



## Our Team Picasso



## Participants

- |                   |     |
|-------------------|-----|
| 1. PRABAL CHAUHAN | V-A |
| 2. AVNEESH KUMAR  | V-B |
| 3. PRANAV DHIMAN  | V-C |
| 4. SHREYASH JHA   | V-D |
| 5. TANISHQ RAWAT  | V-E |

# WHAT DO YOU MISS MOST ABOUT THE PHYSICAL CLASSROOM/ SCHOOL?



## WHAT DO YOU MISS MOST ABOUT THE PHYSICAL CLASSROOM/SCHOOL?

**Ms. Prachi Verma**

Physical classes have been an essential component of our Education System since time immemorial. Unfortunately, this year due to pandemic COVID-19, we are not able to greet our little learners in school. But thanks to the advancement of TECHNOLOGY, we are meeting our students every day. Though it is not at all synonymous with a physical classroom. So, let us take a glimpse of what our students are missing most about the physical classroom/school.



**ARNAV SINGH  
CLASS IV-A**

During the online classes I missed my school and friends the most. I miss those days when I used to play games with my friends. I used to run with my friends during lunchtime in the corridors. We used to talk and share our food with each other. I miss those days. On my birthday I used to distribute chocolates in the class but this time it was nothing like that. I moved to the new class, got my new books, but I don't know where my new classroom is and how it looks like? I pray to God for the betterment of this world.

The thing which I miss the most about the physical classroom is not meeting my friends because I like to talk with my friends very much. We also do many things together like sharing lunch, playing games and doing many other activities. Apart from this, I miss activity classes like music, dance, games and art. I also miss going to the library and reading books.



**SAMRIDHI AGRAWAL  
CLASS: IV-B**

I am missing my school, my friends, my teachers, blackboard, auditorium, playground, activity periods, and many more. I miss my teachers and friends the most. When I used to share my lunch with my friends and teachers that was an awesome feeling. Whenever there would be any special program /assembly, all the students from different classes used to gather in the playground and enjoy it together. We missed celebrating Teachers' Day, Children's Day, Diwali, Christmas and many more. We all decorated our classroom and used to enjoy it a lot. At last, I want to say that when this Covid-19 will end, the most important thing would be going to school. I am missing my school every day.



**SACHI CHAUHAN  
CLASS IV-B**

Childhood is one of the most wonderful stage of our life and I believe school life is all about cherished memories. The Covid virus has affected lives worldwide but the ones who suffered the most are we- the school children. I never thought that the school would run through online mode. We are forced to remain indoors and attend classes online. Covid-19 is the reason behind the online classes. It has affected the whole world. The first day of online class was good but after a few days I started feeling that it is not the same as the physical classroom. In school, I always used to play with my friends. In comparison to all this, I feel that the physical classroom is the best. I am just hoping and praying that we tide over this pandemic at the earliest and life returns to normal for all of us and school reopens at the earliest.



**RENIN V  
CLASS: IV-C**

The whole world is suffering from pandemic Covid-19. Social distancing is one of the important prevention against this pandemic. Due to Corona, we are not allowed to attend the school physically and we are studying online. In the beginning, I enjoyed a lot but now I am missing my friends with whom I played in school and shared my lunch. I am also missing my teachers and my bus route friends too. I pray to God for the end of this pandemic period soon so that we can again enjoy our school days.



**ARNAV SHARMA  
CLASS: IV-D**

# WHAT DO YOU MISS MOST ABOUT THE PHYSICAL CLASSROOM/ SCHOOL?



**AVNI BANSAL**  
CLASS: IV-A

I miss my school bag,  
I miss my uniform and shoes.  
I miss waking up early,  
That was full of excuses.

I miss having fun,  
I miss playing  
with my friends.  
And we shouted as one,  
Whenever the period ends.

I miss the washroom visits,  
I miss recess breaks.  
I miss the free periods,  
When we all played stupid games.

I even miss my teachers  
Who were strict and loving  
But when we got good marks  
They felt proud.

I wish I could go back to school  
Meet my teacher and friends,  
We will make new memories  
When this pandemic ends.



**IDHIKA SHIVRAJ**  
CLASS: IV-C

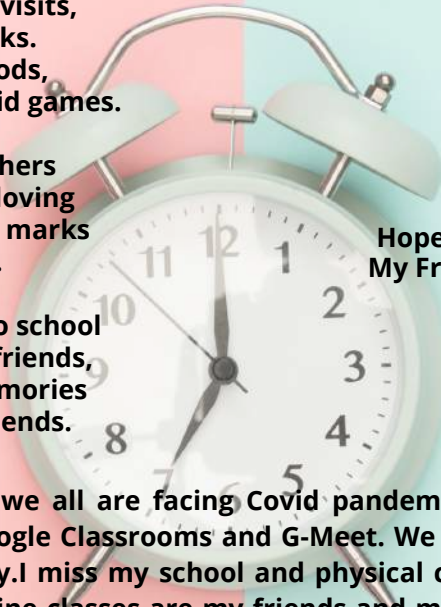
My school is not the same,  
Corona is to be blamed.

I miss my school,  
I miss my class.  
I miss the blackboard,  
I miss the ringing bell  
I miss my teacher

Walking into the class.  
Tik-Tok tik-tok. . .

I miss my Lab,  
I miss my Library;  
I miss the school routine,  
I miss the assembly,  
All the activities  
I did with my friends. . .

Hope everything settles down soon,  
My Friends and Teachers are boon.....



Nowadays, we all are facing Covid pandemic. Due to this, we have to study online through Google Classrooms and G-Meet. We meet our teachers and friends every day but virtually. I miss my school and physical classroom a lot. The thing that I miss the most in online classes are my friends and my teachers, as in school we used to study together and it was all fun while learning. We enjoyed playing and teasing our peers. Birthday celebrations in the school were special to every student on her/his birthday and the best stuff were chocolates and gifts. I miss the breaks between the classes. I used to have lots of fun with my classmates. I am missing those chatters, dance, and enjoyment. I hope this COVID period will be over soon and we can go back to our loving school.



**MAAHIR CHHOKAR**  
CLASS: IV-E

First & foremost, I am missing my classroom and school because I can't meet my teachers and friends. Going school daily, attending classes, meeting teachers and friends were always fun with learning. When I went to school, I learned so much. I also participated in different activities like dance, music, art competitions. I also raced with my friends in the playground. I am also missing my school environment. In future, I hope all the difficulties will be resolved and school will reopen for students, so we can enjoy our school days again.



**AANYA GUPTA**  
CLASS: IV-D



**DARSH JAIN**  
CLASS: IV-E

I miss my school as I can't go to my school due to the pandemic. I miss my teachers. I miss playing on my school ground and also not meeting my friends. In school, we all used to play lots of games. I miss my activity classes. In school, we used to go on picnics. I miss playing football at school. We used to participate in the tournaments. I miss my teachers and friends. Hope to see you all soon.

# HEALTH CORNER



MS. SANJANA GARG

## BEAT THE WINTERS

As we grumble upon the fact of facing winter blizzard, it's quite hard to imagine that this frigid low temperatures could possibly bring any health benefits, but according to Ayurveda, winter is the season in which there is inherent immunity boost up. To ensure that you enjoy the beautiful aspects of winter in its entirety by being healthy and fit, here is a list of a few things we should do.

1. Doing yoga is a great way to start the day.
2. Increase your winter food's nutrition with these:
  - Nuts and seeds for healthy fat and tissue repair
  - Pears to combat cell-damaging free radicals
  - Dates for calcium, iron, and healthy sugar
  - Apples for vitamin C and B-complex
  - Cranberries to boost the immune system and pump up your vitamins A and K levels
  - Eat More Fruits and Vegetables like oranges, grapefruits, tomatoes, gooseberries, strawberries, red peppers, sweet potatoes, carrots
3. Drink Milk and Eat Dairy Products
4. Drink Lots of Water and do regular exercises.

Winter is the season to boost immune system and nurture our body. Eating nourished warm food, sleeping well and staying active are some important aspects to keep one healthy during winters. Stay safe and healthy by planning ahead.



MS. MANISHA MISHRA

## WINTER TALKS

WINTER IS THE TIME OF COMFORT,  
FOR GOOD FOOD AND WARMTH,  
FOR THE TOUCH OF A FRIENDLY HAND AND FOR A TALK BESIDE THE FIRE.  
IT'S TIME FOR HOME!

Comes winter and there is a nip in the air. Winter is the coldest season of the year and is caused by the axis of the Earth in that hemisphere being oriented away from the Sun. The winter solstice marks the beginning of the winter season in the Northern Hemisphere when the Sun shines directly on the Tropic of Capricorn. The days are shorter and the nights are longer. The chilly mornings give you a different sense altogether. People long for a little sunshine as the cold weather sends chill down the spine. Hot drinks are enjoyed the most. We wear woollen clothes in this season to protect our body from cold. Hilly regions look very beautiful during the winter season as everything gets covered by the ice and give awesome look like scenery. Ice on the things looks as beautiful as pearls. Flowers of different colours bloom when the sun rises and give the environment a new look. This season produces a lot of healthy fruits and vegetables. People get the opportunity to eat fresh grapes, apples, cauliflower, guava carrots and more. The essence of winters is enhanced by Christmas as well. It sets the holiday mood for people and is admired all over. It is a season of recovery and preparation...

## STORY TIME



MS. RENUKA YADAV



**\*BEWARE OF A FOOLISH FRIEND,  
HE CAN CAUSE YOU MORE HARM THAN YOUR ENEMY\***

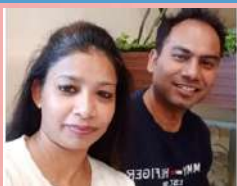
## FUN WITH ALPHABET



MS. SABITHA NAIR

1. THE ALPHABET WHICH REPRESENTS US.
2. THE ALPHABET WHICH HAS WINGS .
3. THE ALPHABET WHOSE WATER IS SALTY
4. THE ALPHABET WHOM MOST OF THE PEOPLE DRINK
5. THE ALPHABET WHICH PEOPLE SAY ON A HOT SUMMER DAY
6. THE ALPHABET WHICH IS ALSO AN VEGETABLE -
7. THE ALPHABET WHICH IS THE PART OF THE BODY
8. THE ALPHABET WHICH IS ALSO A QUESTION.
9. THE ALPHABET WHICH IS THE SECOND PERSON OF GRAMMAR
10. THE ALPHABET WHICH IS ALSO THE PLURAL OF ' IS '

## PARENTS' CORNER



MR ANTHONY A. SINGH  
&  
MS. NAMITA ANTHONY

We would like to express our gratitude towards St. Teresa School for keeping the lights on during these unprecedented times in the form of online classes. Our son, Aaron Anthony is studying in 4th standard and we could see the efforts put up by the teachers. They are trying every bit to impart a quality education to the students. School has on-boarded necessary infrastructure for the online classes like Google classroom to make the things structured and provide a better experience. Although it's quite challenging to bring the classroom like experience in the online classes but the school staff is doing a great job. Overall an excellent adaptation against the odds.

# YUMMY PARADISE



With work taking up most of your time, there's only so much you can do to manage. We have a quick recipe that can act as a wholesome meal while still being easy and almost effortless!

MS. PREETI SAH

## Method:

1. To make bajra khichdi, mix the bajra, moong dal, salt and 2 cups of water in a pressure cooker, mix well and pressure cook for 4 whistles. You can also choose to throw in some seasonal veggies into to the cooker.



## RAJASTHANI BAJRA KHICHDI

In this column we'll share how to make Rajasthani Bajra Khichdi which is a perfect weapon to combat this winter. This recipe is high in protein and is a great option for a gluten free diet as well.

So, to start with you'll need to pick up the following from your pantry:

1. ½ Cup Bajra (Black Millets), soaked for 8 hours and drained
2. ½ Cup Yellow Moong Dal (Split Yellow Gram), washed and drained
3. 1 tbsp Ghee
4. 1 tsp cumin seeds (Jeera)
5. ½ tsp asafoetida (Hing)
6. ¼ Teaspoon Turmeric Powder (Haldi)
7. Salt to taste

## MAKKI KE GAJAR WALE PRANTHE

### Method:

- 1) Mix all the above ingredients and make a soft dough. While making dough add water if it is required.
- 2) Keep a wet cloth on pastry board (Chakla) and put loipeda on it. Give it a round shape with hand. Finally place it on a heated Tawa. It will take around 5 minutes to cook it properly. Do oiling as well.
- 3) Serve with curd and Dollop of butter.

### Ingredients

- 1 bowl grated carrot (Kadukas)
- 1 bowl makki ka aata
- Green ,red chilli and salt according to taste.
- Lots of coriander



MS. JASWINDER KAUR

## TEACHERS' CORNER



MS. KAJAL KHANDUJA

### GRATITUDE

Year 2020 has come to end and a feeling of gratitude is sinking in my mind. But what exactly is gratitude? Gratitude is to cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously. With gratitude, we acknowledge the goodness in our lives. As a result, gratitude also helps us to connect to something larger than ourselves as individuals—whether to other people, nature, or a higher power. Year 2020 has become an unforgettable year for all of us of course, not for good reasons. But being grateful for it, is also not surprising in many ways. It has taught us to value life, focus on health over materialistic things and appreciate nature. With so much negativity around, it has taught us to be compassionate even for the unknown. Unprecedented situations have never ceased our hopes of a disease free world. Our lives have been ravaged by both personal and societal suffering in the past few months. Sailing through it has been an eye-opener for us all. So we should start our new year with a big dose of gratitude. "The pandemic has been, after all, an opportunity — a forced one, but still an opportunity — to ponder on what we as individuals truly care about." So just focus on the positive things that have come out of the crisis. Gratitude could also come in the form of realizing the good things taken for granted in pre-pandemic life. There are always things to be grateful for (even now), and gratitude reminds us how special, beautiful and fortunate our lives are, even under stressful or hazardous conditions.



MS. SHYAMASREE BASU

### WELCOME NEW YEAR 2021

Yet another time to Welcome a New Year, a very special one- 2021. A year we are passing through, many near/ dear ones have passed away, leaving us striving. This has been a year that has changed the world and the rhythm of civilization forever. Jolts in the lives of the rich, and the poor but joy in the life of the forest. Entrepreneurs wanted to invest invasively to promote luxury and comfort thereby disbalancing the morals and values of mankind to some extent. But who changed the game to detour collective resources to get a vaccine and a corona cure medicine? Who sent people from all walks to work from home to learn to clean with microbial details? Who compelled humanity to clean the air and look at the sky? Who compelled to refreeze the melting glacier? 'Don't know for sure but one thing we learnt is that if we have heard the message are we ready to welcome a New Year, like never before? Ho—Ho—Ho—Dashing through the snow, laughing all the way— Santa, in this Christmas, gift us the colors to make paintings of a healthy 2021 as colourful as the pictures created in the little minds, gift us the lyrics to rhyme the inclusive 2021, gift us the music to enjoy a lovely 2021.

### संस्कृत भाषा का महत्व

संस्कृतं देवानं भाषा अस्ति ॥

संस्कृत भाषा को देवों की भाषा भी कहा गया है ।

संस्कृतभाषा विश्वस्य सर्वासु भाषासु प्राचीनतमा सर्वोत्तमसाहित्यसंयुक्ता चास्ति ॥ संस्कृतभाषाया उपयोगिता एतस्मात् कारणाद् वर्तते यद् एषैव सा भाषाऽस्ति यतः सर्वासा भारतीयानाम् आर्यभाषाणाम् उत्पत्तिर्भवू । सर्वासामेतासां भाषाणाम् इयं जननी सर्वभाषाणां । मूलरूपज्ञानाय एतस्या आवश्यकता भवति । प्राचीने समये एषैव भाषा सर्वसाधारणा आसीत् , सर्वे जनाः संस्कृतभाषाम् एव वदन्ति स्म । अतः ईसवीयसंवत्सरात्पूर्व प्रायः समग्रमपि साहित्यं संस्कृतभाषायामेव उपलभ्यते । संस्कृतभाषायाः सर्वे जनाः प्रयोगं कुर्वन्ति स्म , इति तु निरुक्तमहाभाष्यादिग्रन्थेभ्यः सर्वथा सिद्धमेव । आधुनिक भाषाविज्ञानमपि एतदेव सनिश्चयं प्रमाणयति ।



श्रीमती लता बनकोटी

### EDITORIAL TEAM

## STS TIMES

MS. MRIDULA MUKHOPADHYAY

MS. KAJAL KHANDUJA

MS. PRACHI VERMA

MS. SABITHA NAIR

MS. SHYAMASREE BASU

MS. SAVITA SOAM

(TECHNICAL HEAD)