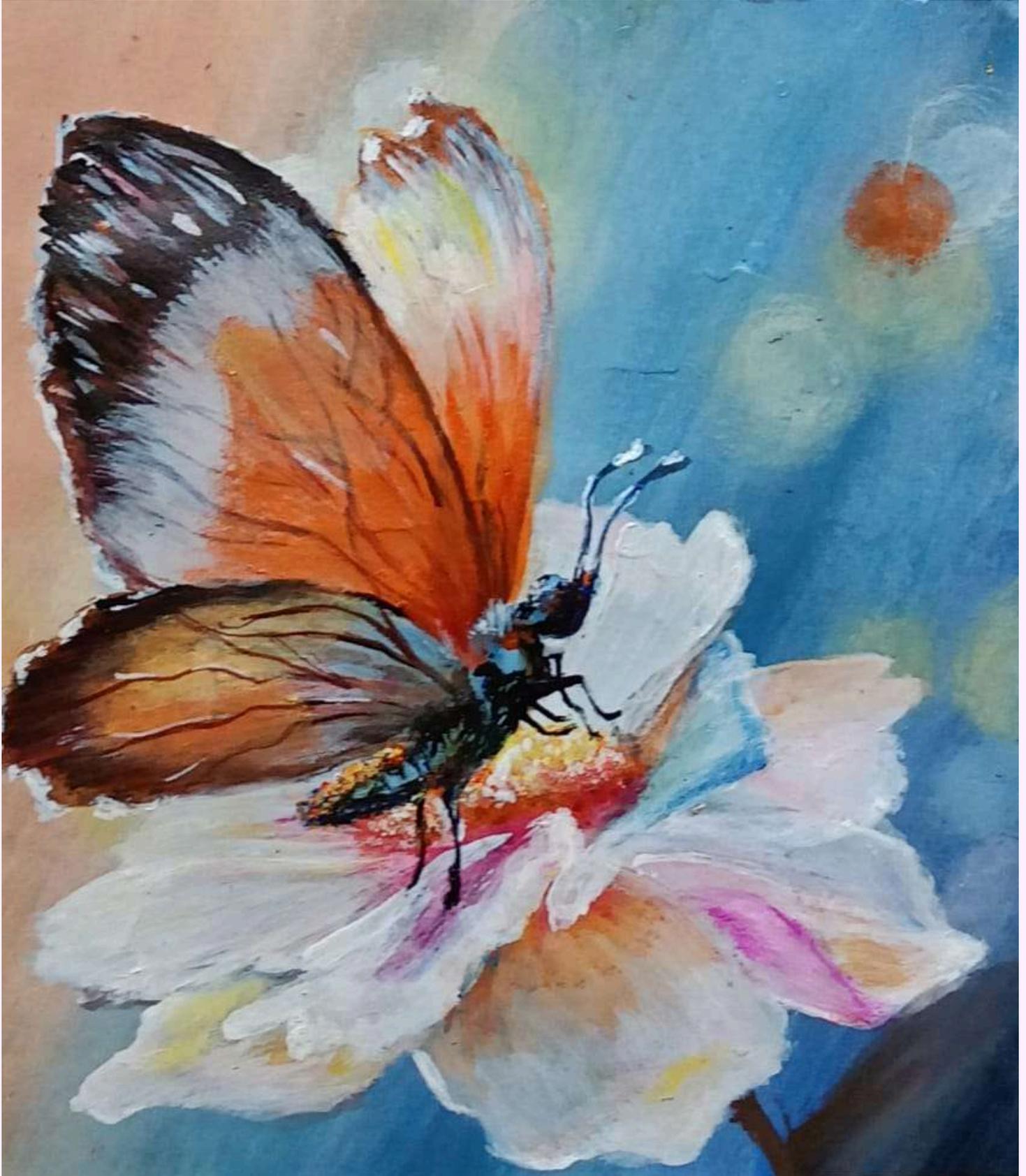


THINKER'S LEAF



- Vidhushi Bhatt, XII PCB

Editor's Message

June

"Welcoming the warmth of summer and the spark of creativity"

As the editor of this vibrant June edition, it fills me with joy to present a delightful blend of creativity, reflection, and fun, all captured through the energetic lens of our students. Summer brings with it a golden glow and a spirit of adventure — a perfect backdrop for the wonderful contributions you'll find in this issue.

This month's highlights include heartfelt pen portraits lovingly written by students in celebration of Father's Day. Each piece is a beautiful tribute filled with gratitude and admiration. Students also learnt and practised various yoga poses, discovering how each posture supports physical strength, mental clarity, and emotional balance.

Adding to the excitement, our life skill section showcases our students' creations made from discarded materials - a testimony to their innovation and commitment to sustainability. Their work reflects a keen environmental awareness coupled with artistic flair. The creativity continues with poems and stories penned by our young writers, bursting with imagination and emotion. These literary gems are sure to captivate and inspire. To top it all off, readers will enjoy a riddle challenge, a spot-the-difference activity, and fascinating facts about the seven superpowers of yoga.

Here's to embracing the summer sun and the vibrant minds that make our school shine!

- Jasveen Kaur, XA

CREATIVE CONTRIBUTORS OF JUNE



Ist Row (L to R) - Swastik Kala IX B, Kavya VI A, Nitya VII C, Pranjali VI A, Urvi IX C, Rudraksh VIII A

IInd Row (L to R) - Tuviksha XII PCB, Shreya Soni XII Arts, Aditi Bahuguna XII PCB, Anushka Bhatt IX B, Vansh Pokhriyal XII PCB

Story Writing

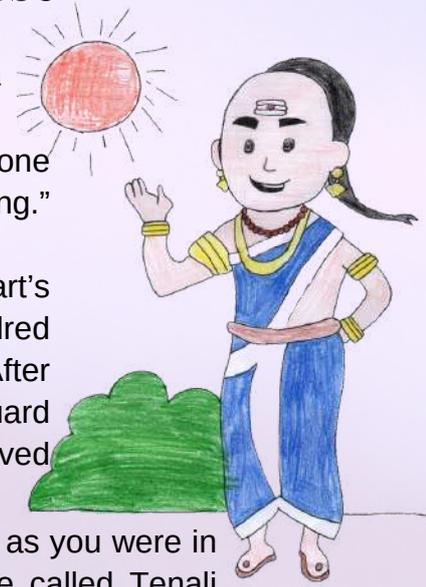
Tenali Was Given Advisor's Post

One day, Tenali went to the royal court. As he was about to enter, he was stopped by the guard at the gate. Even though Tenali showed Krishnadeva Raya's official seal, the guard still refused to let him enter.

After a lot of insistence, the guard finally said, "You can go in, but only on one condition - you must give me half of whatever reward you receive from the King." Tenali agreed to the guard's condition and went inside the court.

Seeing Tenali, Krishnadeva Raya smiled and asked, "What is your heart's desire?" To everyone's surprise, Tenali replied, "I wish to receive one hundred lashes." The king was shocked but ordered the punishment as requested. After fifty lashes, Tenali suddenly shouted, "Stop! When I was coming here, your guard refused to let me enter unless I promised to give him half of whatever I received from you."

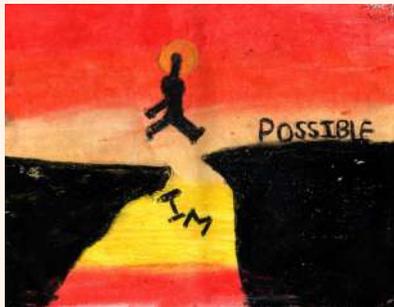
The king was both angry and amused. He said, "You are as brave and clever as you were in your childhood. From now on, because of your great wisdom, you shall be called Tenali Raman, and you will always stay by my side as my royal advisor."



- Pranjali Gairola, 6th A

Don't Give Up

A long time ago, there lived a man in a village. He was very happy with his family. But his happiness did not last for long. He, along with the other villagers,



faced a severe drought. They desperately waited for rain, but it never came. All the crops, land, and even the trees dried up. The cattle began to die, and since there was no rain, the village stream also started drying up. One day, the villagers held a meeting. One man said, "Friends, we are all going through a very hard time. We have heard stories from our grandparents about an underground river flowing beneath our village. Why don't we dig and try to find it?" So, the villagers began to dig. But after a few days, some men gave up. One man, however, kept digging. Even when others told him to stop, he refused to give up.

One day, after digging deep enough, he finally found water! His determination and never-give-up attitude saved the entire village.

From that day on, the villagers never suffered from a shortage of water. Whenever any problem came, they all worked together to find a solution.

Moral : Never give up so easily.

- Yasha, 7th A

The Farmer and His Three Sons



Once there was a farmer who lived in a village. He had three sons who always quarreled with one another. The farmer was very upset because of their behavior.

One day, the farmer brought a bundle of sticks. He gave the bundle to his sons and asked them to break it. They tried their best but could not break the bundle.

Then the farmer untied the bundle and gave the sticks to them one by one. This time, they were able to break the sticks easily.

The farmer said, "United we stand, divided we fall." The sons understood the lesson and promised to live together in peace and harmony.

- Mehak Panwar, 7th B

Learning Life Skills

Best Out of Waste Activity



The students of Class 5 recently participated in a fun and creative Best Out of Waste activity, where they used old plastic bottles, cardboard boxes, and other waste materials to make useful items like pen holders, planters, and even handmade watches.

It was truly inspiring to see how innovative and thoughtful the children were. With a little imagination and a lot of enthusiasm, they turned simple waste materials into beautiful and practical objects. This activity not only sparked their creativity but also helped them understand the importance of recycling and caring for the environment.

The students thoroughly enjoyed the process of cutting, painting, and decorating their creations. It was a joyful learning experience where they realized that waste isn't always worthless—it just needs a little creativity to become something wonderful! Overall, the activity was a great success, showcasing the talent and imagination of our young learners

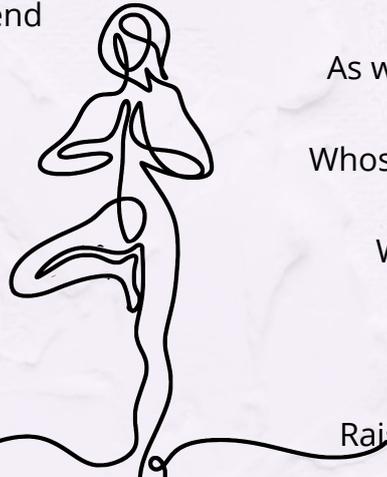
- Darsh Lekhwar, 8 B



Creative Writing

Yoga

We often hear people say
'Yoga se hoga'
But people only say
And no one tries yoga.
Yoga is peace, Yoga is divine
It keeps you physically and mentally fine.
Strength and calm, a perfect blend
Inner peace , tranquil end.
The world outside from view
As I connect with self a new.
As sun rises high and bright,
I find my mat a peaceful sight.
Breath flows deep, body aligns
In yoga's gentle flowing lines.
A soulful delight, a mindful bliss,
We cannot describe in words
How good yoga is!



- Tuviksha Parmar 12 PCB

Little Hands

Little hands meant for dreams to savour
Get entangled in worldly favours,
Fields and factories call their names,
Binding them in unseen chains.
For, the age they are meant to play,
They are enmeshed in bricks and hay.
They bear the scars, the silent pain,
As we willfully blind ourselves again and again.
Is this the freedom we talk about,
Whose sole inheritors are we who willfully ignore
things.
We owe them more than they have got,
A world where childhood is not forgot.
So let us make a promise,
To take a stand and,
Raise a voice against child labour in our land.

- Vansh Pokhriyal 12PCM

Ocean

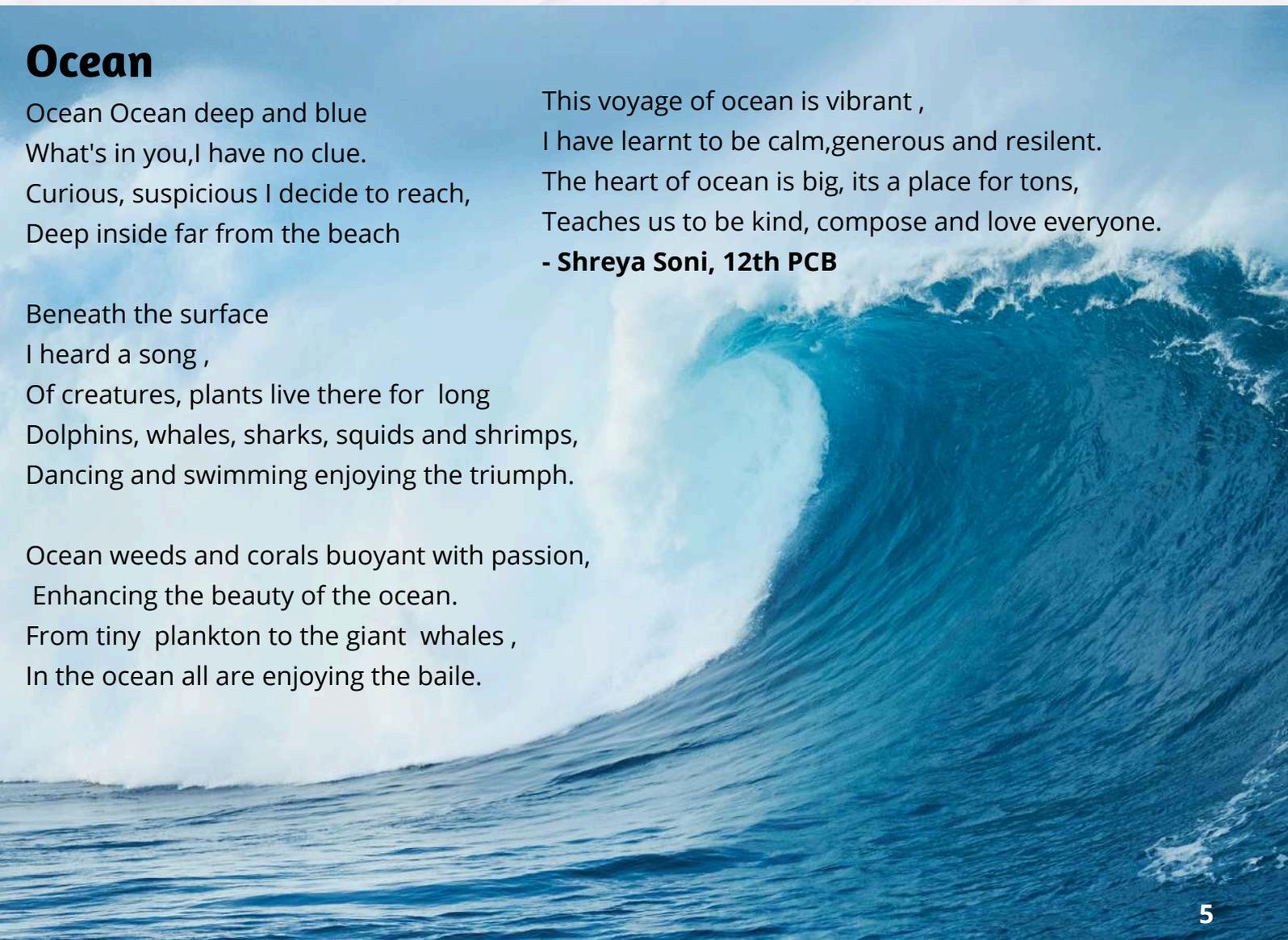
Ocean Ocean deep and blue
What's in you, I have no clue.
Curious, suspicious I decide to reach,
Deep inside far from the beach

Beneath the surface
I heard a song ,
Of creatures, plants live there for long
Dolphins, whales, sharks, squids and shrimps,
Dancing and swimming enjoying the triumph.

Ocean weeds and corals buoyant with passion,
Enhancing the beauty of the ocean.
From tiny plankton to the giant whales ,
In the ocean all are enjoying the baile.

This voyage of ocean is vibrant ,
I have learnt to be calm, generous and resilient.
The heart of ocean is big, its a place for tons,
Teaches us to be kind, compose and love everyone.

- Shreya Soni, 12th PCB



Yoga



Yoga is the best physical exercise one can do. It helps in maintaining a peaceful mind and a healthy body. In India, Yoga has a great history and it was practiced by all the great Indian rulers. Yoga comprises several exercises (asanas) for different purposes. Every body part can be trained in Yoga. Yoga represents our country worldwide. Rishikesh is named as the city of yoga. Yoga helps in reducing our stress level and it regulates our blood pressure. Besides this, Yoga is also a mental and spiritual exercise that has its roots in ancient India. It incorporates breathing exercise, meditation and posture of the body to improve our overall health. Doing Yoga regularly enhances flexibility, strength and balance. Yoga decreases anxiety and tension by soothing the mind. It can be modified according to any age group and physical fitness level. So, it is suitable for all.

In addition to physical wellbeing, Yoga promotes inner tranquility, self-discovery and intimate communication between the body and the mind.

We also give importance to yoga in Manava Bharati India International School.

- Ojas Chand Ramola, VIII C



Father's Day



My father is a loving and caring man. He works hard every day to support our family. His patience and kindness teach me important values. He always listens and offers the best advice. I am grateful for his unwavering love and guidance.

- Kalika Trivedi, X-B



My father is a true hero. A role model, through and through. He teaches me to be strong and kind. And shows me the right path to find.

- Pranjali, VI-A



Dad I love you, you are my hero, whenever you are with me I feel safe. I see the dream, you make it real. You work hard day and night and let me climb the ladder of success. And what else should I say, you are my life..

- Aaradhya Sharma, VII-A

happy Father's Day



In his eyes, a love so true. A reflection of, all we'll do. A father's pride, a joy to see. A love that's unconditional, wild and free. So here's to my papa stay safe and strong. A legacy of love which is rare and pure. You are my hero, you are my life.

- Aditi Bahuguna, PCM



All my life I will be grateful and proud, You are the best dad, I can say it aloud Thank you dad for all the times you've been there, for guiding me to be a good person and for sharing love and care.

- Urvi Bhati, IX-C



"To the man who holds my hand, Who wipes away my tears and stands, Through life's joys and challenges too, Thank you, Dad, for loving me true."

- Tanishk Kandari, IX-A

FUN-O-LOGY

SPOT 10 DIFFERENCES



- Anushka Bhatt, IX-B

7 SUPERPOWERS OF YOGA : STRONG BODY, CALM MIND!

1. Flexibility - Makes your body bend and move easily. Reduces stiffness and pain.

2. Strength - Builds strong muscles and core. Supports joints and bones.

3. Stress Relief - Helps you feel calm and relaxed. Lowers anxiety and tension.

4. Immunity - Keeps your body healthy and fights illness.

Boosts your natural defenses.

5. Posture - Helps you sit and stand tall. Prevents back and neck pain.

6. Focus - Clears your mind and improves attention. Increases memory and learning.

7. Sleep - Helps you sleep better at night. Makes you feel fresh in the morning.



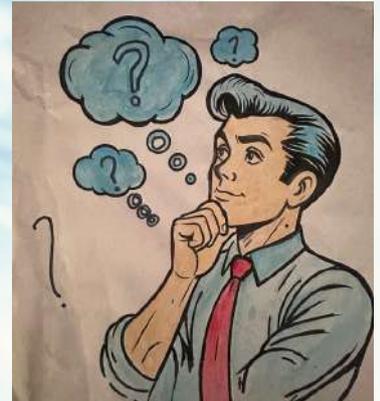
RIDDLES

1. What gets smaller every time it takes a bath?
2. What has to be broken before you can use it?
3. What's always found on the ground but never gets dirty?

4. I go on red, but stop for green. What am I doing?
5. A man in a car saw a golden door, a silver door, and a bronze door. Which door did he open first?

- Rudraksh Singh Bafra, VIII-A

4. Eating a watermelon, 5. The car door,
Ans : 1. A soap, 2. An egg, 3. Shadow,



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