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URJA nplugged

Children's Day 2024

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Editorial

***"True strength lies not in the absence of challenges,
but in the ability to find peace amidst them."***

Dear Students

In a world brimming with endless demands and constant distractions, the ability to pause, reflect, and rejuvenate has never been more essential. Imagine yourself standing at the intersection of ambition and chaos, where every day presents new trials. It is in these very moments of challenge that our true strength is revealed—not through resistance, but through our ability to restore balance and serenity.

For centuries, people have sought ways to reconnect with their inner selves, and in today's high-speed digital era, this pursuit has grown more pressing. This year, we invited you to share Your Rejuvenation Mantra—those simple practices that help you recharge and rediscover joy. Whether through the expressive strokes of art, the rhythmic energy of dance and music, the immersive escape of literature, the wonder of stargazing, the intellectual challenge of puzzles, or the inner calm of meditation and yoga—your entries beautifully showcased how these activities not only refresh the soul but also fortify the spirit. You have shown us that the essence of rejuvenation lies in harmony—a delicate balance between action and reflection, body and mind.

This Children's Day booklet is not merely a collection of reflections; it is a vibrant celebration of your creativity and the many paths you take to find strength. Each contribution stands as a beacon of inspiration, reminding us all that amidst life's relentless pace, we can always carve out moments to reconnect with our inner stillness.

As you explore these pages, let the words of these young voices remind you to find calm amid the chaos, tranquility amid the noise. Their insights reveal that the most profound solutions to life's stresses often emerge from the simplest, most authentic pursuits.

They have found their way—now it's your turn to rediscover yours.

Wishing all our readers an inspiring and rejuvenating journey ahead!

With deep admiration and gratitude,

Henna Soni

Editor

Special thanks to

Ms. Palak, Co-Editor,

for her invaluable contribution to this collection.



My Rejuvenation Mantra

TWISTS OF TRANQUILITY

When the strains of school and life get too overwhelming, I turn to an unexpected source of comfort: my Rubik's Cube. This colorful puzzle is more than just a brain teaser; it serves as my rejuvenation mantra.

Each twist and turn feels like a step away from stress, leading me to a more relaxed state of mind. My worries fade as my fingers glide over the cube, aligning colors and patterns, and are replaced by a soothing rhythm that calms my soul.

Solving the cube is more than just reaching a goal; it's a journey that mirrors my own search for balance and clarity. With each layer that falls into place, I feel a rush of accomplishment, a reminder that even the most complex problems can be unraveled with patience and perseverance. Cubing transports me to a realm where everything makes sense, allowing me to reboot and regain my inner calm.

And, it's the only time I can say, "I'm not procrastinating, I'm problem-solving!" It's my own method of rejuvenation, keeping me centered, invigorated, and ready to face the world anew—with a sense of humor and a perfectly aligned cube!

Message:

Cubing has taught me that even the most complex problems have solutions if approached with patience and persistence. This practice sharpens my mind, reduces stress, and brings me clarity. Every twist brings a sense of accomplishment, reminding me that calmness and focus can unravel even life's toughest challenges.



Daksham Devgan
XII-CFS





Challenges for Renewal

My Rejuvenation Journey

Solving tough questions and achieving good results motivates me. It's my secret to staying energized and focused. When I finally figure out a difficult problem, I feel a weight lifted off my shoulders. Seeing my hard work pay off with excellent results is the best reward.

This accomplishment shows me that my efforts are worth it and pushes me to keep going. I feel more confident and motivated to tackle even bigger challenges. This mantra helps me stay positive and driven, reminding me that every problem has a solution and every challenge is an opportunity to grow.

By solving tough questions and achieving good results, I build strength, resilience, and unwavering belief in myself. I overcome obstacles, reach my goals, and feel an incredible sense of fulfillment and purpose.

Message:

Embrace challenges and persist in solving them! Every difficult question answered builds strength and confidence. Believe in yourself, as every small victory leads to greater success. Stay motivated and celebrate your progress—you got this!



Salvi
XII-Com-B

THE THRILL OF COMPETITION

My Rejuvenation Quest

Amidst the ebb and flow of life's experiences, one vibrant hue ignites my soul—the essence of competition. My rejuvenation journey is rooted in striving and aspiring. It's not just about the thrill of victory or the sting of defeat; it's about the exhilarating self-discovery that unfolds along the way.

Each competition is a crucible, testing the mettle of my spirit. Stepping into the arena, armed with knowledge and determination, I feel an adrenaline surge coursing through my veins. As the event unfolds, tranquility washes over me, focusing solely on the task at hand.

Competing means learning, growing, and evolving. Each victory, no matter how small, reflects my perseverance, while every defeat teaches invaluable lessons. It's the journey that matters—the relentless pursuit of excellence.

In the crucible of competitions, I find solace, purpose, and belonging. It's a space where I can be myself, challenge my limits, and discover new depths.

Message:

In the thrill of competition, I discover unparalleled joy and profound fulfillment. Life is about thriving and embracing challenges, emerging stronger, wiser, and more fulfilled.



Abhishek Dhanda
XI-CFS

DOODLING

My Path to Rejuvenation

Whenever I feel stressed, I turn to doodling as my rejuvenation technique. This simple creative activity has the incredible power to soothe the mind and uplift the spirit. As my pen glides across the paper, I feel my worries and stress slowly fading away. Doodling helps me focus on the present moment and express myself freely, leading to a sense of tranquility and mental clarity. Each swirl and sketch draws me away from life's chaos and brings me closer to my inner peace.

I encourage everyone to try doodling when they feel overwhelmed.

The next time stress creeps in, take a moment to grab a pen and let your imagination run wild. Doodling is therapeutic and can be just what you need to take a break from life's challenges. Embrace this easy yet effective mantra, and watch as your stress begins to dissipate, making way for creativity. It has the potential to brighten your mood and bring a refreshing sense of serenity.

Message:

Doodling is my rejuvenation mantra, a simple yet profound way to reclaim my peace and nurture my creativity in times of stress.



Nitish Choudhary
XI-N.M.-A

Newspaper

My Window to the World of Rejuvenation

As a student passionate about learning and exploring new things, navigating the rigorous demands of academics often leads me to seek a refreshing change. To balance my life, I have turned to one of my favorite hobbies: immersing myself in daily newspapers. This interest enhances my learning skills and keeps me engaged with the world around me.

I eagerly flip through various publications, exploring topics from politics to science and technology, art, culture, and more. These vibrant articles offer a refreshing contrast to my textbooks, sparking curiosity and creativity in ways I hadn't imagined.

Reading newspapers has become my daily ritual, keeping me well-informed about global events. This practice broadens my knowledge and sharpens my critical thinking skills. The tactile experience of holding a newspaper is something digital screens can't replicate.

I choose not to spend time on social media and have never felt the need for a smartphone or tablet. Newspapers are my go-to resource for unwinding after a long day of studying, providing a perfect blend of information and relaxation.

Message:

Reading newspapers is my rejuvenation mantra. It broadens my knowledge, sharpens critical thinking, and provides a healthy break from screens. I encourage every student to adopt this habit, as it enriches our lives in countless ways.



Harsehaj Singh
XI-N.M.-A

PAW-SITIVE LOVE

My Rejuvenation Mantra of Joy

Taking care of street dogs and showering them with love is more than just a routine for me—it's my rejuvenation mantra, a profound source of joy and fulfillment. Every moment spent with these furry companions brings a sense of purpose that revitalizes my spirit. Their wagging tails, eager eyes, and boundless affection create a bond that melts away my stress and uplifts my mood.

The resilience, loyalty, and unconditional love these dogs offer inspire me to be a better person. This practice of gratitude and connection fills my heart with happiness and makes each day more meaningful. My mantra of caring for dogs is about reciprocating the joy they bring and creating a bond that enriches both their lives and mine.

This act of caring for street dogs teaches me empathy, patience, and compassion. It also fosters a community where every being is valued, reminding us of the importance of standing up against mistreatment and advocating for their well-being and rights.

Message:

Loving and caring for street dogs is my rejuvenation mantra, a powerful practice that brings joy, teaches compassion, and builds a more empathetic world.



Delisha
XI-Com-B

Sketching

My Rejuvenation Mantra for Calm

I imagine having a personal anchor to hold onto during life's turbulent moments—a reminder to stay grounded, focused, and true to yourself. For me, that anchor is my rejuvenation mantra: sketching. Sketching has become my North Star, my Polaris. Pablo Picasso rightly said, "Art washes away from the soul the dust of everyday life!"

The gentle glide of my pencil across the paper calms my thoughts and soothes my soul. My pencil is a magic wand, giving voice to my inner world, a place where I can be myself, unfettered from the pressures of daily life.

It's where I find my rhythm, passion, and bliss. Every stroke encourages me to think outside the box, exploring new perspectives. As they say, "Art is a verb, not a noun." So, I'll keep sketching and bringing my thoughts to life.

Take a deep breath and pick up a pencil; let the world slow down and watch your worries fade away. In the gentle flow of lines, discover serenity, freedom, and joy. Remember, every stroke is a breath of fresh air for your soul.

Message:

Sketching serves as my rejuvenation mantra, transforming stress into creativity and calm. Each stroke allows me to express my emotions and reconnect with myself, reminding me that art is a powerful tool for finding peace in our busy lives.



Namah
X-G





EMBRACING REJUVENATION THROUGH

Origami

***F**or me, rejuvenation comes through engaging in activities that combine creativity, mindfulness, and nature. Origami serves as a powerful tool for mental and emotional refreshment. The process of transforming a simple sheet of paper into intricate designs requires intense focus, drawing me into a meditative state that eases stress and clears my mind. This creative journey stimulates my imagination and provides a rewarding sense of accomplishment.*

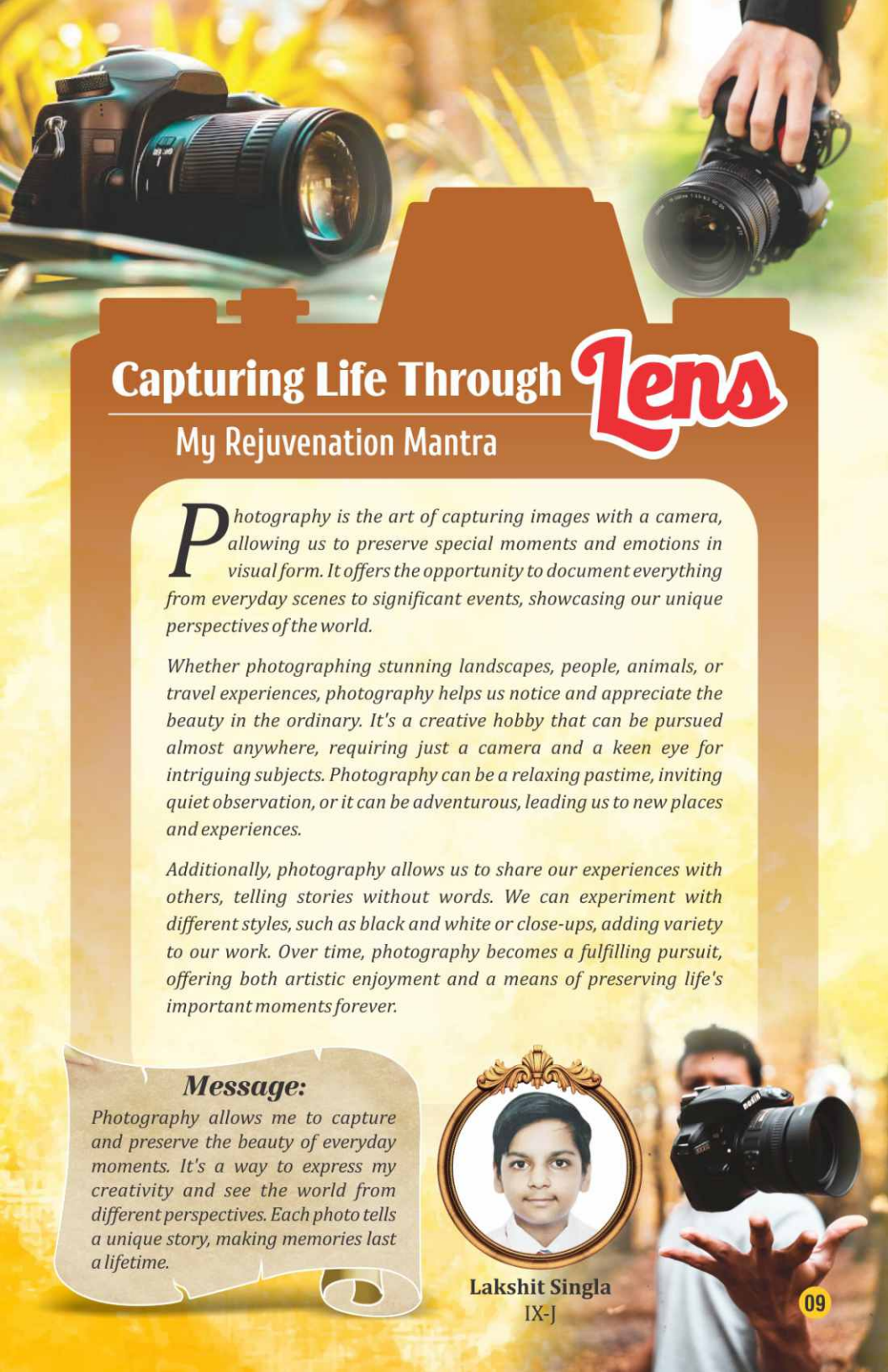
Similarly, a nature walk allows me to disconnect from daily distractions and immerse myself in the calming embrace of the natural world. The sounds of chirping birds, the sight of greenery, and the fresh air revitalize my senses, promoting mindfulness and reducing stress. Both practices offer a momentary escape from routine pressures, rejuvenating my mind and body. Together, origami and nature walks form a holistic approach to maintaining balance and well-being, merging artistic expression with the therapeutic benefits of nature.

Message:

Engage in activities that blend creativity with the serenity of nature; embrace origami and nature walks as pathways to rejuvenation, promoting mindfulness and restoring your spirit.



Abhayjit Angrish
X-C



Capturing Life Through **Lens**

My Rejuvenation Mantra

Photography is the art of capturing images with a camera, allowing us to preserve special moments and emotions in visual form. It offers the opportunity to document everything from everyday scenes to significant events, showcasing our unique perspectives of the world.

Whether photographing stunning landscapes, people, animals, or travel experiences, photography helps us notice and appreciate the beauty in the ordinary. It's a creative hobby that can be pursued almost anywhere, requiring just a camera and a keen eye for intriguing subjects. Photography can be a relaxing pastime, inviting quiet observation, or it can be adventurous, leading us to new places and experiences.

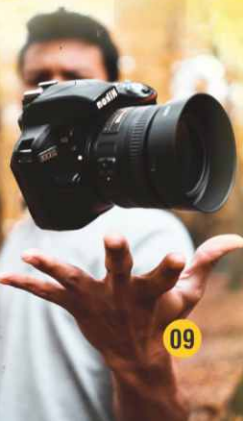
Additionally, photography allows us to share our experiences with others, telling stories without words. We can experiment with different styles, such as black and white or close-ups, adding variety to our work. Over time, photography becomes a fulfilling pursuit, offering both artistic enjoyment and a means of preserving life's important moments forever.

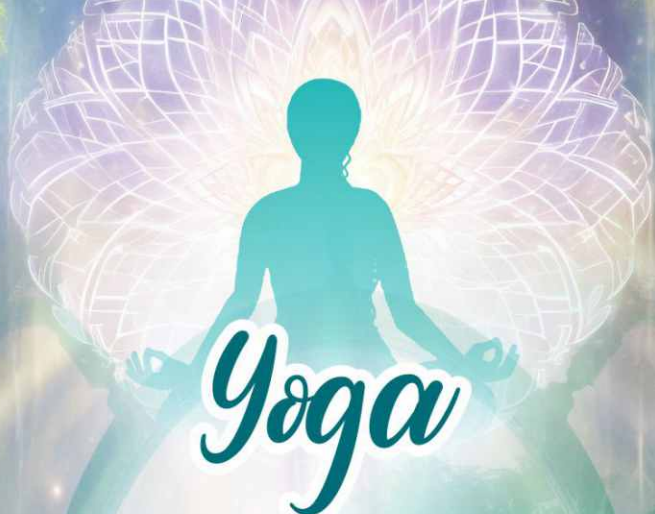
Message:

Photography allows me to capture and preserve the beauty of everyday moments. It's a way to express my creativity and see the world from different perspectives. Each photo tells a unique story, making memories last a lifetime.



Lakshit Singla
IX-J





Yoga

My Pathway to Rejuvenation

When I feel tired and exhausted, unable to muster energy for schoolwork, games, or conversations, I turn to my rejuvenation mantra. I seek refuge on the terrace, laying down a comfortable yoga mat to relax. As I lie there, I gaze at the vast sky, watching the clouds drift by in their serene dance. This boundless sky and the gentle movement of the clouds bring me a sense of freedom and tranquility.

The melodious chirping of birds enhances the soothing atmosphere. Their cheerful songs remind me of the simple joys of nature and help me reconnect with the world around me. This time spent on the terrace, immersed in beauty and sounds, becomes my sanctuary. It clears my mind, lifts my spirits, and fills me with profound peace and rejuvenation.



Message:

In moments of exhaustion, nature's beauty brings me balance and energy. This simple practice allows me to recharge and face life's challenges with renewed strength.



Pranshi Walia
VIII-J

A Writer's Solace

My Source of Rejuvenation

Why do feelings collide and scatter,
A storm raging in my mind?
Hearts can shatter, hopes can wander,
Are clashing emotions the real tides?
The ticking a bit slower
Yet seems faster in a blink.
Uhh, my thoughts can't ponder more;
They too need time to think.
The crossing of the words
And the breeze passes by,
The icy heart feels warm,
And the mind lets out a sigh.
Not long does it take
And it's just me and my pen.
They say me the writer,
But the flux was the real den.
Exhaustion now feels like a blessing,
gifting me numerous arts,
Though I still feel a bit down at the dusk,
I re-give my pen a chance.
To echo in my hollow heart
And aid it to re-aspire,
But amidst this rejuvenation,
I wonder if my pen gets tired?

Message:

Sometimes, when life feels heavy,
I find solace in the quiet company
of pen and paper. Writing helps me
navigate my emotions, transforming
chaos into clarity. Reading my
words later warms my soul,
revealing peace and strength
I didn't know existed—a true
rejuvenation.



Bhargav Vinayak
XII-CFS



My Rejuvenation Mantra **RECHARGING THE SOUL BY GIVING BACK**

In the hustle and bustle of daily life, I find joy and rejuvenation through my fortnightly visits to the NGO "Manukhta Di Seva" in Hasanpur, Ludhiana. Helping those in need, including the elderly and children, allows me to connect with pure souls and feel closer to God.

At the NGO, I engage in activities like distributing food and clothes or simply spending quality time with the residents. Each moment spent there is precious, and the smiles on their faces remind me of the impact of kindness.

Volunteering not only uplifts my spirit but also teaches me compassion and empathy. It reinforces the idea that even small acts of kindness can create significant change. These experiences encourage me to reflect on my blessings and motivate me to continue giving back to the community.

I believe our gestures can transform society. By extending a helping hand, we uplift others and inspire a culture of empathy and solidarity. Together, we can make a meaningful difference in building a better world for all.

Message:

Volunteering at "Manukhta Di Seva" rejuvenates my spirit and teaches me compassion. It reminds me of the joy found in helping others and the significant impact small acts of kindness can have, inspiring me to contribute to the betterment of humanity.



Jaiveen Kaur
VIII-E



My Rejuvenation Adventure Puzzle Solving

Puzzle solving is my favorite way to unwind and rejuvenate. Whether it's a complex jigsaw, a challenging crossword, or a tricky Sudoku, I love diving into puzzles and losing myself in the process. As I work through each problem, my mind shifts away from daily worries and focuses entirely on finding solutions. The satisfaction of fitting the last piece of a jigsaw or solving a difficult riddle brings a sense of accomplishment and joy. Puzzle solving is not just a mental exercise; it is a form of meditation that sharpens my mind while providing a much-needed break from routine. Each completed puzzle leaves me feeling refreshed, re-energized, and ready to tackle whatever comes next.

Message:

Puzzle solving is my mental escape. It challenges my mind and provides a sense of accomplishment with every solution. This practice clears my thoughts and keeps me sharp, making it a vital part of my rejuvenation mantra.



Aditi
VIII-F



TRAVEL



The Essence of My Rejuvenation Mantra

It is commonly believed that a well-oiled machine experiences less wear and tear. The human body also works on this principle, where oiling might be of a different kind. Our body and mind need periodic rejuvenation to keep functioning properly.

In my case, I generally like to travel with my parents, and this travel therapy helps rejuvenate my mind and body. My parents take me to off-beat places for short stays, where I get to know about the local culture and lifestyle of the inhabitants. Places like Ladakh and Spiti Valley have played an important role in teaching me the dignity of labor in difficult living conditions. Traveling takes me through unexplored regions and gives me insight into the diversity of our country.

Traveling is in my blood, and it gives me a chance to spend quality time with my parents. I breathe fresh air away from the chaos of our overcrowded city, and we all return with renewed energy that fuels us going forward. We must cultivate at least one hobby that refreshes our minds and rejuvenates our spirits.

Whether it's gardening, writing, listening to good music, or meditating, these activities help recharge and bring us back to our studies with renewed focus and energy.



Adhiraj Sharma
VII-D

Message:

Traveling is a powerful rejuvenation mantra. It allows us to step away from our daily routines, breathe in new experiences, and return with a refreshed mind and spirit.



Exploring the **WILDLIFE**

My Rejuvenation Mantra Through Reading

My rejuvenation mantra centers on reading, particularly animal encyclopedias and research. Since childhood, I've been passionate about learning about animals. Animal encyclopedias are like windows into diverse ecosystems, introducing me to various species and their remarkable behaviors. This reading not only serves as an escape but also renews my sense of wonder and appreciation for the natural world. It challenges my thinking and keeps my mind active, fostering a sense of accomplishment and intellectual growth.

By engaging with these topics, I experience a refreshing break from routine, revitalizing my outlook and rejuvenating my spirit. This practice helps me return to daily tasks with renewed energy and a clearer perspective, making it an essential part of my personal rejuvenation. I aspire to turn my passion into a career because it gives me immense pleasure to read about animals and contribute to saving endangered species.

Reading about extinct animals teaches us about their histories and habitats, inspiring efforts to bring them back through advanced technology. By understanding past extinctions, we can support conservation and restore balance to our planet.

Message:

Reading animal encyclopedias is my rejuvenation mantra. It enriches my knowledge, inspires conservation, and helps me reconnect with the natural world. Each page brings me joy and fuels my passion for wildlife, empowering me to contribute to saving endangered species and restoring balance to our planet.



Krishav Bhardwaj
VI-B



MY REJUVENESCENCE FLAIR

Finding Joy in the Kitchen

Mortal tension is the dross of modern life. We all carry it, but if we don't let go of it, it will pile up and overtake our lives. Consequently, resurgence is the key to buoyancy.

To survive in a world filled with jitters and disquiet, I sneak into my mother's magic kitchenette to re energize myself. My way of relieving stress is to spend my leisure time in the kitchen, where I am fascinated by the art of cooking and love trying my hand at various scrumptious ingredients. As a result, a tasteful and flavorful platter is always on the table, dished up for my loved ones. Be it upma, garlic bread, pizza pie, or frappuccino, the aromas of gastronomy flip my worries away.

When my family demolishes the warm slices and exclaims, "You are the future wonder chef in the making!" I can't help but burst out laughing, ready to face the next challenge with contentment and pride.

Message:

The time to relax is when you don't have time for it. My culinary resurgence not only uplifts me but also brings joy to my family. I am grateful for this talent, as it brings happiness to others, and I hope to pursue it as a future career.



Yedhant Bhakoo
VI-G





Cricket

My Rejuvenation Inspiration

Cricket has always been my rejuvenation mantra. The sound of the bat hitting the ball brings me a unique sense of relaxation. Whether playing or watching a match on TV, the excitement makes me forget everything else. I share a special bond with my father while enjoying the game, as he is also a cricket fan. In the evenings, I eagerly look forward to playing matches with my friends in the park. The thrill of hitting a six, taking a wicket, or witnessing a stunning catch fills me with joy and boosts my mood.

Cricket has significantly improved my social skills; I no longer hesitate to talk to new people. It uplifts my spirit and energizes my soul. At the end of the day, whether I win or lose, I always come home happy and cheerful.

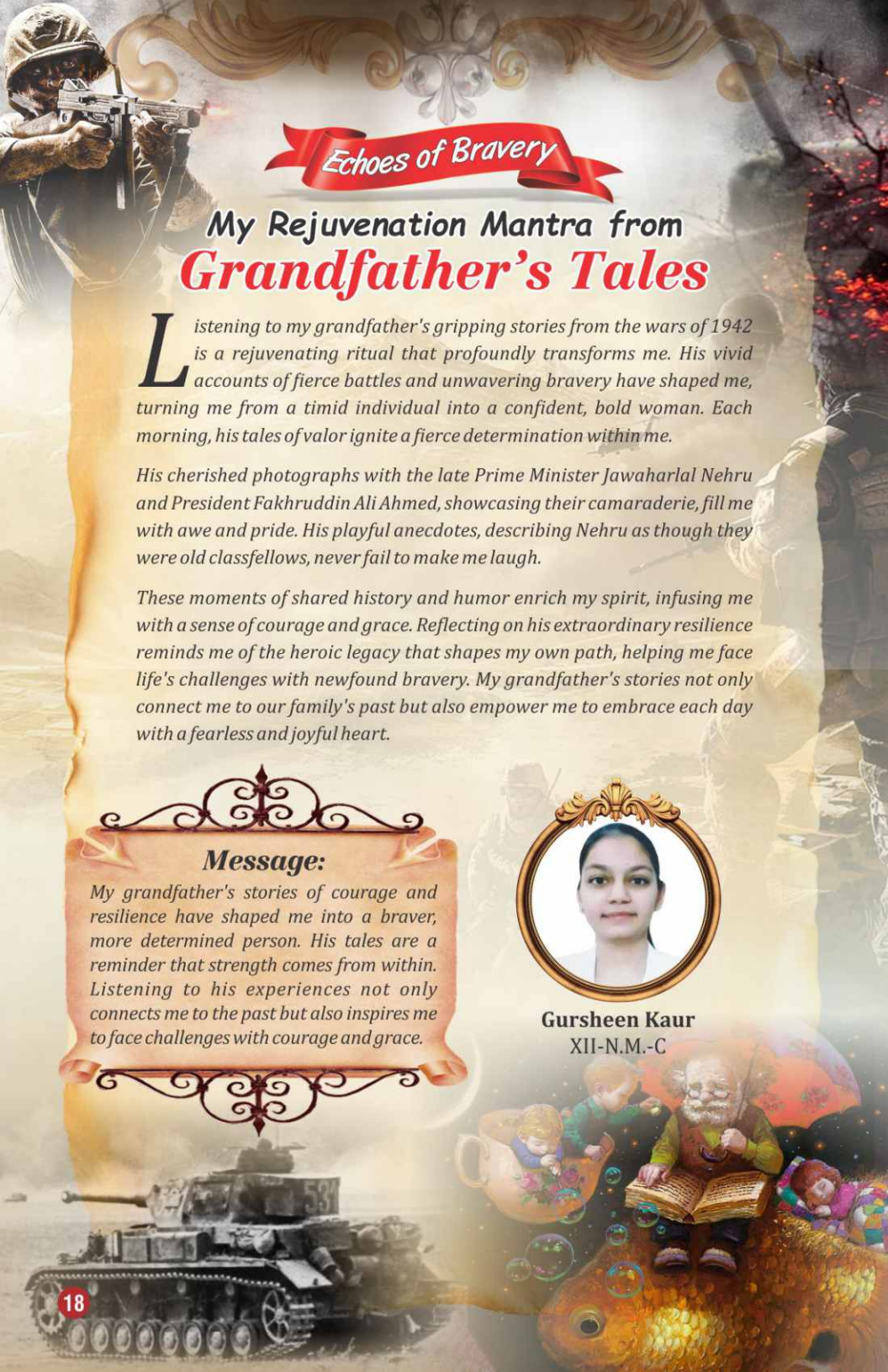
Cricket teaches us sportsmanship, discipline, and teamwork. It's not just a game; it's a blend of physical activity, strategic thinking, and social interaction. Life is full of ups and downs, but we must always keep pushing forward.

Message:

Cricket is more than just a sport; it's a source of joy and relaxation. It fosters camaraderie, teaches valuable life lessons, and helps me connect with my family and friends. Regardless of the outcome, the happiness it brings is my true victory.



Kriday Singhania
IV-C



Echoes of Bravery

My Rejuvenation Mantra from *Grandfather's Tales*

Listening to my grandfather's gripping stories from the wars of 1942 is a rejuvenating ritual that profoundly transforms me. His vivid accounts of fierce battles and unwavering bravery have shaped me, turning me from a timid individual into a confident, bold woman. Each morning, his tales of valor ignite a fierce determination within me.

His cherished photographs with the late Prime Minister Jawaharlal Nehru and President Fakhruddin Ali Ahmed, showcasing their camaraderie, fill me with awe and pride. His playful anecdotes, describing Nehru as though they were old classfellows, never fail to make me laugh.

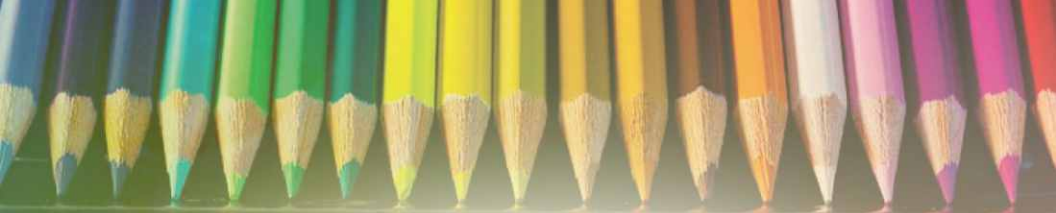
These moments of shared history and humor enrich my spirit, infusing me with a sense of courage and grace. Reflecting on his extraordinary resilience reminds me of the heroic legacy that shapes my own path, helping me face life's challenges with newfound bravery. My grandfather's stories not only connect me to our family's past but also empower me to embrace each day with a fearless and joyful heart.

Message:

My grandfather's stories of courage and resilience have shaped me into a braver, more determined person. His tales are a reminder that strength comes from within. Listening to his experiences not only connects me to the past but also inspires me to face challenges with courage and grace.



Gursheen Kaur
XII-N.M.-C



PEDALS & PENCILS

My Path to Rejuvenation

Every weekend, I embark on a refreshing journey through the countryside on my bicycle. The rhythmic pedaling, the whisper of the wind, and the ever-changing landscapes before me create a symphony of tranquility. Cycling invigorates my body, pumping energy through my veins, while clearing my mind of daily stresses.

In my backpack, I always carry a sketchbook and a set of pencils. When a particularly stunning view or a charming scene captures my attention, I come to a gentle stop. Settling on the grass, I let my surroundings inspire me. With each stroke of my pencil, I bring the moment to life on paper. Sketching allows my creativity to flow, and transforming the beauty around me into art brings a deep sense of fulfillment.

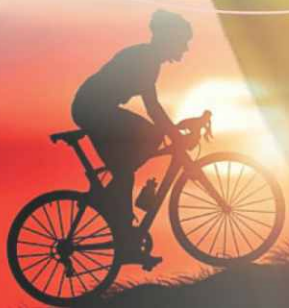
This blend of physical activity and creative expression is my ultimate rejuvenation mantra. Cycling revitalizes my body, while sketching nourishes my soul, creating a perfect harmony that leaves me refreshed and inspired.

Message:

Cycling through nature and capturing its beauty through art has become my source of peace and fulfillment. This blend of movement and creativity restores my energy, clears my mind, and reminds me to appreciate life's simple joys. It's my way of finding balance and reconnecting with myself.



Naitik Jain
XII-Com.-C



COW SHED HAVEN

My Sacred Space for Rejuvenation

My rejuvenation mantra is visiting the cow shed and serving the cows. There's a pure, almost childlike joy in these visits. As I enter the shed, the sight of these gentle creatures, with their soft eyes and warm, friendly nuzzles, instantly melts away my stress. Serving them, whether it's feeding them fresh hay or brushing their coats, becomes a simple, heartfelt exchange. These acts of care are met with their silent gratitude and affectionate licks, which seem to express more than words ever could.

In their company, I experience a profound sense of calm and connection. In these quiet moments, I'm reminded of the simplicity and purity of existence, which often gets overshadowed by the complexities of daily life. Serving these gentle beings helps me shed my own stress and worries, restoring my inner peace. Their gentle nature brings me back to life's fundamental truths: the beauty of simplicity, the importance of kindness, and the value of being present. My time in the cow shed is a cherished respite, a sacred ritual that rejuvenates my soul and fills me with a deep sense of harmony and renewal.

Message:

The simplicity of serving and connecting with the cows teaches me the beauty of calmness and kindness. It allows me to shed daily stress and focus on life's purest values—love, presence, and peace. This sacred time with them brings me peace, reminding me of life's true essence.

Shatakshi Singla

XII-CFS

THE REJUVENATING POWER OF DIVING INTO

BOOKS

Reading makes us better human beings, offering children a break from the hullabaloo of daily life and urging them to find calm. It opens up a wonderful, enchanting world of stories and imagination. Reading enhances memory, concentration, listening, and language skills, triggering curiosity and encouraging children to ask questions in their quest for knowledge.

It builds a solid foundation for future learning. However, it's crucial that the reading material matches a child's abilities. If not, reading can become tedious. Therefore, providing engaging content that feeds one's interests is essential for developing a love for reading.

In today's technology-driven world, nurturing a love for books can effectively limit screen time. With screens becoming an ever-present part of our lives, cultivating a reading habit not only offers a meaningful alternative but also reconnects us with our roots.

Message:

Reading enriches lives by enhancing memory, curiosity, and language skills. By providing engaging materials, we nurture a lifelong love for reading, limit screen time, and ensure children develop into well-rounded individuals, fostering a strong foundation for knowledge and creativity.



Agrim Malik
VI-A

My Mother

My Rejuvenation Guide

*"A soul so pure, a light so bright,
That woman in sight makes everything feel alright.
Her touch is an embrace like no other;
When I glance to recognize her, it's my mother."*

When shadows of exhaustion engulf me, and life's weight presses down, her presence is the dawn breaking through the storm. She's the steadfast lighthouse guiding me through the fog of doubt. In moments of despair, when hope feels like a distant star, she ignites a bonfire of optimism within me.

Her wisdom serves as a soothing balm, while her humor is a playful sunbeam that chases away the clouds. With a single glance, she deciphers my unspoken turmoil and offers solace. Her belief in me is an unwavering compass, directing my path toward success.

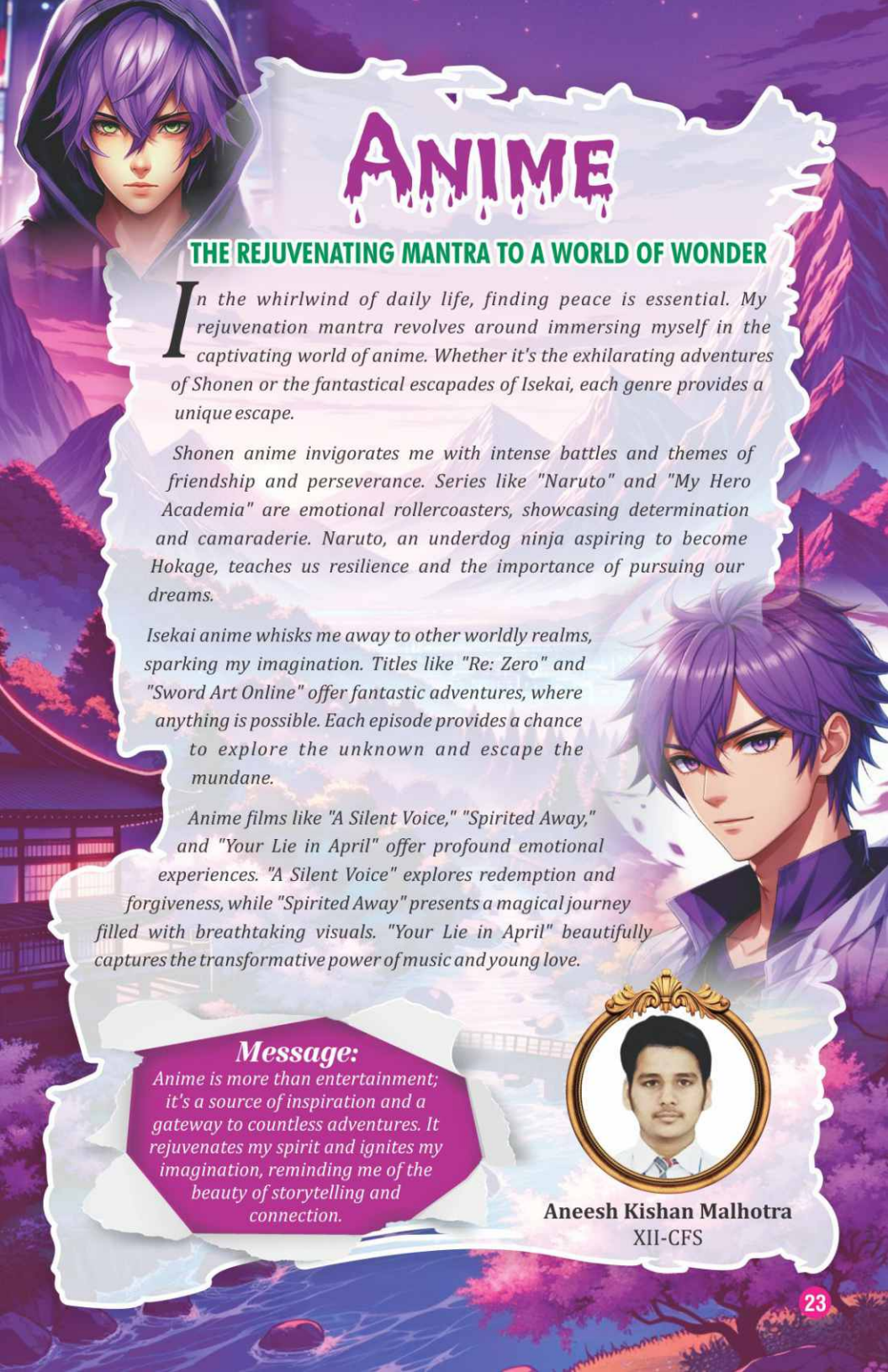
More than a mother, she is my confidante, cheerleader, and sanctuary. In her embrace, I find a haven from the chaos of the world. Her love, as pure and boundless as the ocean, fills my heart with unyielding strength. She embodies hope, resilience, and unconditional love.



Rachita Chandok
XI-Com-C

Message:

My mother is my rejuvenation mantra, offering unwavering strength and unconditional love. She empowers me to overcome life's challenges and inspires me to reach my dreams, reminding me that with her support, I can navigate any storm and embrace the journey ahead.



ANIME

THE REJUVENATING MANTRA TO A WORLD OF WONDER

In the whirlwind of daily life, finding peace is essential. My rejuvenation mantra revolves around immersing myself in the captivating world of anime. Whether it's the exhilarating adventures of Shonen or the fantastical escapades of Isekai, each genre provides a unique escape.

Shonen anime invigorates me with intense battles and themes of friendship and perseverance. Series like "Naruto" and "My Hero Academia" are emotional rollercoasters, showcasing determination and camaraderie. Naruto, an underdog ninja aspiring to become Hokage, teaches us resilience and the importance of pursuing our dreams.

Isekai anime whisks me away to other worldly realms, sparking my imagination. Titles like "Re: Zero" and "Sword Art Online" offer fantastic adventures, where anything is possible. Each episode provides a chance to explore the unknown and escape the mundane.

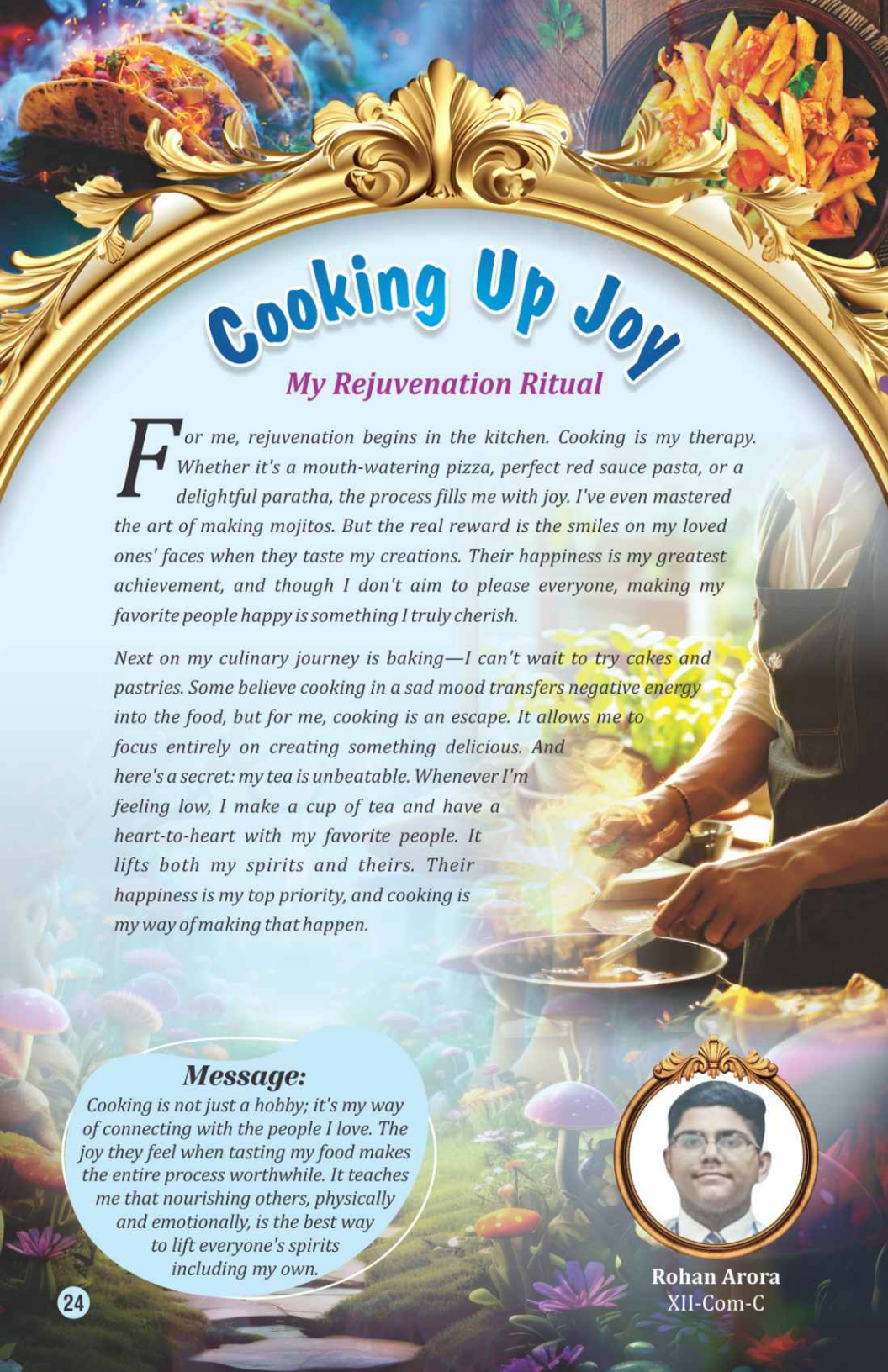
Anime films like "A Silent Voice," "Spirited Away," and "Your Lie in April" offer profound emotional experiences. "A Silent Voice" explores redemption and forgiveness, while "Spirited Away" presents a magical journey filled with breathtaking visuals. "Your Lie in April" beautifully captures the transformative power of music and young love.

Message:

Anime is more than entertainment; it's a source of inspiration and a gateway to countless adventures. It rejuvenates my spirit and ignites my imagination, reminding me of the beauty of storytelling and connection.



Aneesh Kishan Malhotra
XII-CFS



Cooking Up Joy

My Rejuvenation Ritual

For me, rejuvenation begins in the kitchen. Cooking is my therapy. Whether it's a mouth-watering pizza, perfect red sauce pasta, or a delightful paratha, the process fills me with joy. I've even mastered the art of making mojitos. But the real reward is the smiles on my loved ones' faces when they taste my creations. Their happiness is my greatest achievement, and though I don't aim to please everyone, making my favorite people happy is something I truly cherish.

Next on my culinary journey is baking—I can't wait to try cakes and pastries. Some believe cooking in a sad mood transfers negative energy into the food, but for me, cooking is an escape. It allows me to focus entirely on creating something delicious. And here's a secret: my tea is unbeatable. Whenever I'm feeling low, I make a cup of tea and have a heart-to-heart with my favorite people. It lifts both my spirits and theirs. Their happiness is my top priority, and cooking is my way of making that happen.

Message:

Cooking is not just a hobby; it's my way of connecting with the people I love. The joy they feel when tasting my food makes the entire process worthwhile. It teaches me that nourishing others, physically and emotionally, is the best way to lift everyone's spirits including my own.



Rohan Arora
XII-Com-C



MY POWERFUL AND OFTEN OVERLOOKED REJUVENATION MANTRA

Prayer

In a world that urges us to stay strong, we sometimes overlook the benefits of expressing our emotions. One such powerful act is talking to God. It's a privilege and blessing to communicate with the Creator of all things. This connection allows us to pour out our fears, hopes, and dreams to a loving listener.

When we cry during this conversation, it's as if our tears wash away the stress and anxiety, leaving behind a sense of peace and clarity. Crying, in its simplicity, acts as an emotional release that rejuvenates both the mind and heart. The act of opening up and seeking God's presence provides immense relief and guidance through life's challenges.

Let us never underestimate the power of speaking to God. His love, mercy, and wisdom can guide us through every trial and triumph, offering strength and comfort in the hardest moments.



Bhavika Gupta
XI-FP

Message:

Talking to God brings comfort and clarity. It's a powerful way to release stress and find peace. Never underestimate the strength and relief in this connection-it is the ultimate way to rejuvenate the mind and soul.

Skywatching

My Rejuvenation Secret

Skywatching is my rejuvenation mantra, a practice that brings profound peace and renewal to my life. Amidst the chaos of daily routines and stress, gazing at the sky provides a much-needed escape. Whether watching the sunrise paint the horizon or observing the night sky's endless stars, this simple act grounds me and offers a sense of vastness beyond my worries.

As I focus on the sky's ever-changing beauty, I feel my stress dissipate and my spirit revive. This ritual not only reconnects me with nature but also helps me regain clarity and inner peace. In moments of skywatching, I find solace and perspective, making it a powerful tool for emotional and mental rejuvenation.

Message:

Use skywatching as a rejuvenation mantra by focusing on the sky's beauty to calm your mind. Repeat a simple phrase like **"The sky renews me"** as you observe the changing colors or stars. Let this practice anchor you in tranquility, offering a serene escape from daily stress.



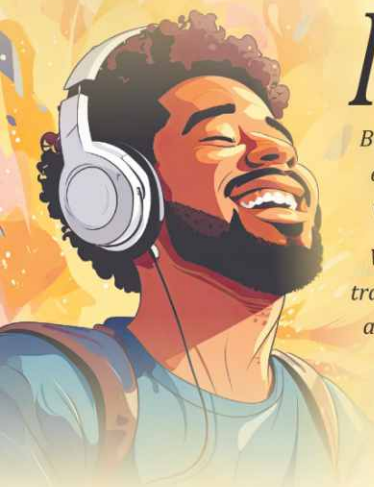
Kyna
XI-N.M.-B



MY REJUVENATION MANTRA

The Healing Power of

MUSIC



Music is my go-to rejuvenation mantra. It's not just background noise; it's like a best friend that always knows what I need. When I'm feeling down, a Bollywood song can lift my mood with its vibrant melodies and emotional lyrics. It's like stepping into another world, filled with color and life.

When I need an extra push, nothing hits harder than a rap track with its intense beats and fierce words. It feels like the artist is speaking directly to me, energizing and empowering me to tackle anything. Sometimes, I mix the two—going from a soulful Bollywood ballad to a high-energy rap song. It perfectly matches my moods, which can change in an instant.

Music is more than just sound; it's a way to express myself, escape reality, and find comfort in the chaos of being a teenager. It's my escape, my motivator, and my personal therapy session all wrapped into one. Without music, especially Bollywood and rap, I'd feel lost in the noise of everyday life.

Message:

Music is my lifeline, lifting my spirits and energizing my soul. It expresses my emotions and serves as my refuge from life's chaos. Whether it's Bollywood or rap, music keeps me grounded and connected to who I am.



Harshit Bawa
1XII-Com-A



JOYFUL CONNECTIONS

The Heart of Rejuvenation

Rejuvenation is often seen as restoring energy or youth, but for me, it's about creating a happier, calmer, and more compassionate self. This transformation can be exhausting, which is why I rely on my "homies"—the true source of my rejuvenation. Spending time with them is the best investment I could make, as they help me forget my worries and embrace laughter.

Laughter is the supreme mantra for overcoming life's greatest challenges, particularly overthinking. As Lord Buddha said, "Overthinking is the biggest cause of unhappiness," and such unhappiness hinders personal rejuvenation. The cure? Laughter—because laughter is the ultimate remedy for life's worries.

As I see it, if life makes you dance, just dance along, laughing all the way.



Message:

My rejuvenation mantra is about finding peace in laughter and companionship. It reminds us that overthinking leads to unhappiness, and the best cure is joy shared with friends. Let's embrace this simple yet powerful philosophy—because sometimes, all we need is a good laugh to feel renewed!



Manthan Arora
XI-N.M.-B



MY REJUVENATION MANTRA

The Muddy Formula

We all have days when we just want to disappear, escaping the chaos around us. But disconnecting isn't a solution—it often hurts those we love. When I feel overwhelmed by studies or conflicts, I turn to my "Muddy Formula"—a blend of music and buddies that recharges my energy.



Music has a calming effect, and my friends are my ultimate support system. So, during stressful times, I head to the terrace, put on my headphones, and immerse myself in my favorite songs. Once I feel the tension ease, I call my best friends to relive cherished moments with them.

This process may seem chaotic, but it's my way of regaining control without worsening the situation.



Kyna Ahluwalia
XI-CFS

Message:

In times of stress, it's vital to calm ourselves before confronting loved ones. A clear mind helps avoid regretful words and actions. Find your own way to achieve peace first, just as I do with my 'Muddy Formula.'



ENERGIZING FLOW

My Rejuvenation Via Calisthenics

When it comes to my rejuvenation mantra, calisthenics takes the crown. Developed by the ancient Greeks to prepare their warriors for battle, it's one of the best forms of bodyweight training available. Engaging in physical movement not only enhances physical fitness but also soothes the mind. The exhilaration you feel after an intense workout is worth every drop of sweat. The release of endorphins peaks, flooding you with elation and banishing mental exhaustion.

Calisthenics builds functional strength, agility, and endurance while simultaneously enhancing mental fortitude. Those rhythmic movements refresh the mind and sharpen focus. All it takes for me to shake off a tiring day is a set of push-ups, allowing me to forget my worries and rejuvenate my spirit.

Message:

Calisthenics is my rejuvenation mantra, combining physical vitality with mental clarity. It reminds me that movement can be a powerful tool for overcoming fatigue and stress.



Shivankar Sharma
XI-Arts



Cultivating Growth

My Key to Rejuvenation

Stop Fixating on Failure is my rejuvenating mantra in life. There's no point in feeling sadness or hopelessness after a setback; instead, we should view failure as a valuable part of the journey that builds resilience and strength. If you fall 100 times a day, that's 100 lessons learned.

When you commit to creating what you truly care about, your mind becomes organized. Once your mind is organized, your emotions will follow, as the way you think shapes the way you feel. With thoughts and emotions aligned, your energies and body will also find organization. When these four aspects unite, your ability to create and manifest your desires becomes achievable.

Remember, failure isn't fatal; the real danger lies in failing to adapt and change.

Message:

Embrace failure as a stepping stone to growth. Organizing your thoughts and emotions can unlock your true potential, turning setbacks into powerful lessons that guide you towards success.



Siya Khurana
X-A



Finding Calm in COLOURS

MY REJUVENATION MANTRA

As students, the strain from our parents' expectations, the challenges we face daily, and the pressure of tests can sometimes feel overwhelming. In those moments, I turn to painting, a sanctuary where I can release my stress and be alone. The instant I pick up a brush, I am transported to a world free from tension, losing track of time.



Each stroke and blend of colours helps me relax and find inner peace. For me, it's like meditating without actually meditating. Whether experimenting with new mediums or simply blending hues, painting allows me to express myself without judgment. When I paint, I am not just creating art; I am giving myself a space to be me and recharge. The entire process of mixing colours and bringing a blank canvas to life rejuvenates my mind and body, making me feel refreshed and ready to face any challenge.



Message:

In the strokes of a brush, find your calm; in the colours of a canvas, discover your peace. In the world of art, stress fades away, leaving only the beauty of the moment.



Pranav Garg
X-F

Finding Rejuvenation Through Meaningful Conversations

There are infinite ways to be sad, but only a few to be happy. So, go out in search of what brings you joy and discover how to uplift yourself and those around you. A rejuvenation mantra can do just that. For me, my rejuvenation mantra is a common yet often overlooked practice: talking to someone.

Engaging in meaningful conversations can refresh and energize you. When you share your thoughts or connect with another person, it not only deepens your understanding of them but also alleviates stress. Many people find that such interactions serve as a routine that enhances their positivity and overall well-being. Conversations clear your mind and restore balance, making you feel lighter and more centered.

Even a simple chat with someone who listens and understands can have a profound impact. It's a straightforward yet powerful way to elevate your mood and find a sense of calm. So, if you're feeling overwhelmed or low, reach out to someone you trust; talking can be a wonderful way to rejuvenate and reconnect with yourself.



Deepan Garg
IX-H

Message:

Seek the rejuvenation that comes from meaningful conversations. Sharing your thoughts with someone you trust can uplift your spirits and restore your inner balance.



The Power of Sports

in REJUVENATION

My rejuvenation mantra is quite different from others; it's not music or sleep but sports. While football is my favorite, I am a district-level swimmer. You might wonder why swimming is so special to me.

Swimming relaxes my body more than anything else. It reduces my stress to almost zero, making me feel like a free fish gliding through the ocean. It recharges me and allows me to escape from everything else.

Football, on the other hand, provides a similar sense of freedom. Although it can be tiring, it also helps me unwind.

You may be curious why I chose swimming over football. My father encouraged me to try swimming last year. I hesitated at first, but it quickly became an essential part of my life. This year, I competed in the open district swimming competition and earned the first medal of my life—a proud moment for me.

I encourage everyone to try a sport at least once; it can relax you and keep you motivated.



Message:

Sports are powerful tools for rejuvenation, offering physical activity and mental clarity. Embrace your favorite sport or try something new; it can uplift your spirit, relieve stress, and ignite a passion within you. Let it inspire and motivate you!



Kunsh Madaan
IX-H



Dance

The Expression of My Rejuvenation

A fresh mind and soul possess the power to attain the impossible. When I think about rejuvenation, one word comes to mind: dance. Dance has taught me to forget my worries, love life, and enjoy each moment to the fullest. It is a potent tool for improving mental health and overall well-being. The job of feet is walking, but their hobby is dancing. It uplifts my mood, combats depression, and boosts my confidence.

While dancing, I turn off incessant worries and negative thoughts. The most valuable lesson I've learned from dance is perseverance; when you fall or make a mistake, you need the courage to get up and try again. Dance allows me to showcase my body's moves while eradicating stress, leaving me with peace, calmness, and happiness.

Message:

Dance is my ultimate rejuvenation mantra. It helps me combat negativity, embrace perseverance, and find joy in every movement. Through dance, I uplift my spirit, cultivate happiness, and rediscover the beauty of life, making it an essential part of my journey.



Surveen Kaur
VI-A

The Soothing Power of Melody

My Rejuvenation Essence



In today's hustle and bustle, stress and fatigue can creep up on us unexpectedly. For me, the magic of restoration comes through music. Whenever I feel exhausted, I turn to my playlist, where melodies transport me to a peaceful place. The soothing words, rhythmic beats, and harmonious voices calm my mind, elevate my mood, and recharge my spirit.

Songs allow me to connect with my feelings, evoking joy and fulfilling my essence. Whether it's a soulful ballad, a lively anthem, or a tranquil instrumental, music completely transforms my mental state. My path to rejuvenation through song is simple: I remind myself, "Songs are my solace, comfort, and strength." When I need a boost, I surrender to the melodies, and they never disappoint.

With each note, my soul feels replenished, and my energy revived, reminding me of life's wonders and joys. I encourage you to discover your own way of gaining energy through music. May the melodies heal your soul, the lyrics inspire your heart, and the rhythms uplift your spirit.

Message:

Let the healing power of music be your guide. Embrace the melodies that bring you joy and the lyrics that inspire you to find peace and rejuvenation.



Abner Dhanju

IX-G





Revitalization Through Play & Compassion

When I think of rejuvenation, two things immediately come to mind: the joy of playing and the warmth of helping others. These aren't just hobbies; they're my special ways of keeping my heart light and happy.

Playing is my escape into a world of fun and freedom. Whether it's a game with friends, a sport that gets my adrenaline pumping, or just a simple run in the park, these moments are my breath of fresh air. They bring a smile to my face and a sparkle to my eyes, making me feel alive and carefree.

On the other hand, helping others fills my heart with a different kind of joy. It's like adding a touch of kindness to someone's day, whether it's helping a friend with their homework or assisting in organizing a class activity. The gratitude and smiles I receive in return are priceless and give me a sense of purpose.

In essence, my rejuvenation mantra is about finding balance through play and compassion. They remind me that true happiness comes from both the laughter of play and the kindness of helping hands. This is how I find my peace, my joy, and my inspiration.

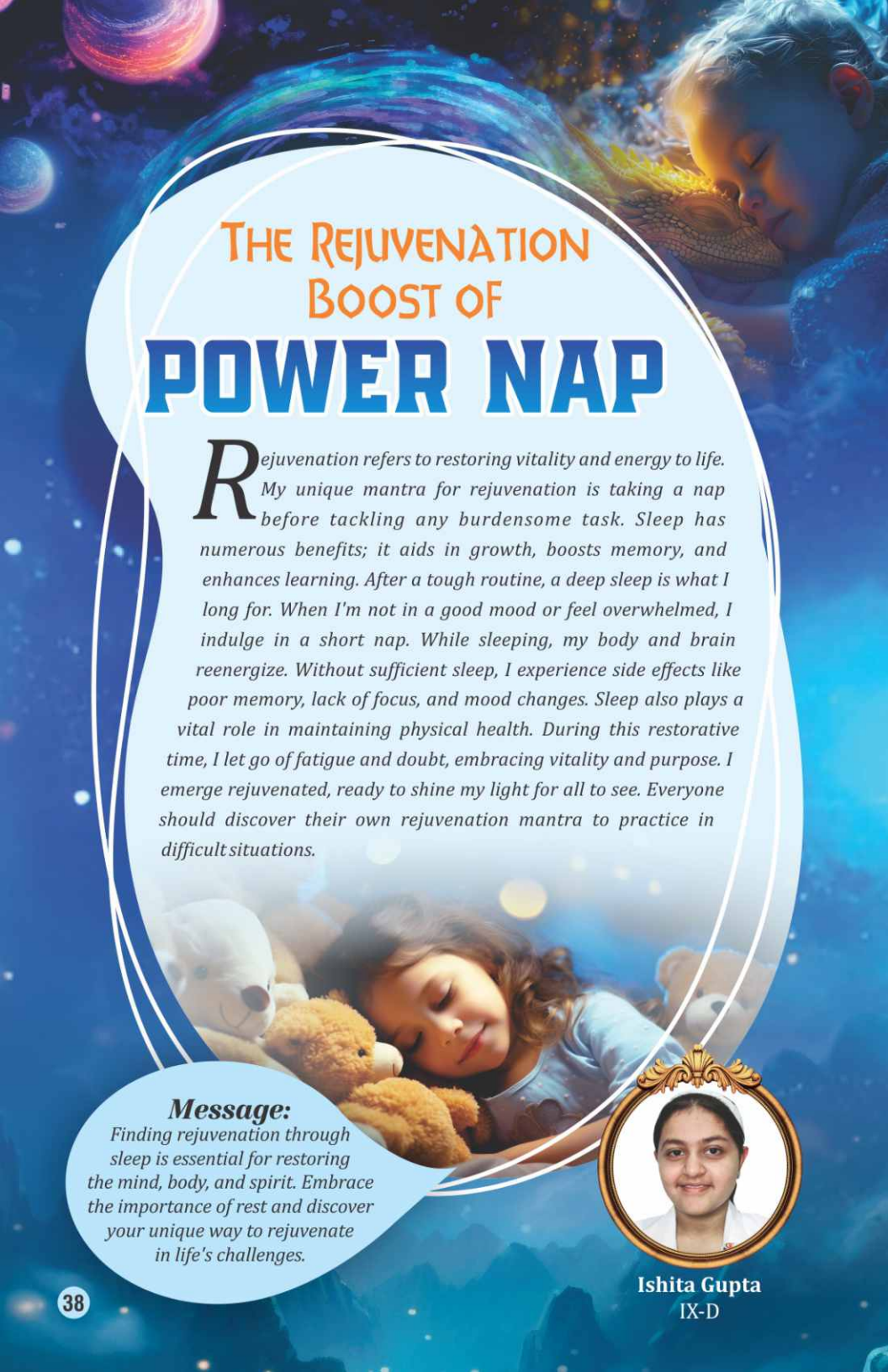
Message:

My rejuvenation mantra blends the joy of play with the warmth of helping others. Through laughter and compassion, I discover true happiness and a sense of purpose. Balancing these two aspects brings me peace and inspiration, enriching my life and the lives of those around me.



Lyra
IV-H





THE REJUVENATION BOOST OF POWER NAP

Rejuvenation refers to restoring vitality and energy to life. My unique mantra for rejuvenation is taking a nap before tackling any burdensome task. Sleep has numerous benefits; it aids in growth, boosts memory, and enhances learning. After a tough routine, a deep sleep is what I long for. When I'm not in a good mood or feel overwhelmed, I indulge in a short nap. While sleeping, my body and brain reenergize. Without sufficient sleep, I experience side effects like poor memory, lack of focus, and mood changes. Sleep also plays a vital role in maintaining physical health. During this restorative time, I let go of fatigue and doubt, embracing vitality and purpose. I emerge rejuvenated, ready to shine my light for all to see. Everyone should discover their own rejuvenation mantra to practice in difficult situations.

Message:

Finding rejuvenation through sleep is essential for restoring the mind, body, and spirit. Embrace the importance of rest and discover your unique way to rejuvenate in life's challenges.



Ishita Gupta
IX-D



LEVELING
UP MY
REVITALIZATION

The Power of Gaming

For me, rejuvenation comes from games. Whenever I feel tired or need a break, I turn on my PlayStation and immerse myself for 2-3 hours. Games are like a portal, allowing me to escape reality for a while. The vast and moving stories of the games hook me in and evoke emotions I've never felt before.

With today's advancements in technology, games have become incredibly realistic and immersive. Just witnessing their beauty brings a sense of calm and relaxation.

Another aspect that enhances my gaming experience is the soundtracks. The majestic music complements the gameplay perfectly, making it hard to resist sitting back and savoring every note. Each score adds depth to the emotional journey, making it even more memorable.

In this digital realm, I find joy and relaxation, reminding me of the importance of unwinding and enjoying the moment.

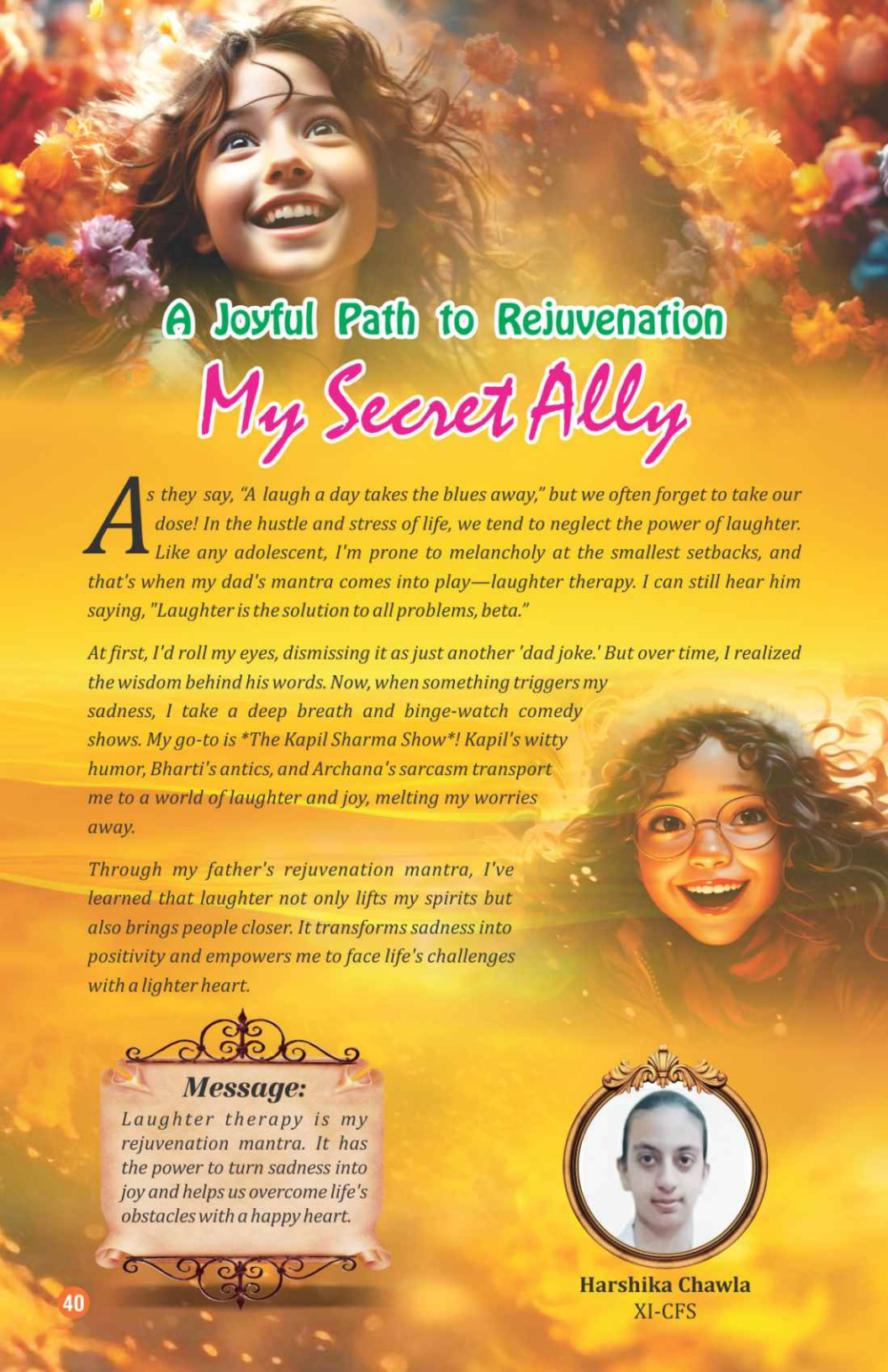
Message:

Games provide more than just entertainment; they offer a transformative escape. Through captivating stories and majestic soundtracks, gaming rejuvenates my spirit, helping me recharge and reconnect with myself amid life's chaos.



Viraj Singh
XII-Com-C





A Joyful Path to Rejuvenation

My Secret Ally

As they say, "A laugh a day takes the blues away," but we often forget to take our dose! In the hustle and stress of life, we tend to neglect the power of laughter. Like any adolescent, I'm prone to melancholy at the smallest setbacks, and that's when my dad's mantra comes into play—laughter therapy. I can still hear him saying, "Laughter is the solution to all problems, beta."

At first, I'd roll my eyes, dismissing it as just another 'dad joke.' But over time, I realized the wisdom behind his words. Now, when something triggers my sadness, I take a deep breath and binge-watch comedy shows. My go-to is **The Kapil Sharma Show**! Kapil's witty humor, Bharti's antics, and Archana's sarcasm transport me to a world of laughter and joy, melting my worries away.

Through my father's rejuvenation mantra, I've learned that laughter not only lifts my spirits but also brings people closer. It transforms sadness into positivity and empowers me to face life's challenges with a lighter heart.



Message:

Laughter therapy is my rejuvenation mantra. It has the power to turn sadness into joy and helps us overcome life's obstacles with a happy heart.



Harshika Chawla
XI-CFS

Nature's Embarce

MY REJUVENATION MANTRA

In today's stressful era, rejuvenation is not just a want but a crucial need. My rejuvenation mantra involves reading a book in nature while listening to music. The calming beats combined with the serene beauty of God's creations uplift my spirits, even after a tough day. This simple act reduces bottled-up frustration by releasing endorphins, enhancing my mood.

Music and nature profoundly impact our emotions, while a captivating book enriches the experience. Additionally, I practice baking when stressed; it diverts my thoughts and prevents overthinking. The best part? I get to enjoy delicious cakes and cookies while learning a new skill!

This combination truly helps me navigate trying times and rejuvenates my spirit.

Message:

Embracing a rejuvenation mantra allows me to navigate life's challenges with greater ease. Whether through the pages of a book, the rhythm of music, or the joy of baking, these activities foster peace and fulfillment in my life. They empower me to recharge and grow, nurturing my well-being.



Ridhima Sethi
XII-Com-C





Finding Peace Among Stars

Stargazing is incredibly rejuvenating for me because it offers a profound sense of perspective and peace. When I look up at the night sky, I'm reminded of the vastness of the universe, helping me detach from the stresses of daily life. The beauty of the stars creates a calming environment that clears my mind and brings a deep sense of tranquility.

Moreover, stargazing ignites a sense of wonder that invigorates my spirit. Observing constellations and the twinkling of distant stars sparks my imagination and inspires me, providing a refreshing break from routine responsibilities. Being present under the expansive sky allows me to recharge emotionally and mentally, making stargazing a profoundly rejuvenating experience.

Stargazing as my rejuvenation mantra reflects my love for nature and my desire to escape the hustle of daily life, offering peaceful moments to simply gaze at the twinkling stars.

Message:

Stargazing allows us to find peace and inspiration in the night sky, reminding us of the beauty of nature and the importance of taking a moment to unwind.



Amrita Angrish
XII-Com-C

My Journey with *Mandala Art* A Path to Rejuvenation

I found a concept of making myself jovial and stress-free by practicing a form of art known as Mandala Art. Mandalas include geometric patterns, colors, and shapes, symbolizing the universe through their intricate designs. They illustrate the connectedness of nature and society. Mandala Art is often meditative, embracing creativity and fulfillment in my heart.

Historically, mandalas were extensively used in various religious and spiritual traditions, particularly in Hinduism and Buddhism. The joy of creating mandalas comes from the imaginative use of colors, which gives me satisfaction and peace. Each stroke offers a moment of tranquility, helping me escape the chaos of everyday life.

This combination of relaxation through focused activity and creative expression makes Mandala Art a fulfilling practice for many, including me.

In my journey with Mandala Art, I have experienced significant improvements in my patience and a reduction in mental stress, leading to personal growth and balance in both shapes and life. I encourage others to explore this art form for its therapeutic benefits and the joy it can bring.

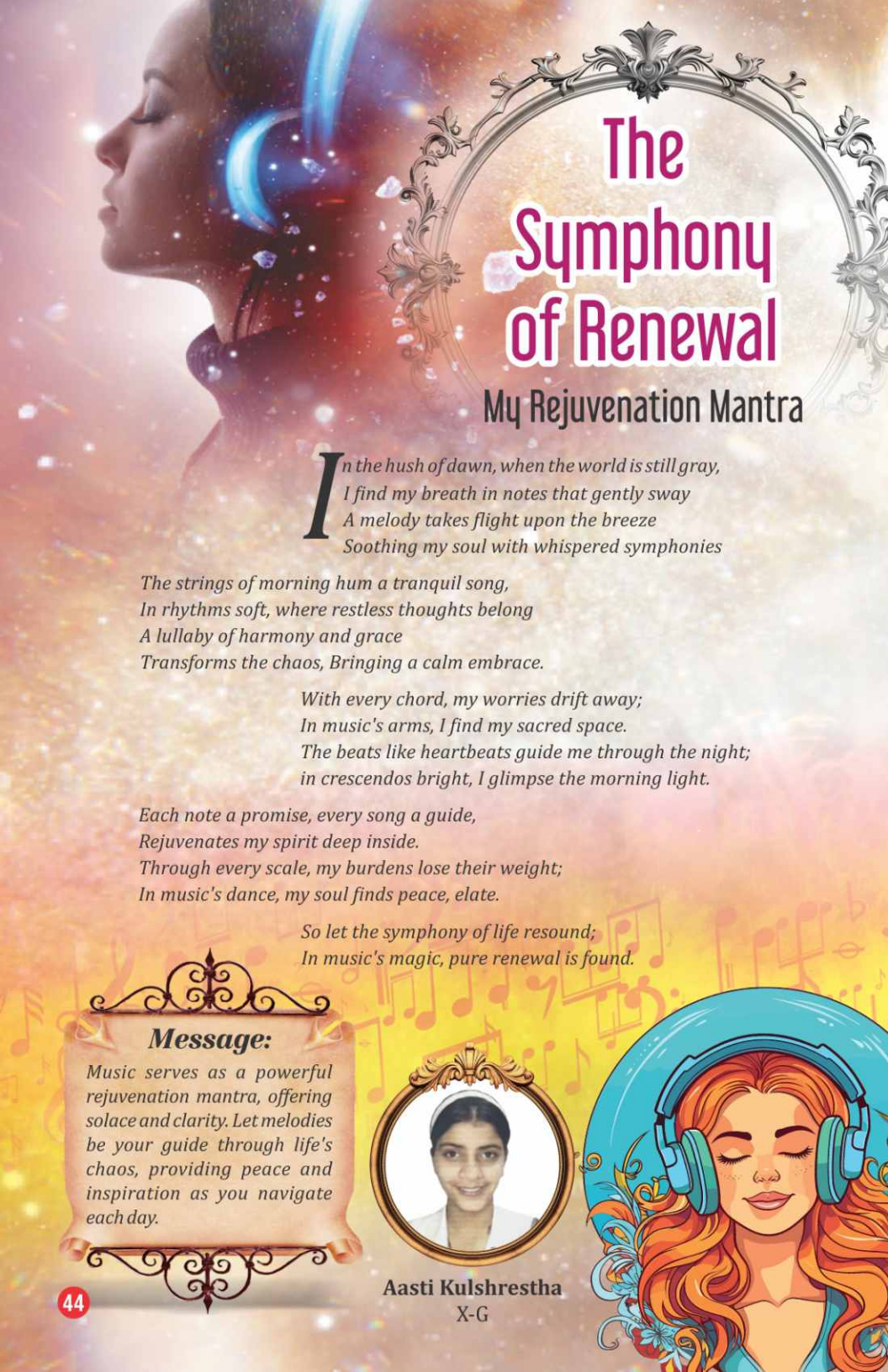
Message:

Mandala Art offers a unique blend of creativity and meditation, helping reduce stress and enhance personal growth. Embrace this art form to find peace and fulfillment in the intricate patterns of life.



Yadhavi Nayyar
XII-CFS





The Symphony of Renewal

My Rejuvenation Mantra

In the hush of dawn, when the world is still gray,
I find my breath in notes that gently sway
A melody takes flight upon the breeze
Soothing my soul with whispered symphonies

*The strings of morning hum a tranquil song,
In rhythms soft, where restless thoughts belong
A lullaby of harmony and grace
Transforms the chaos, Bringing a calm embrace.*

*With every chord, my worries drift away;
In music's arms, I find my sacred space.
The beats like heartbeats guide me through the night;
in crescendos bright, I glimpse the morning light.*

*Each note a promise, every song a guide,
Rejuvenates my spirit deep inside.
Through every scale, my burdens lose their weight;
In music's dance, my soul finds peace, elate.*

*So let the symphony of life resound;
In music's magic, pure renewal is found.*

Message:

Music serves as a powerful rejuvenation mantra, offering solace and clarity. Let melodies be your guide through life's chaos, providing peace and inspiration as you navigate each day.



Aasti Kulshrestha
X-G





Rejuvenation Through Creativity

The Sandbox Experience

As I dive into the world of my favorite sandbox game, I lose myself in the boundless landscapes and limitless creativity. Each new project or adventure offers a chance to unwind and recharge, whether I'm constructing elaborate cities, exploring vast terrains, or experimenting with new strategies. The freedom to set my own pace and choose my own goals turns my gaming experience into a therapeutic retreat from daily stress.

The game's open-ended nature allows me to escape the pressures of real life, providing a canvas where I can experiment and evolve without constraints. Engaging in this virtual environment helps me reconnect with my creative side and gives me a sense of accomplishment that spills over into my everyday life.

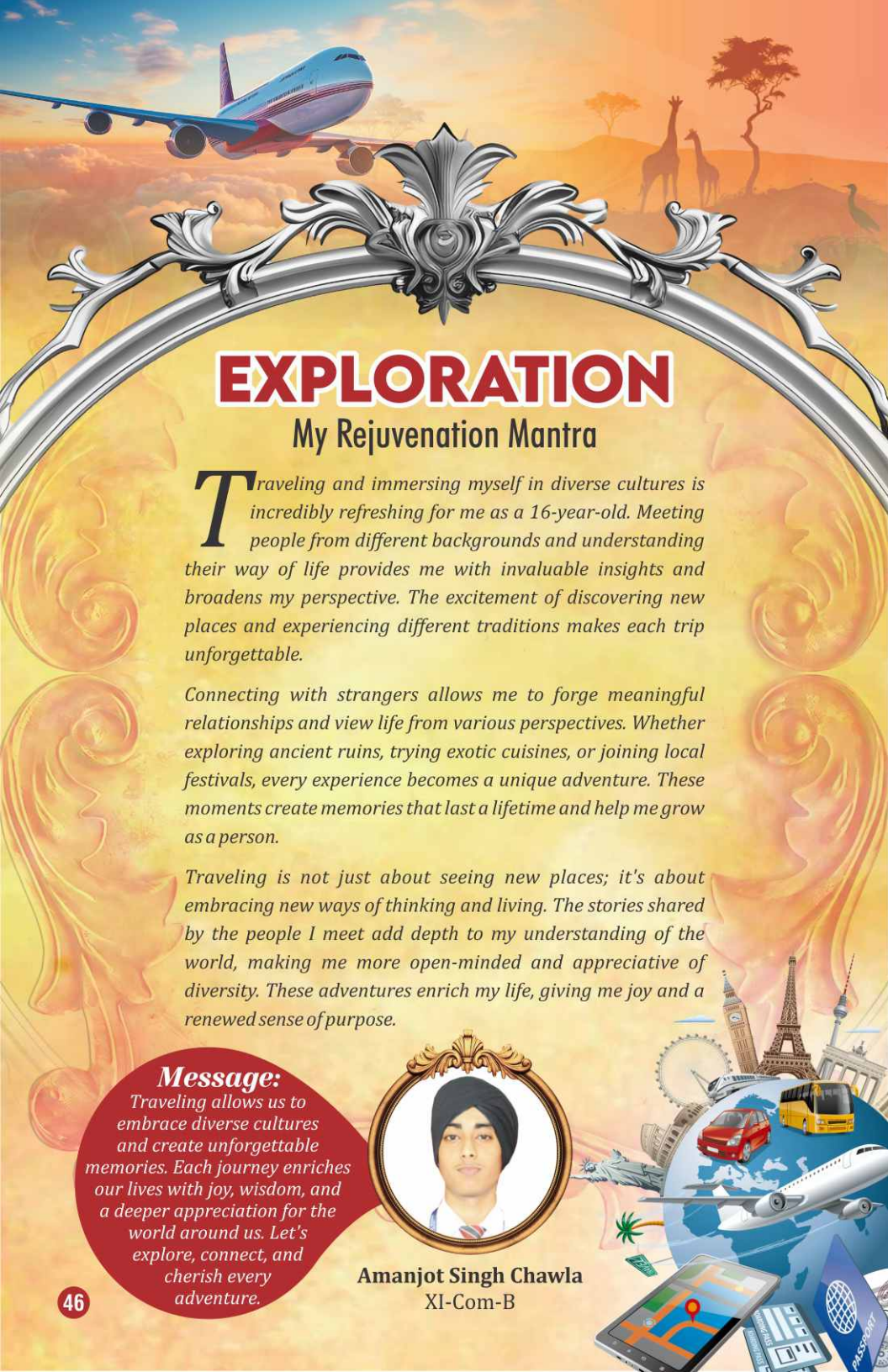
This immersive experience not only rejuvenates my mind but also serves as a reminder of the importance of carving out personal time to relax and create. The moral here is simple: allowing yourself the freedom to explore and create in your own way is crucial for maintaining balance and well-being in a busy world. It underscores the value of self-care and the need to nurture our creative instincts as a means of staying refreshed and grounded.

Message:

My rejuvenation mantra lies in the immersive experience of sandbox games. They provide a creative retreat, allowing me to explore freely, recharge my mind, and reconnect with my creativity. This balance of self-care and exploration is essential for maintaining well-being in today's hectic world.



Himonish Dhand
XI-N.M.-A



EXPLORATION

My Rejuvenation Mantra

Traveling and immersing myself in diverse cultures is incredibly refreshing for me as a 16-year-old. Meeting people from different backgrounds and understanding their way of life provides me with invaluable insights and broadens my perspective. The excitement of discovering new places and experiencing different traditions makes each trip unforgettable.

Connecting with strangers allows me to forge meaningful relationships and view life from various perspectives. Whether exploring ancient ruins, trying exotic cuisines, or joining local festivals, every experience becomes a unique adventure. These moments create memories that last a lifetime and help me grow as a person.

Traveling is not just about seeing new places; it's about embracing new ways of thinking and living. The stories shared by the people I meet add depth to my understanding of the world, making me more open-minded and appreciative of diversity. These adventures enrich my life, giving me joy and a renewed sense of purpose.

Message:

Traveling allows us to embrace diverse cultures and create unforgettable memories. Each journey enriches our lives with joy, wisdom, and a deeper appreciation for the world around us. Let's explore, connect, and cherish every adventure.



Amanjot Singh Chawla
XI-Com-B



Improv Comedy

My Rejuvenation Mantra

Improv comedy is my ultimate rejuvenation tool. In the midst of a busy classroom or during serious moments, cracking a light-hearted joke or making a witty comment lifts the mood for everyone around me. Hearing laughter ripple through the room fills me with joy, knowing I can bring smiles with just a simple joke. Whether I'm responding to a friend or sharing a funny remark with my teacher, humor keeps me energized and engaged.

However, I've learned that humor requires balance. Sometimes my jokes can be misinterpreted, leading to unintended consequences like negative impressions or mild trouble. Despite these occasional setbacks, I refuse to suppress my authentic self. I believe humor is not just about making people laugh; it's about knowing when to share it, respecting boundaries, and ensuring it remains harmless fun. It's my way of keeping things light, lifting my spirits, and spreading joy—always with care.

Message:

Humor, when used thoughtfully, can rejuvenate the spirit and brighten the day for yourself and others. Remember to stay respectful and kind, and humor will always be a positive force in your life.



Vasu Arora
XII-Com-C



Unearthing Rejuvenation Through **GRATITUDE** **JOURNALING**

In today's rapidly evolving world, it's easy to get caught up in negativity and stress. But what if I tell you there's a simple yet powerful tool to transform your life? Enter gratitude journaling: my rejuvenation mantra. Gratitude is more than just a feeling; it's a practice that reshapes your mindset and behavior. By focusing on what you're thankful for, you begin to shift your perspective, letting go of worries and embracing the present moment.

My journey with gratitude journaling began during a challenging period in my life. I felt overwhelmed, anxious, and lost, which is when I stumbled upon the concept of a gratitude journal. Each day, I wrote down three things I was thankful for, whether it was a good cup of coffee or a beautiful sunset. As I continued this practice, I noticed a profound impact on my well-being. I felt calmer and more optimistic. Gratitude became my rejuvenation mantra, helping me navigate life's ups and downs.

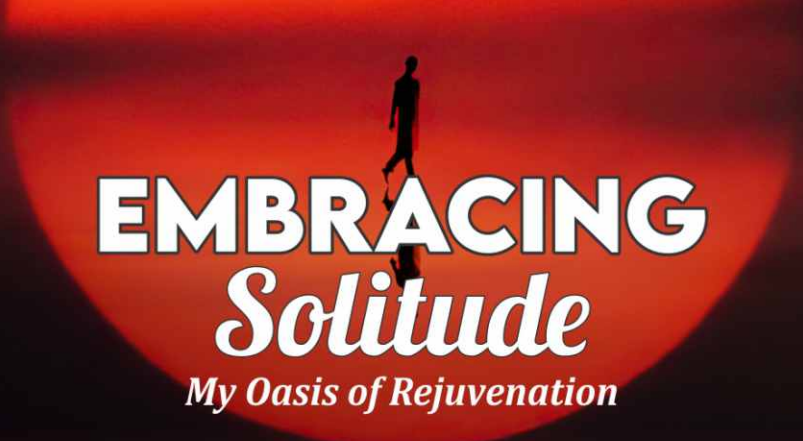
Remember, gratitude is a muscle that needs to be exercised regularly to see results. Embrace your rejuvenation mantra and watch your life transform in profound ways.

Message:

Gratitude journaling is a powerful tool for rejuvenation, helping to shift your mindset and enhance well-being. Practice it daily to cultivate positivity and resilience, transforming challenges into opportunities for growth.



Brij Aggarwal
VII-A



EMBRACING *Solitude*

My Oasis of Rejuvenation

"Solitude is not the absence of company, but the moment when our soul is free to speak to us and help us decide what to do with our life." ~ Paulo Coelho

In solitude, amidst the depths of my contemplations and free from the constraints of the world, profound ideas, inspirations, and innovations often reveal themselves. During times of crisis, I retreat to the sanctuary of my rooftop, engaging in introspective dialogue. Reflecting on my past actions, aspirations, and the sacrifices of those around me, I am humbled by the trivial nature of my challenges compared to those endured by others. This paradox of our world continually inspires admiration within me.

In the stillness of contemplation, I find that the troubles which once loomed large are, in truth, as inconsequential as specks of dust. Serenely, I can dispel them unaided.

Message:

Solitude can be a powerful tool for self-discovery and reflection. Embrace quiet moments to reconnect with your thoughts and feelings, allowing them to guide you towards clarity and peace in life.



Drishti
X-G



STORIES OF *Serenity*

My Bookish Path to Rejuvenation



I love how Anne Frank said, "Books are a person's best friend." For me, that's so true. Books have been my constant companions, my escape, and my inspiration. From heart-wrenching stories like **A Thousand Splendid Suns** by Khaled Hosseini to whodunit mysteries like **A Good Girl's Guide to Murder** by Holly Jackson, I've read them all! Each book has a special place in my heart.

Books have a way of making me feel seen, heard, and understood. It's like a warm hug for my soul. In the pages of a good book, I find my happy place: a realm where time stands still, and all that matters is the story unfolding before me. My rejuvenation mantra? Simple: get lost in the pages, find myself in the stories, and let the magic of books happen!

Message:

Books offer me solace and joy, transforming my life into a vivid rainbow of emotions and experiences. Each story is a portal to a new world, enriching my imagination and nurturing my spirit. Through reading, I discover deeper connections to myself and the world, reminding me of the power of storytelling.



Manya Jindal
XII-N.M.-C



DANCE

The Rejuvenation of My Soul

Dance—an epistemology of my soul, an expression of my being, and the constant driving force behind my blissful existence. While it's often believed that dance detaches you from the world like falling leaves, for me, it deepens my connection to my roots. Each time I tap my feet on the barren ground, the plant of my inner self grows, nourished by the beats of music.

This plant bears fruit every time I perform, flinging my arms wide and moving my body to the rhythms of life. And even when I stumble, shaken by the storms of adversity, dance becomes my anchor. It helps me rise, healing both the physical and emotional scars.

Even when I'm lost in life's chaos, dance finds me again, guiding me back to my path, rejuvenating my spirit and restoring my sense of direction.

Message:

Dance is more than just movement; it is my compass, my anchor in the storm.

It brings me closer to my true self, guiding me through life's challenges and rejuvenating my soul with each step and turn.



Simarjot Kaur
XI-CFS

Rejuvenation Through Self Care

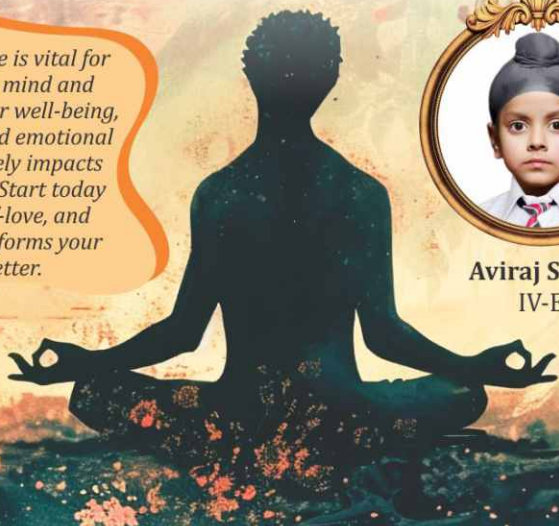
Self-care is essential for our overall well-being. When we prioritize it, we are better equipped to handle stress, improve mental health, and enhance relationships. Self-care isn't just a buzzword; it's a crucial aspect of maintaining a healthy and fulfilling life. Taking care of ourselves allows us to recharge and rejuvenate, both physically and mentally. It boosts our self-esteem and confidence, sending a message to ourselves and others that we value our own well-being. Incorporating self-care into our daily routine is not selfish; it's an act of self-love. It helps reduce stress, improve physical and emotional health, and strengthens relationships. So, always remember to prioritize your well-being and embrace the transformative power of self-care.

Message:

Prioritizing self-care is vital for rejuvenating both mind and body. It nurtures your well-being, enhances mental and emotional health, and positively impacts your relationships. Start today by embracing self-love, and watch how it transforms your life for the better.



Aviraj Singh
IV-E



THE HEALING POWER OF ART

My Rejuvenation Mantra

In the hustle and bustle of daily life, finding a moment of peace can be challenging. My rejuvenation mantra is simple: art. Whenever I feel overwhelmed, I turn to painting and drawing. The act of creating something beautiful allows me to express my emotions and find tranquility.

The rhythmic motion of the brush or pencil on paper calms my mind and helps me focus on the present moment. Art is not just a hobby for me; it is a form of therapy. When I immerse myself in colours and shapes, I enter a world where stress and worries do not exist.

Each stroke of the brush is a step towards inner peace. Art enables me to see the world through a different lens, appreciating the beauty in small details. Whether it's a quick sketch or a detailed painting, the process of creating art rejuvenates my spirit and recharges my energy. It's my escape from reality, a way to relax and rediscover joy.

Message:

Discover your unique rejuvenation mantra, be it art or another passion. Embrace activities that bring peace and happiness, guiding you to navigate life's challenges with a calm and positive mindset.



Prisha Khurana

X-G

My Gateway to Rejuvenation

Writing

Writing is my refuge,
where I find comfort,
relief, and inspiration.

When I write, I discover a profound sense of peace. Crafting short stories, poems, or journaling while observing nature from my balcony helps me escape from solitude. In these moments, I feel transported to a parallel universe of words and magic.

Writing offers me serenity, and the chirping of birds and the sight of green trees fill me with joy. As I write, the pen and paper become my closest companions, and the pen seems to glide effortlessly across the page. Each word I write feels like a breath of fresh air, allowing me to explore my true self. Through this creative process, I rejuvenate my spirit, gain clarity, and experience a deep sense of fulfillment.

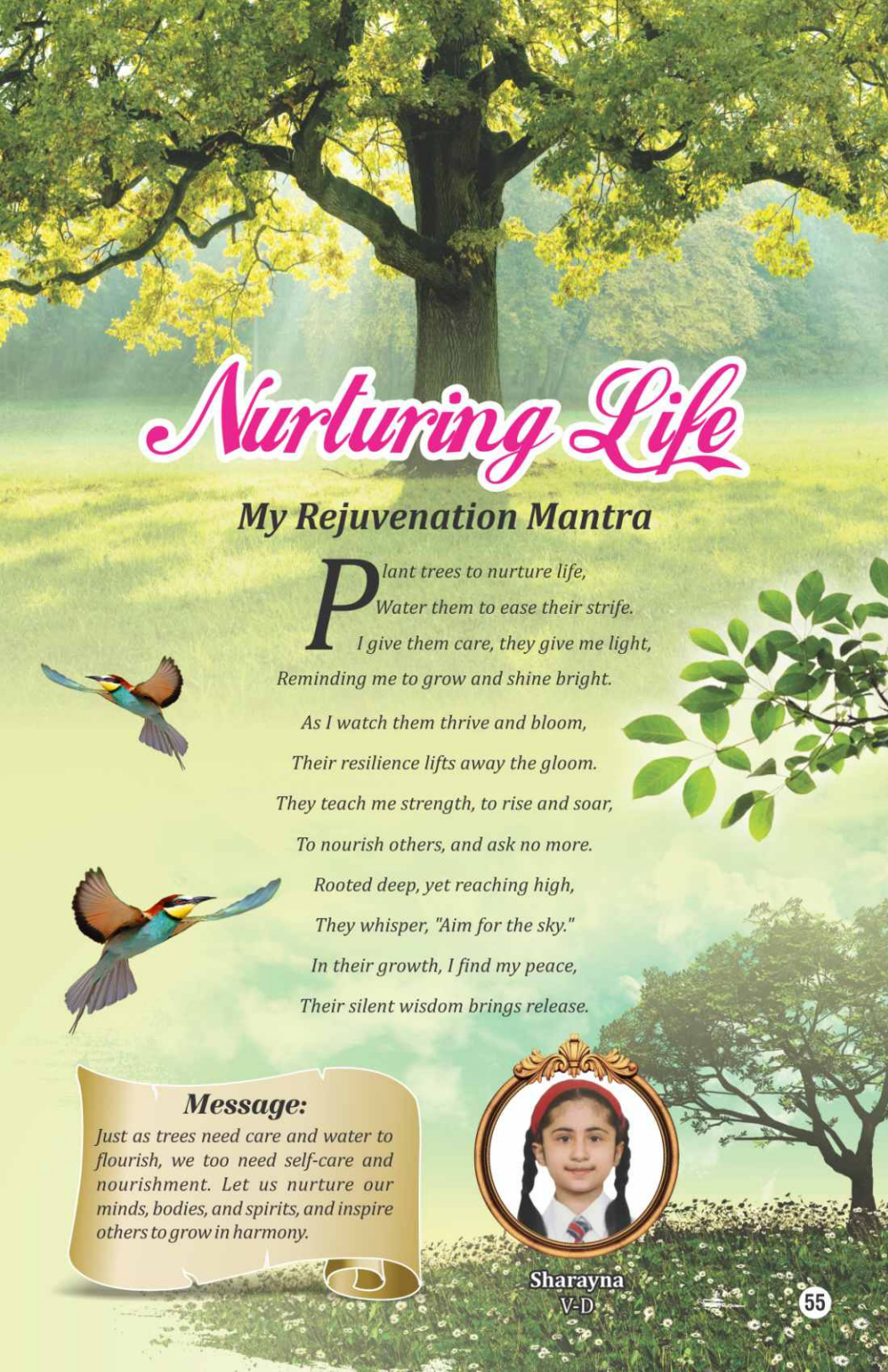


Message:

Writing is more than just a hobby; it's my rejuvenation mantra. Each word brings me peace, and each page fills my heart with a sense of accomplishment. Through writing, I renew my spirit and embrace the joy of creation.



Garima Aneja
VII-G



Nurturing Life

My Rejuvenation Mantra

Plant trees to nurture life,
Water them to ease their strife.
I give them care, they give me light,

Reminding me to grow and shine bright.

As I watch them thrive and bloom,
Their resilience lifts away the gloom.
They teach me strength, to rise and soar,
To nourish others, and ask no more.

Rooted deep, yet reaching high,
They whisper, "Aim for the sky."
In their growth, I find my peace,
Their silent wisdom brings release.

Message:

Just as trees need care and water to flourish, we too need self-care and nourishment. Let us nurture our minds, bodies, and spirits, and inspire others to grow in harmony.



Sharayna
V-D



My Rejuvenation Passion **The Joy of the Pitch**

Cricket is my rejuvenation mantra. The sport, with its blend of strategy, skill, and endurance, provides a perfect escape from daily stresses. Watching a match or playing a game revitalizes my spirit and sharpens my focus. The sound of the ball hitting the bat, the thrill of a wicket, and the camaraderie among teammates create an atmosphere of excitement and joy. Each innings teaches patience, resilience, and the value of teamwork. Whether it's a leisurely game in the park or an intense match on TV, cricket helps me unwind and reconnect with my inner self. The rhythm and pace of sports mirror the ebbs and flows of life, reminding me to stay grounded and persistent. In every match, I find lessons and moments of pure happiness, making cricket an essential part of my rejuvenation routine.

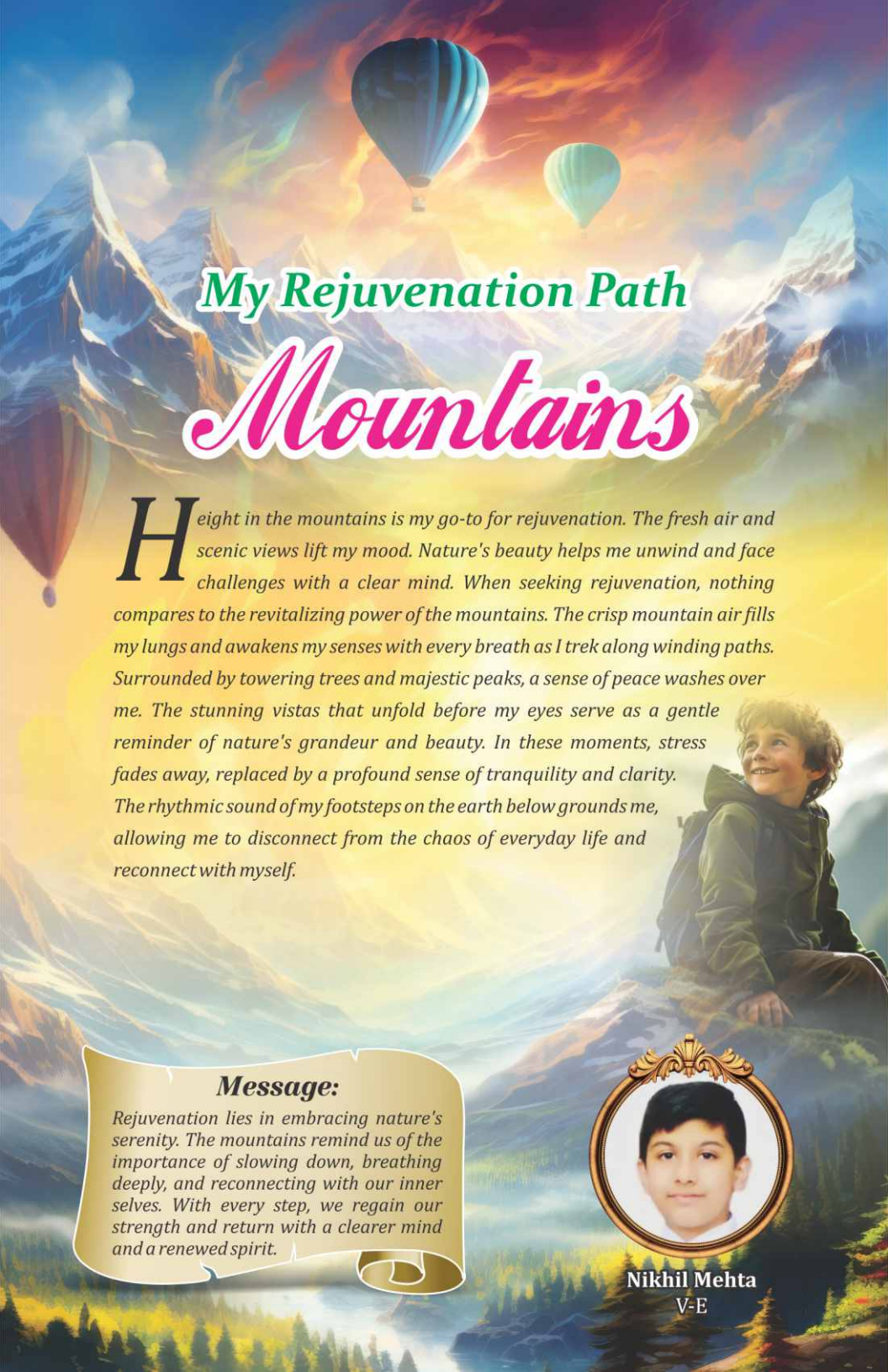


Message:

In the rhythm of cricket, I find rejuvenation. The sport's strategy, excitement, and camaraderie revive my spirit, offering lessons in patience and resilience. Each match is a refreshing escape from life's stresses, making cricket an enduring source of joy and balance



Ankush Pahwa
XII-Com-B



My Rejuvenation Path *Mountains*

Height in the mountains is my go-to for rejuvenation. The fresh air and scenic views lift my mood. Nature's beauty helps me unwind and face challenges with a clear mind. When seeking rejuvenation, nothing compares to the revitalizing power of the mountains. The crisp mountain air fills my lungs and awakens my senses with every breath as I trek along winding paths. Surrounded by towering trees and majestic peaks, a sense of peace washes over me. The stunning vistas that unfold before my eyes serve as a gentle reminder of nature's grandeur and beauty. In these moments, stress fades away, replaced by a profound sense of tranquility and clarity. The rhythmic sound of my footsteps on the earth below grounds me, allowing me to disconnect from the chaos of everyday life and reconnect with myself.

Message:

Rejuvenation lies in embracing nature's serenity. The mountains remind us of the importance of slowing down, breathing deeply, and reconnecting with our inner selves. With every step, we regain our strength and return with a clearer mind and a renewed spirit.



Nikhil Mehta
V-E

Message

Dear Parents, Teachers, and Students,

As we come together to celebrate Children's Day, we are reminded that true growth is shaped not only by our achievements but also by the reflections that guide us within. **"The journey within is just as vital as the journey outward,"** and this booklet offers a glimpse into the Rejuvenation Mantras of our students—personal practices that

bring them peace, joy, and balance in a world that often demands so much of them.

In moments when life feels overwhelming, our students offer a valuable reminder: the simple act of pausing, reflecting, and renewing oneself is key to staying grounded. Each entry in this booklet reflects the creativity, resilience, and thoughtfulness of our students.

Through writing, art, and other creative expressions, they not only showcase their unique talents but also share meaningful approaches to recharging—whether through mindfulness, artistic pursuits, invigorating adventure sports, calming yoga, or moments of quiet contemplation.

As Principal, I am immensely proud to witness the incredible growth of our students—not only in their academic achievements but also in their emotional and creative development. Their ability to express their inner worlds with such clarity is truly remarkable, and I hope their Rejuvenation Mantras inspire you, just as they have inspired me, to embrace moments of renewal and reflection in your own lives.

On this Children's Day, let us celebrate the boundless creativity and potential of our students. Their insights remind us of the importance of nurturing both the mind and spirit. May their Rejuvenation Mantras guide each of us on our own journey towards fulfillment and well-being.

Wishing everyone a joyful and inspiring Children's Day!



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