



8<sup>th</sup> Edition

1<sup>st</sup> March, '24

# Manthan



Mobile phones have undeniably become an integral part of modern society, but their pervasive presence has raised concerns about their negative impact on children. One significant issue is the detrimental effect on physical health. Excessive mobile phone use among children is associated with sedentary behaviour, leading to decreased physical activity levels and increased risk of obesity.

Moreover, the addictive nature of mobile phones can disrupt children's sleep patterns. Exposure to the blue light emitted by screens inhibits the production of melatonin, a hormone essential for regulating sleep, leading to insomnia and poor sleep quality. This, in turn, affects their cognitive function, mood, and academic performance. Socially, mobile phones can impair children's ability to develop meaningful interpersonal relationships. Excessive screen time reduces face-to-face interactions, hindering the development of social skills and emotional intelligence. Additionally, unrestricted access to the internet exposes children to inappropriate content, cyberbullying, and online predators, jeopardizing their safety and psychological well-being. Furthermore, prolonged exposure to screens can strain children's eyes and disrupt their attention spans, contributing to difficulties in concentration and learning. The constant stimulation from notifications and social media also fosters a culture of instant gratification, impeding children's patience and resilience. In conclusion, while mobile phones offer numerous benefits, their overuse among children can have significant negative consequences on their physical health, sleep patterns, social development, and cognitive abilities. It is imperative for parents and educators to establish appropriate guidelines and limits to mitigate these adverse effects.

**Ms. Chitwan Singh**  
Headmistress





## The Power Of Positive Thinking

What is life? Life is what you make it and say yes to positivity. Positive thinking is important in everyone's life. A positive attitude leads us to happiness and success. It can change your whole life. If you look at the bright side of life, your life will become better. If we think positive, it will help us to stay motivated and we can lead an easy life. So, stay positive always.

**NEEV BHANSALI, CLASS III D**



LUVYA AGRAWAL  
BLUEBERRY



ATHARV TIWARI  
NURSERY



HARNOOR SINGH S.  
KG II B



SHIVYA BHANGLA  
KG II F



PRADISH AGRAWAL  
KG II F

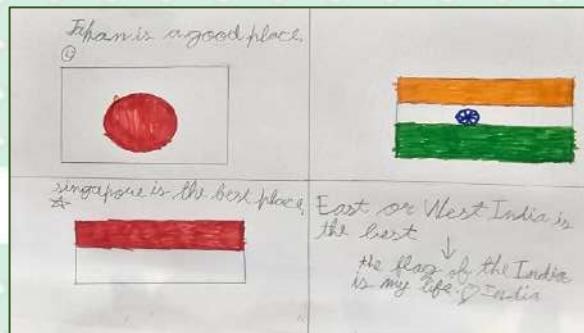


BHAAVYA  
DEWANGAN, KG II C





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



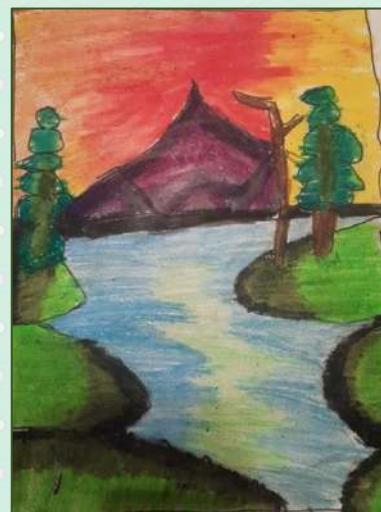
VIJAYAA AGRAWAAL, CLASS II G



AYAAN KHURANA, CLASS III A



AADHYA SINHA, CLASS V E



SAHIB BAJAJ, CLASS I E



AVYAA JAISWAL, CLASS II F

## The Taj Mahal

The Taj Mahal is located in the city of Agra on the banks of the river Yamuna. It was made by the Mughal emperor Shah Jahan in 1648. The emperor got it built in memory of his wife Mumtaz Mahal. More than 20 thousand artisans and craftsmen helped build the magnificent structure of the Taj Mahal. Rabindranath Tagore called the Taj Mahal 'A DREAM OF WHITE MARBLE'. It is the most famous monument in our country. The Taj Mahal is the pride of India.

NEERA AGRAWAL, CLASS III D





AASHIKA SINGHAL KG II B



ANUSHKA SULTANIA KG II D



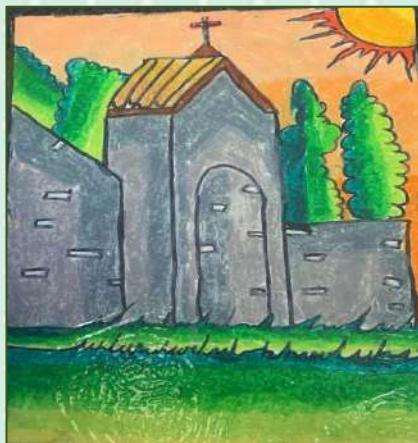
PRISHA JAIN, KG II B

## Family Picnic

One Saturday morning, I woke up at 7:00 a.m. I told my father that I wanted to go for a picnic with my friends. My father and my friends agreed. We got ready by 8:30 a.m. Our first spot was Kedar Dam. As soon as we reached there, we had our breakfast. For breakfast, we had toast, a sandwich and jalebi. After that, we went boating for 10 to 15 minutes. After boating, we played Basketball, Badminton and Ludo. And then we proceeded to Sirpur's rest house. We had our lunch; the food was delicious. We played indoor games as soon as we finished our lunch like passing the parcel, etc. I won first prize in passing the parcel. Around 4:30 p.m. Our last destination was Laxman Temple, a renowned temple in Chhattisgarh. As we were extremely tired, we didn't even realize when we came back home because almost all of us were sleeping while coming back. It was a memorable day of my life.

**AARUSHI BHARDWAJ, CLASS IV G**





SAANVI LUNIA, CLASS I E



AKSHAT AGRAWAL  
CLASS I G



MAHIB KHAN, BLUEBERRY

## Merry Christmas

Once upon a time, there was a little girl named Lucy. Her father was a worker in a toothpaste factory. Two months before Christmas she went to the church and prayed. She would ask the lord to get her a guitar for Christmas. Her dad was furious about this new habit that she had developed. The next day he called her and said that there was no need for her going to the church and praying for a guitar. She said that she knew that he would get her a guitar, but she wanted it from Santa only. Her father in a fit of rage slammed the door. Finally, it was 24<sup>th</sup> December. Lucy was very excited. At night she could not sleep so she decided to sneak downstairs. There she saw someone. She said to Mr. Santa, "I caught you". Her dad immediately took off the mask and said, "Oh god! You scared me". She was deeply hurt and started crying because was expecting Santa. Her father was also deeply hurt seeing his daughter cry. When she was about to go to sleep, she saw someone wearing a red and white hat, riding a sleigh, and saying Merry Christmas. She was shocked to see that but did not want to believe it. It was tough to believe again but she believed that he was Santa. Santa told her not to be upset. What she dreams can be true. Santa gave her the guitar. The next day, while she was playing her guitar, her father entered the room he saw her happy and playing her favourite guitar, and he asked her who gave that to her. She smiled and said he knew.

RAAYA JUNEJA, CLASS IV D





AARYAN TIWARI, CLASS II B



AAVYA BARDIA, CLASS II B



NYRA KUMRA, KG II A



MOLISHA KHIANI, CLASS I C



VAANYA PRITWANI, KG II F

## Trip to Kartarpur on Diwali Vacations

Shri Kartarpur Sahib is a holy place for Sikhs where Guru Nanak Dev Ji spent his final years of life. We visited Kartarpur Sahib during our Diwali vacation. First, we took a train to Delhi and then went to Amritsar in a Caravan on the way, we took a halt at Anandpur Sahib and visited Virasat-e-khalsa. Virasat-e-Khalsa is a very beautifully built modern Sikh Museum. After our visit to Virasat-e Khalsa, we continued our journey to Amritsar. The next morning, we went to Kartarpur Sahib, which is in Pakistan. Currently, after lots of verification, we finally landed at Kartarpur Sahib Gurdwara. I also saw a bomb which was kept in a glass shell, dropped by the Indian Air Force in that area during the 1971 war which did not explode because of the sanctity of that holy place.

We ate langar in Kartarpur Sahib and we got sacred water from there. My mother also bought Pakistani suits from the nearby market. You are allowed to stay only till dawn there and by 3:30 pm we return to Amritsar.

The next day, we visited the war museum where we saw a lot of weapons and artilleries and also saw people who sacrificed their lives during the war.

FATEH CHHABRA, CLASS III G





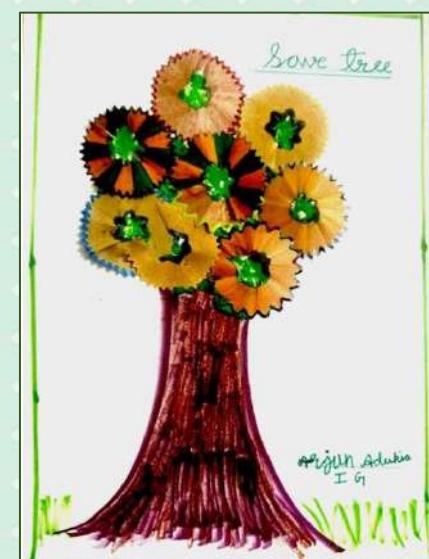
# Rajkumar College Junior School, Raipur (C.G.)



ADVIK SARAF, KG II G



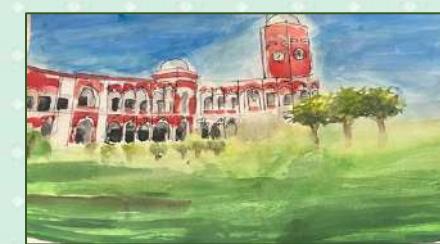
MADHAV PUROHIT, CLASS I C



GUNAV AGRAWAL, KG II G

SASHA AGRAWAL, KG II G

ARJUN ADUKIA CLASS I G



AANYA AGRAWAL  
CLASS III G

AYAAN KHURANA  
CLASS III A

SAMARTH GUPTA\_  
CLASS III B





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



AYAN AGARWAL  
CLASS II A



AARAV NAYAK  
CLASS II B



AAVYA BARDIA  
CLASS II B



SWARN AGRAWAL  
CLASS II C



GURDIT SINGH JUNEJA  
CLASS II C



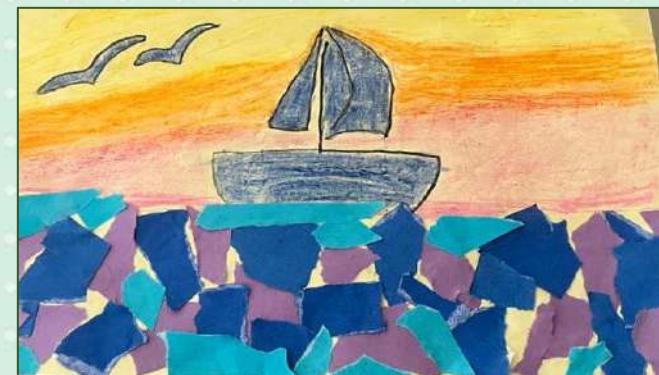
HANISHKA BAGRODIA  
CLASS II C



LAL AARVENDRA SINGH  
CLASS II C

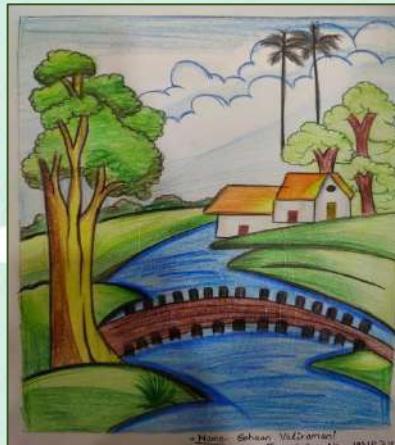


RAJVEER BHAWNANI, CLASS II C



AASHVI JAIN, CLASS II E





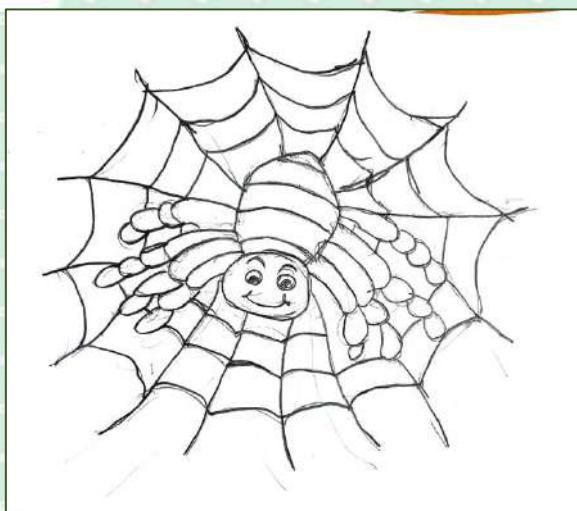
SOHAAN VALIRAMANI  
CLASS II F



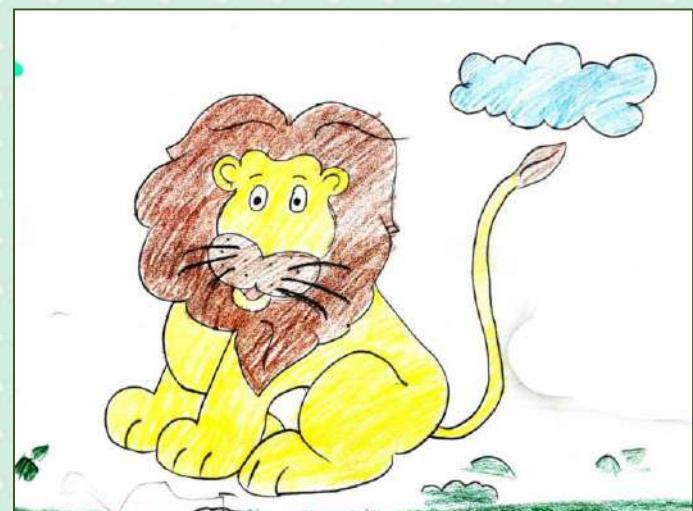
ADHIRAJ CHAUBEY  
CLASS III A



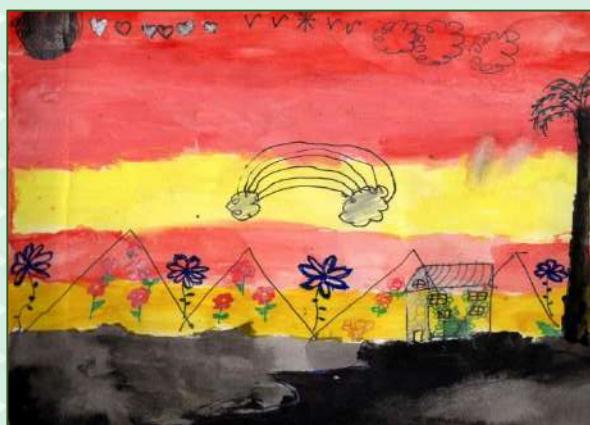
MANYA BAJORIA  
CLASS III C



AARADHYA AGRAWAL, CLASS III A



ANANYA AGRAWAL, CLASS III A



SANVI MISHRA CLASS IIIC



IRA KEDIA, CLASS III C





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



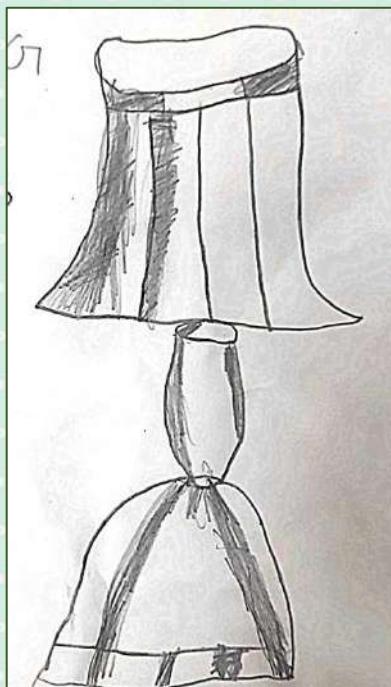
ADHIRAJ CHAUBEY  
CLASS III A.



NIHIR AGRAWAL  
CLASS III E



PRASIDDHI AGRAWAL  
CLASS III F



MRIDUL AGRAWAL  
CLASS III G



AISHANI KHANDELWAL  
CLASS IV B



DRISHTI UTTAMCHANDANI  
CLASS IV C





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



SHANKH MUKIM  
CLASS III G



MANEESH KARAN K. CLASS IV A



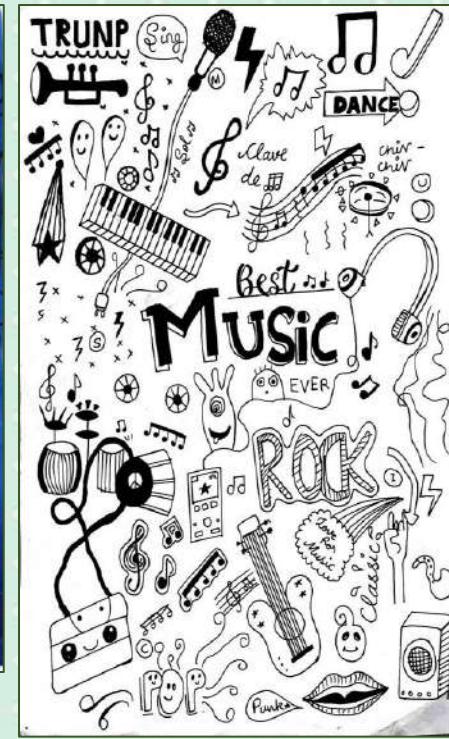
SARTHAK AGRAWAL  
CLASS IV B



MANVI AGRAWAL, CLASS IV D



NAVYA SHUKLA, CLASS IV E



DHARAA JAIN  
CLASS IV F





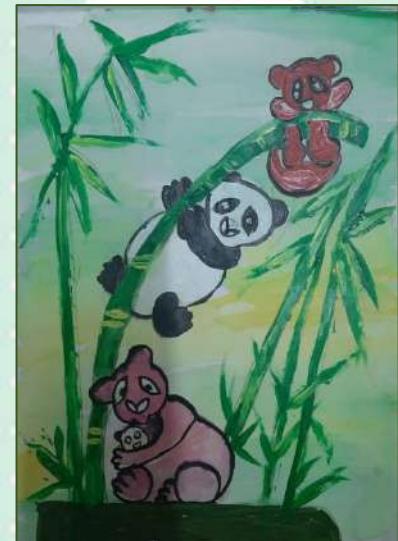
# Rajkumar College Junior School, Raipur (C.G.)



RAJREET KAUR  
CLASS V A



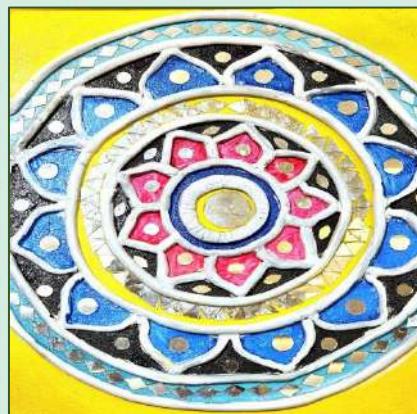
NAAVYA CHANDRAKER  
CLASS IV F



TARUNESH PAHUJA  
CLASS IV G



LAKSH B SIDDHARTH  
CLASS IV F



REYANSI BARDIA  
CLASS IV G



AAYANSH AGRAWAL  
CLASS V A





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



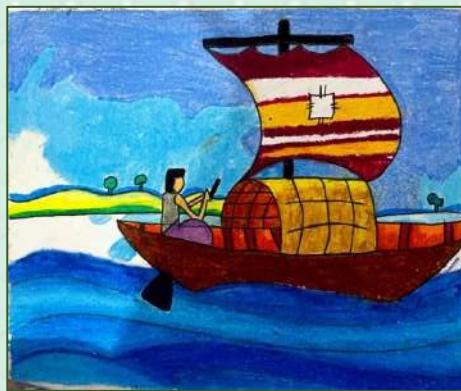
RAJREET KAUR, CLASS V A



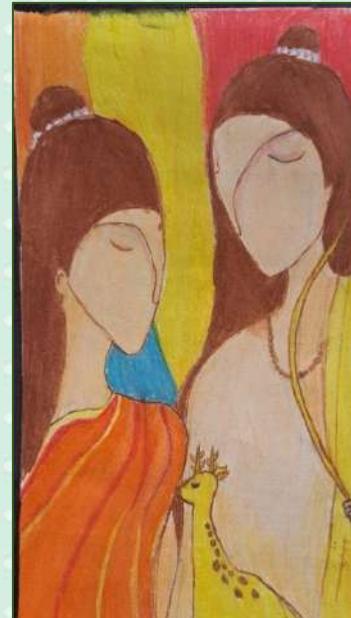
SHIRAJ V. SINGH  
KG I A



RISHITA SHAHDEO, CLASS V E



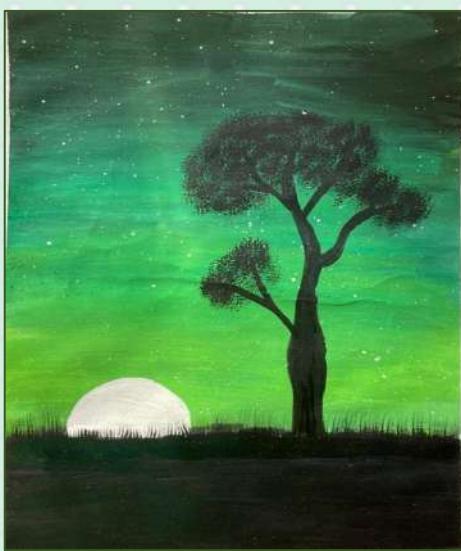
AADHYA SINHA, CLASS V E



ANANT AGARWAL  
CLASS V F



AKSHITA KEDIA, CLASS V G



NAVYA SHUKLA ,  
CLASS IV E





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



PRASIDDHI AGRAWAL  
CLASS III F



GOURISH TULSHYAN III G



DHARAA JAIN  
CLASS IV F



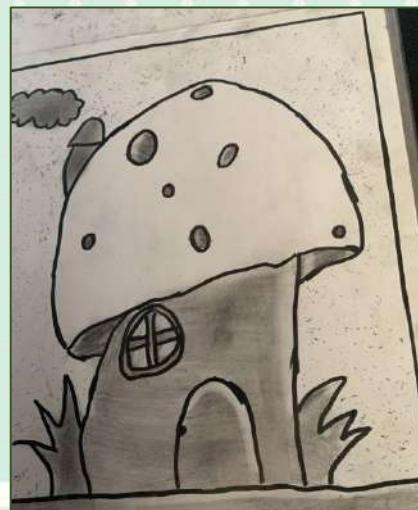
TANUSHI DAMMANI  
CLASS V B



AARAL KHIYANI  
CLASS V B



SOUMYATA  
AGRAWAL CLASS V E



SAANVI LUNIA, CLASS I E



ARSHIKA AGRAWAL  
CLASS V F





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



ATHARV CHANDRAKAR  
KG I C



ARYAN BHATIA  
CLASS V B



RISHITA SHAHDEO  
CLASS V E



AVIN AGRAWAL, KG I A



PRISHA SAINI  
KG IC



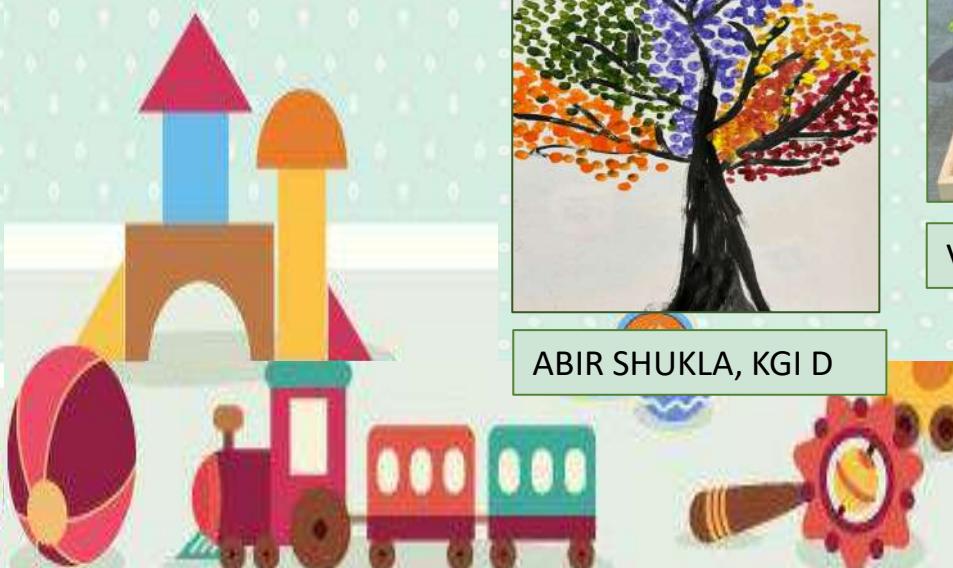
SHRIRAJ VAIBHAV SINGH  
KG I A



ABIR SHUKLA, KGI D



VIAANA KHETAN CLASS I A





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



RABLEEN KAUR  
CLASS III G



ANANT AGRAWAL  
CLASS V F



ANVIKA AGRAWAL  
CLASS V F



RISHITA SHAHDEO  
CLASS V E



**Vanya Jain** of Class III A won 2nd price in Gymnastics held at Decathlon

**Aishwarya Joshi** of KG I A, stood 2<sup>nd</sup> in Natwar Gopikrishna Awards and International Competition of Dance.





**Liyanshi Jain** of Class I C stood 2<sup>nd</sup> in 16th Chhattisgarh State Roller Sports Championship.

**Anushka Sultania** of KG II D secured 4th position in a dance competition (NRUTY DHAROHAR)



**Neil Chhetija** of Class II B won Silver medal in Brain O Brain wonderkid competition 2023 n secured 3rd rank in state level.

**Hargun Kaur Manchanda** of Class IV E Secured Bronze organized by Bharat Karate Academy Chhattisgarh in state tournament in Category 9-year girls Kumite +35 kg.



**Jasraj Singh Manchanda** Class II B secured 1st position(Gold) organized by Bharat karate academy Chhattisgarh in state tournament in Category 7 years boys Kumite +25kg.





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



# Skating competition

2023-24



## CLASS I

### BOYS

**1<sup>ST</sup> POSITION**

RANVEER KHUSHWAHA I B

**2<sup>ND</sup> POSITION**

VANSH SAHU I E

**3<sup>RD</sup> POSITION**

AARAV AGRAWAL I A

### GIRLS

**1<sup>ST</sup> POSITION**

LIYANSHI JAIN I E

**2<sup>ND</sup> POSITION**

MOLISHA KHIANI I C

**3<sup>RD</sup> POSITION**

ANAYSHA AGRAWAL I C

## CLASS II

### BOYS

**1<sup>ST</sup> POSITION**

RAJVEER KUSHWAHA II D

**2<sup>ND</sup> POSITION**

SARANSH GOYAL II F

**3<sup>RD</sup> POSITION**

VIRAJ JAISWAL II E

### GIRLS (Class II & III)

**1<sup>ST</sup> POSITION**

JIVISHA JAIN III F

**2<sup>ND</sup> POSITION**

YATI JAIN II D

**3<sup>RD</sup> POSITION**

AAHNA VERMA III A





## CLASS III

### BOYS

**1<sup>ST</sup> POSITION**

**SHOURYA SAHU III A**

**2<sup>ND</sup> POSITION**

**VEDANT SINGH III D**

**3<sup>RD</sup> POSITION**

**KABIR VADHER III B**

### GIRLS (Class II & III)

**1<sup>ST</sup> POSITION**

**JIVISHA JAIN III F**

**2<sup>ND</sup> POSITION**

**YATI JAIN II D**

**3<sup>RD</sup> POSITION**

**AAHNA VERMA III A**

## CLASS IV

### BOYS

**1<sup>ST</sup> POSITION**

**AADITYA JAIN IV D**

**2<sup>ND</sup> POSITION**

**SHREEVARDHAN S.PATEL IV A**

**3<sup>RD</sup> POSITION**

**AYAN PANDEY IV F**

### GIRLS

**1<sup>ST</sup> POSITION**

**AARNA JAIN IV F**

**2<sup>ND</sup> POSITION**

**PREKSHA JAIN IV C**

**3<sup>RD</sup> POSITION**

**SAMAIRA AGRAWAL IV F**





## CLASS V

### BOYS

**1<sup>ST</sup> POSITION**

**NIRBHAY SARAF V G**

**2<sup>ND</sup> POSITION**

**KRISHIV AGRAWAL V E**

**3<sup>RD</sup> POSITION**

**SHREYANSH DEWANGAN V C**

### GIRLS

**1<sup>ST</sup> POSITION**

**DHARINI SAHI V F**

**2<sup>ND</sup> POSITION**

**SANVIKA KOTHARI V A**

**3<sup>RD</sup> POSITION**

**SURABHI SHARMA V B**

*Congratulations!*

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