



REFLECTIONS

56 YEARS
OF
ACADEMIC
EXCELLENCE

AMS NEWS -LETTER APRIL & MAY 2023

VOL.1



MESSAGE FROM THE PRINCIPAL

As we all know progress is impossible without change. It's the only constant in life. Thus we are out with our first edition of e-newsletter. Welcome back to the new academic year 2023-2024! With each passing year the school is growing and we are introducing new things to make learning a better experience. The X & XII board result is also out and it makes me immensely happy to inform you that we have done exceptionally well. Also my heartfelt Congratulations to Staff members and Students for their fruitful effort. The year has started on a hectic note with the addition of new class sections, appointment of students council, competitions for students and training of teachers!

With this I would just like to add, that there are only two things we can give to our children- roots and wings. The roots are offered by parents in terms of stability and emotional anchor and wings by the school as education opens our eyes to the world around us; let imagination fly high.

With best wishes!

Dr. Divya Jain



Our top notchers in CBSE Board Exam 2022-23

CONGRATULATIONS

Class : XII



DIKSHANT SAINI
XII- HUMANITIES
(DISTRICT TOPPER)
98.2%



KHUSHI CHAUDHARY
SCIENCE-PCB
97.6%



SHIVANSH KAUSHIK
SCIENCE-PCB
97.0%



PRACHI MITTAL
COMMERCE
96.0%

Class : X



DHRUV GUPTA
97.8%

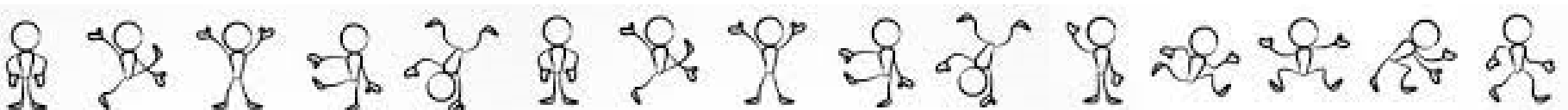


DEV SUJNEJA
97.6%



KRISHNA
97.4%

“Ambition is the path to success, persistence is the vehicle you arrive in”



Recipe of the Month

Cucumber Lemonade

MS. PARVINDER KAUR



Ingredients

- Cucumber (1- medium size)
- Mint paste- 2 tbsp.
- Lemon juice- 2 tbsp.
- Rock salt – one tsp
- Ice-cubes as needed
- Soda/Water as required.
- Mint leaves to garnish

This quantity is for one glass of lemonade.

Procedure

- Peel and slice the cucumber and cut it. Grind two to three pieces.
- Filter the paste through a sieve in a bowl.
- Filter mint paste through it as well. Mix them both.
- Add lemon juice, rock salt and 3 tbsp water to it.
- Put ice-cubes in a glass and add the mixture in the bowl to the glass.
- Fill it with soda.
- Garnish with small slices of cucumber and mint leaves.

Siliguri Facts

AHANA DE(VI-C)



Siliguri is located on the banks of river Mahananda and Teesta in the state of West Bengal at the foot Hills of Himalayas. It is known as the Gateway of North East India. It is popular for Darjeeling tea and tourism. It is a beautiful place, as its nearby hill stations are Darjeeling and Kalimpong. Darjeeling Himalayan Railway toy train runs from here to Darjeeling. It is designed as UNESCO World Heritage site. There is also a wild animals park, Bengal Safari. Visitors can experience wildlife closely. The city cuisine is heavily influenced by its diverse cultural heritage and offers a blend of Indian, Nepalese and Bengali dishes. Local delicacies like Mishti doi, Momos, Sandesh Rasogulla are a must try for foodies. One must visit Siliguri.

CREATIVE EXPRESSIONS

पर्यावरण बचाओ मानव

कहाँ गए सब वन्यजीव
जंगल सारे हो गए खाली
गारे मिट्टी के महल बने
हो गई लुप्त सब हरियाली

दूर-दूर तक बिखरी केवल
इंसानों की बस्ती है
नहीं नजर आती जंगल में
वन जीवों की मस्ती है

नहीं नाचता मोर, न ही
शुक- शावक गीत सुनाते हैं
नील गगन में उड़ते पंखी
नहीं नजर अब आते हैं

मृग के सुंदर सींगों से कभी
निज कक्ष सजाया जाता है
चीते की त्वचा दिखाकर, मिथ्या
दर्प दिखाया जाता है

यदि वन्यजीव हो गए लुप्त
तो एक दिन ऐसा आएगा
सूरज का यह जलता गोला
इस धरती को खा जाएगा

विदुषी -8 'अ'

Don't Give Up

When things go wrong,
as they sometimes will.
When the road you are trudging,
seems all uphill.
When the funds are low,
and debts are high.
And you want to smile,
but you have to sigh.
When care is pressing,
and you are down a bit.
Rest, if you must,
But don't QUIT.

By Anshvi - XI F

WRITING THE POEM

Once I thought about writing a poem,
All that came to mind was, the xylem and
phloem But then I thought
what good was poetry, Is it better than
those cakes, candles and pastries?

I just could not give up the wonderful scheme,
But then I could not even decide on the theme.
Just as I got idea, Brilliant & fine.
My brother disturbed me saying "the pen and
paper is mine".
That was my last chance of becoming a poet
Alas I stand before you calm & quite, for I have
finally quit."

Gaurav Kumar (VII-A)

Riddles

1. I have cities but no houses, I have mountains but no trees, I have water but no fish.
What am I?
2. What English word has three consecutive double letters?

ANS: 1) MAP 2) BOOK KEEPER





मतदान लोकतंत्र की रीढ़ और मेरा अधिकार

निकाय चुनाव का दिन था। बीते कई दिनों से इन चुनावों को लेकर नगर में काफी शोर-शराबा व उत्साह का माहौल था। आज इसलिए सभी स्कूल कॉलेज दफ्तर यहां तक कि नगर के सभी बाजार भी बंद थे ताकि लोग लोकतंत्र का आधार, अपने मत का प्रयोग कर सकें और एक उत्तम जनप्रतिनिधि का चुनाव कर पाए। तभी पड़ोस के अंकल की आवाज आई "अरे !आज तो छुट्टी है चलो हरिद्वार तक घूम आए"। "वोट भी तो डालना है", आंटी बोली। "अरे छोड़ो ना अगर वोट नहीं डालेंगे तो क्या सरकार नहीं बनेगी", अंकल ने बड़ी लापरवाही से कहा। सुनकर बड़ा अफसोस हुआ। मुझे अभी मतदान का अधिकार नहीं है पर पाठ्यक्रम के माध्यम से इतना तो भली-भांति समझ गया हूँ कि शासन तंत्र के निर्माण में मत की भूमिका क्या है।लेकिन घूमने निकल जाना तो मतदान के प्रति निश्चय ही लोकतंत्र की रीढ़ पर वार है। केवल व्हाट्सएप ग्रुप पर क्रांति करने वाले अपने कर्तव्य के प्रति जागरूक न होकर संविधान द्वारा प्रदत्त अधिकारों के दुरुपयोग का रोना रोने वाले यह सब लोग काश यह जान पाते कि मतदान ही ऐसा माध्यम है जिसके द्वारा हमें अधिकार प्राप्त है कि हम ऐसा जनप्रतिनिधि चुने जो आम नागरिक की आवाज को संसद में बुलंद रखने की क्षमता रखता हो। एक उत्तम जनप्रतिनिधि ही नगर में साफ सफाई का उचित प्रबंध, सड़कों का निर्माण, पानी सप्लाई की व्यवस्था, स्कूल कॉलेजों का निर्माण, परिवहन सुविधाओं को बेहतर बनाना, कानून व्यवस्था को देखना तथा लोगों को उचित चिकित्सा सुविधाओं को उपलब्ध करवा सकता है। अतः लोकतंत्र यानी जनता का शासन। निश्चय ही मतदान जनतांत्रिक प्रणाली की नींव है। नींव जितनी मजबूत होगी उतना ही उत्तम लोकतंत्र की स्थापना संभव है। मतदान करके ही हम सशक्त भारत के निर्माण में अपना योगदान दे सकते हैं।

वंश गोयल (कक्षा 10 F)

Display Boards decoration on the occasion of Earth Day



Special Assembly of the month



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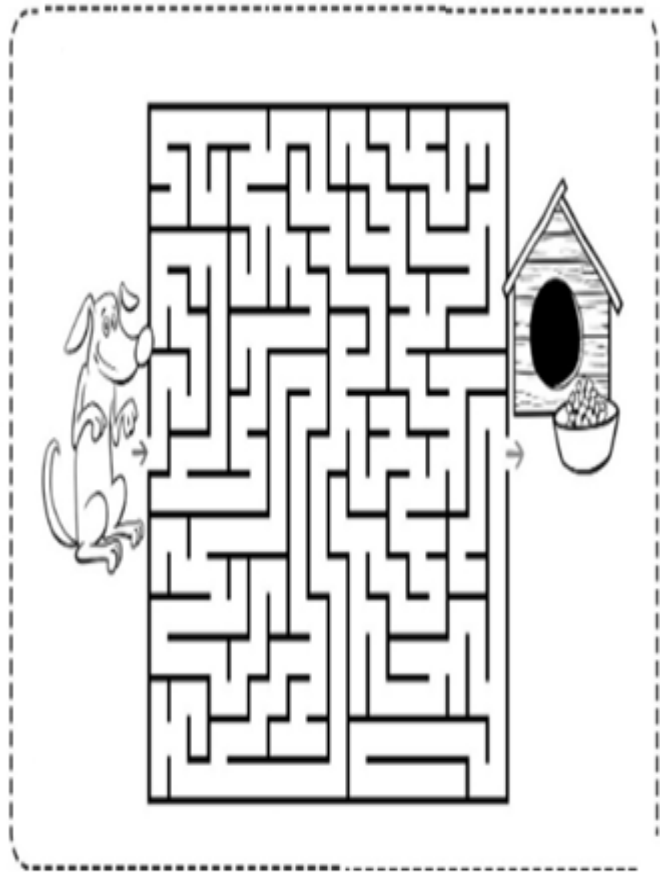
HEALTH-AWARENESS PROGRAM

“Mission Pink Health” for adolescent girls to promoting healthy educate them about their reproductive health and choices.



SOLVE THE MAZE

HELP ‘JOJO’ THE PUPPY TO REACH ITS HOME



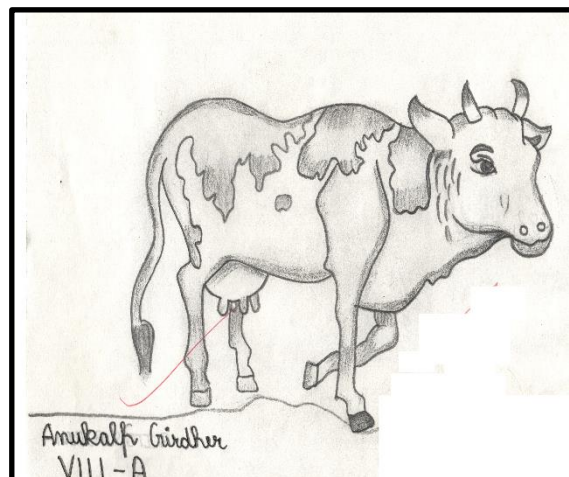
SCIENCE ACTIVITIES



ART WORK BY STUDENTS



MISTHI GAUR (XII-C)



ANUKALP GIRDHER (VIII-A)



ISHIKA BHARDWAJ (VIII-B)

