

AMI CHRONICLES

OUR MONTHLY MAGALOGUE

July 2026

**BACK TO SCHOOL,
BACK TO DREAMS**



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From the Director

oeee

'I'm sad to say that I'm on my way
And I won't be back for many a day.
My heart is down my head is turning around.....

For I have to leave now as I am retiring. It is essential to do so as there comes a time in life when the mind runs faster but the joints creak and complain and can't keep up !

My journey has been very enriching. I started my teaching career back in 1979 and haven't stopped since. I had the fortune to work with Mr Rudrahanji who sculpted the heritage stage. We were allowed to paint with the white colour only and it was a supreme matter of pride to be work on his side as an artist.

All my students who learnt with me from 2013 to the present are very dear to my heart. I wish them the greatest success in life . May each one of you attain what you dreamt of. And remember, it is only self discipline that can get you through. Your own strength is your self inflicted discipline that channelises your energy into the direction that you want to go. No exterior force can make you or break you. YOU are the MASTER of your own DESTINY. So pursue your dreams and THINK BIG. Be resilient . 'If at first you don't succeed, try again' !!!

WISH ME LUCK AS YOU WAVE ME GOODBYE
CHEERIO, HERE I GO ON MY WAY.....

Mrs. Veena Singh

DIRECTOR



From the Editor



Welcome back students!

I hope you all had a wonderful, relaxing summer break and are returning with plenty of stories to share. Walking through the corridors this week, it has been wonderful to hear the school buzzing with life and laughter again. But as we settle back into our routines, July also brings us right into our first major milestone of the term: Periodic Assessment I.

I know exams can feel daunting, but assessments and daily study are simply a natural part of student life. They aren't just about grades; they teach us how to manage our time, handle pressure, and build focus—skills that stay with us long after we leave school. So, let's shake off the holiday mood and get organized. Make sure your notebooks are up to date, your bags are packed according to the new timetable, and you are getting enough sleep to stay sharp in the mornings. Approach these tests as a chance to see how much you've grown since April.

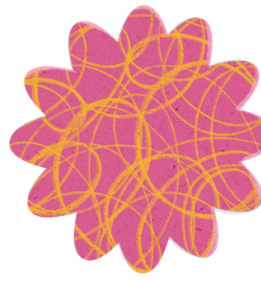
Believe in yourself, support your classmates, and let's make this month a fantastic start to the new term. Wish you all the very best!

Dr. Poornima Ganjele

EDITOR-IN-CHIEF



From the Head Girl



The Art of Growing Up

No one tells us that growing up happens quietly. It doesn't arrive on our eighteenth birthday, nor does it announce itself with a grand celebration. Instead, it slips into our lives unnoticed. Somewhere between those ordinary days, we begin to change.

Have you figured it all out yet? And slowly, almost without realizing it, we start believing that growing up means having answers to questions we have only just begun to understand. But maybe growing up was never meant to be a race. The real art of growing up lies not in becoming older, but in becoming gentler. It is replacing quick judgments with quiet understanding, choosing compassion over criticism, and realizing that kindness often speaks louder than being right.

Maybe that is why growing up feels so complicated. It asks us to become wiser, not harder. So, if growing up teaches us anything, let it be this: success may shape our future, but kindness shapes who we become.

"Perhaps that is the beauty of life it never asks us to become a finished version of ourselves. With every season, every goodbye, every lesson, and every new beginning, it quietly adds another brushstroke to who we are. Some masterpieces are never finished; they simply become more meaningful with time.

And that is enough. We do not have to know everything today, nor do we need to become perfect tomorrow. As long as we continue to learn, to grow, and to choose kindness despite life's challenges, we are already becoming the people we are meant to be. After all, growing up is not about reaching a destination, it is about embracing the journey with courage, humility, and an open heart.

-Pafak Parashar

HEAD GIRL



संत कबीर जयंती



हिंदी साहित्य और काव्य का एक लोकप्रिय रूप है 'दोहा' ।

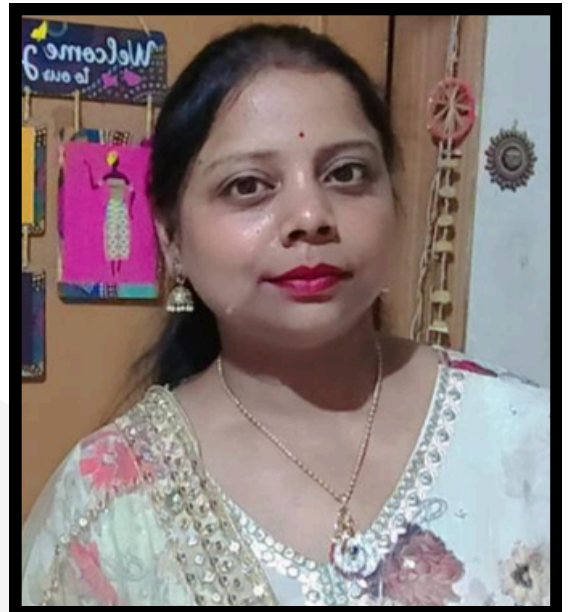
दोहे की बात हो तो अनायास ही कबीर दास जी का नाम याद आता है। धन्य है भारत भूमि जहाँ कबीर जैसे महान संत और सुधारक ने जन्म लिया। भक्ति काल की निर्गुण भक्ति धारा के प्रमुख कवि जिन्होंने संपूर्ण जीवन उस समय फैले अंधविश्वासों एवं आडंबरों का विरोध किया तथा अपने दोहों के माध्यम से लोगों को जीवन जीने का पाठ सिखाया। उनके दोहों का जादू आज भी कायम है, चाहे गुरु की महिमा हो या ज्ञान का महत्व संत की पहचान हो या सच्ची मित्रता वे हर दोहे के माध्यम से हमें शिक्षा और दिशा निर्देश देते हैं।

निराकार ब्रह्म से साक्षात्कार करने वाले ,खोखली प्रथाओं का विरोध एवं सामाजिक समानता के समर्थक ,एकता एवं भाईचारे का संदेश देने वाले इस महान संत को कोटि-कोटि प्रणाम ।

आपकी शिक्षक की कलम से ✍️

श्री मति ज्योति अग्रवाल

विभागाध्यक्ष, हिंदी



"साई इतना दीजिए, जामे कुटुम समाय।
मैं भी भूखा न रहूँ, साधु न भूखा जाए॥"

संत कबीर ने इस प्रसिद्ध दोहे में संतोष और सादगी का संदेश दिया है। वे भगवान से उतना ही मांगते हैं, जिसमें उनका परिवार सुखी रहे और कोई भी जरूरतमंद उनके द्वार से भूखा न लौटे। कबीर दास जयंती के इस पावन अवसर पर हम संत, कवि कबीर दास जी को नमन करते हैं। उनका जन्म पन्द्रहवीं शताब्दी में बनारस के एक जुलाहा परिवार में हुआ था। उन्होंने प्रेम, सत्य, समानता तथा मानवता का संदेश दिया।

उनकी वाणी आज भी भजनों के माध्यम से लोगों को प्रेरित करती है। उनका एक प्रसिद्ध दोहा है –
"बुरा जो देखन मैं चला, बुरा न मिलिया कोय।
जो मन खोजा आपना, मुझसे बुरा न कोय॥"

इससे हमें सीख मिलती है कि हमें दूसरों की गलतियाँ निकालने से पहले स्वयं को सुधारना चाहिए। उनके दोहों से हमें शिक्षा लेते रहनी चाहिए।

धन्यवाद॥

Pratham Kulshreshtha 9 'B'



sdf

Doctor's Day: Guardians of Health and Humanity

Every year, Doctor's Day serves as a meaningful reminder of the invaluable role that doctors play in our lives and in society. It is an occasion to acknowledge their dedication, compassion, and unwavering commitment to safeguarding human health. Doctors are not merely healthcare professionals; they are healers, mentors, researchers, and often a source of hope for individuals and families facing challenging circumstances.

The journey of a doctor is one of continuous learning, hard work, and sacrifice. From years of rigorous education and training to long hours of service, doctors devote themselves to understanding the complexities of the human body and providing the best possible care to their patients. Whether working in hospitals, clinics, research institutions, or rural healthcare centers, they strive to improve lives and promote well-being.

In today's fast-paced world, doctors face numerous challenges, including emerging diseases, technological advancements, and increasing healthcare demands. Yet, they continue to adapt and innovate to ensure that quality medical care reaches those who need it most. Their role extends beyond treating illnesses; they educate communities about preventive healthcare, encourage healthy lifestyles, and contribute significantly to public health initiatives.

The importance of doctors becomes especially evident during times of crisis. Natural disasters, epidemics, and public health emergencies highlight their courage, resilience, and dedication. Many medical professionals work tirelessly under demanding conditions, placing the needs of others above their own. Their efforts exemplify the true spirit of service and humanity.

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A LEGACY OF EXCELLENCE

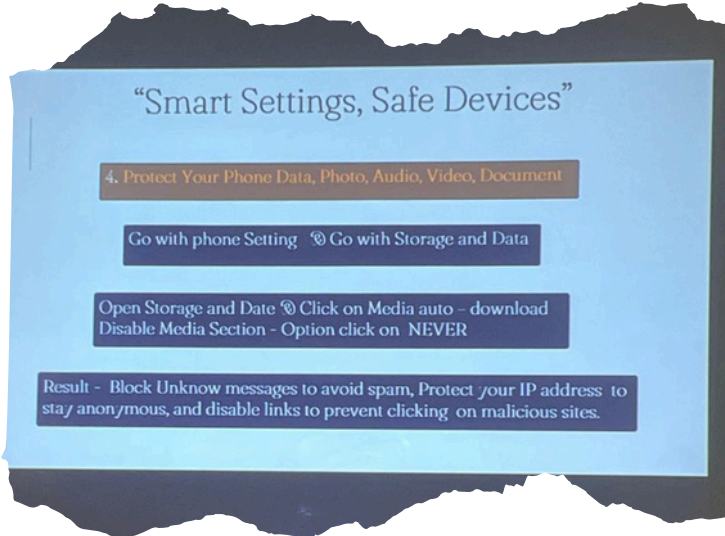
Maitri Verma was felicitated as the Gwalior City Topper in the Class XII CBSE Board Examination by Shri Narendra Singh Tomar, the Hon'ble Speaker of the Madhya Pradesh Vidhan Sabha.

Somya Bhardwaj secured admission to Tier-1 Law Universities in Maharashtra through MHCET (96 percentile), qualified for prestigious institutions such as DU, BHU, and AU through CUET (98 percentile in GAT and 95 percentile in English), and also cleared CLAT, securing admission opportunities in Tier-2 National Law Universities.



Where Learning Leads to Leadership

Cyber Hygiene Awareness Program for Teachers

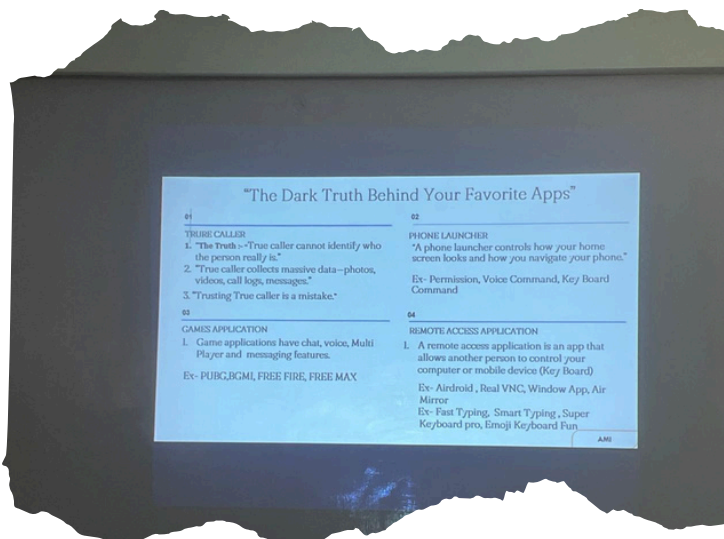


To promote digital safety and responsible online practices, the Computer Department organized a Cyber Hygiene Awareness Program for teachers.

The session aimed to enhance participants’ understanding of cyber security and equip them with essential skills to navigate the digital world safely.



Teachers were sensitized to various cyber threats, including phishing attacks, online frauds, and data breaches. The program also highlighted the importance of strong password management, safe internet usage, and protecting personal and professional information in an increasingly connected environment.



Through informative discussions and practical insights, the session empowered educators to adopt secure digital habits and contribute to creating a safer cyber ecosystem within the school community.



International Yoga Day Celebration

The school celebrated International Yoga Day with great enthusiasm, highlighting the importance of physical fitness, mental well-being, and holistic health. Students and staff actively participated in a special yoga session, performing various asanas and breathing exercises under expert guidance.

The event emphasized the significance of incorporating yoga into daily life to achieve balance, mindfulness, and inner peace. Through this meaningful celebration, participants were inspired to adopt healthy habits and appreciate yoga as a valuable tool for overall wellness and personal growth.

A variety of day-wise activities, including storytelling, poetry recitation, language games, creative writing, folk songs, and cultural presentations, were conducted to enhance students' linguistic abilities and foster cultural awareness. The enthusiastic participation of students made the camp a meaningful and enriching experience, encouraging them to develop a deeper connection with India's multilingual traditions while strengthening their communication skills.



Bhartiya Bhasha Summer Camp



In accordance with the vision of promoting India's rich linguistic and cultural heritage, the school organized the "Bhartiya Bhasha Summer Camp" from 24 June to 2 July 2026.

The camp provided students with a vibrant platform to explore and appreciate the diversity of Indian languages through a series of engaging and interactive activities.

A variety of day-wise activities, including storytelling, poetry recitation, language games, creative writing, folk songs, and cultural presentations, were conducted to enhance students' linguistic abilities and foster cultural awareness.

The enthusiastic participation of students made the camp a meaningful and enriching experience, encouraging them to develop a deeper connection with India's multilingual traditions while strengthening their communication skills.



Back to School with Smiles

The school reopened with great enthusiasm and excitement as students returned to campus after the summer vacation. The first day was filled with joy and anticipation as students reunited with their friends and teachers and stepped into a new academic session. To make the day memorable, a variety of engaging activities were organized for students. Interactive games, creative art and craft sessions, storytelling activities, and fun ice-breaker exercises helped students reconnect with the school environment and begin the session on a positive note. The vibrant atmosphere and enthusiastic participation of students made the reopening day a delightful experience, setting the tone for a year of learning, growth, and success.



RECIPE OF THE MONTH

VEGETABLE CORN SOUP

Ingredients :

- 1 cup sweet corn kernels
- 1 carrot, finely chopped
- ½ cup cabbage, finely chopped
- 2 tablespoons beans, finely chopped
- 1 tablespoon butter
- 4 cups water or vegetable stock
- 1 tablespoon cornflour
- Salt to taste
- Black pepper to taste
- Spring onions for garnishing



Method :

1. Heat butter in a pan and sauté the chopped vegetables for 2–3 minutes.
2. Add sweet corn and water/vegetable stock. Cook until the vegetables become tender.
3. Mix cornflour with a little water and add it to the soup while stirring continuously.
4. Add salt and black pepper as per taste.
5. Simmer for 5–7 minutes until the soup thickens slightly.
6. Garnish with spring onions and serve hot.

Health Benefits :

- ✓ Rich in vitamins and antioxidants
- ✓ Helps boost immunity during the monsoon
- ✓ Easy to digest and low in calories
- ✓ Keeps the body warm and hydrated

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Contributors

STUDENT EDITOR

Yuvraj Singh Kaurav

Palak Parashar

SUB EDITOR

Pratham Kulshreshtha, IX B

Atharv Shivhare, IX

Pranjal Bharadwaj, X B

Sarang Chawan, XII A

PAGE DESIGNERS

Gagan Shakya, XII A

STAFF EDITOR

Dr. Poornima Gangele

Mrs. Jyoti Agrawal

Mrs. Lali Sharma

Mrs. Megha Tomar

PUBLISHED BY

AMI Shishu Mandir

Phoolbagh Gwalior

