



# Manthan



This pandemic has thrown us all into a spin. Our lifestyle, our profession nothing has remained untouched, unaffected. Young/old, rich/poor all have had to bear the brunt. All of us have tried to face this very new, very uncomfortable, tiresome and stressful phase in the best possible manner we could. We were homebound for the longest period of time in documented history. We all tried to make the most of it by keeping ourselves occupied, learning new things and subsequently developing a better life.

Mental and physical fitness became the new mantra and those even slightly conscious about these aspects tried to inculcate something on these lines and an endeavor was made towards the same, which until now had been taking a back seat.

Cycling for me was one such fun way to get healthy and stay healthy while adding years to my life. It is a physical activity for every one of all shapes, sizes and age. Cycling fits into everyone's lifestyle, is easier than any other physical activity and can be maintained throughout the year and what fun during the rains it will be.

Studies have shown cycling has unlimited benefits, relieves mental stress along with the improving physical health and brings the much-required peace and serenity. Strengthens the heart, develops endurance which lowers chances of contracting certain types of cancer, diabetes and improves circulation.

Muscles are strengthened and toned specially those located below the waist line. Many, who have weak and injured joints and cannot run to stay in shape, can turn to cycling as it



# Manthan

e-newsletter

is a low impact exercise. The circular motion of pedaling is therapeutic for those suffering from arthritis and provides strength, balance and stability.

Another health benefit of cycling is improved mental health. Any type of exercise nourishes the brain as the blood flows through the heart and muscles, this being enhanced by the pedaling of the bicycle. It can lead to improved brain functions. Adults who exercise display sharper memory skills, higher concentration level, greater problem-solving ability than those who lead a sedentary lifestyle.

Cycling strengthens the immune system. Eye-hand co-ordination is greatly enhanced, improvement in agility, athleticism and reaction time, especially helpful as a person ages. Maintaining a proper body weight is not just good for the ego but benefits health in several well documented ways.

Speaking of, cycling increases a person's life span via the mental and physical health benefits mentioned above.

This article will be incomplete if I don't mention the benefit to the environment. Cycling combines the benefit of transport, public health and is an environmental solution. An ideal mode of transport in crowded cities. Along with the exponential health benefits, it contributes to zero pollution along with reducing the nation's dependence on fossil fuel. Shorter trips if using other vehicles are proportionately worse due to engine warm-up factored into the equation. Cycling to work though may not sound practical (especially where particular Indian apparel is concerned) but we can make it fashionable and such a fantastic solution to not only our environmental problems but also to the congestion on the road thereby solving multiple problems along with reducing our carbon footprints. The immediate physical results of cycling will be a boost to your self-esteem. All you require is 30 minutes daily and you will find yourself wondering why you didn't start pedaling down the road to good mental, physical and environmental health earlier.

“Cyclists see considerably more of this beautiful world than any other class of citizens”.

“The bicycle is a simple solution to some of the world's most complicated problems”.

**Ms. Chitwan Singh**



# Rajkumar College Junior School, Raipur (C.G.)



AKSHITA KEDIA CLASS 2 G



DHRITI SABOO, CLASS 1 D

## Thank you, Teachers

Thank you, teachers for taking care,  
You helped us in doing work.  
You praised us when,  
We say a good poem.

Thank you, teachers  
You tell us amazing facts.  
You gave us chocolates,  
To eat and be happy.

Thank you, teachers  
You gave us stamps,  
When we write notes,  
Thank you, teachers  
You all are amazing!

Vihar Sharan Bhatia, Class 4 C



PRATHAM AGRAWAL, CLASS 5 D



DHAIRYA AGRAWAL, CLASS 2 C



ANUSHKA AURORA, CLASS 5 G



## Story time

Once there was a little leopard. He was very fond of butterflies. He always wished to fly like a butterfly. One day while chasing the butterfly, he reached the dark jungle, he got lost in the jungle and was very frightened that how would he reach back home. Suddenly, he saw paw prints. He followed the paw prints and was happy to reach his home. He thanked God that he has paws but not wings.

Moral of the story- By happy the way, you are...

Paridhi Soni, Class 4 D



ADVIL MAHARA, CLASS 2 E



JANYA KEDIA, CLASS 4 A



APOORY DEWANGAN CLASS 2 G



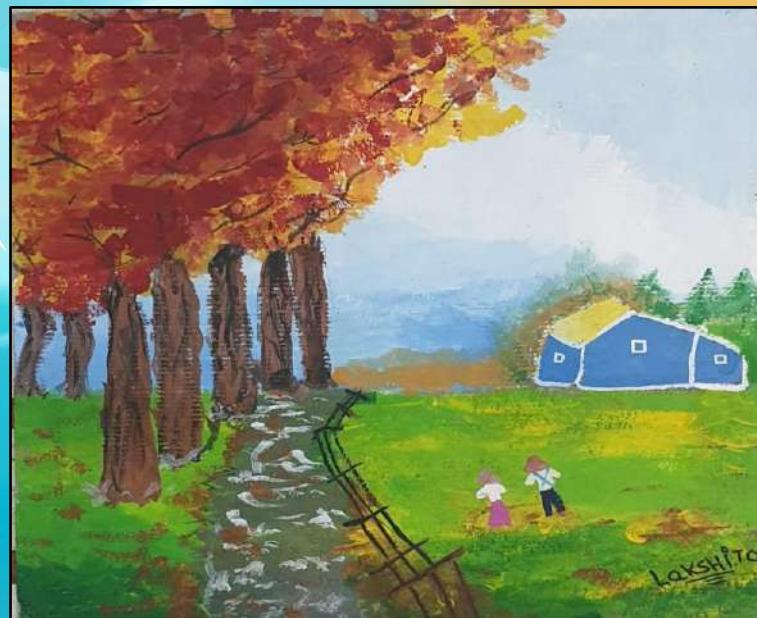
SHATAKSHI KAKKAD, CLASS 5 F



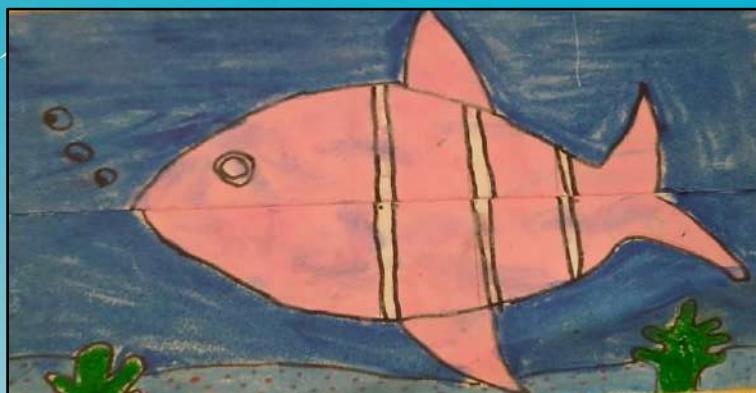
KIAAN KODWANI, CLASS 1 D



# Rajkumar College Junior School, Raipur (C.G.)



LAKSHITA MIRANIYA, CLASS 4 D



MANYA BAJORIA, KG2 C



MANYA ADUKIA, CLASS 3 G

## My tiny boat

I am in my tiny boat,  
Wearing my favourite coat.  
My boat's colour is pink,  
And I know it will never sink.  
All around the river I love to sail,  
And wish if I could watch a whale.  
If we look here and there  
We will find some rare flowers  
It has a small petrol tank,  
Which I park at the riverbank

Reeth Begani, Class 5 B

## Doctor

The doctor has a noble profession.  
I also want to become a doctor.  
They are next to God for sick and  
ill people. During this corona  
period they have saved many  
lives. Their duty to cure sick  
people. They treat their patients  
with love and care all day and  
night.

Priyal Singhania, Class 5 E



RAUSHIN IRFAN, CLASS 4 C



# Rajkumar College Junior School, Raipur (C.G.)



**KHUSH PARWANI, CLASS 1 G**

**SAMAR NAINANI, CLASS 1 E**



**VIRAT GUPTA KG 1 A**

**SHIVESH JAIN, CLASS 3 A**



**GURSIMAR KAUR BHATIA, 4 G**

**REETI KUSHWAHA, CLASS 4 A**



Estd. 1882

# Rajkumar College Junior School, Raipur (C.G.)

## **Yoga - A healthy lifestyle**

Yoga is the oldest form of exercise. It helps us to stay fit and become more flexible. It is also a form of meditation that helps in relaxing our mind. Regular practice of yoga keeps us protected from many diseases. People of all age groups can do yoga. This healthy habit of doing yoga has become a popular lifestyle worldwide.

**Anaaya Mittal, Class 2 C**



**AISHA KOTHARI, CLASS 4 D**



**SWEKSHA AGRAWAL, CLASS 3 A**



**SAANVI AGRAWAL, CLASS 5 E**



**PRIYAL SINGHANIA, CLASS 5 E**



**RAYNA PATEL, CLASS 2 B**



**ANANT AGRAWAL, CLASS 2 F**



# Rajkumar College Junior School, Raipur (C.G.)

## Banish plastic bags...

Today plastic bags are becoming the biggest problem of the cities. These bags are used for carrying all kinds of items bought from the shops.

People throw these bags after using them. They do not dissolve, rot or degrade like paper bags or jute bags.

They lie everywhere polluting the roads, streets and all vacant places. When burnt they fill the air with harmful gases.

The only way to solve the problem is to stop accepting things in plastic bags or stop using them. If we continue using these plastic bags it will be a big problem for us in the future. They will make cities and towns extremely polluted.

**SAY NO TO PLASTIC BAGS.**

**Charu Jain, Class 4 F**



MIHAAN TIWARI, NURSERY



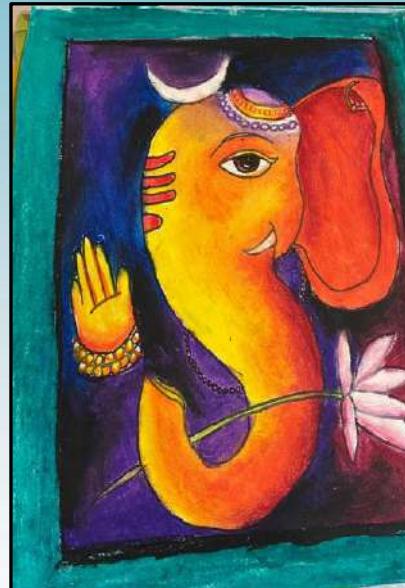
ARJAN JUNEJA, NURSERY



SHOURYA FUNDE, KG2 A



ARADHYA PANDEY, CLASS 2 B



ARYAN MANIK, CLASS 3 G



KRITIKA VIPANI, CLASS 3 A

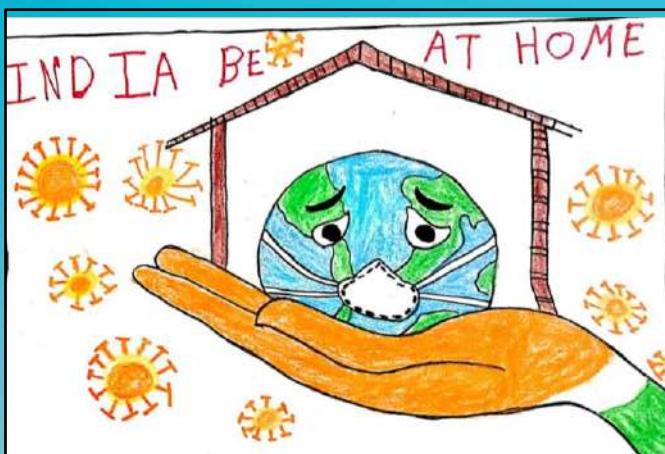


Estd. 1882

# Rajkumar College Junior School, Raipur (C.G.)



**RIGVED CHAUBEY, NURSERY**



**SAHAJPREET KAUR HANS, CLASS 2 F**



**PRATHAM AGRAWAL, CLASS 5 D**

## My Teacher

You are my second mother,  
Like you, there is no other.  
This is the time to thank you,  
For teaching me and guiding me too.  
You are the one I never suspect,  
The one I always respect.  
You have been more of a friend to me.  
Sharing my joys and sorrows and  
sometimes my tears.  
You are the best among the best,  
You led me through life's quest.

**Khushi Nebhani, Class 3 E**



**PRIYAMVADA SINGH, NURSERY**



**AAVYA RATERIA, CLASS 3 G**



# Rajkumar College Junior School, Raipur (C.G.)

Estd. 1882

## Christmas wish

Christmas wish in my soul, time for joy this is hope.

Santa Claus come to my home.

He wears a red sweater with red pants and carries a red bag full of gifts

He brings a gift for good children on Christmas. He keeps the gift near the Christmas tree. We decorate the Christmas tree with stars lights and bells and Santa Claus stickers. We bake Christmas cake and enjoy ourselves. Christmas is a festival full of joy. I love Christmas very much.

**Abhigyan Dubey, Class 1 G**



**AYANSH AGRAWAL, CLASS 4 G**



**DHAWANI AGRAWAL, KG2 C**



**ANSH SHAH, NURSERY**



**SHELL SINGHAL, CLASS 1 B**



# Rajkumar College Junior School, Raipur (C.G.)

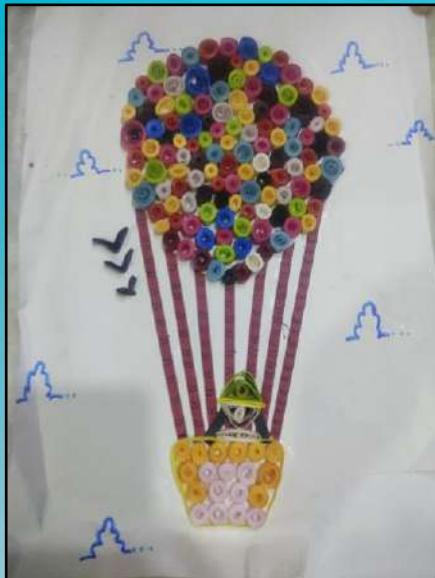
## Primrose

There once lived a princess named Primrose. She was a kind girl. One day as she went for a walk in the forest, she saw an injured owl. She picked it up and nursed it back to health.

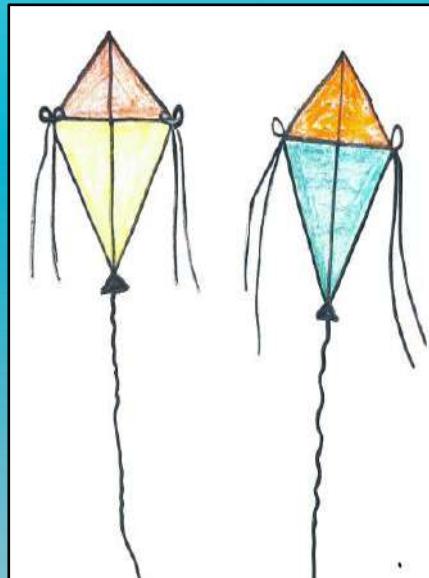
After a few days, her kingdom was attacked by the enemies. Primrose's father was not keeping well, and this war worried her.

Just then the Owl she had helped appeared in front of her and said that he was a magical Owl. The magical Owl's army defeated the enemies and saved Primrose's kingdom.

**Nahma Veda Goel, Class 2 C**



PRISHA BHUTADA, NURSERY



TARUNESH PAHUJA, CLASS 1 G



DIKSHITA PATEL, KG2 E



VEDA PRITHVIRAJ, BLUEBERRY



HARJAS BHASIN, CLASS 3 F



VIVAAN AGRAWAL, CLASS 2 D



## My hobbies

Hobbies play an important part in our lives. Different kind of people have different hobbies. There are many hobbies like dancing, playing, reading, painting, drawing, etc. I also have a hobby. My hobby is reading. It gives me knowledge and helps me to forget my worries. It is rightly said by many that "reading is a man's best friend." I daily read for an hour. During my holidays, I read a lot more. My parents buy many books for me and now there is a little library at my home. They always encourage me to read. My father gifted me 8 books on my 8th birthday. I think "**A book is a gift you can open again and again**".

Shivesh Jain, Class 3 A

## महात्मा गांधी

राष्ट्रपिता महात्मा गांधी का पूरा नाम मोहनदास करमचंद गांधी था। हम उन्हें प्यार से बाप पकारते हैं। इनका जन्म 2 अक्टूबर 1869 को गुजरात के पोरबंदर जिले में हआ। सभी स्कूलों और शासकीय संस्थानों में 2 अक्टूबर को इनकी जयंती मनाई जाती है। उन्हीं के प्रेरणा से हमारा देश 15 अगस्त 1947 को आजाद हआ। उन्होंने हमेशा सत्य और अहिंसा के लिए आंदोलन चलाए। उन्होंने डांडी यात्रा भी की। महात्मा गांधी की समाधि राजघाट दिल्ली पर बनी हुई है।

कविश पंजवानी, ४ ग



ANAYA SINGHANIA  
KG 2 F



ANAY CHANDRAWANSHI  
KG 2 F

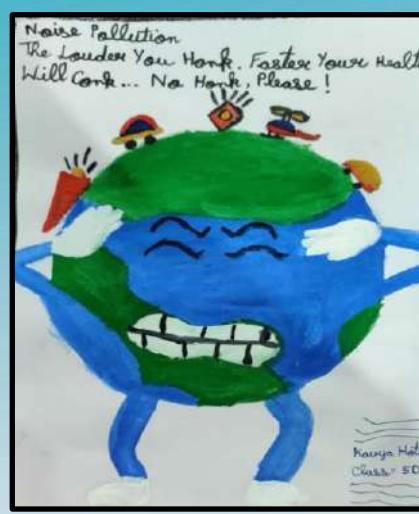
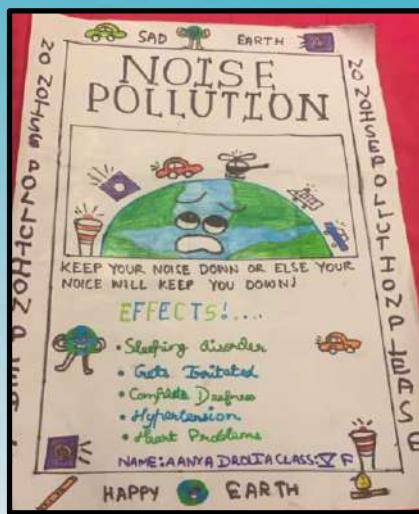
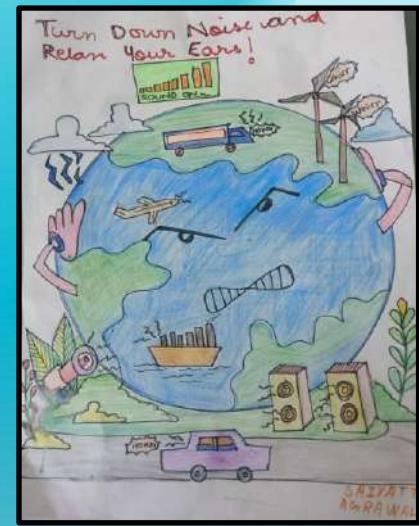
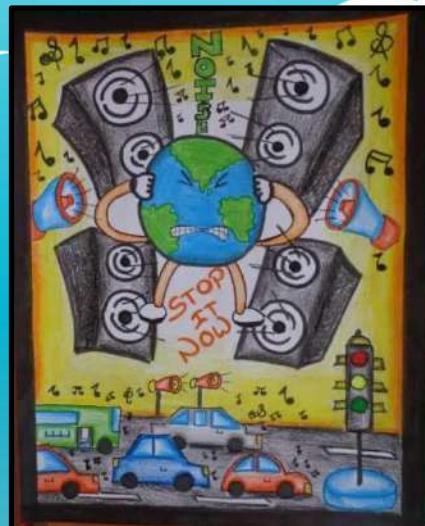


HEER JADWANI  
KG2 E



## Be sound, do not pollute

Online Science class activity based on Noise Pollution was conducted and children came up with amazing creativity.





## Activity based on soluble & insoluble substances





Rajkumar College Junior School, Raipur (C.G.)

## The Artsy Lens



M. SARTHAK SHARMA, CLASS 4 C



ANHAD JUNEJA, CLASS 5 G



YAKKSHH MIRANI, CLASS 3 F



### Our young achiever

Nirbhay Saraf, Class 2G  
achieved 1 Gold and 2  
Bronze medals in the  
skating tournament.



Rajkumar College Junior School, Raipur (C.G.)

# Republic Day Celebration

Republic Day celebration was a low-key affair in Rajkumar College, Raipur this year, due to the COVID-19 pandemic. Teachers and staff attended the flag hoisting function in adherence to all COVID-19 safety protocols. The Principal unfurled the national flag. This was followed by our National Anthem 'Jan Gan Man'. The Principal addressed the gathering and also emphasized on cleanliness and waste segregation, keeping wet and dry wastes separately, so that dry can be recycled and wet waste can be composted.



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