



# *Be The Change Newsletter Vol.1*

# BE THE CHANGE NEWSLETTER!

**ARCedtech, Suncity and DPS Greater Faridabad  
Present:**

*Young Voices for a Sustainable Future*



## **SDG 3: GOOD HEALTH AND WELL-BEING**

Presenting inspiring stories about resilience during times of crisis, preserving mental health during online learning and the importance of kindness, especially during trying times!

### **OVERVIEW:**

- Resilience in Action
- Social Outreach
- Inspiring Achievers
- Online Learning
- EXTRAS - Fun with SDGs, Puzzle Corner, Stories and Poems...

The students of Suncity School and DPS Greater Faridabad are proud to present the BE THE CHANGE NEWSLETTER VOL. 1, in collaboration with ARCedtech. The theme of the newsletter is SDG 3: Good Health and Well-Being.

# ABOUT US



**Suncity School, Gurgaon**, nestled against the picturesque Aravallis, aims to make students ambassadors of the future through the challenging and supportive environment of the school. We inspire in our children a love for learning, self-discipline, creativity, independence of thought, and tenacity of purpose. We offer CBSE and Cambridge International Examinations. We are proud to be a Microsoft Showcase School and have accreditation of International Dimension Award by the British Council. We work passionately towards creating a better, more sustainable world for all through our inclusive and international dimension in our curriculum, community outreach initiatives and our global school partnerships with France, Spain, UK and Australia.

**Delhi Public School, Greater Faridabad** is spread over 17 acres with excellent sport facilities, digital classrooms and activity areas for performing arts and specialized labs for various subjects. There is focus on inter- disciplinary project work, creative group activities and practical, hands-on learning. The school is a proud recipient of Atal Tinkering Lab by NITI AAYOG, Robert Bosch Foundation Grant among others. The school focuses on creating equal opportunities and integration of human skills and technology into the rapidly evolving educational landscape.



**ARCedtech** is a startup with the mission to make education meaningful and transformative through innovative products that will make our young learners kind, ethical and globally responsible citizens of the world. We are the ARC that completes the circle of learning by providing holistic education solutions.

At **ARCedtech**, we believe that the main purpose of education is to make better human beings. This can be achieved by focusing on co-scholastic learning in a structured manner. We have the perfect solutions to enable this. We are working tirelessly to build an entire learning eco-system with concepts like Byte sized learning, games, enhanced e-books, LMS, quizzes, chatbots, and adaptive learning. The topics which we plan to cover include SDGs, Global citizenship, Socio emotional learning, and future ready skills.

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# RESILIENCE IN ACTION

*“Although the world is full of suffering, it is also full of overcoming it.”*

*-Helen Keller*

This quote makes absolute sense, as we cope with the challenges of the pandemic, which seem endless. But, among these challenges, we find stories of hope and resilience shown by frontline workers and their families. These stories show us the good in the world.

Dr. Ashima Gogia is a mother of two students from Suncity and a gynaecologist. She decided to become a doctor in ninth grade, when one of her computer teachers asked her what she wanted to do in the future. “Preventive medicine has become my first passion,” she said.

She talked about the mental health challenges of her profession. According to her, the pandemic took a toll on everybody’s mental health, but it has been especially hard for healthcare workers. “People read about these things in the news, but we witness them firsthand.”



*The Economic Times*

She said that what hurts the most is to see people disobeying COVID guidelines. “And it’s not just COVID – when someone comes to the hospital for an unrelated

injury, like an accident, we can’t provide them with beds, and it gets very difficult. It’s really, really traumatic.”



Speaking about her family, she said that being a doctor has impacted them in every way. In the beginning, she couldn’t meet anyone, including her mother-in-law, her father-in-law, or her father, who is 78-years-old.

“Even now, when we do see them, we don’t let them enter our house. Instead, we sit in open areas, with coolers and fans placed outside. We never take off our masks around them, even if they do. There is a fear about putting my family at risk.”

Speaking of her children, she said that they used to be scared when they listened to the news, hearing about the number of doctors who died in the pandemic.

“We try to divert to the positives of the situation. We study, exercise, and bake together.”

We love to bake and cook all kinds of things whenever I'm not in the hospital. The kind of quality time I've had with my children in the past two years, we've never had before."

When asked about whether she'd want her children to choose healthcare as a career, she said that she'll let them decide on their own. "But, for everyone, I think healthcare is something you should only venture into if you have a passion for human health."

Dr. Gogia said that one needs dedication and care for such a profession, but that it is incredibly rewarding: "If your only aspiration is to drive an expensive car, then it's not for you. If you want to lead a humble life, and have respect and genuine passion for human health, then you should definitely go into healthcare. It gives you a lot of mental peace."

After talking to Dr. Gogia, I realized the value of resilience and the crucial role it plays in averting this health crisis. It showed me the importance of staying positive and the tenacious nature of humanity. Healthcare takes a physical and emotional toll on both the professionals and their loved ones.



**Dr. Ashima Gogia**

One such example is that of Mihika Nandi, who seems like every other 16-year-old. She is a foodie and enjoys hobbies like painting and cooking. But what distinguishes her experience of the pandemic is that she saw and understood the situation from a closer lens. Her father is a doctor, who conducts antigen/RT-PCR sampling tests and gives medical assistance to covid patients.



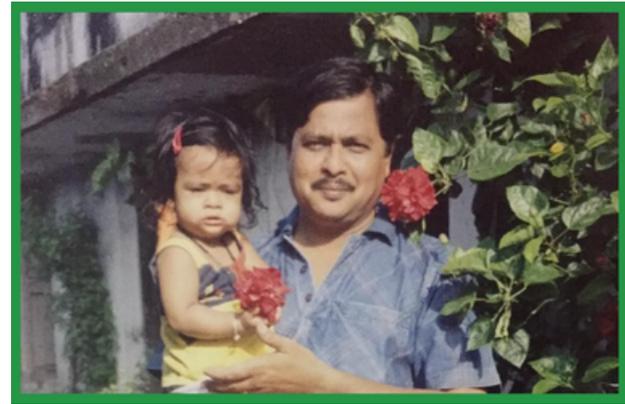
**Mihika Nandi** along with her father,  
**Dr. Subrat Nandi**

During the pandemic, Dr. Subrat had to work for 10 hours every day. Mihika said, "I was quite stressed about my father's health, as he himself is a patient of diabetes and was frequently in contact with COVID patients. To support my father, my mother and I took over all his household responsibilities. We tried to create a positive environment at home by playing his favourite songs and talking to him about his day." Mihika said that her father would tell her about the different types of patients, of which some were cooperative, while others would cause ruckus.

Her father completely recovered from his moderate infection within 15 days. Soon after recovering, Dr. Subrat was off to work, to help others recover.

According to Mihika, being a doctor's daughter helped her understand the situation better due to discussions with her father. When asked about the predicted third wave, she thinks that it will be less intense, due to the mass vaccination drives and the development of antibodies in people. She also said that the pandemic has made her family her main priority and has taught her the importance of time.

The family would take extra precautions every time Dr. Nandi came back home. However, in April 2021, Mihika's father got infected with COVID-19 from the hospital. This was an especially stressful time for Mihika as she was in Faridabad, while her parents were in Bhilai. She tried to meditate and do things she enjoyed, like cooking and painting to relieve her stress.



*Mihika Nandi* along with her father, **Dr. Subrat Nandi**

These stories show a remarkable sense of passion, dedication, and courage; one that was oftentimes pushed to its limit. Today, the frontline workers have emerged as heroes amidst the devastation, slightly easing the pain of a grieving nation. Their contributions are commendable. We hope our readers can glean some inspiration and strength from their stories.



## Resilience In Action - Infographic

**Dr. Ashima Gogia** is a gynaecologist. She decided to be a doctor in ninth grade, when one of her computer teachers asked her what she wanted to do in the future. "Preventive medicine has become my first passion," she said.

**"What hurts the most is to see people disobeying COVID guidelines – to see people, who haven't suffered much, disregarding the pain of others."**



**Dr. Subrat Nandi** has been serving as a doctor since the last 33 years and currently works at the Public Health Care Centre in Durg, Chattisgarh. During the pandemic, Dr. Subrat had to work for a longer duration, especially during the peak of both the waves, for about 10 hours every day and a night shift once a week.



**Dr. Subrat Nandi is a patient of diabetes and hypertension, and is in contact with COVID patients everyday, according to his daughter.**

# SOCIAL OUTREACH

Social outreach programmes help out those in need and change people's lives for the better. These programmes take a significant step towards achieving sustainable development, and completing the SDGs (Sustainable Development Goals) designed by the UN. One of the core social outreach programmes of the school is called

**ARPAN** as the students and staff dedicate selfless service towards the education of the underprivileged. This programme works on helping underprivileged children by educating them. The SDG achieved here is SDG-4, Quality Education. ARPAN is the SEWA project of Suncity school funded by the Management of Suncity School. The school organises co-scholastic events like Vanity Fair, bakery sales and exhibitions, the sale proceeds of which go towards the education and



welfare of these children who are an integral part of our main stream schooling. The students also visit nearby slums for health awareness and disease prevention drives. They distribute mosquito repellents and daily ration items. Here is a personal anecdote from one of our students, Anmol, who worked on this programme:

*“We rise by lifting others.” This quote by Robert Ingersoll clearly expresses the goal that everyone should try working towards. Our school has started a program called ‘Arpan’ which provides free education to children who are not as equally privileged as us.*



**Anmol Dhingra, 8G**

*Few years ago, I volunteered to teach the students in the Arpan programme. One of my friends and I taught the students each week and it was truly a remarkable experience. We really enjoyed teaching other children and it always left us with excitement for the next time and a sense of happiness and accomplishment. Such acts help the community a lot and it does not cost anything to the doer but means a lot to the receiver. I believe we all should strive to do such acts that give back to the community.*

Similarly, Delhi Public School Greater Faridabad's **AGRANI club** has always found a way to contribute to the society despite the situation.

A few initiatives that were taken over the years include community health projects, which range from conducting workshops to spread awareness about health and hygiene, the importance of organ donation. The school has also partnered in the National Health Mission Programs for eradication of Measles & Rubella.



The club has also organized tree plantation drives, donation drives for books, clothes, blood donation camps, and relief material during natural disasters. Recently, with the second wave reaching its peak and the grim situation of people not getting medical help and resources like hospital beds and oxygen, the school was transformed into a Corona Seva Kendra. It provided primary care with medical instruments, oxygen cylinders to more than 200 patients in collaboration with Accord Superspeciality Hospital, Faridabad.

The school has also partnered in the National Health Mission Programs like eradication of Measles & Rubella (MR) by vaccinating students up to the age of 15 years during school hours 'De-Worming Campaign' - All students from class Nur- XII were orally administered the medicine twice a year since September 2018.

**Blood Donation Camps on school premises on the day of Parent-teacher Meetings twice a year, in collaboration with the Rotary Club (East) Faridabad.**

In conclusion, these programs have been helping change this world and transforming it into a safer and better place for everyone, irrespective of their gender, race, income, religion, etc. As the father of the nation, Mahatma Gandhi once said, "You must be the change you want to see in the world." If you want to make a change in this world, help these organizations by donating, volunteering and spreading the word.

# SOCIAL OUTREACH - GLIMPSES



# INSPIRING ACHIEVERS

The past one year has taken a toll on everyone. However, even after being in the confinements of our homes, many people have found their passion and glorious purpose in the world.

Here is an interview with Riddhika discussing her story of how the sisters have come to this position.



Image Credits:  
Canca Elements

*“My whole family contributed a lot to my success. I started chess because of them and I am at this level because of them.”*

Here are the stories of a couple of inspiring people who have helped and achieved something in the community.

During the pandemic, prodigies **Riddhika Kotia** and **Tanishka Kotia**, sisters have refined their chess skills and have become the grandmasters of chess.



Image Credit: Tanishka Kotia

# INSPIRING ACHIEVERS

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## 1. What inspired you to play chess?

I was inspired by my sister as I used to watch her play which made me interested in it.

## 2. What does your training regimen for chess look like?

Chess being a mind game needs lots of practice, which includes studying opening, solving puzzles, and calculations. You have to be strong in all parts of the game, therefore, you need a regular schedule of at least 4 hours daily.



*Riddhika Kotia*

## 3. How do you think your family has contributed to your success?

My whole family contributed a lot to my success.

My father gave me training and coaching, my sister guided me on how to compete in tough tournaments, and my mother always accompanied me to all the tournaments whether in India or out of India. I started chess because of them and I am at this level because of them.

## 4. What do you think your biggest achievement is in the field of chess?

I have won many tournaments so far but I think my biggest achievement was winning the State Under-9 Championship at the tender age of 5 years.

# INSPIRING ACHIEVERS

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## 5. How do you think chess has impacted you in terms of your health and well-being?

Chess is an incredibly beneficial game. It helps you improve your mental health through rigorous workouts. Your mind works with full potential as chess exercises both hemispheres of your brain. Secondly, it improves your stamina as your sitting capacity increases when you sit for 5-6 hours playing a match. Then it also stimulates your concentration.

## 6. What message would you like to give to the newer players?

To all the beginners, I would like to say – Follow your schedule, learn from strong players, and even if you lose, don't get disheartened from your defeat as you learn from your mistakes and also practice hard.



***Dr. Ramakant Gupta***

Another inspiring story is of **Dr. Ramakant Gupta**, from DPS.

Amidst this pandemic, Dr. Gupta, a dentist and an avid skater, with his team of 18 office bearers under the Indian Dental Association, Faridabad was conducting health drives for his fellow doctors and their families.

# INSPIRING ACHIEVERS

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During the initial days, they had no resources, so they conducted drives to procure PPE kits, face shields, masks and nitrile gloves which were then used by the members. With the initial drives being successful, the following focused more on the RTPCR testing of all the doctors in Faridabad and their families.

They even started vaccination drives on 16th January for all dentists for the first dose and then later on for the second dose as well. All the drives were conducted at different venues as per the requirements and had complete support of the Indian Dental Association, Faridabad. These drives have helped over 250 frontline workers.

They faced a bunch of difficulties but Dr. Ramakant said that internal motivation and everyone's constant support kept him going.

*The achievers mentioned above have stated that being aware is essential in the present times and have also urged all the readers to stay home and stay safe.*



# INSPIRING ACHIEVERS - GLIMPSES



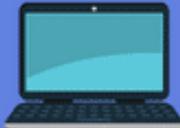
# ONLINE LEARNING

Virtual classes expounded a distinctive set of challenges. However, with a little mindfulness and care, these tips can help you overcome these problems in a jiffy!

1. Create Space
2. Sit Straight!
3. Engage in Class
4. Track Screen Time
5. Eat! Exercise! Sleep!

As we grapple with the inescapable sequel of the pandemic – online learning being just one of many – it's crucial to protect your health. The challenges in the way may seem insurmountable, but you're far from being alone.

STRATEGIES TO LEARN BETTER IN



## ONLINE SCHOOL

Virtual classes expounded a distinctive set of challenges. However, with a little mindfulness and care, these tips can help you overcome these problems in a jiffy!

**CREATE SPACE**





**SIT STRAIGHT!**

**ENGAGE IN CLASS**





**TRACK SCREEN TIME**

**EAT! EXERCISE!  
SLEEP!**



As we grapple with the inescapable sequel of the pandemic – online learning being just one of many – it's crucial to protect your health. The challenges in the way may seem insurmountable, but you're far from alone.

# SUNCITY TEAM BIOS

## NAINA BAGCHI, CHIEF EDITOR

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My name is Naina. I am a passionate writer, an avid reader, and a firm believer in the power of language. I love to read and listen to music. I often lose myself in instrumental soundscapes, fictional worlds and storylines, as a means of escape from reality. I enjoy a vast variety of fiction, ranging from science fiction to fantasy to crime.

## AVLEEN SETHI, DEPUTY EDITOR

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Greetings everyone! About me I think - 'a peculiar being who turns caffeine into writing' would be an apt description. To me, activities like reading and writing come as naturally as binge watching an entire season of a show in a single night. Working on this team has been an honour, a privilege and an experience of a lifetime.

## ANVI TUTEJA, GRAPHIC DESIGNER

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Hello! My name is Anvi and I'm a poet, writer, reader and foremost - a dreamer. I love to write poetry at my blogsite - [www.anvitudeja.com](http://www.anvitudeja.com), and read any type of fiction - historical, mythological, dystopian, etc. I also love binge-watching Marvel and watching ground breaking Sci-Fi movies and TV shows while predicting the soon-to-come doomsdays.

## SRIJAN SESHADRI, PHOTOGRAPHER

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Hello! My name is Srijan Seshadri. I like to eat at Taco Bell and play video games. I find reading books challenging, and I like funny stuff. I'm a DANK MEMER and a guitarist because guitar sounds good. Before you say it, I know more songs than only wonderwall.

## **PULKIT AGARWAL, ART DIRECTOR**

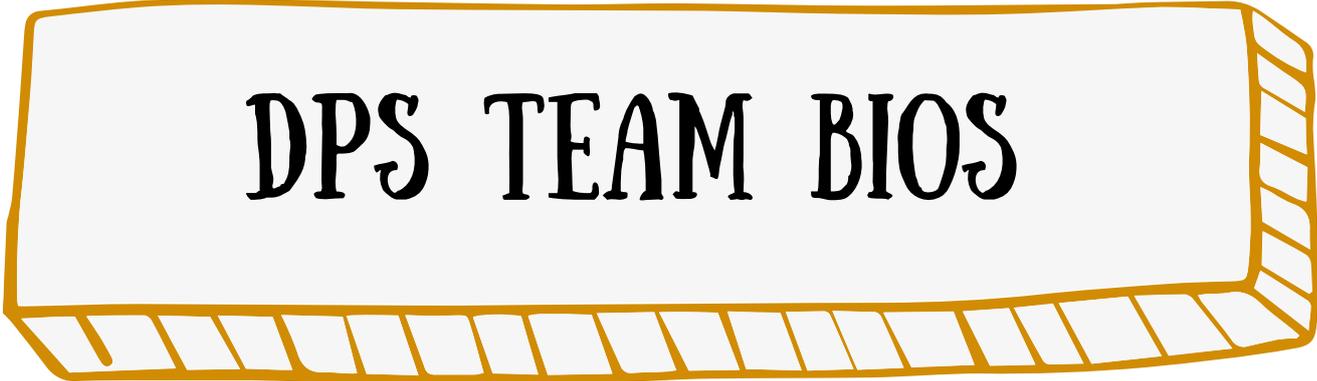
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My name is Pulkit , and I believe art is one of the best methods through which one can channel their creativity, During the COVID-19 lockdown, I myself have found art to be a way to distract myself from the negativity around me. Personally, I love reading books and watching movies, primarily in the genre of science-fiction.

## **SARA MANCHANDA, SOCIAL MEDIA EXPERT**

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Hi! I am Sara Manchanda. I am passionate about dancing and one thing that it has taught me is perseverance! When you fall or make a mistake you need the courage to get up and try again is my motto in life. Recently I have started to love cooking. Well, haven't we all baked a cake at least once during covid :)



# **DPS TEAM BIOS**

## **KHYATIKA SHAH, CHIEF EDITOR**

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I enjoy reading books and watching TV- series online. Sometimes, I like to watch cricket as a layman. I am a self-confessed foodie and a strong believer in the philosophy of 'Live and let live'. I also like to read about random topics on the internet.

## **SPANDANA FOTEDAR, DEPUTY EDITOR**

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I am a person who loves to dance and read and therefore, still continues to live-in made-up fantasies. I am an extrovert, who enjoys a little bit of alone time a little too much. I firmly follow the saying of 'Live in the moment'.

## AAKASH MUKHERJEE, GRAPHIC DESIGNER

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I have always been very fascinated by design & development. The very idea of being able to create something on paper that was only in your imagination is very intoxicating & addictive. This interest of mine got me into designing games, applications, digital art & learning new things every day.

## VANSHAJ SRIVASTAVA, PHOTOGRAPHER

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I started photography because of the artistic values that everyday life presented in front of my eyes. My eyes itched every time I saw a simplistically marvelous scene that was worth dwelling upon. So, I decided to start capturing it with my camera and ease my soul. I love music with all my heart and am a huge fan of the band 'The 1975'.

## PALAK SETHIA, ART DIRECTOR

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Art is my hobby and dance is my passion. I love to collaborate with new people and explore the different thoughts. One thing I strongly believe in is "Just be your own self, there is no one better".

## ANANYA PATNI, SOCIAL MEDIA EXPERT

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I am a singer, writer and graphic designer. I love to play badminton and I am fascinated by molecular biology, organic chemistry, Indian and Greek mythology, an interest which has been magnified by binge watching shows of the particular genre.

## *Editorial Team Anchors*

Co-Founder of ARCedtech: **Ritu Malhotra**

Suncity Educator: **Sapna Bakshi**

DPS Educator: **Mitu Majumdar**

"We would like to thank Sapna Ma'am, Mitu Ma'am, and Ritu Ma'am for all of their help and encouragement which enabled us to form this newsletter."

- Students of Editorial Team

# SNAPSHOTS OF THE EDITORIAL TEAM



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**SARA MANCHANDA**  
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**SRIJAN SESHADRI**  
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# SNAPSHOTS OF THE EDITORIAL TEAM



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**ANANYA PAJNI,**  
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**PALAK SETHIA,**  
DPS, 8 D



**VANSHAJ SRIVASTAVA,**  
DPS, 12 D

# FUN WITH SDGs: EXPERIENCES

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## ***DISABILITY: A DIFFERENT ABILITY***

My anxious thoughts surround,  
For people like me, where can acceptance be found?  
I may be different,  
but the idea of excluding me from the pack is just irrelevant.  
Lost my time wondering what people will think,  
But my positivity so bright, I won't let that hatred around sink.  
A two-faced creature but my heart's so pure,  
Embraced and loved myself that's for sure.  
Should I be the real me or what the society wants?  
Am I useless? That thought sure does haunt.  
I may not walk on my feet so small,  
but my wings so great, save me from crashing into those walls  
Perfection defined on those magazines so fake,  
but now I have fallen in love with the gifts of imperfections about me, a love  
so true no one dare can break.  
I will chase my dreams and fly so high,  
Won't let those ambitions inside me, fade or die.  
Treating people and my soul with kindness,  
Let self-love be added to my list and questioning my worth be minus.  
With my hands so fragile I hold on to my flaws,  
On my path to do something big, one day I will make all these haters  
applause.  
My true self in this fake world looking for perfection,  
Made a shield of blessings which act as a protection.  
I am capable of anything I dream,  
Won't let these demons within dull my sparkle with those screams.

**PARI GUPTA, SUNCITY - 10 B**

# FUN WITH SDGs: EXPERIENCES

## ***SDG 3: GOOD HEALTH AND WELLBEING***

Undeniably, the pandemic taught the population all over the world a lesson that is definitely going down in history, be in shorthanded in scholars' notebooks or printed in newspapers all throughout the world. This leads all age groups over the globe to give a second to ponder over the Sustainability Goals set by the United Nations, more specifically the third one which revolved around ensuring healthy lives and promoting well-being for all at all ages. And this doesn't just specifically circumbulate around the something as drastic as a pandemic, but instead it aims to instill a sense of sensitivity in each of us about our health.

A large share of deaths caused due to unnatural causes is because we neglect our health on a daily basis, right from proper sanitation to making sure we're taking our vitamins on time. We chase success so much; we're so lost in the rat race of having the highest bank balance that we put our lives at stake. And while our health continues to dilapidate, we forget that we're risking our loved ones' happiness as well, leaving them emotionally crippled.

Well-being doesn't just include being physically healthy, mental health stands for a huge part of health as well. Our social surroundings, especially an over-competitive environment leaves us more susceptible to mental health problems, which most of us do not seek help for.



**The United  
Nations and SDG  
3 - Good Health  
and Well-Being**



# FUN WITH SDGs: EXPERIENCES

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We not only lose ourselves on the way, but become less competent to achieve the goals that we strive towards every day. With the deterring environmental conditions such as pollution, we must move up our health to be the first priority on our long list of things to achieve. Because if your health is impaired, you're subject to never being able to achieve success, or really meet your goals, because health is and always will be the real wealth.

VANYA DUGGAL, SUNCITY - 12 C

## **AWARENESS ON SDG 3: GOOD HEALTH AND WELLBEING**

With the increasing number of COVID cases in India, it is essential for citizens to know the importance of SDG 3 (Good Health and Well Being). We need to implement SDG 3 in our day-to-day life to fight with the Corona virus.

Good health does not just mean being free of diseases or illness but it has many more aspects to it such as physical health, social health and mental health. Many people are struggling with their health these days but there are many ways to lead a healthy lifestyle even at homes.

We should do meditation and yoga every day, eat good number of fruits and vegetables and keep interacting with our friends and family with the help of technology. We should also help the poor by providing them with food and basic necessities because if virus doesn't discriminate, why should we?

At the end, I would like everyone reading this article to think about their health and do what's best for them because we need to stay alert regarding our health, not just for us but for the entire nation.



KAASHVI GUPTA - SUNCITY 8D

# FUN WITH SDGs: EXPERIENCES

## **GOOD HEALTH AND WELL BEING: NEW FRONTIERS**

Good health and wellbeing, though integral to survival, often find themselves neglected as we indulge in the superficial jobs of everyday life. One example of this is how most people do not know about advances in biotechnology that are on the path to saving thousands of people around the globe. This article aims to inform readers about important breakthroughs related to good health and wellbeing and sensitize them to the importance of learning more about quantum leaps in biotechnology.

Needless to say, advancements in health are coming at a greater pace than ever before; whether it is the advent of mRNA vaccines or advancement in CRISPR technology (Clustered Regularly Interspaced Short Palindromic Repeats) we are closer than ever to solving the problems of both communicable and genetic diseases. CRISPR technology is a method of genome sequences that are giving promising results for curing genetic diseases such as HIV.

Research in epigenetics - The protein folding problem, which has befuddled mankind for decades, is now near an explanation. The protein folding problem describes how we have yet not been able to describe the order and positioning of amino acid molecules in proteins. Now, even novices can model exponential growth in pandemic numbers using or by making Machine learning programs such as XGBoost.



# FUN WITH SDGs: EXPERIENCES

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Epigenetics is also an example of an active field of research, it has allowed scientists to make numerous advancements in finding a cure to genetic diseases such as cancer, diabetes, amyotrophic lateral sclerosis etc. Bio-technology is not heralded nearly as much as it deserves in today's world.

I have only described the tip of the iceberg, countless other advances are making their way into the health industry. It is imperative to note that science communication makes it possible to learn the basics of these concepts easily and breaks the stereotype that such knowledge is reserved for only nuanced learners. Health is indispensable for progress and learning about progress in health is also indispensable for concerned global citizens.

**NAVYA MEHROTRA, SUNCITY 10-G**

## ***SDG 3 STORY - NIHARIKA GULERIA, SUNCITY 9C***

In the first few months of 2019, Arunima went through a phase. She lost some weight and everyone around her was complimenting her for it. Her friends often asked, "What did you do, was it just diet control?" and Arunima would just laugh it off. She didn't know herself either.

Soon after, the New Year's, she travelled to her grandparents' place in the mountains for her birthday.

Her schools had ended early since a virus by the name of COVID-19 was spreading across the country. Just like the others, initially, she took it lightly as well. But when the news was bombarded with updates on deaths and cases of people suffering from the virus, everyone became cautious. COVID-19, unlike what it was for everyone else, became a time when Arunima healed herself.

One day, while watching a reality show with her grandmother, Arunima realized that she wanted to learn an instrument. After some research, she found what it was – the saxophone. After a few weeks, her parents bought her a saxophone. She learned many songs and tunes, relieving her stress.

# FUN WITH SDGs: EXPERIENCES

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While the world was taken by a storm, Arunima was as peaceful as a dark night sky. She felt more confident, more focused and more sought out, and realized that life was not all about getting good grades. One must also pay attention to their physical and mental health by playing a sport, exercising, practicing self-care, pursuing one's passion, and eating and sleeping on time.

Arunima relocated to another part of the city. There, she discovered a squash court. She was completely new to the sport, but her parents encouraged her. They bought her and her brother, Aksh, a set of squash rackets. From then on, every day, Arunima and Aksh would go to play squash every morning.

God, as he often does, listened to the wishes of Arunima. But in return, rewarded a greater terror. The second wave of Corona virus killed thousands every day. Arunima and her family packed their bags and rushed to her grandparents' home, away from the city. They lived in peace in the mountains. They travelled to different places and watched many beautiful sceneries together.

Arunima travelled back to the city as her summer holidays began to end. As she travelled back, she sat in the back seat of the car, in deep thought, thinking, 'What is the reason one is born?'. After a lot of thought, she decided that for her, the answer was - 'One is born to pursue one's passions and dreams'.



# FUN WITH SDGs: EXPERIENCES

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## *ONLINE LEARNING AND MENTAL HEALTH*

The current predicament that we live in is appropriately called the new normal. In this new normal, online learning is the alternative to regular school. Online learning helps us stay safe physically but mentally it can be draining. The experience of not being healthy mentally is experienced by my many students, including me. Dealing with it is not as easy as it seems to be.

Since 2020, which is when online learning started for the majority of the country, I expected that online learning would be a smooth ride with no bumps but it was a long journey filled with bumps all along the path. In the beginning, I felt relieved for not being able to go to school as I did not have to wake up early, I didn't have to travel in a bus for long periods of time and did not have to walk around the campus for different activities. All I had to do was open the laptop and attend classes in the comfort of my house.



# FUN WITH SDGs: EXPERIENCES

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This opinion of online schooling being better than regular school continued till I felt lonely. I stopped interacting with people and meeting new people. This was not because I didn't want to but because I had to. The loneliness led to low self-esteem and confidence because it felt awkward to talk to someone as I had forgotten how to communicate with people in any environment.

It could be school or home but communication was certainly hampered because there was no one to talk to except my family. Even if I can call my friend from anywhere in the world, we can never feel the same as we do when we talk in person.

Loneliness is a feeling that nobody wants to feel just because of the sheer frame of mind you get into. You get egregious and negative thoughts which can lead you into a negative frame of mind when you think that it is the end of the world and everything is falling apart.

Loneliness can be put away by not staying idle and putting your mind towards something. You can exercise, listen to music, play online with some friends or write your thoughts. Writing my thoughts is what I did and I felt lighter because I left all the frustration by just writing and expressing myself without telling anyone about it.

Once you put your mind to something and do not feel idle, you can actually forget about the bad frame of mind and stop feeling like it's the end of the world for us. The loneliness and negative frame of mind were left by me in the latter part of 2020 because by that time I was able to keep myself busy.



# FUN WITH SDGs: EXPERIENCES

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Exams, extra-curricular activities and sports kept me busy which helped me focus on every task up ahead. Online Learning still bothered me time and time again but it didn't affect me as much as it did in the beginning because then I started meeting people gradually.

Lockdown not being imposed helped as I could still meet some of my friends who lived nearby if not everyone. At present, I find online learning to be the most suitable option but it should not sustain too long. The amount of mental pressure and anxiety it put on me as a student was something that took a lot of time to cope with. Even if you are going through a hard time with online learning which results in low self-esteem and loneliness just remember that everyone has gone through this in their life. To conclude, once you come out of dealing with mental health issues you feel better, lighter and a whole lot more confident like I do now.



**RONNIET BIALA, SUNCITY 9-B**

# FUN WITH SDGs: EXPERIENCES

## INDIA AND SDG 3

2015 was the year when United Nations adopted its 17 Sustainable Development Goals (SDG's). These are an universal call which are meant to end poverty, provide proper health care to all and protect our planet. These are to be achieved by 2030, so that all people can live a peaceful life.

Goal number 3 says that all should live a healthy live and promote well-being for all at any age. The challenges to this goal are the various diseases and outbreaks that occur, at present we can say Covid-19. This goal is not only about tackling diseases but also to promote the health of every human on this planet. This can be done by immunization programmes tackling diseases such as HIV, Tuberculosis or Flu which cause death of people more than any disease. It also promotes child health and providing equal and proper health and sanitation services to all.



# FUN WITH SDGs: EXPERIENCES

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Nowadays, a challenge to immunizations programmes is the pandemic; it has interrupted immunization programmes in over 70 countries, including ours. But if we, specifically talk about our country, the biggest challenge is of sanitation and availability of proper resources. In our country more than 37 million people are affected by water related diseases out of which 1.5 million children die because of diarrhoea. Our country tops the list with more than 732 million people having no access to toilets, and most of them are poor or belong to the lower castes. All these problems need to be solved; this can be done by making the people aware, investing in vaccination programmes. These cannot be solved by only hoarding banners or distributing flyers during elections. The government makes promises before the elections and then they just forget those promises. The way we can solve most of the problems in our country is by solving this enormous problem of corruption. Our first Prime Minister had said, "Failure comes only when we forget our ideals, objectives and principles", this encapsulates the solution.

LAKSHIT CHOUDHARY, DPS 9- A

## ***COVID-19 AND CHANGE IN THE LIFESTYLE***

### ***PATTERNS:***

It is widely believed that a healthy mind stays in a healthy body. With the external situations becoming more unprecedented, this thought of lifestyle has continued to be relevant in the modern time also. The novel corona virus has brought a revolutionary shift in the lifestyle pattern of the individual as well as the society. Who knew that sanitizers, masks, and social distancing would become the new norms of functionality and operation. This is what is precisely meant by change in lifestyle patterns. The need for the individual to check on his/her health has become all the way more eminent in the pandemic times.



# FUN WITH SDGs: EXPERIENCES

Not only this COVID-19 has also helped in breaking the stereotypical delusionary boundaries that were set around certain topics and themes such as mental health. It has now become more important for an individual to check on his/her mental as well as physical, psychological and emotional wellbeing as well. From a very moralistic point of view, mankind has started to value relationships more than the materialistic things as evident with the insurge of family gaming and together time spending games and apps on various online platforms. Besides this, from a very prudential point of view in respect to the variables of public policy making, it has been already imbibed in the individuals to take 3 foremost sectors of societal life together namely, the economic, political and the social sector. Self-analyzation has become the need of the hour. But with this, the important rider has to be kept in mind and that is related to Prima facie investigation or analysis. How Covid-19 has impacted the lifestyle pattern cannot be understood through a straitjacketed approach and there still remains unraveled connections with the glimpse of the personal concerns as well as the globally witnessed societal issues as well.

**YUVRAJ DHINGRA, DPS 12-D**

## ***HEALTHY STEED, BY PAVIKA PANDEY, 12-B***

Saw you in my cabinet,  
Last night, dazzling,  
Working down on me,  
Like I'm a maggot or a fledgling.  
In spite of being in small bottlings,  
You laughed at me like a cruel king,  
A cruel king with unnoble steed,  
Yes it's my fault,  
That I depended too much on you,  
And not on the ones in my kitchen,  
The ones which we christened greens.

But I have decided to take my freedom,  
To end your blasphemic rule,  
I have made allies, with the greens in my kitchen,  
And ready to make you dethrone.  
I urge all thee who's reading,  
These lines penned by me,  
Be friends with thy greens.  
Don't let these bottles of meds rule you,  
Be a noble knight and create,  
Create a noble steed you cant escape.

# FUN WITH SDGs: ARTICLES

## INDIA'S PHARMACEUTICAL INDUSTRY: AN ASSET TO THE WORLD

Recently, PM Narendra Modi said, 'India's pharma industry is an asset for the entire world'.

And he had all the reason to say so as India's pharmaceutical sector forms a major component of the nation's foreign trade due to the production of affordable generic drugs which are made in USFDA and WHO GMP compliant plants. With the country's increasing role as a global healthcare leader and active engagement in 'drug/medical diplomacy', India can be called 'the pharmacy of the world'.

Being seen as a leader in pharmaceuticals did not begin in 2020, but rather earlier. In 2001 when there was an HIV/AIDS pandemic which affected around 40 million people around the world, Indian pharmaceutical brand, Cipla developed the world's first triple antiretroviral drug combination, Triomune at an affordable price, which helped in providing healthcare to patients in African countries. Similarly, several Indian pharmaceutical companies have helped provide drugs to third world countries, at fraction of the prices of drugs produced by European & American manufacturers.



# FUN WITH SDGs: ARTICLES

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Countries like Tanzania, South Africa, Nigeria, Rwanda, Madagascar, Zimbabwe are major importers of Indian drugs. This is possible for Indian companies due to the intense competition.

India is the largest producer of generic drugs and has the 3rd highest pharmaceutical production by value. It also has the second highest number of USFDA approved plants in the world. The exports in 2018-19 were worth over 19 billion USD.

Even though in the recent times, the covid-19 crisis has caused complications like disruption of supply chains, increased cost of raw materials etc.; it has allowed India to have a greater role in global healthcare services.

India has become a leading vaccine manufacturer with firms like Serum Institute of India (SII) and Bharat Biotech leading the production. The country has exported about 60 million doses to around 70 countries.



Countries like Tanzania, South Africa, Nigeria, Rwanda, Madagascar, Zimbabwe are major importers of Indian drugs. This is possible for Indian companies due to the intense competition.

The ‘medical diplomacy’ paid off when India was hit by the second wave in 2021. During this time, several countries like US, Germany, Russia etc. sent relief materials and aid.

With the number of cases gradually coming down, India can continue on the road towards becoming a ‘medical superpower’.

However more investment in setting research and development centers for pharma and drug research will be a welcome step.

# FUN WITH SDGs: ARTICLES

To ensure non-disruption of supply chains and self-sufficiency, reducing dependency on other countries, especially China for Active Pharmaceutical Ingredients (API)/ Bulk drugs is required.

With these steps, India can continue to have a booming pharma industry, which will be a great source of innovation and employment.

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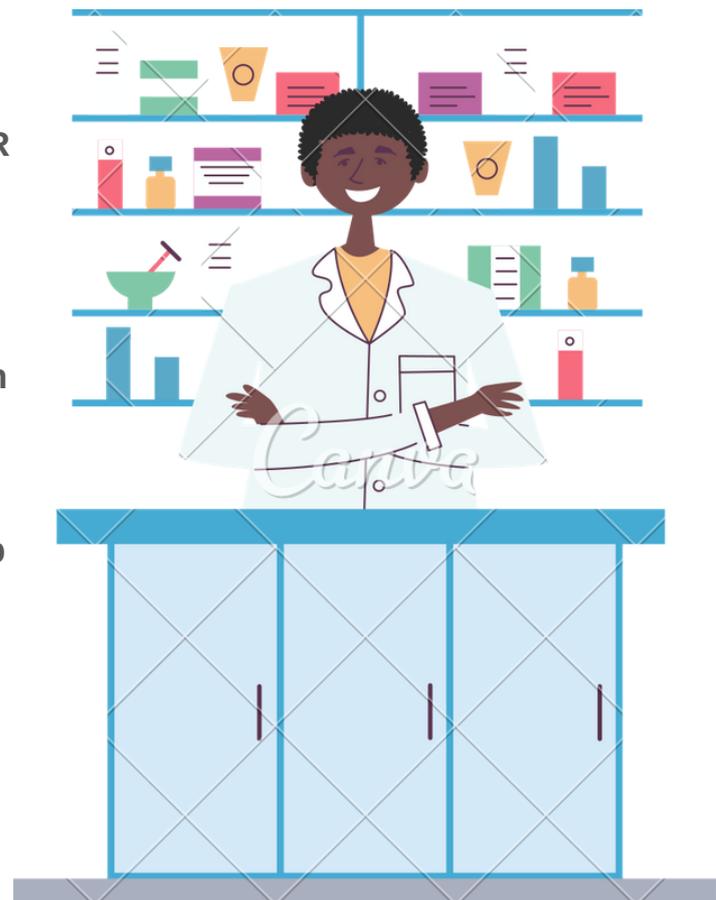
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**KHYATIKA SHAH**

# FUN WITH SDGs: ARTICLES

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## ***VEGANISM: A RESEARCH PAPER BY THE STUDENTS OF SUNCITY SCHOOL***

By: Anvi Tuteja, 9C, Pia Roy Chowdhury, 9C,  
Niharika Guleria, IGCSE 9A

### VEGANISM: AN INTRODUCTION

Although the vegan diet was defined early in 1944, it was as late as 1949 that it was pointed out that the society lacked a proper definition of veganism. Veganism is currently defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, be it from food, clothing, or any other purpose, and therefore implies the neglecting of any animal parts or products. And by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment.

### VEGANISM: WHY IT IS DIFFERENT

A vegan lifestyle prevents a tremendous amount of animal slaughter and suffering. It offers a potent way to shrink our environmental carbon footprint, especially pertaining to climate change. a well-planned vegan diet inspires the highest levels of fitness, while reducing our risk of various chronic conditions.



# FUN WITH SDGs: ARTICLES

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## VEGANISM: SPECIAL FOCUS ON ITS BENEFITS

**For the Animals:** Preventing the exploitation of animals is not the only reason for becoming vegan, but for many it remains the key factor in their decision to go vegan and stay vegan.

**For your Health:** Well-planned vegan diets follow healthy eating guidelines, and contain all the nutrients that our bodies need

**For the Environment:** One of the most effective things a person can do to lower their carbon footprint is to avoid all animal products.

## VEGANISM: A PERSONAL CHOICE (An Experience by Niharika G.)

To a hardcore foodie like me, sitting on the table having dinner with her family and friends, being introduced to the concept of Veganism, was a jaw dropper! I didn't understand why anyone would want to deliberately not consume meat or milk. My father's colleague talked about how he had never even drunk milk in his entire life.

The next day I did some research on the concept and decided that I wanted to be a part of this. I decided to go vegan. My first step was going to be finding alternatives for everyday food products. I started off by looking for alternatives for milk and milk products. I ended up coming across soya milk, tofu and another soya based product - plain vegan yogurt.



All of these weren't easy to find; such products can't be found in regular grocery stores. Huge stores which mostly contain imported items only keep vegan based food products nowadays. In the mornings, I replaced milk with soya milk to pair with my cereal and I would eat tofu for dinner. When I went vegan, A large number of people were raising their voices against the killing of innocent animals and taking the right step forward. And, I hope that there is one day when all of us can take a step to protect this world by making a small change.

# GRANDMA'S RECIPES



## Hummus:

**Hummus** is a delicious and healthy spread or dip which is commonly eaten in the Middle East and the Mediterranean. It's even preferred eaten with pita bread. Its main ingredients are chickpeas, lemon, and spices and tahini (which is optional if tangy taste is desired).

*Nutrition Value (1oz ie 23gm): Calories-80, Carbs-3g, Fat-7g, Proten-2g*

## Ingredients (for 6 servings about 1.5 cups):

1. 1+1/2 cups (250 grams) cooked chickpeas
2. 1 table spoon of roasted white sesame seeds
3. 1/4 cup (60 ml) fresh lemon juice (1 large lemon)
4. 1 small garlic clove, minced
5. 3 tablespoons (30 ml) extra-virgin olive oil, plus more for serving
6. 1/2 teaspoon ground cumin
7. Salt to taste
8. 2 to 3 tablespoons (30 to 45 ml) water
9. Dash ground paprika, for serving
10. 1/4 cup (60 ml) well-stirred Tahini

## Preparation:

Soak chickpeas for about 6-8 hours. You may do it overnight as well. Then boil them well in a pressure cooker. Cool it down. Now in a mixer grinder add a spoon of roasted white sesame seeds. a clove of garlic and grind them well. Now pour the cooled chickpeas in the jar along with 3 table spoon of extra virgin oil, salt to taste, half tea spoon roasted cumin powder, squeezed fresh lemon juice, a garlic clove, about 30 ml water. Grind them well till the contents to make them thick paste. Hummus is now ready.

## To Serve:

Pour the hummus paste in a plate or a small bowl. Dash it up with some paprika and half a spoon of virgin olive oil.



## Moong Daal Idli:

Moong Dal Idli is an easy and healthy alternative breakfast or idli recipe. A South Indian dish, which is now savoured across the country and is perhaps one of the easy idli recipes as it is made with just moong dal batter without any urad dal combination. The dish can be consumed by itself as it does contain all the necessary spices in it but can be served with coconut/green chutney and also with sambhar.

*Nutritional Value: Energy 41cal, Protein-2g, Carbs-8g, Cholestrol-0g, Fat-.1g*

### Ingredients:

1. Yellow Moong Dal – 1 cup
2. Water – 1/4 cup
3. Green Chillies – 2
4. Ginger Paste – 1 tsp
5. Eno (Fruit salt) – 1 tsp
6. Ghee/Cooking Oil – 1btsp
7. Salt – To taste
8. Coriander Leaves – 1/4 cup for garnishing

### Preparation:

Firstly, in a large bowl soak 1 cup moong dal in water for 2 hours. Drain off the water and blend to smooth paste. Add water little by little to form smooth batter. The batter should neither be too watery nor too thick.. Transfer the moong dal paste to a bowl and add ¼ cup curd. Whisk and mix until the mixture is well combined. Just before steaming add a ½ tsp eno in the mixture to make the batter fluffy and light. Pour the batter immediately into the idli plate. Do not rest the batter. Few coriander leaves can also be put on the top for garnishing. Steam the idli for 15 minutes on medium flame.. Finally, serve instant moong dal Idli with green or coconut chutney and sambar.

### To Serve:

Serve the Moong Daal Idli instantly after cooking with green or coconut chutney and sambar.



**Falafal:**

Falafel is a deep-fried ball or patty-shaped fritter made from ground chickpeas, fava beans, or both.

Total Time: 24 minutes

*Nutritional Value(1 falafel): Calories – 55kcal, Fat -1g, Carbohydrates -9g, Protein -3g*

**Ingredients:**

1. 425 grams chickpeas, rinsed and drained
2. 1/4 cup fresh parsley
3. 1/4 cup cilantro (coriander leaves)
4. 2 cloves garlic
5. 1 large shallot, chopped
6. 3 tablespoons all-purpose flour (maida)
7. 2 tablespoons sesame seeds
8. 2 teaspoons ground cumin
9. 1 teaspoon paprika
10. 1/2 lemon, juice only
11. 1 teaspoon salt
12. Air fryer (for cooking)

**Preparation:**

Take a mixer jar, add the chickpeas, parsley, cilantro, garlic, shallot, flour, sesame seeds, cumin, paprika, lemon, and salt. Blend it to a coarse paste. Take small portion and shape it into small cylindrical tikkis. Repeat until you use all the falafel mixture. You should get 25 to 30 falafel tikkis. Spray the basket for your air fryer with some non-stick olive oil. Add as many falafel tikkis into the basket as you can without them touching and spray them with olive oil very lightly. Air fry the falafel at 350°F for 8 minutes. Flip and fry for another 6 minutes on the second side. Repeat until you've cooked all the falafel.

**To Serve:**

Serve the Falafal instantly after cooking .



## Oats Chila:

Oats chila is a great combination of oats and gram flour along with semolina, tons of veggies and spices

Total Time: 20 minutes

*Nutritional Value*·(1 oats chila): *Calories – 249 kcal, Fats – 14g, Carbohydrates – 44g, Protein – 8g*

## Ingredients:

1. 1 cup oats
2. ¼ cup semolina
3. ¼ cup gram flour
4. 1 capsicum (chopped)
5. 1 onion (chopped)
6. 1 tomato (chopped)
7. 1 inch ginger
8. 2 tbsp coriander (chopped)
9. 2-3 green chilli (crushed)
10. ½ tsp cumin seed powder
11. ½ tsp red chilli powder
12. ¼ tsp turmeric powder
13. Salt to taste

## Preparation:

In a mixer jar or a chopper, grind oats to a powder form. In the same jar add semolina, gram flour, capsicum, onion, tomatoes, chopped green chilies, roasted cumin seed powder, ginger, red chili powder, turmeric powder, salt and put the lid back on and grind once again. Add curd (optional) or water and grind until all ingredients blend together. Add water accordingly to make the batter of the right consistency. Next, heat a non-stick pan and add a ladle full on it and spread wide with the base of the ladle and let it cook on low medium flame. Add oil (optional). Once the base is cooked flip it over and cook until it is golden in hue. Prepare more of these oats pancakes similarly.

## To Serve:

Serve the Chila instantly after cooking .

# FUN WITH SDGs: QUIZ

Quiz Time! Check your Scores!

**Q1. Besides carbohydrates, a major source of energy in our food is constituted by-**

- a) Proteins
- b) Fats
- c) Minerals
- d) Vitamins

**Q2. Who invented penicillin?**

- a) Louis Pasteur
- b) Amalia Fleming
- c) Robert Koch
- d) Alexander Fleming

**Q3. Which of the following is an attention disorder?**

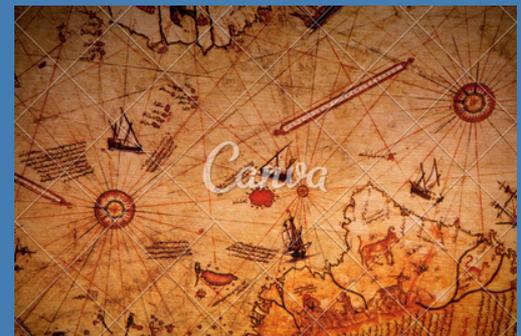
- a) Attention Deficit Hyperactivity Disorder
- b) Schizophrenia
- c) Paranoia
- d) Post-Traumatic Stress Disorder

**Q4. When is International Yoga Day celebrated?**

- a) 21 June
- b) 25 June
- c) 21 July
- d) 22 August



## THE PIRI REIS MAP



One of the most famous maps in the world, the Piri Reis map was compiled in the 1500s by Ottoman Admiral Piri Reis.

This map is so extraordinary because it showed Antarctica centuries before it was officially discovered, and curiously without it's ice covering...

1) B, 2) D, 3) A, 4) A

ANSWERS:

# Fun Corner

## Instructions for Spellathon Game

Instructions:

1. Use the letters in the spaces to form words of 4 or more letters.
2. The central letter (E) must be used in all words.
3. Each letter can only be used once, unless it occurs twice (H).

Hate, Heal, Heat, Tale, Teal, They.

Answers - Healthy, Health, Health,

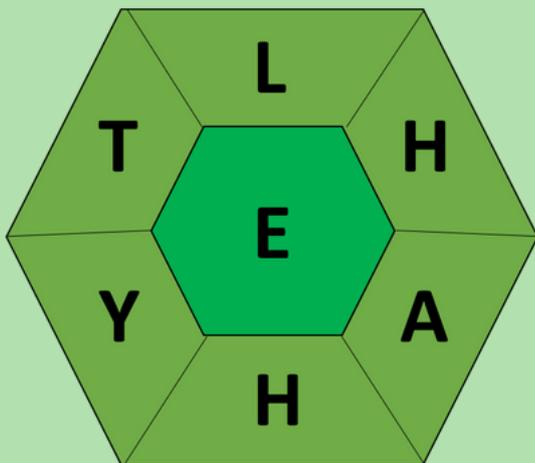
## WORD SEARCH

F	H	P	S	G	W	U	Y	D	S	K	S	Z	D	L
A	G	O	Y	S	L	O	J	M	F	D	N	I	I	H
E	Y	X	F	V	E	A	A	X	I	O	S	F	F	T
N	Q	R	H	Z	M	R	P	B	I	E	E	K	H	L
V	C	P	U	A	E	X	T	T	A	S	Y	N	S	A
I	D	U	E	M	D	Q	I	S	T	C	I	M	J	E
R	A	I	A	O	I	R	E	Y	P	D	L	S	U	H
O	P	D	B	W	T	Y	L	S	M	O	I	T	Y	L
N	U	M	X	U	A	E	B	A	L	A	N	C	E	A
M	E	K	N	M	T	R	P	T	G	J	Q	A	E	T
E	E	Q	K	S	I	P	E	T	C	I	Y	K	K	N
N	O	E	A	I	O	P	R	N	U	T	F	D	L	E
T	Z	M	H	J	N	X	E	Q	E	L	W	J	W	M
E	G	B	A	B	V	K	N	J	H	S	F	O	T	F
R	K	Z	L	X	O	K	M	Y	F	G	S	J	D	U

Words can go in any direction. Words can share letters as they cross over each other.

## SPELLATHON

From Pulkit Agarwal, Suncity - 8D



## Words for Search

- AWARENESS
- NUTRITION
- MENTAL HEALTH
- ENVIRONMENT
- LIFESTYLE
- MEDITATION
- DISEASE
- BALANCE
- STRESS
- YOGA

PUZZLES AND GAMES!

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GROUP PHOTO  
SUNCITY STUDENTS  
VEGANISM ARTICLE

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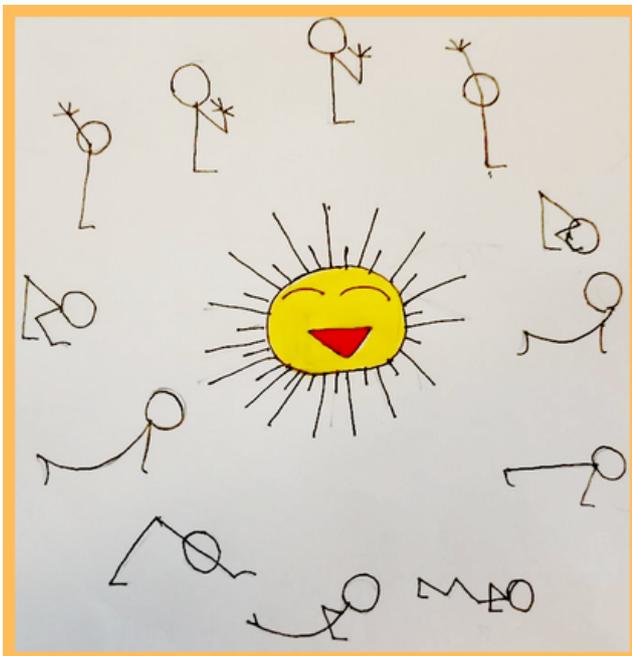
**Siddhant Datta - 3rd  
Suncity School Gurgaon**



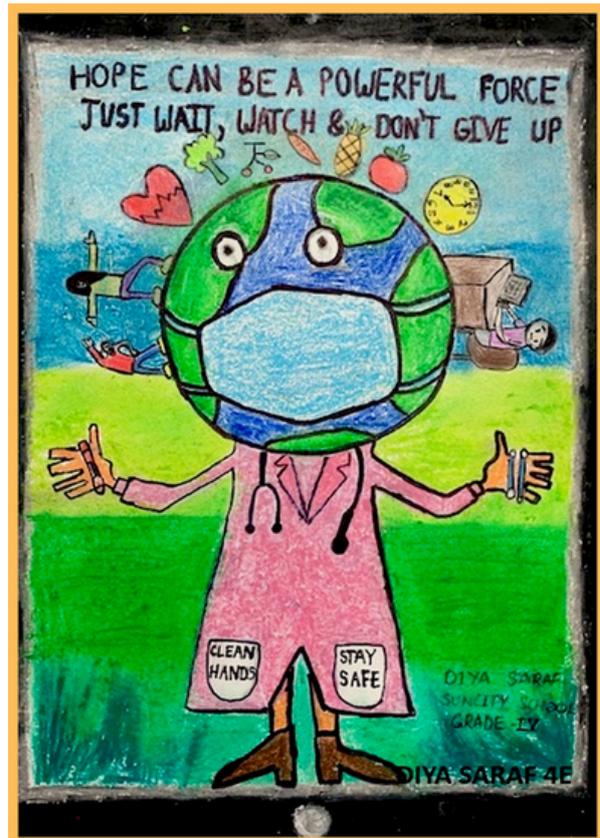
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**Diya Saraf - 4th  
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Saanvi Manglik - 8th  
Suncity School Gurgaon



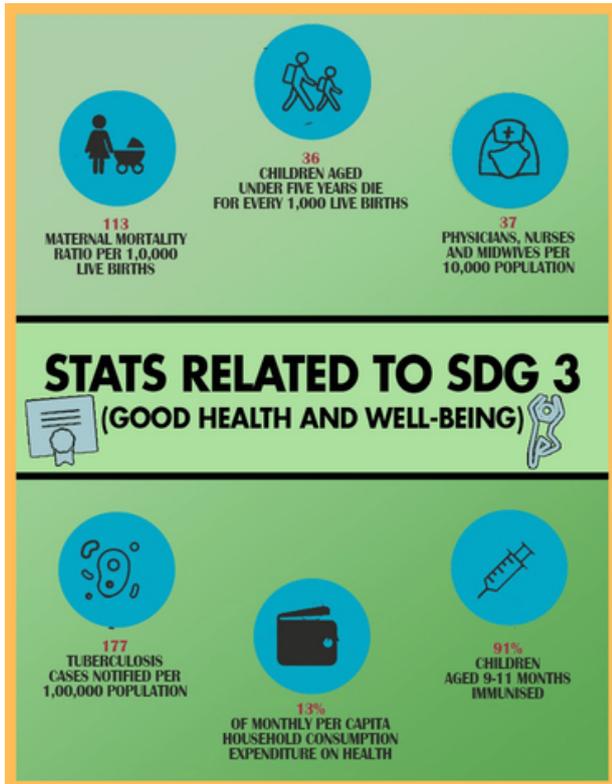
Ayushi Kaushal - 10th Suncity School Gurgaon



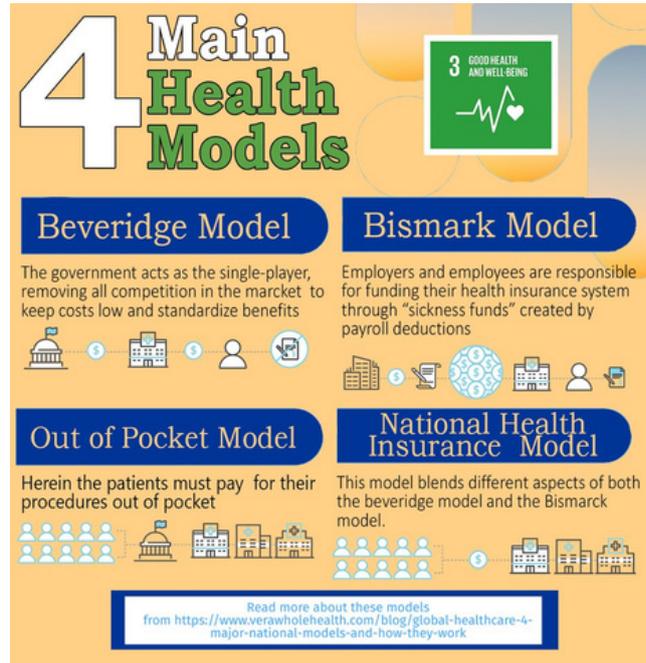
Sahira Taneja - 10th Suncity School Gurgaon



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Sharmistha Dubey - 9  
DPS Greater Faridabad



Sharmistha Dubey - 9  
Sarthak Chaturvedi - 11  
DPS Greater Faridabad

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# *Be The Change Newsletter Vol.1*