

National Public School, HSR

Presents

REFLECTIONS

Grade 7 Newsletter, November 2023

*Hello
November*

“The month of
lights, joy and
cheers.”



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A Note from the Editors Desk

ATTENTION! GRADE 7 REPORTING

November is the 11th month in the calendar and is one of the months which has several auspicious days and numerous special events. It is a festive month which brings us joy of many well-known events such as Kannada Rajyotsava, Diwali, Dhanteras and Childrens day which are celebrated in India and events across the world such as Bonfire Night and Firework night in the UK, Tsunami awareness day, World vegan day and World Science Day.

A feeling of festivity lingers in the air as the month starts on a sweet note, having celebrated Halloween the day before, where all the children collect candies from the neighbourhood.

In November, as the winter offset begins, cold air lingers in the surroundings as people snuggle inside their blankets and spend time relaxing or spend time with loved ones. The dry weather and pleasant winds also make it a delight for tourists to explore the unexplored and go on many voyages abroad. November is also known as one of the coziest months as it is perfect for all day long bonfires, delightful warm soups and late harvest cakes and pies. The time also brings anticipation of year coming to an end and people begin planning their Christmas vacations and resolutions for upcoming year.

Our latest edition of the newsletter “Hello November” is a tribute to all the magnificent events that take place during November. After many days of planning, editing and designing, we are pleased to present - “Hello November!”

DISCLAIMER: Beware of tantalising recipes, mind boggling puzzles, innovative grade initiatives.

-Asmi Majumder- 7B



Adithya Balaji 7A



Diya Gireesh 7B



Shloka Vineet 7C



Mahathi Vinod 7D



Vedant Candadai 7A



Vipra Anindita Dalei 7B



Agastya Girish 7C



Pranav Krishnan 7D



Gargee Ananya 7A



Yash Chugh 7B



Svea Kurup 7D

Diving Deep into November

Awkward Dwellers of Nature

The most awkward of creatures, Jellyfish they are named,
Only the ferocity of the currents can get them tamed.
In the depths they dwell so bizarre and strange,
From the rest of the world, they remain estranged.
Completely boneless, with no head or heart,
Another example of god's mysterious art

An enchanting sight, their natural light,
In the marine realm, they take over the night.
Tentacles trailing, with venomous ooze,
Delicate and deadly to deliver an everlasting snooze.
Translucent and ghostly, they wander freely,
Their oddity and beauty are a wondrous mystery.
Jellyfish - enigmatic in their own way,
In the depths of the ocean, they forever sway.

-Rishan Chattopadhyay -7B

The Aquatic Lights of Happiness



-Pritika Sanjeev Kumar -7B(Acrylic paint & White pen)



-Vipra Anindita Dalei- 7B(Brush pens)

Sunset on the Beach



Picture Credit: Google images

The Dangers of a Tsunami

Tsunamis can cause an immense amount of destruction depending on the strength of the earthquake. To prevent this and spread awareness to all the inhabitants of this world, the world tsunami awareness was created. This day was created to help the world understand how dangerous a tsunami can be and how to take precautions for it so that the damage done by this natural force should not be fatal. The Boxing Day tsunami was one of the biggest tsunamis to ever occur in the world. This tsunami occurred on December 26 in the year 2004. It attacked the subcontinents of India, Sri Lanka, Maldives, Malaysia, Myanmar, Seychelles, Somalia, Thailand, and Indonesia. Approximately 230,000 people died from this tsunami that was caused by an earthquake of 9.19. This tragedy could have been avoided if there had been an early morning system that could have alerted people in coastal areas. People should be made aware of the destructive power of water currents. Also, people should be made aware of the risks of constructing houses along the coastal areas. After the 2004 tsunami, the entire world realised the catastrophic nature of tsunamis and many measures were taken to create systems that can warn people along coastal cities within minutes of an undersea earthquake. However, it is the responsibility of all of us to heed the warnings and keep ourselves safe.

Gaurav Madhavan7A

November Awareness

CV Raman's Birthday- 7th November

- He was just 14 years old when he started attending his B.A class at presidency college
- He used equipment which was worth only 200 rupees to make his discovery. The Raman effect is now examined with the help of equipment worth million rupees!
- After the independence of India, he was selected as the first national professor of India.



- V. Samruddhi-7A

Facts on diabetes :

- Over 37 million people in the United States have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the seventh leading cause of death in the United States.
- The first known descriptions of diabetes symptoms were found in ancient Egyptian medical texts from around 1550 BC
- Pakistan has the highest diabetes rate in the world, with an estimated 30.8% of adults aged 20-79 years living with the condition.

Sarayu R Reddy 7C



-Aditi Tripathy- 7C (oil pastels)



Ishan Deshpande- 7B(oil pastels)

Anjana's Struggle for Gender Equality

Anjana lived in a small and quiet village named Triptakali. It was a peaceful place, but beneath the serenity, the village people treated women unfairly. Society told Anjana that women were inferior to men, and she would always have to listen to them. Society told her to submit to those traditional beliefs. They scoffed at her opinions and disregarded her dreams as frivolous. She devoted her life to maintaining the household and caring for her children.

However, the turning point in Anjana's life came when an independent and confident woman named Shweta visited the village. Shweta was a feminist who organised meetings to empower women in rural villages. Anjana and the other women attended the meetings. They began to understand the injustice they faced, the insidious violence of gender inequality. The darkness of gender-based violence was brought to light. Anjana and the women together changed societal norms. They broke free from the chains of violence. Anjana joined Shweta in her journey to empower women. They amplified the universal theme of International Women's Day against Violence: "UNITE! Activism to end violence against women and girls."

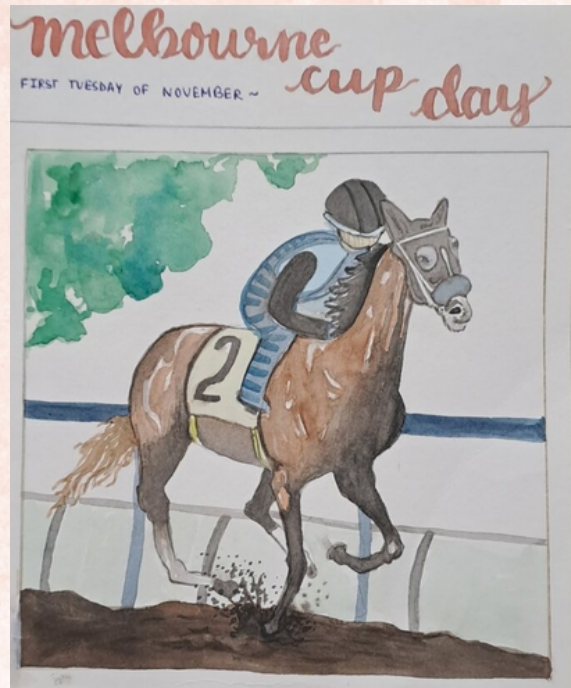
-Yash Chugh-7B

A Picture is a Poem without Words

World Jaguar Day



-Shloka Vineet- 7C (Graphite Pencil)



-Sanjana Gupta- 7D (Watercolour)

Winter and Fall



-Mahathi Vinod 7D (Watercolour)



-Shwetsarika Inamdar- 7C (colour pencil)



November 2023



Embracing the Culture of Karnataka

Kannada Rajyotsava



-Ayaan Jindal- 7B

Entering into the World of Kannada

“Aaj mere paas bangla hain, gadi hain, bank balance hain, tumhare paas kya hain?” “Mere paas maa hain” - original dialogue from Deewar

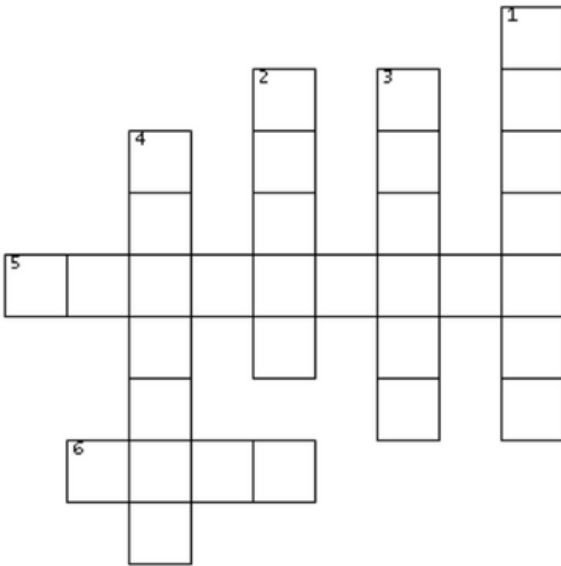
"ಇವತ್ತು ನನ್ನ ಬಳಿ ಬಂಗಲೆ, ಕಾರು, ಬ್ಯಾಂಕ್ ಬ್ಯಾಲೆನ್ಸ್ ಇದೆ, ನಿಮ್ಮ ಬಳಿ ಏನಿದೆ?" "ನನಗೆ ತಾಯಿ ಇದ್ದಾಳೆ"

“Kabhi kabhi jeetne ke liye kuch haarna padta hain....aur haar kar jeetne wale ko baazigar kehte hain” - original dialogue from Baazigar

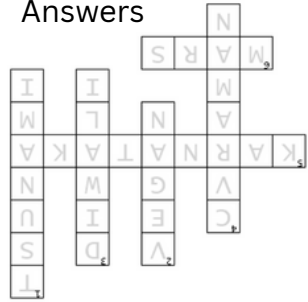
“ಕೆಲವೊಮ್ಮೆ ಗೆಲ್ಲಲು ನೀವು ಏನನ್ನಾದರೂ ಕಳೆದುಕೊಳ್ಳಬೇಕಾಗುತ್ತದೆ ... ಮತ್ತು ಸೋತ ನಂತರ ಗೆಲ್ಲುವವರನ್ನು ಜಗ್ಗರ್ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ"

-Vayam Jain- 7A

The Art of Simplicity is the Puzzle of Complexity.



Answers



PEP 2023-24



PEP Parents in Action!

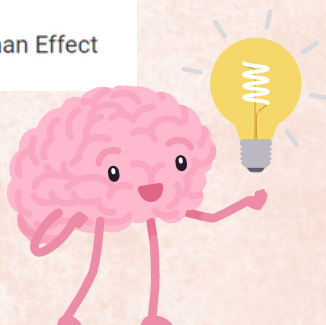
ACROSS

- The state where Yakshagana originated
- The Fourth planet from the Sun and a neighbour to Earth

DOWN

- A Giant Wave in the Ocean
- A person who doesn't eat meat or animal products
- Festival of lights
- The Indian scientist who discovered the Raman Effect

A Puzzle from the Newsletter Team



Good Food, Good Mood

PANEER CLUB SANDWICH

Ingredients:

- 75-100g of Paneer
- Hot sauce
- ½ Tomato & 1/4 Cucumber
- Mayonnaise
- 3 Breads
- Salt and pepper to taste



Instructions:

1. Take 75 – 100g of Paneer with some hot sauce to your taste. Sauté it and keep it aside
2. Cut up some thin slices of tomato and cucumber
3. Take some mayonnaise, hot sauce and mix it in a 2:1 ratio until you get a light orange colour. If you want to reduce the spice, you can also add some honey.
4. Take 3 slices of bread and spread the spread made above on the sides of the bread.
5. For the first layer add sauted paneer and for the second layer decorate it with tomato and cucumber slices
6. Grill it over a frying pan and serve it with any condiment on the side.

-Siddharth Sanghi- 7D

Vegan Chocolate Cake

November 1st is World Vegan Day. Let us make a delicious vegan chocolate cake.

This cake is easy to make. All you need is

1. 1½ cups all-purpose flour
2. ½ cup powdered sugar
3. ¼ cup cocoa powder
4. 1 teaspoon baking soda
5. ½ teaspoon salt
6. 1 cup water
7. ½ cup vegetable oil
8. ½ teaspoon vanilla extract
9. 1 teaspoon white vinegar



To make this cake you must follow 5 easy steps.

1. Preheat your oven to 360°F or 175°C
2. Mix all the dry ingredients- all-purpose flour, powdered sugar, cocoa powder, baking soda and salt.
3. Add water, vegetable oil, vinegar and vanilla extract. Mix until smooth
4. Pour the mixture into a cake pan greased with vegetable oil.
5. Bake for 45-60 minutes.

ENJOY!

-Ahana Dharmendra- 7C

Events

Primary School

1. Grade 4- parent educator session conducted by Dr. Mithila Agarwal. Topic- Oral Hygiene
2. Grade 3 Class Assemblies
3. Grade 1- Educational Field trip to fire station

Middle School

1. Parent Engagement Programme for Grade 7
2. Karnataka Rajyotsava Assembly
3. Inter-house Group Singing Competition
4. Grade 6 Class Assembly



High School

1. Inter House Cyber, Commerce, Math and Science Events
2. Annual Sports event- Spoorthi Practice
3. Cybernautica - Cyber Fest



Upcoming Events

1. Cyber interhouse challenge
2. Annual sports day - Spoorthi on 22 December 2023
3. Christmas vacation

Initiatives

Each One, Read One Initiative



Each one, Clean one Initiative

