



CHRONICLE - THE MODERN SCHOOL WEEKLY

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Estd: 1920



Parnika Bhardwaj (S5D) 1st position



Raghav Jindal (S5B) 2nd position

Slogan Writing Competition - A Tribute To The Corona Warriors

WHAT'S NEW AT MODERN

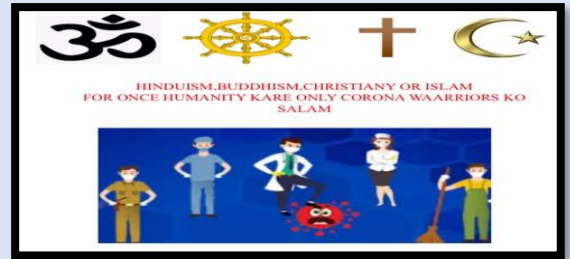
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Modern School Barakhamba Road, has been a part of various initiatives driven by Sewa Bharti over the years. One of the most recent projects, a Slogan Writing Competition named 'A Tribute to all Corona Warriors' was held on 12th May 2020.

As a part of the competition, students from all over Delhi submitted their impressions. The Honorary Police Commissioner of Delhi, Shri S.N. Srivastav addressed the participants through a Webex call. He interacted with the students and responded to all their queries. He also emphasised on the role of the Delhi Police in fighting this deadly pandemic. He called the volunteers as 'Corona Warriors'. He also announced the names of the winners of the Slogan Writing Competition.

Students of Modern School Barakhamba Road secured all the top three positions amongst the best 70 impressions that were submitted. Parnika Bhardwaj (S5D) secured the First prize. The Second prize was bagged by Raghav Jindal of (S5B) and the Third prize was awarded to Nirvan Singhla (S4A).

Sewa Bharti is a leading non-profit, social organisation that works among the economically weaker sections of the Indian society, especially the urban slum dwellers and the resettlement colonies (Sewa Bastis). The Sewa Bharti efforts thoughtfully aim at reinforcing four crucial dimensions of society: Sewa (Service), Sanskar (Values), Sadbhava (Social Harmony) & Samridhhi (Prosperity). Sewa Bharti runs several such enterprises towards fulfilling their larger objective of having a society with equal opportunities to learn and grow. In many of their pursuits, it also involves several school students to be a part of specific projects that would help eliminate the social differences and create a very strong and positive social fibre. In accordance with their ideology, Modern School Barakhamba Road is also a part of the initiative, 'Each One Teach One' taken up by Sewa Bharti where the students of Modern School connect with the less privileged children of the society and try and impart knowledge, values and life skills to them.



Nirvan Singhla (S4A)3rd Position

LOCKDOWN- AN OPPORTUNITY TO OBSERVE AND EXPLORE

In the pursuit of curiosity and innovation packaged in successful pedagogy, the art and sculpture students of Modern School Barakhamba Road, sought inspiration across history, ranging from modern art to ancient heritage. This was best illustrated in a workshop on 11th May 2020 conducted by Ms Aradhana Gupta for S6 students of Fine Arts. After a short discussion on handicrafts, a terracotta image of Mother Goddess clad in a kilt clasped by a broad band with some simplistic jewellery from the Indus Valley Civilization was displayed on the screen and the children were asked to make similar figurines.



By Deveshi Gupta
(S6I)

The students were taught the use of various techniques such as coiling, pinching and slabbing, which are still used in making terracotta figurines. The exciting activity that followed was to subsequently create a figurine of Mother Goddess by kneading common flour into dough by following the same techniques. It was indeed a rewarding outcome – the students not only enjoyed the process but also connected and comprehended well with the image in terms of technique, ethos and historical perspective. This workshop provided an exciting opportunity to engage the students and unleash the hidden craftsmanship in them.



By Aalokit Das
(S6J)

THE DOPAMINE DETOX

Have you ever wondered as to why you are addicted to an inanimate device called mobiles?

Every time you scroll through Instagram, consume content on YouTube or Netflix, receive comments and likes on your Instagram post, play some Call of Duty, while taking a bite of that delicious and juicy hamburger, your brain produces a strong hit of the neurochemical dopamine. In its worst form, dopamine becomes the cause of drug and alcohol addiction. Dopamine is one of the many chemicals that gives you instant happiness. Therefore, your brain will try to stimulate the repetition of the behaviour that produces the dopamine in the first place. And that's where things go wrong.

Before you realise it, your brain is already signalling you to go back to Instagram because it knows it will get a new hit of dopamine again. This results in an instant gratification and a euphoric feeling. All of a sudden you find yourself fighting an uphill battle against your brain — and that's not an easy fight. Majority of the times, we're unable to conquer our thoughts and end up having an unproductive day. Days turn into wasteful weeks and ultimately months go in vain. Gradually, we lose trust in ourselves and the zeal for achieving our goals is lost. To sum up, dopamine can have a huge impact on the way you think and behave. If you want to change your choices in life, ultimately changing your future for the better, then it is highly recommended that you should do a 24-Hour dopamine detox to reduce the time spent on problematic behaviour.

So, what is the Dopamine Detox? Dopamine fasting is when for an entire day (24 hours) you focus solely on yourself and your thoughts without any distractions. Mentioned below are the mandatory rules for a successful detox:

No usage of electronics (phone, laptop or video games etc.), no junk food, less socialising, no music or podcasts, no coffee or other stimulants.

What will be the benefits of a dopamine fast?

Without substances, screens or other stimuli to distract them, you have the opportunity to become reacquainted with yourself. Journaling while you're fasting on topics such as "Who am I?" or "Where do I see myself in ten years?" will help you explore more about yourself and it is assured that you will not let devices control your life. You will become aware of the fact that we have so much time in a day to do amazing things and make real progress. If only we didn't numb, distract and choke ourselves by the weapons of mass distractions. We are addicted to short-term pleasures that take our focus away from the things we really desire. Thus, you will begin living in the moment through leaving the phone.

Lockdown introspection by Navya Joshi (S7-D)

LOCKDOWN CREATIVITY

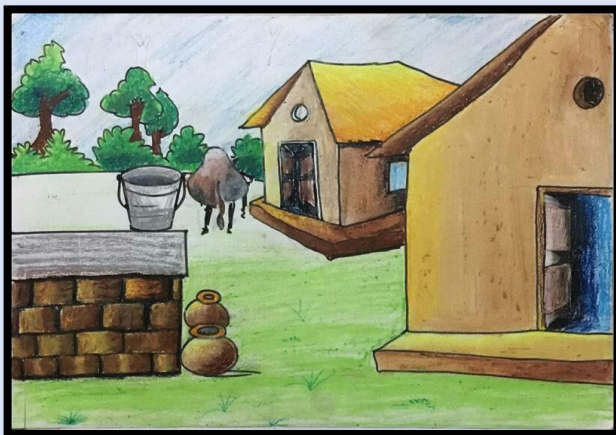
BE THE CHANGE YOU WISH TO SEE

BY: TAVISHI JAIN (S4A)

Rise above the crowd,
 And say it aloud!
 It's time to cure our earth,
 Which gave us birth.
 Thank this magnificent creation,
 And awaken your realization.
 The earth is wounded
 And it's our duty to make it splendid.
 Me is not superior
 To take other species inferior
 Me is equal
 Stop this needless organism removal.
 One is never too young to make a difference
 Each one of us can cause an influence
 You are the beginning
 Make the first inning
 Take up courage and be the change
 Lead them all to the stage
 Where each and every soul is uncaged.



Award-winning artwork by Vayun Agarwal (S5G)



Art work on village life made by Aarsh Singh (S1F)



Art work by Saanvi Shorey (S1F)