

Thinker's Leaf

An Initiative of Manava Bharati



From The **Editorial Desk**

Dear readers,

As we are towards the end of one academic session and excitedly wait for the much awaited festival of colours. Let us reflect upon the significance of this festival.

Holi celebrates the arrival of spring, the end of winter, the blossoming of love and for many it's a festive day to meet others, play and laugh, forget and forgive and repair broken relationships. The festival also celebrates the beginning of a good spring harvest season.

While the main festival of colours is officially due in a couple of days, a lot of people in the country have already started indulging in merrymaking.

Holi celebrations start on the night before Holi with Holika Dahan, where people perform rituals in front of the bonfire, praying for their inner evil to be destroyed, just as Holika was killed in fire.

The carnival of colours begins the next morning, where people come out on the streets to play with colours and drench each other in coloured water through water guns or balloons.

Interestingly, different regions in India observe varied customs on this day. In West Bengal and Assam, for instance, Holi is known as Basanta Utsav or spring festival.

A popular form of Holi, called Lathmar Holi is celebrated in Barsana, a town near Mathura, in Uttar Pradesh, where women beat up men with sticks, as those on the sidelines chant "Sri Radhey" or "Sri Krishna."

Again, in Maharashtra, it is the time of Matki Phod (breaking the pot). Men climb on top of each other to form a human pyramid up to the height from which a pot buttermilk is hung. The one who breaks the pot is named the Holi King of the year.

In Vrindavan, widows and estranged women immerse themselves in colours on Holi. In Punjab, Sikhs revel in colours on Hola Mohalla, which is celebrated a day after Holi.

The customs and rituals may be different across regions but what unites them is the spirit of this festival of colours. With that I hope you've all the beautiful colours of life surrounding you always.

With kind regards and Holi Greetings,
Jasleen K



Save Earth



Bhumika Rawat, IX B

What is N. S. G ?

National security guard (NSG) was set up in 1984 was a federal contingency deployment force to tackle all facets of terrorism in the country. It was raised to special force by the cabinet secretary under the national security guard act of Indian Parliament 1986. NSG is an elite force. Working completely with in the central Armed Police forces structure . Its is one of the finest counter terrorist units in the world performing a variety of roles from Counter Terrorism to Hostage rescue to VIP protection.

NSG is a tasks oriented force modeled on pattern of the sas of UK and GSG-9 Germany and has two complementary elements in the form of Special Action Group (SAG). Special Ranger Group (SRG) SAG the offence wing comprises of army personal and SRG consists of members from Central paramilitary force (CPF)) and Central police organisation (CPOS) such as Border Security Force (BSF) the central Reserve Police fore(CRPF) and state police force the primary function of srg to play the Supported role to the sag specially in isolating Target area the tasks of VVIP security for high risk VVIP in India done by the SRG of ths NSG.



Book Review

The Forty Rules of Love

- by Elif Shafak

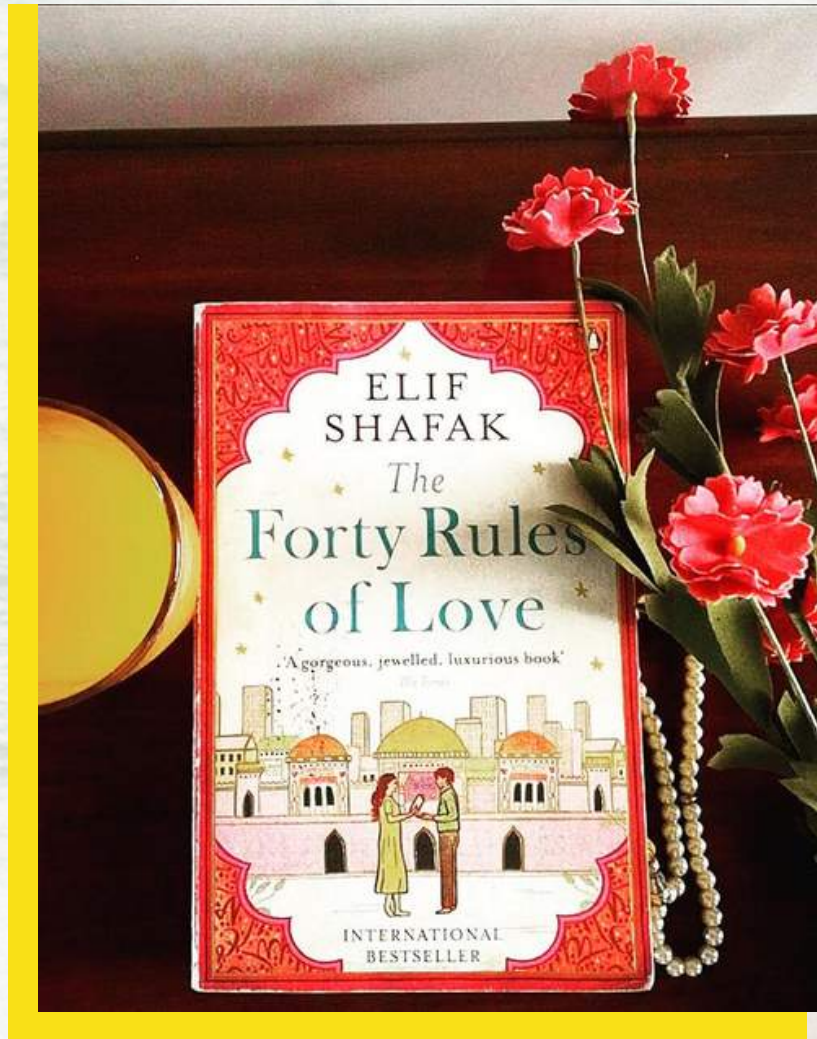
This book has an essence of love. It will remind you how much of it we are lacking in our lives.

It teaches you about the power of kindness and how it transforms a person into a beautiful soul.

It has so many lessons that a few words can't do justice to it's reviews.

The compassion, forgiveness, pity, love, friendship and faith are some of the many things which Shams wants us to adapt. He doesn't give sermons or lectures, rather just a few simple and sweet rules which can change our whole lives and perceptive.

It's only a matter of choice as to how we want to treat others or how we react to situations. This book will grip your heart and if not completely, a part of you will definitely be a little polite and soft. I would like each and everyone of you to read this to feel the warmth and love it grants. I will be talking about it from time to time.



The Moon Poem

The moon is a loyal companion.
It never leaves.

It's always there, watching, steadfast, knowing us in our light and dark moments, changing forever just as we do.

Every day it's a different version of itself. Sometimes weak and wan, sometimes strong and full of light.

The moon understands what it means to be human.

Uncertain. Alone. Cratered by imperfections.

— Tahereh Mafi

Easy Spaghetti Recipe In Creamy Tomato Sauce



Ingredients

- 250 grams Del Monte Spaghetti Pasta
- 1 Carrot (Gajjar) , thinly sliced
- 1 Green Bell Pepper (Capsicum) , thinly sliced
- 1 teaspoon Dried oregano
- 1 teaspoon Red Chilli flakes , optional
- 1/4 cup Fresh cream
- Salt , to taste
- 1 tablespoon Extra Virgin Olive Oil
- Tomato Basil Sauce For Pasta
- 500 grams Tomatoes , get red ripe ones
- 6 cloves Garlic , finely chopped
- 1 Onion , finely chopped
- 4 sprig Basil leaves , roughly torn
- 1 tablespoon Extra Virgin Olive Oil
- Salt and Pepper , to taste

How To Make

1. To begin making the Spaghetti Pasta Recipe In Creamy Tomato Sauce start by boiling the Del Monte spaghetti pasta in hot water and a little bit of salt. Keep a saucepan filled with water over a medium heat.
2. Drop in the spaghetti pasta and a pinch of salt and leave it to boil. Boil the spaghetti pasta till it just the biting consistency which is the al dente.
3. Strain the water and rinse the cooked spaghetti pasta over cold water, to stop cooking the pasta. Drizzle the pasta with olive oil and keep aside.
4. The next step is to make Tomato basil sauce. Into a pressure cooker, cut the tomatoes into half and place the tomatoes into a pressure cooker. Allow the tomatoes to pressure cook just for one whistle.
5. After the first whistle release the pressure immediately and allow the tomatoes to cool. Once cooled, drain the water from the tomatoes. Remove the skin from the tomatoes and place the pulp into the mixer grinder and make a smooth puree.
6. Once the puree is ready. keep this aside.
7. Heat olive oil in a saucepan over medium heat. Add the garlic and onions. Saute the onions until the onions become tender.
8. At this stage add the carrots and capsicum and roast the vegetables until soft and is cooked. Once cooked add in the freshly made tomato puree, the basil leaves, red chilli flakes, oregano, salt and pepper and bring the mixture to a brisk boil for 3 to 4 minutes.
9. Stir in the cooked spaghetti pasta into the tomato basil sauce.
10. Stir in the cream, and stir fry Spaghetti Pasta the on high heat until the spaghetti gets well coated with the sauce.
11. Serve the Spaghetti Pasta Recipe In Creamy Tomato Sauce along with a glass of Cantaloupe Pomegranate and Mint Juice, Cheese Garlic Bread and Asian Watermelon Salad Recipe to the side to let the kids enjoy their dish.

Women's Day Celebration

Woman a friend, nurturer, guide and partner who shows a man what loving, caring and sharing is! Manava Bharati India International School celebrated International Women's Day on 8th March 2021 with the students of classes VI to VII through online platform.

The celebration started with the introduction of women's day by Ms. Poonam Dhoundiyal. First the students recited the morning prayer. A speech was delivered on the occasion by Ms. Nupur Sharma. Then Mr. Rajiv Sagar presented a melodious song. The celebration continued with another speech delivered by Ms. Anuradha Mehra. At last Mr. Anantmani Trivedi shared his views on women's day in a beautiful poetic form. All the decorations were done by Ms. Vinita Pandey.



The students showed interest and willingly participated in the celebration by writing their self composed poem and making beautiful greeting cards. The program was a great success.

INTERNATIONAL WOMEN DAY

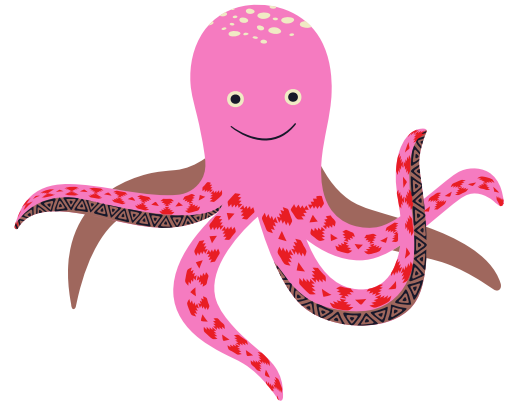
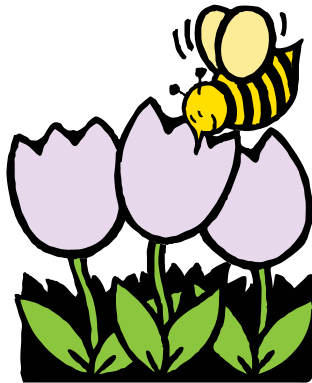
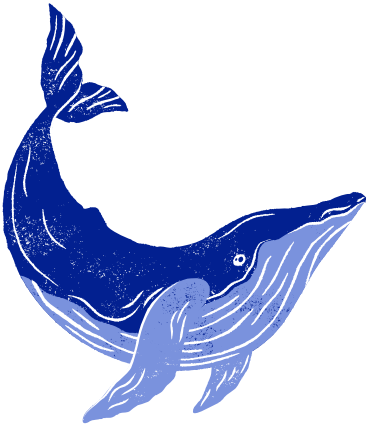
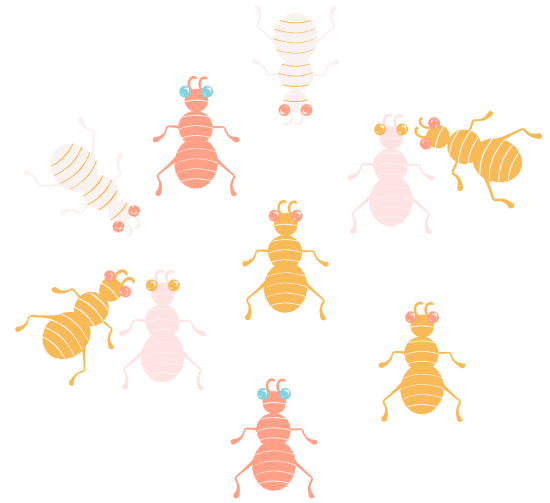
International Woman Day is celebrated on 8th March for saluting the womanhood around the world it is commemorated. In the year 1975, first women day was celebrated and since ever it is celebrated across the globe. The suffrage of women based on the employment and gender-based determination leads to the origin of International Women's Day. It is celebrated for securing women's right across the globe. From historical days women fighting for their rights. It is carrying a tale of women's struggles in a patriarchal society.

Mother Teresa was a Roman Catholic nun who devoted her life to serving the poor and destitute around the world. She spent many years in Calcutta. She is an inspiration for people all around the world for her selfless work among poverty-stricken people of Kolkata she was honored with Nobel Peace Prize.



Amazing Facts...

1. There are 1 million ants for every human in the world.
2. A snail can sleep for 3 years at a time.
3. A blue whale weighs as much as 3 elephants and as long as 3 Greyhound buses.
4. A bat can eat up to 1 thousand insects.
5. Octopuses have three hearts.
6. Wild dolphins call each other by name "Oi, Flipper!"
7. Honeybees can flap their wings 200 times per second.
8. The flamingo can also eat when it's head is upside down.
9. The bat is only the mammal that can fly.
10. Cows can sleep standing up, but they can only dream lying down.



Kanika, 10C



Jasleen K

Surprising Facts That Are Actually True

- 1.Scotland's national animal is a unicorn.
2. The Greenland shark has an average lifespan of 272 years, some of them can even live as long as 500 years.
- 3.Moose are excellent swimmers. They are born knowing how to swim and can swim 6 miles per hour and has the ability to keep the pace for two hours.
- 4.Mantis shrimps can punch with the force of a bullet. They have one of the fastest and the most powerful punches in nature.
- 5.Honey never spoils. It has an excellent chemical composition which prevents organisms from living in it. So no matter how old is the honey it's probably perfectly edible.
- 6.The idea of Guinness Book of Records came to Sir Hugh Beaver in the 1950's when he had an argument in a pub about the fastest game bird in Europe. Since he couldn't find an answer in any of the books, he decided to compile a book of facts and figures to help settle pub arguments just like the one he had.
- 7.There are a lot more trees on earth than there are stars in the galaxy. NASA estimates that there could be from 100 billion to 400 billion stars in the Milky Way galaxy. The earth has more than 3 trillion trees.
- 8.Every planet of the whole solar system can fit between the earth and the moon.
- 9.The biggest tire manufacturer in the world is Lego. The company makes more than 50% more tires than other tire manufacturers such as Bridge stone or Goodyear.
- 10.A group of ferrets is called a business.
- 11.Cheetahs can't roar, instead, they make a sound very similar to the house cat.
- 12.Teeth can reattach to their roots after being knocked out if they are put back into their place.
- 13.Cashews are collected from the bottom of cashew apple which grows on the cashew tree.
- 14.Ikea's catalog is as popular as the Bible and the Koran. More than 203 million copies of the catalog are distributed around the globe.
15. Nintendo was founded more than 100 years ago, in 1889. The Japanese gaming company began operating as a card game business and slowly turned into a brand we know today.



Greenland shark



Mantis shrimps



Cheetahs



Cashews



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