



ST. TERESA TIMES

The Legacy Continues...

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ST. TERESA SCHOOL



FROM DIRECTOR'S DESK

Dear Students, Teachers and Parents

It is a matter of great pride that our students have once again accomplished a bench mark performance in the Grade XII Board Examinations. With the School Topper recording 98.8%, more than 50% of the students scoring above 90% and the aggregate percentage of marks being 89% are towering scores in the annals of the academic results of ST TERESA SCHOOL. The thumbs up result of the current session will motivate the juniors to work hard with commitment and concentration to surpass the bench mark produced. Such a sparkling performance could not have been possible without all the stakeholders exerting their best along with the students. So the cooperation of the parents and commitment of the dedicated teachers deserve absolute appreciation and approbation.

Dear students you have performed extremely well. It is only the by product of the habits inculcated in you of perseverance, concentration, discipline, critical thinking and tremendous retentive memory. But high scores should not make you complacent. The same tempo should be maintained. Also after school you will be entering into a new world where discipline will not be enforced upon. But never forget that discipline is an essential component to excel in life along with other life skills.

The novel coronavirus Covid 19 has entirely changed the shape of the world with no signs of returning to the same shape. Everyday new challenges pop and stare at mankind making future events unpredictable. Students are no exception to it. However I am coxsure that with the skills ST.TERESA SCHOOL has equipped you with, you'll be able to face and combat the new challenges deftly and will be a conquerer bringing laurels to your Alma Mater and your parents.

God bless you all.



RAMAN RAJA KHANNA
DIRECTOR

SUCCESS STORY OF TOPPERS



RINKLE SAXENA
98.8%
(COMMERCE)



AISHWARYA SRIVASTAVA
97.4%
(SCIENCE)



AASTHA UPADHYAY
96.4%
(HUMANITIES)

The journey is same for everyone, but the experiences are different and so was mine. The outcome reflects the counts of battles you won, battle which may seem small to others but they mean a lot to you for these little things carve your personality. I'm more resilient now, for I know that the potential we have is enormous and we can get up even from our 100th fall if we just try for 101th time. It's more about self-belief than the abilities, it's more about your discipline than motivation, it's more about your choices than your talents.

To all the newbies, I wish all the luck in this world and may you find the way which is not easy but the way which is right for you. You need a little rain to bloom and sometimes storms to get your roots grow deep. Remember that on the journey of success, you never walk alone, your parents and teachers are your well wishers and will always offer you the right guidance.

To be successful you have to be disciplined, regular, focused and determined towards your goal. I also wanted to be involved in extra curricular activities. I was elected as the Head Boy of the School. I was also the Anchor in many major events and functions that took place in our School. We generate fears while we do nothing. We overcome these fears by taking action. As the time passed, the time came where we need to prepare for the Board Examination. It's never too late to do what you want to do. I tried and solved NCERT, Reference Books, Previous Year Papers, Sample Papers provided by the CBSE. The teachers helped us to revise the whole syllabus. They always told us to focus on the concepts rather than mugging it up. To all the Board Aspirants, I would like to tell you to set your goals from the beginning, learn to manage your time and try to be consistent in your performance by working hard. Keep in mind that nothing is impossible if you are determined to achieve it.

Just believe yourself because nowadays the competition has become so tough that we are continuously losing ourselves in the process of proving our abilities every single day. Everyone has their own pace, running too fast or slow will hamper your abilities. Work on that pace. Small steps will make a big difference. No one likes to see you outshine them, they will make fun of you and they enjoy doing that, they just don't want to see you in competition with them. Remember that's your life, no one can let you down. You can have fun, you can go out, you can watch movies, you can make friends, spend time with them and still score. You don't have to sacrifice living the best of your life to score marks. I didn't do that. I didn't study for 18 or 19 hours a day. I was well versed with the topics, I practiced and learnt the art of writing. These two things are the requisites for students of humanities stream.

A big Thank You to all my teachers who didn't give up on us. I salute them for having patience, power, courage to face every situation. We students should feel lucky to have you all as their guide and mentor.

Preparing our Children for 21st Century

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character that is the goal of true education” – Dr Martin Luther King Jr

As educators, we are determined to help all the students to attain their full potential. It is our responsibility to prepare our young minds for the unique demands of a 21st Century world and it's not a small challenge. As you know future jobs are unpredictable and we are preparing our children for the jobs which do not exist so there is a big question mark on how our children are going to survive in the future?

As an instructional leader it is my responsibility to share our common vision with you that will prepare our young minds for college, work, and life with strong value.

We all believe that every child should possess strong content mastery, as well as the “Four Cs”: Critical thinking, Communication, Collaboration, and Creativity. We are working on an idea “Connect- Extend-Challenge” to develop foundational literacies in our students and have adopted other pedagogies like Blended Learning, Experiential Learning and Integrated Learning etc, so that our children would be able to develop as self directive learners, and at the same time they should be able to innovate and think out of the box. We encourage students to work in a group to develop the adaptability and leadership skills. Needless to say that they will be encouraged to use technology so that they should adopt ICT skills.

I would like to explain a little about Blended Learning, in which children study their lessons on their own and complete the assignments while engaging in group discussion and other activities. This will definitely help students to be self learners and help in enhancing their thinking skills too. Of course, guidance would be provided by the mentors incase the student is unable to.

Content Knowledge and its Application

Languages

Maths

Science

Social Science

Physical Health Education

Art Education

Learning Skills and Innovation

Creativity

Critical thinking

Collaboration

Communication

21st CENTURY SKILLS

Life Skills and Character Building

Leadership

Responsibility

Self learner

Persistence

Awareness

Empathy

IT Skills

Digital Learning

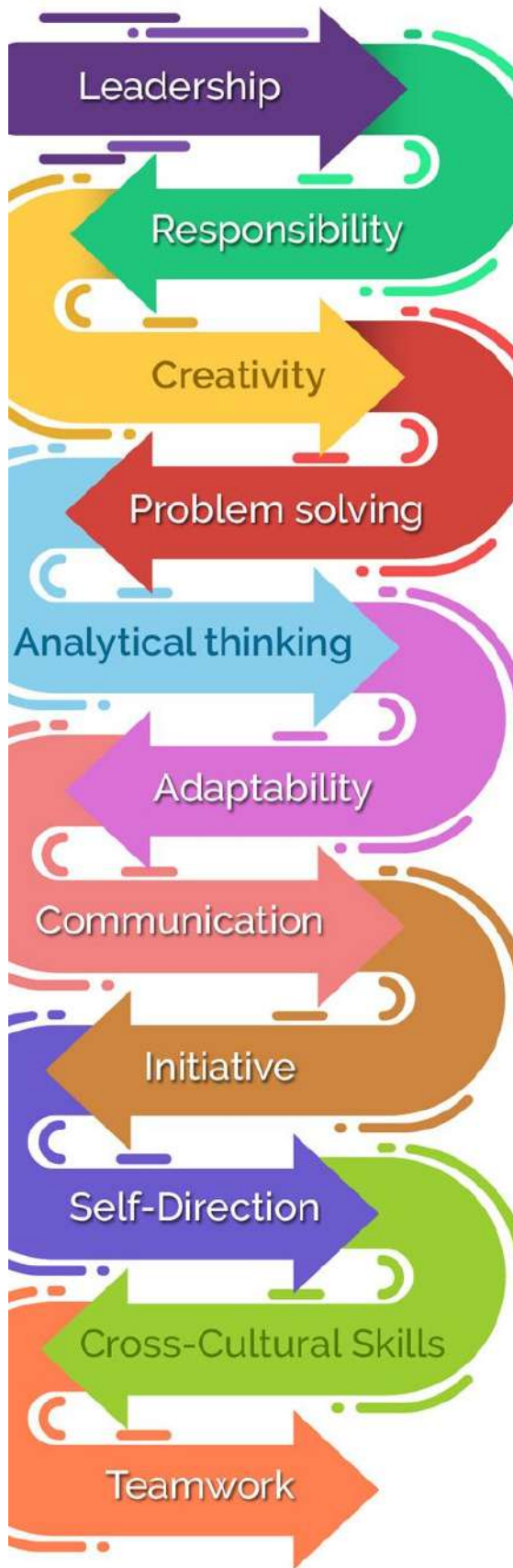
Coding

Cloud Computing

Robotics

Artificial Intelligence

Virtual Meetings



While school is starting to make a shift towards 21st Centuries Skills, a lot of things can be done by the parents to enhance these four Cs and Problem Solving Skills at home.

- Involve your child to solve small problems and promote her to come with some fruitful solutions.
- Encourage your child to create something beautiful out of waste material.
- Involve her in some household activities so that she can learn life skills.
- Encourage her to play with other family members or with friends and while playing make sure that rules of the games should be discussed before hand and everyone should follow the same.
- Encourage them to adopt all the etiquettes and good habits.
- Make sure that everyone in the family should start their day with exercises and yoga so that the children enjoy good health.
- Promote your child to indulge in research work/project work.
- Fix family reading time so that the child can inculcate reading habit.
- Involve children in different discussions and decisions.
- Ask open ended quality questions and ask her to come up with her own view point.
- Ask questions related to Mental Mathematics.
- Provide her material for Puzzles and Sudoku
- Encourage her to write something creative or paint her imagination or involve her in dance or singing.
- Let your child be close to nature and clear her own queries.
- Involve your child in making the family budget.

I am sure that if all the stakeholders will work in collaboration, we will be able to make our children fit for the 21st Century, who will be having deep content knowledge, be to think intensively and solve their problems on their own.

HAPPY LEARNING

**RENU SRIVASTAVA
ACADEMIC DIRECTOR**

21st CENTURY SKILLS

Critical thinking
Critical thinking is generating questions, evaluating information and arguments, making connections, identifying patterns, reasoning, constructing knowledge and applying it to solve problems in the real world.

Communication
Communication is appropriately interacting with others to convey meaning and gain understanding for multiple purposes, settings, and audiences including the digital environment.

Citizenship
Citizenship is respectfully and positively impacting others and being actively involved in addressing community, national and/or global issues.

Creativity
Creativity is generating ideas and approaches to design innovations, construct solutions, build understanding, and express perspectives.

Growth mindset
Growth mindset is working through challenges showing tenacity, perseverance, resilience, self-regulation and self-advocacy.

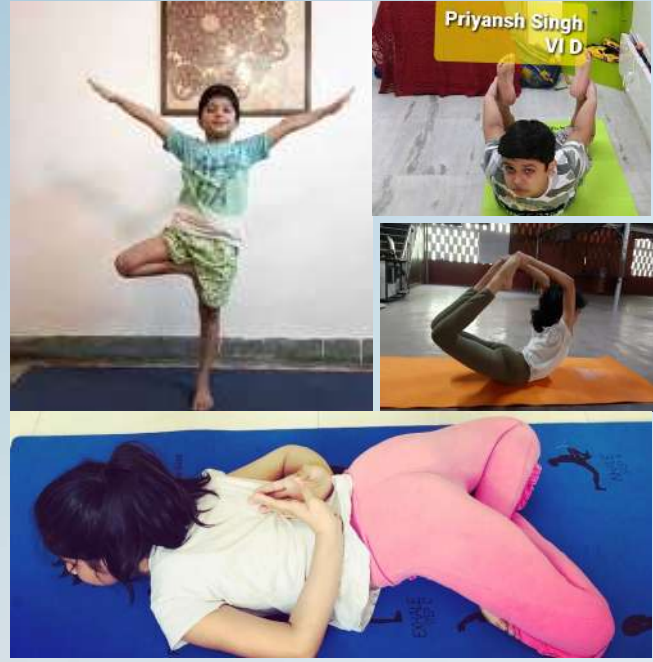
Collaboration
Collaboration is working interdependently, learning from and contributing to the learning of others for a shared purpose in a wide range of environments.

THE WOW FACTOR!

YOGA- AN IMMUNITY BOOSTER

The True essence of yoga revolves around elevating the life force or "Kundalini" at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas' that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'dhyana' to discipline the mind. "As the BHAGAVAD - GITA says, " A person is said to have achieved yoga, the Union with the self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the self alone."

ONAYZA ALI
VIII E



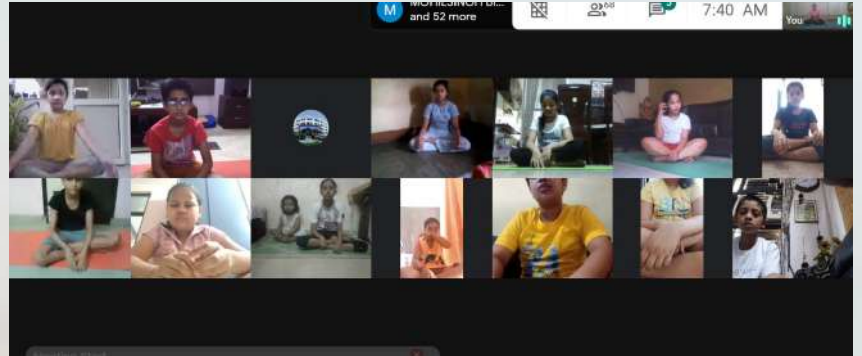
The School has taken a good initiative for holding online yoga classes, which is very good for Physical, Mental and Spiritual being.

NARESH Kr. GOLCHHA
FATHER OF MANYA
VIII A

Yoga is all about adding one's energies and synchronization of all the life forces. Our school celebrated International Yoga Day to convey the message of keeping mind and body fit through Asanas. Students participated enthusiastically in an online session with their teachers and family members in the morning between 7:30 a.m - 8:30 a.m. Everyone was encouraged to practise yoga to remain fit and improve concentration.

Yoga is an important thing in our life and we should make our routine of doing yoga. I would like to thank our School for conducting online yoga class everyday in this PANDEMIC Situation of COVID-19

SHRUTI PANDEY
VIII B



During the Lockdown Yoga plays the major role to keep us relaxed. Thanks to our ST. TERESA school to take care of our health and keep us motivated by introducing online yoga classes.

PRIYANSH
VI D



अंतर्राष्ट्रीय योग दिवस

योग एक साधना है, एक प्राणायाम है, जो हमारे जीवन को नया आयाम देती है। योग एक ऐसा माध्यम है, जिसके द्वारा शरीर के साथ-साथ मन को भी स्वस्थ रखा जा सकता है। योग एक अध्यात्मिक दर्शन है। आज विश्व के अधिकांश देशों में योग की महत्ता बढ़ती जा रही है। विश्व में योग को प्रसिद्धि मिलने के बाद 11 दिसंबर 2014 को संयुक्त राष्ट्र महासभा ने प्रत्येक वर्ष 21 जून को विश्व योग दिवस के रूप में मनाने की मान्यता दी है। योग करने के अनेक लाभ हैं। योग सबसे पहले शारीरिक स्तर पर लाभ पहुंचाता है तत्पश्चात योग मानसिक तथा भावनात्मक स्तरों पर कार्य करता है। कुछ महत्वपूर्ण आसानसूर्यनमस्कार, अनुलोमविलोम, कपालभारती, पद्मासन, त्रिकोणासन, पश्चिमोत्तानासन, नौकासन, भुजंगासन, धनुरासन, वज्रासन आदि।

शिल्पी श्रीवास्तव
हिंदी विभाग

BONDING TIME

"When the world is running down, you make the best of what's still around."

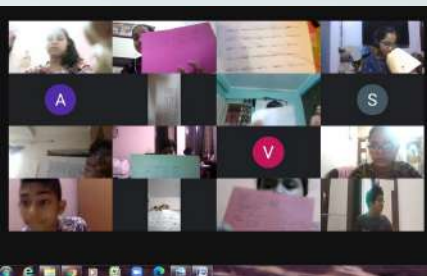
Notable Notes

An ONLINE INTER HOUSE SOLO SONG Competition was organized by St. Teresa School for the students of class VI to VIII on 18 July 2020. The theme for the competition was Bhajan and Motivational Song. The mellifluous songs pulled the heartstrings of the audience. The children showcased a sense of pride, self-esteem and self-confidence as a result of the competition. The School Director, Mr.R. R. Khanna and Academic Director, Ms.Renu Srivastava lauded the talent and effort of the participants. It is true that Music binds our soul, heart and emotions. It also cheers the spirit and lightens the heart. This competition was a perfect platform to bring out the singing talents of students.



Before this lock down, my family could not spend much time with each other. But when this lockdown happened, we all could spend quality time with each other and we all learned something new. We helped each other and I learned to play chess and increased my knowledge of computers like learning to make cartoons from different shapes.

Sanvi Chaudhary
VII C



During this lock down period, we are enjoying all the activities conducted by our English Ma'am, Ms. Madhavi Sethi in online classes. Everybody in our class is fond of her. She always encourage us to speak in English and listen to all our doubts very patiently. Thank you so much Ma'am.

BHUMI SINGH
VIII C



I am very grateful to my Social Science Teacher, Ms. Lalita for giving us this golden opportunity to do activity on election polling. This enhanced our practical knowledge. We learnt many things from this activity.

Ridhi Sinha
VII F



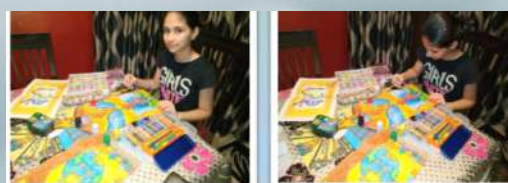
I was having a really difficult time coping with Mathematics in these past few months but Sangeeta Ma'am you were so kind through out. Your special guidance and willingness to help was so inspiring to me. Thank you so much Ma'am for all your love and efforts.

Pratham Gupta
VII E



I enjoy my Science online classes very much. As we do different experiments and activities which help us to understand the concepts easily and quickly. Our Science teacher Ms Tanu Goyal, teaches very well and clears all our doubts very patiently. She makes presentation on every chapter and that helps us easily understand the concepts. I enjoy the Science classes and hope she will be our teacher in future also.

Pragya Singh
VII B



There was a lockdown in our country due to pandemic of Covid-19. During this time I learnt to make Pizza, Cakes & Paintings. It was a great learning experience.

Yuvika Khajuriya
VII E

POETRY

DREAM

Dream, what is dream?

It's our imagination which we see.
We wake up every morning
to fulfill our dream.

Everyone watches different types of dreams,
Someone seems to be pilot
Someone might lead a team.



Dream is very effective,
Everyone likes to dream dreams
With our real life, they are reflective.

There are different kinds of dreams,
Some are good, some are bad
To fulfill them is our goal
Some make us happy, some make us sad.

AMULYA GAUR
7 B

प्रकृति के सिपाही

सिपाही करते हैं देश की रक्षा
हमें भी करनी है प्रकृति की सुरक्षा।
पेड़ काटोगे तो आ जाएगी बाढ़,
इसलिए तो कहते हैं पेड़ लगाओ बार-बार।



अगर जल बहता गया व्यर्थ,
तो हो जाएगा बड़ा अनर्थ।
परेशान हो जाएगा सर्व ज्ञाता,
अगर रोका नहीं हमने प्रदूषण का कांटा।

हमारे जीने की वजह है पांच तत्व
उनका है जीवन में बहुत बड़ा महत्व।
अगर नहीं मिलेगा अन्न,
तो कैसे फले-फूलेगा इंसान का मन।



मत करो धरती मां का शोषण
उन्हीं की मदद से होता है हमारा पोषण
जिस प्रकार स्वतंत्रता सेनानियों ने दिलाई हमें आजादी
उसी प्रकार हम देंगे धरती मां को प्रदूषण से आजादी

देखो आ गया हमारी लापरवाही का परिणाम
करोना नाम की विपदा ने ली है सबकी जान
हर विपदा का निवारण है खुद हमारा पर्यावरण
तभी तो हम हटा सकेंगे जीवन से सारे आवरण

आयुषी
आठवीं 'अ'

DEAR STUDENTS

Dear Students

I am missing you !

Missing your smile
Those bright wide eyes
Missing those dawns
Full of noise

Missing the compliments
Which secretly I adored
Missing even complaints
That raise my tone

Missing the school life
Promise , I will never get miffed.

JAYA BHARDWAJ
TGT ENGLISH

TEACHERS

Teachers are that special gem,
They do far more than teach,
They can make you feel through
learning,
There is no star you cannot reach.

In Art, they help you see differently,
From new angles, not straight up and
down,
They make Geography an adventure,
As the World you travel around.

They are usually one in every school,
Superior to the rest,
For they are the Star of Education,
And as such are totally priceless.

ARJUN GARG
7 B

माँ.....

माँ, माँ त्वम् संसारस्य अनुपम उपहारः,
न त्वया सदृश्य कस्याः स्नेहम्,
करुणा-ममतायाः त्वम् मूर्ति,
न कोअपि कर्तुम् शक्नोति तव क्षतिपूर्ति।

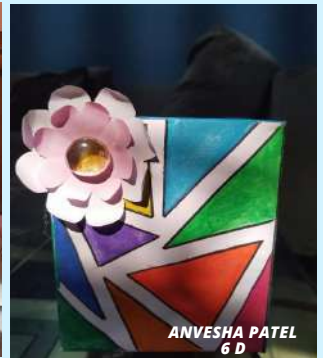
तव चरणयो मम जीवनम् अस्ति,
'माँ' शब्दस्य महिमा अपार,
न माँ सदृश्य कस्याः प्यार,
मान त्वम् संसारस्य अनुपम उपहारः।



अर्जुन गर्ग
सातवां बी

DIVERGENCE - a visual journey

Divergence- A visual journey created and curated by our St. Teresian took viewers to the landscape of soulful contemporary sculptures, fine colors paintings some touchstones to develop their own aesthetics and thought provoking installations



BRAIN TWISTER

SCIENCE- UNIVERSE RIDDLES

- Which is the largest cosmic structure in the universe?
- Which astronomical discovery was nicknamed 'Little Green Man'?
- What is the unique line of about 20 stars known as?
- What is the most powerful energy source in the universe?
- Name the comet having current orbital period of 133 years.
- What are the most luminous objects in the universe?
- Name the brightest comet of the 20th century, and was found just over a month before it made perihelion passage in the morning sky, moving rapidly toward the Sun.
- How long did it take Apollo 11 flight to reach the Moon?
- Name the most powerful space Rocket.
- Who holds the record for the longest single stay in space?

SODUKU

5	3		7		
6			1	9	5
	9	8			6
8			6		
4		8		3	
7			2		6
	6			2	8
		4	1	9	
			8		7
					9

FIND OUT?

Languages

G	A	P	A	T	H	D	U	R	D	U	A	U
E	R	D	R	E	S	S	P	A	N	I	S	H
R	A	T	P	L	I	G	N	L	E	U	P	E
M	R	A	L	U	D	U	H	I	N	D	I	S
A	P	T	N	G	E	J	L	D	N	P	I	E
N	I	U	K	U	A	B	K	R	S	A	U	A
P	I	E	O	P	S	R	A	S	I	C	N	G
E	R	S	R	O	P	A	U	I	B	I	U	I
R	U	E	E	L	G	T	I	N	A	B	H	T
S	S	N	A	I	R	I	E	G	J	A	C	R
I	S	A	N	S	T	P	S	N	N	R	T	O
A	I	P	I	H	A	H	I	C	U	A	U	P
N	A	A	U	L	I	T	A	I	P	C	D	I

APTITUDE

1) What is the average of first five multiples of 12?

- A) 36
- B) 38
- C) 23
- D) 42

2) What is the difference in the place value of 5 in the numeral 754853?

- A) 49500
- B) 4950
- C) 45000
- D) 49940

3) How many times the hands of a clock coincide in a day?

- A) 24
- B) 22
- C) 23
- D) 21

4) 40% of 280 =?

- A) 112
- B) 116
- C) 115
- D) 120

5) Today it is Thursday. After 132 days it will be

- A) Monday
- B) Sunday
- C) Wednesday
- D) Thursday

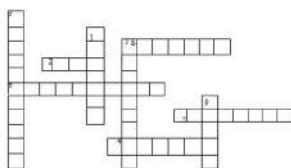
CROSSWORD

DOWN

- The place where battle of Plassey was fought.
- A vertical section of soil from the surface to parent rock is known as.
- The place in South Africa famous for the diamonds.
- UNICEF work for welfare of which marginalization organization.
- The FIR letter F stands for.

ACROSS

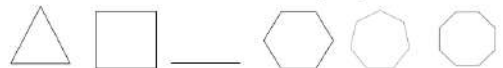
- A flightless bird like ostrich found in South America.
- The name given to metallic minerals which contain iron.
- The house of parliament which is called permanent body.
- A linguist name Sir William Jones arrived in which state of India in 1783.



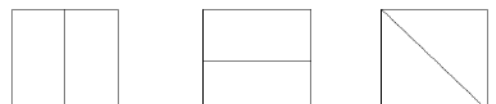
PUZZLE

Get in shape

Draw the missing shape.



Look at all three of these squares. Try removing six lines, leaving ten remaining. It's not impossible, just keep trying!!!



ANSWERS

- Superclusters
- Jocelyn Bell Burnell
- Kamille's cascade
- Gamma-ray bursts (GRBs)
- Comet Swift-Tuttle
- Quasars
- Comet- Ikeya-Seki
- Six hours and thirty-nine minutes
- SATURN V
- Cosmonaut Valery Polyakov

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9



T E N

- The Correct answer is (A)
- The Correct answer is (B)
- The Correct answer is (B)
- The Correct answer is (A)
- The Correct answer is (C)

SOLUTION



PUNJABI	SWEDISH	NEPALI	RUSSIAN
ITALIAN	JAPANESE	HINDI	PORTUGUESE
URDU	GUJRATI	SPANISH	POLISH
PERSIAN	ARABIC	DUTCH	KOREAN
GERMAN	TURKISH	TELUGU	THAI

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