



अभिरुचि

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Vol. 6 - October - 2020

The Lockdown (CAIE Newsletter)

Quarantine Tales



Hello Parents,

With the hope of returning to classrooms, teaching remotely we are still unsure how things are going to work over the next few months, this year continues to be one of the most challenging years for everyone in education. We have been working closely with students during this difficult time and I want to thank all the Parents for your continued help and assistance. As we move forward, we focus on the importance of student and teacher wellbeing, examining how the pandemic offers an opportunity for positive change and giving us more opportunities to interact with schools all over the world. We're delighted to share some details of the programmes we have been implementing over the last few months. Along with extensive improvements in academics we have been also introducing many new projects to our curriculum to make sure the learning pathway is exciting for our students. We will bring you more news every month. Thank you to everyone who contributed to this issue. We hope you enjoy reading it.

Wish you all a Happy and Safe Fire Free Cracker Diwali!



Vaishali Phatak
CAIE and IB Section Head.

BREAKING NEWS



Star for the month

Congratulations

to Ayaan Amonkar of Grade I-IG for securing 1st place in Spell Bee International Level -1 ' Inter - school level' competition in Accomplishment Category. Keep shining always.

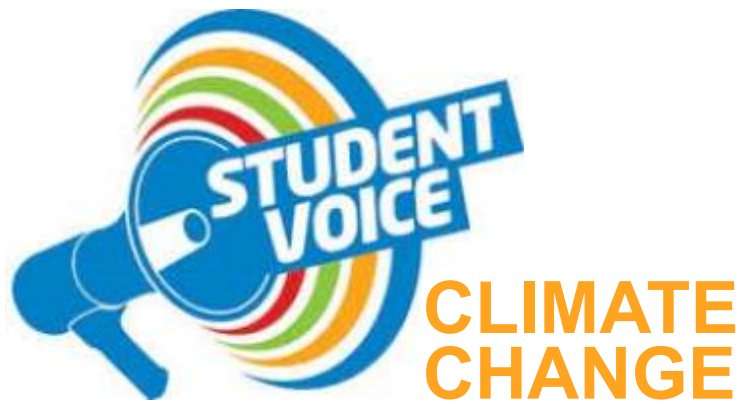
Sustainable Development Project Climate Change International Exchange of Views

Students of grades 4, 5, 6 and IBDP 1, are observing and participating in a one of its kind project on Climate Action Goal number 13. The entire project is of 6 weeks, ending mid-November. Children participated in various programs where they interacted in activities that included showcasing presentations, sharing their views, attending webinars and having virtual interactive sessions and skits with schools across the globe. Recently, we had a virtual Interaction with DPSI School, Gurgaon and SMK SERI Bintang Utara in Malaysia.

The team led by Ms. Ajita Bhoir and Ms. Ishita Thakkar for the Climate Action Project from IGCSE & IB are:

Logan Nunes, Vihaan Chopra, Vihaan Machingal, Khwaish Salkar, Hrishita Bansal, Vivaan Shah, Rajat RajaGopal, Sara Prasad, Khushi Goyal, Tiya Tanwani, Seher Lalwani, Advika Kulkarni, Dhruv Patel and Harsh Bhandary.





I wish to thank my School and my teachers for giving me this opportunity to take part in the Climate Action project. I got to know in depth about the causes and effects of day to day activities of humans that lead to Global Warming and how dangerous it is for the next generation if we do not control it now.

Hrishita Bansal, 6-I



Climate change is a major problem in our society and the world. While doing this project with my friends, I learnt that climate has changed so much due to our actions, that it will be a herculean task to bring it back to normal. I even learnt the consequences and preventions of climate change. There are many devastating consequences of climate changes like: Global Warming, Floods, Tsunamis, Droughts, etc. Climate change is also a threat to Food and Health. But there is nothing to be disheartened, we still can bring in a positive change!! It is just that, we need to act fast. So, let us contribute to make Planet Earth a better place to live.

Vihaan Machingal, 4-I



I got to know more about the effects of global warming on land. I also learnt about how increased temperatures cause landslides and droughts. I learnt more about the devastating forest fires in Australia and California. It's truly wonderful to be a part of this experience. We have one planet, one chance, there is no planet B, stop global warming!

Logan Nunes, 4-I



While I was making a PPT of Climate Change, I learnt about various effects of Climate Change, and how it is affecting our 'Mother Earth'. My mind kept pondering about how climate change has increased the risk of illness and deaths due to the extreme hot and cold temperature, poor air quality. Extreme events like drought, floods and storms are happening very often in different parts of the world.

Vihaan Chopra, 4-I



It's a great opportunity to be a part of this project, this helps me to understand Climate change better, and also understand the climate changes in these situations even better. Climate change describes a change in the average conditions — such as temperature and rainfall — in a region over a long period of time. This can affect food production, water availability, wildlife and human health.

Vivaan Shah 6-I



As part of the initiative to spread awareness about climate change, IB students contributed to the Climate Action Project 2020. Two virtual events were conducted on 16th October for the same. We helped in editing the videos of students of Grades 4-6 speaking about the causes and effects of climate change, and also compiled their responses about what climate change meant to them.

For the virtual programme of kids of grades 4-6 of Billabong High Thane and DPSI Gurgaon, we worked together to create a quiz on Google Forms, in addition to a PowerPoint Presentation showing the drastic effects of climate change. We attended another global virtual event, where we met with students from Malaysia, Kenya, Bangladesh, Qatar, Peru, Vietnam and Netherlands to discuss this concerning issue. The event was an hour long. In collaboration with the students of Grade 10, we presented our views on this topic, and spoke about how this changing climate could impact our future.

We also listened to presentations done by Pathways World School, Aravali and SMK Seri Bintang Utara School, Kuala Lumpur. We avidly participated in their quiz and had an amazing time interacting with our new peers. It was an experience unlike anything else we had seen previously, and we were happy to have been a part of this. We learnt a lot about climate change and ways in which we, as students, could try and tackle this worrying issue.

The proud IB students are Sara Prasad, Khushi Goyal, Tiya Tanwani, Seher Lalwani, Advika Kulkarni, Dhruv Patel and Harsh Bhandary.

Sara Prasad, IBDP 1



Recipe for

Butter Chicken Masala Recipe

Butter Paneer Masala Recipe

TRY IT!

Make this wonderful recipe with either Chicken or Paneer!

Ingredients for the recipe

300 gms Boneless Chicken or 300 gms Paneer,
1 tbsp Ginger Garlic Paste, 1 tbsp Red Chilli Powder,
Salt to taste, Oil to pan fry,
500 gms Roughly Chopped Tomatoes,
100 gms Roughly Cut Onions, 1 tbsp Garlic Paste,
50 gms Cashew, 1 tbsp Kasoori methi,
1/2 tbsp Garam Masala, 4 tbsp Sugar,
2 tbsp Chilli Powder, 5 tbsp Butter, 3 tbsp Cream.

Step-by-Step recipe

Step one: Marinate the chicken or paneer with curd, ginger garlic paste, red chili powder, and salt and keep it aside for 15 to 20 minutes.

Step two: In a pan, heat some oil. Next, fry the marinated chicken/paneer pieces in it. Then, place it into a bowl.

Step three: In the same pan add onion, oil, and a spoonful of butter. Once the onions are cooked, add tomatoes and cashew nuts.

Step four: Add some water and garlic paste, salt, garam masala powder, and chili powder. mix it well and let it simmer for 15-20 minutes.

Step five: Make a fine puree of the mixture. Next, Strain it back into the same pan, make sure there is minimal wastage.

Step six: Add butter, cream, chicken/paneer and kasoori methi and let it simmer for 5-7 minutes.

Step seven: Garnish with Cream and Kasoori Methi.

Step eight: Enjoy :)

A Path to

MENTAL
HEALTH



Why is good health important?

You must be thinking why health is important, why can't we sit in a place and eat. We need our organs to be healthy so that no disease can affect us. We catch infections because of poor health. We need health to save us from disease and to not catch fats, full form written by me.

F - Feeling exhausted

A - And

T - Tough to handle heaviness

Some people do exercise for their body everyday but there are some who don't exercise punctually because they think that exercise changes nothing in life. You should follow a diet and exercise everyday.

Aarav Trivedi 6-I

Why is telling the truth important?

The more the truth you tell the stronger your relationships are. It is important to speak the truth. Even if you hide it, it shall come out someday. Lying is bad because if we don't tell the truth, life would become very difficult, as people will start to distrust you. Lying can be bad because it can too cause worse things to happen. Holding back truth or lying creates extra baggage which may make you stressed and you may lose your attention.

Aryan Naik, 6-I

Why must we promote Non violence?

Nonviolence is a force for justice, and the well-being of all that is neither violent nor passive. Nonviolence is important because it helps to calm down problems rather than using physical actions. If violence was used in every problem it would never be solved. Nonviolence requires peace. Slowly you come to a solution and no one is hurt. So, nonviolence is important because it helps to solve problems without using physical actions.

Samaira Singh Saggi, 6-I



Newsletter Editors

Sara Prasad - IBDP-1, Angelina Sakpal - X-I