

अभिव्यक्ति

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The Lockdown (ISC Newsletter)

Quarantine Tales



The lockdown was a jolt for me. For someone who used to stay outside the house for a minimum of 10 hours everyday, adapting to the new normal and being 'locked down' was not a very process. When the lockdown 1.0 was announced on the March 24, I could not comprehend how to stay in the house for 21 DAYS! Forget 21, because the lockdown went on and on and it was not before May 27, 63 days later that I first stepped out.

In these 63 days (and beyond) I learnt a lot of things. For starters, attending college online lectures for 4 hours a day. Other than this, I learnt to cook rotis (and a few other things as well), which I continue to cook everyday to this day and helped around in basic house chores; all of this apart from constantly yapping in my mother's ears all day long ;)

The lockdown also gave me the opportunity to work on myself. I got fitter and leaner in the lockdown and also focused on self study.

I have missed playing Cricket a lot (still do) in the past 7 months and I hope that 2021 brings about a shift from the 'new normal'.

Aman Sarada, XII-Science

TRUTH & NON-VIOLENCE

Truth and Non-Violence are two such principles of life which carry a huge importance. Remaining truthful and adopting non-violent measures in situations is always beneficial. Remaining truthful, tolerant, non-violent and respecting others in difficult circumstances of life require a great degree of commitment. These two are Gandhian principles which are highly valued by people of all ages. On the ethical and behavioral part Gandhianism has much significance today because society is witnessing the degradation of values. Gandhian virtues of self control are much needed in a materialistic world driven by the desire to achieve and acquire more. Gandhi believed that truth is the relative truthfulness in word and deed, and the absolute truth - the ultimate reality. This ultimate truth is God and morality, and the moral laws and code - its basis. Gandhi understood nonviolence from its Sanskrit root "Ahimsa". Ahimsa is just translated to mean non-violence in English, but it implies more than just avoidance of physical violence. Ahimsa implies total non-violence, no physical violence, and no passive violence.

Malvika Ghosalkar, XII-Commerce

Dear readers,

We are glad to present our first newsletter of ISC Section. It will give you a glimpse of the expressive and talented young minds. We believe that each child carries in abundance the wealth of sympathy, kindness, creativity and energy. The effort of every educator is to unlock this marvellous treasure. As we have Truth and Non - violence as the value of month, few of students have tried to jot down their views about it. We hope you will enjoy reading it. Currently our students are fighting this battle of the COVID-19 pandemic with their weapon of patience, strength, enthusiasm and courage, and looking at their perseverance we are sure that there is nothing that will stop them from winning this battle.

I take this opportunity to wish you all a very happy, healthy and safe Diwali!

Warm Regards,

Rajashree Rane
Section Head (ISC)



Nonviolence is the practice of being harmless to self and others under every condition. Mahatma Gandhi had preached the importance of nonviolence to the nation. He said, "Non-violence is the greatest force at the disposal of mankind. It is the mightiest weapon devised by the ingenuity of Man."

The term non-violence is often linked with or used as a synonym for peace. Non-violence is a powerful and just weapon. It is indeed a weapon which cuts without wounding and ennobles the man who wields it. We all are the creation of god. Wars only lead to destruction; nothing is created out of war. Wars are not curses of god, but results of our actions. The only way to bring world peace is by adapting to nonviolence. There shall be strict punishments for people showing violence against other human race. Also The International Day of Non-Violence is celebrated on 2nd October. Often Non-violence in Hindi refers to "AHIMSA".

'NON-VIOLENCE IS A WEAPON OF STRONG'

Kashmaya Kandelwal, XII-Science



The Corona Virus and How it has Affected Me

The corona virus has hit everyone, no matter whether they are top dogs or just, the rest. No one saw this coming, especially on a scale like this. Global, that is. Lives have not just affected, but hurt, taken too. As unfortunate as the situation is, we have still got to get through this. Everyone's doing pretty okay now, since the virus seems to be the new normal, but it took awhile to get here. It was the lockdown for me. I had left for Goa a day before the lockdown was announced, and was then stuck there, for three whole months, as all flights and trains were shut down. College was supposed to go on, and I had no textbooks, nothing to write on or write with, but I did manage. It was a tough three months, but I made it through.

Ishan Naik, XII-Commerce



Mandaar Gupta, XII-Commerce



THE WAY HOME

A man walked down an old abandoned road, in the dead of the night, with hands in his pockets. He felt as if someone was following him. An elusive shadow. He walked with a faster pace in nervousness. The shadow's pace grew faster. The man was now walking so fast that he was almost running away from it. While running, he was cursing himself and cursing his fortune. He was the owner of a humble firm in the city and was returning to his home in the countryside. He often used the road through the forest to reach his house. He travelled by car but his car had broken down in the middle of the forest road today. He had locked it and decided to get someone to fix it.

Now here he was, about to be mugged by someone. There was folly in running. The city and his house were quite far away and there was no one in sight, except the shadow. He decided to take a stand. He turned around and shouted with all the strength he could gather, "Who are you and why won't you leave me alone?"

On hearing this, the shadow stopped dead in its tracks. It disappeared behind a tree, nowhere to be seen again. The man took a sigh of relief and turned behind to continue his long and pointless journey. However, as he turned behind, he saw a woman standing there. She was not there before but here she was. She seemed to be a young woman, about the same age as his daughter. She was dressed oddly and her clothes were covered with dirt. Naturally, he felt inclined to ask if she had been in some accident. However, something about the woman was off-putting. She had no expression on her face. It was pale. Nevertheless, he regained his senses and asked her, "Have you been in some accident? Are you fine? Can I help you out?"

But no reply came. He asked yet again if she needed some help from him. To which she just nodded and made some indications that told him to follow her. Therefore, he did. He was now following and possibly trying to help an unknown woman on a road that was famed for people disappearing. There were rumours of spirits roaming this road but he did not believe them. They walked for about half an hour until they came to a certain spot. There was a lamp glowing there. His eyes adjusted to the sudden light that flooded his eyes. The woman stopped. She urged him to go into the bushes and walk on a dirt path. He was about to follow her directions when he accidentally saw her feet. Feet! She did not have any feet. There she was with missing feet, just levitating in the air. He did not stay there for a single moment. He just ran as fast as he could until he came across a car and took a lift from a fine person. He went to his home, huddled up in his warm bed, and put himself to sleep.

Next day, he took his other car to work. On the way through the road, he saw a crowd of police. He got out, asked them, and found out that there had been an accident and a woman had died. His heart skipped a beat. It could not have been. He went ahead to see whom it was. It was the same woman! There she was, lying there lifeless, with missing feet.

Aditya Anil Bhabal, XI-Science



My QUARANTINE

We all are tired sitting at home, especially me because I used to come home only for 2 times after college for lunch and then directly after 10 pm for dinner and sleep. I am a national Rhythmic Gymnast and this year I had many big plans for my sport. This year was my last year to play interschool and it was obviously cancelled because of COVID, I felt really bad but then it had to happen. Sitting at home, made me improve in studies I can focus on my studies there is no pressure of my gymnastics competitions which kind of used to affect on my studies before but now it doesn't. I watch recipes on Youtube, I make a lot of new recipes and my mother helps me make chapatis, I'm still not really good at it though, but henceforth I tried cooking other new things and I'm good at it.

My training is online and it is really difficult to workout at home. I miss my gym but there is an option I have to do it anyway. In this sensitive atmosphere we have to stay fit, also in good shape.

Studying online is really difficult, we face lot of internet issues and electricity cut off but now we have survived for 7 months and we will survive ahead, my teacher's are giving their heart and soul in teaching, their hard-work and efforts is mind blowing they are the inspirations for us students from making presentations to teaching diagrams and sums ONLINE is really difficult but they make us easy to understand, also some of us are troubling them for not keeping the video on. I thank you all for your cooperation and efforts. I got so much time to spend with my family which I never got since I entered in sports.

Janavi Thakur, XII-Commerce

Is **violence** really the best option??????



We live in a world with so much hate and disgust we see so much happening around but we as humans really need to ask ourselves if choosing violence would change something? would it make the situation better or worse. As Martin Luther King Jr said "in spite of temporary victories, violence never brings permanent peace" I believe violence although seems as an effective solution may worsen a situation. Great men and women all throughout history like Mahatma Gandhi, Martin Luther King JR, Bal Gangadhar Tilak all believed in non-violence and that violence is an irrational answer to justice.

Maurya Sareen, XII-Commerce

WHY IS NON VIOLENCE ESSENTIAL ?

Non-violence is the greatest force at the disposal of mankind. It is the mightiest weapon devised by ingenuity of Man, Mahatma Gandhi said. Tibetan spiritual guru the Dalai Lama has said that religions emphasize on the importance of compassion, a tool to curb violence. The term non-violence is often linked with or used as a synonym for peace. Non-violence is a powerful and just weapon. It is indeed a weapon which cuts without wounding and ennoble the man who wields it.

Delivering a speech at the auditorium of University of Oslo in 1964, Martin Luther King said Gandhi led a long and successful non-violent struggle against British rule in India. He also said that he had adopted Gandhi's non-violent method in the campaigns to win civil rights for African-Americans in the US. We should not forget that we all are creations of the God who is an ocean of love. One should know that wars are not the curse of God, but results of our actions. India wants to be a country of peace, tolerance and prosperity. The only way to bring back peace is to empower ourselves spiritually and remove all negative qualities from our mind.

Mandaar Gupta, XII-Commerce



Mandaar Gupta, XII-Commerce