

# GENESIS UNBOXED

## In This Issue

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- [Foreword](#)
  - [Happiness](#)
  - [Every Dark Cloud Has A Silver Lining](#)
  - [Video Gallery](#)
  - [Looking After Our Mental Health During Quarantine](#)
  - [World Of Integers](#)
  - [Earth Day](#)
  - [Image Gallery](#)
  - [A Trip To Norway](#)
  - [India- The Golden Bird Returns](#)
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## Foreword

*"All generalisations are false- including this one." -Mark Twain*

Just this once, a generalisation *is* indeed true. Just this once, everyone faces the same questions, has the same struggles. From missing the outdoors to missing pizza; from hating the masks to pretending you're Iron Man asking everyone to *suit up* so you can step out; from missing the simple things to worrying you'll forget what name goes with what face, every challenge is new and scary but what sustains us is the all-pervading knowledge that *we're in this together- every one of us*.

With every hope that this newsletter can do a little to that end,

*Esha Sajjanhar*

*XII-C*

## Happiness



*By Muskaan Mukherjee, Grade 5*

Happiness is a simple word but somehow makes you always smile,  
Happiness feels like achieving your goals before the deadline,  
Happiness tastes like having crisp French fries with friends,  
Happiness is sharing to reduce someone pain,  
Happiness smells like fresh flowers that bloom after the harsh winter,  
Happiness sounds like a nightingale that sings in the dewy morning,  
Happiness is laughing loud with family and friends,  
Happiness is holding on to each other in times of strain,  
Happiness is standing as one with no fear or pain.

## Every Dark Cloud Has A Silver Lining



*By Era Dogra, Mentor*

“Lavanya you have a call on teams, hurry up!”

"Priyanshi, ma'am is asking you to mute yourself."

Well, that's how life is nowadays and conversations are restricted to muting and unmuting ourselves and others. It's chaos in the morning with me running around with device in my hand to make sure my kids attend their calls.

It's amazing to see how everyone is adjusting to the new normal. But after all the hullabaloo is over and the weekend comes, I realise the importance of this time. In this fast paced, result oriented and demanding world, we are so blessed to get this time to slow down and be with our loved ones. It's a time to explore new things, rekindle old passions and most importantly just be.

I'm trying my hand at preparing sweets, doing some painting, playing games of our times with my kids. It's a blessing in disguise.

Yes, there are challenges and new skills to attain, but the slow pace of life and cleaner air with sound of birds chirping and kids chatting with the Koel makes you feel that there is a silver lining to the dark clouds.

We are a part of history and the best gift we are giving our children is the gift of time, importance of slowing down, perseverance and most of all resilience. Let's continue to be positive and believe that like every other difficult phase in our lives, this shall pass too. However, the changes it has brought to my thinking and the way it has reshaped my priorities, will have a lasting impact.

All I would say to conclude is that make the most of this time, show gratitude for what we have and empathy towards those who don't.

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Life is full of surprises

You run like a clock

Or you just slow down and unblock

There is freshness in the air

We have abundance of time

And nothing to despair

Let's just enjoy

Play carom, Akkad bakkad and rejoice

As we come out of this wiser

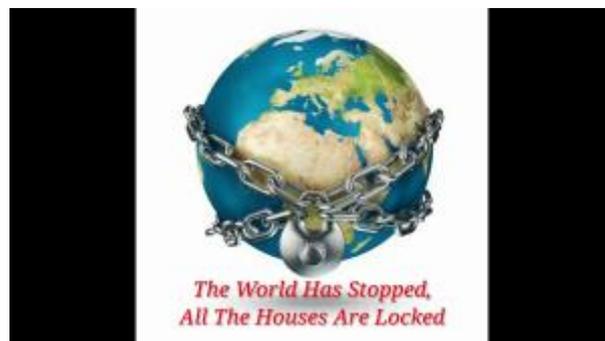
We will cherish these moments and not be a miser

Life is beautiful, so just live it

Every cloud has a silver lining, we just need to see it.

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## Video Gallery

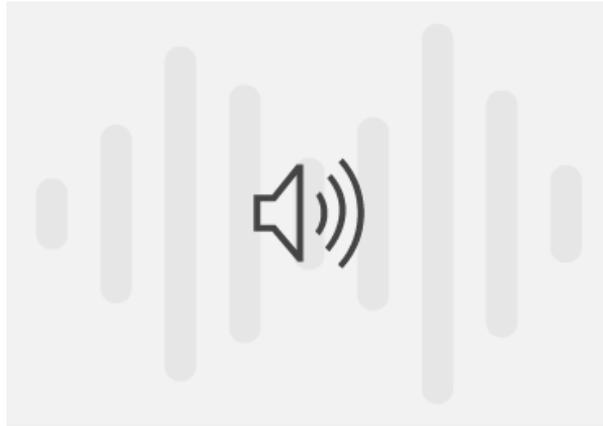


*By Amaira Varshney, Grade 6*



<https://sway.office.com/ALXzuyu22P1SIXcS#content=6sjH0qweKBHxKG>

*By Naandini K. Grade 5*



<https://sway.office.com/ALXzuyu22P1SIXcS#content=GXuTtpdfN9NFU>

1 - Ishita Sharma, Grade 12

<https://flipgrid.com/d50c1798>

*Grade 5 on the International Dance Day*

## Looking After Our Mental Health During Quarantine



*By Aleta Vasumitra, Senior Counsellor*

Coronavirus (or COVID-19) is here, and it looks like it is going to be part of our daily lives for a while to come. With the lockdown measures having been in place for almost a month now, the outbreak is affecting each and every aspect of the way we live our lives and is triggering stress and anxiety in many of us. While the lockdown will hopefully ease over the next month, it is possible that the social

distancing measures imposed on us due to the pandemic will continue to permeate our lives. In fact, because of the uncertainty of when things will get back to normal, it is not unusual to feel out of control which makes it important to look after our own mental and physical health and of those around us.

The advice that is outlined here are things we can do to help ourselves cope up with any stress and anxiety we feel while staying at home. Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into the trap of unhealthy pattern of behaviour that would actually end up making us feel more lethargic and disengaged. It is therefore essential to eat well-balanced meals, drink enough water and to exercise regularly. Engaging in physical activity around the house, yoga and meditation will go a long way in energising us to deal with the crisis.

*Moreover, it is sometimes said that in the midst of adversity, we can find the best opportunities!* In the whirlwind of our daily lives, it is difficult to find time for our mental recreation. This lockdown is therefore a good opportunity to slow down, pause and take time out for our own recreation and relaxation. We can make use of this time to focus on our favourite hobby that can be easily done at home. If not, then picking up something new to learn at home might also help in spending our leisure time productively.

With our daily routine disturbed, we need to essentially adapt to the new normal of working from home to avoid feelings of disorientation and confusion. This will require making an effort to set regular short-term goals, the attainment of which would help in keeping us fulfilled and engaged in our work. A good way to provide a structure to our days is to plan a daily schedule, have a normal routine of waking up on time, getting ready and try to keep to the same hours as we would normally spend in school. It would also help to stick to regular sleeping patterns.

Maintaining healthy relationships with people we trust and whose company we enjoy is also extremely important for our overall wellbeing, particularly now when we are isolated at home for an extended period of time. It would be beneficial for us to make an active effort to stay in touch with our friends and family while staying at home through phone calls or video calls. This will help act as a reminder that we are all in this together! It is absolutely normal for us to have feelings of anxiety, loneliness, boredom and get concerned about the future. Sharing these concerns with our friends and family will relieve the anxiety and loneliness as it is cathartic to acknowledge and express the negative emotions and experiences that are playing on our mind instead of suppressing them.

Difficult and trying circumstances such as the Coronavirus pandemic tends to exacerbate negativity, affects our actions and leads to pessimism in our outlook. To cope up with the negativity, it becomes important to proactively look for ways and means to maintain a positive outlook and optimism within us. We can do this by reflecting upon our constructive experiences, finding joy in our daily tasks, and by keeping our mind engaged as an idle mind would cause us to worry about things over which we have no control.

This is undeniably an unprecedented and stressful time for all of us and will test our mental resilience and adaptability. By embracing good mental-health and well-being measures, and by relying on others when necessary, we can protect ourselves and those around us to hopefully come out stronger and healthier on the other side of this pandemic. It is important to remember that this situation is temporary and will pass.

## World Of Integers

*By Nora Beniwal, Grade 7*

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*Adding and subtracting integers should not make you sad*

*If the signs are same you just add*

*That part is easy, it's a fact!*

*But if signs are different, you just subtract*

*Choose a sign- that is what you must do*

*Use the sign of the number with the greatest absolute value*

*Integers are easy, that's a fact !!!*

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## Earth Day



*By Ajita Singh, Grade 5*

Every day is an Earth Day,  
If it is cold or wet or hot.  
Pitch in to save the planet  
It's the only one we've got.

Forests are where animals can breed!  
But trees all gone because of greed.  
There must be something that we can still do!  
But do you still care about the things around you?

## Image Gallery



2 - AahsasSharma, Grade 5



3 - Lavanya, Grade 4



4 - Muskaan Mukherjee, Grade 5



5 - Ishita Sharma, Grade 12



6 - Prapti Majumder, Grade 8



7 - Parul Rohatgi, Mentor



8 - Parul Rohatgi, Mentor



9 - Parul Rohatgi, Mentor

## A Trip To Norway

By Agrima Saxena, Grade 5



*"Yes!! We're finally going to the mall!"* said Stacie with excitement.

*"Okay, okay, calm down."* said Daphne.

They both really wanted to go somewhere after the long, boring and exhausting week. They called more of their friends to come join the party!!! Once they arrived, Stacie and Daphne welcomed them with nice lemonade that really refreshed them.

The moment they stepped out of the house, they saw a fortune cookie that said *"Luck lies your way"* They didn't really know what it meant, so they just ignored it and moved on.

On their drive to the mall, suddenly on their car window, they saw a puny flyer which said *"Visit Pancake Palace and win a trip to Norway!!"*



10 - The flyer looked somewhat like this...

*"Guys! We have to go Pancake Palace today!"* said Cadence with a smile.

*"But what about the mall?"* asked Grace.

*"We'll just go there another time"* said Stacie.

*"Pancake Palace, here we come!!!"* said Daphne.

As the four friends headed towards their destination, something went terribly wrong. The car's engine suddenly stopped!

*"What's the matter?"* asked Grace, worried.

*"We're out of gas"* replied Daphne.

"OH NO!! How will we get that ticket now?" said Cadence. "And more bad news, the next gas station is 20 miles away!" said Daphne.

"We'll never go to Norway!" said Stacie sadly.

"Guys look! A taxi!!" Said Grace.

"We still have some hope!!" Cried Daphne.

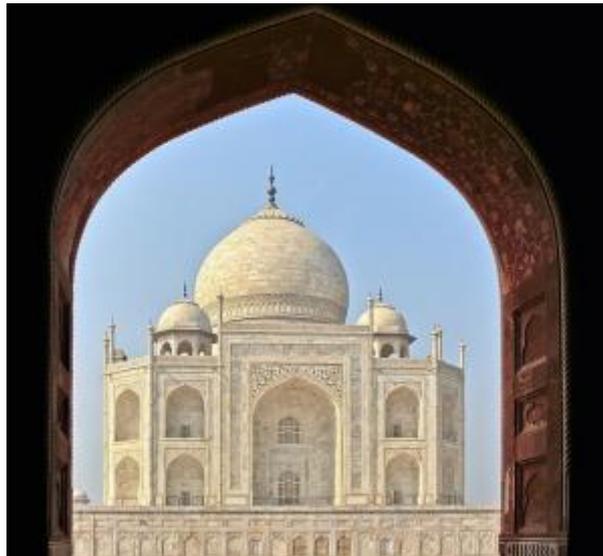
They went inside the taxi and told the driver that they need to go to the 'Pancake Palace'. The mysterious looking driver gave them a thumbs up to show that she agreed. When they arrived at the Pancake Palace, they couldn't believe their eyes.

The Pancake Palace was magnificent. When the girls went inside, they felt as if they were in heaven!!! The four friends successfully got the tickets and enjoyed their trip to Norway! It was an amazing journey.

They finally understood what that fortune cookie had actually meant!! It meant that they were going to have an outstandingly lucky day!!!

## India- The Golden Bird Returns

*By Ivana Sajjanhar, Grade 6*



**India-** Just this one word means a lot in itself. India is a strong, independent and bold nation. Not a second goes by without me being proud of it and I say that I am an Indian with my head held high and immense pride.

India has faced a lot of trouble in becoming what it is now. All us Indians, know that we lacked unity when the British came as merchants but turned out to be colonists and looted us. A lot of you might not know this or believe this but there was a time when India was known as, 'The Golden Bird'. Yes, it was before the British came and stole everything.

Yet, is gold just a shining piece of metal? Can't the gold come from within? Is a man only judged by his level of richness and not the richness inside his heart? After all, beauty comes from within. India might not be rich but has a big heart. Our manners, morality and industrious workers are highly

commended worldwide. This nation- my India- is the one that made its foundations from almost nothing and reached the top with nothing except with its wits, courage, determination, kindness and resourcefulness. Even now, India is amongst the top traders. Our development acts are beyond imagination. We display our interests in peace but are ready with security, when in need. *“A good country should never seek out war but must always be ready for it.”*

A perfect example is the coronavirus- Covid 19. Everyone is at home and all eyes are on India, to provide foreign aid and medicine. Everyone is also admiring, how India is effectively tackling the coronavirus. We are able to achieve more than what can be put into words, even with a million problems at our hand: overpopulation, virus, poverty, hunger, economy, wars, etc. From nothing we have become everything. India hasn't lost its charm and richness.

Ladies and gentlemen, I give you: **India- The Golden Bird Returns!!!**