

Thinker's Leaf

An Initiative of Manava Bharati

"Women are the real architects of the society"

- Harriet Beecher Stowe



Abhinav Chauhan, XI PCM

Editor's Message

Greetings,

I feel honored and privileged to bring forth the 21st edition of Thinker's Leaf. Every little accomplishment since first volume has boosted up morale and inspired us to work even harder in the pursuit of excellence. Being the Chief Editor of March Magazine, I would like to express my gratitude to one and all involved in making Thinker's Leaf a great success in achieving the goal of being mirror of the creative and immensely talented set of students and teachers.



This volume will give you an opportunity to cherish the photographs clicked by our little photographers, the drawings made by young budding artists and the thoughts and visions expressed by talented students and teachers through their articles.

This is a special edition as it brings before you the involvement of mothers by sharing their write ups, articles and reviews to celebrate International Women's Day.

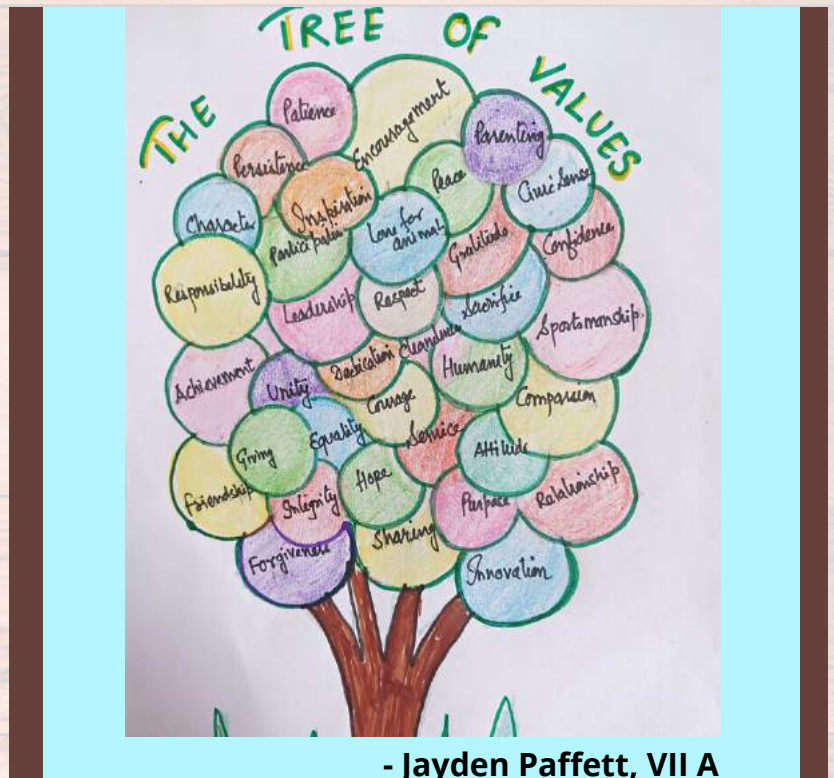
This edition serves a vivid platter of poems and articles on the festival of colours (holi), various important days celebrated internationally, book reviews and much more.

Hope you will explore, experience and enjoy the inventive expression.

Have a pleasant reading...

**- Ms. Arti Raturi
(Chief Editor)**

Moral Values



- Jayden Paffett, VII A

Moral values are considered to be a set of idealistic elements i.e. moral values are those which reside in the emotional aspects of the individual. It is described by integrating the ideal ideas, ideal behavior and various elements of culture and civilization inherent in the person. They are the key to life. With the help of moral values people can take decisions and they can distinguish between the right and wrong.

We have different types moral values like :

Honesty , Helpfulness, Compassionate, Adjustment, Gratitude , Courage, Punctuality and Empathy etc.

These values enable a student to build a good moral character because a student's life is full of challenges .Moral values help to build up a child's personality and character and teach to respect others. Values like punctuality means making the effective use of time .If you are doing work on time means you know the importance of time. This inculcates the value of time management in a person. We can help the needy and poor people. Many students fail to recognize their inner qualities or skills. Moral values enable us to nurture our inner qualities, So if we have the values ingrained in us,our inner qualities will get further enriched.

**- Ms. Ekta Chaudhary Baswan
(Faculty)**

Book Review

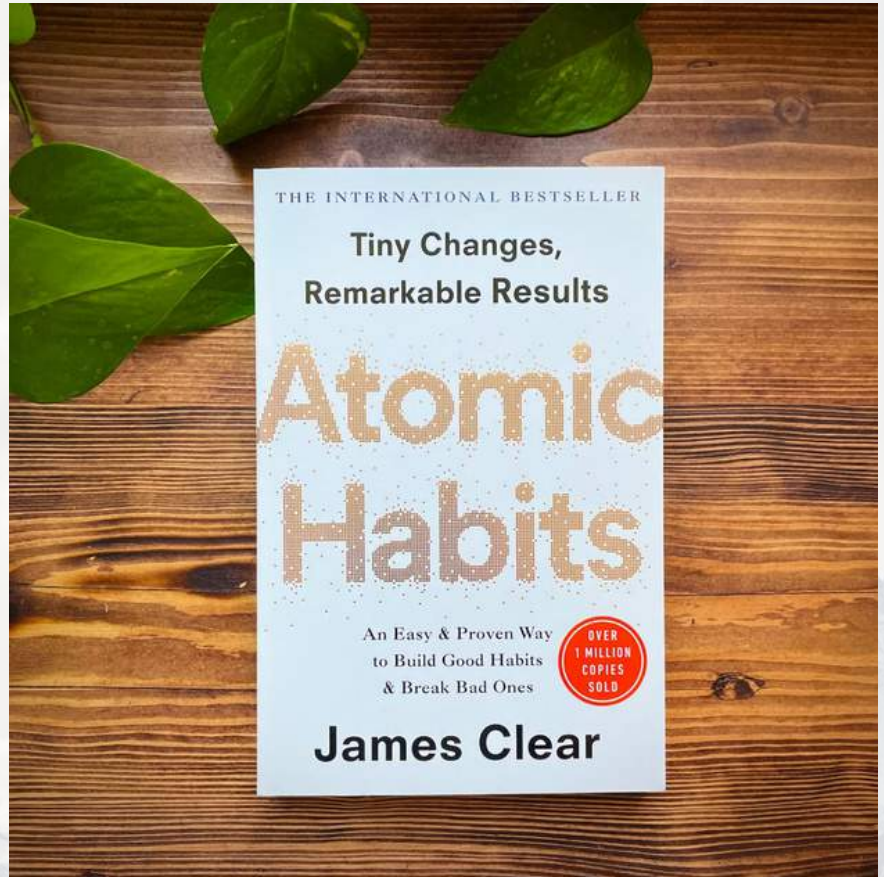
" ATOMIC HABITS "

- James Clear

"No one is perfect in this world". There is always a possibilities to improve ourselves.

As a parent I want to develop good habits and break the bad ones in me and my child because the child imitates the habits of their parents.

I found solution of my all problems in "Atomic Habits" by James Clear. James Clear is an American author and journalist. His work frequently appears in publications including New York Times, Forbes and Business Insider.



He has written many books in which "Atomic Habits " was the best selling book that sold more than five millions of its copies worldwide. It emphasize the importance of process of improving small things and tells that if we want better results in future then instead of focusing on goals we have to focus on the process for achieving that goals.

This book is based on four laws The first three laws of behaviour change-make it obvious, make it attractive, and make it easy-increase the odds that a behaviour will be performed this time. The fourth law of behaviour change.

According to the author first you have to set the specific goal this will gives you direction and will remove the unnecessary obstacles that distracts you after that try to accomplish them.

It is about building good habits by making small changes As we know most of the times bad habits are cause of all failures; people tend to put on lots of weight due to bad eating habits, students have lack of knowledge due to poor learning habits etc. These are some examples which we have face in our daily lives.

Some key points which makes me curious to reach the last page of book...

- Goals are about the results you want to achieve. Systems are about the processes that lead to those results.
- Environment is the invisible hand that shapes human behaviour.
- Success is not a goal to reach or a finish line to cross. It is a system to improve, an endless process to refine.
- In my opinion those who want to excel in their chosen field must read this book so that they make believe in themselves.



Mrs. Jyoti Singh Kushwah (Parent)

International Women's Day



Mrs. Ranjana (Doctor)
Parent



Mrs. Namita (Police)
Parent



Mrs. Rekha (Beauticians)
Parent



Mrs. Suman (Teacher)
Parent



Mrs. Rajju (Lawyer)
Parent



Mrs. Ikrana (Homemaker)
Parent

There is no doubt that from the Vedic age to the modern period, there have been many ups and downs in the status of women. This is because women were not only denied many rights, but they were also not respected like men in the family and society. However, as the times are changing, the condition of women is also improving. Now women are making a separate identity on their own. **Today they are successful doctors, brave police officers, creative beauticians, intellectual teachers, candid lawyers and multi tasking homemakers and much more..** With the aim to honor all the women of the world and raise awareness about women empowerment, on every 8th March, International Women's Day is celebrated around the globe. Along with this, it is also a special day to appreciate the contributions of women in the progress and development of the country. This year the theme for International Women's Day is "Gender equality today for a sustainable tomorrow". This year's theme emphasizes on gender equality and its significance in sustainable tomorrow. Every society should provide equal rights and opportunities to all the woman.

On this occasion let's salute the incredible creation of God, the "Woman." - **Ms. Arti Raturi**

“I am a woman and I am proud to be...”

I am Pooja, who can proudly say, "Thank you God! For making me a woman and helping me in being who I am." Born to a simple middle-class family with working parents, learnt the importance of catching up things fast and doing them on time at the young age. Sincerity and hard work have always helped me. I have always truly believed that being sincere is more important than being skilled. I got married to the love of my life and was blessed to start the important phase of my life the way I desired. The birth of my son transformed me from a lovely wife to a caring and wonderful mother and I did my best to play both these roles up to the mark.



But, life became a little harsh on me and snatched the most precious thing of my life, my father. I was shattered and was lifeless. But again thinking about my mother and family I pulled myself together and moved on to take care of them and that is still ongoing. In my journey from a broken and alone daughter of my late father to becoming a strong supporting daughter of my mother, I took up the opportunity of restarting my job again and started it all over again after a gap of 7 years. I will take it as my strength only as it was not easy to shape a sad and shattered mind to a focused one. So, when I sum up my journey of 38 years so far, I realize that whatever has come up to me, I tried doing my best to take that challenge and have done it to the best of my capability. What else shall I name this if not power of a woman, the silent supreme power and strength which is the core of every positive and constructive thought and the absolute reason for every smile and happiness in our homes. Sharing about my life gives me the opportunity of saluting every such woman and to her dedication she puts in everyday for the ultimate happiness of her family.

Wishing all the lovely ladies a Happy Women's Day I would like to remind each one of us that :

"I'm not here to be average, I'm here to be awesome"

- **Pooja Lekhwar - QA Analyst**
(Parent)

Festival of Colours

Holi is the festival of colors celebrated with loved ones. It is celebrated in the month of March all over India. Children, adults and even the elders take part in the fun and preparations of Holi. On this day people put colour and splash water on each other. They exchange sweets, gujiya, thandai. Children love to play with water guns and water balloons .

Holi is the biggest festival of sharing love and happiness with our friends, family and relatives. People should always remember not to use toxic colours or paints rather they should use the natural colors to have a healthy and safe Holi.

- Anshul Dhyani, VII B



- Priyanshi Kothari, V



- Arnav Bisht, II



- Shrijay Semwal, VI A



- Samriddhi Sharma, IV

Holi, Holi, It's Holi

Holi, Holi, It's Holi

With so many colours Roopa is making Rangoli.

Green, Yellow, Orange and Blue

I want to play holi with you.

Mina , Monu , Sonu take the Orange one.

Let's throw colour on each other for fun.

Mother coming with a tray of food,
Go, she is giving chocolate and juice.

Holi is a day, to God we pray
To give happiness to all every day.

Happy Holi...

- Zainab, IV



- Farhan, V



- Navya Uniyal, V



WORLD WILDLIFE DAY



- Toheed, VI A

World Wildlife Day is observed on 3rd March every year since 2014. It is celebrated to spread awareness regarding protection of World's Wild Fauna and flora. The theme World Wildlife Day 2022 is safeguarding key species for ecosystem restoration. This day is observed to focus on recovering various species of flora and fauna within ecosystems.

- Kanika Rana, VI B

WORLD SPARROW DAY

World Sparrow Day is celebrated on 20th March every year around the world. It is a day to spread awareness regarding protection



Clicked by Yashita Dhodi, VI B

of the common house sparrows, which are not so commonly seen now a days. Sparrow eats larvae of many insects and mosquitoes which causes many diseases like malaria, dengue etc. So sparrows protect us from many diseases. To save our house sparrows, we should put bird feeders outside your house, terrace or gardens. Water-bowls or a bird-bath in the hot summer afternoon helps them to re-hydrate. Save sparrow.

- Sanya Bari, VII B

INTERNATIONAL FORESTRY DAY

The International Forestry Day is celebrated on 21st March every year. We celebrate forestry day because forest are necessary thing for us. They provide us lot of things that we use in our day to day life. They gives us oxygen to breath , timber, medicines, rubber,



Clicked by Arushi Rawat, VI B

gum , fruits and vegetables to eat and they also enhance the beauty of nature. The theme for each International forest day is chosen by the Collaborative Partnership on Forests. The theme for 2022 is "Forests and the sustainable production and consumption" .

- Irtiqia, VI A

INTERNATIONAL WATER DAY

Life would not be possible without water. We all will die if there will be no water to drink on the earth. To focus on the importance of freshwater and stop its wastage , World Water Day, is observed on 22nd March every year since 1993.



Clicked by Pragya Pal, VI B

We should learn water harvesting and utilization of ground water. The theme of World Water Day 2022 is "Groundwater: making the invisible visible". It motives to seriously take some steps and find measures regarding global water crisis. World Water Day reminds us - "Water is life. Don't waste it." "Save water, and it will save you."

- Pragya Pal, VI B

Examination : Some Tips

Examination comes up with a bit of pressure to anyone as everyone is supposed to perform well. Not everyone could perform as required in the Examination times as it is a stressful time span. But here are some tips and hacks which will bring effective results in your examination time:

1) Prepare and follow a proper schedule: One always have the schedule of the Examinations. We can also make a detailed schedule based on the time period left. As one knows about the subjects, concepts and topics in which one lags. So to practice the subject with a proper schedule could really help us.

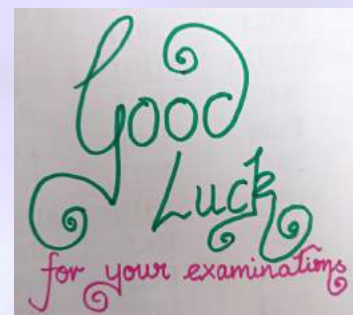
2) Healthy Diet: A healthy mind is a must needed thing during the stressful days of Examinations. To make it healthy one needs to follow a proper and healthy diet such as fibrous edibles , Citrus fruits etc.

3) Sleeping Pattern should be strictly followed: Sleeping pattern if disturbed could be dangerous in time of Examination. A healthy mind needs at least 6 hours of sleep.

4) Habit of Consuming Water : Consuming water during Examination will keep your body hydrated which will mobilize oxygen to the brain .

5) Organize your Study Table : A decorated table will always give you the positive vibes which one needs to focus during studies. Hope you will follow these tips.

All the Best !



- Deepak Rawat
(Faculty)

National Science Day



National Science Day is celebrated to commemorate the discovery of Raman Effect by Indian Physicist Dr. C.V Raman. The theme of National Science Day 2022 was '**Integrated Approach in Science and Technology for a Sustainable Future**'.

The young scientists of Manava Bharati India International School enthusiastically participated in Science Exhibition held on 28th February on the occasion of National Science Day. They exhibit various charts and models on types and parts of plant, means of transportation, types of houses, sense organs, food chain, first aid, animal kingdom, save water, water cycle, harvesting system and photosynthesis etc. They impressed every one by demonstrating some hands on experiments.

Certificate Distribution Ceremony

Certificate Distribution Ceremony was held on 3rd March 2022. Students received certificates for their extra-ordinary performance in various intra school and inter school competitions like Solo singing competitions, Group singing competitions, Drawing Competitions, Dance Competitions, Maths Quiz, Social Science Quiz Science Quiz, English, Hindi Olympiads, Sports Competitions etc. These events were held in the session 2021-2022 through online and offline mode.

Heartfelt Congratulations to all the Achievers!



Manava Bharati India International School

D- Block, Nehru Colony, Dehradun 248001 Uttarakhand

E-mail.com:- hr@mbs.ac.in, Website:- www.mbs.ac.in

Phone- 0135-2669306, 8171465265

(For Private Circulation Only)

Editor : Arti Raturi, Designer : Vishal Lodha