moving Towards Positivity***" is interesting and very relevant in the current scenario. The situation posed by the current pandemic has put forth a number of challenges and different situations, but we need to learn to adapt and to cope up. It is the need of the hour. '***Moving towards positivity***' encompasses all our efforts that we make to look and move towards the brighter side of life.

We have to focus on our strengths and not our weaknesses, our character and not our reputation, our blessings and not our misfortunes. This is possible by Positive thinking patterns.

The people who practice positive thinking see the world around them as filled with opportunities and possibilities. They believe that everything happens as a part of a great process designed to make them successful and happy. They approach their lives, their work, and their relationships with optimism, cheerfulness, and a general attitude of positive thinking and expectations. They stay positive, and are seldom disappointed.

*"Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people in the end."*- This is a thought that is very close to my heart and I am sharing this with you.

My best wishes for all your future endeavours.

Adarsh Kohli  
Manager, HRMS

# From the Principal's Desk

Dear Readers,

It gives me immense pride to relish the fruits of accomplishment in my Hansraj garden where the seeds of experiential learning are sowed



constantly and the pathways to discover, explore and investigate newer perspectives motivate every learner to emerge as strong beings ready to take challenges in their stride. In this untiring *'Journey to keep going'* and carve the paths for brighter days and pleasant moments, I leave with fodder for thought to my young readers, ***"I am a pebble"***, a poem which I have penned down for my blossoming flowers who are on a mission that successfully attributes happiness to positivity.

**Heemal H Bhat**  
**Principal**

# From the Principal's Desk

## I Am A Pebble

They call me a pebble  
A purposeless piece of stone  
Lying on the roadside.  
Kids kick me around  
Often tearing their own shoes.

I cry but none  
Seem to feel my pain.

They call me a pebble  
A useless piece of stone  
Having travelled far and wide  
Through traffic and tide  
Bleached by the sun  
Bearing the brunt of cold nights.

They call me a pebble  
Sistered by cobbles  
Lashed by incessant rains  
Day in and day out  
Till the time I cracked  
And was torn to pieces.

They call me a pebble  
Born along with my siblings  
I rolled down,  
Full of dignity  
Into the river bed  
tossed by strong currents of water  
smoothed by its tides.

They call me a pebble  
My siblings and I  
hurled downstream,  
Only to be separated

And never meet again.  
Some of us were  
Reduced to grains of sand.  
Alas! I was left alone  
Among strangers on the river bed

They call me a pebble  
Which stayed put  
On the river bed  
Mutely watching forms of life  
Drift around me.  
Caressed by the sand  
With other distant cousins.

They still call me a pebble  
Shovelling me into a cauldron  
Covering rough terrain.  
Shaking with fear  
Reflecting on a squeaky ride  
Jostling for space with fellows

Unwilling to be tamed  
Feeling rebellious  
I fall out on the road.

They call me a pebble  
Softened by my journey  
I lie in corners of homes  
Balancing with other pebbles  
Whose rough edges  
Only make me feel better  
About my journey.

**Heemal H Bhat**  
**Principal**

# Hansraj Model School

Punjabi Bagh, New Delhi



*Heartiest Congratulations*

The Management, Staff and students congratulate

**Mrs. Heemal Handoo Bhat**

Principal, Hansraj Model School

On receiving

**State Teachers' Award 2020**

Conferred by

Directorate of Education, Government  
of National Capital Territory of Delhi

The School Principal  
**Mrs. Heemal Handoo Bhat**

received

**Savitribai Phule Samman 2020**

**EDUCATIONAL LEADERSHIP AWARD**

from

Indraprastha School Sahodaya &  
Delhi Sahodaya Schools Complex





# #LifelsACelebration-BeGrateful

## IF I HAD WINGS

If I had wings to fly,  
Up in a clear blue sky,  
I'd fly so far and fly so high,  
Where no human eyes could ever pry.

If I had wings to fly,  
I'd fly through clouds with the falling rain,  
And wash away lies,  
And wash away pain.

If I had wings, I would fly,  
Where I could not hear the eagle's cry,  
My heart would know no fear,  
Only happiness I would wear.

If I had wings to fly,  
I would be full of happiness and smiles,  
For in the sky there wouldn't be covid-19,  
So I would keep soaring miles.

Pratyush Chugh, V-H

## Ancient Practice Is An Antidote To Modern Stress

Our country is the land of ancient wisdom and scriptures, which time and again have guided us to lead a simple yet meaningful life. Ancient practices, like Ayurveda and Yoga are popular worldwide. They help us in not only strengthening our immunity but also help in de-stressing, especially during the current pandemic, COVID- 19.

Poor mental health conditions, including stress and depression, are known to increase the risk of acute respiratory infections. Rising numbers of COVID-19 cases raise stress and anxiety, while loneliness and depressive feelings are likely due to mandatory social distancing measures. Therefore, it becomes desirable to maintain our mental well being, and for that we should regularly do pranayama.

Yoga teaches one to have a better relationship with the body. Yoga, including meditation could be a simple and useful home-based practice for the prevention and post-recovery management of COVID-19.

Dhwani Malhotra, X-A

## BE GRATEFUL- ENJOY THE LITTLE THINGS

Today and Everyday,  
I am grateful.  
For the beginning, for the end,  
For the family, for the friends.

The food we make,  
The water we take.  
The sun and its heat,  
The air we breathe.  
I am grateful for  
all the love that binds us,  
The wind that sometimes  
knocks on our feet.

In these crucial times,  
I am grateful for those,  
Who put themselves  
in danger for us.  
Our Saviours,  
The world's warriors.  
So today and every day,  
I choose to enjoy every little  
thing.

Kherin Sharma IV-B



## SMILE, YOU ARE BEAUTIFUL

Hello, my dear smile!  
Where have you been?  
In this lockdown,  
Where have you been?

I searched for you here and  
there,  
I searched for you everywhere.  
Then I found you inside me,  
Looking outside, how stupid of  
me!

When I watered the plants,  
I found you on my lips.  
When I saw newly sprouted  
leaves,  
I found you in my glittering eyes.

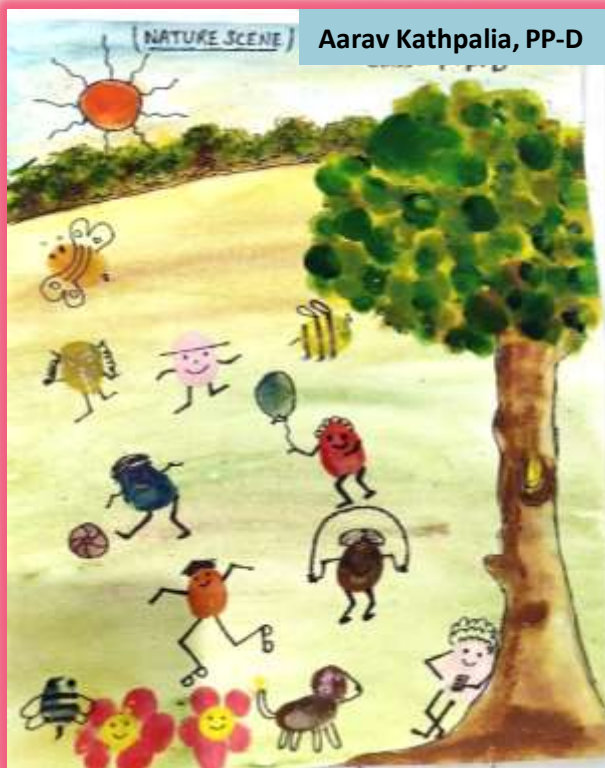
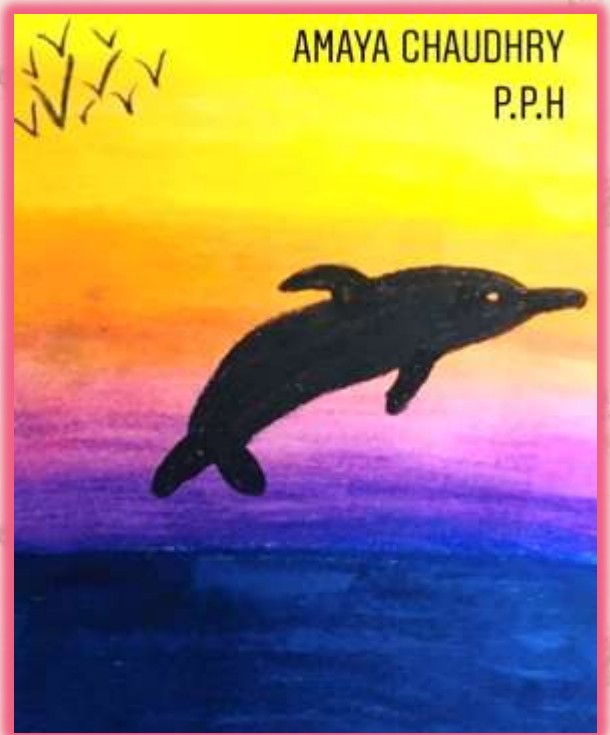
When I swept and cleaned the  
floor,  
I found you in my mom's eyes.  
When I danced, jumped and  
played,  
I found you in my dad's eyes.

When I did yoga and exercise,  
I found you on my grandma's lips.  
When I made the messy cake,  
I found you on my grandpa's lips.

Smile, you are very beautiful,  
I will always keep you with me.  
You make me look so beautiful,  
Like shiny stars on a Christmas  
tree.

Nehal Gupta, III-G

#LittleArtists



# #Happiness



## Be Grateful- Enjoy the little things

If you are grateful for what you have, you end up having more. If you concentrate on what you don't have, you will never ever have enough.

Ishani Bagga, IV-I

## SMILE 😊

There is always a reason to smile,  
We just don't know where to find.  
'Never get afraid of the stumbling  
blocks,'

This is what you have to keep in mind.

Always try to be non-volatile,  
Then you will see someone behind.  
Be the spirit of beguile,  
This is how we all are designed.

Be as nifty as a chamomile,  
But never let anyone cramp your style.  
We all can be bound,  
Once you become that versatile.  
Deep down in your heart, there is an  
aisle,  
This is where you will find your smile.  
MAANYA KHANNA, X- E

## Happiness is...

'Happiness' is a beautiful emotion that everyone wants in his life. We look for happiness in every single thing. Be it food, clothes, games, relationships, etc. But for every individual, the meaning of happiness is different.

Happiness is not something that just happens to us. It depends on us how we look for it in our daily lives. It is a feeling that is to be shared and spread among people. When something good happens to us, we feel happy, but when we do good to others, it makes us happier.

Happiness comes from the well-being of our loved ones. For instance, when the Indian team wins a match the entire nation feels happy. Hence, we should try to make at least one person happy every day.

Happiness plays an important role in our social life too, because when we are happy we enjoy good health, we remain calm, free from stress and hence enjoy a happy and healthy lifestyle.

Thus, to sum up 'Everyone's happiness is the key to your happiness'. So, stay happy and spread happiness.

Punyah Grover, V - H

## मुस्कराओ तुम खूबसूरत हो

मुस्कराओ तुम खूबसूरत हो  
मुस्कराओ तुम खूबसूरत हो  
अपने दिल में बसी भगवान की मूर्त हो  
ये हँसी जो हर उम्र के इंसान के भाव बदल देती है  
ये ही तो वो हँसी है जो निराशा को भी आशा में बदल देती है।  
कभी समय मिले, तो बच्चों की खिलखिलाहट ही देख लो

अपनी इस भागदौड़ भरी जिन्दगी में हँसी की थोड़ी मिलावट ही कर दो।

ना कभी हिम्मत हारो, ना समझो स्वयं को कमजोर करते रहो सत्कर्म, और कोशिश करो पुरजोर।

हँसी ही हम सबकी खूबसूरती का राज है

हमारे सुखों का अनमोल ताज है

इसलिए ही तो कहते हैं ,

मुस्कराओ तुम खूबसूरत हो।

उदय सिंह चौहान , तृतिया अ

### खुद में संपूर्ण बनो

मुसकुराने की वजह खुद बनो या खुद की ओर झांक कर देखो, दुसरोँ मे खुशियाँ ढूँढने वालो ज़रा अपने भीतर झांक के देखो।

यह दुनिया बहुत अजीब है जो कभी खुद दिया नहीं, वह लोगों से मिलने की दुआ करते हैं,

असली खुशी खुद में बसी है और लोग औरोँ में ढूँढा करते हैं।

एक खाली मटका कभी दूसरे खाली मटके को नहीं भर सकता, उसी प्रकार जो खुद में संपूर्ण नहीं है, वह क्यों है दूसरोँ में खोजता।

अपने आप को ढूँढो और तलाशो की जिंदगी जीने का असली मकसद है क्या,

यूँ ही जो बस खुशी के पीछे भागते हैं उन्हें नहीं मिलता वह मुकद्दर, सही कहा ना ?

अच्छा ठीक है एक बार मेरी बात सुनों और इसको अपना कर देखो, जब जीवन में सही मायने में खुशी न मिले तो किसी जरूरतमंद की सहायता करके देखो।

यह वह खुशी है जो हम कभी सपने में भी सोच नहीं सकते, न कोई आपको दे सकता है यह तोहफा, न आप कभी इसे आसानी से पा सकते।

तो जिंदगी बड़ी छोटी है मेरे दोस्त इसको जी लो और हर तकलीफ का हंसकर सामना करो, आखिर हंसी, मुस्कुराहट ही ऐसी चीज है इन्हे साथ लेकर चलो, सब के दिलों में राज करो।

Sakshi Bamotra, 12th A1



Suhani Wadhwa, XI C

### लॉकडाउन

कोरोना महामारी से जग में हाहाकार हुआ, जीवन कुछ थम-सा गया, जिंदगी घर में कैद हुई।

स्कूल बंद, कॉलेज बंद,

बंद मंदिर, व्यापार हुए,

बड़े-बड़ों को नाज़ था जितना,

सबपर कुछ पल में अनचाहे प्रहार हुए।

लॉकडाउन का समय हुआ तो मन में मेरे बेचैनी

हुई,

कहाँ जाऊँ, क्या करूँ, पल-पल यही थी सोच रही।

धीरे-धीरे समझ में आया,

कुछ नहीं खोया,

मैंने था, सब कुछ पाया।

बहुत समय के बाद मैंने,

परिवार के संग समय बिताया।

पापा के संग लूडो, कैरम खेला..

मम्मी का रसोई में हाथ बँटाया।

दादी जी से, उनके किस्से सुनकर मजा खूब है

आया,

दादा जी से समाचारों पर चर्चा अभी ही कर पाया।

अपनी प्रतिभा को मैंने इस लॉकडाउन में है

पहचाना,

जिन पुस्तकों पर धूल जमी थी उसको मैंने छाना।

ऑफलाइन कक्षा लेने का अब बीत गया जमाना,

ऑनलाइन तकनीकी ज्ञान को मैंने जाना।

आओ मिलकर करें लॉकडाउन का पालन,

स्वस्थ रहे प्रकृति और मानव।

जसनूर विरमानी  
आठवीं- ज

# #WayToSelfReliance



Nishka Jain, 2-H



Miraya Sahni, 2-B



Aarav Batra, 1-C

**“EVERY FORM OF TRUE EDUCATION TRAINS THE STUDENT IN SELF-RELIANCE”**  
-John Clarke



Avyaansh Tomar, 1-H



Ridhima Rawat 1-H



Nivaan Kochar, 2-A



Rudra Raj Chugh, 2-C



Saksham Kohli, 2-J

### LOCK DOWN BREATHER FOR NATURE

Welcome everyone to coffee with Kajit. As the world is fighting with this crucial epidemic and we all are playing our role by staying indoors, the earth and its elements are meanwhile stretching their legs and having a human free vacation. **For explaining my point today I have invited the murderer, the dangerous Corona Virus and will interview him.**

**Kajit** – So Mister Corona Virus ,You have charges of killing nearly 8 million innocent people around the world. Are you not ashamed of yourself?

**Corona Virus** – Me, ashamed of myself Ha! Ha!, and do you think those people were innocent? You human beings have always been exploiting the earth and its resources, while you are sitting at homes glued to your smart phones and televisions, the nature finally gets a breather or shall I say that in the absence of your intervention, the nature has started healing.

**Kajit**- How can you say that? Do you have any proof?

**Corona Virus** –You foolish human beings, these clear blue skies do you think they are the result of the smoke coming from your factories or this fresh air everywhere is the result of your air conditioners or these rare animal sightings are because you are treating the animals with a good care. The clear blue skies and the empty roads are the rarest ever since the era of your science has come and since you are now sitting at homes because of me, the pollution level have drastically fallen down .I healed the capital of India, Delhi which had an AQI of nearly 500 to 600. It is now as low as 50.

**Kajit** – That's not a big job. What about other forms of nature?

**Corona Virus** - A new peace and calm in your cities has also brought out the wildlife. In many parts of the world rare animals have been spotted and most importantly low human intervention has improved the quality of water in water bodies in the different parts of the world. The rise of CO2 emissions have been recorded less than earlier because there is less traffic, less manufacturing and other human activities.

**Kajit**:- But you have invaded our territory and killed many, that's why we will not spare you because we are following all the guidelines that have been given to us by WHO and soon we will defeat you Corona. Also we have understood an important lesson that we should never exploit our mother nature, instead we should save it and respect it.

**Kajit Dhingra, X-A**

### लॉकडाउन

लॉकडाउन में खूब चल रही मस्ती ।

खूब खाए पकौड़े और इमरती ॥

न सुबह – सुबह उठकर स्कूल जाने

का झंझट ।

कम रहा होमवर्क और एग्जाम्स का

संकट ॥

सुबह आराम से सोकर उठना ।

मम्मी - पापा और भाई संग योग

करना ॥

ऑनलाइन क्लासों से स्कूल को घर

में बुलाया ।

समर कैंप भी घर से ही अटैंड

करवाया ॥

घर पर ही रहकर हैंड-वाश और

सफाई का रखना ध्यान ।

घर से बाहर निकलने पर मास्क

लगाकर, दूरी का है ज्ञान ॥

मोदी जी के कहने पर जलाए दीप,

बजाई ताली और बरसाए फूल ।

कोरोना वारियर्स के उत्साह को न

जाना भूल ॥

प्रकृति तेरा प्यार देखा, गुस्सा देखा,

देखे सारे रंग ।

सीखा हमनें मत करो इसकी

सुंदरता को भंग ॥

एक ही दुख की बात,

फ्रैंड्स और टीचर्स को कर रहे मिस।

भूल न पाएगा विश्व, ये लॉकडाउन

बीस-बीस ॥

गौतम पाहवा, नवीं-अ

# #LockdownBlues

Friends, life is a celebration and we can enjoy every moment if we learn to be happy. The whole world is going through COVID -19 pandemic, making it difficult to remain happy. But yes, we have to sail ourselves through it with courage and smiles on our faces.

I find life to be very colourful if we have a positive outlook. On a positive note, nature has started healing due to low pollution level. Now our Mother Earth seems to be enjoying the fresh air and water with birds chirping around.

I find happiness in helping my mother, playing Ludo with my father and grandfather and listening to poems from my grandmother. Life is full of beautiful colours and we just need to change our vision. I am thankful to my parents and loving teachers who always encourage and motivate me to enjoy every moment of life. Love you all.

**PRISHA SAIGAL IV - D**



## CORONAVIRUS

Coronavirus has covered the Earth,  
To give Mother Nature - a rebirth.

Lockdown is not a wrong decision,  
It is for us, to improve the country's condition.

No need to worry in this pandemic situation,  
If you really want to protect your nation.

It is just a matter of taking some precautions,  
Just follow all the rules and regulations.

Washing hands again and again,  
Will restrict COVID-19 not to gain.

Maintaining social distance,  
Will act as a virus resistance.

COVID-19 will not be as deadly,  
If we sensibly eat healthy.

Going out does not mean that you are not brave,  
Stay at home and be safe.

In this situation just stay peaceful and calm,  
Utilizing the leisure time will do no harm.

Hats off to our Corona Warriors,  
If they weren't there,  
we would be sooner sorrier.

**Nayonika  
Dhawan  
VIII H**



Annika Mehra, X-G

अखण्डमंडलाकारं, व्याप्तं येन चराचरम् ।  
तत्पदं दर्शितं येन, तस्मै श्रीगुरुवे नमः ॥

कोरोना काल में हमारे गुरुओं की महत्वपूर्ण भूमिका है । किसी भी व्यक्ति के जीवन में शिक्षक उसके भविष्य के निर्माता होते हैं और आज हमारे सभी गुरुजन हमारे वर्तमान को संवार कर हमारे भविष्य के निर्माण में लगे हुए हैं। हमारे शिक्षकों ने एक योद्धा की भाँति विषम कोरोना काल में नई तकनीक के साथ जीवन में आगे बढ़ना सीखा भी है और हम बच्चों को सिखाया भी है जिससे हम अपने समय का सदुपयोग कर रहे हैं।

इस वैश्विक महामारी से निपटने के लिए शिक्षक वर्ग कदम से कदम मिला कर चल रहे है। जहाँ गाँवों में शिक्षक वर्ग सोशल डिस्टेंसिंग का पाठ पढ़ाने के साथ -साथ राशन वितरण में सहायता तथा क्वॉरंटीन सेंटर की देखभाल कर रहे हैं तो वहीं शहरों में सम्पूर्ण शिक्षक वर्ग ऑनलाइन पाठशाला द्वारा हमारी कक्षाओं को नियमित रूप से संचालित कर ,सम्पूर्ण गतिविधियों को हमारे घरों में उपलब्ध कराकर, विद्यालय को हमारे घरों तक पहुँचाया है, जो अमूल्य है। कोरोना योद्धा के रूप में हमारे शिक्षकों की प्रत्यक्ष एवं अप्रत्यक्ष रूप से महत्वपूर्ण भूमिका है जिन्होंने समाज के बाहुल्य विद्यार्थी वर्ग को निराशा से उबार कर आशा की किरण प्रदान की है तथा सकारात्मक दिशा निर्देशन द्वारा युवा पीढ़ी का मनोबल बढ़ा कर देश के विकास में अपना योगदान दे रहे हैं।

शिक्षक वर्ग इस आपदा काल में शारीरिक , मानसिक तथा आर्थिक रूप से देश के साथ कोरोना के खिलाफ जंग में खड़े हैं तथा हम बच्चों में नैतिकता, शांति और अखण्डता का पाठ भरते हुए देशहित का कार्य कर रहे है ।

हमारे शिक्षक एक शिल्पकार की भाँति हमारे वर्तमान को संवार कर हमारे भविष्य को उज्ज्वल बनाने में लगे हैं और अब हमारी बारी है कि हम उनके ज्ञान मार्ग पर चल कर अपने शिक्षकों को कोरोना के योद्धा के रूप में नमन करें।



कोरोना योद्धाओं में शिक्षक की भूमिका

Sourabh Bhandari, X-F

यश श्रीवास्तव, X-B



# #Revelation



Saesha Wadhwa, VII F

## A New Dawn

The gilded golden clouds, sailing by the sky,  
Some garlands, some pearls,  
some mountains with peaks so high.

Pure clear crystals glittering among the blue,  
Serene snow-puffs of pleasant pacifying hue .

Pampered by the paparazzi, clicked everywhere,  
Constantly heading but in no hurry with the air.

The fairy white foam floated across with ease,  
Silently smiling while soaring with the breeze.

Adorned by the fading divine yellow light,  
The beauty that houses the heaven, shone in  
the infinite.

So soothing their sight, so tranquil their scene,  
So pretty did they look as they passed the green.

And I down there, stood still beneath the boon,  
Enjoying the sunset, the upcoming of the moon.

Bhumika Arora, XII F

Covid-19 is a special  
given name,  
which has caused  
world-wide suffering  
and pain.

But, this too shall  
pass,  
This will not last,  
Covid-19 will surely  
rest in the past.

Doctors, nurses,  
teachers, policemen  
are working day and  
night,  
Keeping us safe with  
all their might;

Diligently and  
honestly, our warriors  
are doing their duty,  
Keeping others  
healthy, not minding  
their own safety.

Corona warriors are  
fighting bravely,  
Though the situation is  
bad, they take their  
calls seriously.

Wear a mask,  
maintain distance,  
Eat vitamins, build up  
your resistance.

We will win this fight,  
We will make our  
future bright.

By keeping a positive  
mind,  
Let's spread humanity  
and just be kind.

Arshia Mathur, VIII A

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