



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

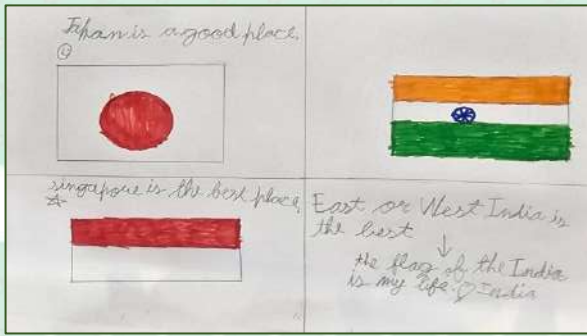


PRADISH AGRAWAL
KG II F



BHAAVYA
DEWANGAN, KG II C





VIJAYAA AGRAWAAL, CLASS II G



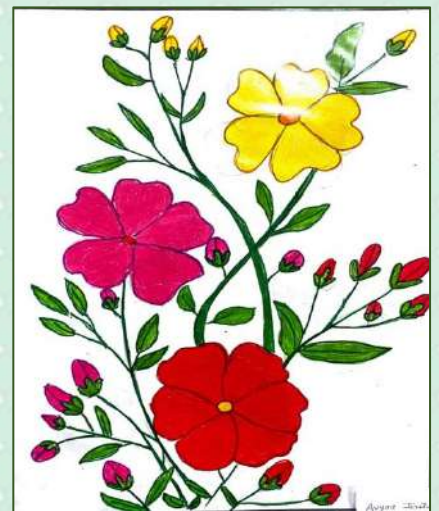
AYAAN KHURANA, CLASS III A



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 24th 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





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



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





ADVIK SARAF, KG II G



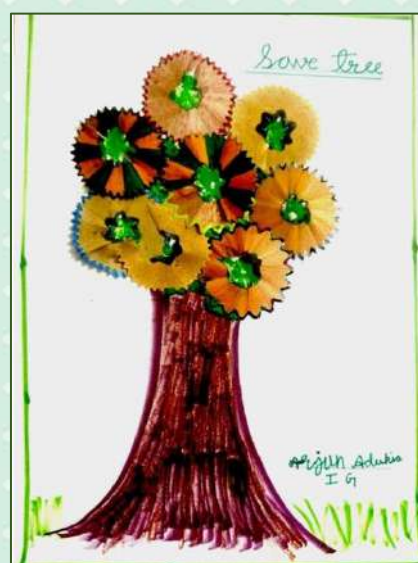
MADHAV PUROHIT, CLASS I C



GUNAV AGRAWAL, KG II G



SASHA AGRAWAL, KG II G



ARJUN ADUKIA CLASS I G



AYAAN KHURANA
CLASS III A



SAMARTH GUPTA
CLASS III B



AANYA AGRAWAL
CLASS III G





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





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



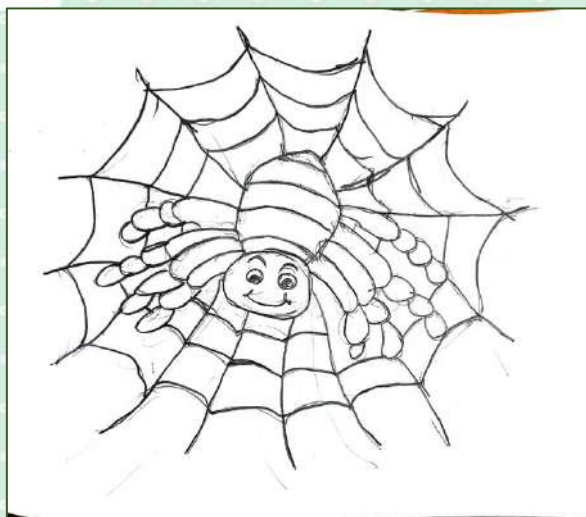
SOHAAN VALIRAMANI
CLASS II F



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.)



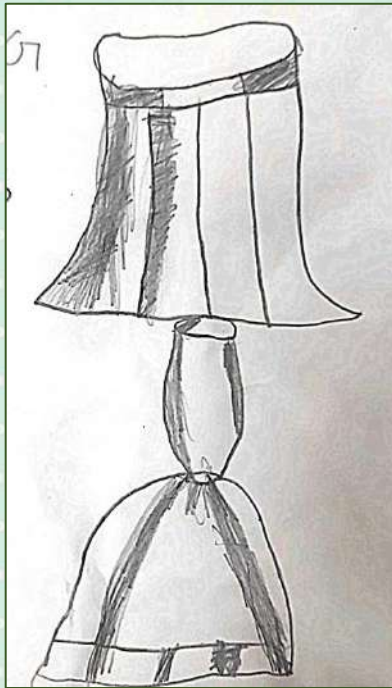
ADHIRAJ CHAUBEY
CLASS III A.



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





SHANKH MUKIM
CLASS III G



MANEESH KARAN K. CLASS IV A



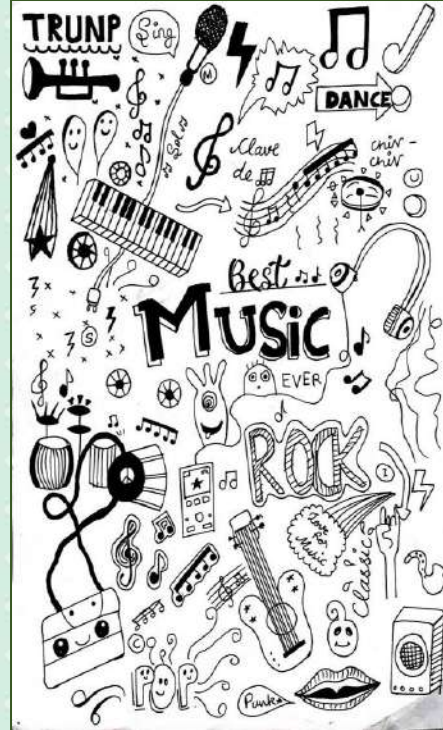
SARTHAK AGRAWAL
CLASS IV B



MANVI AGRAWAL, CLASS IV D



NAVYA SHUKLA, CLASS IV E



DHARAA JAIN
CLASS IV F





RAJREET KAUR
CLASS V A



NAAVYA CHANDRAKER
CLASS IV F



TARUNESH PAHUJA
CLASS IV G



LAKSH B SIDDHARTH
CLASS IV F



REYANSHI BARDIA
CLASS IV G



AAYANSH AGRAWAL
CLASS V A





RAJREET KAUR, CLASS V A



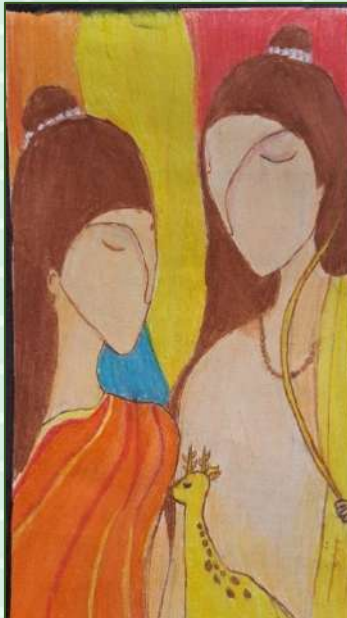
SHRIRAJ V. SINGH
KG I A



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



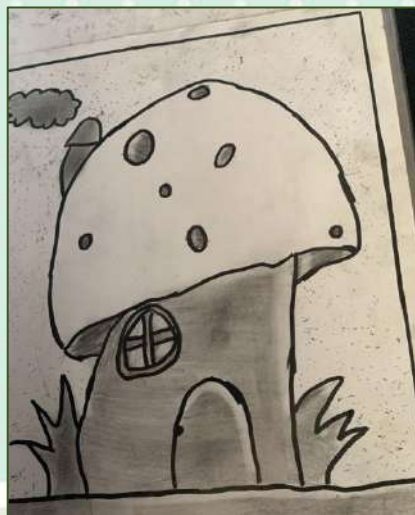
SHARANYA SINGH DEO, CLASS IV D



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

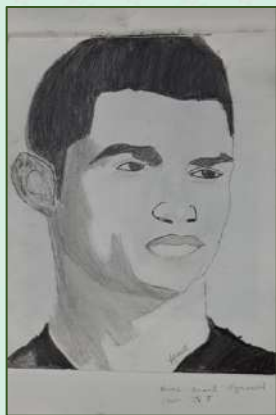




Rajkumar College Junior School, Raipur (C.G.)



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 2nd in Natwar Gopikrishna Awards and International Competition of Dance.





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



Liyanshi Jain of Class I C stood 2nd 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.





Skating competition



2023-24
CLASS I

BOYS

1ST POSITION

RANVEER KHUSHWAHA I B

2ND POSITION

VANSH SAHU I E

3RD POSITION

AARAV AGRAWAL I A

GIRLS

1ST POSITION

LIYANSHI JAIN I E

2ND POSITION

MOLISHA KHIANI I C

3RD POSITION

ANAYSHA AGRAWAL I C

CLASS II

BOYS

1ST POSITION

RAJVEER KUSHWAHA II D

2ND POSITION

SARANSH GOYAL II F

3RD POSITION

VIRAJ JAISWAL II E

GIRLS (Class II & III)

1ST POSITION

JIVISHA JAIN III F

2ND POSITION

YATI JAIN II D

3RD POSITION

AAHNA VERMA III A





CLASS III

BOYS

1ST POSITION

SHOURYA SAHU III A

2ND POSITION

VEDANT SINGH III D

3RD POSITION

KABIR VADHER III B

GIRLS (Class II & III)

1ST POSITION

JIVISHA JAIN III F

2ND POSITION

YATI JAIN II D

3RD POSITION

AAHNA VERMA III A

CLASS IV

BOYS

1ST POSITION

AADITYA JAIN IV D

2ND POSITION

SHREEVARDHAN S.PATEL IV A

3RD POSITION

AYAN PANDEY IV F

GIRLS

1ST POSITION

AARNA JAIN IV F

2ND POSITION

PREKSHA JAIN IV C

3RD POSITION

SAMAIRA AGRAWAL IV F





CLASS V

BOYS

1ST POSITION

NIRBHAY SARAF V G

2ND POSITION

KRISHIV AGRAWAL V E

3RD POSITION

SHREYANSH DEWANGAN V C

GIRLS

1ST POSITION

DHARINI SAHI V F

2ND POSITION

SANVIKA KOTHARI V A

3RD POSITION

SURABHI SHARMA V B

Congratulations!

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