

THE APEXIAN

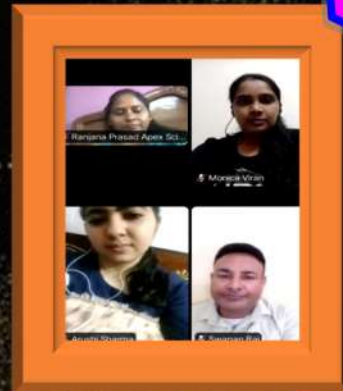


ACCOLADE

2020-2021



Lockdown Diary



Reminiscence-The Lockdown Diary

Entering the world of New Normal and accepting the challenges coming along the way never seemed easy. But kudos to our meticulous management, hardworking teachers and brilliant learners who unitedly sailed through and proved the power of teamwork, sincerity and dedication. They decided to rise, deal with anxieties and become a pillar of strength for all.

Even if the whole world seemed to have stopped in 2020, the school with its team, tirelessly worked hard to find out ways to help students explore and express their real self.

The sincere efforts and innovative ideas exhibited by our young learners will surely keep you enthralled while you flip through the pages of the e-magazine and help you experience a different world of knowledge.

In these challenging times, we focused to inculcate humane virtues such as self reliance and self dependence amongst the learners. It is our endeavour at Apex Public School to explore and express the innate talents of our students through this e magazine along with their academic excellence.

We hope you have yet another astounding experience while going through the third edition of our yearly magazine

The Apexian Accolade, 2020—2021 !!

Editorial Message

Reading should not be presented to children as a chore, a duty. It should be offered as a gift. - Kate Di Camillo

Dear Readers

We bring to you the gift of words freely flowing from the pens of our budding writers. As the saying goes, ‘ the mind is like a parachute that works best when opened’. This humble initiative is to set the budding minds free allowing them to roam free in the realm of imagination and experience to create a world of beauty in words.

We all know hard times bring the best in us and the e- magazine team feels this pioneering edition of 2020 during the pandemic has churned out the cream in us. We present to you a string of chosen beads to empower, guide and entertain you. ‘ Corona Warriors ‘ is surely the key to all the lockdowns and will definitely whet your appetite for more.

Wishing you all a safe and happy reading year ahead !
Team e- magazine

Dr. Derek Richard Brendish - Editor-in-Chief

Mrs. Dorothy Jonathan

Mrs. Neelam Jaggi - Editor

Mrs Renuka Daniel - Editor

Mrs . Mamta Kunwar

Ms. Mamta Kerketta

Ms. Arunima Anthony

Ms. Mamta Khulbe

Mr . Avnish shukla

Mr. Louis Makhil

क्रमांक NPMC/2021/0948

दिनांक 25/03/2021

Namaskar,

I would like to congratulate the CEO, Principal & the entire staff of Apex Public School for their selfless service towards the society during this Corona pandemic by helping people in various ways like serving cooked meals , raw ration etc. And most importantly providing the best in class education through online classes to their students.

All the Best for their upcoming E-magazine
"The Apexian Accolade".

K. Balodi



कौस्तुबा नन्द बलोदी
निगम पार्षद
वार्ड नं० 009-N
उत्तरी दिल्ली नगर निगम



Late Mr. A. M. Jonathan (1949-1997)

FOUNDER PRINCIPAL

Our Mission

IN THE NEXT THREE YEARS WE STRIVE TOWARDS THE HOLISTIC DEVELOPMENT OF OUR STUDENTS IN A FRIENDLY LEARNING ENVIRONMENT WHILE PROVIDING THEM WITH OPPORTUNITIES TO EQUIP THEM WITH LIFE SKILLS TO BE ROLE MODELS FOR THE GENERATIONS TO FOLLOW.

Our Vision

OUR VISION IS TO DEVELOP OUR STUDENTS INTO HUMAN BEINGS WHO ARE NOT ONLY EDUCATED THROUGH BOOKS BUT IN VALUES THAT MAKE THEM LEADERS OF THE FUTURE WORLD.



Mrs. Jeanne Jonathan
The Co-founder

The year 2020 has been one of triumph and tribulation. Apexians have come out unscathed.

Family ties have been strengthened as have bonds of friendship, our teachers and their patience has gained the respect they deserve.

Necessity has proved to be the mother of invention.

We at Apex will be remembered for our survival and adaptability, during the period when we wore masks and were confined, to the day we conquered the fear of the dreaded virus.

Since none of us experienced the world wars, this experience was once in a life time war we waged which led to adaptability and a positive, patient attitude being nurtured and bred in all.

When all is said and done this Covid year has helped to strengthen positive character-traits in Apexians and opened vistas never explored before.

Answer Duty's Call



Dr. GEOFF LYONEL JONATHAN

C. E. O

"When the going gets tough, the tough get going".

We have realized that the future is abstract and unknown but the youth in our hands are real and can be moulded. Dear Students, "You are the nation builders. You are the agents of change." It is our fervent hope that the years you spend at Apex would help to mould and shape your future. The past year has been a tough one not only for students but also parents and teachers, but it is in trying times that we display our true character. We at Apex never let learning suffer. The pandemic taught us to be more tech savvy, my teachers worked harder to prepare their classes, and you students enjoyed online learning. With the coming of the vaccines, we look forward positively to have all of you back in school. We have made the necessary arrangements for the smooth and safe home coming of all visiting our campus.

The aim of our school is to promote a system of integral education in a congenial, child-friendly environ that emphasises the unity of knowledge, synthesizes humanity, and services and recognizes the fact that each child is unique. The education that they receive should enable them to soar high morally, socially, and spiritually. We believe that our students need to learn that the secret of success and contentment lies in discovering ones own strengths as well as limitations. Therefore renewed emphasis is on the humanistic dimensions of education, enabling each person to grasp and appreciate the individuality of others, and to discover oneself through an inner journey whose milestones of knowledge introspection and humility should guide educational thinking in conjunction with holistic objectives.

Apexians are keen individuals who appreciate the values of the past, the excitement of the present, and the challenges of the future.

I take this opportunity to thank all the parents for their support during these trying times, my teachers and staff for working ever so hard to make learning possible.

Lastly, I congratulate the editorial team of the accolade for bringing out this latest edition of the school magazine.

Viva Apex

Answer Duty's call



Dr. DEREK RICHARD BRENDISH
(PRINCIPAL)

"When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure" – Peter Marshall

Dear readers,

The year gone by challenged us once again, not only us but the entire world, with a pandemic of such a monstrous and gargantuan magnitude which stood poised not only to alter the education of our children but all our lives as a whole. It was time to 'Answer Duty's Call', to stand tall and brave the storm head-on.

Methods of teaching and learning had to change and our teachers found themselves with the onerous task of adopting and adapting to new initiatives almost overnight. The classrooms were transported to our students' homes and technology suddenly took on a whole new meaning. Teaching suddenly became more effective and learning was more interesting with better ways of experiencing learning through visuals and activities.

Though there were initial hiccups, we have always believed in 'we shall overcome' and together with our most important stakeholders, our parents, with the support for each other, I'm sure we are on the road to recovery. Definitely the winds of change blew strongly over us but the pressure it caused has polished each one of us into multi-faceted diamonds.

Our annual magazine, the 'Apexian Accolade' focusses on our tryst with destiny through our theme this year, 'Reminiscence – Lockdown Diary'. My best wishes to the students and the editorial team who have worked tirelessly towards getting this magazine ready.

Best wishes and God bless.



Mr. S. NATRAJAN
VICE PRINCIPAL (ACADEMIC)

Success comes to those who work hard and stays with those who don't rest on the laurels of the past.

Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations. Today, the role of a school is not only to pursue academic excellence but also to motivate and empower the students to be lifelong learners, critical thinkers, and productive members of an everchanging global society. Converting every individual into a self-reliant and independent citizen our school provides an amalgamation of scholastic and co-scholastic activities.

The world today is changing at such an accelerated rate and we as educators need to pause and reflect on this entire system of education to motivate the late bloomers, to mould the average and to challenge the gifted, is the teaching notion. We believe that individuals are the atoms that hold tremendous power within to serve as agents of change and thus are confident that our students, enriched with a sense of high morality and social responsibility will be makers of a virtuous society.

A good career is important but a good character is paramount. Problems and challenges need to be faced courageously with conviction in our principles and confidence in our inner strength and dreams.

At Apex, our approach to learning is child centric, encouraging activity based learning and inculcating a scientific temper. We are constantly improving our teaching methodology to address the future needs of our students. We are so proud to say that we always produce excellent Board results, thanks to our dedicated team of teachers from the Primary wing to Senior wing.

I congratulate the entire editorial team for their hard work and dedication that has resulted in the publication of this issue of the school e-magazine.



Mr. ARVIND KUMAR TEJYAN
VICE PRINCIPAL (ADMIN)

"The purpose of education is to give the body and to soul all the beauty and all the perfection of which they are capable"

- Plato

Dear Reader,

Apex Public school is a renowned and prestigious educational institution in Delhi and has been serving society since 1985 with quality education and values. As a proud Vice Principal (Admin), I gratefully acknowledge the services of dedicated Teachers, Staff, ever supporting Parents and all well-wishers of the Apexian Fraternity.

The academic year 2020-21 was a great challenge for all of us where on one side we were worried about survival of the entire mankind and on the other side as an educational entity about the future of our children. But, I proudly say that Apex has won on both fronts. Apex has not only explored new methods of teaching and learning but also implemented them successfully to ensure not even a single day's study was lost for our students. This shows our commitment and strong will power towards achieving our motto "*Answer Duty's Call*".

I congratulate the entire Editorial Board and all those who have contributed their creativity in the form of literary pieces that has resulted in the publication of our annual school magazine '*THE APEXIAN ACCOLADE*'.

May God bless us with wisdom!



Mrs. DOROTHY JONATHAN
HEAD MISTRESS

"The greatest glory in living lies not in never falling, but in rising every time we fall"

More than ever so, in the life journey of each one of us this year, we begin to realize the fact in a deeper sense as we have been passing through this pandemic year of 2020.

2020 – The year of Pandemic; taught us that life is not predictable and one must submit to the Lord Almighty.

Life goes on and brings yet another fresh new page, we at Apex have also gathered the strength and are looking ahead to this wonderful promising year 2021, with deep trust in the Almighty.

With our students as our focus our aim is to shape them into leaders of tomorrow. It is no secret that a good education has the power to change a life. Education in Apex not only focuses on knowledge but we help in building opinions and have points of view on things in life. Our children represent our hopes and dreams. As a parent, you want the best for your child and we at Apex are proud to be working with you to ensure that they are given the right knowledge to face the future challenges. Besides academic excellence, we provide our students with a wide range of opportunities and learning experiences beyond classrooms to be creative thinkers, problem solvers and dynamic leaders.

As the headmistress of this prestigious school, I feel honored and privileged to be part of an educational institution where everyone is a learner and every day is an opportunity to learn and discover.

At last I would like to quote,

"Success comes to those who work hard and stays with those who don't take rest on the laurels of the past"

WITH WARM WISHES AND PRAYERS.



Mrs. KIRAN CHADHA
ASST. HEAD MISTRESS

"It is not the strongest of the species that survives, nor the most intelligent that survives, it is the one that is most adaptable to change,"

- Charles Robert Darwin

The pandemic has brought many firsts out of us. At Apex we have embraced technology coupled with brainstormed efforts to adjust the paradigm shift in imparting education in the new scenario. Greater challenge was not just to maintain the continuity of education but to uphold its quality. Our Management & staff under the able leadership of our CEO Dr. Geoff Jonathan has left no stone unturned to make sure that all the earlier set benchmarks are not compromised at any cost. On the one hand teachers skillfully conducted the virtual classes by establishing the same bond with kids as of physical environment but also involved them in various activities.

We tried our best to keep the child occupied in creative imagination critical thinking and problem-solving habits. All the important days & festivals were celebrated virtually with same zeal ensuring the participation of kids while adhering to government SOPs. This would not have been possible without the support of parents & elder siblings of the kids who despite been in unprecedented situation supported the cause of children, we extend our sincere gratitude to them. We do feel the learnt technologies & methods during this period shall additionally boost learning in innovative ways in the future. While we all are eagerly looking forward to welcome all our kids in the physical classes as soon as possible, till then we want you to keep yourself safe & follow the social distancing norms.

Thanks and Regards

St. Francis' House -Teamwork - Together we Shine



Mr. Kuldeep Kr. Singh

House Master

It is not where you start, it is where you finish that counts. House activities provide an excellent platform where the children can prove their mettle, skills and form. The prime objective of St. Francis house is to inculcate a sense of collective responsibility and solidarity among the pupils and to encourage healthy competition. I really take pride in the achievements of the St. Francis house in various house activities. The house has bloomed with the qualities of a never-say-die attitude, team spirit, collective responsibility, endurance and perseverance. St. Francis house would like to thank all the participants and teachers for their unending love and support.

St. Andrew's House-Through Hard Work to the Heights

St. Andrew's House believes in providing a platform to students to explore and exhibit their multifaceted talents and versatility to achieve the higher standards of excellence through healthy competitions and other activities held throughout the year. The main objective of St. Andrew's House is to bring about a student's best effort by inspiring creativity to utilize their skills. St. Andrew's House would like to express heartfelt thanks to all the participants for their enthusiastic participation to make a difference in these unprecedented and challenging times.



Mrs. Mamta Kunwar

House Mistress



Mr. Rahul D.R. Sharma

House Master

St. George's House- In Pursuit of Excellence

ST.GEORGE'S HOUSE aims at achieving excellence and embrace healthy competition. In the time of this deadly pandemic, the students kept their spirits high and actively participated in various competitions. The motto of St. George's House is to work towards the goal consistently. We are dedicated to achieving success. For us, excellence is the gradual result of always striving to do better.

St. Patrick's House -Perseverance Conquers All

As the colour Green represents growth and harmony, St. Patrick's House students are committed to their growth and goals. The motto of the house says it all 'PRESERVERANCE CONQUERS ALL'- this makes sense, because giving up is not what we stand for. During this COVID-19 pandemic, the students as well as the teachers of this house participated actively in all the competitions held virtually and have striven to find various ways to work as a team. As the house master of St. Patrick's House, I would like to thank each and every member associated with our house for their full support and cooperation.



Mr. Dhruv Kumar

House Master

Head Girl and Head Boy Speaks.....



Sakshi Sandilya
Head Girl

*Life is like riding a bicycle.
To keep your balance, you must keep moving.*
- Albert Einstein

I would like to thank the management, teachers and students who have always believed in me and my abilities to lead the school. To be appointed as the Head Girl is definitely a blessing as well as a great honour. For me it brought both a sense of pride, a sense of responsibility. To every Apexian I would like to say that grab all the opportunities that come your way and make the school flag flutter high. The future depends on what you do today, learn from yesterday and live for today. I would like to close my message quoting Banksy- "If you get tired, learn to rest and not to quit."

We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.
—Jesse Owens



Anant Yadav
Head Boy

I am very grateful to the management and the school staff for believing in my potential and giving me the opportunity to serve my school as the head boy. From the very first day in the school, I learnt lessons not just limited to academics but about life. Here I got freedom to think.

In spite of the difficult circumstances brought on by covid-19, our teachers have gone to an incredible length to help us keep learning. To all the Apexians, I would say, sincerity and hard work with full dedication always deliver good result.



Apex Public School

2019-2020

Result Of AISSEE Class XII

Our Shining Stars

96.8%
Commerce

96.6%
Commerce

95.8%
Commerce

95.8%
SCIENCE

95.8%
SCIENCE

95.4%
SCIENCE

93.8%
HUMANITIES

93.2%
SCIENCE

93.2%
HUMANITIES

92.6%
HUMANITIES

91.2%
Commerce

91.2%
SCIENCE

91%
SCIENCE

96.8%
HIGHEST SCORE

100%
Result



Apex Public School

2019-2020

Result Of AISSCE Class XII

CONGRATULATIONS



ECONOMICS

DHRUV PANDEY	99
KAUSHIK KR. JHA	98
ANUBHAV JAIN	98
TUSHAR MISHRA	94
SAKSHI SINGH	91

B. STUDIES

KAUSHIK KR. JHA	98
ANUBHAV JAIN	98
DHRUV PANDEY	98
TUSHAR MISHRA	93
KHUSHI TYAGI	90

PHY. EDU

KHUSHI TYAGI	93
TANYA SRIVASTAV	92
MOHIT MALHOTRA	91
SAKSHI SINGH	91
ANSHIKA RAJ	90

ACCOUNTS

KAUSHIK KR. JHA	96
ANUBHAV JAIN	96
DHRUV PANDEY	96
PRATEEK BANSAL	94

CHEMISTRY

TRIPTI SHARMA	96
ANAND KR. PANDEY	95
ANIKET KR. BARNWAL	95
PARAMJEET KR.	95
SHREYANSH PATHAK	93
VIPIN RAWAT	91

COMP. & IP

RUCHITA	95
TUSHAR MISHRA	94
MOHIT MALHOTRA	93
ARYAN NEGI	92
SHIVAM RANA	91
ANUPAM RAI	91

LEGAL STU.

JIGAYASA RANA	95
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POL. SCI.

Lakshay	98
Yogita maletha	91
Jigyasa rana	93
Prerna tyagi	91

HISTORY

JIGAYASA RANA	95
LAKSHAY	95
SAKSHI SINGH	95
YOGITA MALETHA	95
MAYANK SINGH	94
PRIYANSHI TYAGI	93
ROHAN TYAGI	90

BIOLOGY

ANAND KR. PANDEY	99
TRIPTI SHARMA	98
SHREYANSH PATHAK	96
ANIKET KR. BARNWAL	95
PARAMJEET KR.	95
GAUTAMI SINGH	95
SHIVANG BISHT	93

PHYSICS

ANAND KR. PANDEY	95
TRIPTI SHARMA	95
ANIKET KR. BARNWAL	95
RUCHITA	94
PARAMJEET KR.	93
ADITYA KR. SINGH	92
MOHIT MALHOTRA	91
VIPIN RAWAT	90

SOCIOLOGY

LAKSHAY	96
JIGAYASA RANA	95
SAKSHI SINGH	94
YOGITA MALETHA	92
PRIYANSHI TYAGI	91
GAUTAMI SINGH	90
MAYANK SINGH	90
THOTNGARAN	90
ROHAN TYAGI	90
YAMINI SWARAJ	90

MATHS

DHRUV PANDEY	100
KAUSHIK KR. JHA	99
ANIKET KR. BARNWAL	98
VIPIN RAWAT	98
ANUBHAV JAIN	98
TRIPTI SHARMA	96
ANAND KR. PANDEY	95
SHREYANSH PATHAK	95
RUCHITA	95
ADITYA KR. SINGH	95
ARYAN NEGI	95
SHIVAM RANA	94
KARAN KAUSHIK	93
PARAMJEET KR.	92
RAJAN KR. GUPTA	92
MOHIT MALHOTRA	90

ENGLISH

ANAND KR. PANDEY	95
TRIPTI SHARMA	94
ANIKET KR. BARNWAL	94
ADITYA KR. SINGH	94
GAUTAMI SINGH	94
SAKSHI SINGH	94
ROHIT KR. YADAV	93
RAHUL KANWAR	93
KAUSHIK KR. JHA	93
ANUBHAV JAIN	93
SHREYANSH PATHAK	92
SHIVANG BISHT	92
TANYA SRIVASTAV	92
KHUSHI TYAGI	92
ANSHITA PURI	92
PARAMJEET KR.	91
ARYAN NEGI	91
MOHIT MALHOTRA	91
KARAN KAUSHIK	91
ANSHIKA RAJ	91
JIGAYASA RANA	91
RUCHITA	90
HARSHITA JOSHI	90
ANURAG KR.	90
LAKSHAY	90
PRIYANSHI TYAGI	90
YAMINI SWARAJ	90



Apex Public School

2019-2020

Result Of AISCE Class X

Our Shining Stars



96.5%

Aparna Kunwar



94.5%

Aakriti Singh



94.1%

Bhoomika Manral



93.8%

Akash Kashyap



93.5%

Shreya



93.5%

Shradha Saini



93.5%

Nisha Kumari



92.3%

Shubham S. Rajput



91.5%

Vibhushit Bhatt



91.3%

Mehul Kumar



91.1%

Saksham Thakur



91%

Shruti Suman



90.8%

Khushi Rai



90.6%

Akshay Pandey

96.5%

HIGHEST SCORE

Congratulations on your

well-deserved success.

100%

Result

CONGRATULATIONS



Apex Public School

2019-2020

Result Of AISSEE Class X

90's Club

S.ST

SHRADHA SAINI	99
APARNA KUNWAR	98
AKASH KASHYAP	96
AAKRITI SINGH	96
SHREYA SINGH	96
MEHUL KUMAR	96
KHUSHI RAI	95
AKSHAY PANDEY	95
LAVANYA THAKUR	95
NISHA KUMARI	95
SHUBHAM S. RAJPUT	95
BHOOMIKA MANRAL	95
FARHAN ANSARI	95
SHRUTI SUMAN	95
CHIRANJEET KUMAR	95
TANNU VASHISHT	95
VIBHUSHIT BHATT	95
SURAJ NISHAD	95
ANANYA SINGH	95
AMAN PODDAR	94
POOJA SHARMA	94
SAURAV SINHA	94
SHRUTI KATWAL	94
STUTI TYAGI	94
AMAN SINGH TARIYAL	94
VIJAYAN ASHISH	94
VANI TOMAR	94
GUL SANOBAR	93
ANURAG YADAV	93
GAURAV SINHA	93
VANSH TYAGI	93
HIMANSHU SINGH	93
SAVYASACHI MISHRA	93
SAKSHAM THAKUR	92
SURAV MAULEKHI	92
SAHIL TYAGI	92
SHREYA	91
ARADHANA T.	91
NANDINI	91
MANAS BISHT	91
YASH KAPOOR	90
AYUSH KUMAR JHA	90
PUNEET CHOUDHARY	90

MATHS

MEHUL KUMAR	99
APARNA KUNWAR	98
VIBHUSHIT BHATT	98
AMAN PODDAR	98
SAKSHAM THAKUR	97
AAKRITI SINGH	96
NISHA KUMARI	96
BHOOMIKA MANRAL	96
SURAV MAULEKHI	96
SHUBHAM S. RAJPUT	95
ANISHA KUMARI	95
PAIKSHIT SHARMA	95
SHRUTI SUMAN	94
SHREYA	93
PRAKET RAJ TIWARI	93
AKASH KASHYAP	92
KRITIKA DIXIT	92
GAUTAM KUMAR	92
SHRADHA SAINI	91
LAVANYA THAKUR	91
FARHAN ANSARI	91
UTKARSH GOYAL	91
SUMANT S. BISHT	91
AKSHAY PANDEY	90
TANNU VASHISHT	90

HINDI

SHRADHA SAINI	97
STUTI TYAGI	97
APARNA KUNWAR	96
AAKRITI SINGH	96
NISHA KUMARI	96
SHREYA	96
AKASH KASHYAP	96
SHUBHAM S. RAJPUT	95
MUSKAN BANSAL	95
KHUSHI RAI	95
MANSA VERMA	95
ARADHANA T.	94
BHOOMIKA MANRAL	93
LAVANYA THAKUR	93
AKSHAY PANDEY	93
POOJA SHARMA	93
ANANYA SINGH	93
SAKSHAM THAKUR	92
SHRUTI SUMAN	92
GUL SANOBAR	92
KRITIKA DIXIT	90
TANNU VASHISHT	90
SHREYA SINGH	90
SIMRAT SINGH	90

ENGLISH

FARHAN ANSARI	95
BHOOMIKA MANRAL	94
SHRADHA SAINI	93
AAKRITI SINGH	93
SHREYA	93
ARADHANA T.	93
ANANYA SINGH	93
APARNA KUNWAR	92
NISHA KUMARI	92
SHRUTI SUMAN	92
GUL SANOBAR	91
ANURAG YADAV	91
ANISHA KUMARI	91
MEHUL KUMAR	91
KRITIKA DIXIT	90
VIBHUSHIT BHATT	90
YASH DOGRA	90
PRAKET RAJ TIWARI	90
SURAJ NISHAD	90

SCIENCE

BHOOMIKA MANRAL	98
APARNA KUNWAR	98
AKASH KASHYAP	97
SHREYA	95
KHUSHI RAI	95
MEHUL KUMAR	94
SHUBHAM S. RAJPUT	94
SAKSHAM THAKUR	93
AAKRITI SINGH	92
PAIKSHIT SHARMA	92
NISHA KUMARI	91
ANISHA KUMARI	91
VIBHUSHIT BHATT	91
AKSHAY PANDEY	90

I.T

APARNA KUNWAR	97
AKASH KASHYAP	94
AAKRITI SINGH	94
SHRADHA SAINI	94
SHREYA	93
KHUSHI RAI	93
AKSHAY PANDEY	92
SHREYA SINGH	92
LAVANYA THAKUR	92
ARADHANA T.	92
NISHA KUMARI	91
GUL SANOBAR	91
SHUBHAM S. RAJPUT	90
AMAN PODDAR	90



MS. MAMTA KERKETTA
CLASS-I



MS. VANDANA SHARMA
CLASS-II



MRS. KAMYA BHAGAT
CLASS-III



MRS. KIRAN CHADHA
CLASS-IV



MRS. GURJEET KAUR
CLASS-V



MRS. MERCY TYAGI
CLASS-VI



MRS. RANJANA PRASAD
CLASS-VII



MRS. RACHANA BEHL
CLASS-VIII



MRS. SURBHI RAI
CLASS-IX



MS. DIMPLE SHARMA
CLASS-X



MR. NIKHIL GUPTA
CLASS-XI



MR. DHRUV KUMAR
CLASS-XII

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'Excellence is the gradual result of always striving to do better.'

Dr. Geoff Lyonel Jonathan , CEO

In the '2nd National Virtual Novel Thinker Awards' organised by All India Principal Association on 28 August 2020 , the CEO, Mr. Geoff Lyonel Jonathan was conferred with the much coveted 'Novel Thinker Award 2020' for his excellent visionary leadership in the field of education.

The CEO, Dr. Geoff. Lyonel Jonathan was awarded the 'BHISHMA Award- The Determination Award, 2021' organised by the All India Principals Association on January 16, 2021 at Anee's Senior Secondary School, Mohali.

CEO Sir received this prestigious award for 'Excellence in Community Outreach'.

Mr. Geoff Lyonel Jonathan, on him being conferred upon 'Doctor of Philosophy (Honoris Causa) in the specialised area of Education ' by the Board of Commonwealth Vocational University, Kingdom of Tonga on October 11, 2020.

He has also received the certificates of participation in the workshop on ' Motivating Candidates for Atmanirbhar Bharat' and ' Motivating Candidates for Role & Responsibility towards Nation Building, Peace & Harmony' both held on 11 th October 2020 at Radisson , Gurugram.





"Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile."

--Vince Lombardi

Dr. Derek Richard Brendish , Principal

Heartiest congratulations!

It was a proud moment for the Apex family when our learned Principal, Dr Derek Richard Brendish, was conferred upon 'Doctor of Philosophy (Honoris Causa) in the specialised area of Education ' by the Board of Commonwealth Vocational University, Kingdom of Tonga on October 11, 2020.

He received the certificates of participation in the workshop on ' Motivating Candidates for Atmanirbhar Bharat' and 'Motivating Candidates for Role & Responsibility towards Nation Building, Peace & Harmony' both held on 11th October 2020 at Radisson , Gurugram.

Principal sir was also awarded the 'BHISHMA Award- The Determination Award, 2021' organised by the All India Principals Association on January 16, 2021 at Anee's Senior Secondary School Mohali.

He received this prestigious award for 'Excellence in Community Outreach'. The staff and students are deeply inspired by his achievements and wish him success in all his future endeavours.



HEARTFELT CONGRATULATIONS

Mrs. Dorothy Jonathan

Transformational leadership is one of the most widely discussed and utilized notions that has risen to the forefront of educational administration.

We are filled with great exhilaration and profound joy as we share this happy news!!

Our dear Headmistress, Mrs. Dorothy Jonathan was awarded the 'BHISHMA Award - The Determination Award, 2021' organised by the All India Principals Association on January 16, 2021 at Anee's Senior Secondary School, Mohali.

She received this award in the field of 'Transformational Leadership' for fostering an ethical work environment with clear values, priorities and standards.

The staff and students congratulate the Headmistress on her astounding achievement.

MOMENTS OF PRIDE

WINNERS OF ABHIVYAKTI FEST 2020

Apexians excelled in Abhivyakti Chapter II- Virtual 'Literary and Cultural Fest' 2020 organised by Gateway International School from 11/12/2020 to 13/12/2020.

Students brought laurels to school by bagging various positions in Debate, Turn Coat, In Character, Kahaani Vaachan and Pad Vaachan.

A very proud moment indeed. Kudos to the achievers !!

Names of the winners are as follows.

1. Aparna Kunwar , Class XI S- **Turn Coat** (First Position)
2. Stuti Tyagi, Class XI D - **In Character** (Third Position)
3. Tanishq I Kumari XD- **Debate** (Third Position)
4. Riddhima VIII D **Kahani Vaachan** (Second Position)
5. Saloni VII C **Kahani Vaachan** (Second Position)
6. Manya VII C- **Kahani Vaachan** (Second Position)
7. Dhaatri Tiwari X A **Pad Vaachan** (Cash prize Rs 501/-)
8. Antara Kanwar IX A **Kahaani Vaachan**(First Position)
9. Ishvi sharma. IX-A **Kahani Vaachan** (First Position)
10. Pratyush Das. IX-D **Kahaani Vaachan** (First Position)
11. Ridhi Singh IX-A **Kahani Vaachan** (First Position)
12. Ankita Dey **Buddha2 D relief Sculpture** - (First Position)

MOMENTS OF PRIDE

CONGRATULATIONS!

**Winners of SAMPRAVAH- VI RPM Inter School Fest -
Let's Go Virtual 2020.**

Aparna Kunwar of class XI S bagged First Position in IX to XII category. She made a motivating video on the theme 'JAAN HAI TOH JAHAN HAI', which highlighted the responsibilities of citizens after lockdown.

Sakshi Rawat of class XII S bagged Third position in the IX to XII category. She made a strong video on the theme 'YOGA HEALS THE SOUL' to improve the immunity through various Yoga and Asanas.



SAKSHAM NATIONAL COMPETITION 2021



RIDDHI SINGH, IX-A

FIRST BEST ENTRY OF ESSAY COMPETITION



DIKSHA SINGH, X-A

SECOND BEST ENTRY OF ESSAY COMPETITION



ARMAAN THAKUR, VIII-D

FIRST BEST ENTRY OF PAINTING COMPETITION



PARUL GIRI, VII-A

SECOND BEST ENTRY OF PAINTING COMPETITION

Poster Making Competition

On January 15, 2021 Skilliv Academy organised a 'Poster Making Competition' (Gender Equality). Four students of Apex public School participated and received Certificates of Appreciation for outstanding and poignant participation.



Online Summer Internship Programme



Online Summer Internship Programme in Psychology for school students was conducted by Department of Mental Health and Behavioural Sciences, Fortis Health care Limited. It conducted the six days (one hour per day) online sessions for Psychology students in the month of May. Nine students of our school attended the online sessions and received the certificates from Fortis Hospital.

It was a rich experience for the students as they enjoyed the informative and educative sessions. They learnt about Clinical Disorders, Psychological Interviewing, Experiential Understanding of Self and Applied fields of Psychology.

The following students attended the programme.

1. Hrishi Kumar XII S
2. Sakshi Rawat XII S
3. Himanshi XII S
4. Tannu XII S
5. Anjali XII H
6. Vishwas Gupta XII H
7. Dipti XII C
8. Stuti Tyagi XI H
9. Shubh XI H



WEBINAR ON 'THE NEW EDUCATION POLICY 2020' - A LIFE SAVER FOR THE FUTURE YOUTH

The students of class XII Humanities organized a webinar on “ National Education Policy –2020” to create awareness amongst students and teachers.

Through speeches and Nukkad Natak the viewers were given a peek into The New Education Policy 2020 that envisions an India-centric education system that contributes directly to transforming our nation sustainably into an equitable and vibrant knowledge society by providing high-quality education to all.

To grace the occasion, our chief guest, Mr. L.N Kashung, Joint Secretary, Government of Manipur gave a speech and enlightened us by giving a general description and significant key points on “The New Education Policy 2020”.

The celebration ended with a vote of thanks which was proposed by An-kita Sangral .



BEST TEACHING PRACTICES

Effective teaching cannot be attained by accident. It has to be planned and well tailored towards the students' needs. For teachers to attain effective teaching in education, there are needs for intensive study, constant reflections and professional development.

Keeping this in mind our school management organized a week long session for the teachers to learn from each other by sharing their creative and effective teaching practices. Innovative ideas, organized lesson plans and best teaching- learning techniques were shared.

The week long session was enriching. It was wonderful to see formal knowledge exchange within school teams and teachers.





Celebrating the Utsav of Examinations 'Pariksha Pe Charcha 2020'

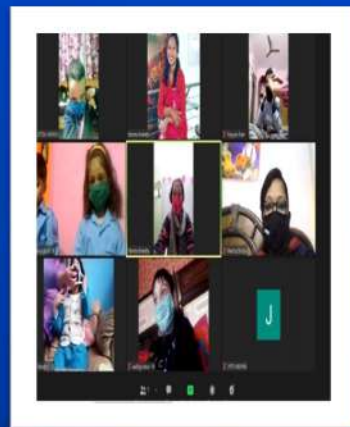


Students and teachers from class 9 to 12 of Apex Public School participated in the 4th edition of 'Pariksha Pe Charcha 2021', Online Writing Competition with full zeal and gusto. Students and teachers were conferred with participation certificates signed by Director, NCERT.

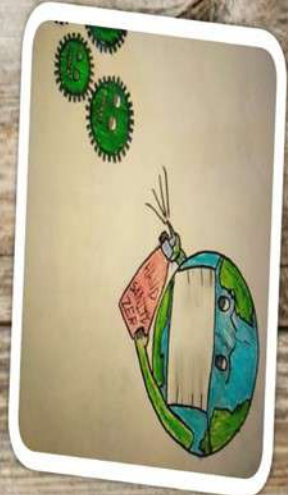
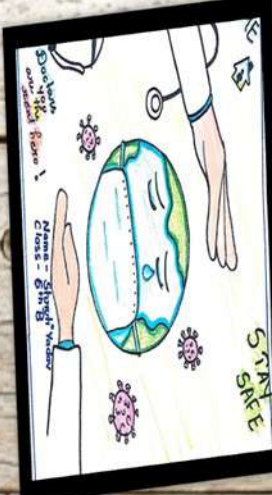
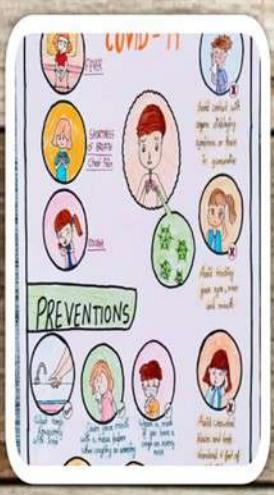
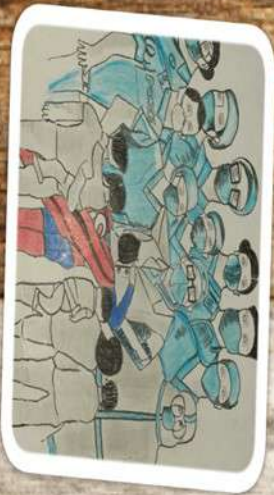
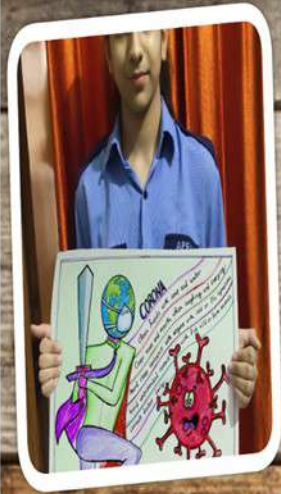


COVID-19 AWARENESS CAMPAIGN

As per the guidelines of the Ministry of Health and Family Welfare Government of India, the school organised COVID-19 AWARENESS CAMPAIGN from 1st November 2020 to 30th November 2020 to reinforce the importance of preventive measures and practices in a sustained manner to deal with the disease over the long run. Parents and students actively participated in the online PTMs. Teachers shared an illustrative guide on COVID APPROPRIATE BEHAVIOURS. Students made posters, slogans, PowerPoint presentations and speeches to spread awareness against the deadly virus. During the campaign, students made reusable masks and practised good environmental hygiene to keep the surrounding safer.









INDEPENDENCE DAY CELEBRATION

We celebrated our 74th Independence Day with joy and enthusiasm. However, this year, the celebration has shifted online due to the corona virus pandemic. The virtual celebration encompassed a patriotic dance and a speech to honour great leaders, freedom fighters and soldiers of our country.

The programme began by seeking the Lord Almighty's blessings. The National Flag was unfurled by the Principal of the school Dr. Derek Richard Brendish and the celebration was relayed live on the school's YouTube channel which was done within the school premises in the presence of a few staff members while keeping social distance.

**“The only purpose of education is freedom;
the only method is experience.”**



INVESTITURE CEREMONY

A leader is one who knows the way, goes the way, and shows the way.” –John Maxwell.

In the wake of an unprecedented lockdown period followed by the transformation in education system, turning classrooms into online spaces and teachers into virtual educators, the school celebrated the indomitable spirit of young talented leaders by means of a Virtual Investiture Ceremony on the auspicious occasion of Independence Day. The Council Body took the oath, administered by the principal, and the captains and vice captains solemnly promised to uphold the integrity of their posts by carrying out their responsibilities and duties sincerely in the presence of all the house masters and the house mistress.

The Principal congratulated all the office bearers and inspired them to always rise up to the occasion and situations whenever required and strengthen themselves with fortitude and perseverance.



Student Council 2020-21



HEAD BOY:ANANT YADAV
HEAD GIRL:SAKSHI SANDILYA
DY. HEAD BOY:MANAV SHARMA
DY. HEAD GIRL: APARNA KUNWAR
SPORTS CAPTAIN
DESHMUKH MATHUR



ST. ANDREW'S HOUSE

CAPTAIN:PALAK MADAAN
VICE CAPTAIN: POOJA SHARMA



Jr.CAPTAIN:VRISHTISHAKYA

ST. FRANCIS' HOUSE

CAPTAIN: RITIKA THAKUR
VICE CAPTAIN:KHUSHI RAI



Jr.CAPTAIN:ANSHUL PAL

ST. GEORGE'S HOUSE

CAPTAIN: SAKSHI RAWAT
VICE CAPTAIN: STUTI TYAGI

Jr. CAPTAIN: ANAM

ST. PATRICK'S HOUSE

CAPTAIN:SNEHA
VICE CAPTAIN: TANNU VASHISTH
Jr.CAPTAIN: NANCY YADAV



36th FOUNDATION DAY

“Challenges are what make life interesting and Overcoming them is what makes life meaningful”

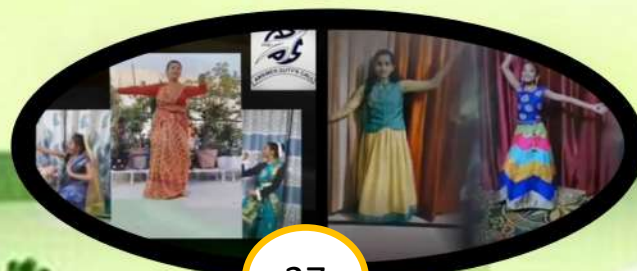
Apex Public School celebrated its 36th foundation day to commemorate the day when Late Mr. A.M. Jonathan, the founder principal and Mrs. Jeanne Jonathan, the co-founder laid the foundation of the school. Despite of many challenges, the management, teachers and students put their heart and soul to continue the tradition of celebrating the day by organizing the INTER HOUSE TALENT COMPETITION 2020 to bring out the hidden talents of the students and to witness what the founder principal envisioned 35 years ago, has become a reality.

Mrs. Jeanne Jonathan ,the co- founder of Apex public School took pleasure to welcome Apexians and parents to the 36th Foundation Anniversary. In her message she reiterated the founding and guiding principle – “Answer Duty’s Call”.

The School Principal, Dr. Derek Richard Brendish addressed the students and the staff, recapitulating the glorious achievements of the school. The Vice Principal (Academic), Mr. Natrajan, wished the teachers and students and promised to impart quality education.

The lockdown did not dampen the spirit of the participants nor did it fetter the pomp and glorious display in celebrations. The day was marked by an innovative online plethora of Inter House Talent Competitions. The Inter House Talent competition included The Annual singing competition- ‘Voice of Apex’ , Inter House Fancy Dress Competition –‘We the People – Nursery, Coloring and sketching Competition (K.G), the Inter House Poster making Competition – ‘Self Reliant India’, the Fashion Show – ‘Our Corona Warriors’ and Dance competition – ‘Dignity in Unity’ was successfully conducted online by enthusiastic participation of students from all the four houses. The winners of various online competitions were announced during the programme.

The CEO of the School, Mr. Geoff Lyonel Jonathan, appreciated the tenacious efforts of all the students, teachers and parents in making the first ever virtual Foundation Day Celebrations memorable and eventful. Mr. Arvind Kumar, the Vice Principal Admin, proposed the vote of thanks. The celebration cultivated an enlightened understanding of Indian culture and the pleasant feeling of being united during the most challenging situation. All the events contribute towards nurturing 21st century learners who will be equipped to face the world of tomorrow. The day was celebrated with great fervour, zest and enthusiasm.





VIRTUAL TEACHER'S DAY CELEBRATION

“Instead of celebrating my birthday, it would be my proud privilege if 5 September is observed as Teacher’s Day.”

Dr. Sarvepalli Radhakrishnan.

In spite of challenges the students of Apex Public School coordinated well and organised a virtual programme to mark the special occasion of Teacher’s Day on 5th of September and to honour the teachers who had been shaping their lives. All the teachers, staff members and students joined the celebration online on YouTube live streaming.

The programme commenced with the school morning prayer which was followed by a speech by Ananya Singh on the significance of the day and a classical dance performance by Sakshi Sandilya and Vidhita. The programme was well hosted by Sakshi Rawat, a student of class XII Science.

The principal spoke about the significance of Teacher’s Day and wished all the teachers and appreciated them for their dedication and commitment. Then Bharvi Bhardwaj of class X and Aparna Kunwar of class XI expressed their feelings in the form of Hindi and English poems as a tribute to their teachers. Nikita of class X sang a melodious song to make the occasion more memorable. The students of the primary classes came up with creative ways by presenting cards, posters etc. to thank their teachers while the senior students celebrated the day by presenting a western dance and parody to express themselves in a very innovative way.

The synchronised display by students despite being in different homes was remarkable. The presentation by the senior students on school before the pandemic and after made the viewers very emotional. The programme ended by a super and energetic dance performance by Sakshi and Ritika Rawat. This was a different experience for all of us .





FESTIVE SEASON

FESTIVE SEASON

"The more you praise and celebrate your life, the more there is in life to celebrate."

- Oprah Winfrey

The programme commenced with the school prayer and a beautiful hymn followed by the pious Lamp Lighting Ceremony and Ganesh Vandana.

To soak the students in the festive spirit and to fill them with joy of Children's Day, teachers presented an array of performances including a graceful dance, soulful song, electrifying Retro Fashion Show, hilarious Skit and a mesmerising Qawwali.

The students of Apex celebrated the festival of Diwali in an artistic and creative way. For decorating their houses on Diwali, students made colourful lanterns and Diyas. They also made cards, posters, hangings and traditional rangoli designs.

These activities enabled them to showcase and enhance their imaginative and creative skills along with celebrating the festival of lights in a safe way during the recent pandemic situation.

With such a vast arena of cultural events and fun-filled programmes it proved to be a memorable day for the students.



Merry Christmas

"Christmas brings a lot of hope and glad tidings. It is a festival of joy, love and peace."

Apex Public School created an aura of festivity to celebrate the birth of Lord Jesus Christ through a virtual medium on the 22nd of December. The auspicious occasion commenced by seeking Lord's blessings followed by an array of joyful events. Teachers sang carols heralding the birth of Saviour Jesus Christ.

Christmas is a festival that inspires the spirit of sharing and caring. Christmas is the spirit of giving without a thought of receiving. Our school planned a jolly visit to the homes of students in the vicinity of the school to spread Christmas cheer. The boundless Joy of celebrating the festival was visible on the faces of the young Apexians when they got chance to see Santa visiting their neighbourhood. This visit ignited the spirit of joy, fun and energy all around.

Apex Public School celebrated a week-long celebration including various fun-filled activities online this year.

Class I to V actively participated in Photo Freeze activity. Students along with their parents depicted amazing nativity scenes by decorating cribs and dressing up as characters typical to Christmas.

Class IX designed heart-warming Christmas cards and penned down their Christmas messages.

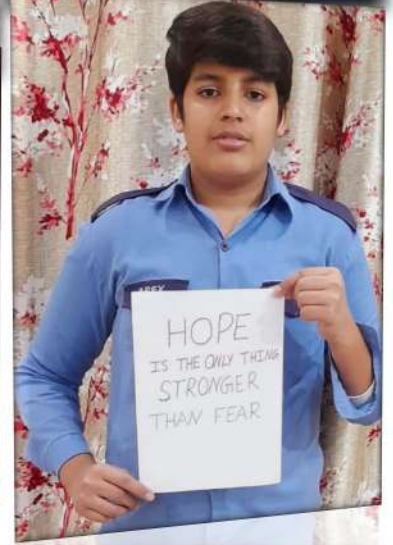
During this difficult time of global pandemic Class X decorated candles and said a prayer for the wellness of the world.

Students of class XI wrote messages of Hope to bring Christmas cheer and comfort.

Students of class XII participated in 'Be the Reason Someone Smiles Today' Activity and shared a little happiness, small gifts with the unfortunate and people who needed their affection.



CHRISTMAS VIBES





Founder's Day And Republic

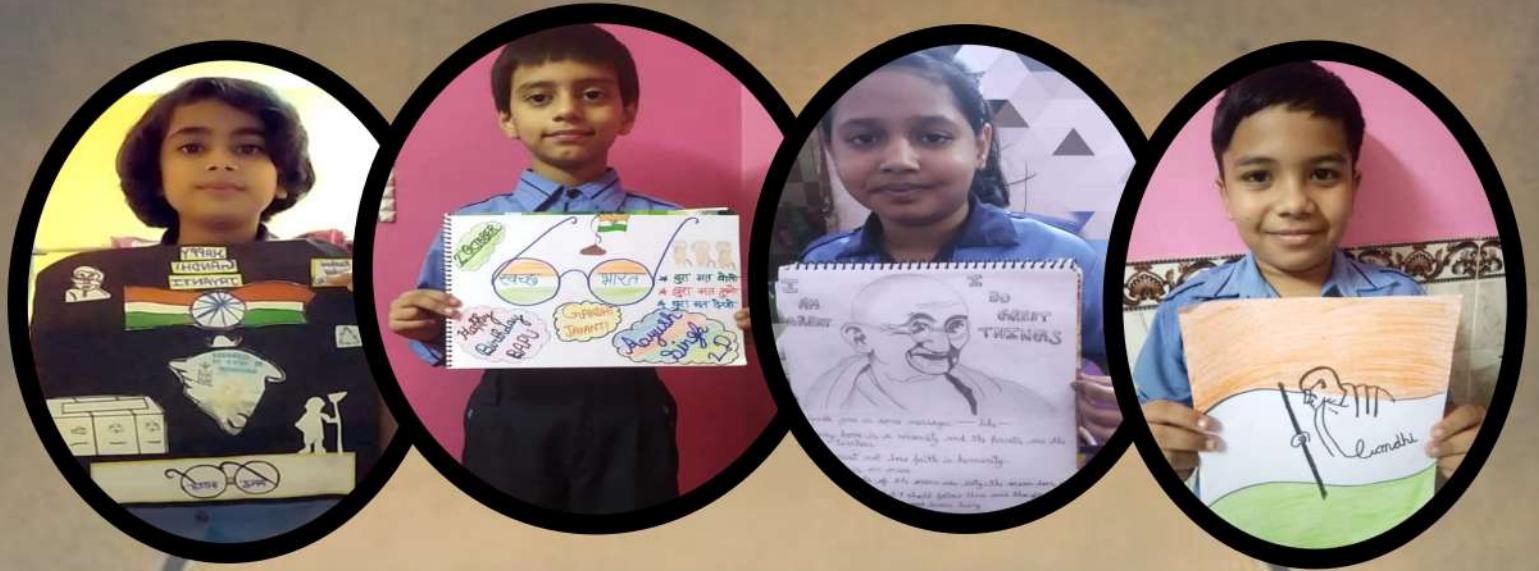


'The influence of a great principal can never be erased. A truly great principal is hard to find, difficult to part with and impossible to forget.'

Apex Public School celebrated its 'Founder's Day', commemorating the 72nd birth anniversary of their founder principal, late Mr. A.M Jonathan and 'Republic Day' on 25 January 2021 with great passion, zeal and enthusiasm .

The celebrations commenced with a beautiful prayer followed by garlanding the bust of our respected Founder Principal Sir . Thereafter ,to express joy on the occasion, a mesmerizing Kathak dance , birthday song, self composed poem, speech and birthday dance was presented by the students. Messages of love, admiration and inspiration for our Founder Principal Sir were shared by the ex- students . Neelam Jaggi ma'am and Yashpal sir paid tribute by sharing their experiences. Students also celebrated 72nd Republic Day. To ignite the patriotic spirit, various dances were performed by the talented students. Principal Dr. Derek Richard Brendish , in his message expressed his admiration for the inspirational life of the founder principal and exhorted students to uphold the values of the school.





“By education, I mean an all- round drawing of the best in child and man in body, mind and spirit.”- Mahatma Gandhi

Gandhi Jayanti is celebrated on 2nd October every year to pay tribute to Mahatma Gandhi or more lovingly known as Bapu. The 151st Birth Anniversary of Mahatma Gandhi was celebrated by hosting a virtual programme to commemorate his life and teachings. To show love and respect, the students of classes 1 to 10 made paintings and sketches of this exemplary leader and spoke a few lines about him.

The students of class 1 to 5 participated in ‘A Clean Environment and a Healthy Me Drive’, that started from 21st September to 29th September. They participated through drawings/ plantations/ slogan writing/ video making competition. Winners were awarded with certificates. All the learners participated in this competition with great zeal and enthusiasm.

GANDHI



The Earth is what we all have in common.—Wendell Berry

Earth Day is celebrated on April 22. This year was the 50th Anniversary of Earth Day. Earth Day is important because it reminds people to think about humanity, the threats the planet faces and the ways to protect it. Apexians celebrated International Day of Mother Earth with a belief that every day is Earth Day and every person can make a difference. Students participated in various activities like poster making, drawing and painting, slogan writing, and Best out of Waste with great zeal and interest. Students came up with creative ideas and used household items to recycle them into a new item. These activities helped the children know and empathise with our planet better. Children conveyed their messages, slogans and posters through an online medium. The activities were organised to orient young minds to develop a passion for Mother Earth and make a difference.

Earth Day





Environment Day

“One of the first conditions of happiness is that the link between man and nature shall not be broken.”-LEO TOLSTOY.

World Environment Day is celebrated on 5th June every year. This day is celebrated to promote ways to improve our earth’s environment. This year’s theme was “TIME FOR NATURE”. Keeping this theme in mind our young learners celebrated this day by spending time in nature and doing their bit for the Mother Earth.

They made and planted bird feeders, planted saplings and also made paper bags to promote the use of biodegradable bags. Our creative learners touched some issues of environmental concerns by making striking posters and had a meaningful discussion on it with their peers and teachers. Lockdown didn’t stop them from spending time with nature and spreading the message ‘Save



1st MAY HAPPY Labour Day

"No work is insignificant. All labour that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence." -Dr. Martin Luther King Jr.

Labour day is celebrated on May 1st every year. It is a public holiday in India as well, where it is celebrated as Antarrashtriya Shramik Diwas (International Labour Day). Our learners expressed their gratitude by doing a lot of art and craft activities such as, making tool boxes, simple tools, colourful paintings with beautiful and meaningful captions, headgear stick puppets, finger puppets, badges etc. They also paid tribute by reciting poems, expressing their thoughts and gratitude to all the workers out there for their selfless services. The learners got a better understanding about respecting all the workers and that, no work is insignificant. These activities were mainly conducted so that all the learners would have a sense of appreciation towards the labour community. Overall, it was a productive day with a lot of fun learning.





We are born of love; Love is our mother. - Rumi

All we have and everything we are today; we owe it to our mothers. Mother's Day is a celebration honoring the mother, as well as motherhood, maternal bond and influence of mothers in society. To show the love and respect to their mothers, the young, enthusiastic and adorable students of our school celebrated this most special day with lots of fun activities and some memorable performances.

The activity turned out to be very successful and it was wonderful to see the excited mothers with their children preparing something so beautiful and special for them. Everything was unique in its own way and the outcome of their efforts was remarkable.

Mother's Day

SUPERANNUATION



The sweet memories of love and care will dwell in our hearts forever. With hearts filled with gratitude, the management and the staff organised the special farewell to acknowledge the contributions of Head-Mistress Ms. Rina Roy for her distinguished service of 32 years. She was a committed member of the faculty and always inspired the students to carry forward the rich Apexian Legacy.



The CEO acknowledged and thanked her for her selfless, splendid and excellent service to the institution. The colleagues shared their memorable moments with Head-mistress ma'am. The Principal thanked Ms. Rina Roy for her precious contribution to Apex and extended his best wishes for a phase of her life.



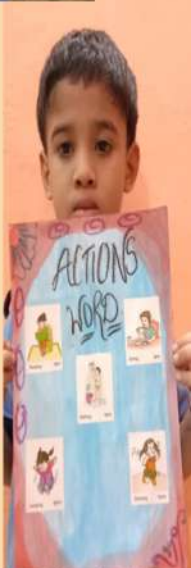
DEPARTMENT OF ENGLISH

Mrs. Renuka Daniel
HOD (English)

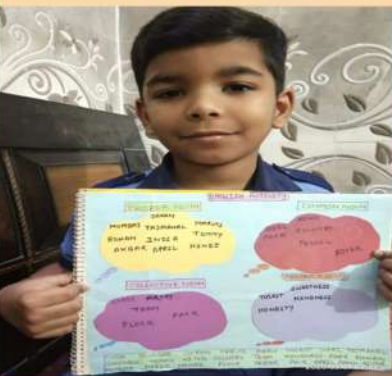


The English Department of Apex Public School functions with the overt aim to develop the imaginative faculties of students by encouraging them to give free expression to their ideas through various literary forms.

The dedicated team of qualified, experienced and efficient staff is committed to our mission of developing the communication and soft skills of students. We are constantly striving hard to hone the communication talent of the students and help them in self expression. We believe that English language brings out their hidden potent and sets them on smoothly in their quest for job. We impart not only Communicative and Technical English to students but also moral , ethical and professional values and help them build their overall personality. The English Department provides a platform to express their literary ideas by organising debate , creative writing, recitation, slogan writing, poster making, story telling etc



ENGLISH ACTIVITIES



हिंदी विभाग



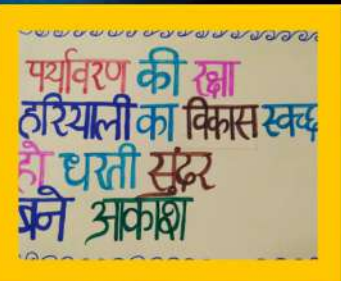
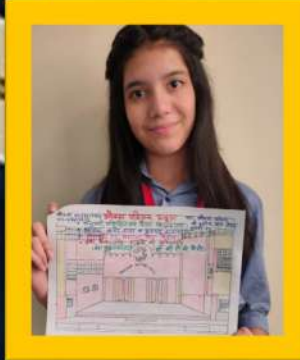
हिंदी विभागाध्यक्ष
श्रीमती नीलम जग्गी

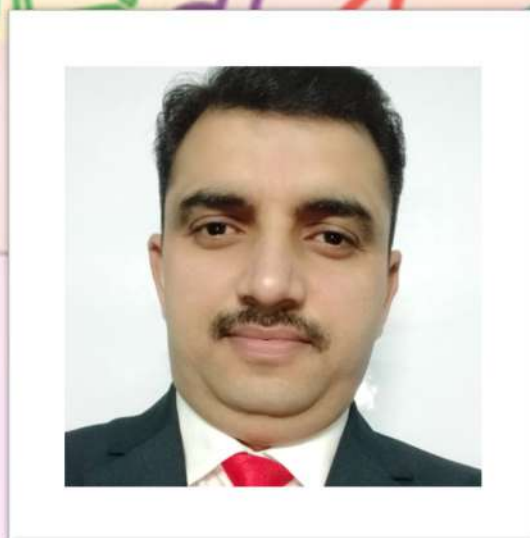
हिंदी साहित्यिक गतिविधियां

सभी शिक्षकों द्वारा छात्रों के ज्ञानवर्धन के लिए अपने मार्गदर्शन में अनेक अनेक गतिविधियां आयोजित की छात्रों ने अपनी योग्यता अनुसार अपनी प्रतिभा का परिचय दिया। छात्रों के उज्ज्वल भविष्य कामना करते हैं व उनके कार्यों की सराहना करते हैं।



हिन्दी





Nikhil Gupta HOD (Maths)

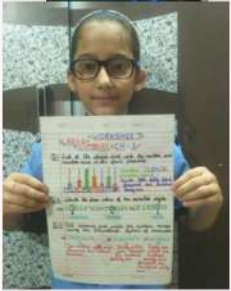
MATHEMATICS IS, IN ITS WAY, THE POETRY OF LOGICAL IDEAS.

Albert Einstein

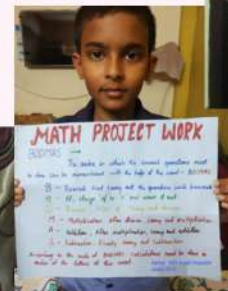
Our aim is to encourage creativity of thoughts among students so that they may learn and grow in every aspect. Maths is important as it helps students to:

- ◆ *reflect on their own understanding*
- ◆ *reason and think logically*
- ◆ *link prior knowledge to correct understanding*
- ◆ *deepen or extend conceptual knowledge*
- ◆ *build mathematical confidence*
- ◆ *stay engaged, focussed and motivated .*

"Mathematics equips with by introducing children to concepts, skills and thinking strategies. Through careful planning and preparation we aim to ensure that throughout the school activities students are given the opportunities for: Practical activities, Mathematical games, Open and closed tasks etc.



Maths activities



SCIENCE



N. KALYANI

HEAD OF DEPARTMENT (SCIENCE)

The science of today is the technology of tomorrow.

It gives me a great joy to meet you all through this e-magazine, a great way to communicate and be creative. It is a great pleasure and honour to head the department of science which has a team of highly experienced and motivated faculty members. All the faculty members are well qualified and competitive enough in preparing the young minds for global competitions. Science is a body of knowledge, a way of thinking, a way of investigation, a way of exper-

imentation in the pursuit of exploring nature. The teachers of the Science department work as a team through varied teaching-learning processes to impart knowledge of subject in students, develop reasoning skills, standard worksheets, virtual labs and differentiated strategies for instruction and instill the skill of scientific temper & attitude. Teaching methodologies include discussion method, illustrative method and student-prepared aids in the form of posters, working models and charts arouse the interest of subjects in students. Science is

generally referred to as an organized and systemized body of knowledge. Science is not always about the collection of facts or development of new concepts and ideas. It is all about the passion for discovery that drives one to explore the environment and the nature on the whole.

The science teachers of the school work continuously with consistency to develop a scientific attitude in students, to teach concepts by integrating it with its application in daily life for better understanding. The teaching learning process is learner-centered where the teacher is a facilitator and learners construct their own

understanding by inquiry method, laboratory, project and problem solving methods etc. Students are encouraged to learn science with lots of 'Why?' and 'How?' questions. The illustrative and activity oriented techniques brought by the department has shown a vibrant learning of concepts, showcased the hidden creative talent of students in science. I congratulate all the contributors and editorial group for their sincere efforts in bringing out the magazine.





Mrs. Sunita David
HOD (SOCIAL STUDIES)



Social science covers a wide spectrum of subjects including Economics, Political Science, History, Sociology and Law. In general, social science focuses on the study of society. Social science connects students with the real world and prepares them to interact with people of all cultures. Social science helps in the development of the power of reasoning and thinking. Students participate in various activities which help in the all round development of the personality. To disseminate the Fundamental Duties among the students various activities were conducted. It instilled in them a sense of responsibility towards their Nation and a feeling of patriotism.

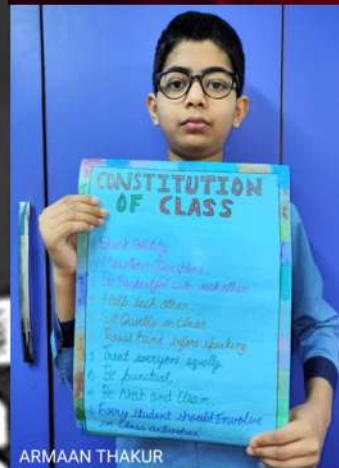


Constitution of class

We the students of class 8th B in order to have 'perfect class' promise to respect all ideas and people.

1. Be not always be safe to promote the personal selfish.
2. Listen well to a teacher's classroom.
3. Work on hard and work together.
4. Care for each other as a team.
5. Keep our classroom clean.

We pledge to make this year a success and to be the best class we can be.



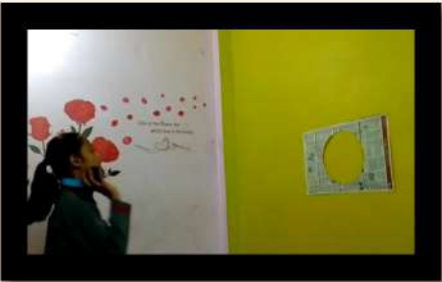
SOCIAL STUDIES





EDUCATION

PHYSICAL



Lockdown Diaries

First of all ,to reminiscence the terrific time period of the lockdown can be painful. As black clouds cover the soothing blue sky with their darkness, the more or less feeling of utilising our hobbies is covered under the dismal shadows of loss of life loss and terror of the pandemic.

Still , there is something new which we explored during this crucial time. Surprisingly in spite of a sudden shock of shut down ,new doors to utilise our talents were opened. The reason was ample of time. On one side people locked themselves inside their house to protect their lives from such a horrifying disease.

On the other hand , ways out were opened to get them in touch with the outside world through the internet.

Every moment , the news of deaths of millions of people throughout the world used to scare the ones who were left alive. Life's journey was interrupted. Everywhere , one question was there in each and every mind Now what?

Similarly , online teaching methods, work from home , online business etc. were running smoothly. Many people lost their jobs but then many doors were opened to work and earn from home itself. Although the entire world suffered with immense loss of lives, our country India has learned a great lesson of being together. Each and every citizen of India whether they belonged to any state or culture became united to face this pandemic . there cannot be a better example of unity and togetherness.

And I still remember that night when due to a deadly virus Covid 19 that had hit our country badly and a Lockdown was imposed by our Prime Minister all over India. Though initial days were difficult with the new normal but each passing day lives got used to it. I emphasized more on meditating, giving time to my children, and controlling my anger issues. This pandemic taught us the value of patience the most, that how in adverse events also we can be calm and take precautions. It was a great and different experience Teaching students via online classes, technology and internet were a source to rely upon. It was a leaning opportunity interacting with technical gadgets. The Lockdown started off as a difficult phase but gradually became a reason for learning and enhancing ourselves.

Mrs. Mercy Tyagi

EVERY CLOUD HAS A SILVER LINING

Covid -19, an unexpected and an uninvited guest arrived all of a sudden just like a wind on a dry branch. The pandemic has affected thousands of people, who are either sick or are being killed due to the spread of this disease. It has had significant psychological and social effects on the population including children and college students. The social distance and the security measures affected the people and their perception of empathy towards others. When our Hon'ble Prime Minister Narendra Modi ordered a nationwide lockdown for 21 days on 22 March 2020, it didn't make much difference to everyone. But with the rising number of positive cases and deaths, it was honestly difficult to stay hopeful and positive. It was difficult to sleep well as the news on television, the forwarded messages on the phone, telephonic conversations were full of corona news ... We were not aware as to when things would be back to normal. But as a teacher, this situation has taught us that we, teachers are the next level of Corona warriors, fighting for the nation and shaping our future generation. So when schools decided to start the online classes for the students, many of us were not even aware of how to take advantage of the Information Technology.....Modiji's dream of 'DIGITAL INDIA' was coming true and in fact it has come true. We had to adapt to technology that we weren't aware of. Before stepping into the virtual world, we had to mould ourselves to be presentable to our students. So, whether it was day or night we started with the so called 'ZOOM MEETING'. And as a result, the working hours were increased and the notifications on our phones kept on buzzing. Teaching in that scenario had proved to be extremely challenging. The fear of the virus was swept away, letting us forget the mental trauma that we were going through. The positive attitude of the students and their parents helped us to forget the social stigma of the people. The smiles on the faces of the students and their eagerness to learn virtually motivated us to be passionate while teaching online. The PowerPoint presentations, the debates, interactive classes and so on kept ourselves as well as our students engaged. Lockdown came as a blessing in disguise and taught us that every cloud has a silver lining.

Chanchan Bastimayum

A Page from my Lockdown Diary

.....No matter what age, gender, religion and profession we belong to, Corona has left no stone unturned to make our life a dreadful misery. Everyone has his/her part of the story to tell how Novel Corona Virus created a stressful atmosphere for the entire humanity.

One morning , while enjoying my cup of tea in front of my window, I heard a commotion from my building compound. When the noise became louder, I peeped out from my balcony and found two women surrounded by people and Mr. Sharma, a resident of our building shouting at both the ladies. He was adamant to make them vacate his apartment where they were tenants. He was apprehensive of them being carriers of the Corona Virus .The other residents were also verbally assaulting them. Both the ladies were Keralites and were nurses by profession. They were serving in a hospital, struggling day and night amidst fear and risk the pandemic had brought to their lives .

.....We have been reading how our front line warriors had been facing anti-social behaviour, manhandling, physical, mental assault from their landlords and their society members and then on the other hand, people lighting diyas and beating thalis to express their gratitude to them . I couldn't help myself and came down. I didn't know which force made me to intervene between their arguments. In a very firm and polite manner , I stood as a wall between Mr. Sharma and those two ladies . I explained to Mr. Sharma making him realize the contributions of the health workers in times of the pandemic. Instead of showing our gratitude towards them we were stigmatizing them and causing trouble for them. They had been struggling at their workplace, working round the clock , in constant fear of exposure to the disease. After listening to me, the people started dis-bursing . Mr. Sharma too realized his mistake and apologized for his behaviour assuring the ladies that they could live at the rented house without any worry. I thanked him for his considerations and went up-stairs .

.....
SUSHMA NEGI

Last page of my lockdown diary

‘Standing in front of 40 children to share my passion for English every day is what I love the most about teaching.’

The lockdown had disrupted school schedules, and confined the young powerhouses of energy to their homes, but it is difficult to keep the creative instincts locked down.

Like every teacher in the country, my job had changed drastically over the past couple of months. It had been challenging to keep a family going while balancing the work for which I tried my best and managed time to work whenever I could, while my son was napping or when my husband was back from his office. At the same time it had been amazing to spend so much more time with my younger son who is now only two years and six months old.

We were not aware as to when things would be back to normal. So, instead of leaving everything to the future, we started planning ahead, keeping one thing in mind — that learning should not stop.

Keeping ourselves and the students engaged became a priority since the lockdown and there is no doubt that the online classes have proved to be very helpful in these difficult times. I learnt a lot from all the ups and downs of this unusual time.

I hope one day we’ll all look back and take something from this time, which will shape the way we live our lives so that we all feel more grateful for what we have and what we do.

Mamta Kunwar

IMAGINING SCHOOLS POST COVID.....

THE UNIFORM IS ONE SIZE BIG. THE BRAND-NEW BACKPACK HANGS AWKWARDLY OF A PAIR OF TINY SHOULDERS.....

COVID-19 pandemic has caused schools all over the world to shut down in March 2020 keeping billions of learners out of their classrooms. A large number of these learners transitioned successfully from **OFFLINE to ONLINE** classes. This revolution in education got accelerated in the Corona bootcamp and Indian education finally graduated to the next level! It has shown a number of benefits such as focused teaching, improved learning outcomes and higher retention rates.

The government allowed the graded reopening of schools in late January, 2021 as a continuation of unlocking of public activities. In such a scenario schools are working on multiple approaches while looking into the government’s rules and regulations. From working on a hybrid class model to thoroughly cleaning and disinfecting of the school campuses at regular intervals for formal classes, schools are taking all the possible precautionary measures to ac-custom students to classroom learning in a safe and hygienic environment in these difficult times.

The process of recreating schools are, to a great extent based on these 3 Guiding principles-**PREPARATION, PRECAUTION AND PREVENTION.**

Based on these guiding principles – schools are trying hard to maintain the standards of preventive hygiene, social distancing and prevention to be safe among students, teachers, staff and any parent or visitor entering the school premises.

Hoping life to come as normal, we are trying hard to keep our students safe and healthy during this pandemic.

Sunaina Sharma

2020 – The year that taught us a lesson

Yet another year passed.

When 2020 began, it was like another calendar year.

But we soon realised- it was not like any other year.

It had been a year of challenges, when each one of us was tested.

Stay home and stay safe – became the new mantra of life.

For us zooming was a new phenomenon. Google classroom -the new norm.

My dear students, this year has taught us a lot.

We have learned who and what matters in our life.

We loved spending time with our family members staying indoors for weeks.

At times we felt bored, isolated and even scared. Prayer was the only answer, wishing safety for our loved ones.

We started finding happiness in simple things. Whether it was trying new recipes or giving time to our hobbies and passions.

We had time to listen to our inner voice. We thanked God and our family for being with us so that we would never give up.

2020 has served as a reminder of how precious our life is.

We all have emerged stronger ready to face the challenges of life.

'Life is not about how many rocks we have to cross to reach our destination, it is about how we have made our way through them.'

Sunita David

OUT ALONE

Alone- Awake this path I tread
All is dark and filled with dread
For No Soul known What lie ahead
Still I wish I were home instead
Where elderly cared, Kids cared
Pets were reared and winters were feared

Back there all was Home to me
So Comfy, So warm as Could be
That sweet Aroma, Brewing tea
Back Home I was so Free

Now, I walk this Lonely Path
Head-on facing Nature's Wrath
As Winter blows on Through the Path
One Warm Touch is all I wish I Hath

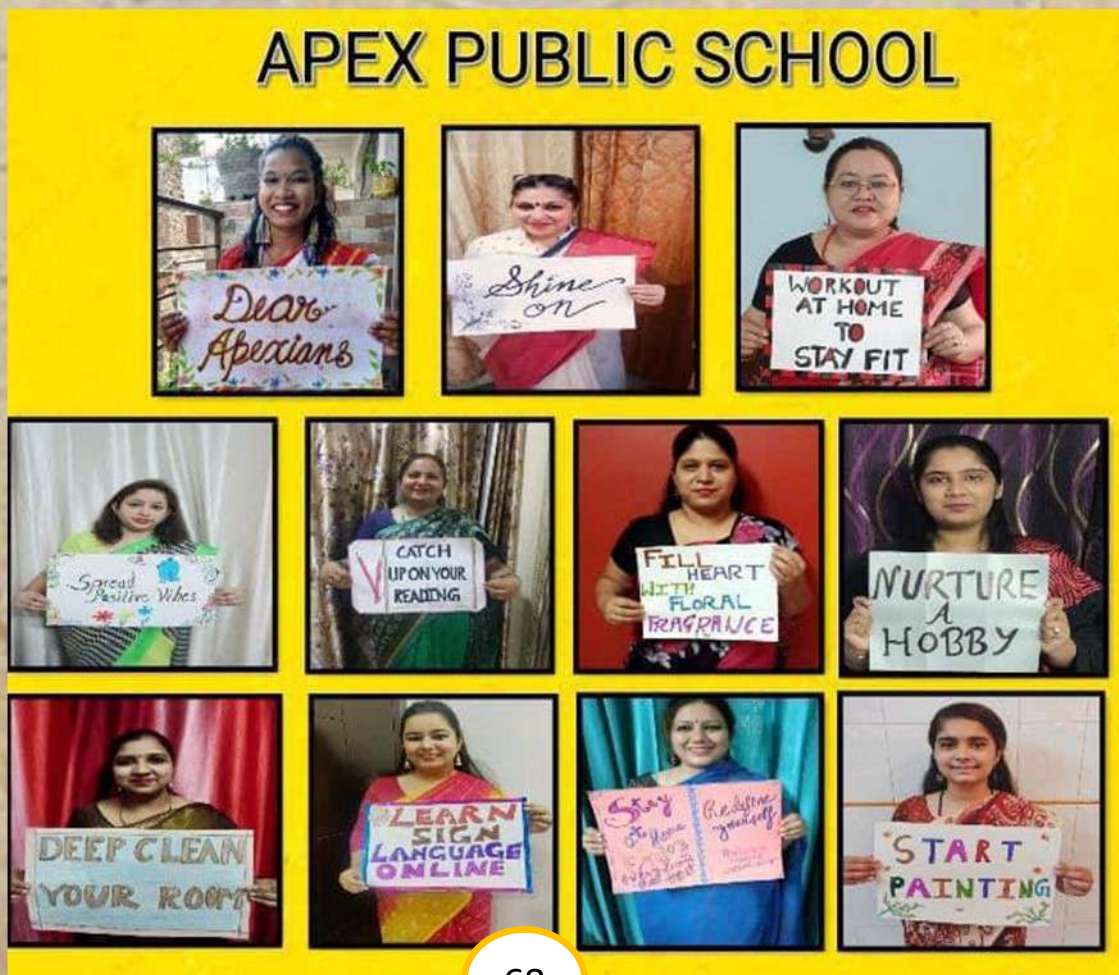
As Time Grew Dark and Covered the Night
At a Distance I saw one Bright Light
Sparkling- Shimmering ever so Calm
Was that shelter of my Storm?
Blind and Crazy I simply Followed
For Hope it is, my Heart so Bellowed

BY Manju Sharma





Apexians stood tall in the fight Against COVID-19



During the lockdown I made myself stronger and healthier

Atharv—V-B

During the lockdown I made myself stronger and healthier by doing exercises and meditation I played chess and ludo .

Krishna—VI-A

I made myself stronger and healthier by eating tasty and healthy food .

Aradhya—VI-B

I made myself stronger and healthier by doing things that I always wanted to do . I spent Quality time with my family.

Harshita—V-B

I made myself stronger and healthier by eating vegetables and fruits and doing yoga daily .

Rishit—VI-A

I made myself stronger and healthier by eating homemade food . I kept myself busy in home tasks and indoor games.

Chitrangi—VI-A

I made myself stronger and healthier by practising social distancing and safety measures.

Yaksha—V-D

I made myself stronger and healthier by taking immunity boosters and staying at home .


KARTIK—VI-B

I made myself stronger and healthier by regular exercising, maintaining hygiene and following all the covid norms..

SIDDHARTH—V-D


I made myself stronger and healthier by skipping and by doing yoga.

The most interesting thing I did during lockdown



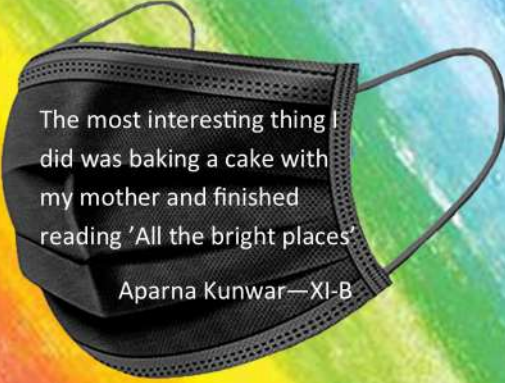
The most interesting thing I did was reading a novel by Duncan Falconer.

Praket—XI-B




The most interesting thing I did was I learnt some basic animation and made interesting videos.

Praket—XI-B



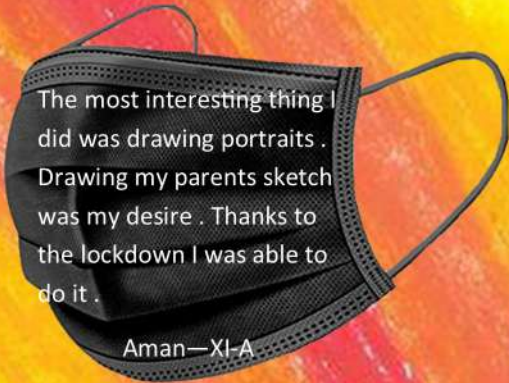
The most interesting thing I did was baking a cake with my mother and finished reading 'All the bright places'.

Aparna Kunwar—XI-B



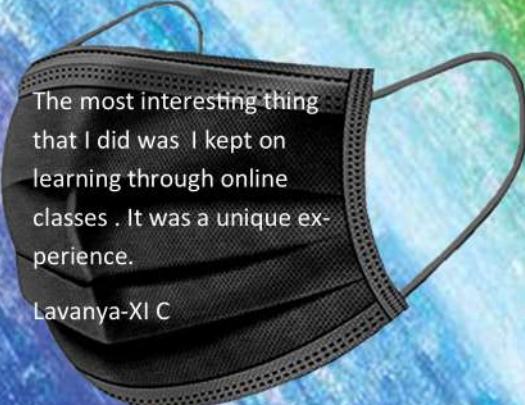
The most interesting thing I did was watching Korean dramas. It was an amazing experience.

Shradha Saini—XI-B



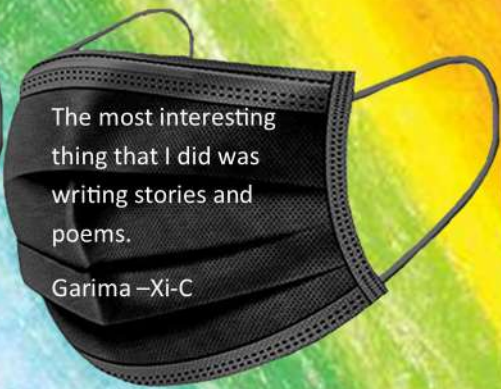
The most interesting thing I did was drawing portraits. Drawing my parents sketch was my desire. Thanks to the lockdown I was able to do it.

Aman—XI-A




The most interesting thing that I did was I kept on learning through online classes. It was a unique experience.

Lavanya-XI C



The most interesting thing that I did was writing stories and poems.

Garima—XI-C



The most interesting thing that I did was watching YOU-TUBE videos related to my online learning.

Tannu-XI-C

SCHOOL IN 2020

School in 2020 was quite unexpected and bizarre due to pandemic, yet I manage to enjoy this time. Online classes proved to be of great health. My school had organized some online functions that I enjoyed thoroughly. It is a memorable school year indeed!

Anjali Mishra-XII-H

School in 2020 was tough owing to the deadly pandemic. But with the immense hard work combined with sheer determination and will-power of teachers, parents and children, the academic year 2020-21 for students was a great learning experience.

Priya Jha- XII-H

I feel pandemic has ruined my experience of being the senior most student. I missed offline learning, various activities and fun with friends. I realised the importance of physical presence of my teachers and friends in my life.

JIGYASA -XII-H

In 2020, online learning was totally a new experience. The schedule was busier during this phase but gradually I managed to adapt to new normal. The best part during this phase was online functions and competitions.

Palak Madan- XII -S

School in 2020 was a great lifetime experience for me because I got a chance to attend classes online. Earlier, I had no interest in technology but with the help and guidance of our teachers I was able to cope up with the problems while attending online classes.

Thank you teachers!!

Hrishi Kumar-XII-S

We are mosaics. Pieces of love. Glued together with magic of beautiful relations. My friends and teachers will form the most colourful part of my mosaic.

Mayank Rawat- XII S

School peeps out through the window of phone,
We searching answers at home.

Network during online test, left us all very much stressed.

Removing the depression and all the boredom, because of e learning our studies have gained momentum.

Hem- XII H

School in 2020 was amazing and inspiring as we got to attend our classes regularly throughout the pandemic. Learning never stopped at Apex and I am thankful to the management and wonderful teachers.

Pranjal- XII-S

School in 2020 was the need of the hour. Education has changed dramatically with the distinctive rise of e learning, whereby teaching is undertaken remotely and on the digital platforms.

Aparna Kunwar-XI S

During the lockdown I learnt.....

During the lockdown I learnt to cook various cuisine and they turned out to be very delicious and I also learnt certain new skills .

Srishti-X-A

During the online classes I learnt many things online but I also realized the importance of classroom interactions.

Tanishqa Kumari-X-C

During lockdown I learnt to live in the present rather than planning about the future. I learnt to be self-reliant, to work with limited resources and to adapt to changing circumstances.

Diksha Singh -XA

During the lockdown I learnt the value of many big and small things around me. This period taught us how to lead a better life and to respect what we already have in our life.

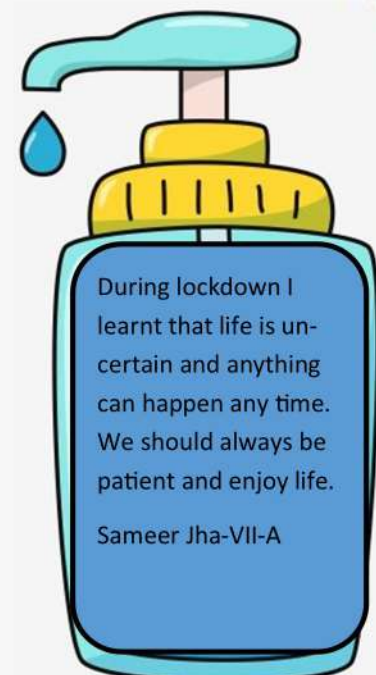
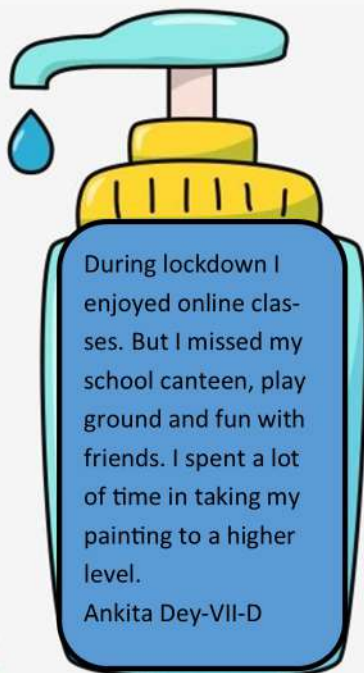
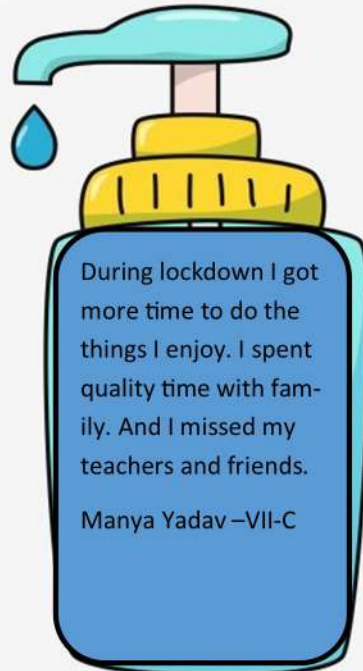
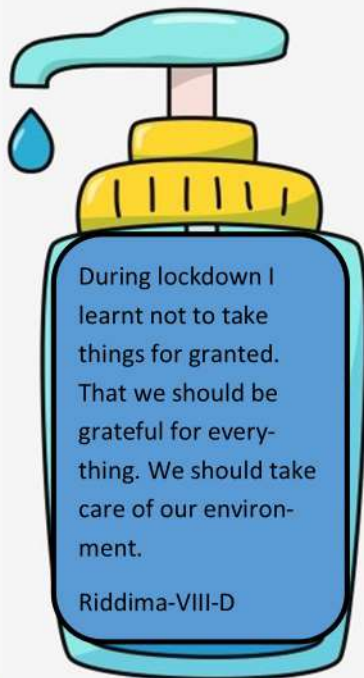
Priyanshi -X-C

During the lockdown I learnt <html> basics, web development with WordPress, and computers, English speaking online courses still continuing", G.Knowledge, Geography of India.

Yashwant singh -X -A

During the lockdown I learnt that spending time with the family is one of the best experiences and I also understood the importance of our teacher helps who are giving us education through online classes. Yash Arora-X B

My experience of lockdown



Every cloud has a silver lining

Are you wondering what this phrase denotes? It means that there is always something positive even in a negative situation. Every one of us faces a time when the environment around us is full of negativity but a minute positive opening is always there which we neglect and just focus on the difficulties around us. Today, our country India along with the entire world is surviving under the covid-19 pandemic. The situation is critical and people have started losing hopes but as the phrase goes 'If God closes all the doors then he keeps at least one door open' so rather than being upset with what we can't do, we should be grateful for what we have and get the best out of that with hard work and determination. Today we don't have the vaccine but we do have the cures so we should not panic and see the positivity around us. If there are deaths then there are cured people too. This will only end with the end of negativity in us and the setup of positive vibes in our hearts. This is not only a war with the coronavirus but also a challenge to the positivity in our heart and the war with our negative thoughts.

Priyanshi Lakhchaura - XC

Nature is Lovely

Nature is lovely, tranquil and clear

It gives us all without a stare

It gives to all, free and fair

All it needs is love and care

I've seen it getting angry, rare

It does, but no one cares

Nature is lovely, tranquil and clear.

It is giving, as it always does

**But this time a lesson to the
greedy ones.**

Without mincing its words it said,

***"Stop, sit and think what you are
up to,***

***What you want and what you need
to do.***

I can give you all you want,

But don't take it lying down.

For once I start a blind rage,

It would take you an age,

To stand up and run again.

So stop, sit and think again."

It gives us all without a stare

All it needs is love and care

Nature is lovely, tranquil and rare !

Tanishqa Kumari - XC



Corona Effects

Life was always fast-paced, we never slowed down.

Until everything stopped when Corona came to town.

Now all is quiet and there's peace all around,

We've looked into our hearts and kindness we've found.

We learn now with mom, this is a new feature,

But we can't wait to get back to our teacher.

I'm looking forward to getting away,

The Movie theatre, the fun park and a perfect holiday.

When it is? I'll throw my arms open wide,

And shout to the world, **WE CAN DO EVERYTHING OUTSIDE!**

Don't give up hope, the end is inside,

If we all stick together, we'll all win this fight.

(Vanshika Sharma-IV A)

The Sky

Oh! The sky

Oh! The beautiful sky

Tell me who you are ?

I want to talk with you.

You give peace to my soul,

And pleasure to my heart.

You have the sunlight,

That is everyone's delight.

Oh! The sky

The beautiful blue sky,

Please talk to me

And don't be shy.

(Dhruv Nandy IV B)



MY LOCKDOWN DIARY

I had never experienced a lockdown before , in fact I had never used this word in my vocabulary. Six to eight months were not thrilling at all. It now feel I was jailed for no rhyme no reason. No school , No play , No nothing . Before lockdown , I eagerly waited for the vacations . The situation is different now. I long to be with my friends as there is no one to play with and want to meet my teachers .I need to go in the sunlight outside, go to parks and fields. Though we study on virtual platforms but physical presence of teachers and my classmates is something I miss the most. I miss my English and Maths classes. Although, the year was tough but my dad says , we should take difficulties and challenges head on . Lockdown set in boredom and at times my routine got monotonous and dull but I got ample time to do things which I couldn't do otherwise .

Divyanshu Rathore - IV A

LOCKDOWN

(Virat Dupper IV C)

Lonely days without my school
friends

Online chats and school assess-
ments

Coronavirus is deadly and dangerous

Keeping us all indoors

Doctors are busy saving lives

Outside the comfort of their
homes

Wondering when this will all end.

Normal days are what I wait for.

The Lockdown

The shelter is nice,
If at home study thrice .
But I can't be in for so long,
I need to be strong.

Lockdown can't go down in creation,
Sit at home and listen to explanation. Can't go to the
market or swim, Because of the virus , can't go to
the atrium . As I woke up, the birds started to chirp,
It was as quiet as a massive curb.
Wash hands hundred times a day,
They have become as dry as hay.
May be God is giving us a sign,
Let us all pray and be safe.

(Shaurya Sharma -IV A)

MY SCHOOL

A green building with thousands of students inside,
I miss it badly during this time.

All those students running in the lobby,
That place now feels like a part of my body.

The stage where the bands perform,
And we all enjoy in same uniform.

The ground where we play,

The classrooms we study in,
It all feels like mine.

Answer duty's call we say,
And a dove flying our way.

The eagle on the peek,
This place is called Apex Public School.

DEEKSHA SHARMA—X—C

HE: WHO NEVER CRIED

For the eyes that are shut
It never happens. But,
It does take place.
Since forever, and till date.

He became a victim,
The day he was born.
Cause he was burdened,
Under society's norms.

For a man is strong,
And he never cries.
He hid his pain,
From everyone's eyes.

When a woman saw him, with crooked eye.

He never realized.
He belongs to a gender,
That has been generalized.

For all his life
He screamed, he tried.
He fought with all his might.
But, he never cried.

SHREYA —XIA

Unknown Pandemic

Corona virus, the worst disease,
Hide in your homes, if you please.
A disease killing lives,
And spreading negative vibes.
Symptoms like fever making us weak,
Doctor's help, we need to seek.
Started in China, now, the world is sick,
Let us unite and find a cure, quick.
You will have fever as I told,
You will get a headache and a cold.
Following up, then comes cough,
Getting rid of, is now quite tough.
You will get problems of respiration,
Now, we all need prevention.
Muscle pain can come too,
Let us build immunity, me and you.
Wash your hands with some soap,
We'll fight the virus, that's the hope.
Sneeze and cough into a tissue,
Let's take some steps to tackle this issue.
Don't go to crowded places,
Don't be one of those thousand cases.
Visit a doctor if you need care,
Now, just make others, all aware.

(Antara Kanwar IX-A)

MY MOM! You Are My World

Dear Mom,

You are the best, the best of all,
When I was young, you helped me grow;
And always taught the lessons which I had to
know.
Not just you scolded me, but taught me how to
love,
Kindness, honesty and bravery were all the les-
sons from your world.
For the world you are just my MOM,
But for me, my MOM, you are my world.
Tough situations became quite easy,
When you were there to look upon a child so
lazy.
Now I just want to THANK YOU,
For your LOVE and CARE,

Corona- A World War

Corona, corona
You are deadly
You came from China,
We go out hardly

When you are out ,keep a mask,
There is plenty of room,
Just do a task,
Rather than being a doom.

In the difficult lockdown,
We are in a world war,
And we will take you down,
We will find a cure.

When we are together,
We can face any disaster,
Again, we have to gather,
To face this monster.

Name- Tejaswani Sharma

**THE LAST TWO MONTHS HAVE MADE ME A CHANGED
HUMAN BEING**

*The last two months have made me a
changed human being;
And to know about the things I became so keen.
These months have made me go back to explore;
When I wanted to read, write and more.
I longed for spending time with my parents;
Now I'm fighting to win the games like tyrants.
When schools were open, the classes were boring;
But now, sitting at home lonely is more
boring and snoring.
BUT STILL INDEED!!*

*This loneliness made me rise up and high;
To tackle the obstacles and touch the sky.
Earlier I had freedom to roam around anywhere;
But now have restrictions to go even to a neighbour.
Days will change, wounds will be cured;
And people will turn into warriors for sure.
Following the rules saves our lives;
Think about you and others and be wise.*

Ridhi Singh-IX A

Oh, Great and small Ant.

*Oh, great and small ant, how are you
so strong?*

*Oh, great and small ant, when you
are so tiny and small.*

*Oh, great and small ant, how do you
do so much work?*

*Oh, great and small ant, while we are
wishing for luck.*

*Oh, great and small ant, can't we be
like you?*

*Oh, great and small ant, I wish I
could.*

Aaradhya Chaudhary -VI B

ONLINE SCHOOL CLASSES

Online school classes are like a blessing,
in this period of quarantine.

A wonderful idea to create a joyful
and disciplined routine.

I really admire my school's virtual teaching trait.
Not letting us feel that we are in dire straits.
Digital classes giving us immense zing,
even this downtime, studies are in full swing.
Virtually interacting with teachers and buddies.
I am glad that we are not lagging behind in
studies.

Making us all as fresh as a daisy brushing up,
our skills has really become easy.

Starting a new session in such a unique style
really gives me a huge smile.

Removing the depression and all the boredom
because of e-earning our studies have gained
momentum.

We are loving these classes and having a
whole of a time
on the mountain of knowledge they help us climb.

Virat Dupper- IV C



COVID-19 and NATURE

(Tanishqa Kumari - X C)

The COVID-19 pandemic, as we all know, is spread in almost all the countries of the world which has forced the entire human population to stay locked in their homes. It gave a major setback to all the economies of the world. Have you ever thought, that this could be a warning by mother nature to the human population, as nature is showing us what it is capable of. If we keep degrading and exploiting it in the name of development, it can worsen the things in future. Because not only the COVID-19 pandemic but many other natural calamities have struck the world, be it, flood in many parts of India, including Bihar, Assam and Kerala, or famine in North Korea, or Am- phion cyclone in West Bengal.

Besides, it made me realise that mother nature wants nothing but love, care and peace. It would not mind us using its resources as we were doing in the past, but it would definitely mind and object if we exploit it, as we are doing at present and most probably will be doing in future.

We need to understand that this is the problem, not the solution. I think it is high time now that not only the government but we, at local level, take some initiative. We need to do something or we will repent it later. We need to control our greed which we term as need. While all of us were sitting at our homes during the lockdown, the nature was healing itself. This proves that **all we need is an unanimous effort and good will.**

Is Humanity Fading Away?

We are living in the generation where some people are expecting aliens to visit us. But do you really think that any unfamiliar creature would like to stay on the Earth with us where the humans themselves don't want to stay anymore. Humans are fed up of humans. Humanity is dying. Nowadays, human actions have led to violence, corruption, ego, jealousy, selfishness etc.

We believe that humanity exists. We talk about humanity. We think we are the most developed species on this planet. Though we are advanced in technology but at the same time we are losing humanity. Humanity is dying day by day that shows our way to destruction.

We can say humanity is still alive but only in few. There are still many people who show selfless attitude towards others. We need to appreciate and learn from them. Let's change our attitude and show our mother Earth a prospection that humanity still exists.

(Ayushi Joshi -IX C)

MY CEASELESS WAIT

Here I wait on the dock
With high hopes of you returning,
Mourning on the luck I lack
With my heart racing and burning.

My head held high with a convincing
smile
that I'm not hurting,
On the inside I scream where my feet
go sore, while I stand for you on the
deck, just waiting.
Then I clear my head and laugh aloud,
my tears pouring,
while I plead myself to forget what
happened seven years ago on August
23rd.

'Tis a routine I have at 5 o'clock, is
what I do on the dock,
which is to wait for my mother who
never returned on that fateful day.

But for her I wait cause I dwell,
To know if she is good or unwell
I waited for her seven years long
and with no hesitation I will go on.

(Valentina Cwonthei-VIII D)

Nature- The Injustice

It's beautiful, but we ignore it,
The lakes, the trees, the forest,
Sadly, a few adore it,
Even if it does it's best.

We want our pleasures,
The comfort, the luxury,
It gives us treasures,
But, we judge it being a jury.

It does everything for all,
We can also do,
To make trees tall,
And all skies blue.

What we give it is just a day,
For the care, the worth, the
affection,
Next day, with it we again play,
If it continues it will give
us tension.

(Tejaswani Sharma-VIII A)

Parenting Styles

One of the interesting things about being a parent is that there is great variation in how children are raised. There are four types of parenting styles which have distinct names and characteristics.

(1) Authoritarian Parenting: In this, parents use strict discipline with little negotiation possible. There is a one way communication from parent to child. Punishment is common after every slight mistake. This type of parents are less nurturing. Children of Authoritarian parents tend to have an unhappy disposition, are less independent, insecure, possess lower self esteem, exhibit more behavioural problems, perform badly and have poor social skills.

(2) Permissive Parenting: Here, parents let their children do whatever they want, and give them limited guidance. These are the parents who are more like friends than parents. They are nurturing and provide a comfortable environment to their children. Their expectations from the children are minimal. Children of Permissive parents do not follow rules and regulations, have bad self control and encounter more problems in relationships and social interactions.

(3) Uninvolved Parenting: Here, parents give their children a lot of freedom and generally parents do not come their way. No particular discipline is followed. An uninvolved parent lets the children do whatever he/she wants. Communication is limited. They offer little nurturing to their child. Children of Uninvolved parents are more impulsive, not self regulatory, have more addiction problems, have more mental problems.

(4) Authoritative Parenting: These parents are reasonable, nurturing and set high, clear explanation. Rules and regulations are clear and reasons are well explained. This style is the most beneficial to children. Children with Authoritative parents are happy and content, more independent, achieve higher success in life, develop good self esteem, interact with peers using competent social skills, have better health, have less stress and anxiety. This parenting style is considered the best and the most effective parenting style by psychologists.

SHUBHAM KUMAR—XII-A

Deeper Dive in Dyslexia

Dyslexia is a learning disorder that involves difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words. A person with a learning disability has trouble processing words or numbers. There are several kinds of learning disabilities — dyslexia is the term used when people have trouble learning to read, even though they are smart and are motivated to learn.

Also called reading disability, dyslexia affects areas of the brain that process language. People with dyslexia have normal to above average intelligence and usually have normal vision. Most children with dyslexia can succeed in school with tutoring or a specialized education program.

It's important to understand that Dyslexia is not a disease. It's a condition and can be Genetic. People with dyslexia are not stupid or lazy. Most have average or above-average intelligence, can have extreme talent in other areas of life.

Children who are dyslexic, at least until they are formally assessed by a professional, often become frustrated and ashamed at their inability to learn to read, and the implication that they are either lazy or stupid. They face added pressure from the school and the parents to perform better. Many times, they drown under the high expectations from the people around them. The pain of not meeting the expectations sometimes leads them to believe that they are 'failures', they stop believing in themselves and in their strengths. Support from parents and professionals can help the child gain back the confidence.

People usually think that the person with dyslexia is mental, abnormal or some people even call them PAGAL .However, it's necessary to understand that the person is as normal as anybody else. It is just that some part of the brain fails to interpret letters, words, numbers and language. It does not mean that the child has mental illness or mental issues or is abnormal.

Many children and their parents feel shameful and shy to talk about this condition. Parents and society need to accept this condition as any other physical condition. When we get hurt externally or physically, we tell everyone, we go to the Doctor for the check up and treatments immediately and then why is anything related to the mind kept hidden.

“A lot of work with dyslexic kids is to help them rediscover that they are smart and capable, because they've stopped believing in themselves.” Beszylko

There are many persons who are now successful in their lives by overcoming their disorders and illnesses, some of them Mr. Hrithik Roshan (Actor) - Speech Impairment, Mr. Abhishek Bacchan (Actor)- Dyslexia , Mrs. Deepika Padukone(Actor)- Depression

IF THEY CAN DO IT, SO CAN YOU!!

Ujjain XII- A

SOCIAL MEDIA - A HAZARDOUS DISEASE

Social media was designed for communicating with your loved ones, this platform made it easier for the families living in different countries to communicate with them and keep an update of what is happening in their lives but it has gone to other levels. Youngsters and other people have started interacting with strangers and rather than using it for communication purposes it is more of a platform for showing off now. When someone buys new shoes or clothes, they display it on social media sites. They upload the status of the new phone they just have bought and with whom they are hanging out. Regardless of the fact, the audience is interested in seeing that or not they upload it and try to make their friends feel envious.

Girls interacting with strangers online share their information without even knowing if the person is trustworthy or not. Social media interactions are more transparent than people think, nothing is hidden and people who don't even know us can access our information.

People should be educated about sharing their information on social media because everyone they talk to is not trustworthy and there is also an evil eye. These things should be kept in consideration while using social media.

Tannu XII - A

बढ़ते कदम



गत वर्ष की भाँति इस वर्ष भी एपेक्सपरिवार ने स्कूल-पत्रिका का तृतीय संस्करण छात्रों की प्रतिभा को उजागर करने के लिए किया है। सभी अभिभावकों का एपेक्सपरिवार का प्रत्येक सदस्य आभार प्रकट करता है। जिन्होंने हमारे प्रयासों की भूरि-भूरि प्रशंसा की तथा हमारे बढ़ते कदम को छात्रों ने इस वर्ष भी आगे बढ़ाने में पूरा सहयोग दिया।

छात्रों ने विभिन्न प्रतियोगिताओं में भाग लेकर अनेक पुरस्कारों को प्राप्त किया। शिक्षकों एवं छात्रों ने रंगारंग कार्यक्रम प्रस्तुत कर एपेक्स स्कूल को गौरवान्वित किया।

पुनः अभिभावकों व पाठकों के सहयोग का हृदय से आभार प्रकट कर इसी प्रकार सहयोग की कामना करते हैं।

धन्यवाद

खाने और सोने का नाम जीवन नहीं है
जीवन नाम है- आगे बढ़ते रहने की लगन

ऑनलाइन कक्षाएँ

वैश्विक महामारी का प्रकोप चारों ओर फैल रहा है। व्यापार, नौकरी और काम-काज में विराम सा लग गया है। स्कूल, कॉलेज बंद हो गए हैं लेकिन शिक्षा विद्यार्थियों के लिए न कभी रुकी है, न कभी रुकेगी। जी हाँ, इस महासंकट के समय शिक्षा का प्रचार-प्रसार रुका नहीं, उस पर विराम नहीं लगा।

शिक्षा हमारे जीवन का मूल आधार है। वर्तमान समय में कोरोना के चलते लॉकडाउन में अव्यवस्थित हुई शिक्षा-प्रणाली को पटरी पर लाने का एक ही विकल्प था, ई-लर्निंग या ऑनलाइन शिक्षा।

ऑनलाइन शिक्षा एक ऐसा अनोखा माध्यम है, जहाँ शिक्षक दुनिया के किसी भी कोने से इंटरनेट के माध्यम से जुड़ सकता है। यह एक ऐसा अनोखा जरिया है, जिसके माध्यम से सभी छात्र पढ़ सकते हैं। छात्र अपने घर बैठे-बैठे मोबाइल, कंप्यूटर या लैपटॉप से शिक्षक को सुन कर एवं देख कर शिक्षा ग्रहण कर सकते हैं। जहाँ तक की उसकी रिकार्डिंग कर के पुनः सुनकर उसे समझ भी सकते हैं।

यह तो कोई नहीं जानता कि कोरोना काल कब खत्म होगा और शिक्षण संस्थाएँ कब खुलेंगी। लेकिन ऑनलाइन शिक्षा स्कूल, कॉलेज के और प्रतियोगी परीक्षाओं में बैठने वाले बच्चों के लिए वरदान सिद्ध हुई और बच्चे उसी तरह हर प्रतियोगिता में भाग लेकर बहुत खुश हैं। चाहे ये प्रतियोगिताएँ ऑनलाइन हुईं लेकिन उसमें भाग लेकर बच्चों के मन में एक नए आत्मविश्वास ने जन्म लिया, उनके मन में भी कुछ नया करने की भावना ने जन्म लिया। विद्यार्थियों के साथ-साथ शिक्षकों ने भी ऑनलाइन से बहुत कुछ सीखा। इन सब की भागीदारी ने नए भारत को जन्म दिया, जो आत्मविश्वास, दृढ़ मनोबल और संकल्प से भरा हुआ है। शायद इसीलिए कहा गया है कि -

शिक्षा माँ सरस्वती का वरदान है,

जो हर युग में फलीभूत हुई है।

परिस्थितियाँ चाहे कुछ भी हों

ये न कभी रुकी है, न कभी रुकेगी।

रूप बदलती है शिक्षा, ढंग बदलती है शिक्षा

लेकिन लक्ष्य और विकास तक ले जाती शिक्षा।

हिंदी अध्यापिका

श्रीमती निशा चावला

एक शिक्षक के मनोभाव

कभी सोचा न था

चॉक डस्टर छोड़, ऑनलाइन पढ़ाऊंगी

उन मुस्कराते बच्चों से, इतना दूर हो जाऊंगी

कभी सोचा न था, ऑनलाइन पढ़ाऊंगी।

रोज लेती हूँ लाइव क्लास

लेकिन मजा नहीं आता पढ़ाने में

न ही मिलती है संतुष्टि

जिस फोन से दूर रहने की करती थी अक्सर बात

उसी के पास रहने को समझाऊंगी

कभी सोचा न था, ऑनलाइन पढ़ाऊंगी।

लॉकडाउन में ढील होती है

कभी-कभी जाने लगी हूँ स्कूल

लेकिन वह स्कूल नहीं

सिर्फ इमारत है बिना बच्चों के

सूनी बेंचें, खाली मैदान,

सुनसान आंगन, कोरिडोर विरान

इस हालत में भी कभी स्कूल आऊंगी

और मास्क लगाकर पढ़ाऊंगी

कभी सोचा न था, ऑनलाइन पढ़ाऊंगी।

जिजासु बच्चे आज भी प्रश्न पूछते हैं

लेकिन जिन से मैं कुछ पूछती हूँ

वे नेटवर्क प्रॉब्लम कह क्लास छोड़ देते हैं

बिना उन्हें डांटे

अपने आपको ही समझाऊंगी

कभी सोचा न था, ऑनलाइन पढ़ाऊंगी।

सिर में रहता है अक्सर दर्द धीमा धीमा

मन भी विचलित है

कभी वीडियो बनाती हूँ

कभी गूगल टेस्ट बनाती हूँ

फिर भी लगता शिक्षण अधूरा

अपने आप को इतना विवश पाऊंगी

कभी सोचा न था, ऑनलाइन पढ़ाऊंगी

उन मुस्कराते बच्चों से इतना दूर हो जाऊंगी

कभी सोचा न था

ऑनलाइन पढ़ाऊंगी।

हिंदी अध्यापिका - सुदेश शर्मा

समय का चक्र

जैसा कि सन् 2020 'कोरोनाकाल' जिसके बारे में ज्यादा कहने की आवश्यकता नहीं है। यह जीवन का अविस्मरणीय वर्ष है, जिसमें 'दहशत' की जगह 'पैनिक' शब्द आ गया है। 'सकारात्मक' की जगह आज 'पॉज़िटिव' ने ले ली है। आज 'नैगेटिव' होने पर भी खुशी है, बधाई है। अब ज़िंदगी में हमारे नए आदर्श हैंडवॉश, सेनिटाइज़र, सोशल डिस्टेन्स और मास्क हैं।

मुमकिन नहीं वक्त हमेशा मेहरबां रहे, ज़िंदगी कुछ वक्त जीने का तज़ुर्बा भी सिखाता है। कहते हैं सड़क कभी सीधी नहीं होती, कुछ देर बाद मोड़ अवश्य आता है। ज़िंदगी भी सड़क के समान है, बस धैर्य और सावधानी के साथ चलते रहें, सुखद मोड़ अवश्य आएगा। यह वक्त न ठहरा है, यह वक्त न ठहरेगा यूँ ही गुज़र जाएगा, फिर घबराना कैसा?

हमें हर हाल में धैर्य को अपना संबल बनाना चाहिए। धैर्यवान व्यक्ति जीवन के हर क्षेत्र में कामयाब होते हैं। अधीर व्यक्ति अपने अज्ञान के कारण अपना सब कुछ गंवा बैठते हैं। वक्त बीत जाता है। कुछ दर्द से भरी, कुछ खट्टी, कुछ मीठी यादें हमें दे जाता है। वक्त 'चक्र' के समान है, जो निरंतर चलता ही रहता है। इसी प्रकार ज़िंदगी का सफ़र भी चलता रहता है। आज के समय में हमें अपने जीवन के प्रत्येक कार्य को अत्यंत सावधानी से करना चाहिए क्योंकि कभी-कभी अपने खुद के ही दाँत अपनी जुबान स्वयं ही काट लेते हैं।

अंत में मैं यही कहूँगी कि

"कुछ सिखाकर ये दौर भी गुज़र जाएगा,
फिर एक बार हर इंसान मुस्कुराएगा।
मायूस न होना इस बुरे वक्त में,
कल आज है और आज कल हो जाएगा।"

धन्यवाद

हिंदी विभागाध्यक्ष

श्रीमती नीलम जग्गी

2020 का आगमन

आया-आया साल 2020 आया,
सोचा अपने साथ ?
इसने सबको घर में बंद करवाया ।
स्कूल और ऑफिस भी घर में लाया,
देखो! ऐसे साल 2020 आया ।
आया-आया साल 2020 आया,
इसने हमें बहुत रुलाया।
अपने सेअपनों को दूर करवाया,
देखो!ऐसे साल 2020 आया ।
आया-आया साल 2020 आया,
किसी को अच्छा रसोईया बनाया,
किसी को प्रौद्योगिकी का जानकार बनाया,
देखो!ऐसे साल 2020 आया ।
आया-आया साल 2020 आया,
लोगो को आत्मनिर्भर और
सहनशील का पाठ पढ़ाया,
चिकित्सकों और पुलिस को
सबका सुपर हीरो बनाया,
देखो!ऐसे साल 2020 आया ।
आया-आया साल 2020 आया,
इतिहास के पन्नों में अपना नाम दर्ज कराया
किसी के लिए अच्छा
तो किसी का दुःस्वप्न बनकर आया,
देखो!ऐसे साल 2020 आया।
थ तरक्की और खुशियाँ लाया,
परंतु हमें कहाँ पता

(आकृति सिंह XI 'अ')

भारतीय सेना के नौजवान

हमें घर में महफूज़ कर
खुद शहीद हो गए।
देश के लिए सब सह गए,
भारतीय सेना के नौजवान
आपको शत-शत प्रणाम॥
तुमने घर छोड़ा, परिवार छोड़ा,
सुख-चैन का भान छोड़ा।
रातों की नींद त्याग
त्योहारों का उल्लास छोड़ा
तभी तो;
भारतीय सेना के नौजवान
आपको शत-शत प्रणाम॥
एक्टर, क्रिकेटर सब फीके हैं,
तुम्हारी वर्दी के रंग अनोखे हैं,
चेहरे पर तुम्हारी निराली शान है,
तभी तो
भारतीय सेना के नौजवान
आपको शत-शत प्रणाम॥

(महक झा - दसवीं 'डी')

'एक बेटी के दिल की आवाज़'

एकदा इस दुनिया में आई एक नन्हीं -सी जान,
आपने दी उसे निराली पहचान।
औरों के लिए भी जो बनी सुखकारी,
आप बोले, ये हैं मेरी प्यारी राजकुमारी।
शब्द और जज़्बात एक से थे
उस दिन आँखें नम और हाथ सुन्न से थे।
लघु रूप में खुशियों की लहर आई,
साथ में अपने जिम्मेदारियों की बहार लाई।

पिता के प्यार को माँ की ममता से क्यों तोलते हैं?
भला रोशनी में उजालों को कैसे खोजते हैं।
'मेहनती' शब्द का अर्थ आपसे सीखा
जिससे मिलती मुझे महत्तवाकांक्षी जिजीविषा
दौलत नहीं परिवार ही आपका खज़ाना है।
छोटा ही सही, दिलकश है आशियाना हमारा।
पापा! स्वर्ग से सुंदर है वो जगह
जहाँ आपने मुझे अपने पास रखा।

जताना नहीं, संभालना आता है,
मनाना नहीं, हँसाना आता है।
माथे का शिकन छुपाना आता है,
पीड़ा में भी आपको जगमगाना आता है।
साँझ में जलने वाला दिवाली का दीपक हो आप,
घने पेड़ की स्वार्थहीन दृढ़ जड़ हो आप।
पापा! स्वर्ग से सुंदर है वो जगह ,
जहाँ आपने मुझे अपने पास रखा।

नाम-साक्षी रावत

कक्षा- बारहवीं (विज्ञान)

'अमृतवाणी'

गुरु आपकी ये अमृतवाणी
हमेशा मुझको याद रहे ।

जो अच्छा है, जो बुरा है,
उसकी हम पहचान करें।
मार्ग मिले चाहे जैसा भी
उसका हम सम्मान करें।

दीप जले या अँगारे हों,
पाठ तुम्हारा याद रहे।
अच्छाई और बुराई का
जब भी हम चुनाव करें।

गुरु आपकी ये अमृतवाणी,
हमेशा मुझको याद रहे

नाम - अपर्णा कुँवर

कक्षा - ११ साइंस

आत्मनिरीक्षण

आजकल के इस भागदौड़ भरे जीवन में हम मानो कहीं खो से गए हैं। हमें देश-दुनिया की तो सारी खबर रहती है परंतु कई बार हम यह समझने में असमर्थ होते हैं कि आखिर हमारे जीवन में चल क्या रहा है? हम दूसरों की कमियों तथा बुराइयों को ढूंढने में देर तक नहीं लगाते। हम दूसरों की निंदा करना तथा ताने देना तो जानते हैं परंतु यह बहुत निराशाजनक है कि हम कभी भी अपनी बुराइयों को तलाशने का प्रयास नहीं करते क्योंकि हमें ऐसा करना आवश्यक नहीं लगता, जो सर्वथा अनुचित एवं निराधार है। क्योंकि वास्तविकता तो कुछ ओर ही है। कबीर जी अपने एक दोहे में कहा है कि " बुरा जो देखन मैं चला, बुरा न मिलिया कोई । जो दिल खोजा आपना, मुझसे बुरा न कोई ॥

अर्थात् हम दूसरों की बुराइयाँ देखते हैं , लेकिन स्वयं के अंदर झाँक कर देखेंगे ,तो जान पाएंगे कि हम से बुरा कोई इंसान नहीं है अर्थात् हम आत्मविश्लेषण द्वारा अपनी कमियों को जान पाएँगे। कोई भी व्यक्ति जन्मजात महान, खास या दुराचारी नहीं होता , उसे महान बनाते हैं उसके कर्म । हम सब केवल भेड़चाल में चलते हैं ,जो कि गलत है। हमें इस प्रकार अपना समय व्यर्थ न कर के कुछ समय खुद को देना चाहिए, अपने अंतर्मन की आवाज़ को सुनें, स्वयं पर विचार करें, अपने आप को परखें, स्वयं को पहचानकर आत्मसुधार द्वारा अपने जीवन को बेहतर बनाएँ। हमारी कमियों तथा दोषों का प्रमुख कारण आत्मनिरीक्षण न करना ही है। जो व्यक्ति आत्मविश्लेषण करता है , वही अपनी कमियों को सुधार कर जीवन में सफल होता है। जब हम इस भागदौड़ भरी दुनिया की चहल-पहल से कुछ समय के लिए दूर होकर आत्मनिरीक्षण करेंगे, तभी अपने और समाज के हित में विचार कर पाएँगे। महापुरुषों ने भी सोलह आने सच कहा है कि आत्महित में ही परहित है। हम आत्मसुधार के बाद ही समाज सुधार के बारे में सोच पाएँगे और इसी प्रकार हम आत्मनिरीक्षण द्वारा समाज की उन्नति में अपना योगदान दे पाएँगे। आत्मनिरीक्षण ही सांसारिक समस्याओं का समाधान है।

नाम- पलक मदान

कक्षा- 12वीं विज्ञान

बढ़े चलो

शिक्षक

गिरते हैं जब हम, तो उठाते हैं शिक्षक।
जीवन की राह दिखाते हैं शिक्षक।
अँधेरे हैं यहाँ पर बनकर दीपक
जीवन को रोशन करते हैं शिक्षक।
कभी नन्हीं आँखों में नमी जो होती
तो अच्छे दोस्त बनकर हमें हसाँते हैं शिक्षक।
झटकती है दुनिया हाथ कभी जब
तो झटपट हाथ बढ़ाते हैं शिक्षक।
जीवन डगर है, जीवन समर है,
जीवन संघर्ष सिखाते हैं शिक्षक।
देकर अपनी ज्ञान की पूँजी,
हमें योग्य बनाते हैं शिक्षक।
इस देश और दुनिया के लिए
एक अच्छा समाज बनाते हैं शिक्षक।
नहीं हो कहीं अशांति ,
बस यही एक पैगाम फैलाते हैं शिक्षक।
गिरते हैं जब हम, तो उठाते हैं शिक्षक।
जीवन की राह दिखाते हैं शिक्षक।

नाम- सोनम रावत

कक्षा - 9वीं 'डी'

फूल बिछे हो या काँटे हो,
राह न अपनी छोड़ो तुम।
चाहे जो विपदाएँ आयें,
मुख को जरा न मोड़ो तुम।
साथ रहे या रहे न साथी,
हिम्मत मगर न छोड़ो तुम।
नहीं कृपा की भिक्षा माँगो,
कर न दीन बन जोड़ो तुम।
बस ईश्वर पर रखो भरोसा,
पाठ प्रेम का पढ़े चलो।
जबतक जान बनी हो तन में,
तब तक आगे बढ़े चलो।

ऋषभ गुप्ता कक्षा- पाँचवीं- द

नारी की ताकत

तू चंडी, तू काली, तू दुर्गा, तू शक्ति,
तू ही जननी इस धरती की।
तू मान-सम्मान, अभिमान है हर घर की,
तेरे हाथों में हैं लकीर आने वाले कल की,
तू ही जननी है कल की।

रिया पाण्डे कक्षा- पाँचवीं- द

कोरोना से बचाव

दूरी है, दूरी है, अभी सबसे दूरी है
पास न जाना तुम, ये बहुत जरूरी है।
एक ही कमरे में, ये दुनिया पूरी है
जान से भी ज्यादा , ऐसा क्या जरूरी है?
मिलकर कोरोना को हराना है
घर से हमें कहीं नहीं जाना है,
हाथ किसी से नहीं मिलाना है।
चेहरे पर हाथ नहीं लगाना है
बार-बार अच्छे से हाथ धोने जाना है।
सैन्टाइज़ करके देश को स्वच्छ बनाना है
बचाव ही इलाज है, ये समझाना है,
कोरोना से हमको नहीं घबराना है।
सावधानी रखकर कोरोना को मिटाना है,
देशहित में सभी को ये कदम उठाना है।

चित्रांगी मनराल , छठी (ए)

पर्यावरण

एक वृक्ष का आरोपण दस पुत्रों के जन्म के समान है।
पर्यावरण हमारा सुरक्षा कवच है। वृक्ष प्रकृति के फेफड़े
हैं। स्वच्छ हरित धरा शुद्ध वायु-जल से भरा। वृक्ष हरा
सोना है। वृक्ष बिना धरा है जैसे, वृक्ष हमें सबकुछ हैं
देते, बदले में अपने लिए कुछ नहीं लेते। पेड़ों से सीखो
विनम्रता, दान, ममता, त्याग, बड़प्पन। वृक्ष लगाओ
जीवन बचाओ।

याशिका बिन्दल , छठी-

मूल ज्ञान

ज्ञान, विद्यार्थी के जीवन का आधार
कहलाता,
विद्यार्थी इसका सही अर्थ नहीं जानता
रटते हैं किताबें, भेड़-चाल में दौड़ने के लिए,
आलम यह है कि
बस पढ़ना है अंक लाने के लिए।

मगर कब तक ऐसा ही करते रहेंगे ?
खुद को ज्ञानी मानकर ,
अपनी ही आँखों में धूल झाँकते रहेंगे।

अगर व्यावहारिक ज्ञान पर ध्यान देंगे
तो हर मुश्किल पार कर लेंगे।
तभी विज्ञान का विस्तार करेंगे,
जब शिक्षा को रट कर नहीं,
समझ कर ग्रहण करेंगे।

पाठ्यपुस्तकों का ज्ञान तो रखते हैं सभी
पर नैतिक मूल्यों में पीछे हैं अब भी ।
सिर्फ किताबों से ही नहीं होता ज्ञान अर्जित,
आत्मसात करने से ही होते हैं जीवन से
परिचित।

भारवि - दसवीं-द

स्वाभिमान

स्वाभिमान का अर्थ है - आत्म गौरव या स्वयं पर अभिमान। मनुष्य के जीवन में स्वाभिमान का बहुत महत्व है। जिस मनुष्य में स्वाभिमान नहीं है, उसका जीवन व्यर्थ है। हर मनुष्य स्वयं पर गर्व करता है और यह आवश्यक भी है। जब तक वह स्वयं के महत्व को नहीं समझेगा कोई उसका आदर नहीं करेगा। स्वाभिमान उसे विशेष बनाता है। स्वाभिमान उसे सर उठाकर चलने के लिए प्रेरित करता है। स्वाभिमान उसे सफल बनाता है और स्वाभिमान उसे अपनी पहचान कराता है। अपने स्वाभिमान को बनाए रखने के लिए मनुष्य कर्म करता है। मनुष्य स्वाभिमान से ही स्वावलंबी बनता है। स्वाभिमानी व्यक्ति स्वयं की मेहनत पर विश्वास रखता है तथा स्वयं मेहनत करके जीवन व्यतीत करता है, वह दूसरे के सहारे नहीं रहता। स्वाभिमान के बल पर ही वह अपने जीवन में आगे बढ़कर कुछ कर पाता है और भविष्य में अपने जीवन को सफल बनाता है।

आदित्य कुमार झा (छठी -स)

अलबेला बचपन

वो बीता हुआ बचपन बहुत याद आता है। वो बीता हुआ लम्हा बहुत याद आता है। माँ का आँचल, पिता की गोद, भाई-बहनों का आपसी प्रमोद। ना उठने की जल्दी, ना पढ़ाई का बोझ, नित नए दिन दोस्तों के साथ खेलने की मौज़। वो बचपन का बीता हुआ अध्याय अब भी गुदगुदाता है। ना जिम्मेदारी का अहसास, ना कमाने की चिंता, वो बर्फ के गोले, वो नींबू पानी, लिम्का, सर्दी की गुनगुनी धूप और सावन में बारिश की फुहार। माँ के हाथ के गरम- गरम पकौड़े, साथ में बहुत सारा प्यार। दादी-नानी की कहानियों में जीवन का सार, अब उम्र बढ़ने के साथ समझ आता है। वो बीता हुआ बचपन बहुत याद आता है।

पेड़

अगर पेड़ भी चलते होते ,
कितने मज़े हमारे होते।
बाँध तने में उसकी रस्सी,
चाहे जहाँ कहीं ले जाते।

जहाँ कहीं भी धूप सताती,
उसके नीचे झट सुस्ताते,
जहाँ कहीं वर्षाहो जाती,
उसके नीचे हम छिप जाते।

लगती जब भी भूख अचानक,
तोड़ मधुर फल उसके खाते।
आती कीचड़, बाढ़ कहीं तो,
झट उसके ऊपर चढ़ जाते।

अगर पेड़ भी चलते होते,
कितने मज़े हमारे होते।

प्रेम समादर पाँचवी

करोना का अंत

करोना-करोना-करोना,
तेरा अंत अब है होना।
दो गज की दूरी,
मास्क है जरूरी,
जब भी हो बाहर आना-जाना।
ना किसी से हाथ मिलाना,
सदी-जुखाम को भी है भगाना।
सब अफवाह छोड़,
ये मंत्र है अपना,ना,
करोना-करोना-करोना,
तेरा अंत अब है होना।

सक्षम टंडन - पाँचवी

देश

भारत मेरा देश,
सुनलो ये संदेश।
दुश्मन देश वालों,
हमसे पंगा ना लो।
झंडा हमारा तिरंगा,
हमसे ना लो पंगा।
पंगा लेके पछताओगे,
हारकर घर वापस जाओगे।
हमारा देश सबसे महान,
शहीद हो जाते हमारे जवान।
हम रहें अपने घरों में आराम से,
इसलिए दे देते अपनी जान।
भारत हमारा देश है न्यारा,
तिरंगा अपना झंडा प्यारा।
धरती हमारी सोना उगले,
ठान ले तो हरा दे जग सारा।

अविका राणा - पाँचवी-ब

महीनों के नाम की कविता

कोहरा छाया ओस भरी,
जाड़े से जनवरी भरी।
दिन छोटे और रात बड़ी,
फूलों की फरवरी लड़ी।

आम के बाग में कोयल आयी,
मार्च में होली रंग ले आयी।
गाँव, गली तपे खपरैल,
आग लगाता है अप्रैल

गमी धूल पसीना रे,
मारे मई महीना रे।
जल बबन जग में सब सून,
मानसून ले आया जून

वर्षा लेकर है आई ,
कतनी बड़ी हैये जुलाई।
नाचा मोर होकर मस्त,
आया झूले लिए अगस्त।

ओस गिरे ओढ़े सब चादर,
आया देखो माह सितम्बर।
त्योहारों की लड़ी है आई,
अक्टूबर में मिले मिठाई।

पहने रंग-बिरंगे स्वेटर,
आया देखो माह नवंबर।
आग जला सब बैठे घर पर,
ठिठुरन भरा है माह दिसंबर।

याहवी शर्मा - पाँचवी

विद्यालय

विद्यालय ! विद्यालय ! विद्यालय !
विद्या का घर कहलाता विद्यालय ॥
विद्यालय ! विद्यालय ! विद्यालय !
विद्या का घर कहलाता विद्यालय ॥
यहाँ हैं हमारे कितने मित्र,
यहाँ हैं हमारे शिक्षकगण।
कितनी सुंदर है यह जगह,
कितना अच्छा है रहन-सहन।
विद्यालय ! विद्यालय ! विद्यालय !
विद्या का घर कहलाता विद्यालय ॥
यह भी है अपना ही घर, इसको न समझो पराया,
यह देता हमको बहुत कुछ,
इससे ही मिलती है विद्या के ज्ञान की छाया ।
विद्यालय ! विद्यालय ! विद्यालय !
विद्या का घर कहलाता विद्यालय ॥
कितनी सुविधाएँ हैं यहाँ,
कितना निराला है यह जग।
कोई बुरा नहीं यहाँ,
कितने अच्छे हैं यहाँ पे सब।
विद्यालय ! विद्यालय ! विद्यालय !
विद्या का घर कहलाता विद्यालय ॥

अथर्व- पांचवीं ब

इंसान एक रूप अनेक

उसने एक दुनिया बनाई,
अपना प्यार बाँटा नहीं ।
फिर उसने इंसान बनाया,
धर्म और जात-पात नहीं ।
सूरज, चाँद, आसमान
तो सबके एक हैं ।

फिर क्यों, तुम्हें शिकायते अनेक हैं ?
उसी की ज़मीन को
जंग का मैदान बना दिया ।
एक शब्द को अपना
हथियार बना दिया ।
किसके नाम पे
खून तुमने बहाए ।

कौन -सी किताब ,कौन-सा गुरु
तुम्हे सिखाए ?
अफ़सोस होता है, ये देख के
इंसानियत बेच खायी,मनुष्य ने
छुपा दिया इंसान ने इंसान को
आईना देख लो,

पहचान जाओगे शैतान को
पूछूँगी उस थाली से
जिसमें बँटवारा हुआ
आखिर ऐसा क्या था,
जिससे इंसान-इंसान का न हुआ।

बस इतना बता दे किस कोने
फेंक दी इंसानियत ।
किस दाम में बेच दी इंसानियत
तू इंसान चाहे एक है,
रूप तेरे अनेक हैं।

(साक्षी रावत-बारहवीं 'विज्ञान')

इंसान....तू कितना मतलबी है

इंसान....तू कितना मतलबी है,
अपने सिवाय तुझे किसकी पड़ी है?
जिस प्रकृति को तूँ माँ बोलता है,
आज वही मौत की कगार पर खड़ी है।

धरती पर जो सुंदर जीव-जन्तु थे
आज न जाने कौन से जंगल में दफन
हैं?

तूने इतना प्रदूषण किया है कि
कैसे कहें इंसान तू प्रकृति का अपना है?

अन्य ग्रहों पर तो जीवन तूने ढूँढ लिया
पर अपनी ही पृथ्वी को अनदेखा कर
दिया।

थोड़ा रहम कर इंसान , थोड़ा रहम कर
तूने इनकी खाल से ही झोली अपनी भर
ली।

कैसे कहें इंसान तू प्रकृति का अपना है?

प्रकृति ने तुझे भोजन, घर, दवाई सब दी

बदले में तुझसे कुछ न लिया।
पर न जाने क्यों तुझ पर
स्वार्थ और लालच हावी हो गया।
कि आज यह शब्द कहने पड़ रहे हैं,
इंसानतू कितना मतलबी है।

(तेजस्वनी शर्मा - आठवीं 'अ')

'हम फिर से बाहर जाएँगे'

हम फिर से बाहर जाएँगे
हम फिर से बाहर जाएँगे।

माना अंधेरा है गहरा बड़ा
मुसीबत का पारा सर है चढ़ा,
सब हैं घर में ही बंद पड़े,
एक दूजे से दूर खड़े,
न एक दूजे से हाथ मिलाते,
न मिलकर अब सब हँसते-गाते।

पर फिर उज़ाला गहरेगा,
हर कोई मिलने को ठहरेगा,
हम सब अब साथ निभाएँगे,
इस मुश्किल को हराएँगे।
कुदरत को हम मनाएँगे,

हम फिर से बाहर जाएँगे,
हम फिर से बाहर जाएँगे।

(खुशी राँय - ग्यारहवीं 'अ')

संदेशा 2020 का

हो सके तो मुझे भुला देना
गलतियों पे मेरी क्षमा देना
नफरतों का आलम था
शांति में हर आंगन था
आंसुओं संग मुझे बहा देना
बस प्यार से मुझे विदा देना।।

तारों की वहां संख्या बढी
अम्बर की तन्हाई गई
रिशते कई थे मिट गए
घरभर में कई छटनी हुई
सपना समझकर भुला देना
बस प्यार से मुझे विदा देना ।।

मैं खुद समय से न लड़ सका
न कुछ हाथ में था, न मैं कुछ
कर सका,
परिवार संग वो वक्त पुराना
लौटा दिया खुशियों का बहाना
हरा भरा संसार किया
बस इतना सा उपकार किया,
मेरे एहसान को न यूँ भुला देना
बस प्यार से मुझे विदा देना।
बस प्यार से मुझे विदा देना।।

(धात्री तिवारी - दसवीं 'अ')

आत्मविश्वास

“भगवान उसी की मदद करता हैं जो अपनी मदद खुद करता हैं।” इस पंक्ति से तो आप सभी वाकिफ होंगे लेकिन आप इसका पालन किस हद तक करते हैं?

सदियों से मनुष्य की एक सोच रही है की वे कार्य करने से पहले उसका परिणाम सोच के चलता है, और इसी सोच के अनुसार अपने प्रयत्न और आत्मविश्वास को निर्धारित करता है। आत्मविश्वास का सबसे बड़ा दुश्मन ही असफलता का डर है। संघर्ष का आंकलन किये बिना 'गिव उप' कर देना मूर्खता है!

रामायण में कहा गया है की - “बड़े भाग मानुष तन पावा | सुर दुर्लभ सद् ग्रन्थन्हि गावा || साधन् धाम मोक्ष कर द्वारा | पाई न जेहिं परलोक सँवारा ||”

अर्थात मनुष्य शरीर सर्वश्रेष्ठ जीवन है, और यह सारी सफलताओं को हासिल करने के योग्य है, बस ज़रूरत है खुद पर यकीन करने की। कोई भी व्यक्ति आत्मविश्वास के साथ जन्म नहीं लेता, यह समय, अनुभव और ज्ञान के साथ आता है। आत्मविश्वास ही सफलता की नींव है। एक स्वस्थ शरीर में ही श्रद्धा और विश्वास का वास है। यदि शरीर स्वस्थ तो मन स्वस्थ फिर बुद्धि स्वस्थ, दृष्टि स्वस्थ और यह सब स्वस्थ तो सृष्टि स्वस्थ!

- अपर्णा कुँवर, 11वीं- ब

स्कूल

हम स्कूल रोज़ हैं जाते
शिक्षक हम को पाठ पढ़ाते,
दिल बच्चों का कोरा कागज़
उस पर ज्ञान अमिट लिखवाते,
जाति-धर्म पर लड़े न कोई
करना सबको प्रेम सिखाते,
हमें सफलता कैसे पानी
कैसे चढ़ना शिखर बताते,
सच तो ये हैं स्कूल में
अच्छा इक इंसान बसाते।।

तुषार आठवीं 'ए'

सावधानी

अंधकार ही प्रकाश का जन्मदाता है
हम सब को संभालने वाला वो विधाता है
घबराने की आवश्यकता नहीं किसी को
कुछ दिन की दूरी ही एकमात्र सहारा है।

प्रियांशु कुमार, कक्षा -आठवीं 'ब'

हमारी असली जीत

एक सुबह जब उठा मैं दिल में आरजू लेकर
की होगी एक नई शुरुआत हमारी
पढ़ने की आरजू
वह दोस्तों से मिलने की ख्वाहिश
था चरम सीमा पर सूरज खिलने का जोश
यूं रोकना ना खुद को सपने सजाने से
आखिर आए थे हम परीक्षा का वनवास काट कर
था आखिरी साल हमारे प्रिय स्कूल में
बिताए थे जिसमें सुकून के 14 साल
वही यार, वही उनकी यारी
लगता था मिलेगी फिर से प्यारे टीचर की शायरी
शायरी मतलब उनकी डांट फटकार, चलती थी जिससे
ज़िन्दगी हमारी
सब रह गया जस-का-तस
जब सुना स्कूल नहीं खुलेंगे
हिम्मत सी थमी
पर जोश वहीं था
फिर लगा दी छलांग कि सब जल्द सही होगा
पढ़ाई कहीं भी हो, जज़्बा मायने रखता है
और जब टीचर्स का हो साथ, तो डर नहीं लगता
सच्चाई बताओ यारो
यह साल अपने आप में ही अलग था
बहुत कुछ दिखाया, बहुत कुछ महसूस कराया
पर महत्वपूर्ण यह है, कि बहुत कुछ सिखाया
पर अब सब सही हो रहा है, धीरे-धीरे
यह कहर कोरोना का बीत जाएगा, धीरे-धीरे
सब मिलेंगे गले दोबारा
दोबारा खुलेगा स्कूल हमारा
दोबारा हो पाएंगे वह मिलकर बातें
और दोबारा खिलेगा खुशियों का सूरज
और वही होगी असली जीत हमारी ।

हर्ष वर्धन त्यागी
कक्षा- 12-ए

धन्यवाद

धन्यवाद है उनको
जिसने जीवन आसान किया है
बिना किसी भेदभाव के सबको
मान दिया है।
डॉक्टर, नर्स, सफाईकर्मी
या हो सैनिक वर्दीवाला
दूध, सब्ज़ी, बिजली, पानी
या हो टी वी, रेडियो, पेपरवाला
डाल के खुद को खतरों में
जग का सम्मान किया है।
धन्यवाद है उनको
जिसने जीवन आसान किया है
लेकिन कुछ ऐसे भी हैं,
जो राजनीति करते हैं
अपनी जिद के आगे
परेशान सभी को करते हैं,
धिक्कार ऐसे लोगों का
जिसने अपमान किया है
धन्यवाद है उनको
जिसने जीवन आसान किया है
मिलकर तोड़े चेन
कोरोना वायरस दूर भागाएं
रहें घरों में अपने हम सब।
जीवन को स्वस्थ बनाएँ

जाह्नवी सती
आठवीं 'सी'

हमारा परिवार

ऐसा है हमारा परिवार
जहाँ खुशियाँ हैं अपार
वर्ड के बेस्ट हैं मम्मी-पापा
और हम दो भाई-बहन
हम करते शेयर हर बात
चाहे दूर हों या पास
वैसे तो हम भाई-बहन लड़ जाते
पर जब आए किसी पर मुसीबत
तो सब कुछ भूल फिर जुड़ जाते
जैसे जुड़ते बिजली के तार
ऐसा है हमारा परिवार
जहाँ खुशियाँ हैं अपार
मौके तो बहुत आते हैं खास
जब मिल जाते हम पास
पर जब मिलते हैं हम
तब वक्त ही बन जाता है खास
ऐसा है हमारा परिवार
जहाँ खुशियाँ हैं अपार

सुभिक्षा चौधरी
आठवीं 'ब'

प्यारा देश मेरा

प्यारा-सा यह देश मेरा छवि इसकी
निराली है। हर तरफ सुंदर पर्वत
पेड़-पौधे और हरियाली है।
फलों से भरे पेड़ यहाँ फूलों से भरी
घाटियाँ हैं। बड़े बड़े झरने यहाँ
बहते बड़ी-बड़ी यहाँ नदियाँ हैं।
भिन्न-भिन्न हैं लोग यहाँ भिन्न-
भिन्न भाषाएँ हैं। खुशहाल रहे देश
मेरा यही मेरी आशाएँ हैं।
आयी विपत्ति जब-जब देश पर वीर
बनीं बालिकाएँ हैं। हाथ में ली
तलवार इन्होंने टाली बड़ी बलाएँ हैं।
प्यारा-सा यह देश मेरा छवि इसकी
निराली है। सुंदरता इसकी बनी रहे
इस देश पर हम बलिहारी हैं।

आयुषी जोशी, नवीं-स

मेहनत

मेहनत का फल मीठा होता है,
व्यर्थ ना मेहनत जाती है।
मेहनत करने से जीवन में,
सुख-समृद्धि आती है।

मेहनत से मिलती है सफलता,
इससे कभी ना मुँह मोड़ो।
करो ना तुम कल की प्रतीक्षा,
उठो अभी आलस छोड़ो।

मेहनत से जग सुंदर बनता ,
मेहनत से सब बनते काम।
जुट जाओ अपने कामों में,
आज लगाकर जी और जान।

मेहनत से विद्या मिलती है,
मेहनत से ही मिलता ज्ञान।
मन को असीम शांति मिलती ,
दुनिया में मिलती सम्मान।

बच्चों तुम भी निज जीवन में,
मेहनत की महत्ता जानो।
करो सदा पुरुषार्थ और,
अपने कर्तव्य को पहचानो।

अविका सिंह -- पांचवी-अ

Pandemic Affecting Mental Health Of Students

By- Muskan Madaan

Special Educator



According to a survey carried out by the Indian psychiatry society, there was a 20% rise in the number of cases of mental illness at the end of march,2020. Since then, things have become much worse.

Lev Semyonovich Vygotsky a soviet psychologist stated that “through others we become ourselves”. He believed that children learn about their world through physical interaction. The support of parents, caregivers, peers and the wider society and culture plays a crucial role in the development of

higher psychological functions.

The covid-19 pandemic has forced schools to shut down since march. At an age when the primary fulfilling factor is interaction with classmates and enjoying school life, a school shutdown has wreaked havoc in the daily lives of students and cause a number of mental health issues even if they are not easily traceable. Some of the common mental health issues seen in the students are listed below –

Irritability and mood swings.

Anxiety and low mood.

Dependence on video games.

Emotional eating (excess eating to cope up with emotions such as frustrations, stress, boredom and fear).

Increased social media use which aggravates negative feelings such as comparison, low self

Esteem, body image issues etc.

Anger, outbursts, isolating self and video fatigue.

Feeling numb and suffering from low motivation.

Social isolation, removal from school and daily routines, as well as isolation are some of the top stressors children have been facing during the pandemic. Students are missing out on the crucial balance between studies and play.

Another big cause of rising mental health issues in students due to the covid-19 pandemic is increased screen time.

How you as parent can help your child to tackle mental health problems?

Primarily accept that each child has different tolerance levels for stress, fear and anxiety. Spend quality time with children and assure them of your support. Allow your child to express his/her thoughts and emotions. If nothing works, accept that your child might need professional help. Seek help from a counselor or psychiatric.

Emotional Intelligence – Our new friend

Losing Jobs, financial uncertainty, virtual meetings, lack of social interactions, isolation, building immunity and no fun trips with friends and family-This new reality because of the nationwide lockdown tested the mental capacity of many. It claimed many lives and increased the anxiety levels for others. Such times require us to take full care of our health. The aspect which is often ignored when we talk about Health is the emotional health.

Emotional health is an important part of one's overall health. People who are emotionally healthy are in full control of their thoughts, feelings, and behaviours. They are better at coping with life's challenges and are more resilient. They tend to bounce back from obstacles more efficiently and effectively.

Intellectual intelligence isn't always enough on its own to be successful in life. Yes, IQ can help us get into college, but it's the Emotional Intelligence (EI) that will help us manage the stress and emotions when we are under pressure.

The term '*Emotional Intelligence*' (EI), first coined by psychologists Mayer and Salovey (1990), *refers to one's capacity to perceive, process and regulate emotional information accurately and effectively, both within oneself and in others and to use this information to guide one's thinking and actions and to influence those of others.* Emotional intelligence impacts many different aspects of our daily life, such as the way we behave and the way we interact with others.

EI increases our Self-awareness: self awareness is being conscious of your own feelings and motives behind different behaviors. People high on EI often demonstrate a high level of self-awareness. When we know how our emotions affect our self so we don't allow our emotions to control us.

EI helps us to Self Regulate : When we are more aware of our emotions and typical reactions, we can start to control them. In our daily routine, we encounter many negative situations. Being more aware of our emotions help us to respond to it constructively. Further, helping us not to be impulsive in our decisions.

EI makes us more Empathetic: It enhances our ability to understand and 'feel for' others, understand their emotion, and therefore relate to them more effectively. This in turn enhances our social relationships.

EI makes us Rational: By being high on emotional intelligence, we can see things clearly. We can figure out whether there is a real problem or a personal one in someone else's behaviour or even your own. This helps us to build and maintain relationships, network, lead, manage conflict and work with others.

Emotional intelligence thus helps us build stronger relationships, succeed at school and work, and achieve our career and personal goals. It positively affects our overall Mental Health as well as Physical Health. It brings a positive change in our perspective, which in turn enhances our social Interactions.

Barkha Arora

Counsellor

Voice Of **APEX** 2020

Music is the greatest communication in the world.

To promote singing talents in students, 'VOICE OF APEX', a singing competition is held every year. This year the Annual Singing Competition was organised on 29th July 2020. Out of five finalists **NIKITA SHARMA OF CLASS 'XTH A'** was selected as the 'Voice of Apex 2020'.



ANKIT SINGH
XTH B



NIKITA SHARMA
XTH A



**SANSKRITI LAK-
HERA**



**MD. ASAD
HUSSAIN**

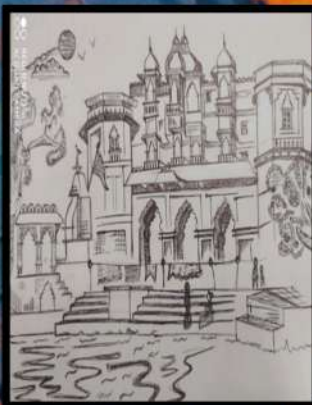
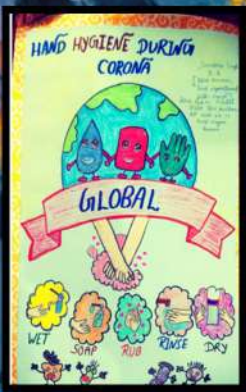


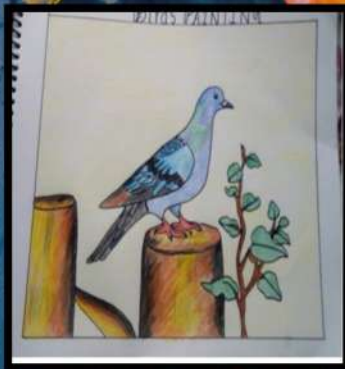
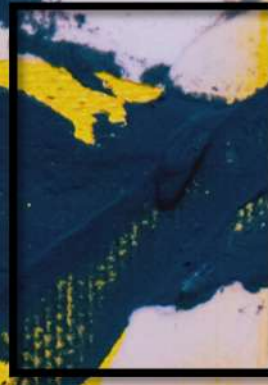
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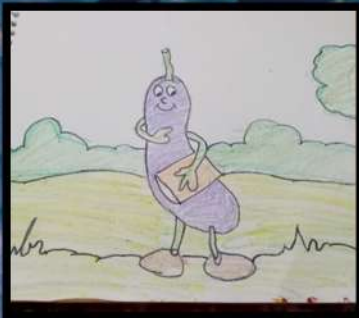
YOUNG PICASSOS

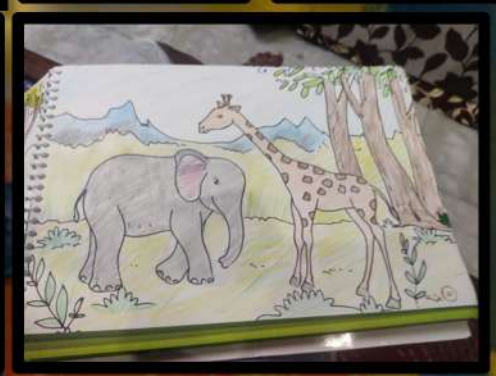
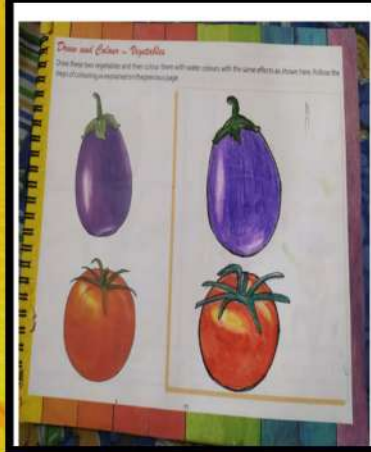


YOUNG PICASSOS









My JOURNEY THROUGH LIFE

Puyam S Singh
My Journey through Life



About My Family

I am Subhash Puyam born and brought up in a small town called Lilong Chajing in Imphal West, Manipur. In my family, we are nine members altogether with three brothers and four sisters. My father was a government worker and served in the Education department as Inspector of Schools while my mother is a housewife, and she takes care of the entire family. My father was rigorous when it came to studies and used to monitor us 24x7. He'd ensure that we get all adequate study materials. Every day, he had to wake us up at 4 am sharp in the morning to be in the study rooms and start studying. We had to quickly rush into our study rooms, open our books and start snoring again upon them! There was less entertainment but more severe studies. But we used to enjoy and celebrate whenever we get a chance and hang around with family members and friends. And this happened whenever he got posted in far distant places and had to stay back because of official responsibilities. Now, all my sisters are happily married and well settled. My eldest brother, Sobhindro Puyam now works as a Scientist at Central Salt and Marine Chemicals Research Institute, Bhavnagar, Gujarat. My other brother Subhajit Puyam is a Doctor by profession and works as an Associate Professor,

Jawaharlal Nehru Institute of Medical Sciences, Imphal.

My Early School Life

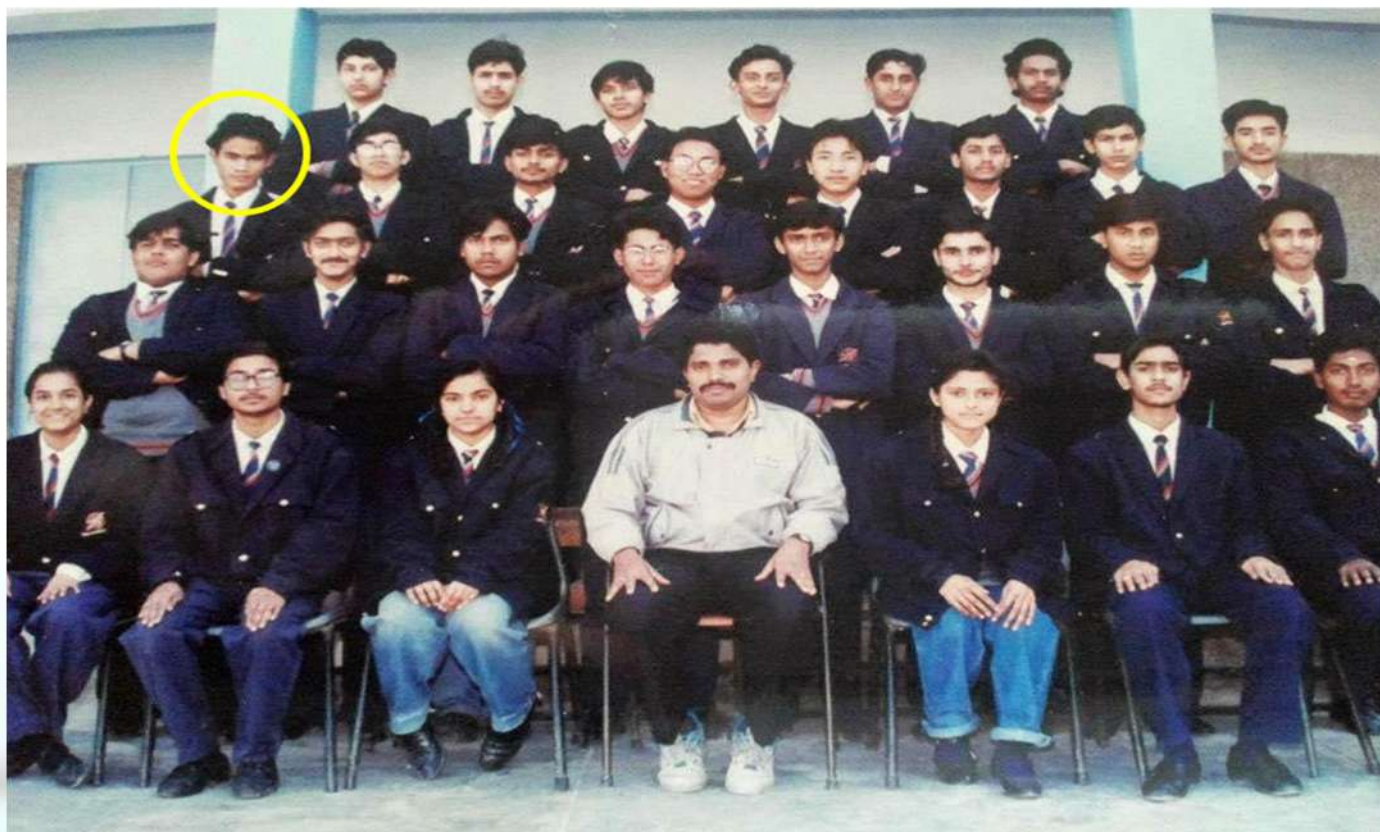
Let me now take you all into my journey of life so far. I did much of my primary education in a school called Lilong Govt boys primary school located 500 meters away from home. There were very few teachers, but the headmaster was very strict and took care of the entire school administration. At the final exam of 5th standard, I was declared as the first rank holder. I was then put to another nearby school, Lilong High School, a high school to study up to 10th standard. I continued my 6th std, but I wasn't interested in that school and thought of a better school far away from my community. Coincidentally, my father came across about establishment of a new school by the name JNV for Imphal West. By the way, Jawahar Navodaya Vidyalayas (JNVs) is a central school system for talented students predominantly from India's rural area. They are run by Navodaya Vidyalaya Samiti, New Delhi, an autonomous organization under the Department of School Education and Literacy, Ministry of Human Resource Development (MHRD) since 1985. I took the entrance exam and got selected for the first such residential school in the state located at 16kms away from my home. We were the first batch of the school, and we still interact with my classmates. Being away from home and inside the residential school, it wasn't easy to adjust but gradually adapted to its timings and start adhering to daily routines.

One of the beautiful policies of the Navodaya Vidyalaya Scheme is Migration. Students from diverse linguistic and geographically different areas are migrated to promote understanding and harmonious blending of cultures. Thirty per cent of students from one JNV are migrated to another JNV at Class-IX level for one academic year. Also, the migration takes place generally between Hindi Speaking and Non-Hindi Speaking districts.

I am lucky that I was put into this 30% 'bucket' and got a chance to migrate after my 8th standard. Along with other students, I was migrated to a new school called JNV Paigaon in Mathura district, UP. This is where I spent 2 years and completed my 10th std. The school was not fully built, but I enjoyed the new environment and made lots of friends from that region. I'm still in touch with my classmates from that beautiful region. Some of them had joined local politics and are doing great. The teachers were excellent and friendly, and most of them stayed together along with the students in shared dormitories. I suddenly became interested in Civil Services out of nowhere! During my 9th std, I started reading a Competition Success Review magazine, a monthly magazine that features interviews with successful IAS persons and mock interviews and questions for IAS aspirants. I also bought books on General Studies to start preparing for prelims! I went further to enroll for postal courses for IAS prelims using a different name.

How I joined Apex Public School, Delhi

After completing my 10th standard, I went back to my parent school in Imphal and resumed the rest of the studies. During the first month of my 11th std at JNV Imphal, I became restless and wanted a better school. I complained to my father that I need and deserve a much better school than this. My father agreed and promised me that I would be taken to a school in the 'heart of Delhi'. The next day, I bought a book with literally all school names in Delhi with exact addresses. I was lying down on my bed start 'selecting' my choice of schools!. The following month, my elder brother and dad visited Delhi and started enquiring about schools. After lots of searching and networking with my brother's friends in Delhi, we finally landed up in Apex Public School. Seeing the school, the first thing that came up to my mind was, 'This must be atleast a better school than I'm currently In!' I found Apex stricter with all its 4-directional tall fencings and 'limited Gate-passes'. But, we managed to get out but caught while returning late in the evening and get punishment next early mornings. I loved how the school functions with strict timings and Sir Jonathan' watching' us and warning us through the speakers attached to each classroom. The superior quality of teachings with every subject and the teacher's dedication to imparting the theoretical and practical subjects immensely helped shape my career. I'm happy to learn that Sir Natrajan is still teaching at Apex. I'm sure many batches specially for Biology must have been greatly benefitted by his teachings. I had my fruitful two years at Apex that had inspired me to take greater responsibilities in life this far.



With my 1996 batchmates

My professional Life

I got selected through a state-level engineering exam and was offered a course in Computer Engineering in Maharashtra. After lots of waiting, I got a seat at an engineering college in Nagpur. I studied my Bachelor of Engineering in Computer Technology. After working in a few companies, I decided to continue my master's. Appeared for Graduate Aptitude Test in Engineering and then got admitted to Punjab Engineering College (now PEC University of Technology) in Chandigarh. I studied my Masters in Computers Science and Engineering. Post my masters; I worked at Snow and Avalanche Study Establishment (SASE), DRDO as a research intern where I was responsible for the development of avalanche forecast models.

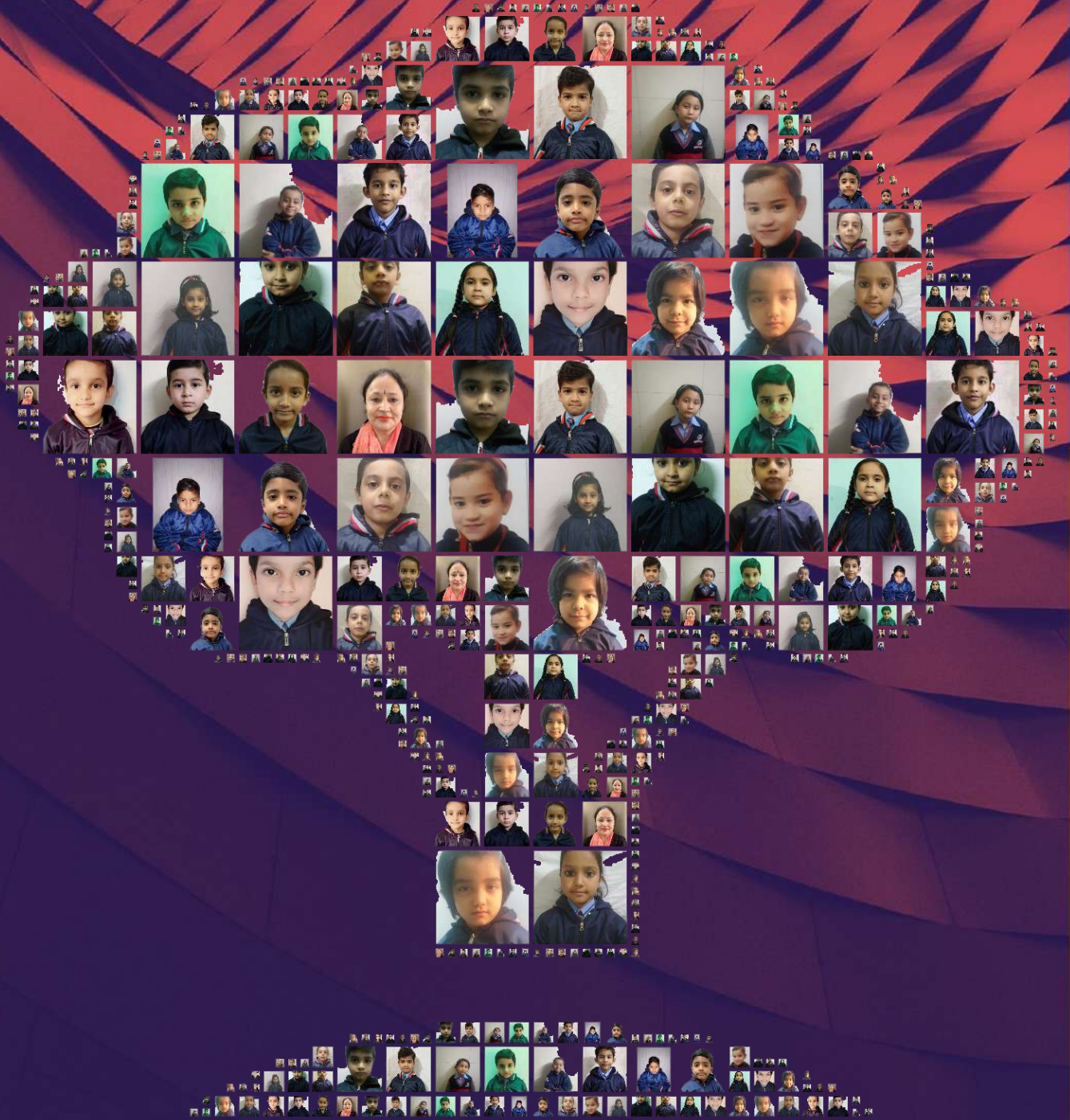
I then joined Indian Space Research Organisation, Department of Space in early 2009 as a Scientist. I'm also a member of Integrated Product Assurance Board (IPAB), ISRO Hq that monitors quality aspects of Spacecrafts and Satellites for ISRO's successful space missions. Additionally I'm a member of ISRO Cyber Security Management and works as Information Security Officer for implementing various activities related to IT security in the Centre. My current research involves developing computer vision and deep learning algorithms for feature extractions from satellite and aerial imageries for some of the applications such as 3D scene reconstructions of the real world from 2D images, real time multi-object detections for self driving cars etc. I have guided more than 56 students of MTech/BTech/MCA students in carrying out their major project dissertations. I'm also actively involved in enhancing the outreach of space technology and its applications in the north eastern region. The data that has been captured by remote sensing satellites in different scales and resolutions could be used for various societal and governance applications. Some of space based societal application projects that I've developed were awarded with National e-Governance Awards in 2015, 2018, eNorth East Award 2020 for its outstanding contribution using Spatial Technology and GIS in e-Governance.

I'm now happily married. My wife is a fashion designer and previously taught in fashion institutes based in Chandigarh/Mohali. I have two beautiful daughters Clarissa and Pratyusha aged 7 and 10 studying 2nd and 5th standards. I love travelling and exploring new places specially remote places where I can extend my help and inspire someone.



With my wife Vidyalakshmi Kharibam, and daughters Clarissa (10) and Pratyusha (7)

1A



1B



1C



1D



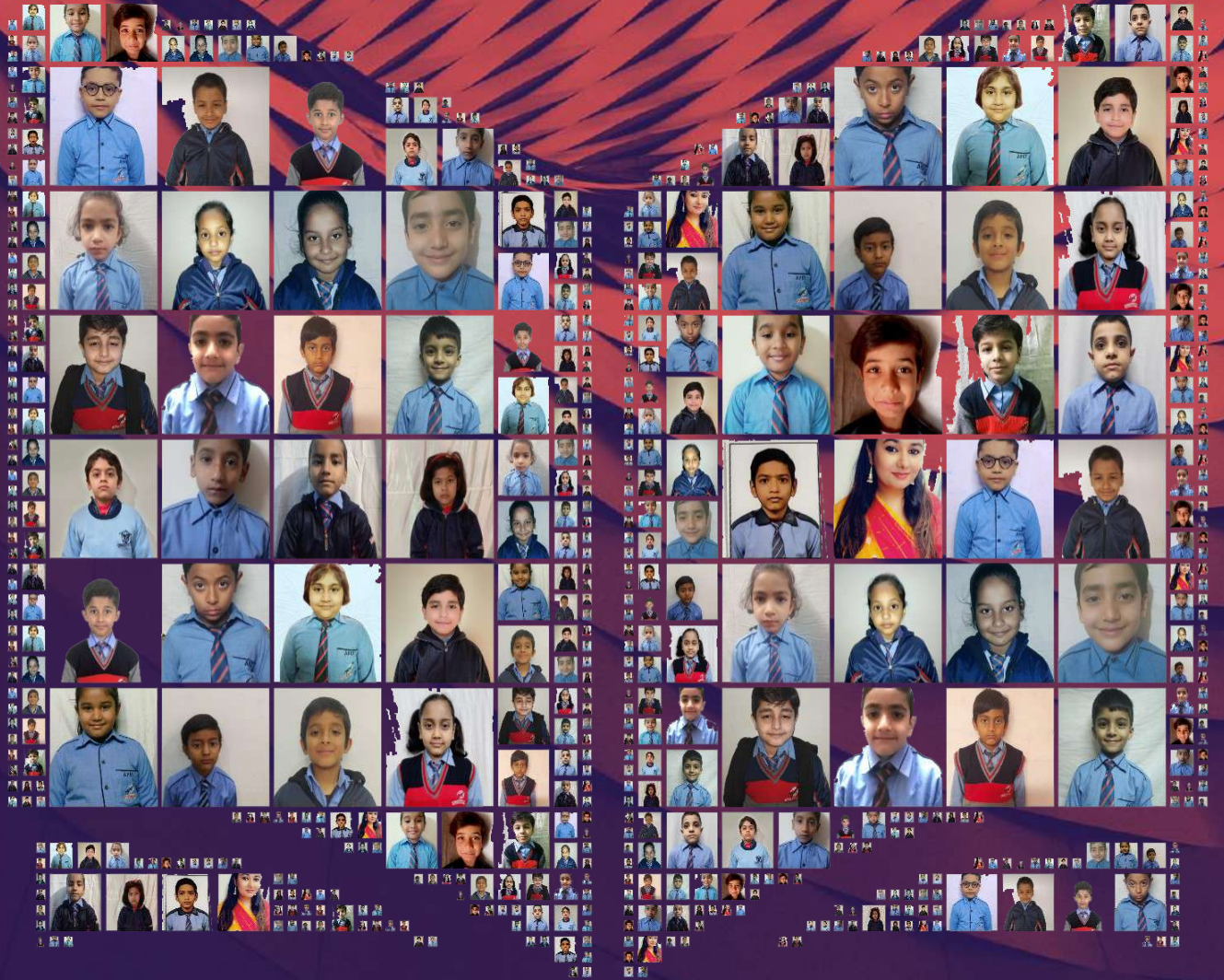
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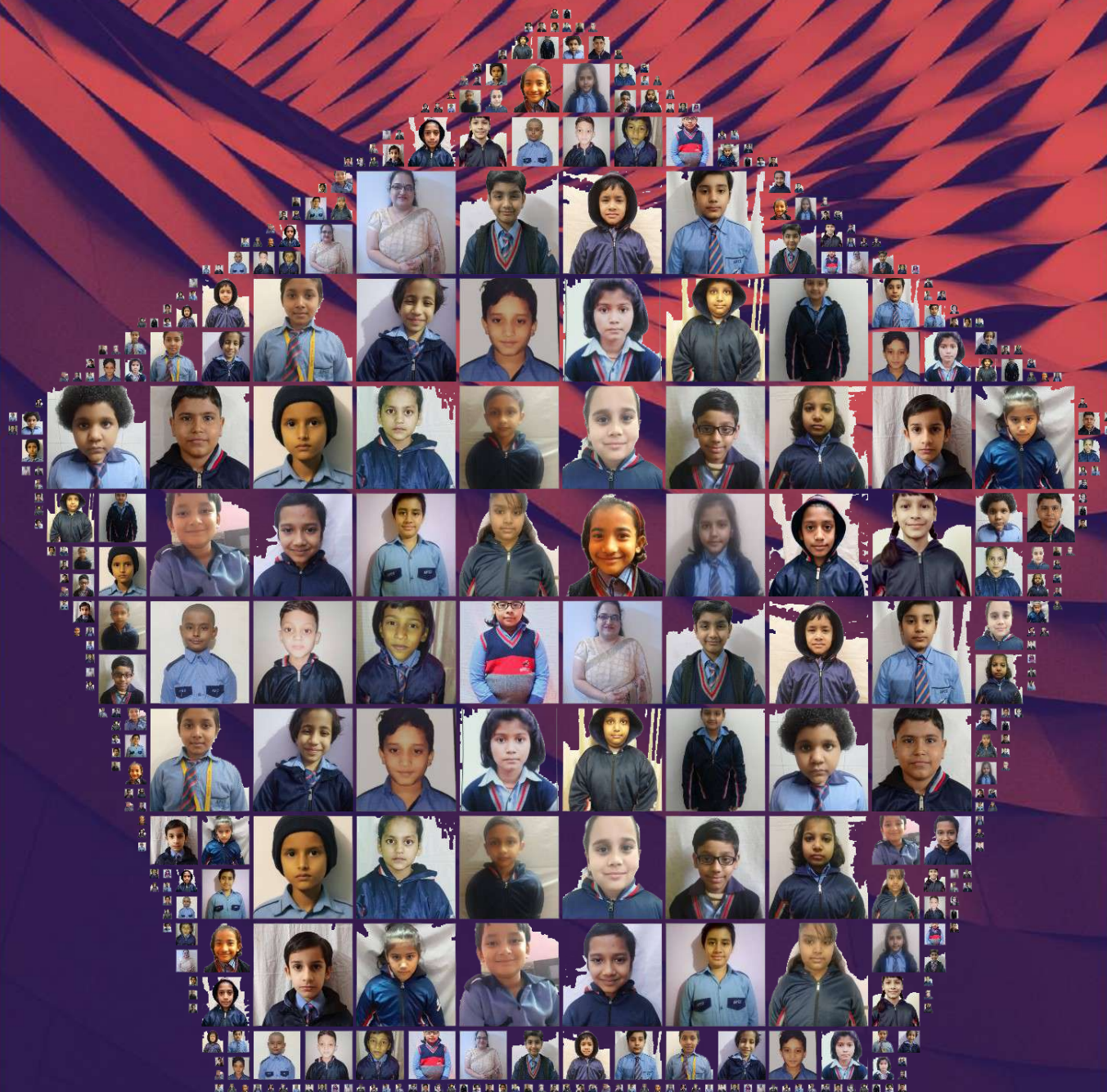
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2D



3A



3 B



3C



3D



4A



4 B



4C



4 D



5 A



5 B



50



5 D



6 A



6 B



6C



6 D



7A



7B



7C



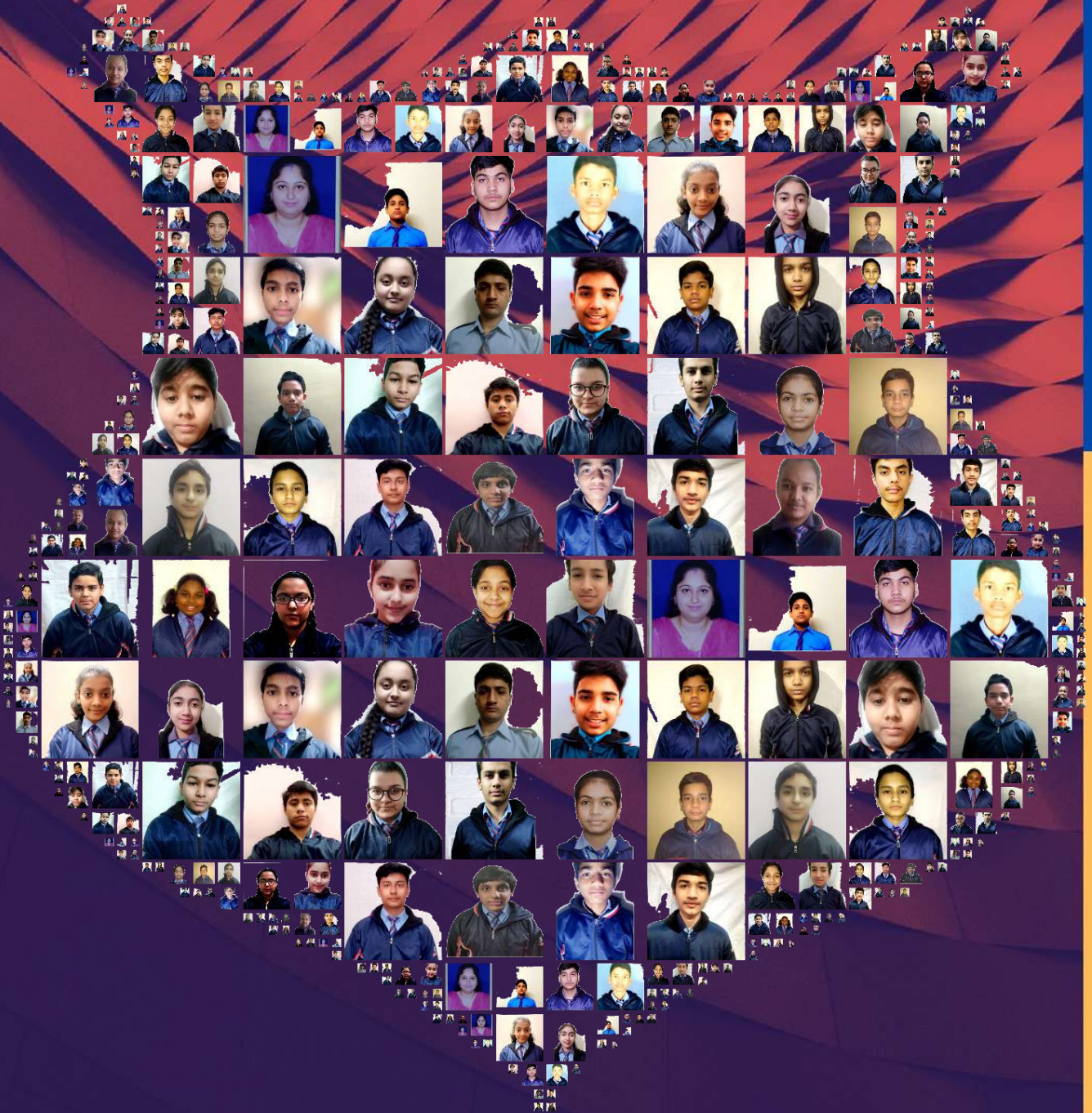
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8 A



8 B



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8 D



9 A



9 B



9C



9 D



10 A



10 B



10 C



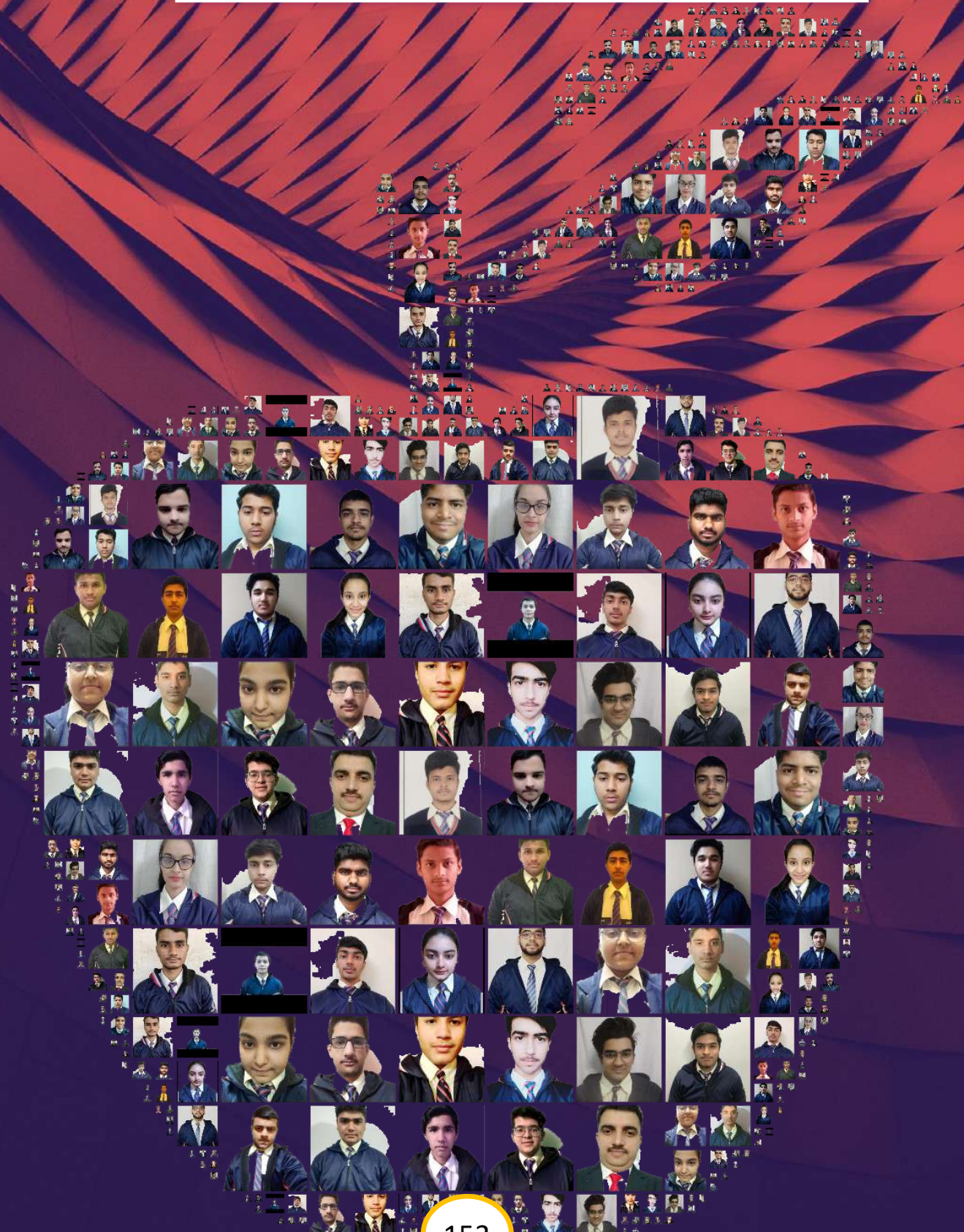
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11A



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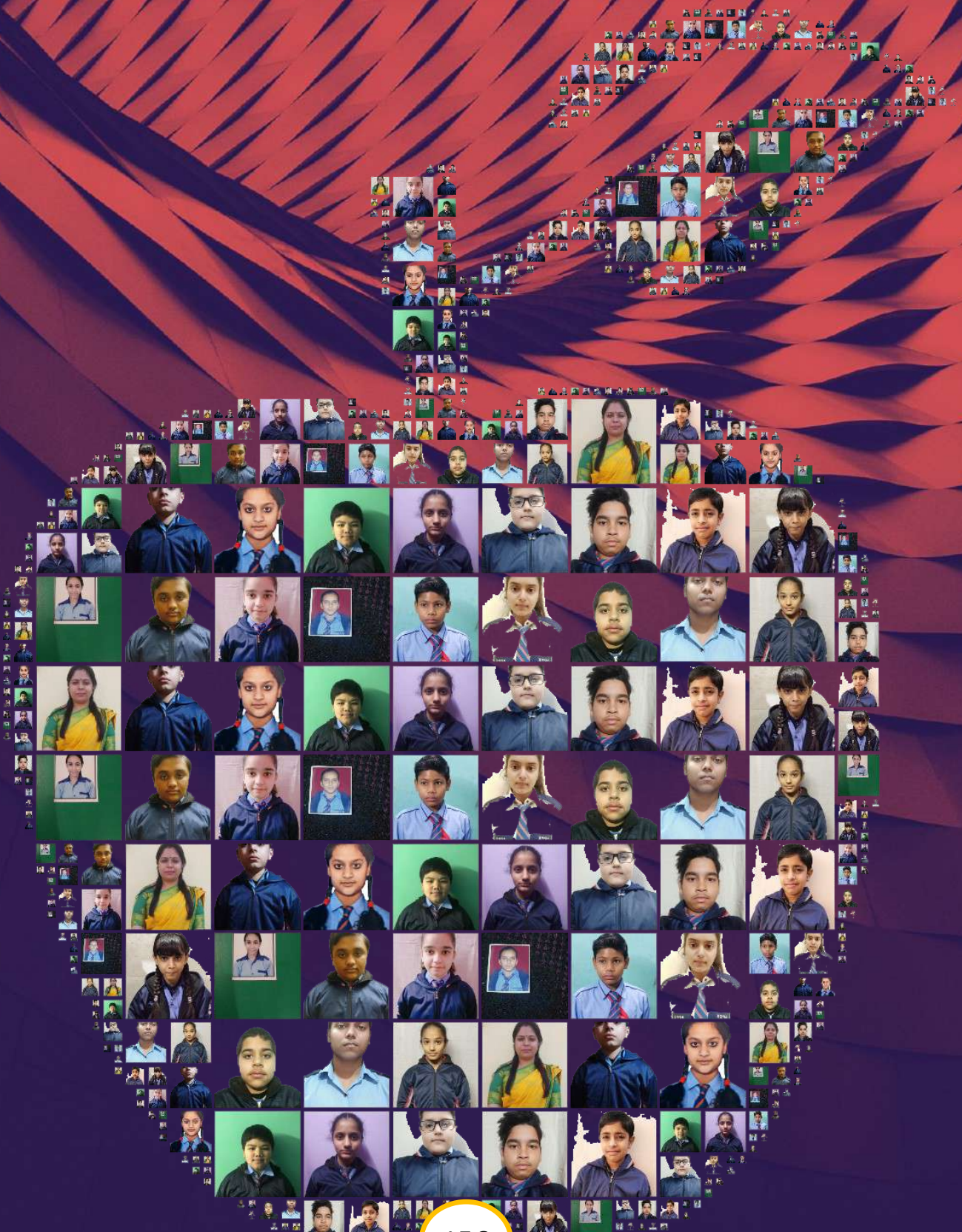
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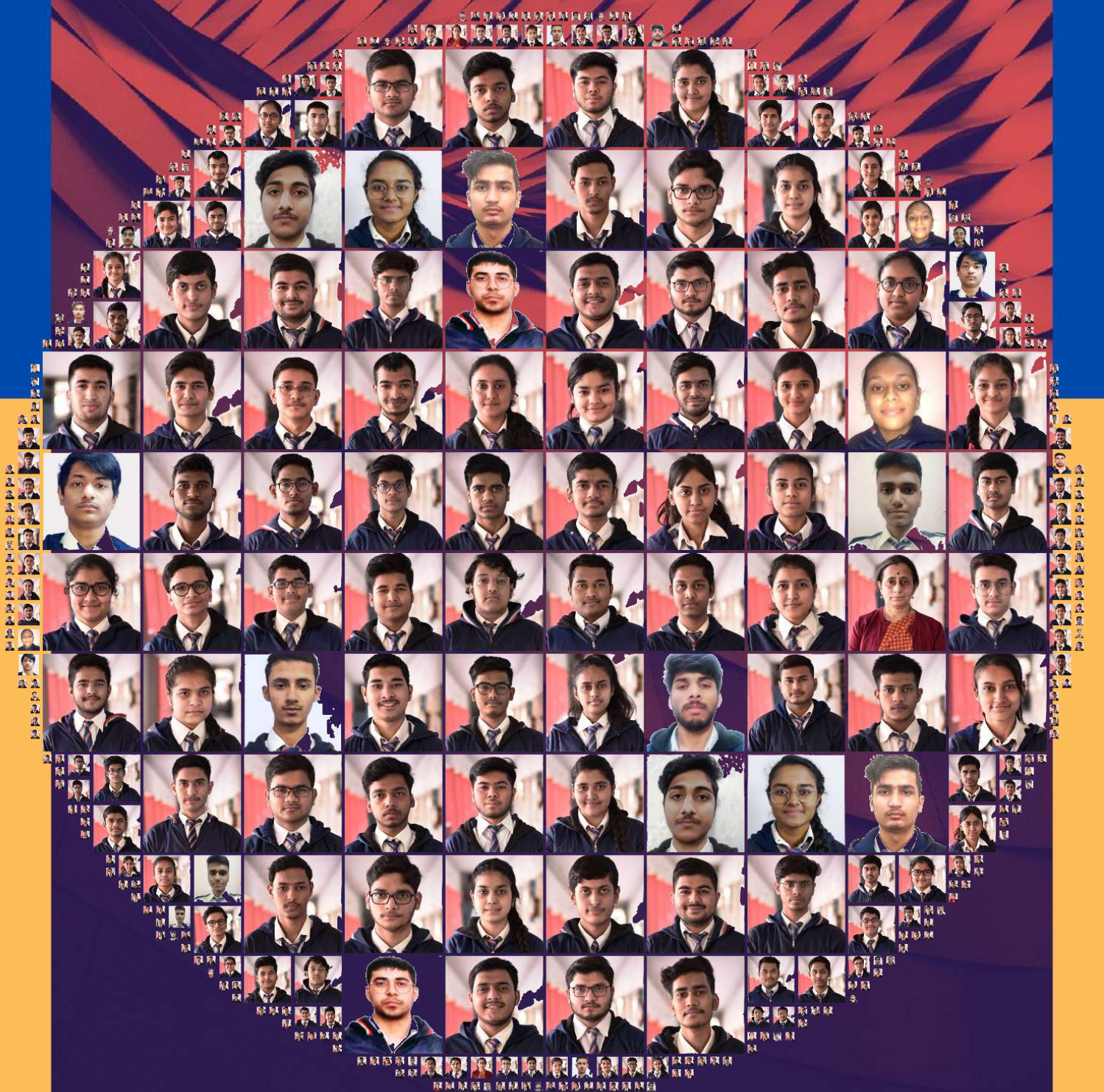
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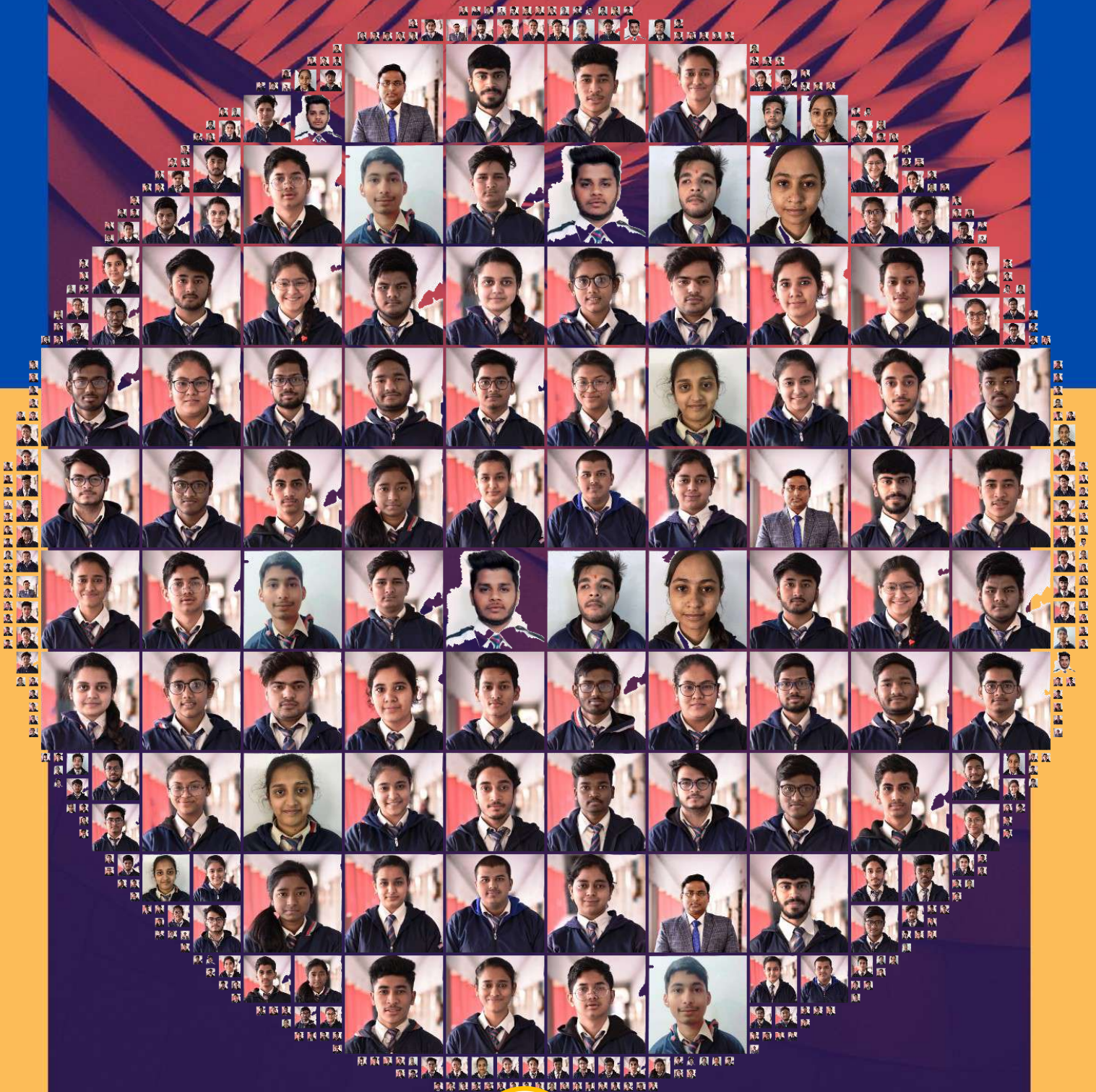
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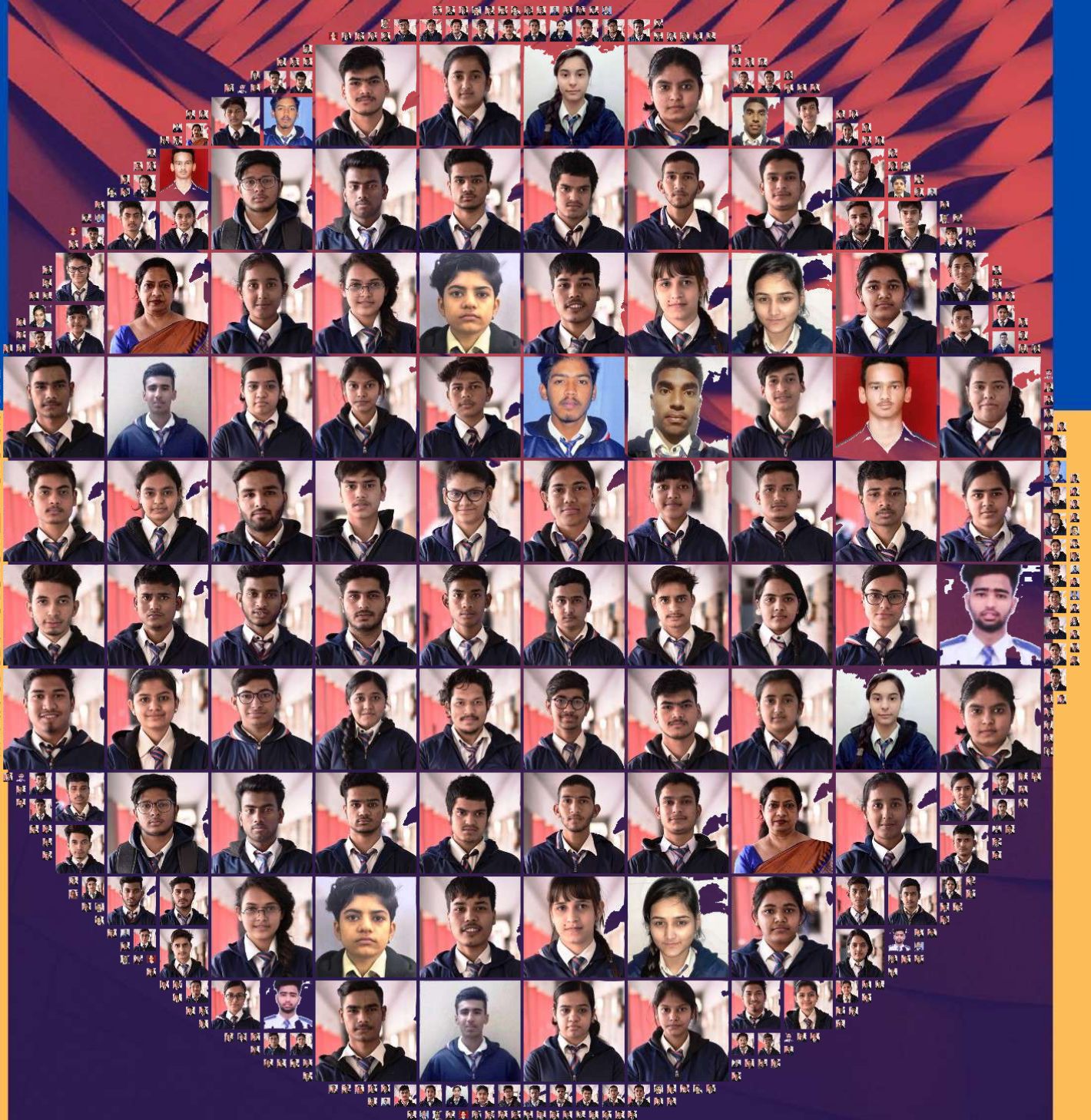
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12C



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