



# THE AISMV BULLETIN

## THE ENLIGHTENED MINDS

AN AISMV INITIATIVE

### BIOSCOPE

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- Spring-The music of open windows
- Book/Movie review
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### Pause to Ponder

February is a unique month. It is the time to reap the harvest of the year long hard work and it is also the month of spring. Blue azure skies, fluffy white clouds, beautiful flowers in full bloom with bees buzzing on them, all create an environment of pure joy and bliss. How to concentrate at home for the exams is the dilemma that faces the students. But if the students understand that the beauty of the season lies in its message of hope -hope to do well, hope to come out with flying colours, hope to achieve the goal, then I am sure they will enjoy the month without stress.

-Archana Chandra

### FROM THE VICE PRINCIPAL'S DESK

Dear students

Board exams are in progress. Like any other exam you have given before, boards also only test your academic knowledge. They do not define your personality or your success in life. However, it is still a very important milestone in your career and so you must take the exams with full rigor. Focus on topics you are weak in, practice as much as you can because there is no shortcut to excellence, have confidence in what you have already studied and effectively plan for the syllabus which is still left. At this time it is very important to take care of your health as well. Eat well, sleep well and do not forget to find time for some form of exercise – a fit body has a fit mind. Also remember there is no problem big enough which cannot be discussed with your family and teachers, feel free to talk to them if you need help with your coursework or if you are feeling anxious. Once again all the very best for exams! You are all stars in your own unique way, shine bright and make us proud!



### STRESS BUSTER

When there is too much stress.....There are ways you can manage it.

Eat properly

Unwind & relax

Make Realistic Targets

Take regular breaks

Remain positive

Sleep is important



### EDITORIAL TEAM

We seek the good wishes and support of our readers to continue this endeavour with ardent passion and zeal. Students can contribute their write-ups at : [aismayurvihar1@gmail.com](mailto:aismayurvihar1@gmail.com)

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# SPRING: THE MUSIC OF OPEN WINDOWS

## Bonetastic Activity for Classes III-IV

### SHOW N TELL



*"O, wind, if winter comes, can spring be far behind?"*

-Lavanya Jain XD



And now is the time of the year, when the cold winter wind melts into the pleasant breeze of spring, that brings with itself many types of festivals, removes the stone cold blanket under which the earth slept, sprinkles warmth and love all over the place, breaks the long winter silence with melodious tunes of the birds and the bees, and wakes up the flowers from their slumber with a gentle song and paints them in lovely shades all over again. Whether it is Navroz, the Parsi new year, Baisakhi, the Punjabi new year, or Vasant Panchami, the Hindu new year, the spring festivals clearly indicate the fresh dawn in the cycle of nature associated with the season; flowers bloom, birds sing, crops ripen, and hibernating animals come to the surface of earth again. As various life forms show rejuvenation, spring also marks the beginning of financial and academic years in our country. The pleasant gusts of wind, the sweet smell of blossoms, the warmth of the air, the golden drops of sunshine, the songs of nature, the colours of cultural festivals, we can almost physically feel the beauty of the season even as we think of it. Holi, the festival of colours, is one of the major festivals of spring. Holi leaves a plethora of colours across the atmosphere, just like an artist's canvas. Apart from Holi, the spring season also brings its own hues of reds and whites and blues and pinks, each carrying a meaning deeper than what meets the eye. While the blue of the skies and the lakes symbolises the freshness of the season, the pink of the lilies and the tulips signifies the care and love of mother nature. The whites and purples of poppies and daisies betoken the royalty and purity of the atmosphere, and the warm shades of reds and yellows and oranges represent the cosy and mellow air of the season. Thus, like fresh morning dew on frost bit leaves, the spring season brings with itself an anticipation of different colours of life, and a promise of new beginnings. So, let this spring be a new turn in the road called life...



# BOOK/MOVIE REVIEW

**Bonetastic  
Activity**

**Self  
Defence  
Workshop**

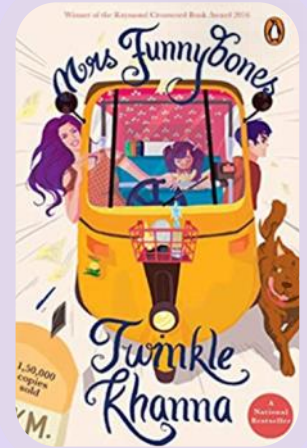


**MRS. FUNNYBONES**

**-P. Tejasvini XI-D**



**Twinkle Khanna** is an Indian author, newspaper columnist, film producer, former film actress and interior designer. What to say about the book that has been appreciated by the whole industry. This book is actually good and worth every penny you invest in it. While you pick up the book make sure you do not approach it with the hope of reading a full-fledged novel or a semi autobiography of the star in question or in the hope of learning more about her famous husband Akshay Kumar. Nope! You are not getting any of that stuff. Pick up this book only if you are looking for something that can cheer you up instantly. It is full of wit and wonderful observations. Mrs. Funnybones captures the life of the modern Indian women- a women who organize the menu for dinner each evening, even as she goes to work all day, who worries about her weight etc. There are a whole lot of things that are touched upon humorously yet the impact of those words echoes much louder than had it been said with a serious tone.



The language is casual and breezy and perfectly echoes the humor and the point that the author is trying to implicate and the writing preserves the wit and humor very neatly and effectively. The narration is very vibrant and cheerful which is why you feel relaxed reading this book.

**2.0**

**-Rohit Srinath XI-F**



In 2.0, director Shankar marries social message with film making, and the result is an overlong but watchable movie that knows its strengths and plays on them. A direct sequel to Robot, the film builds on what was promising the last time around and gives more of it. But the plot, story and character development are sacrificed on the alter of spectacle. It tells the story of robot who destroys the villain otherwise earth is doomed-the effect of mobile tower radiation on the environment and specially on birds. The film explores interesting ideas like what might happen if a machine acquired feelings and the classic monster scenario of the creation turning on its creator.



# Striking a Balance between Studies and Health

Sameeksha Bhattacharya XI B



## MOTHER - DAUGHTER WORKSHOP



In today's world, with increasing competition in the field of academics and co-curriculars, children often forget about the importance of eating a balanced and healthy diet and doing physical exercise. They often feel burdened because of studies; their improper eating habits and lack of physical exercise cause mental and physical lethargy.

It is therefore extremely important to maintain a balance between studies and health. Going for a walk, joining dance classes or even cycling for half an hour a day can be a huge stress buster for children. It helps in clearing their mind, concentrating in studies and managing time more efficiently. Also, eating a healthy and balanced diet with adequate amount of roughage can help in controlling weight gain .

Once children take up physical activities, they find it difficult to balance it with studies since academics is their topmost priority. So they neglect physical activities and don't put wholehearted efforts into either of the two. It is essential to divide time between studies and leisure activities, which must include outdoor activities rather than sitting with mobile phones or computers. There must be some space for relaxation in one's daily routine, so that one doesn't feel overburdened.



Junk food is another area where students need to be vigilant. Avoiding junk food can be very difficult, but is definitely possible. If one determines to cut down on fatty food items, it will help him or her in staying fit and healthy. Instead of eating burgers or pizzas in restaurants, one can try to make these at home once in a while. Trying hands at cooking can be a great stress buster for some people and can also serve as a relaxation for those who frequently take breaks from their studies. Vegetables should definitely be included in one's diet, which boosts the immune system, and being rich in a wide variety of minerals and vitamins, give sustainable energy.

Therefore, it is important to balance studies and health. In the end, children will reward themselves if they can balance hard academic work with physical activities because physical activities improve concentration and ability to put in their best in their studies.



# Venturing into Baker's Street

Khushi XII G



## FIRST AID WORKSHOP

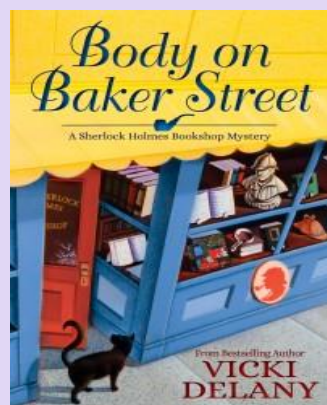


When I was in pre-school, I never knew there was a possibility of sweet treats to be made at home, until my mom started to make these really soft and delicious sponge cakes. She would improvise her recipes every time and it always tasted so good. I developed an interest in baking when I was 12, I think, but at that time I would mostly just assist my sister in baking the boxed cake mixes (because we didn't want to risk cakes to taste bad). One day, when I was at school and the winter break was about to begin, me and my friends decided to come over to my place to bake, it was a definite disaster, what should have been a red velvet cake was now a sour and stiff piece of flour mix. I learned not to use salt based food colouring.

My first individual bake would be on the New Year's Eve of 2015. I was so excited to begin the baking and take credits for how good it'd taste. It took me quite a while but I could manage to present the cake to the others before midnight. It was a basic chocolate sponge cake in a heart shape. Everyone seemed to like it (or maybe they didn't want to make me feel bad). After a few bakes with my sister, I got the hang of it. Ever since, I have baked lots of times, for birthdays or anniversaries or maybe for nothing. Once, I became successful at the cakes, I wanted to try baking cookies. The first batch was bit shapeless but they tasted fine. The second time I baked them, they came out perfect. So, on Christmas Eve this past year, my sister was home and we decided to make it a bit special. We spent 10 hours baking different types of cookies, muffins, and a cake. When we were planning for it, we got a bit too excited and planned a bit too much, we started out great but then after a while we lost the spirit and slowed down until the perfect blue snowflake cookies came out. We closed up around 11 in the night and the next day was quite a celebration.

There have been lots of mug cakes, muffins, fudge cakes, crumble cakes, marble cakes, cheese cakes and cookies. We also baked pancakes on New Year's Eve, a sweet ending to a sweet year.

I basically do it to zone out of my usual routine. I mean, who doesn't have a sweet tooth?



# Dive Into An Artist's Mind

Sukritee Sharma XI-H



## Bonetastic MUN



Some centuries ago, cavemen used stick figures and symbols in order to convey messages to the future dwellers of the place, or mark their presence in the cave. That was what is now termed as cave art. During the period of the cavemen, that was the purpose of cave art: to convey.

Art, nowadays, is used more for expressing than conveying. An artist, whether he be a poet, an author, a painter or a musician, uses the art as a medium for expressing his feelings to the world through words, through musical notes, through rhyming phrases or through the elegant strokes of his brush.



A painter, when he changes the way he chooses for the direction of the strokes, the shadow of the strokes, one line of a painting, hundreds

of feelings are present. When he holds his brush, the direction of the brush, and the cast on the canvas. In painting, if one looks closely

enough, hundreds of feelings are present. A crooked line might be the result of a trembling hand, caused either by anger or frustration. The bold and contrasting overlap of bright colors onto dark ones might be the painter trying to hide the darkness behind the brilliant. In every painting, there are some strokes hurried and some smooth, and all of them very visible but hidden, camouflaged in the painting.

An artist might make his art from a certain perspective, with a certain feeling in his heart and a viewer might perceive a completely different perspective in the art form. A viewer could either dive deep into the strokes of paint on the canvas or float above the surface and observe the surroundings. But whatever the viewer sees, it's through his own eyes and not the eyes of the artist. The artist cannot enforce his feelings onto the viewer, he can only show the viewer where...



# From The Pen Of A Teenager...

Hridya Ann George XI H



## CBSE Science Fair



### How High Expectations Bring Low Ends

We all expect highly of those we love. We expect a little higher from what we invest in for years and, we expect a little bit too much from someone when that someone happens to be our own offspring. Once while flipping through a random magazine, I read an article "HERE'S HOW TO MAKE YOUR LITTLE GIRL INTO THE PERFECT LIL' DIVA!" And showing pictures of small girls about the age of 5 to 11, modelling expensive make-up items, cosmetics, shimmery tight dresses in bold colours, heels and all of that.

The pictures set me thinking- *aren't the parents guilty of stealing away their kids' childhood by making them participate in such high profile events and making them go through the extreme levels of preparations required in a beauty pageant contestant, and a winner?*

As parents, it is natural to know your child's ability as you look after their upbringing and have good, healthy and high expectations from them, but things get bad when your child is not old enough and is forced into it; when she is not able to take decisions for herself, or when the child is simply not interested in pursuing and sharing that dream!

Healthy and realistic expectations by parents leads to high achievements by the kids while unrealistically high expectations lead to even poorer results. Here's the silver lining. If you know your kid, you'll probably have a good idea about what they want to do in life. Sending off your musically talented kid off to medical school makes as much sense as making your scientifically inclined kid to do law. Parents need to understand that with age, they need to make their child capable of taking decisions independently, but not take it for them.

And as for little children in the entertainment industry goes, I'm sure everyone remembers Kevin McCallister, the little protagonist from the *Home Alone* franchise. The truth is that the father of the actor behind this role (actor being Macaulay Culkin) forced him to act to get money to fuel his alcohol addiction. It all came to an end when Culkin saved his mother from his abusive father, and called the police, thus saving himself, his mother and his seven siblings from their father.

Despite growing up as a Hollywood elite, Culkin admitted he didn't have an ideal childhood. He said he had a poor relationship with his father, which only grew worse with time. "He was a bad man. He was abusive" Culkin shared the story when he hosted SNL at 11 years old, and his father refused to let him use cue cards throughout the episode. "Do good or I'll hit you," Culkin recalls.

"After I did Richie Rich in '93 or '94, my father and mother called it quits, which is one of the best things to ever happen to me. I was able to walk away from the business." I was able to say, 'I hope you made all your money, because there's no more coming from me,' Culkin recalls. This was the story of Macaulay Culkin. And there are loads of stories out there too, like his where extreme pressure leads to estrangement.

My point? *Just be there for your kid. Don't try to live your dreams and aspirations through your kid.*

If you want to help your children do well in life, you need to encourage, rather than pressurize them. By offering encouragement through means such as assisting with schoolwork and discussing different ideas and concepts, you can help sow the seeds of inspiration in your child. Kids are the tender buds who need to be nurtured with love and care and to blossom into talented and creatively inclined individuals. To sum it all up, enjoy the child for who he is, not for who you imagine he would be.

# The Gateway Between Worlds

Anupreskha Jain XI-B



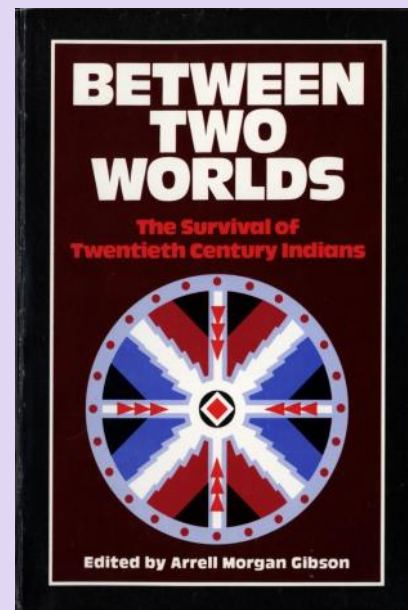
## Vaani-Kalash Class-I & II



“The golden yellow sunshine enters through the spaces between the leaves, illuminating every particle in its way. Down below, the grass rejoices as the soft sunshine gently brushes it. Not far away the majestic blue waves return to the shore embracing it one second and abandoning the next. Right where the shore ends and the land starts, a Grey Tree stands tall and wise. Peacefully governing his land. Why grey? Your childish curiosity nags. Well dear Reader the color of its leaves signifies the void between the Good and the Bad, between the Right and the Wrong, as you will encounter someday in your life (assuming you haven’t already). And finally, sitting on the foot of that very tree, wrapped in its comforting shade is Amana, lying peacefully in the arms of sleep. A soft, salty breeze wakes her up. Many years later she will still remember it. For the events that take place after she rises from her slumber, will change the course of her life forever.”

“Okay sweetie, I am going to stop right here. We’ll read more tomorrow.”

Saying this Rameet closes the book and kisses his daughter good night. Leaving her in the blissful expanse of her dreams, for in dreams we enter a world that is entirely our own. And, every night little Lily came out of one world only to enter another.



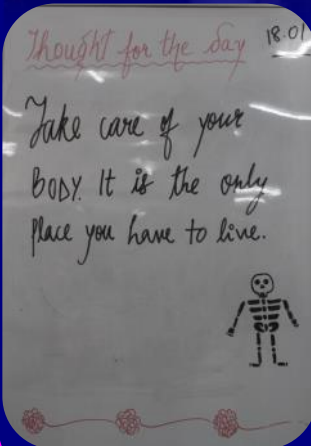


# Poetic Utterances

## Vaani-Kalash Class-III-V



## Message by Youth Power Team



### LOCAL TRAIN Ahira Mendiratta, XIG



Talking about routine,  
Everyday The Local comes at nine,  
With hundreds of people hustling,  
There is no time to form a line.

A push back and a push forward,  
I manage to find a seat,  
And find myself residing,  
In between passengers too busy,  
And soon my presence becomes obsolete.

On my left,  
Sits a mother dealing with her 4-year-old,  
Who breaks the 'rules' by smiling at me,  
And is probably about to get a scold.  
But what else can the mother do,  
Afterall, the concept of evil strangers  
must be learnt too.

On my right,  
Is a middle-aged man,  
With nerves popping and news paper  
wide open,  
For it looks as if he has already found  
faults and problems,  
But what can he do?  
Except reading more columns.  
I guess he has made peace with being  
helpless,  
I guess everyone has advised him to  
'think less'.

Opposite to me,  
Sits a beautiful girl,  
Though I sense her fear,  
Fear of getting hurt by somebody.  
I guess she too,  
Has found comfort in living in constant  
fear.

And now and then,  
Three children sing and dance,  
Somehow making their way through the  
crowded train,  
They still manage to laugh and prance.  
The songs might be new,

And that's how the story goes,  
As all of us tip toe and get through.

"Songs get food" they claim,  
Seems as if they know life and it's cruel game.  
For now I reach my station,  
As we all finish our role in each other's lives,  
And get back to following the monotonous rou-  
tine,  
As revised.  
But tomorrow,  
The people might be different.

### SOULFUL SONNET Namya Gupta XA



Sometimes memories sneak out of my  
eyes  
And roll down my cheeks  
As I open the box of laughs and cries  
And reconcile with our imperfect hide  
and seeks  
I still possess those dusty yet vibrant  
friendship bands  
And remember how they used to  
bring life to my weary hands

Which door did we leave open? I  
wonder,  
The we outta me drained out like  
nothing ever existed  
It struck me like a bolt of thunder.  
It was the end, I could not have per-  
sisted  
The people I treasured like the most  
precious gifts,  
it was so hard to absorb that none of it  
no longer fits.

But who says we are gone  
I'm alive here, it's a new dawn.

# Story Through Art

Himal Sharma XI-H



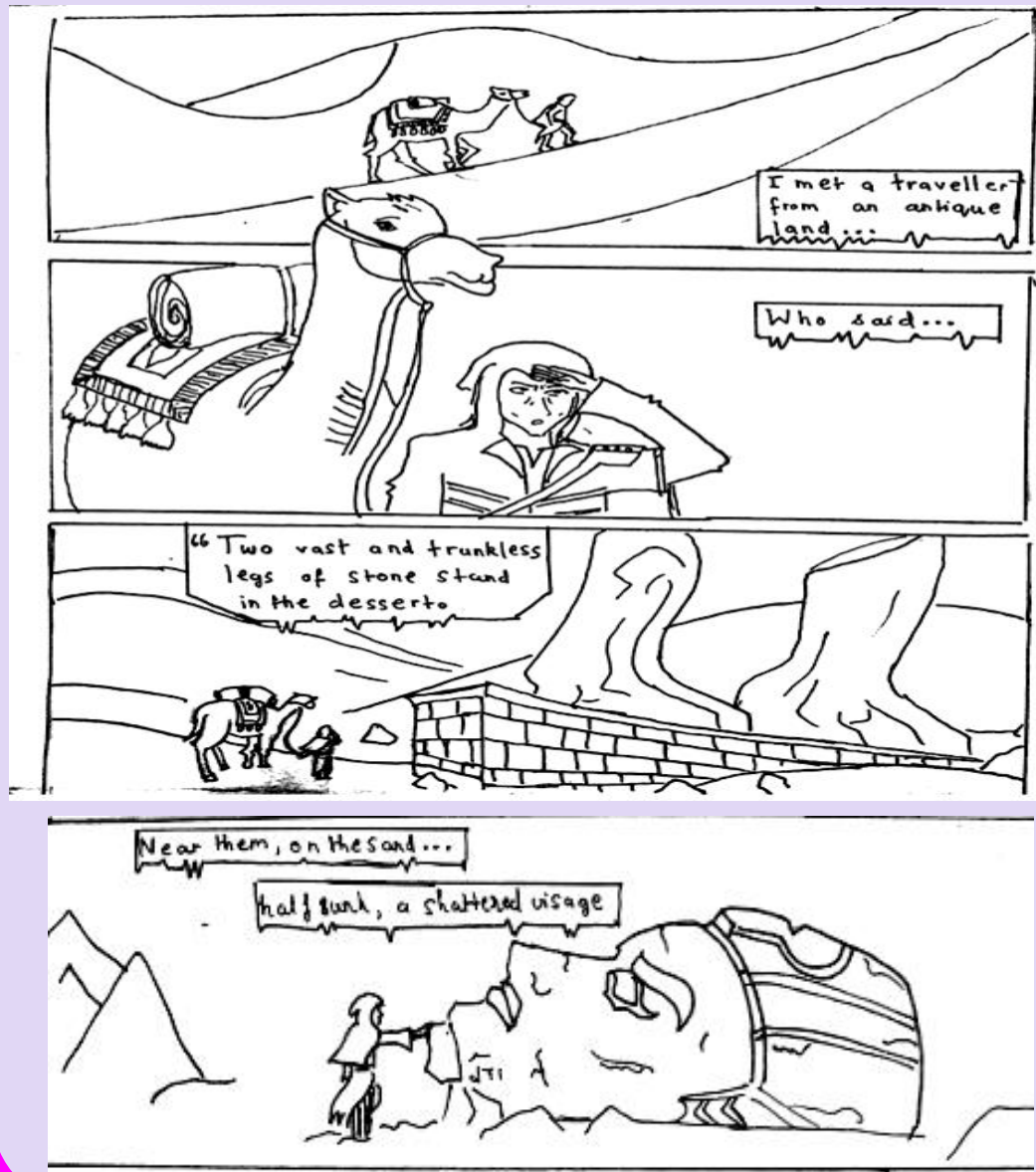
## Market-Day For Classes I-II



### OZYMANDIAS

I have always wondered at the human flaw that most of us exhibit at sometime or the other-hubris. Ozymandias, the king of Egypt felt that he was infallible but sadly time takes a toll on everyone. No one can escape the wheels of time. So what is left of Ozymandias over a period of time is just his shattered and broken statue in the desert.

Lets learn something important from the story of Ozymandias.



# Story Through Art

## Market-Day for Classes III-IV



# Story Through Art

## BONETASTIC Run 2 Care Marathon



### WORDS-WORTH

Heralding

rebirth

awakening

teeming

flourishing



blooming

# VIVID VISTAS

## BONETASTIC Run 2 Care Marathon



## Tress Story

Khushi Mehra X D



## Creative Streak in Me

Aanya Jain XII G



# Junior Junction

## Weaving Magic...



## FUSSY EATERS

SIYA BAGHI IV A



Children usually do not eat their food. For helping you understand importance of food I'm going to share with you an instance that occurred a few days back. Read it carefully.

I was walking down the road to home with my mother from the market. Suddenly somebody called out "Didi" do you have something to eat? I had a banana, I gave the banana to her then I realized her bones were really coming out of her skin, I was shocked and also disturbed!!

Mom made me understand the importance of nutrition from various sources, be it fruits, vegetables or milk. Then I realized we get everything to eat but we just waste them off!!

Now you know If you would be there at that girl's place, you would also be looking like that, so eat your food properly and keep helping others.

## My trip to Wagah Border

Hina Saxena II A



We decided to celebrate New Year with our Jawans at Wagah Border. Wagah is a small village located near India-Pakistan Border near Amritsar. Wagah town is famous for the Wagah border ceremony and also serves as a goods transit terminal and a railway station between India and Pakistan. The Wagah border ceremony happens at the border gate, two hours before sunset each day. The flag ceremony is conducted by the Indian Border Security Force (BSF) and Pakistan Rangers.

The flag ceremony is a celebration of patriotism. The Jawans showcase their strengths & might to each other. Indian Soldiers challenge their Pakistani counterparts and the duel between them is worth watching. I clapped and chanted "Jai Hind" and "Bharat Mata ki Jai" throughout the event. During the event, one feels so proud of being an Indian. We must appreciate the sacrifices made by our Jawans for keeping us safe in our home and we must contribute in making our country more strong.

Eshal Ahmad IV A



Arnav Saini III C



# Junior Junction

## ...With Li'l Hands

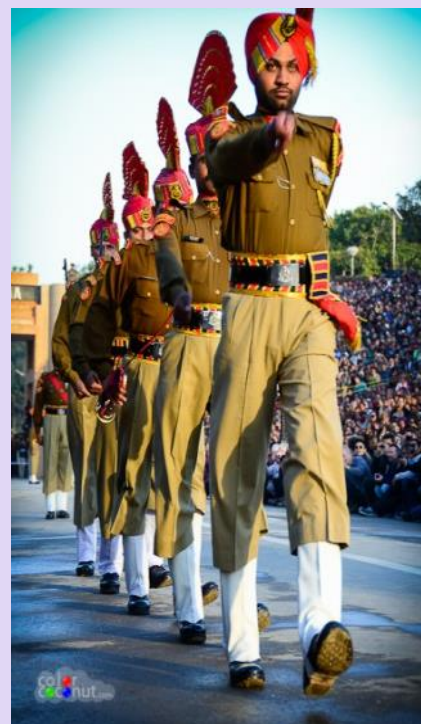


### Our Saviours – Our Soldiers

Rishimaa Saxena V B



As soon as my my father told me about incident to-day.  
How our brave soldiers were murdered in broad day!!  
44 of our brave men gave up their lives  
So that we can sleep cosily in our hives  
Some of them some ones Papa, Daddy or Father,  
Who will never see their loved ones forever.  
Like me, someone could be Daddy's little Princess,  
Who will be waiting for her Daddy's toys,  
hugs & kisses,  
But she will never see him again alive,  
As he made for Mother India, the "Ultimate Sacrifice".  
As we watched the last rites of the braves,  
With tears rolling down our eyes,  
I could not believe how bravely the daughter stood, without a single tear,  
Amid 21 Gun salutes, near her father's burning pyre.  
I salute those brave soldiers,  
Who without caring for their own,  
For their motherland sacrificed their lives  
So that India can prosper & thrive  
Jai Hind



Shivant Dubey II B



Akshita Rathor III A





Interview with Dr. SK Arora, Addnl. Dir. Health Services, Delhi Govt.



ACHIEVEMENTS



Gursimar Singh Class XI bagged the Board Prize in 64th SGFI National Chess



Shaurya Malhan IX increased his FIDE rating from 1063 to 1137



Nachiket Bora VII secured 3rd Position in Chess Bliz Tournament, Russia



Kartikey Tyagi (VII) got the FIDE rating of 1054 at Delhi Int. Grandmasters Chess Tournament.



Tejas Anand of class X is the only student from all Amity branches to secure rank 8th in NTSE.



Sharanya Chakraborty IX received Second Prize in Ramakrishna Mission Annual Swami Vivekananda Quiz & Essay Competition





