

BEATING THE ODDS



• KNOWLEDGE • TEACHERS • STUDENT • ALUMNI



VIDYA VAANI

Volume VIII

Who would not remember their summer vacation plans before COVID-19? They were the best times, indeed!

However, the pandemic has changed it all for us. We think rather twice before heading out now although it's the same time of the year when we used to enjoy ourselves the most.

Read through the pages to know more about the pandemic blues and the importance of various celebrated days in the month of June.

Yoga day is celebrated around the whole world as a representation of better health among the people. It was first held in 2014 when the idea of Yoga day was represented to the UN by the delegates of India. It marks its date on the 21st of July which is also considered the longest day of the year in the northern hemisphere. I and my family are eagerly waiting for it. In these tough times, yoga is becoming a necessity for boosting our immunity. I and my family plan to do some yoga asanas for better immunity. These asanas are also beneficial for Covid-19 patients:-

1. Anulom Vilom Pranayam

Choose a meditation sitting pose. Keep your spine and neck straight and close your eyes. Clear your mind of everything outside of this moment. Start with your outer wrists resting on your knees. Using your right hand, fold your middle and index fingers toward your palm. Place your thumb on your right nostril and your ring finger on the left nostril. Close your right nostril with your thumb and inhale through your left nostril, slowly and deeply, until your lungs are full. Focus on your breathing. Next, release your thumb and close your left nostril with your ring finger. Exhale slowly through the right nostril. Now do it in reverse, this time inhaling through the right nostril and exhaling through the left. Throughout the process, be conscious of your breathing and how it affects both body and mind.



2. Vrikshasana (Tree Pose)

Balance yourself on one leg, with the other one folded and supported on your inner thigh. Stretch out your hands above your head and point them directly upwards. Clasp them together in Anjali mudra. Gaze in the distance, shift the weight to your left leg while keeping the right knee bent in a half-lotus position, and hold onto this posture for a few seconds before releasing and repeating the same with the alternate leg.



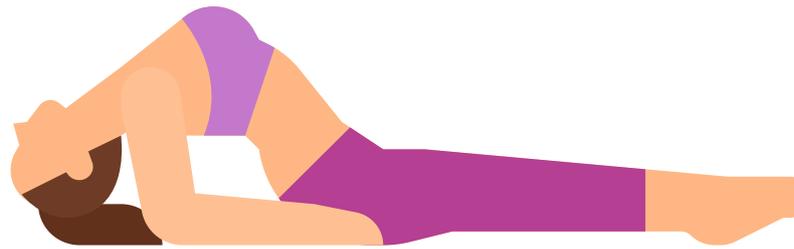
3. Bhujangasana (Cobra pose)

Lie down flat on your stomach. Rest your palms by the side of your chest, arms close to your body, elbows pointing outward. Inhale and raise your forehead, neck, and shoulders. Raise your trunk using the strength of your arms. Look upward while breathing normally. Make sure that your stomach is pressed on the floor. Hold the pose for 5 seconds. Slowly lie back flat on your stomach. Turn your head to one side and rest your arms by the side of your body.



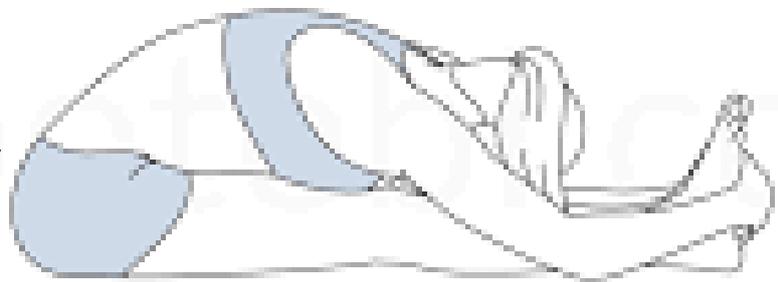
4. Matsyasana (Fish Pose)

Lie down on your back with legs straight on the floor and hands beside the thighs. Keep your palms near the shoulders and your fingers pointing towards them. Inhale, press your palms on the floor, lift your shoulders and head up and drop the top of the head on the floor. Arch your back while keeping your hands up in namaskar mudra. Lift both of your legs at 45 degrees angle. Hold the posture for 10 seconds and release.



5. Paschimottasana (Seated Forward Pose)

Begin with Dandasana and place a strap around the feet while grasping them by the hands if the back is stiff. Ensure that your knees are slightly bent and legs stretched out forward. Then inhale and extend your arms straight out to the sides and up over your head, reaching toward the ceiling while keeping your spine erect. As you exhale and empty your stomach of air, begin to come forward by hinging at your hips and place your upper body on your lower body. Lower your arms, grip your big toes with your fingers and try to touch your knees with your nose. Remember to lengthen your spine on each inhale and deepen into your forward bend on each exhale

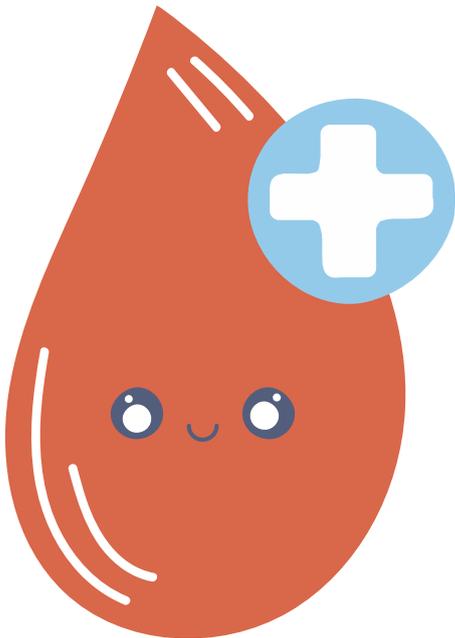


World Blood Donor Day has been celebrated on 14 June, worldwide. This particular date is chosen to celebrate every year as it marks the birth anniversary of Karl Landsteiner. Karl Landsteiner was an Austrian biologist, physician, and immunologist. He is remembered as the man who developed the modern system of classification of blood groups.

World Blood Donor Day allows thanking the blood donors who have helped save a large number of lives through their generous efforts and encourage the rest of the people to join this noble cause. On this day, the WHO organizes a campaign that invites people to donate blood. A person eligible to donate blood must fall in the age bracket of 17-66 years of age. They must weigh more than 50 kgs and have sound health. People suffering from diseases like diabetes, hypertension, and more cannot donate blood.

Each day, thousands of people need donated blood and blood products to keep them in good health or allow them to stay alive. Blood donation also has many emotional as well as physical health benefits such as reducing stress, improving your emotional well-being, helping you get rid of negative feelings, providing a sense of belonging and reducing isolation. Moreover, these days, during this pandemic period, people who have recovered from COVID-19 are donating blood to help others who need blood plasma. Their plasma contain antibodies and if another person receives this plasma, it may help their body fight the virus.

There are blood banks where people can store their blood, and during any medical emergency, that stored blood comes into play. People who have rare blood groups are suggested to store their blood in blood banks for their future use. The requirement for blood is always higher than compared to the supply, and people should be encouraged more so that they willingly donate blood and save lives.





Summer vacation is the best time of the year.

It gives me a chance to relax.
Explore new things.

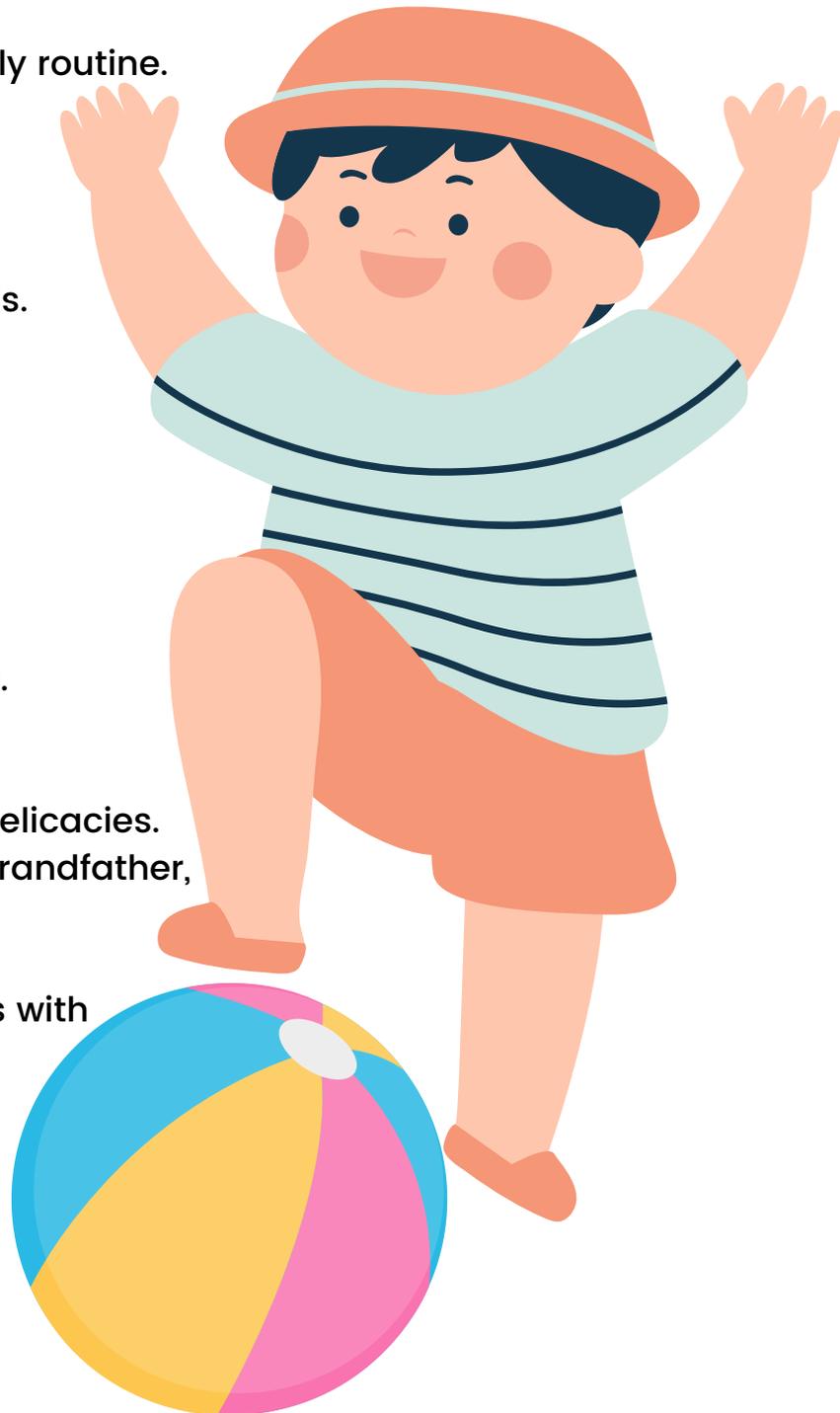
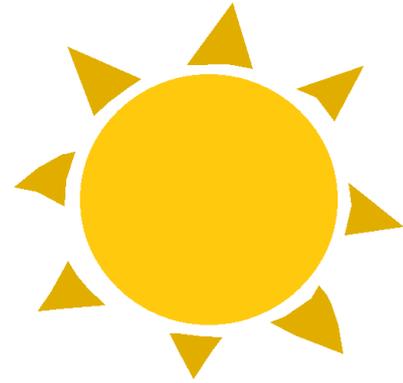
It gives me a break from my daily routine.
To adopt new hobbies like gardening, dancing and painting; while also having fun with friends.

My cousins and I,
Visit our grandparent's place
In Katihar, a village in Bihar.
We play.
Enjoy.

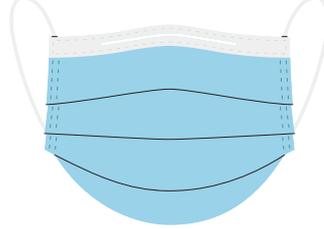
My grandfather loves gardening.
We help him water the plants.

My grandmother prepares her delicacies.
At night we hear from her and grandfather,
Tales of fairies and fantasies.
I feel very happy and cherish
spending my summer vacations with
my loving and caring family.

NAME- BHAVIKA SAH
CLASS-12B



The Impact of Covid-19 during these times



Covid-19 has impacted our lives in uncountable ways. It has affected people not only physically but also mentally and financially.

With the surge in the patients during the second wave of Covid-19 across India, the country faced a lot of issues in providing the medical facilities to all those in need. The second wave has been much severe and has indeed, shook us all in unprecedented ways.

As we all know, this pandemic has created fear of dying, losing jobs, and being alone. I myself have been through these situations and honestly, this phase has been very difficult to experience. The second wave has affected my family's economic condition terribly. My father is the only source of earning & with the onset of the second wave, his company started giving more days off in comparison to the working days which in turn resulted in procuring less income. It has changed our day-to-day life routine as we have reduced our monthly expenses & we are much more cautious of our investments now. However, it is still difficult for us to manage and fulfill all our basic requirements with that monthly amount.

Moreover, the biggest support through this time has been our school which has supported many students like me by providing tablets, laptops and other technical assistance for attending classes & gaining knowledge. Along with that, ration kits have been distributed timely. We feel grateful and thankful indeed for the same.

Pandemic has also affected us mentally. It has created mental stress and worries amongst us. Isolation at home feels like being trapped as a prisoner within the four walls of the house. Our social life has been limited. There are a lot of questions in our minds- Will we eat outside again? Watch a movie again? Go to school again? Do group study again? Or, travel to places again?

I and I know many more like me are seeking answers to these questions with a lot of hope in our hearts and all we wish to hear is a big, Yes!

Sakshi

Child Labour Day

Childhood is a very beautiful stage in human life. A child gives happiness to all the family members and even to relatives and neighbors. As we all know, Child Labour Day is celebrated on 12th June. The term “child labor” is often defined as work that deprives children of their childhood, their potential, and their dignity, and is harmful to physical and mental development. It refers to work that: is mentally, physically, socially, and morally dangerous and harmful to children.

Causes of Child Labor:

1. Poverty and unemployment levels are high.
2. Access to compulsory, free education is limited.
3. Existing laws or codes of conduct are often violated.
4. Laws and enforcement are often inadequate.
5. National Laws Often Include Exemptions.
6. Workers' rights are repressed.
7. The global economy intensifies the effects of some factors.



A child does labor because of the following reasons:

1. Sometimes children are forced to labor because of financial situations.
2. Children often sacrifice their dreams to give a better life to their families.
3. The covid19 pandemic has also played a major role in the increment of child labor.
4. Due to the covid-19 pandemic, many are losing jobs and financial problems have increased manifold. Families need extra pairs of hands to help them financially, which is forcing children, especially adolescents to labor.
5. The United Nations and child rights organizations are calling the COVID-19 pandemic a disaster for millions of children.
6. Children staying at home, especially girls, will contribute to household chores. Further, more girls will be detached from education.

“A new phase of education!”

The pandemic has changed education forever. It has resulted in the schools being shut. Schools have turned in for virtual classes. Our VIDYA School used the “Wise app” for online classes and it was interesting to use. Online classes have many advantages as we can easily access the classes by just clicking the link. The assignments are stored on the app. We can access them anytime. The teachers have also found new digital learning tools to interact with us, such as PPT or animations. Which has made learning more fun and understanding the concept more precisely and easily. Online classes have made the students disciplined because if they are late to submit our assignment then the app doesn't accept it. The disadvantages are that not everyone has the privilege to own a device or internet. Also, side effects of headaches and eye problems are prevalent. But if we have a break of 10 minutes between every class then it's easy to join and our school follows this system.

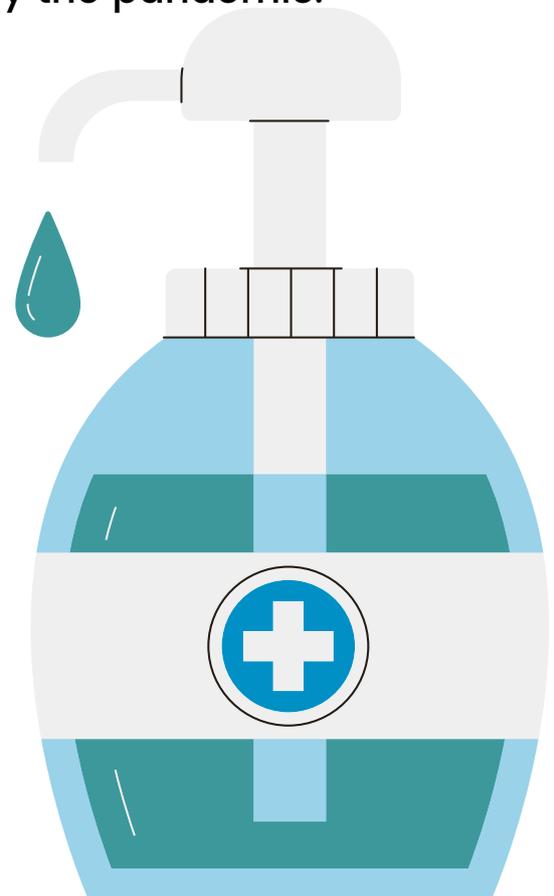


Pandemic Blues

The covid 19 pandemic has been a very difficult time for everyone. If I talk about my family situation it was not different from others but also not the same. It affected my family in a very unfortunate way. We never faced anything like it before so it became tougher for us. Our schools were shut. We were switched to virtual classrooms. We were financially weakened by the pandemic. We shifted to a new house where the rent was low to bring a little stability in the financial situation. Everything around us changed. The way of living has changed. My father is jobless due to the pandemic. He was dejected about it. Already there were many problems encountered during the pandemic. I also didn't have a device to attend online classes. My mother bought a new phone though we were facing financial hardships. So that, I can attend classes regularly.

The situation my family was going through had affected me mentally. I was thinking of getting myself a job and helping my family. My parents dissented from the idea and encouraged me to completely focus on my studies. Even though going through all these hardships. We are always trying to keep happy and calm. We are fighting our way through and adjusting to the new normal that has been put by the pandemic.

By- Nisha

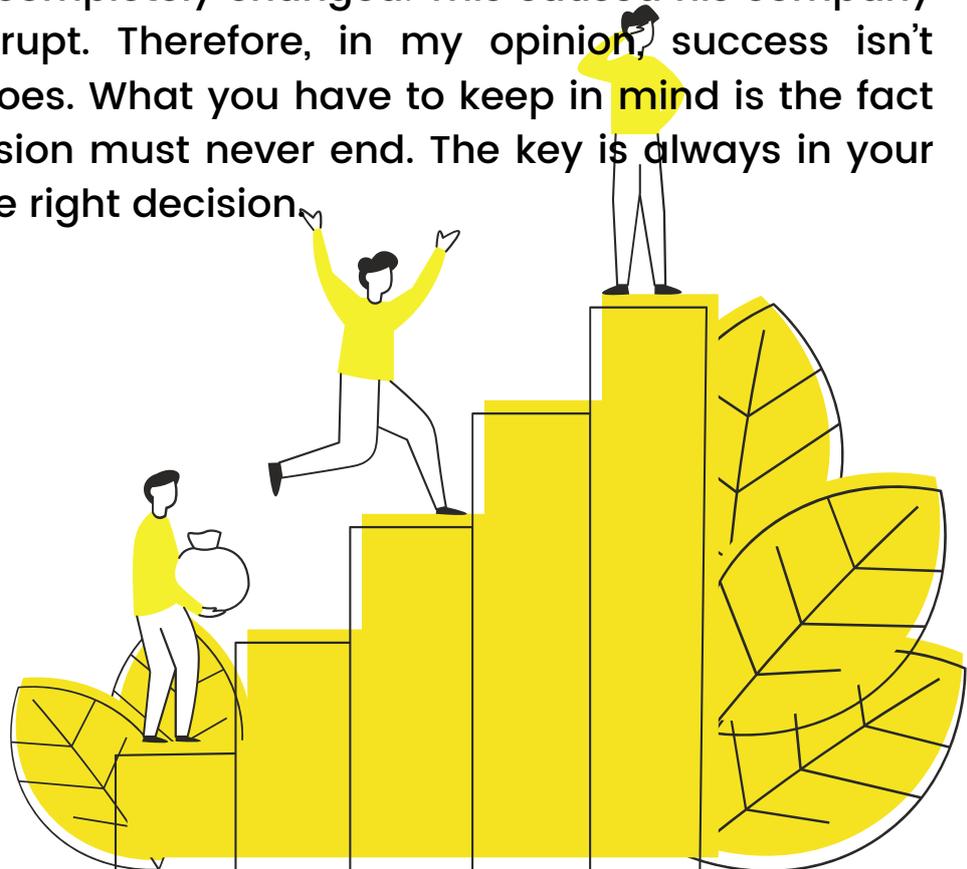


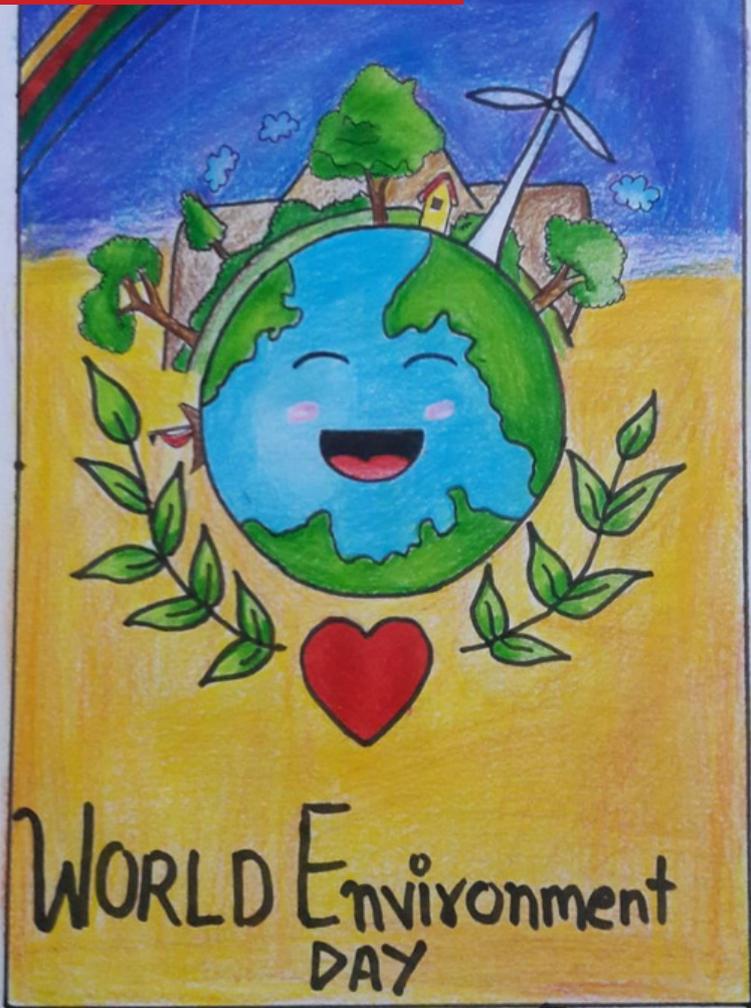
Success changes people

Success changes people! What do I think about it:

Success is the accomplishment of a job and the achievement of an honor. The reward brings positive ways to encourage the successful man. Success changes the people around. Sometimes, egotism and selfish admiration, and allied attitude of that man may spoil the growth process. A few people around us were once the only ones always left out but now because of their success, they are never left out and are always included. Their behavior slowly starts to change and they think of themselves at a very high standard. You may be successful and profitable but that shouldn't change your attitude towards everything. It shouldn't be the reason for your change. One example of a man who was very successful but one of his mistakes changed his life completely. His attitude and passion for making animations changed and his entire career collapsed. This man is known as Walt Disney. Walt Disney was a very favorable man who created the world-famous Disney. He was credited and many people admired his amazing work. But he was flourishing so much that his behavior towards his work completely changed. This caused his company to collapse and go bankrupt. Therefore, in my opinion, success isn't everything. It comes and goes. What you have to keep in mind is the fact that your attitude and passion must never end. The key is always in your hand. You have to make the right decision.

By- Manshi





Save water
Tomorrow
may save
You....

Make Every
Count



A Drop of
water is worth
more than a sac
of Gold to a
thirsty Man.





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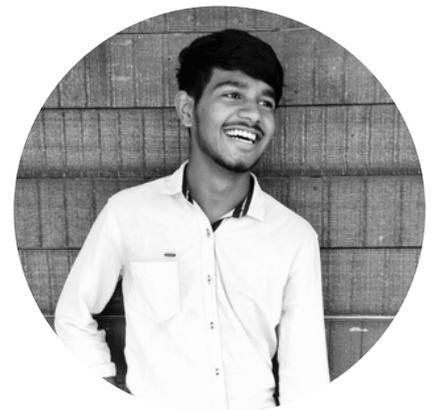
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Vidya Vaani is the alumni-led initiative, which aims to connect Vidya School to the outer world. We put forth this e-newsletter with a desire to allow you a sneak peek into the day to day affairs of the school, thereby also, creating a space for the students to exhibit their talents in terms of artistic or poetic expression.



We welcome you to our seventh edition of the series and hope to keep you engaged. Venga! Board the train to VIDYA Land and let Vidya Vaani echo unsung vignettes of inspiration into your ears.



We would like to hear from you! Share your suggestions/feedback and views with us on vidyavaaniconnect@gmail.com. Our inbox anticipates your mail.

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