



# VIRTUAL INK


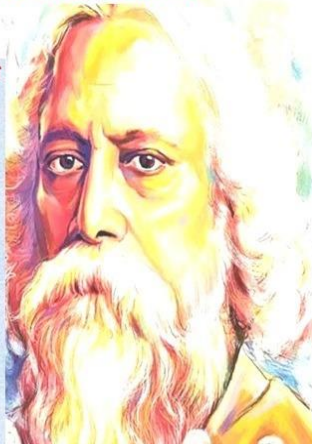
MAY 2020 // ISSUE I // VOLUME II

## CRISIS TURNED INTO AN OPPORTUNITY!

**St. Thomas' Girls Sr. Sec. School**

To Commemorate The Birth Anniversary Of Nobel Laureate Rabindranath Tagore  
St. Thomas' Presents

**Rabindra Sangeet**  
Online Singing Competition  
Saturday, 9 May 2020  
Time: 10.00 am

**WELCOME TO HINDI POETRY RECITATION COMPETITION ORGANISED BY ST. THOMAS' GIRLS SR. SEC. SCHOOL FOR CLASSES 7 AND 8 ON THURSDAY, 21 MAY 2020 AT 4:00 PM**



### RABINDRA SANGEET WINNERS

I POSITION: ANOHITA DUTTA XI HA

II POSITION: VIDUSHI BHARTI XII CA

III POSITION: SHARON LALL XI HB  
ANUSHKA SEN XII HA  
AKANKSHA JOSHI XIIScB

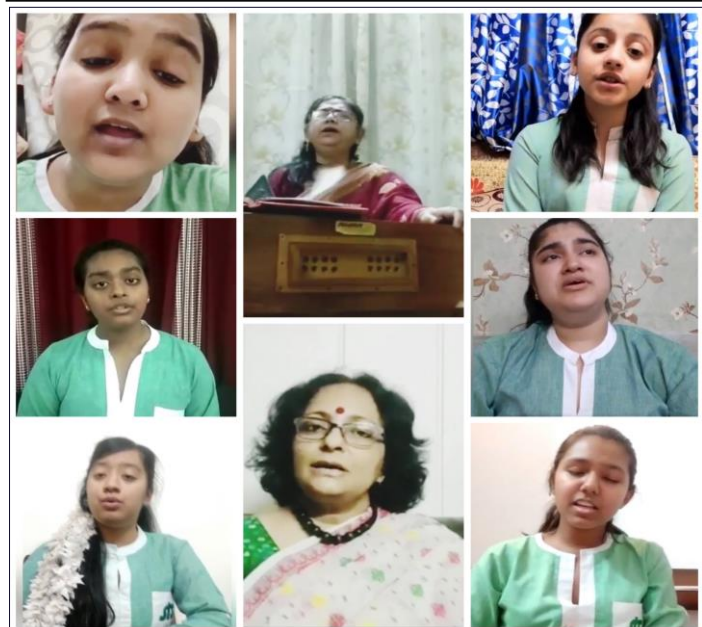
### HINDI POETRY WINNERS

#### CLASS 7

I POSITION: VAISHNAVI CHAUDHRY  
II POSITION: CHAKSHU AGGARWAL  
III POSITION: GAURIKA KAPOOR

#### CLASS 8

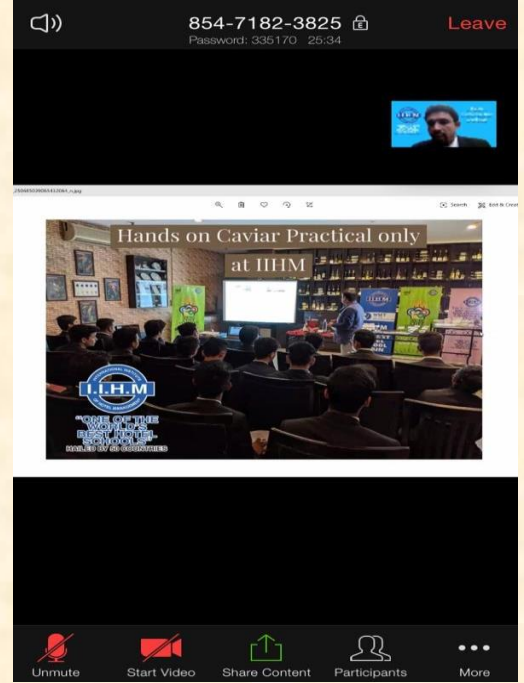
I POSITION: VANI JAIN  
II POSITION: TARISHI POPLI  
III POSITION: SAMAY ARORA  
NEHAL LOOMBA





# CULINARY WEBINAR

The home science and food-production students of class 11 and 12 enthusiastically attended the various webinars organized by IIHM and FOOD FOOD CHANNEL. The guest of the day for the Food Food Channel was the famous chef Sanjeev Kapoor who taught them the benefits of healthy cooking. He also enlightened them on how each and every process of cooking in the kitchen could be both- a learning experience as well as fun.



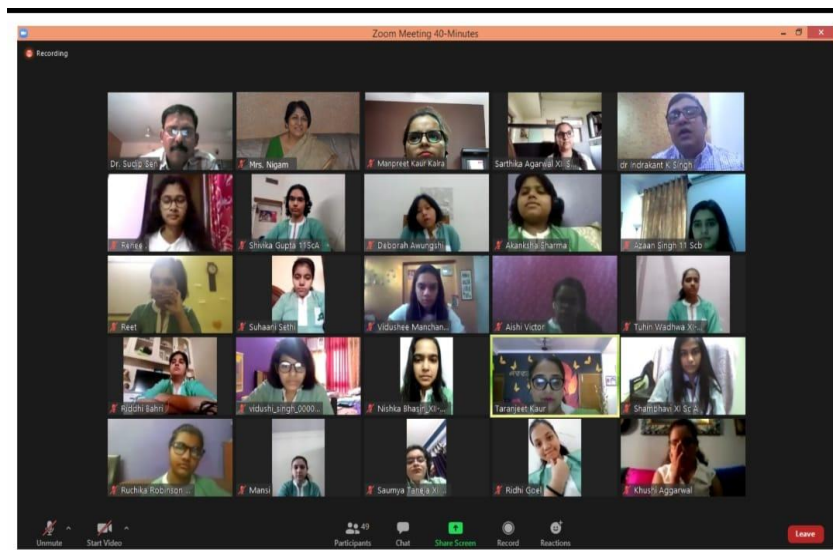
# STEM WORKSHOP

## STS@BRONX/CUNY STEM WORKSHOP FOR GREEN SCHOOLS, INDIA





# INTERNATIONAL BIODIVERSITY DAY 2020



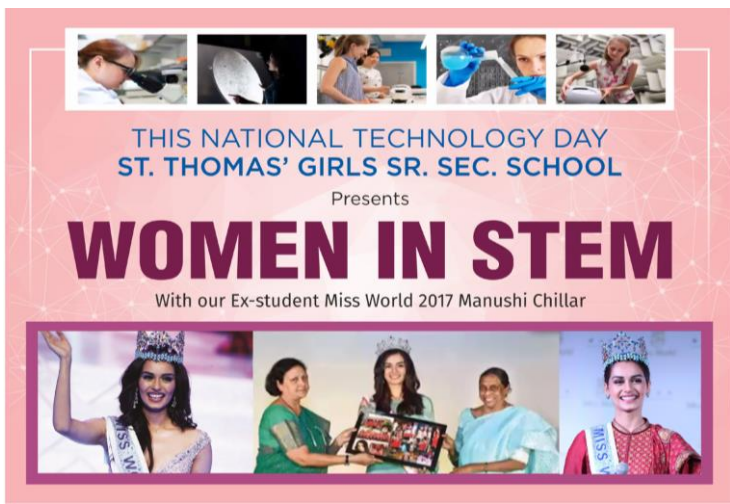
## EARTH DAY 2020 CELEBRATION



## OUR BUDDING SCIENTISTS







## MANUSHI CHILLAR GOES BACK TO SCHOOL

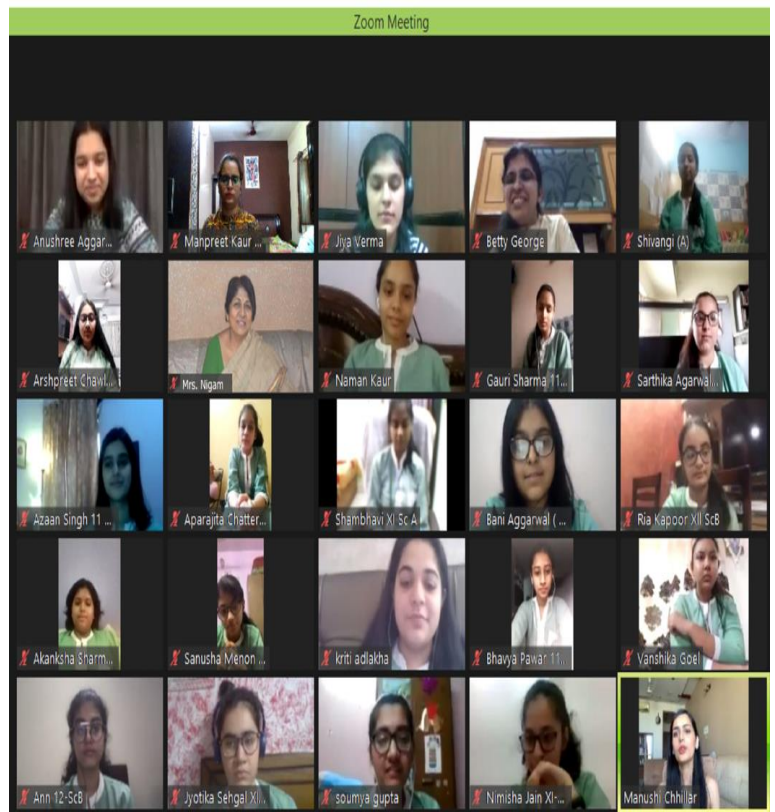
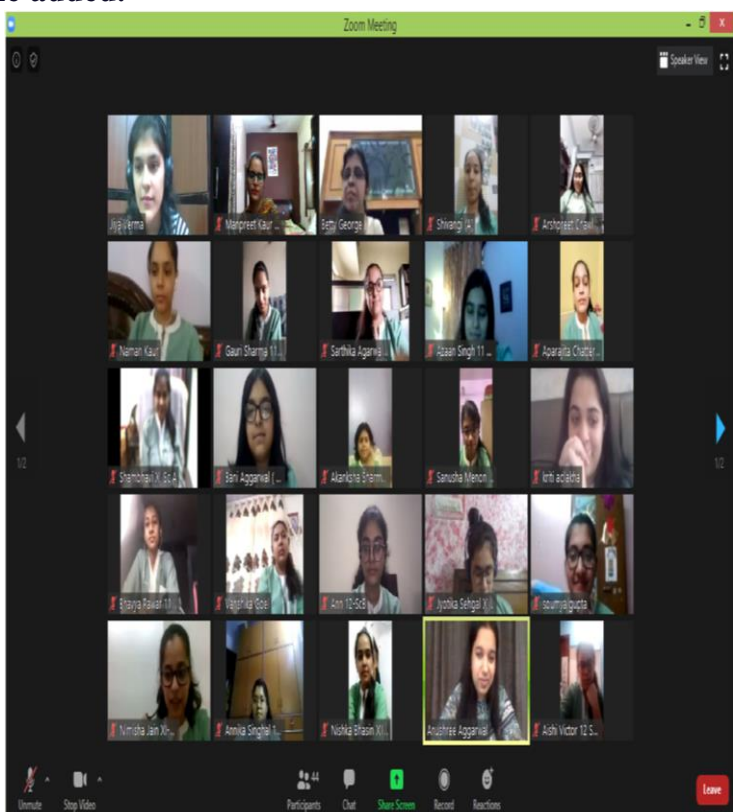
Actress and former Miss World Manushi Chhillar was invited by her alma mater, St. Thomas Girls School in New Delhi, to address the current batch of class XI and XII science students. She interacted with the students virtually due to the lockdown.

"It was lovely to see my teachers from school today and interact with my juniors. It was really nostalgic for me and if we weren't battling coronavirus, I would have done this in person today! I love my school and my teachers. They have shaped me and I'm indebted to them for making my formative years so enjoyable and so enriching," Manushi said.

She said it was amazing to interact with her juniors from school.

"They made me miss school so much today! We discussed how to never give up on our dreams no matter what life poses in front of us. This subject is relevant to all of us, especially today, because life as we know it is in lockdown but we all need to look forward to it and not give up on our dreams and aspirations," she said.

"I shared with my juniors how I have handled pressures in my life. I heard them out on what they want to achieve and it was amazing to see how passionate they are about their lives. It was a heart-felt interaction," she added.



**HOPE IS AN ABSTRACT  
CONCEPT**

**HOPE IS UNIVERSAL  
LOVE AND HOPE KEEP US  
GOING**

**HOPE IS THE KEY TO SURVIVE  
LOVE IS THE ESSENCE OF LIFE**

**THE SKY IS TURNING  
PINK**

**SURROUND YOURSELF WITH  
BEAUTY  
CLOAK YOUR SOUL WITH LOVE  
SENSE THE GOODNESS IN THE  
AIR  
LET LIFE LEAD**



# WAIT FOR THE SUN

MEHAK GANDHI, XI

*When everything around you is dark,  
And you cannot find the spark.*

*When the rain doesn't stop,  
And you feel like everything drops.*

*When you are so done,  
And you just want to run.*

*Just wait for the sun,  
The sunshine will come.*

*When friends can't be found,  
And nothing seems profound.  
When you just want to scream,  
And it all feels like a bad dream.*

*When everything is lost,  
And you feel exhaust.*

*Just wait for the sun,  
The sunshine will come.*

*The storm always goes,  
No matter how much wind blows.*

*The rain always stops,  
No matter how much water drops.*

*It won't last forever.*

*Just wait for the sun,  
The sunshine will come.*

*People who need you, who love you,  
Know what you have gone through.*

*They warm up your soul,  
Like the sunshine above you.*

*You're never alone,  
No matter what's done.*

*Wait for the sun,  
Just wait for the sun,  
The sunshine will come.*

# EXPRESSING HOPE

ARU TANDON, XI

Hope is the only constant thing in our life. It has helped us reach where we are, where all of mankind is. It is the idea of having the belief that the dark clouds will pass away and we will soon see the familiar rays of sun with clear blue sky. We know that things will get better even in the grimmest times, maybe not the very next day, maybe not in a specific time period, but they will. It is true that there is a possibility that things could go south at any given moment but it is inculcated in us from the beginning, from a pat on the back to someone sitting beside us in silence just to let us know that we're not alone. Hope is what comes naturally to the heart, it is in our nature to not dim the lights of our soul. It is these simple gestures that express hope and make hard situations bearable. Simple gestures are the ones that leave the most impact in our lives. Hope can be defined as the faintest, tiniest light in the darkest room. The light acts as a saviour. This situation has given the world a chance to change and progress. After all, Steve Jobs didn't get his big break in one day, mankind didn't reach the Moon on the first day. If it wasn't for the hope and the passion in Nelson Mandela, him and his companions wouldn't have ever been able to sustain the torture. NASA had Apollo 1, Apollo 7 and so on before Apollo 11. They lost their crew to fire but weren't disheartened. Hope can be personified as the little voice in us that tells us to keep going no matter what. Especially, in present times, it is very important for us to hope for the best and have a leap of faith. Hope is that magic ingredient that transforms just being alive to being lively and gives life its true meaning.



# YOU ALWAYS GAIN BY GIVING LOVE!

VANYA JAIN, XII HA

Love is a beautiful concept. Our dictionaries define it as “an intense feeling of deep affection.” It's so much more than affection. We all feel love differently, in different ways, for different people. The love you have for your pet is so much different than the love you have for your parents. Respect, communication, honesty, affection, understanding, kindness, these are some of the minor things that make up love.

You give it to people and sometimes, somewhere you expect to receive it back too. I'm going to share a beautiful quote from one of my favourite books, *The Perks of Being a Wallflower* by Stephen Chbosky – “We all accept the love we think we deserve.” I wonder about this quote a lot. Our magnitude of being loved is based on how we think of ourselves, our confidence, our self esteem, our strength and sometimes, well almost all the time, our physical appearance. Before instilling love in people, we have to learn to love ourselves. It's easier said than done. We expect so much of ourselves in terms of our appearance, our personality and the way we treat people. That has to be stopped. We have to stop expecting so much of ourselves so that it doesn't tear us down. Our society stops at nothing to bring us down. We should not give it anymore reasons to let it tear us apart. We have to love ourselves first to create a society that spreads kindness and love. We need to learn what it means to be human. It's as they say, it begins with you. It's the same with love. It begins with you. You're such a beautiful, kind, generous, loyal, strong, loving person. You deserve more love than you ever think. because it's what makes us human.

JANVI MANOCHA, XII HB

*Infect people with Love,  
because love has no bounds..  
Infect people with Care,  
for it doesn't need touch to spread..  
Infect people with Purity,  
because dear nature longs for it and belongs to  
it..  
Infect people with Smiles,  
because the heart doesn't feel sick then..  
Infect people with Laughter,  
for it makes even the sick people feel happier..  
Infect people with Warmth,  
to make feel good to be at home..  
Infect people with Goodness,  
for it makes just everything feel right..*

*These infections won't harm,  
rather everything will seem absolutely a blessing!  
You'd neither be spreading a torment,  
rather, be caressing!  
The darling earth craves for such  
contaminations,  
and not for those that we spread..  
So, infect with love,  
comfort with care,  
and happiness, that you do need to share!*



# INFINITE FINITY!!

***“I’m sure we will meet up in the spring and catch up on everything”***

***–TROYE SIVAN***

***“We’ll walk this road together, through the storm  
Whatever weather cold or warm”***

***-EMINEM***

***Dancing in the Moonlight, everyone is feeling warm and bright”***

***–KING HARRIET***

***“You are my earth,  
All I see is you***

***When we open our eyes,  
Our dreams become reality”***

***-BTS***

***“There’s a hope that’s waiting for you in the dark,  
You should know you’re beautiful just the way you are”***

***-ALESSIA CARA***

***“There’s always gonna be another mountain  
I’m always gonna wanna make it move  
Always gonna be an uphill battle  
Sometimes i’m gonna have to lose  
Ain’t about how fast I get there  
Ain’t about what’s waiting on the other side  
It’s the climb”***

***-MILEY CYRUS***

***“We’re all in this together”***

***– ZAC EFRON, ASHLEY TISDALE***

***“You only get one shot do not miss your chance to blow  
This opportunity comes once in a lifetime”***

***-EMINEM***



# THE MANTRA OF SURVIVAL

SANUSHA MENON, XI

Hope; a desire for something to happen is one of the things human beings subconsciously do every single day. It crosses all boundaries of religion, caste, creed etc. Each hour, minute and second, a part of us is hoping that the next moment will be in our favor; that no discomfort will be felt within us under any circumstances. It can be phrased in another way that hope is a medium of peace.

Every night we sleep, hoping to wake up the next day. While facing an unbearable circumstance, when there are no solutions to our problems, when there is no hope left, our mental state starts deteriorating. Likewise, when our loved ones face a similar situation, extending our support and cheering them on by saying that there is still hope left is the first action we partake in.

To illustrate, right now, when the world is in turmoil due to unexpected circumstances, regardless of their relation to us, we should express hope to all even if we have to act as a catalyst. This is the sole thing we could do together that would give people a sprinkle of solace, that would keep them from breaking down.

During these difficult times, it is hard not to panic but we can rely on each other. Therefore, setting aside our disparities, we should express and spread hope to emerge out victorious together. As it is said, "Don't lose hope. When the sun goes down, the stars come up."

## THERE'S SOME GOOD IN THIS WORLD, AND IT'S WORTH FIGHTING FOR!

DIVYASHAKTI DWIVEDI, XI

It's like little drops of dew,  
Sitting amidst the damp grass  
Like a vibrant sunrise view,  
After a shady, lightless night

Like a flickering candle flame,  
Swaying frailly with the wind,  
Yet how easily, it lights up the dark,  
Lingering until the dawn arrives.  
Isn't this what hope is?  
A tiny possibility of things looking up  
Lingering on, until life sets in.

Hope, it'll wait with you patiently,  
Don't lose it, for it's hard to find  
A friend like it, so loyal and kind

It never gives up on you,  
Nor does it let you abandon it.  
Even the slightest of inspiration  
Can revive a fading hope

So, always hope for the best  
Don't hope too much, don't hope too less,  
But when you hope, hope sincerely,  
For one day, who knows, it'll be reality

Express your hope, lend a helping hand  
Don't let it fade into the dim sand,  
Feel it, let it brighten you up,  
Don't hold back, and let it through,  
In these dark trying times,  
Revive others' hopes too,  
Don't feel afraid, express Hope!

## **WE ARE ALL BORN FOR LOVE.**

# **IT IS THE PRINCIPLE OF EXISTENCE AND IT'S THE ONLY END**

**CHEHAK GANDHI, XI**

**"Spread love everywhere you go, let no one ever come to you without leaving happier" - Mother Teresa**

In these trying and tribulating times, we all must remember to not lose hope, and be kind. It is love we all seek, love from our friends, from our families. We keep looking for materialistic pleasures such as money and property throughout our lives and end up blemishing our relationships. Love can be found everywhere, even in the darkest of times. Even if we keep running towards things which won't matter in the end, we won't have what we really want, love.

The poem 'Fire and Ice', written by Robert Frost tells us about how relationships end due to greed, or due to coldness and hatred. They are both equally powerful and can overcome love. We must leave footprints of love and kindness wherever we go. "Love sees not with the eye, but with the mind" we must not love based on someone's outer appearance, it's a person's heart, and the love they possess that matters. Love makes us strong, love makes us wise. We hurry to complete everything extremely quick, we forget to pause, we forget to wait. We must stop, wait for everyone, help them climb. Life is not a race, it's not about who finishes first. We must help people, help them cross the obstacles, motivate them, and ensure that they never give up.

If humans beings can spread a virus just by coming in the vicinity of each other, why can't we use the same principle to spread care, passion, and concern for each other? Love is everywhere, we see it when we see someone rush home just to be with their families, we see love and compassion when we see someone helping another cross the road. We see it when we see someone happy, maybe because of a result they'd never expect, or when they get their birthday cake. What is humanity, if we do not give love to another? Why spend your life hating one another, when you can spend a beautiful one with love in it? As James Kirkup said "No men are foreign, no countries strange" why to spend our lives fighting one another, fighting with our brothers and sisters, for a soil in which we all would be buried, for air that all of us breathe, for the water we all drink?

## **FOR YOU, A THOUSAND TIMES OVER!**

**AVNI GOEL, XII**

Nothing is ever going to make this world better, if we don't start believing that love really is the answer.

Love is our essence and our core, our task here on earth is simple, yet profound – it's all about love. One needs to know that we are all born from love and therefore it's our heritage. But still we humans grab onto the fear mindset that this world programs into us. Today we all hustle for success, we are all running in the race of proving ourselves, our value to the world, being inconsiderate of how much we hurt ourselves and others. Small failures cause so much stress and frustration that we are ready to kill ourselves, the drive to be at the top is so high that we don't hesitate in pulling someone down to lift ourselves up. Anger has engulfed us, our heart.

Love makes you feel happy, often content. You feel warmth in your heart and the smallest act of love can instantly brighten your gloomy day.

The practice should begin by first loving yourself for who you are. So many individuals don't experience self-love because of being taught that they aren't good enough, or smart enough, or pretty enough, and don't deserve good things. That's where the low self-worth issues originate – from the fear-based conditioning of not enough. Yet love is your inborn heritage, so it is imperative that you must first learn to love yourself, realizing that you came here perfect as you are and deserving all good things. Once you have this, you will radiate love automatically in everything you do.

Spreading love should be your way of living, it should be done to walk your talk and not for others to see, appreciate and give brownie points to you. The love you give will always come back to you in ways you never realize.

So one should spread love for themselves, for improving their life as when you see the world through the eyes of love you will realize and understand that every creature on this planet including yourself is worthy of love.



# HOPE, LOVE & FAITH

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## ISHMEET KAUR

Hope is an emotion that gives everyone something to hold onto in life. As time moves, everyone is lost in frustration and problems of their life. They remain close to each other by a thread of hope that makes their bond stronger. It crosses all human boundaries like age, race, gender and religion and allows us to keep going down different roads to see things differently. We utilise hope the most when life gets difficult. One can do incredible things when they have HOPE.

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## RIDHI GOEL

The dictionary describes hope as a feeling of expectations and desire for a certain thing to happen. Hope is ubiquitous. The ideal hope of a person is described as satisfying one's conception of what is perfect. Hope in contrast with religion, seems refreshingly spacious. Indeed, HOPE, while necessary to our well-being, can exist with equal strength within religious traditions and outside them. We translate those dreams and ideas into action, allowing us to approach problems with a proactive, positive mindset and increase our chances of success.

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## BHAVYA PAWAR

Mother Nature, through the present crisis, is sending us to ye signal that our economic growth and development are not keeping page with the rhythm of nature. Once good habits and lifestyles are a part of our world and love overrules materialistic possessions positive forces shall prevail. We should not only be grateful for this cosmic reminder to empower ourselves not make sure to reaffirm our faith in love, care and compassion for all.

# **THERE'S A CRACK IN EVERYTHING, THAT'S HOW LIGHT GETS IN**

**DIVYASHAKTI DWIVEDI, XI**

We, as humans feel a lot of emotions: anger, kindness, sadness, joy, jealousy, love, fear etc. but one emotion, which might be the most important of these all, is hope. There is not a person in the world, who hasn't felt hopeful. It is an abstract concept, which cannot be defined in fixed terms. One cannot define hope as a phenomena, stimulus or process, or fit it in any other such scientific explanations. Though modern dictionaries have attempted to give this word a definite meaning, quite a few times, in everyday context, those dictionary-defined denotations are more or less redundant.

'Fear', in every sense of the word, is the rival of hope. It restricts the person from thinking clearly, being open to love, and carrying out one's responsibilities. Fear is binding and it is largely negative; but hope, on the other hand, is the strongest thing in the world, as positivity is always stronger than negativity. Hope is something so universal that it requires no explanation. Hope needs to be felt not explained.

Everybody hopes, but the ones who make a difference are the ones who work towards this hope of theirs. However, when we start wishing for something to happen rather than effectively working towards it, it can set us up for disappointment. If we hope too much, expect too much from the future, and if our expectations are not matched, it can leave us disappointed, and our hopes broken. However, some things are not in our control. In times like this, all we can do is hope. Nothing is everlasting, good or bad. We should hope to make the best of the good times, and hope to make it easily through the bad times. In worse situations, we must keep our hope alive, and reassure others, whose hopes are fading, and we must not allow others to lose their hopes either.

The future is unpredictable. Even when it looks like things are not going to get well again, we must hope. WE must believe that things will take a turn for the better, because they have to. After all, the earth keeps spinning on its axis, and someday, the things will be better: this is the promise of hope. With the power of our hopes, and our efforts, we can make a heaven on earth.

## **WHILE THERE'S LIFE, THERE'S HOPE**

**SAUMYA TANEJA, XI**

**Do what you can to make your life  
worthwhile,  
Stop a child's tears, make a stranger smile.  
Have a little patience when a puppy causes  
trouble,  
End a vicious rumour before its  
consequences double.**

**Surround yourself with beauty, cloak your  
soul with love,  
Remember there's a reason here and up  
above.  
Believe that your actions will do more than  
you'll know,  
When you spread love around, it only starts  
to grow.**

**Maybe you won't start a world-wide  
revolution,  
Or single handedly put an end to hunger  
and pollution,  
But when you make a little child feel safe to  
sleep at night,  
You're doing something magical, spreading  
heave's light.**

**So next time you feel lonely, take up another  
view,  
Put your loving heart to work and see what  
you can do.**



The current state of worldwide panic, worry and anxiety is something our parents and even grandparents have never experienced before. Plagues and epidemics have ravaged humanity throughout its existence often changing the course of history. There has been a major change in our lifestyle. This global virus is keeping us contained in our homes and is maybe even changing our relationship with the government, the outside world and even with each other. It has also instilled a new sense of patriotism and unity. People all around the world have joined hands to fight against an invisible force. Funny how it is the grimmest of times bringing the world together. It has also made people grateful for a lot of services and experiences that they are currently deprived off. This pandemic has made people bow their heads and express their gratitude to the sanitation workers, doctors, nurses, pharmacists and even teachers taking online classes. Keeping the current scenario in mind, the government may even realize how important it is to invest in public health. It may also help us as individuals realize how we can create a healthier digital lifestyle. In this time of panic, the only way of communication is social media, and it is filled with positivity and hope. Even radio channels are only playing happy upbeat songs to lift up the people's spirits. Even if people were ignorant earlier, this will make people more conscious about their health. The Coronavirus is also reshaping education. Since a lot of people are working from home it has also become clear how a lot of work can be done from home instead of going to offices, thus reducing the traffic on the streets. The largest change, and perhaps the most important, the environment is thriving. With the people indoors, no cars, no factories running, no tourists polluting, and no airplanes flying, the world has come to a complete halt. It is almost like the Earth is taking back what's its own.

## TO CORONA

KHADIJA, XII SCB

*Corona! Oh Corona!  
That's a sweet name you got,  
For all you do is tie the world in a knot.  
The halo surrounding the sun?  
That's more of a pun!  
  
The halo surrounding the sun,  
Haven't you overdone?  
Your flames burn those who come near you,  
So here I am, locked in because of you.  
  
Your flames burn those who come near you,  
That's very cruel of you.  
Millions die because someone sneezed near  
them,  
Social gatherings, WHO condemn.*

*Millions die because someone sneezed near them,  
Did you not like China back then?  
Now that you have seen the seven wonders,  
Can you not anymore wander?*

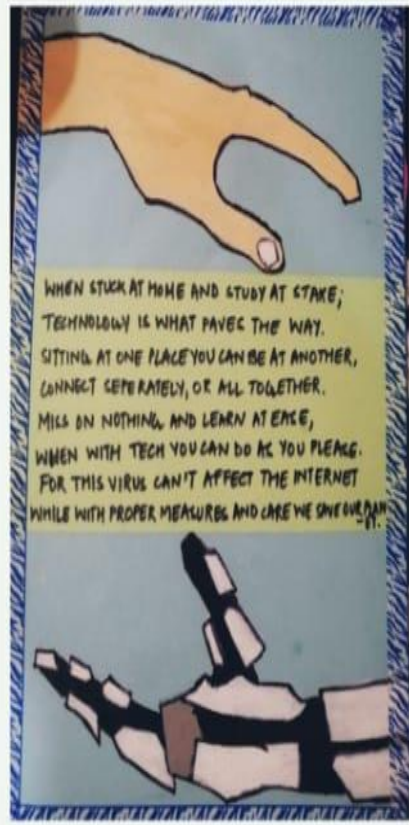
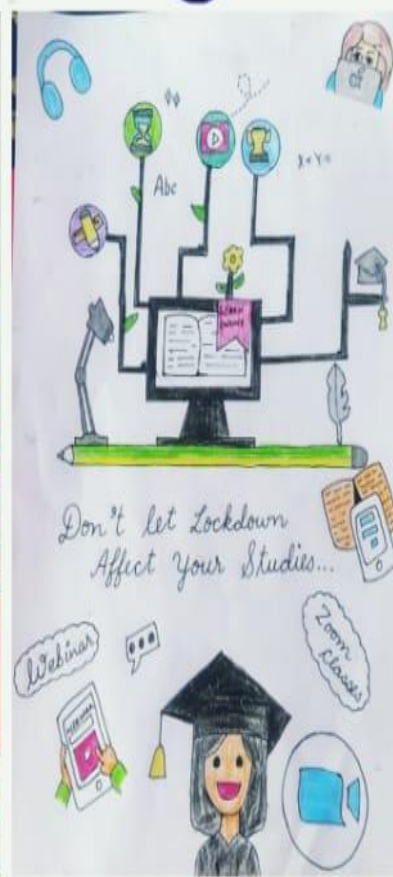
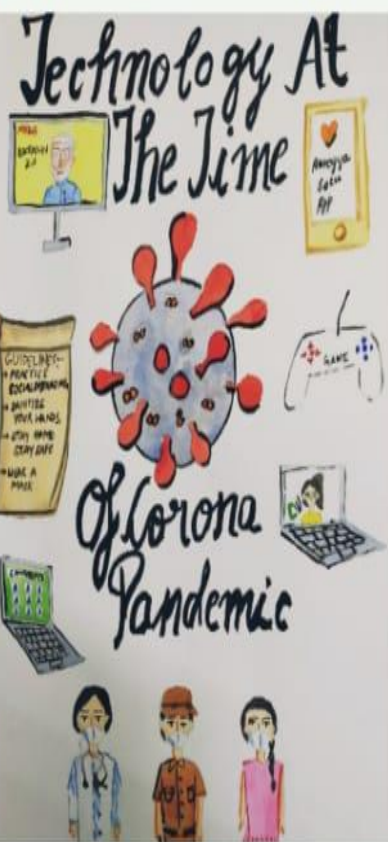
*Now that you have seen the seven wonders,  
Stop these blunders.  
A nice walk in the park,  
Will give my dog a happy bark.*

*A nice walk in the park,  
Now that thought has a spark.  
Doctors are looking for a cure that won't fall,  
So Whatsapp University doesn't prevail.*

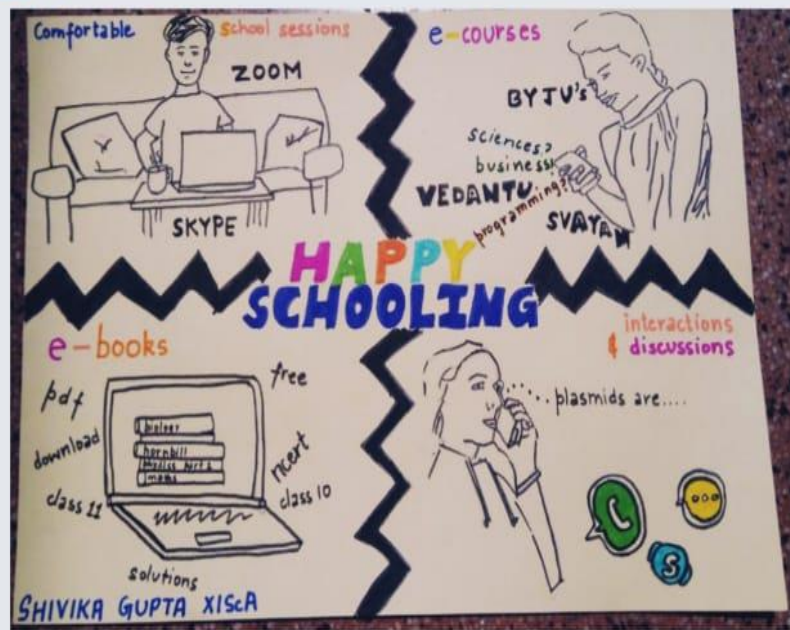
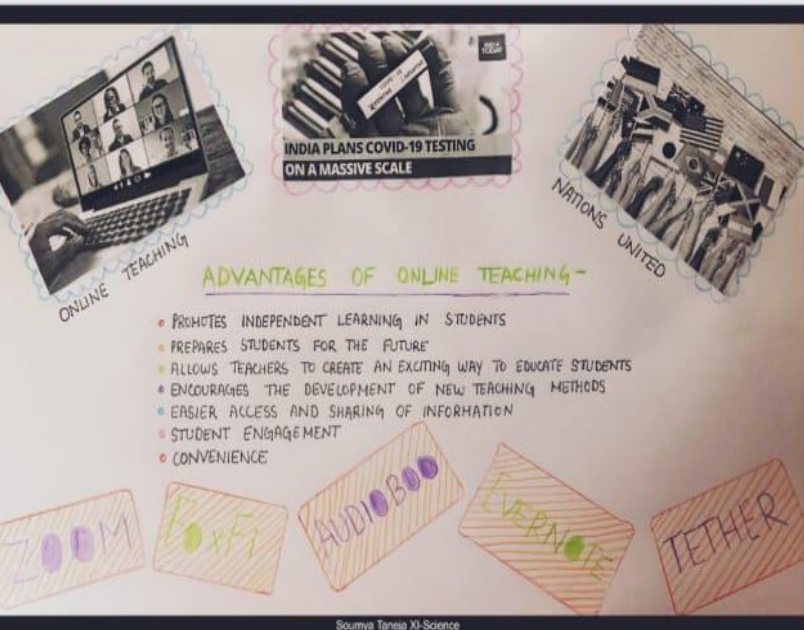
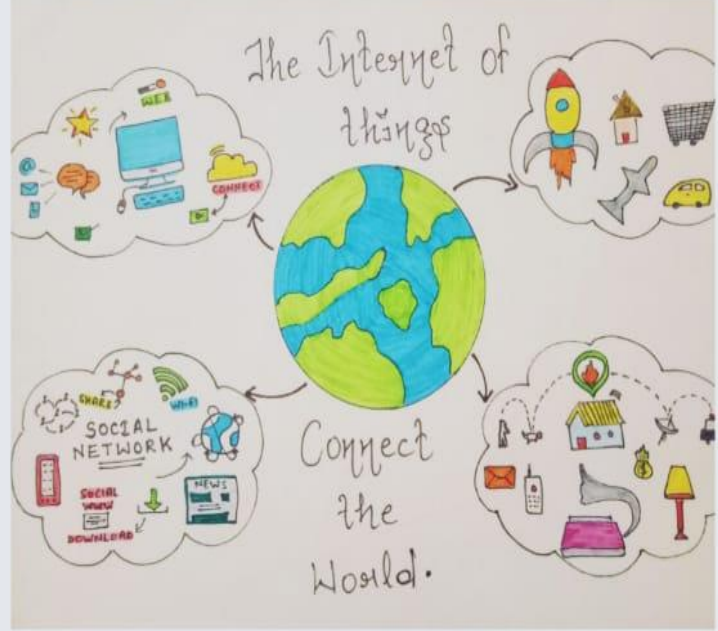
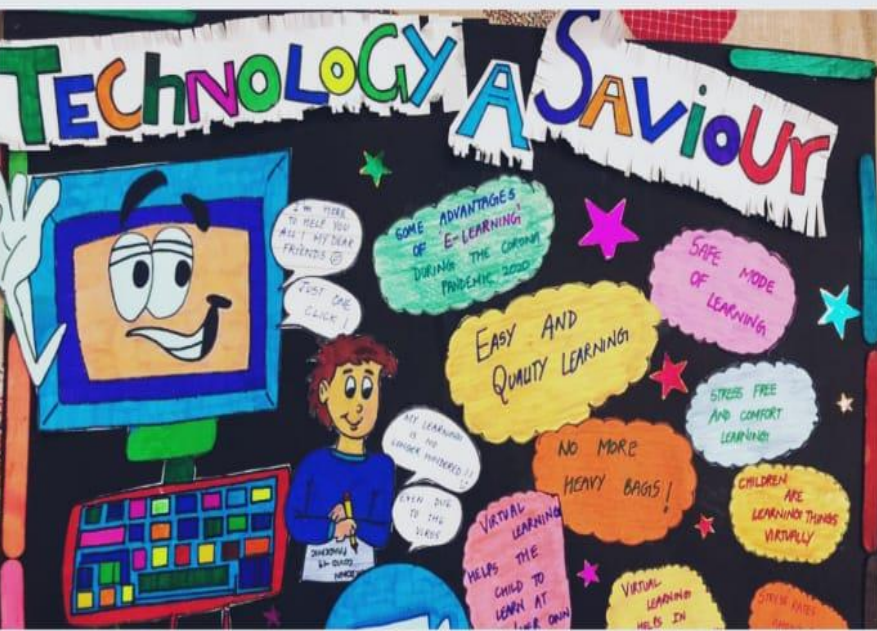
*Doctors are looking for cure that won't fall,  
Working like warriors on trail.  
The crown into which you have clutched the world  
so badly,  
Will it be shattered by humanity gladly.*



# LIFE IMITATES ART

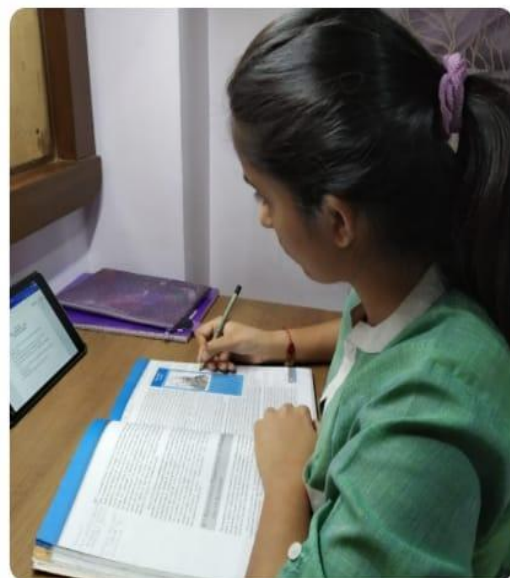








# A GLIMPSE INTO ONLINE CLASSES





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