



**A
MALARIA-FREE
SUMMER**

**VOTE
FOR
NATURE**

#SAVEOURRAINFORESTS

DID YOUKNOW?

IT IS ESTIMATED THAT WITHIN 100
YEARS THERE WILL BE
NO RAINFORESTS.

QUEST


MAY 2021

IMPORTANT DAYS IN MAY

A Calendar by Shitiz Saha, SI-D


MAY

SUNDAY 02



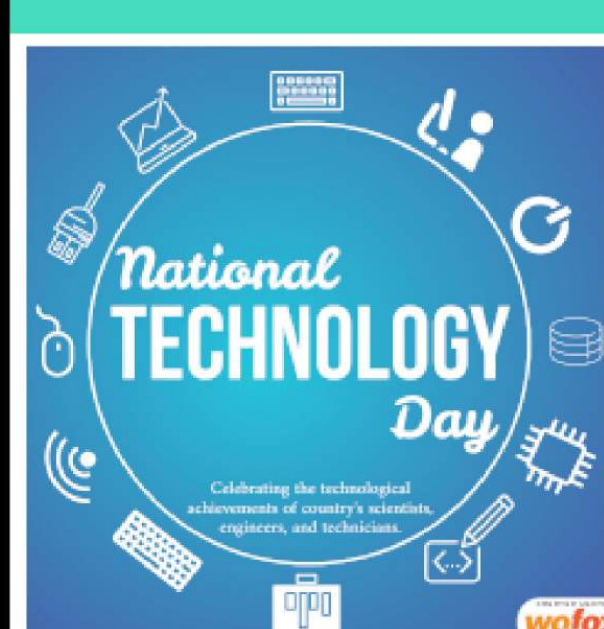
World Laughter Day

THURSDAY 06



INTERNATIONAL NO DIET DAY

TUESDAY 11




National TECHNOLOGY Day

Celebrating the technological achievements of country's scientists, engineers, and technicians.


SUNDAY 16

16 May

National Dengue Day



MONDAY 17



WORLD HYPERTENSION DAY

TUESDAY 18



HIV VACCINE AWARENESS DAY

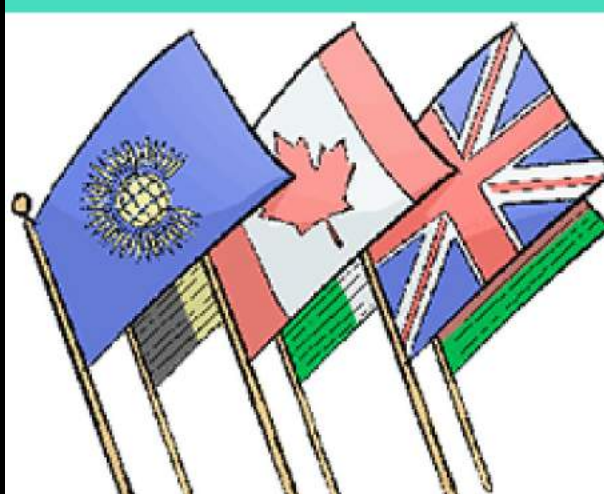
MAY 18th

FRIDAY 21



ENDANGERED SPECIES DAY

MONDAY 24



Commonwealth Day

SATURDAY 29




29 MAY

INTERNATIONAL DAY OF UNITED NATIONS PEACEKEEPERS

MONDAY 31

No Tobacco Day



CONTENTS

Apeejay school Pancheel Park , whose Principal is Ritu Mehta organised an event namely ATL Tinkerfest.

Delhi, 4 April, It had several sub events in it namely, Game designing , App development , Idea shareing , etc . Several schools participated in it such as MIS, DPS , Apeejay , Gyan Bharati , etc . About 50 schools participated , out of which only 7 got selected for the final round .

In App development , Pari Mittal made an App 0 Heroic Care .

This app consisted of various art forms such as self assessment form , Health Ppt , Corona Ppt, Quiz , Interview and a lot more. She had made this app on the theme of " Good Health and Well Being ". It was a highly informative , descriptive and interesting app.

"She not only got selected for the final



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05 HEROIC CARE APP. BY PARI MITTAL OF SI-D.

TEACHER'S CORNER

03 WORLD ASTHMA DAY

STUDENT'S CORNER

05 EXCLUSIVE:

Pari Mittal of S1-D won the second prize in the 'App Designing' category of "ATL Tinkerfest" organized by Apeejay School, Panchsheel Park.

06 EXCLUSIVE:

Armaan Mittal of M3-A and B.Diyaan of M3-C won the third prize in the 'App Developer' category of "ATL Fest: Technocrafts" organized by Air Force Bal Bharati School, Lodi Road.

07 FAMILY: A POEM

08 WORLD ASTHMA DAY: A POEM

09 THEORY OF MOLECULES

10 JUST ASTHMA THINGS

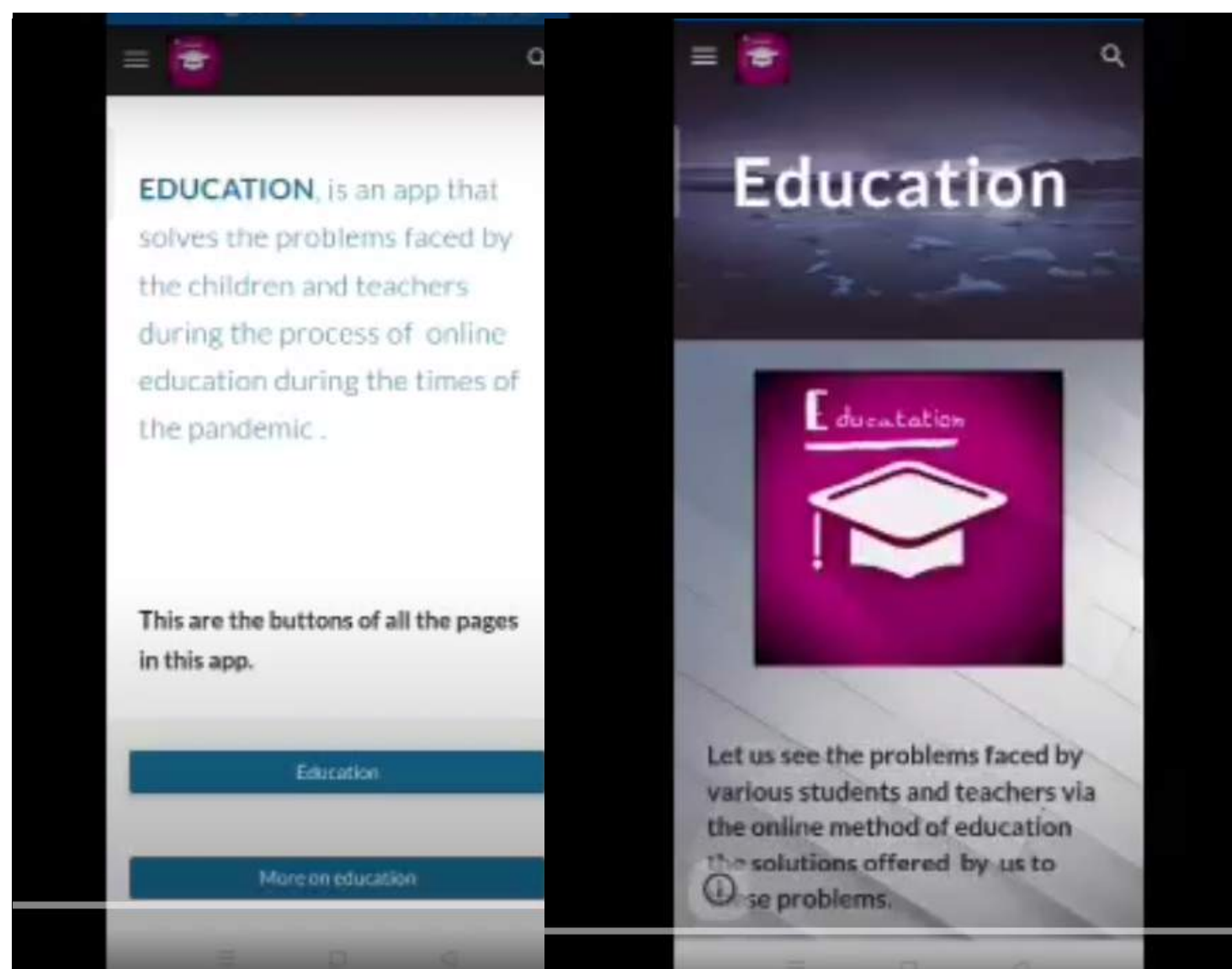
12 NATIONAL TECHNOLOGY DAY

13 ART GALLERY

14 VIDEO GALLERY

15 QUIZ TIME

16 SUDOKU



06 EDUCATION: PROBLEMS OF PANDEMIC BY ARMAAN MITTAL (M3-A) & B.DIYAAN (M3-C)

FOR QUEST ENTRIES, CONTACT:

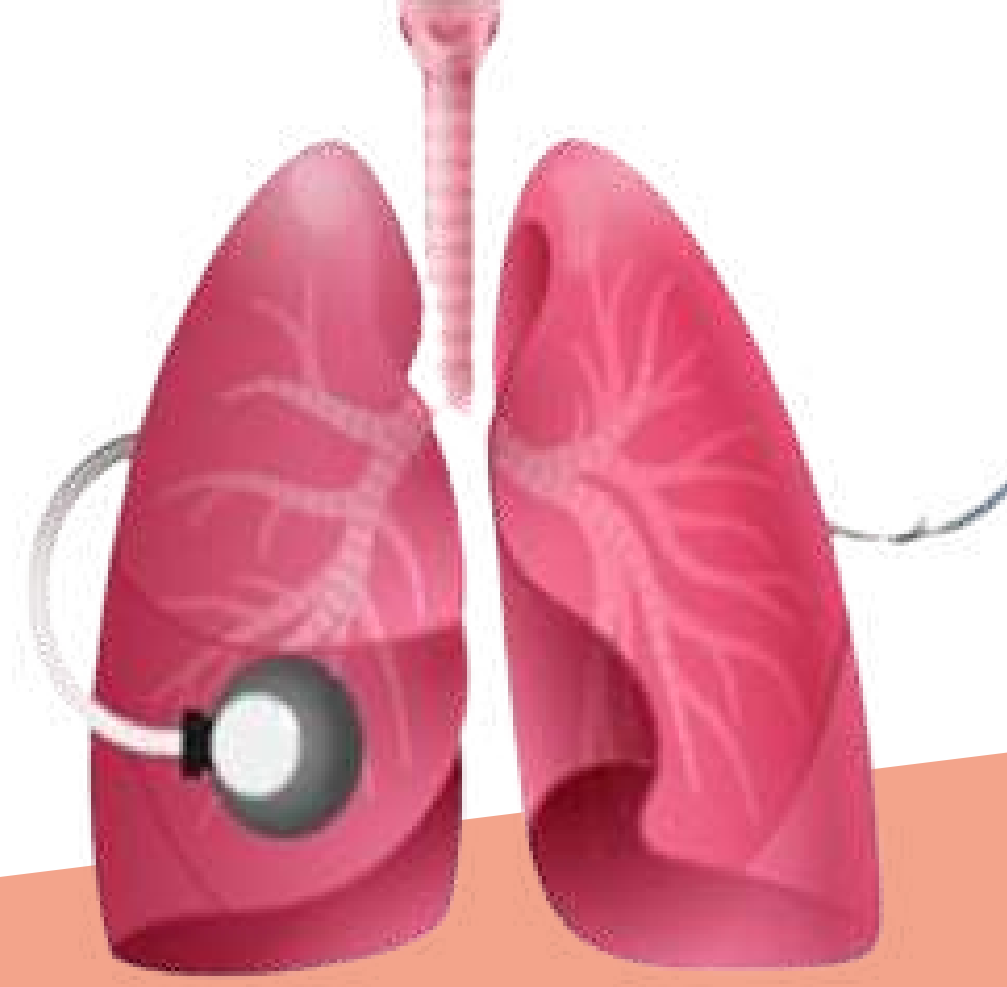
✉ manpreet2020.gbs@gmail.com

✉ bhatiasimran221@gmail.com

#7th MAY

World Asthma Day

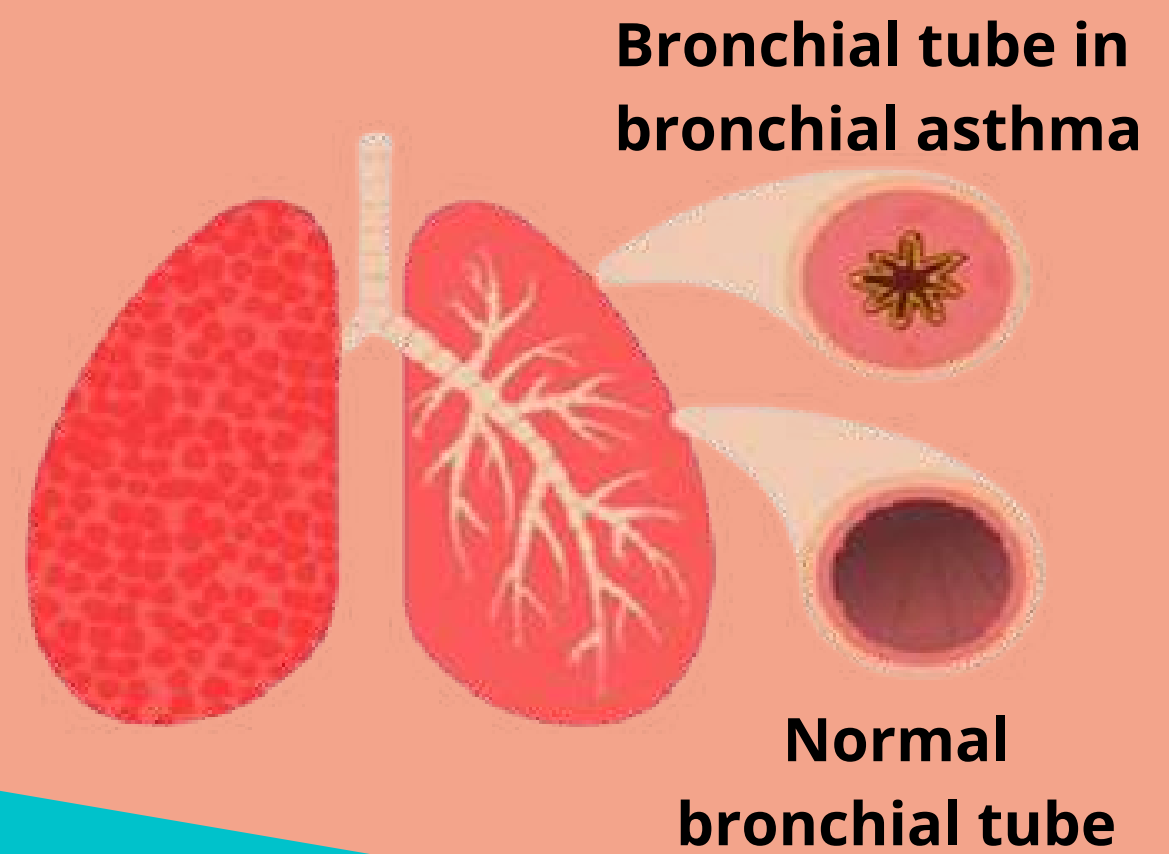
-BY MS. MINI SETHI



What is Asthma?

Asthma is a long-term disease of the lungs which causes the airways to get inflamed and narrow, and it makes it hard to breathe.

Lungs and Bronchi



Cold Air



Dust mite & Mold



Smoking



Allergens



Pollution



Pet hair



Certain medicines

Common Asthma triggers

- Pollen
- Medicines
- Pollution
- Exercise
- Cold air
- Smoking
- Stress
- Dust mites
- Infections
- Molds
- Pets
- Food



Shortness of breath



Difficulty in breathing



Dry Cough



Night Cough



Wheezing



Chest pain

SIGNS & SYMPTOMS



#7th MAY

World Asthma Day

-BY MS. MINI SETHI



WORLD ASTHMA DAY

7th May, 2019

Tips to Manage Asthma attacks in Summer



Keep your rescue inhaler available all the times



Know your allergens & avoid them



Avoid getting sick & stress



Avoid smoking & drinking alcohol



Wash sheets & pillowcases regularly with hot water



Avoid using rugs or carpets



Maintain a cool house to avoid humidity



Adapt dietary changes

MANAGING ASTHMA ATTACKS

MYTHS & FACTS

GET THE FACTS ABOUT ASTHMA

MYTHS

FACTS

Asthma cannot be treated

Can be treated and controlled easily.



You only have asthma only when you have trouble breathing

Asthma is a chronic condition, meaning it is there all the time. People with asthma have airway inflammation even when no symptoms are present.

Asthma attacks are always sudden & severe

Most asthma attacks develop slowly with a gradual increase in symptoms like chest tightening, breathlessness, coughing.



Asthma medication is only used when a person is having an asthma attack

Medications are one of the most important tools for managing asthma symptoms and preventing them from getting worse.

Inhalers have side effect

No side effect (can be given in pregnancy also).

Only in severe disease inhalers are given

Should be started as early as possible.

Inhalers are addictive

Not true. Asthma patients may always need to take medication, but it is not because they are addicted to it.

HEROIC CARE

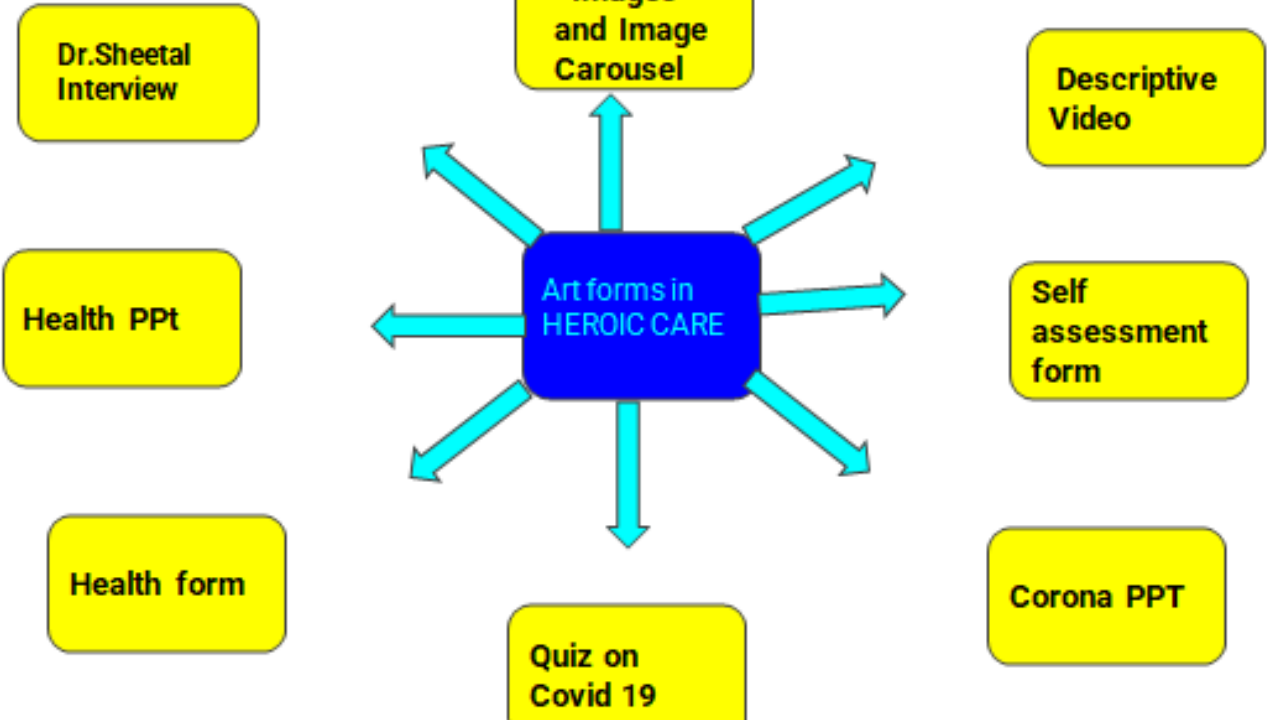
-BY PARI MITTAL, S1-D

Heroic Care

HEROIC CARE, is an app that solves both the problems faced by the people during the pandemic and the problems faced in the difficulty in maintaining a healthy lifestyle.

This app consists of several art forms such as ppt, video, etc

This app has 3 pages and the home page.



SCREEN-RECORDING OF THE APP.

https://drive.google.com/file/d/1tRR1BqjMx7Vx06M_tvH9a4izG-CESGHN/view

LINK FOR THE APP

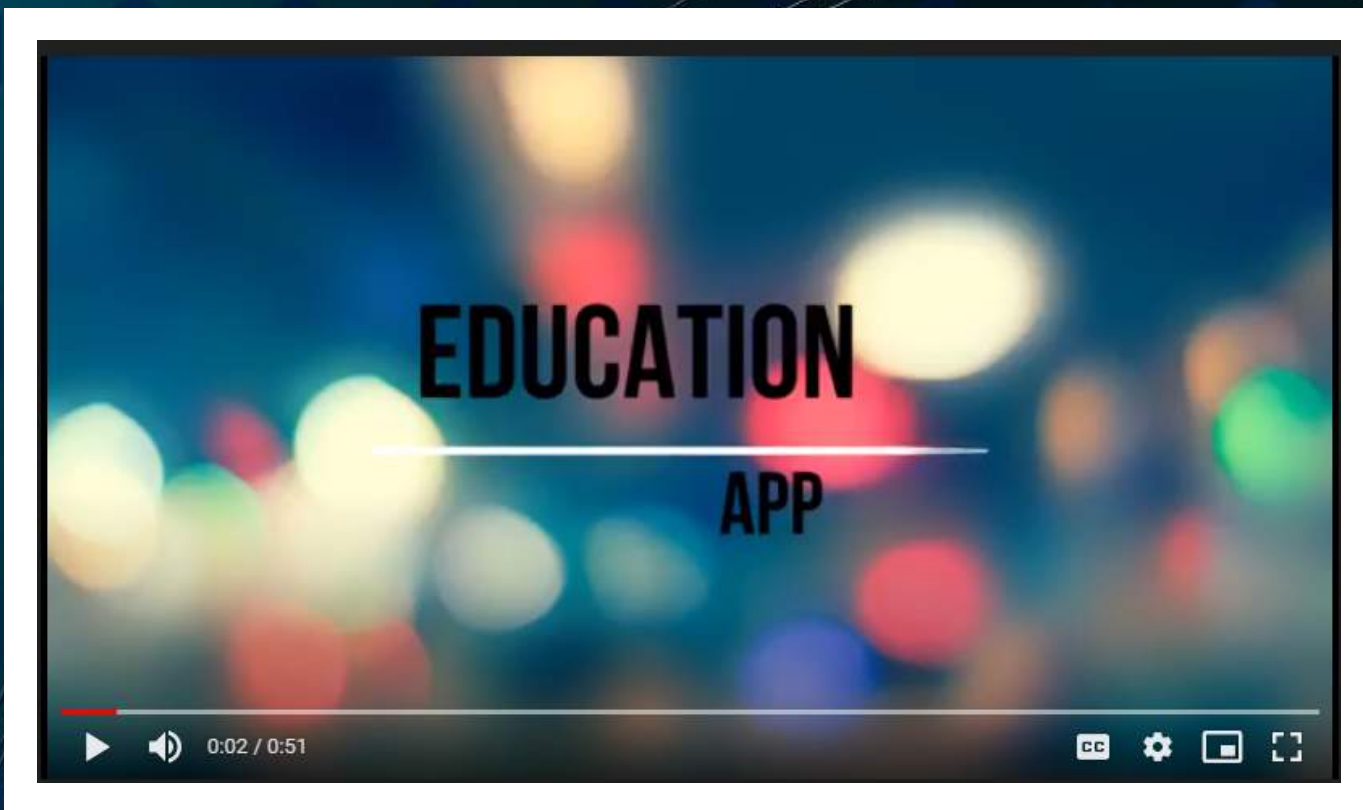
<https://appsgeyser.com/api/track/redirect?url=https%3A%2F%2Ffiles.appsgeyser.com%2FHeroic%2520care%2013459695.apk%3Fsrc%3Dpage>



HEROIC CARE APP

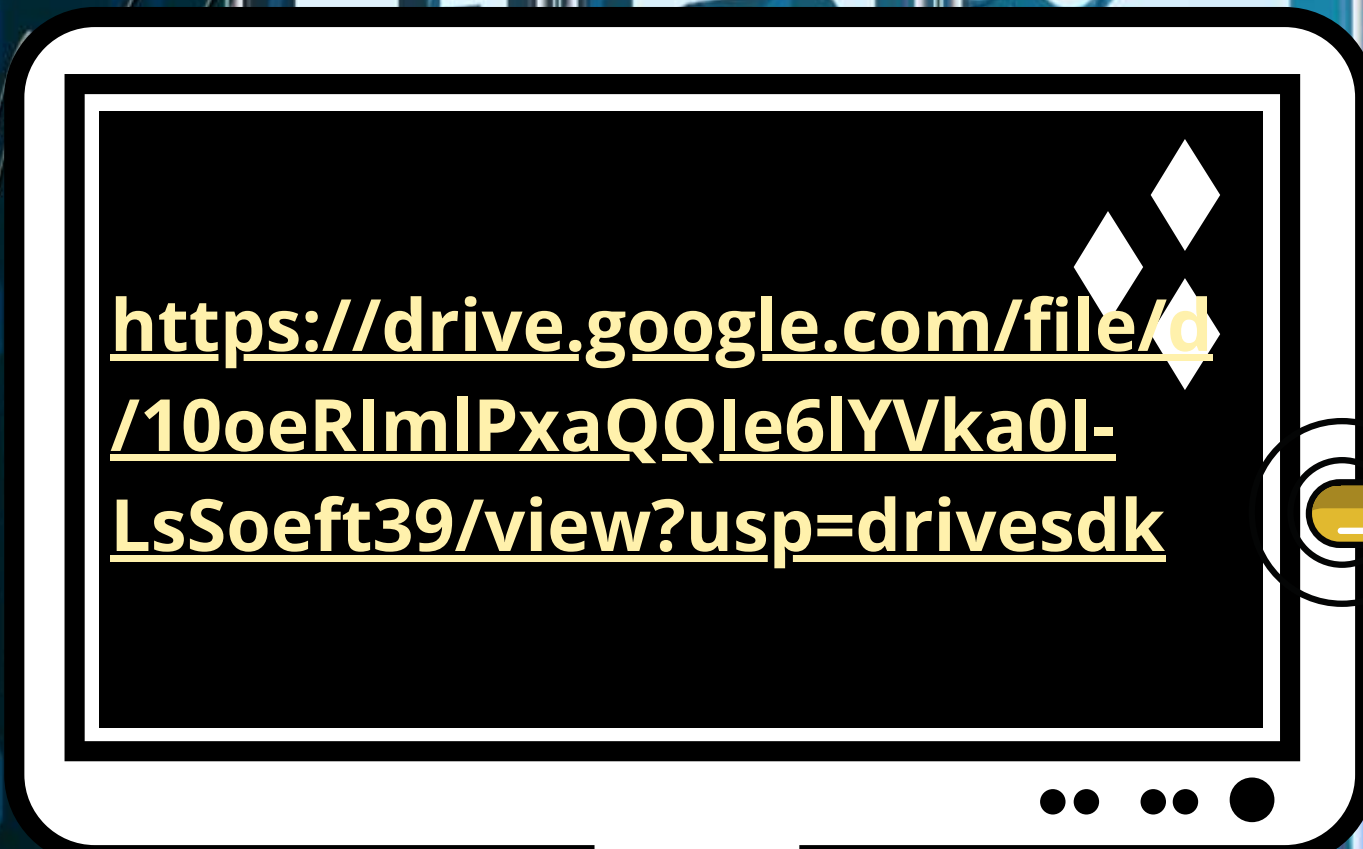
EDUCATION: Problems of Pandemic

-By Armaan Mittal, M3-A & B.Diyaan, M3-C

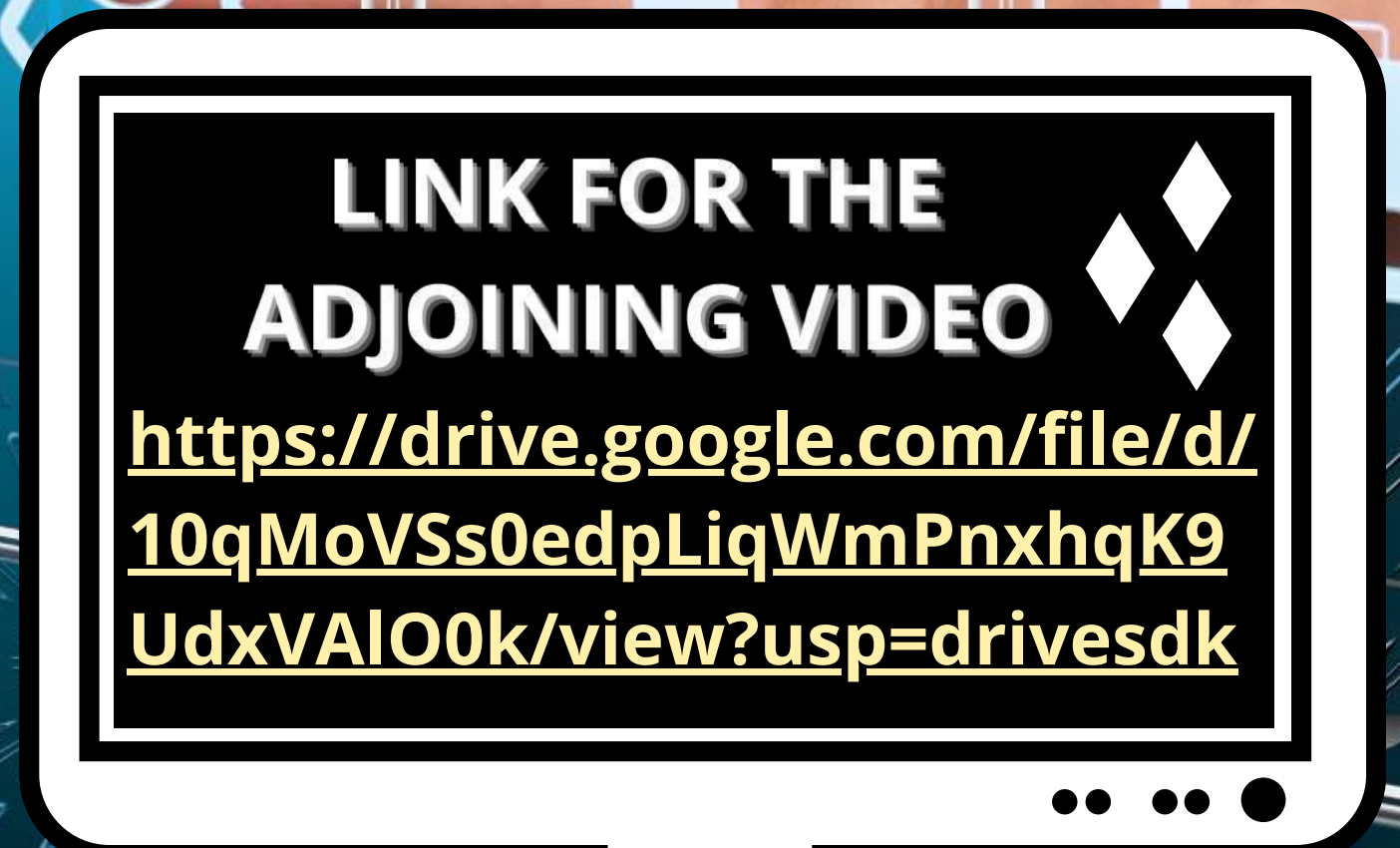
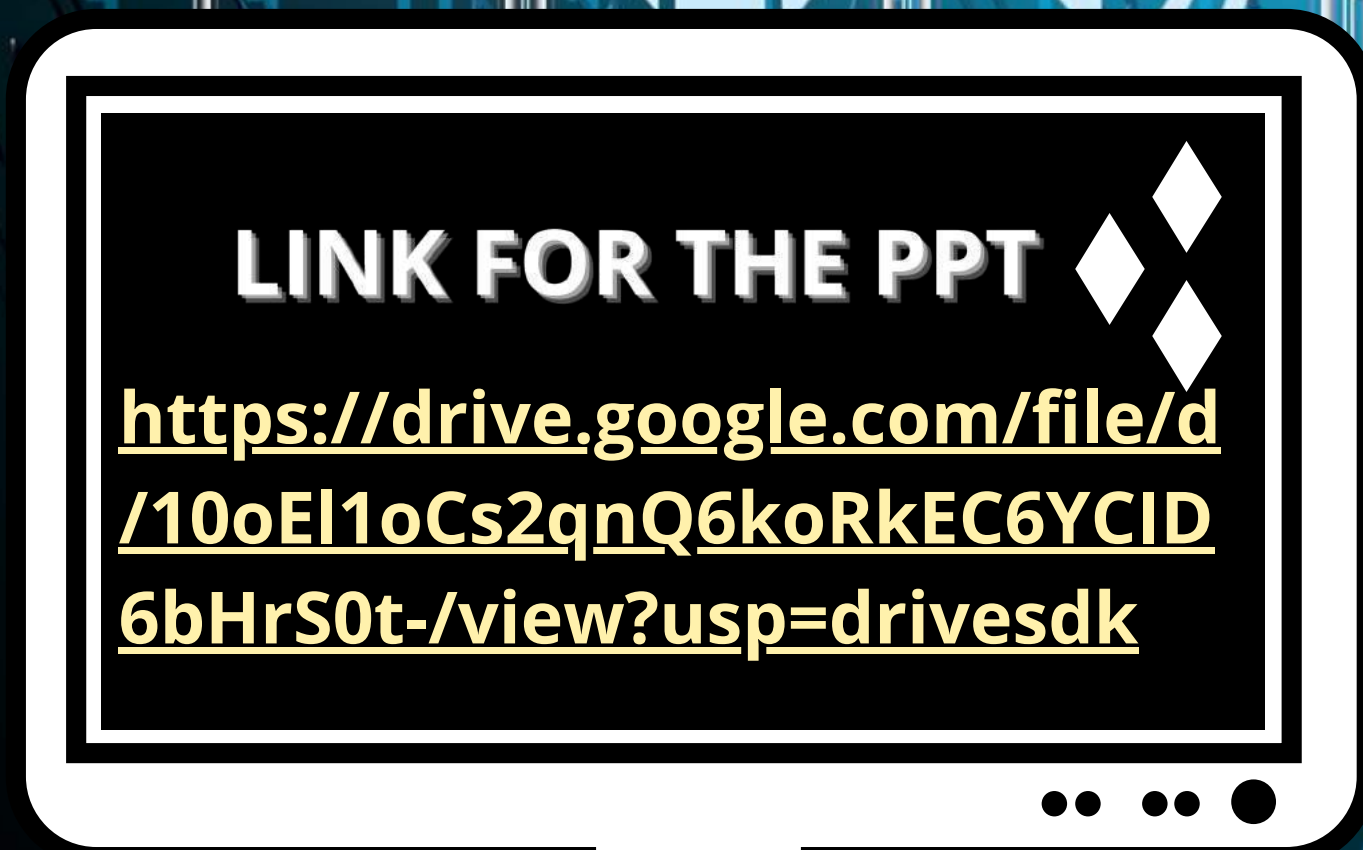


LINK FOR THE APP

https://appsgeyser.com/api/track/redirect?url=https%3A%2F%2Ffiles.appsgeyser.com%2FEducation_13623286.apk%3Fsrc%3Dpage



LINK FOR THE SCREEN RECORDING



FAMILY

-By Anoushka Panda
(M2A)

Family is the place to be
when the World is upside down,
when you were there with them
There is no reason to frown.
We all have got a family album
Which is like a family tree
Even though we flip all the pages
There is always more to see.
Greats and grands are the past
Parents are the present
Kids are bright future
And it starts all again.
I'm inspired by my family
I wish they are always near
Cause they are the people
In the world who love and care.



WORLD ASTHMA DAY

-BY AARNA WADHAWAN, M3-A

World Asthma Day takes place on the first
Tuesday of May.

It should not be life threatening in this
pandemic, let us all pray.

Coughing is it's symptom,

It is the distress of the respiratory
mechanism .

Stay away from allergens,

If not treated can worsen.

Should always stay calm and take deep
breath,

Take doctors advise or it can lead to death.

Bronchodilators is its medication.

Doctors give them through nebulization.

World asthma day is to improve asthma
awareness .

Help these patients with fairness .

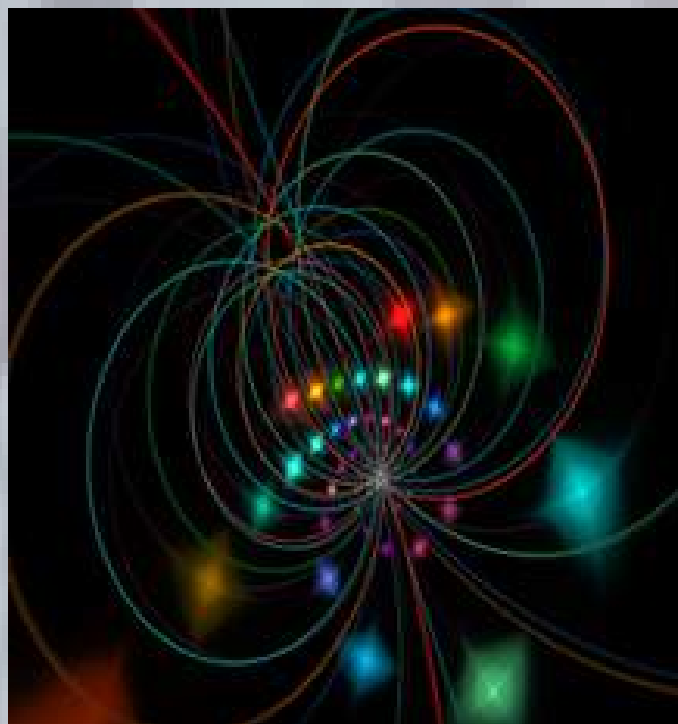


THE THEORY OF MOLECULES

-BY BHAVY DUGAR, S1-D

The universe is a very complex topic. To define its particle and molecular structure, we have 3 very important theories:

- 1.String theory
- 2.Super string theory (a redefined string theory)
- 3.M- theory



STRING THEORY



SUPER-STRING THEORY



M-THEORY

The string theory was given by Werner Heisenberg, a German quantum scientist whose theory was adopted from the s-matrix by John Archibald Wheeler. The string theory is a theoretical framework in which the point like particles are replaced by one dimensional string which propagate and react with each other.

The super-string theory is the theory that helps us understand that the particles, molecules and fundamental forces are vibrations of string. It was given by John H. Schwarz.

The M-theory is the theory is that unifies the super-string and the string theory. They are all based on dimensions and particles. The M-theory that was given by Edward Witten was modified by Sir Stephen Hawking. These theories tell us the binding of particles and new dimensions apart from the 4 (length, breadth, height and time). With them, quantum physics is understandable and gives the worlds structure. These are the biggest quantum discoveries in the field of physics since the Higgs-Boson theory and the Bose-Einstein condensates.

JUST ASTHMA THINGS



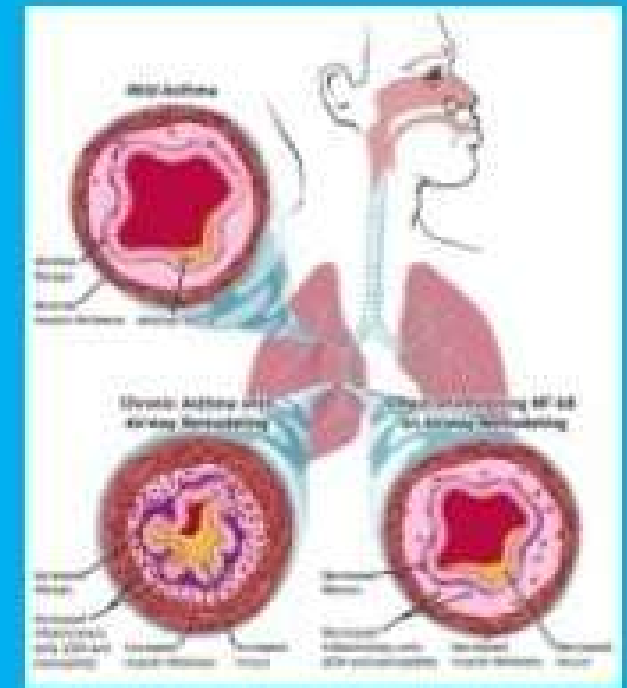
-BY AANYA GUPTA, S1-C

ASTHMA IS A CONDITION IN WHICH A PERSON AIRWAY'S BECOME INFLAMED, NARROW AND SWELL AND PRODUCE EXTRA MUCUS, WHICH MAKES IS DIFFICULT TO BREATH.



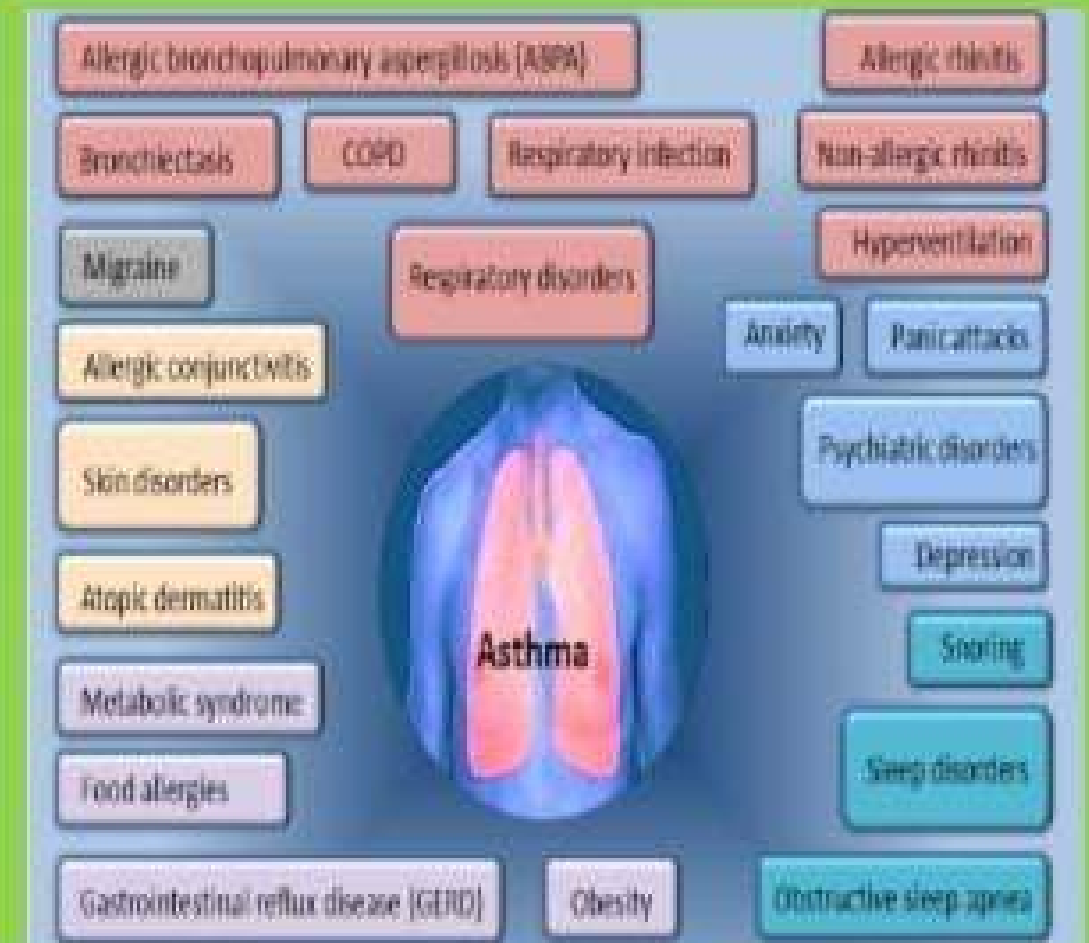
SYMPTOMS

1. DIFFICULTY IN BREATHING
2. WHEEZING
3. COUGH

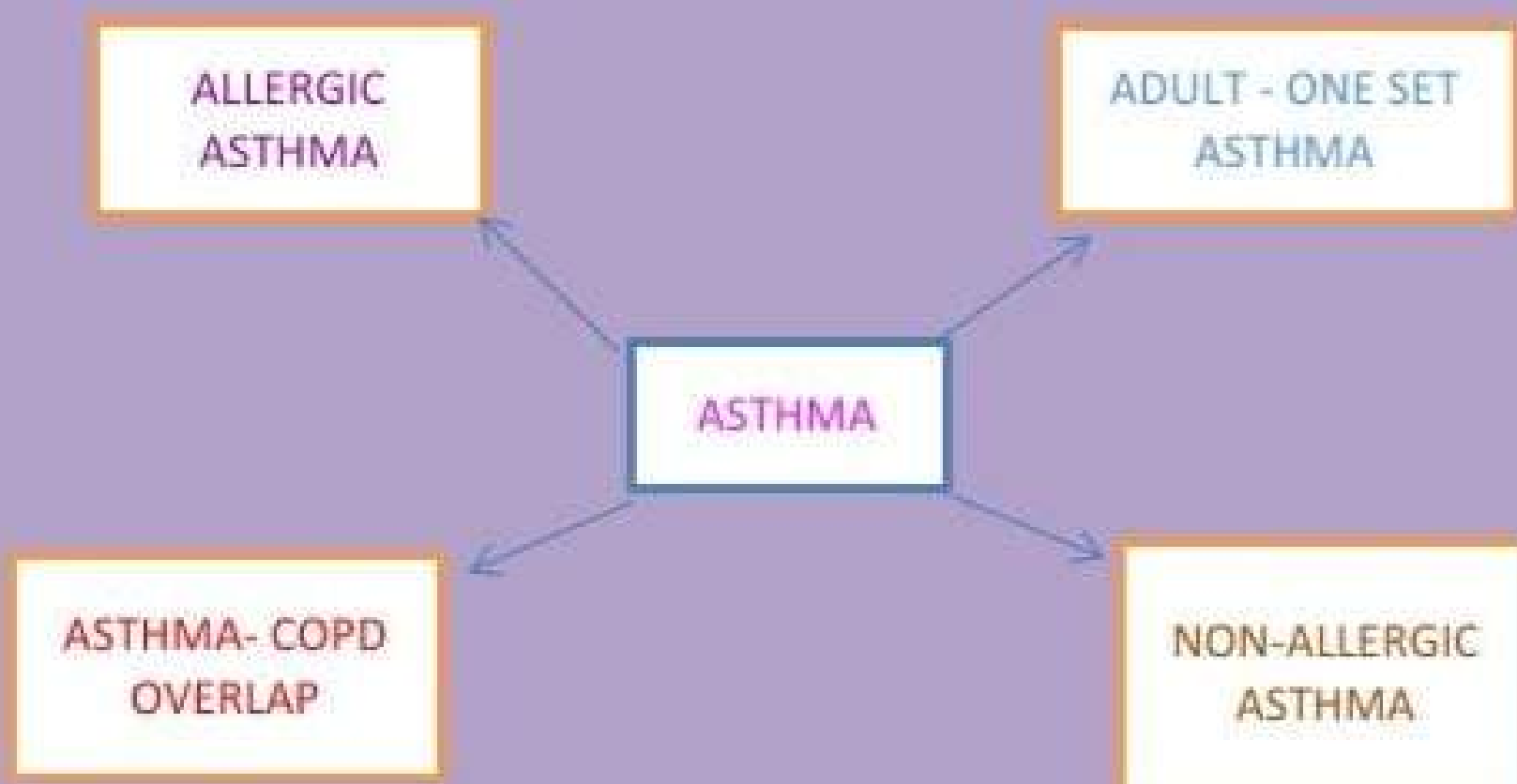


CAUSES

1. AIRBORNE ALLERGENS SUCH AS POLLEN, DUST ETC
2. ALLERGY
3. POLLUTION



TYPES OF ASTHMA



PRECAUTIONS WE CAN TAKE

1. STAY AWAY FROM ALLERGENS
2. AVOID SMOKE OR SMOKING
3. PREVENT COLDS



AANYA GUPTA, S1

JUST BREATHE !!

IF YOU FEEL HOPELESS AND OVERWHELMED,
JUST BREATHE

WHEN TIMES ARE TOUGH AND YOU CAN NOT GET UP,
JUST BREATHE

WHEN YOU ARE FILLED WITH DOUBTS OR FEAR ,
JUST BREATHE

WHEN THINGS ARE GOING YOURWAY
JUST BREATHE.....

WHEN YOU ARE FILLED WITH RELIEF
JUST BREATHE

BUT WHAT IF,,

YOU TRY AND TRY AND TRY AND STILL TRY BUT
YOU CAN'T BREATHE

STILL TRY HARD, HUFFING AND PUFFING BUT
YOU CAN'T BREATHE

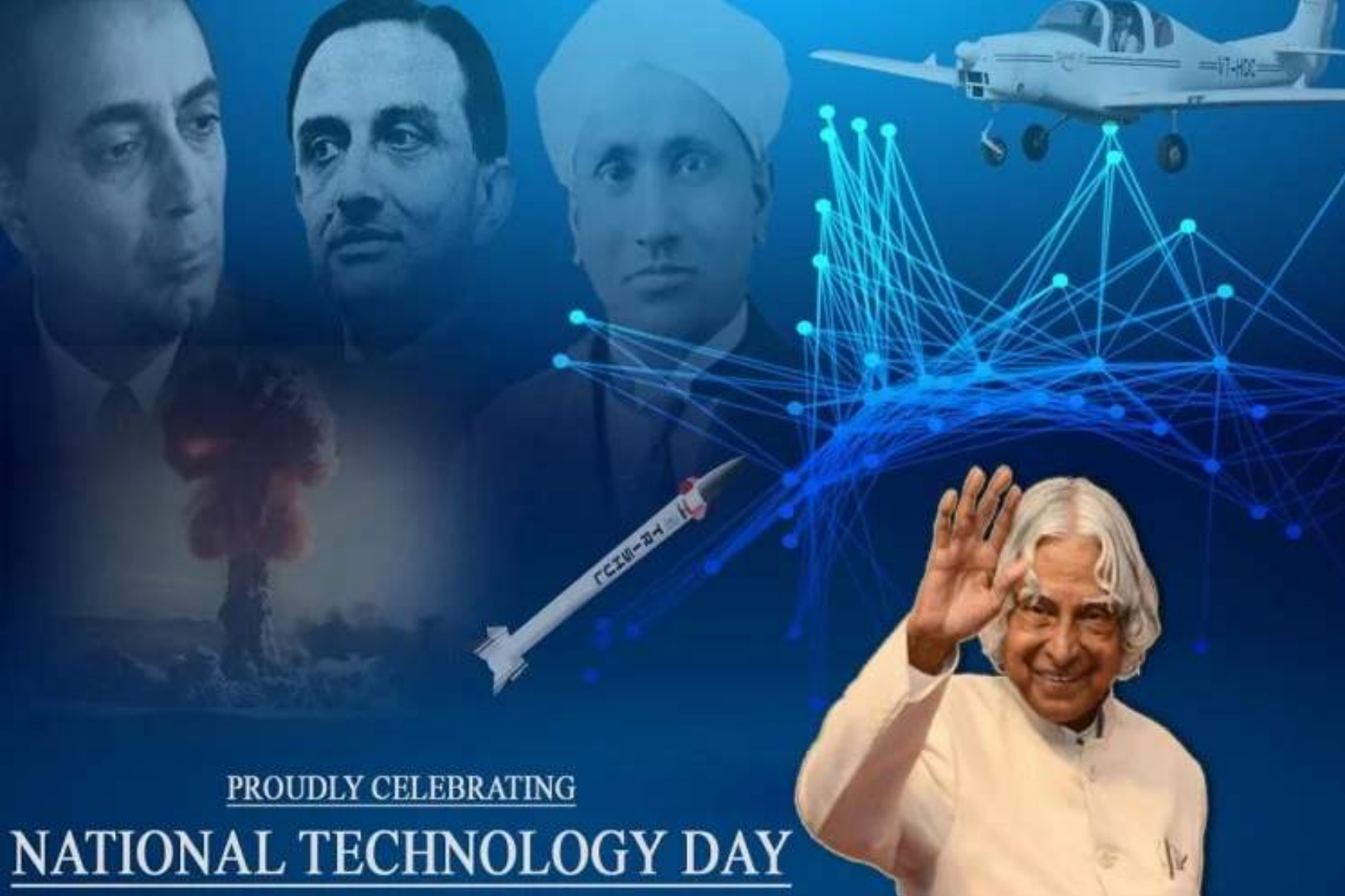
RED WATERY EYES AND TRYING TO SPEAK BUT
YOU CAN'T BREATHE

THAT PAIN, THAT HELPLESS, CANNOT BE SHARED
BECAUSE YOU CAN'T BREATHE.....

RUSHING FOR INHALER, IN FEAR OF DEATH , TRYING HARDER ,
BUT YOU CAN'T BREATHE.....

YOU THINK THAT WHY IT'S ME
THIS IS ASTHMA AND ITS AGONY.....

- AANYA GUPTA S1-C



PROUDLY CELEBRATING

NATIONAL TECHNOLOGY DAY

MAY 11

NATIONAL TECHNOLOGY DAY

राष्ट्रीय प्रौद्योगिकी दिवस



What once was known as magic, now is called "technology." Science has the power to make everything possible.

-BY ANOUSHKA PANDA
M2-A

NATIONAL TECHNOLOGY DAY

May 11 is observed as the National Technology Day. This day marks the anniversary of Pokhran nuclear tests of 1998 and India's technological advancements in this space.

Pokhran nuclear tests were a series of five nuclear bomb test explosions conducted by India at the Indian Army's Pokhran Test Range. On May 11, 1998, India successfully fired Operation Shakti missile at the Indian Army's Pokhran Test Range in Rajasthan, the first among the five nuclear tests in Pokhran.

The test was led by aerospace engineer and late President Dr APJ Abdul Kalam. Later, Prime Minister Atal Bihari Vajpayee declared India a nuclear state, making it the sixth country to join the 'nuclear club' of nations. Hence, since 1999, May 11 is celebrated as "National Technology Day".



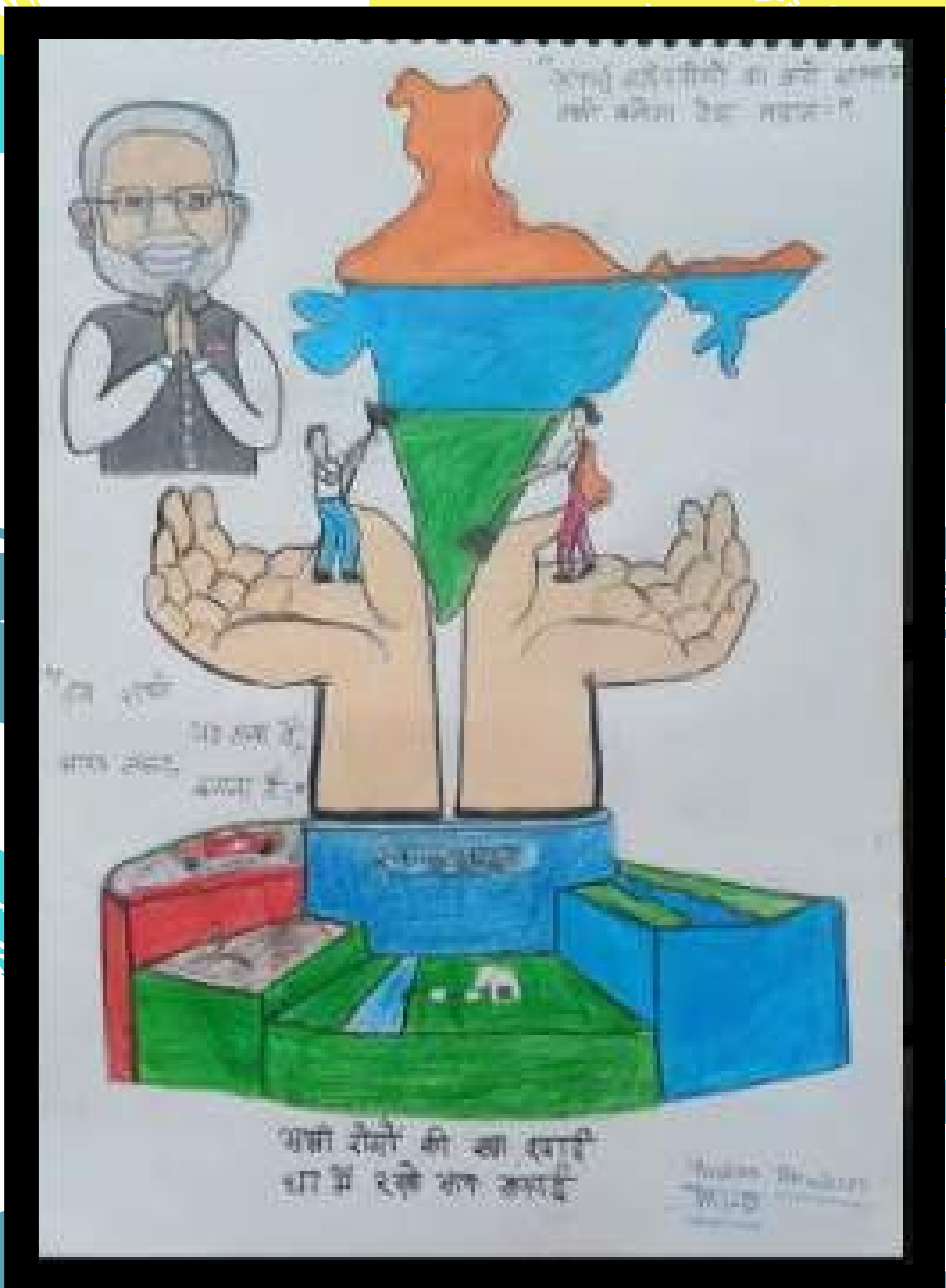
ART GALLERY



SARTHAK SEN, M2-D



VANI DUTTA, M2-C



YASHAS BHUSARI, M2-D



SANA, M2-E

VIDEO GALLERY

EARTH DAY

-BY JANHVI GULATI, M2C

<https://youtu.be/y9tK509igsY>

WETLANDS

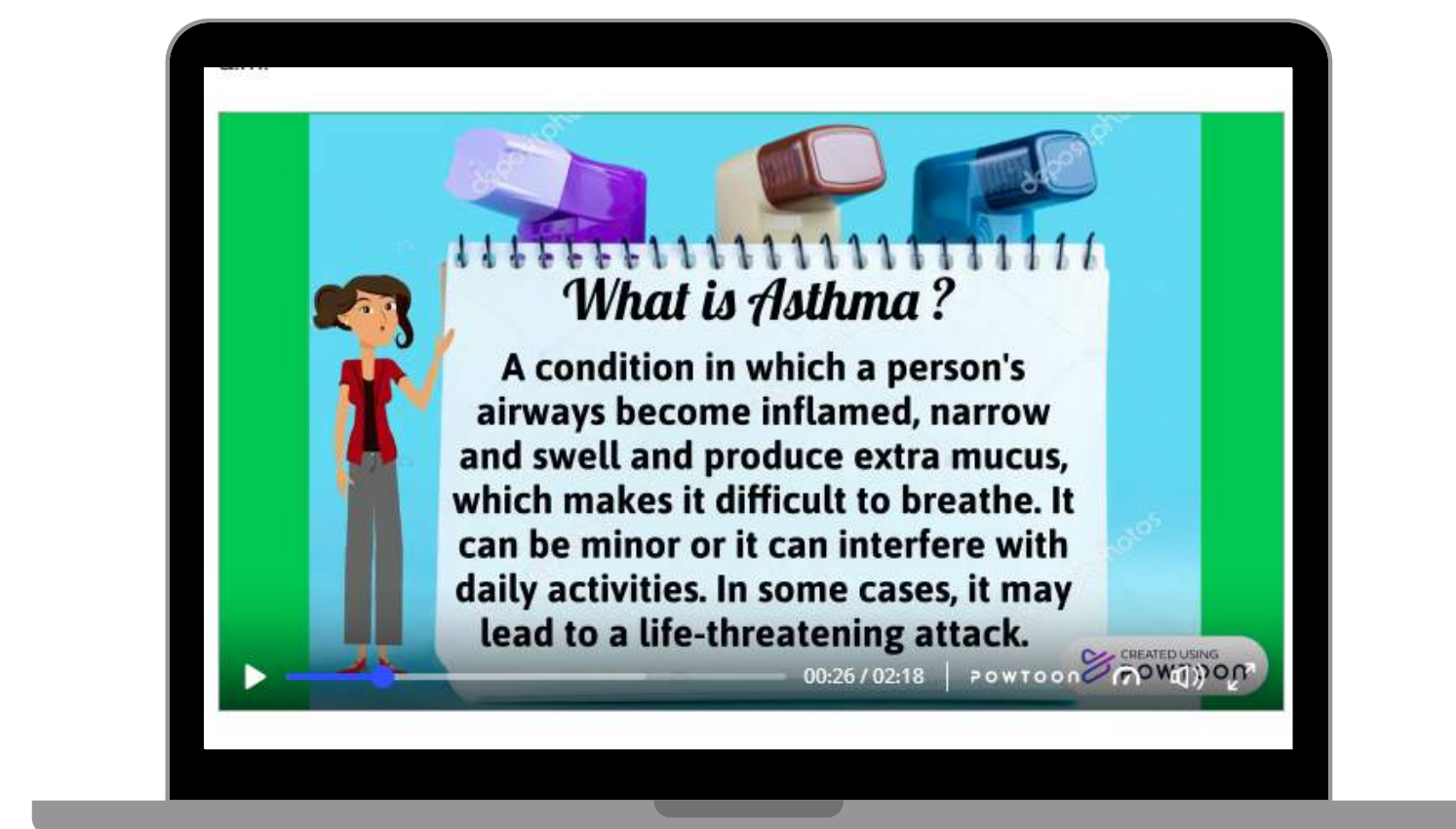
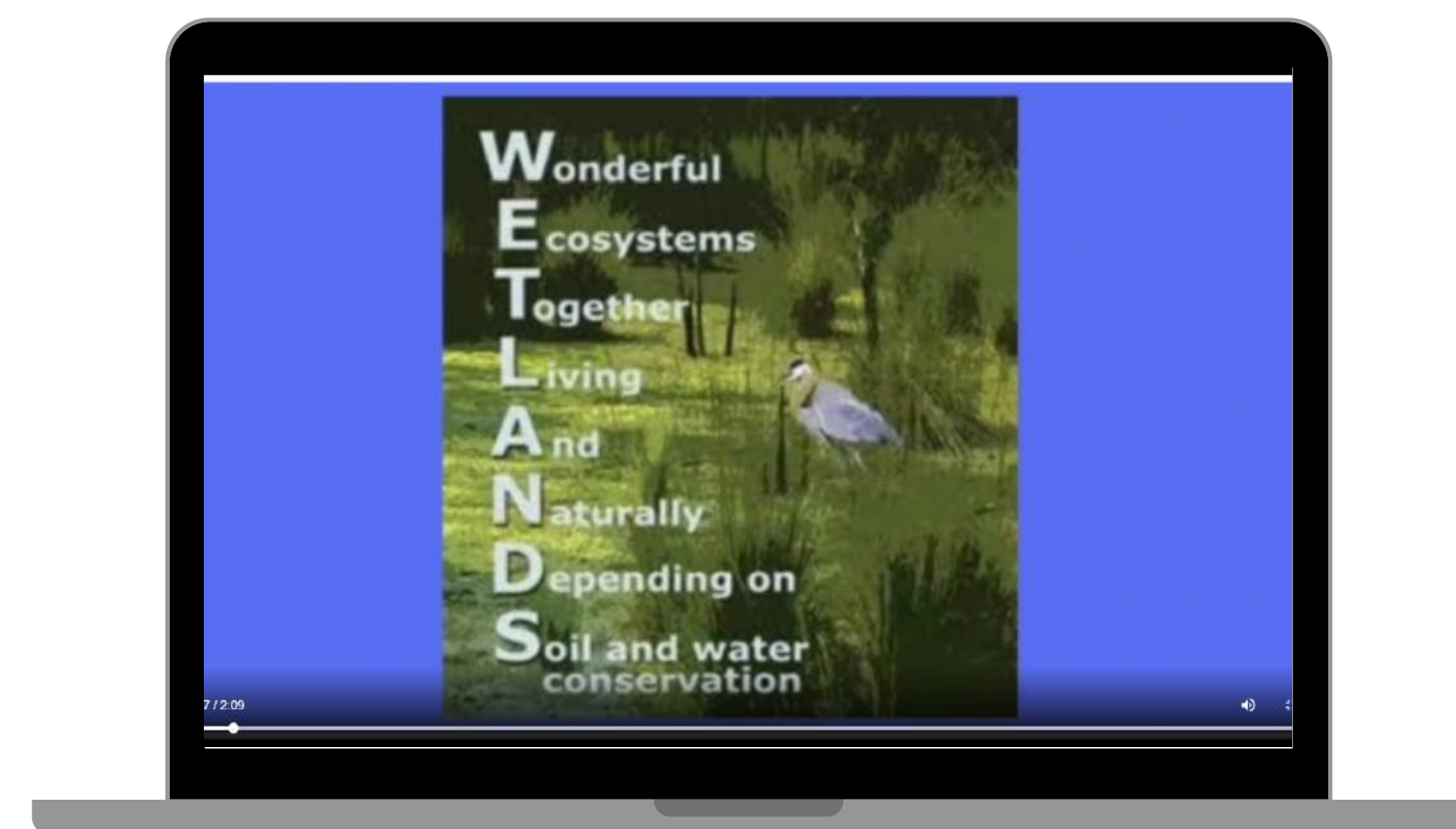
-BY SANA, M2E

<https://drive.google.com/file/d/1Y1A-GDkyzC6NCMUKQugNVR-txJdlOoW4/view?usp=sharing>

WHAT IS ASTHMA?

-BY TANVI DUGAR, M3D

<https://www.powtoon.com/s/eAFS7a1otrU/1/m>





QUIZ TIME

-BY ANEESH DHAR, M2C

-BY ANOUSHKA PANDA, M2-A

1. **Which year is called the 'year of the nurses'?**
2. **Who is known as the founder of modern nursing?**
3. **National Technology Day is observed every year on 11, May as Anniversary of which mission?**
4. **Who is known as the father of Indian Nuclear Program?**
5. **How many countries are the members of “Nuclear Club” of Nations?**
6. **The Pokhran II was administered by which great Indian Scientist and in which state?**

SUDOKU

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8		4			7	6	5	
7	6	5						
						1	2	3
	1	2	3			8		4
	8		4			7	6	5
	7	6	5					



SOLUTIONS

QUIZ ANSWERS

1. 2020
2. Florence Nightingale
3. Operation Shakti
4. Homi J. Bhabha
5. 9
6. Dr. APJ Abdul Kalam, Rajasthan

SUDOKU (SOLVED)

4	7	6	5	8	9	3	1	2
3	8	9	4	1	2	7	6	5
5	1	2	3	7	6	8	9	4
9	4	8	7	6	5	1	2	3
2	3	1	8	9	4	5	7	6
7	6	5	1	2	3	4	8	9
8	9	4	2	3	7	6	5	1
1	2	3	6	5	8	9	4	7
6	5	7	9	4	1	2	3	8



*Creativity is seeing the same
thing but thinking differently...*

Dr. APJ Abdul Kalam