



MONA MODERN ENGLISH MEDIUM SCHOOL

SARANGARH, CHHATTISGARH

Affiliated to CBSE, New Delhi And Affiliation No. 3330161

VOLUME 1
ISSUE 1

16 JUNE 2026
TO
30 JUNE 2026

FORTNIGHTLY
A MAGAZINE
PUBLISHED
TWICE A MONTH



YOUNG STREAM

Where Curiosity Flows, Creativity Grows,
and Excellence Shines.

INSIDE THIS ISSUE



CAMPUS HIGHLIGHTS

Events, Celebrations
& Activities



ACADEMIC EXCELLENCE

Innovative Learning &
Classroom Practices



STUDENT ACHIEVEMENTS

Awards, Competitions
& Recognitions



CREATIVE CORNER

Poems, Stories, Art
& More



SCIENCE & INNOVATION

Facts, AI, Robotics
& STEM



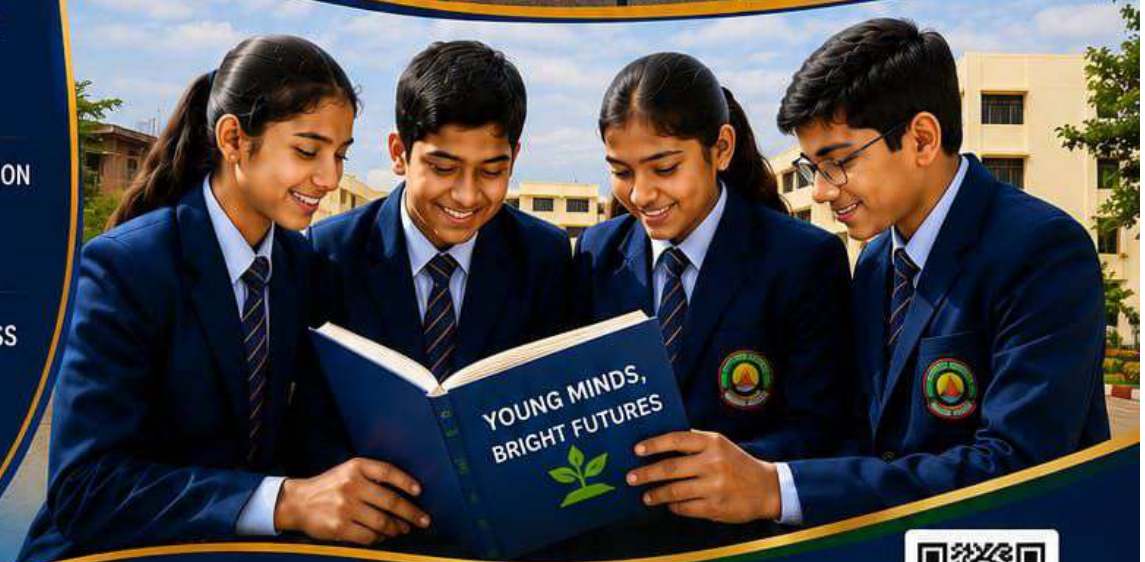
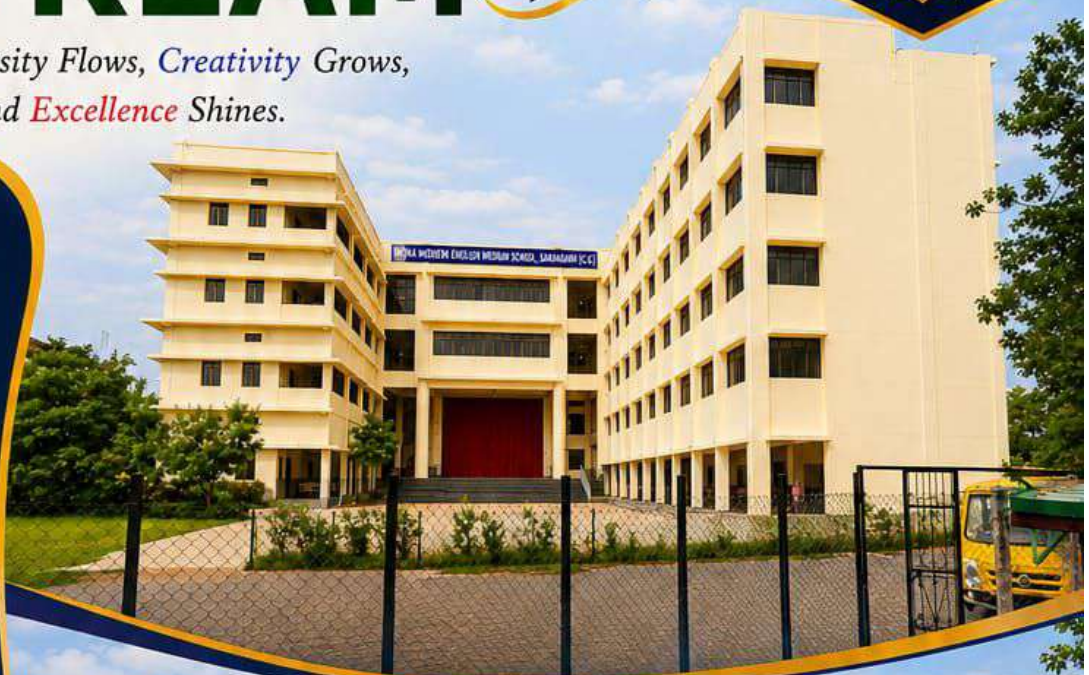
HEALTH & WELLNESS

Tips for a Better
Lifestyle

... And Much More!

THEME OF
THE EDITION

**A NEW
BEGINNING
A BRIGHTER
TOMORROW**



“ Education is not the filling of a bucket,
but the lighting of a fire.”

— William Butler Yeats



(SCAN ME)

For Photo Gallery
& More Updates



LEARN

with Curiosity



LEAD

with Confidence



SERVE

with Compassion



GROW

with Character



IGNITING YOUNG MINDS,
INSPIRING BRIGHT FUTURES





YOUNG STREAM

Where Curiosity Flows, Creativity Grows,
and *Excellence* Shines.

VOLUME 1
ISSUE 1
★
16 JUNE 2026
TO
30 JUNE 2026
★
FORTNIGHTLY
A MAGAZINE
PUBLISHED
TWICE A MONTH

★ EDITORIAL BOARD ★

CHIEF PATRON



Dr. Ritesh Kesharwani

Founder – Mona Group of Education
Principal
Mona Modern English Medium
School, Sarangarh

EDITOR-IN-CHIEF



Dr. Toshi Gupta

Editor-in-Chief
Vice Principal
Mona Modern English Medium
School, Sarangarh

EDITORIAL TEAM



R. Bee

Co-ordinator



R. Goswami

Co-ordinator



N. Yadav

Co-ordinator

DESIGN & PRODUCTION TEAM



G. S. Parhi

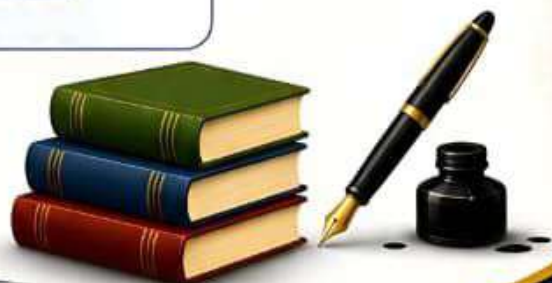


S. Das

“

Together we create,
together we inspire,
together we make a *difference*.

”





MONA MODERN ENGLISH MEDIUM SCHOOL

SARANGARH, CHHATTISGARH

Affiliated to CBSE, New Delhi

Affiliation No. 3330161

YOUNG STREAM



Where Curiosity Flows, Creativity Grows,
and Excellence Shines.



VOLUME 1
ISSUE 1

16 JUNE 2026
TO
30 JUNE 2026

FORTNIGHTLY
A MAGAZINE
PUBLISHED
TWICE A MONTH



CHIEF PATRON'S *Message*

Dear Students, Parents, Teachers and Well-wishers,

It gives me immense pleasure to present the Fortnightly edition of **Young Stream**. This magazine is a celebration of the spirit, talent, creativity and achievements of our vibrant school community.

At Mona Modern English Medium School, Sarangarh, we believe that education is not just about academic excellence, but about nurturing values, developing character and encouraging every child to dream, discover and do their best.

Young Stream will serve as a platform to share ideas, recognize achievements, inspire innovation and showcase the diverse talents of our students and staff. I am confident that it will strengthen our bond as a community and motivate us to reach greater heights together.

Heartiest congratulations to the entire team behind this wonderful initiative. I extend my best wishes to all the readers and look forward to your active participation and valuable feedback.

Let us continue to learn, grow and shine together!

Wishing you all happy reading!

Dr. Ritesh Kesharwani

Founder – Mona Group of Education
Principal

Mona Modern English Medium School, Sarangarh



Dr. Ritesh Kesharwani

Founder – Mona Group of Education
Principal
Mona Modern English Medium School

“

*The beautiful thing
about learning is that
no one can take it
away from you.*

– B.B. King

”



MONA MODERN ENGLISH MEDIUM SCHOOL

SARANGARH, CHHATTISGARH

Affiliated to CBSE , New Delhi And Affiliation No. 3330161

YOUNG STREAM

Where Curiosity Flows, *Creativity* Grows,
and *Excellence* Shines.

VOLUME 1
ISSUE 1

16 JUNE 2026
TO
30 JUNE 2026

FORTNIGHTLY
A MAGAZINE
PUBLISHED
TWICE A MONTH



EDITORIAL

*From the Desk of the
Editor-in-Chief*

Dear Readers,

It gives me immense pleasure to welcome you to the first Fortnightly edition of Young Stream.

This magazine is a reflection of our school's vibrant spirit, creativity, achievements and the limitless potential of our students. It is a platform where ideas take shape, talents are celebrated and voices are heard.

In today's fast-changing world, it is important for young minds to stay curious, expressive and compassionate. Through Young Stream, we aim to inspire our students to explore new possibilities, think innovatively and contribute meaningfully to the world around them.

I extend my heartfelt gratitude to our students, teachers and the entire editorial team for their dedication and hard work in bringing this magazine to life.

Let us continue to learn, create and achieve together.

Happy Reading!

Toshi Gupta
Dr. Toshi Gupta
Editor-in-Chief
Young Stream



Dr. Toshi Gupta

Editor-in-Chief





CAMPUS HIGHLIGHTS

A Campus that Inspires, Nurtures and Empowers

YOUNG STREAM
VOLUME 1 | ISSUE 1

16 JUNE 2026
TO
30 JUNE 2026



Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi
Affiliation No. 3330161

INSIDE THIS ISSUE



CAMPUS HIGHLIGHTS

Events, Celebrations
& Activities



ACADEMIC EXCELLENCE

Innovative Learning &
Classroom Practices



STUDENT ACHIEVEMENTS

Awards, Competitions
& Recognitions



CREATIVE CORNER

Poems, Stories,
Art & More



SCIENCE & INNOVATION

Facts, AI, Robotics
& STEM



HEALTH & WELLNESS

Tips for a Better
Lifestyle

THEME OF
THE EDITION

*A New
Beginning*
A Brighter
Tomorrow



“Our campus
is more than
buildings,
it is a place
where dreams
begin and
futures grow.”

”



Spacious Classrooms



Smart Learning



Well Stocked Library



Advanced Labs



Activity Zone



Green Campus

Where Every Child Thrives



Arts & Creativity



Music & Dance



Robotics &
Innovation



Yoga & Wellness



*A Place to Learn, A Space to Grow,
A Community to Belong.*



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Welcome Back to School (16 June 2026)



Our Mona Modern Eng. Med. School in Sarangarh officially reopened its gates today (16 June 2026), welcoming students back to campus after a refreshing and sun-drenched summer vacation.

The first day of the new term commenced on a spiritual note with a traditional assembly.

Principal Sir and Principal Madam, alongside the entire teaching faculty and the student body, gathered to perform the *Saraswati Vandana*. Together, they offered prayers to the goddess of knowledge, seeking blessings for a success-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



ful, wisdom-filled, and harmonious academic year ahead.

The quiet school corridors instantly came alive with the sounds of laughter, eager chatter, and the footsteps of students rushing to find their new classrooms. Dressed in crisp uniforms and carrying



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



fresh notebooks, children of all grades were seen excitedly greeting their friends and exchanging stories about their holiday adventures.

The morning assembly marked a spirited beginning to the new academic term. Teachers and school administration welcomed the students with motivational speeches, encouraging them to channel their vacation energy into their studies, sports, and creative arts. The faculty emphasized that the new term stands as a clean slate for everyone to set fresh academic goals, develop new hobbies, and build strong character.



To help students adjust to the structured school schedule after weeks of leisure, teachers dedicated the opening day to interactive ice-breaking sessions and goal-setting activities.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Parents expressed their appreciation for the school's welcoming atmosphere, noting that the positive environment makes the transition from holiday mode back to a disciplined routine much easier for the children.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161

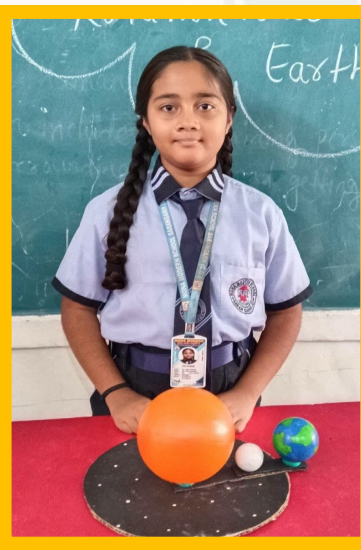


Presentation on Rotation and Revolution of the Earth (Experiential Learning, 27 June 2026)

The classroom (Class 5) at Mona Modern Eng. Med. School, Sarangarh transformed into an interactive space science forum when students proudly presented their topic on the **Rotation and Revolution of the Earth**.



Standing confidently in front of their subject teacher and classmates, the young presenters utilized vibrant charts and a rotating globe to visually bring astronomical concepts to life. They successfully demonstrated by their hand made TLM/Model how the Earth's 24-hour rotation on its axis creates day and night, while its 365-day elliptical revolution around the Sun alters



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



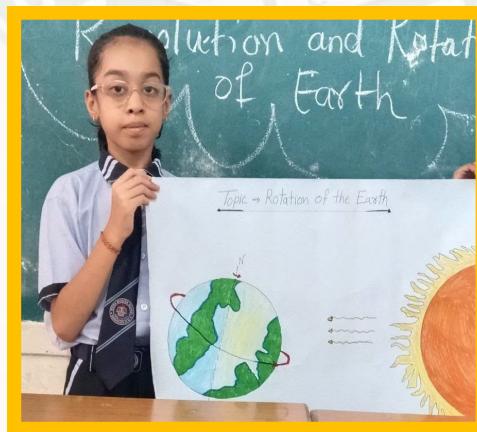
the seasons throughout the year. This hands-on presentation not only highlighted the students' thorough preparation and deep scientific understanding but also turned the regular classroom session into a highly engaging, collaborative peer-learning experience that was lauded by both the teacher and fellow classmates.



Rotation vs. Revolution Explained

The presentation clearly distinguished between the two vital planetary motions:

- **Earth's Rotation:** Students spun a localized globe on its axis to show the 24-hour cycle. They demonstrated how this movement creates day and night.
- **Earth's Revolution:** The presenters simulated the Earth's 365-day elliptical



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

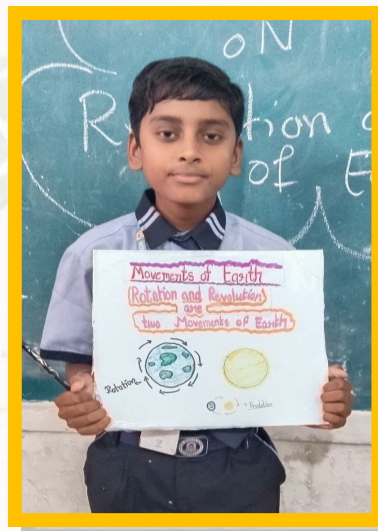
Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



orbit around the Sun. They used tilted models to explain the changing seasons.

Some glimpses of the presentation is as follows:-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161

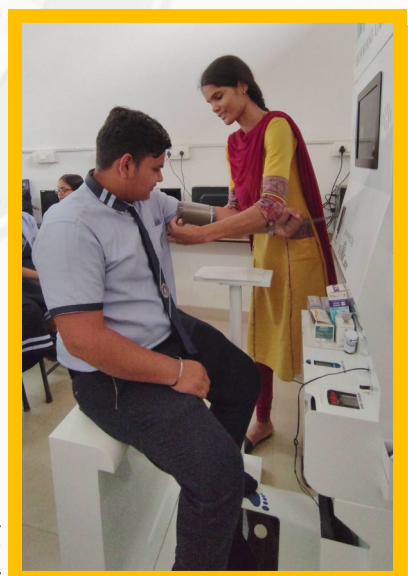


Prophylaxis Health Screening (19 June 2026) (Carte Blanche Students)



The bustling corridors of Mona Modern English Medium School came alive this week as students returned from their summer vacations. Amid the excitement of new uniforms, fresh textbooks, and reunions with friends, the administration launched a critical health milestone. On opening day, the school rolled out a comprehensive prophylaxis health screening camp specifically designed to safeguard student well-being for the upcoming academic year.

The focal point of this health drive is the innovative Carte Blanche Project, an ambitious student wellness initiative dedicated to providing unrestricted, blanket



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



healthcare access to school children. The initiative organizes thorough preventative check-ups, early diagnostic screenings for every Carte Blanche student. By covering everything from nutritional assessments to sensory evaluations, the Carte Blanche Project ensures that health vulnerabilities are detected and managed long before they can disrupt a child's education.

This extensive prophylaxis drive underscores the timeless truth that health is wealth. The school leadership emphasizes that academic achievements mean very little if children are struggling with undetected physical ailments. True prosperity for a student begins with



a strong body and a sharp mind. Our school is building a foundation of physical wealth that allows children to learn, play, and succeed without interruption. Some glimpses of Health Screening for Carte Blanche Students are given below:-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Robotics

The students of **Mona Modern English Medium School, Sarangarh** delivered an informative and inspiring classroom presentation on the topic "**Robotics.**" The activity was organized to introduce students to the fascinating world of robots and modern technology while enhancing their communication and presentation skills.

Robotics is the branch of science and technology that deals with the design, construction, programming, and operation of robots. A **robot** is a machine that can perform tasks automatically or with minimal human assistance.



Robots are built using different technologies such as **mechanical engineering, electronics, computer science, and artificial intelligence (AI)**. They can work with high speed, accuracy, and efficiency, making them useful in many fields.



A robot works by combining different components:

Sensors – Collect information from the surroundings (such as light, distance, temperature, or touch).

Controller (Microcontroller) – Acts as the robot's brain and processes information.

Actuators/Motors – Help the robot move and perform actions.

Power Supply – Provides energy to operate the robot.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Types of Robots

- **Industrial Robots** – Used in factories for manufacturing and assembly.
- **Service Robots** – Help people in hospitals, hotels, and homes.
- **Educational Robots** – Used in schools to teach coding and engineering.
- **Medical Robots** – Assist doctors during surgeries and patient care.
- **Space Robots** – Explore planets and perform tasks in space.
- **Humanoid Robots** – Designed to look and behave like humans.

Applications of Robotics

- Manufacturing and automation
- Healthcare and surgery
- Agriculture and farming
- Space exploration
- Defence and disaster rescue
- Education and research
- Home automation and smart devices

Advantages of Robotics

- Works with high speed and accuracy.
- Can perform dangerous tasks safely.
- Increases productivity and efficiency.
- Reduces human errors.
- Can work continuously without getting tired.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Future of Robotics

The future of robotics is very exciting. Robots powered by **Artificial Intelligence (AI)**, **Machine Learning (ML)**, and the **Internet of Things (IoT)** are becoming smarter every day. They will play an important role in healthcare, education, transportation, agriculture, and space exploration.



Conclusion

Robotics is transforming the way people live and work. Learning robotics helps students develop **coding, logical thinking, creativity, teamwork, and problem-solving skills**. It also prepares them for future careers in engineering, technology, and innovation.

"Today's learners are tomorrow's innovators. Robotics inspires students to imagine, create, and build a better future."



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



Mona Modern English Medium School Celebrates International Yoga Day with Great Enthusiasm

Sarangarh, June 21, 2026:

Mona Modern English Medium School, Sarangarh, celebrated **International Yoga Day** with great enthusiasm by organizing a special assembly and a mass yoga session to promote physical fitness, mental well-being, and a healthy lifestyle among students.



The program began with a serene **Saraswati Vandana**, creating a peaceful and inspiring atmosphere across the campus. Addressing the gathering, the school management and teachers highlighted the significance of yoga as India's invaluable gift to the world. They emphasized that regular yoga practice helps maintain physical health, enhances mental peace, improves concentration, and fosters a disciplined way of life.





YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Under the guidance of the school's instructors, students from the primary classes to the senior grades enthusiastically participated in a systematic yoga session. The students performed **Pranayama**, meditation, **Surya Namaskar**, and a variety of standing and sitting asanas with discipline and coordination.

During the session, the benefits of each yoga posture were explained, encouraging students to adopt yoga as a part of their daily routine for a healthier and more balanced life. The activity inspired students to develop habits that promote physical strength, emotional stability, and overall well-being.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



In his message, the Principal stated that regular yoga practice not only strengthens the body but also enhances concentration, self-confidence, discipline, and positive thinking. He encouraged all students to make yoga an integral part of their daily lives.

Established in **2002** under the aegis of the **Mona Shikshan Samiti**, Mona Modern English Medium School has remained committed to the holistic development of its students. Observances such as International Yoga Day reflect the institution's dedication to nurturing healthy, confident, and responsible individuals.



The celebration concluded with a collective pledge to embrace yoga as a lifelong practice for maintaining a healthy body, a peaceful mind, and a balanced lifestyle.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Tratak Meditation (21 June 2026)

Our Mona Modern English Medium School, Sarangarh successfully hosted a transformative Tratak Meditation session on International Yoga Day, June 21, 2026. The event aimed to enhance students' focus, mental clarity, and inner peace.



The session began with gentle breathing exercises to prepare the mind and body. Under expert guidance, dimmed lights created the perfect ambiance for candle-gaze meditation. Participants fixed their gaze on a single flame without blinking, internalizing the light to build willpower and mindfulness.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



The event concluded with a peaceful chanting session and a pledge to integrate meditation into daily student life.

Key Benefits Achieved

- **Enhanced Focus:** Students learned to improve concentration through steady gazing.
- **Mental Clarity:** The practice helped calm racing thoughts and reduce academic stress.
- **Memory Boost:** Regular Tratak practice stimulates brain centers related to memory.
- **Emotional Balance:** Participants experienced a deep sense of inner stillness and peace.

Event Overview



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Father's Day Celebration 2026

(Third Sunday of June Every Year)



Our school (Mona Modern Eng. Med. School, Sarangarh) recently hosted a vibrant Father's Day celebration to honour the irreplaceable role that fathers play in shaping children's lives. Organized by the



Mona Group of Education, the event brought together students, teachers, and fathers for a day filled with creative expres-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



sion, love, and mutual appreciation.



In addition to the vibrant events held on campus, many students extended the Father's Day celebration straight into their living rooms. For children, celebrating from home offered a deeply personal and comfortable space to make their dads feel like real-life superheroes.



Instead of standard classroom routines, students channeled their admiration into creative competitions organized by the school administration.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



The school premises turned highly festive as students took part in various activities to convey their deep gratitude:-

Greeting Card Making: Students designed colorful, handmade cards embedded with personalized messages and artis-



tic decorations for their dads.

Poetry Recitation: Students took the stage to recite heartfelt poems, beautifully expressing their love, admiration, and respect.

Photo Sessions: Fathers and their children posed together using custom Father's Day photo props to lock in memories of the special day.

Events like these highlight the institution's focus on holistic child devel-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

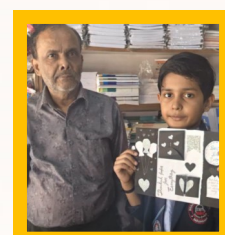
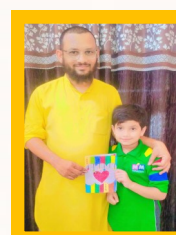
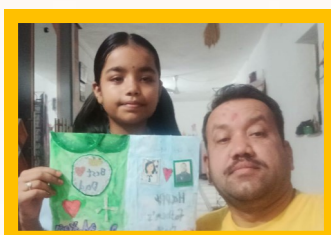
★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



opment. The innocent words and emotional performances delivered by the students created a deeply memorable atmosphere that resonated with everyone present. The school administration extended a warm "Happy Father's Day" to all the amazing fathers in attendance, commending them for their unwavering support and guidance.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



World Music Day (21 June 2026)



Our Mona Modern English Medium School, Sarangarh commemorated World Music Day with vibrant student performances, instrument demonstrations, and musical workshops. The

celebration honored the universal language of melody while highlighting the profound impact of music on holistic student development, emotional well-being, and cognitive growth.

The School campus resonated with the harmonious voices of students and faculty coming together to celebrate the annual global event. The campus transformed into a vibrant cultural hub as students from various grades actively participated in solo singing, group choruses, and instrumental



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH



www.monacg.in



9575130353



9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



demonstrations. The celebration underscored the administration's belief that incorporating arts into the curriculum creates a more joyful, expressive, and balanced learning environment.

The historical roots of music are as old as humanity itself, tracing back to the dawn of human communication. Long before the invention of complex instruments or written musical notation, early humans expressed deep emotions—such



as joy, grief, and excitement—through vocal expressions, rhythmic hand clapping, and foot-stomping. Archaeologists have uncovered primitive flutes carved from bird bones dating back over 40,000 years, proving that creating artificial soundscapes is a timeless human impulse. Over the millennia, these rudimentary sounds evolved into organized cultural



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



systems, from the sacred Vedic chants recorded in the ancient Indian *Sa-maveda* to the structured theatrical melodies of ancient Greece, ultimately blossoming into the diverse global musical landscape we enjoy today.

Music serves as a universal language that deeply impacts human

development, academic learning, and emotional well-being. In an educational environment engaging with rhythm and song significantly enhances cognitive abilities, helping students improve their memory retention, concentration, and spatial intelligence. Beyond the academic perks, music acts as a



powerful therapeutic tool that reduces stress, eases anxiety, and provides a healthy emotional outlet for young minds navigating challenges. It bridges cultural divides, strengthens community bonds, and enriches everyday life by giving a unique voice to experiences that words alone cannot fully capture.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Presentation on Rain Gauge (23 June 2026) (Experiential Learning)



Students of Class 7 at our
Mona Modern Eng. Med.
School, Sarangarh, showcased



their scientific creativity by presenting hand-made rain gauge models. The classroom session allowed the students to demonstrate how the vi-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



tal meteorological instrument collects and measures precipitation using simple, everyday recycled materials.

The ingenious devices were crafted from transparent plastic bottles, carefully cut to invert the top half into a funnel, which efficiently directs rainwater into the collection chamber. The interactive presentation provided a practical approach

to understanding weather monitoring. Students actively took turns explaining the functionality of the device, detailing how meteorologists use such instruments to track rainfall amounts over specific periods to study climate

patterns and assess weather risks. By building these gauges themselves, the children developed a deeper appreciation for environmental science and the water cycle.

The hands-on activity reflects the institution's commitment to experiential learning. Teachers and peers alike lauded the Class 7 students for their detailed presentations and innovative use of

waste-to-wealth materials. Such projects not only build foundational knowledge of scientific instruments but also inspire students to actively observe and record environmental phenomena in their own locality.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

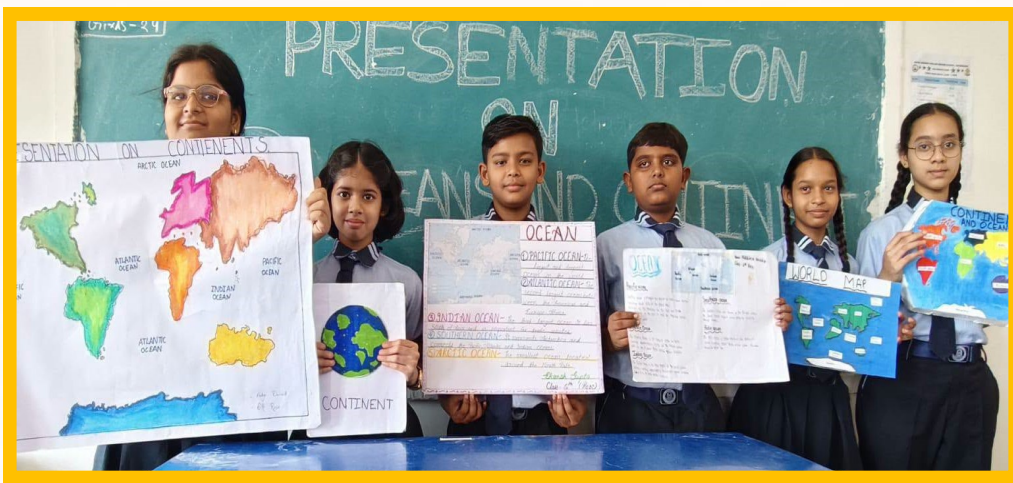
★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Presentation on Oceans and Continents (27 June 2026) (Experiential Learning)



The Students of Class 6 of our Mona Modern English Medium School in Sarangarh recently hosted a highly interactive geography presentation, taking their

classmates on a thrilling expedition across the Earth's seven continents and five vast oceans.

The engaging classroom showcase featured student-made relief maps, hand-drawn charts meticulously crafted by the students. Moving away from standard textbook printouts, the young geographers used colored pencils, sketch pens, and watercolors to visually map out the globe. The hand-drawn charts featured carefully outlined borders of the seven continents (Asia, Africa,



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161

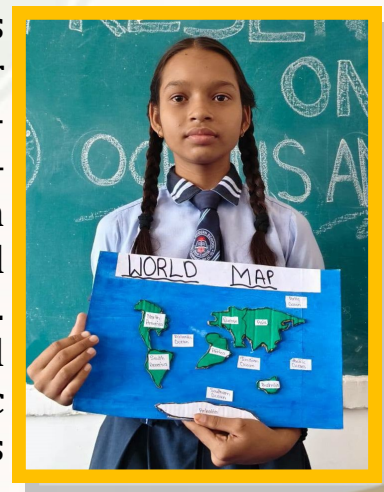


North America, South America, Antarctica, Europe, and Australia), detailing defining characteristics like the towering peaks of the Himalayas in Asia and the winding Amazon River in South America.

The second half of the exhibition dove deep into the



deep blue sea. The students mapped out the five major oceans—the Pacific, Atlantic, Indian, Southern, and Arctic—explaining their critical roles in regulating the global climate and supporting marine ecosystems. These model helped to build both the presenters' public speaking skills and the class's overall geographic literacy.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Presentation on World Map (27 June 2026) (Experiential Learning)



Students at Mona Modern English Medium School, Sarangarh, brought geography to life during an engaging classroom presentation featuring completely hand-drawn world maps. The interactive session allowed

the young cartographers to display their artistic talents while demonstrating a deep understanding of global geography, continents, and oceans.



The classroom walls were filled with color as students proudly presented their handmade masterpieces. Rather than relying on printed materials, each student meticulously sketched the outlines of the world's continents by hand. Using vibrant color coding, the students clearly demar-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



cated different geographical zones, major mountain ranges, oceans, and country borders, showcasing impressive precision and attention to detail for their age group.

During the presentation, the students took turns stepping up to explain various as-

ppects of their maps. They confidently identified major continents like Asia, Africa, and the Americas, pointed out crucial latitudinal lines such as the Equator and the Tropics, and discussed how oceans connect different parts of the world. This peer-to-peer teaching method turned a standard geography lesson into a lively, collaborative learning experience.



By drawing the maps entirely by hand, the students developed strong spatial awareness and a better grasp of global scale



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



and proportions. School educators praised the effort, noting that hand-drawing maps helps concepts stick much better than simply reading from a textbook. The project successfully combined art with social sciences, fostering a sense of global citizenship and curiosity about the world among the students.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



"Physical Divisions of India"

The students of **Mona Modern English Medium School, Sarangarh** gave an informative and engaging classroom presentation on the topic "**Physical Divisions of India.**" The activity was conducted to help students improve their knowledge of geography as well as their communication and presentation skills.



During the presentation, the students confidently explained the six major physical divisions of India—the **Northern Mountains (Himalayas), Northern Plains, Great Indian Desert, Peninsular Plateau, Coastal Plains, and Islands.** They described the important features, climate, natural resources, and significance of each region in a simple and easy-to-understand manner.





YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



The students used charts, maps, and visual aids to make the presentation more interesting and interactive. Their confidence, teamwork, and clear explanations were appreciated by both the teachers and their classmates. The audience actively listened and participated by asking and answering questions.

The presentation not only enhanced the students' understanding of India's physical geography but also helped them develop public speaking, teamwork, and critical thinking skills. Such classroom activities encourage active learning and make education more enjoyable and meaningful.



The Principal and teachers congratulated all the participants for their excellent effort and encouraged them to continue learning through creative presentations and practical activities. The event was a great success and reflected the school's commitment to providing quality education and holistic development.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Coffee Making Activity (27 June 2026) (Experiential Learning)



In modern education, learning extends far beyond textbooks and traditional classroom lectures. Our Mona Modern English Medium School, emphasis on experiential learning, we allows students to internalize concepts by doing. The coffee-making activity is a perfect example of this philosophy. It transforms a simple, everyday chore into an engaging, multi-sensory educational experience that bridges theoretical science, mathematics, and life skills. This practical project teaches measurements, states of matter, and chemistry, while also helping students learn everyday life skills.

For a Class 7 students, brewing a cup of coffee involves much more than simply mixing powder, milk, and sugar. Under the guidance of their teachers, the students participated in a step-by-step process that brought practical subjects to life.



Beyond academics, this activity is instrumental in building essential life skills. By preparing coffee in a safe and monitored environment, students develop a sense of independ-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH



www.monacg.in



9575130353



9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



ence and self-reliance. They learn the importance of cleanliness, kitchen safety, and following instructions accurately. Furthermore, serving the coffee to



their peers and teachers fosters a spirit of hospitality, teamwork, and social responsibility.



The coffee-making experiential learning session at our Mona Modern English Medium School perfectly reflects the institution's commitment to holistic child development. By integrating real-world tasks with foundational lessons in science and mathematics, the school ensures that education is both practical and memorable. The activity empowers Class 7 students to become active, confident, and inquisitive learners, preparing them not just



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

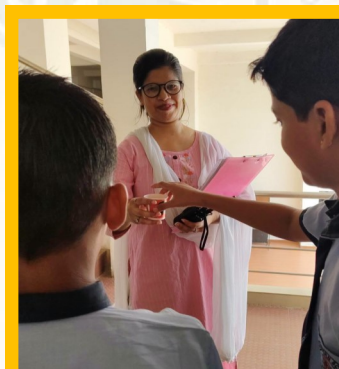
★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



for higher academics, but for the challenges of everyday life. Some glimpses of coffee making activity are as follow:-



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Sharvi Kesharwani Brings Glory to Mona Modern English Medium School with Outstanding Kathak Achievements in Ramgarh Mahotsav, Tarangan (Dehradun), Mangalam (Bilaspur)



Mona Modern English Medium School, Sarangarh, proudly celebrates the remarkable achievements of **Miss Sharvi Kesharwani**, a **Class X student**, who continues to make the school, the city, and the state of Chhattisgarh proud through her excellence in Indian classical dance.

A dedicated Kathak exponent, Sharvi has been learning Kathak for the past **10 years** under the expert guidance of **Guru Dr. Rajshree Namdev** and **Guru Dr. Toshi Gupta**. With unwavering dedication and disciplined practice, she has emerged as one of the promising young Kathak artists of the country.

Sharvi has represented India on international platforms in **Dubai** and **Thailand** and has performed at many prestigious national cultural festivals, including the **38th Chakradhar Samaroh (2023)**, **39th Chakradhar Samaroh (2024)**, **Rajyotsav (2025)**, **Sirpur Mahotsav (2026)**, and the prestigious **Ramgarh Mahotsav 2026**,



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

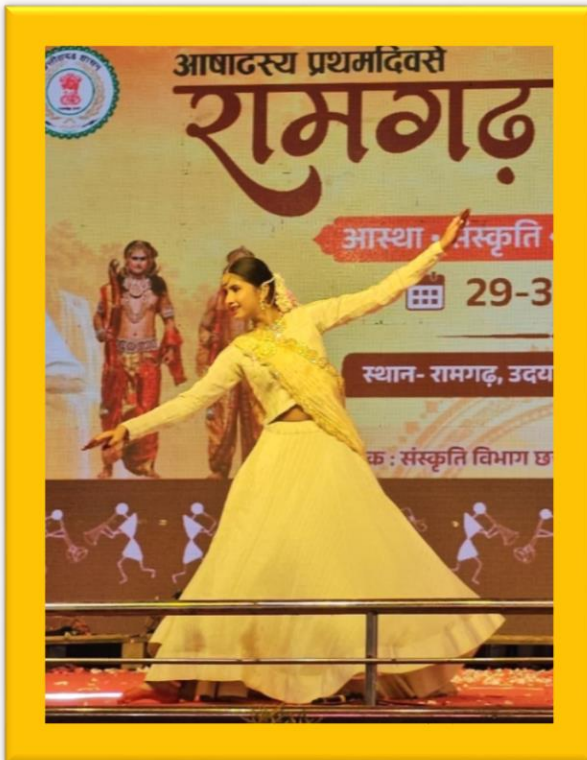
★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



jointly organized by the **District Administration, Surguja and the Culture Department, Government of Chhattisgarh**. She has delivered more than 60 Kathak performances at national and international levels.



At **Ramgarh Mahotsav 2026**, Sharvi presented a captivating Kathak recital beginning with **Saraswati Vandana**, followed by **Tode, Tukde, Paran, Tatkaar, Mahakali Stuti**, and concluding with a graceful **Tarana**. Her artistic excellence, graceful expressions, and technical brilliance won the hearts of the audience and distinguished dignitaries. She was honoured with a Certificate of Appreciation by **Shri Rajesh Agrawal, Hon'ble Minister for Tourism and Culture, Government of Chhattisgarh**, for her outstanding performance.

Adding another feather to her cap, on **26th June 2026**, Sharvi received the prestigious **Swarna Nritya Mangalam Samman** at **Mangalam Mahotsav 2026**, held in Bilaspur, Chhattisgarh. Soon after, she was honoured with the **Nritya Ranjani Samman** at the **Taraangan - All India National Dance, Music & Fine Arts Competition and Festival 2026**, held in Dehradun, Uttarakhand,



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161

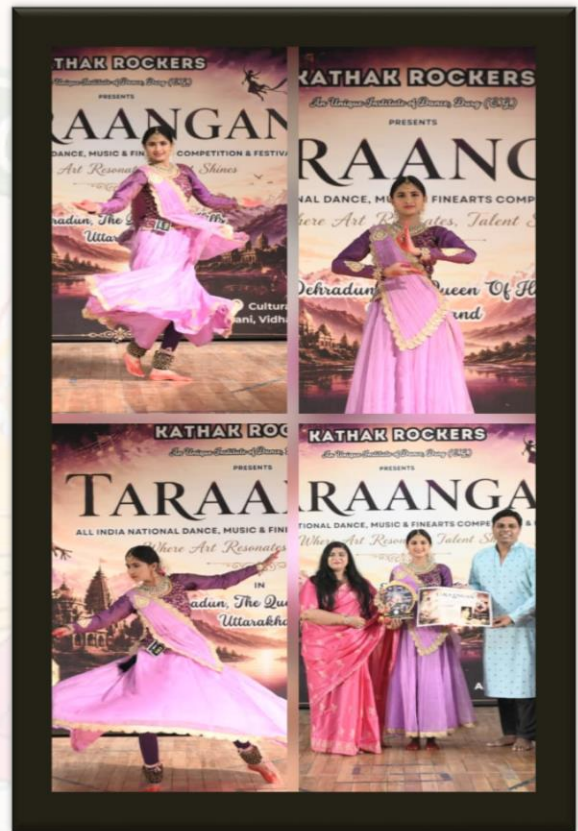


where her exceptional Kathak performance earned wide appreciation from the judges and audience.

Her extraordinary talent has also been recognized with several prestigious honours, including the **National Kala Vaibhav Samman**, **Bal Nritya Kala Vaibhav Samman**, **Nritya Ojasvi Award**, **Pranavam Shikhamani Samman**, **Kaushal Kala Samman**, **Nritya Sadhika Samman**, **Kala Alankaran Samman**, **Nritya Manjari Samman**, **Kala Abhyudita Samman**, **Uditman Samman**, **Kala Sadhika Samman**, along with Gold Medals in **international competitions** held in **Dubai and Thailand**.

Sharvi's remarkable achievements reflect her dedication, discipline, and passion for Indian classical dance. Her success is an inspiration to every student of Mona Modern English Medium School and a shining example of how talent, perseverance, and the guidance of dedicated gurus can lead to excellence.

The entire Mona Group of Education extends its heartfelt congratulations to Sharvi Kesharwani and wishes her continued success in her journey of preserving and promoting the rich heritage of Indian classical dance on national and international platforms.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Grace in Motion: Aruhi Kesharwani Excels in Odissi Dance

Dance form - Oddisi

Category - sub junior

Position - 1st

Mona Modern English Medium School proudly congratulates Aruhi Kesharwani of Class IV on her remarkable achievement in the field of Indian classical dance. At the young age of 9, Aruhi showcased her exceptional talent in Odissi, one of India's most graceful classical dance forms.



She participated in Naad Manjari – Season 3, a National-Level Festival of Dance, Music, and Instrumental Competition, held at Bilaspur and organized by the News Hub Insight Care Foundation. Competing in the Sub-Junior Category, Aruhi delivered a captivating performance that impressed both the judges and the audience, earning her the First Position.

Her dedication, disciplined practice, and passion for classical dance have brought pride to her family and the school. This outstanding accomplishment reflects her commitment to excellence and serves as an inspiration to other students to pursue their talents with confidence and determination.

The entire Mona Modern English Medium School family extends its heartfelt congratulations to Aruhi and wishes her continued success and many more laurels in the years to come.

Name - Aruhi kesharwani

Class -4

Age -9 years



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



My Word My Thought (30 June 2026) (Experiential Learning)



The "My Word My Thought" activity at our Modern English Medium School, Sarangarh is a dynamic, student-led exercise where participants draw random word chits from a bowl. The goal is to spontaneously articulate their unique thoughts and perspectives on the drawn word, fostering quick critical thinking, vocabulary expansion, and confident public speaking.



In today's fast-paced educational environment, cultivating the ability to think critically and express ideas spontaneously is an invaluable skill. At Mona Modern English Medium School in Sarangarh, Chhattisgarh, educators have introduced an engaging initiative known as the "My Word My Thought" activity. This highly interactive session is designed to sharpen students' quick-thinking abilities, expand their vocabulary, and build the confidence



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

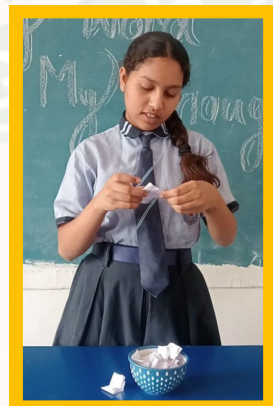
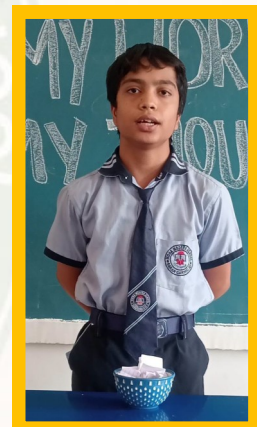
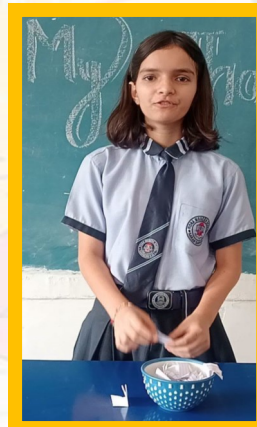
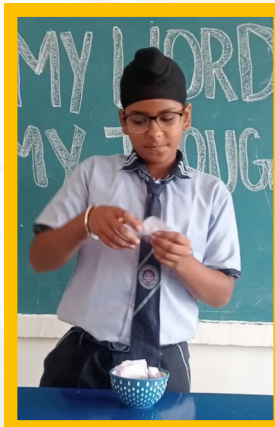
Affiliated to CBSE, New Delhi | Affiliation No. 3330161



required for effective public speaking.

The "My Word My Thought" activity is a brilliant example of experiential learning, a core educational philosophy at Mona Modern English Medium School. By moving beyond traditional textbook methods, the institution consistently focuses on empowering students to articulate their

knowledge and develop core values like excellence and respect.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Yoga and meditation are important for our life

Yoga and meditation are very important for a healthy and happy life. Yoga makes our body strong and flexible, and helps us feel better. Meditation helps us relax and feel calm. Both are healthy habits that improve our daily life. Doing yoga and meditation every day helps us reduce stress and tension and stay focused on our work and studies. It also helps improve our concentration. They also help us improve our daily activities, such as studies, and live a healthy life.



Everybody, whether children or adults, should do yoga, meditation, and exercise. They help in the digestion of food, improve our posture, and provide many other health benefits. A person who does yoga and meditation on a daily basis is full of energy and stays healthy.

Name: ANISHA GOSWAMI
Class 10th tulip



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Healthy Living: The Path to Health and Wellness

Introduction

Health and wellness are essential for living a happy, productive, and fulfilling life. While health refers to a person's physical, mental, and social well-being, wellness is the continuous process of making healthy choices to improve overall quality of life.



Importance of a Balanced Diet

A nutritious and balanced diet is the foundation of good health. Eating fruits, vegetables, whole grains, lean proteins, and healthy fats provides the body with essential nutrients. Drinking plenty of water and limiting processed foods and sugary drinks also help prevent many health problems.

Role of Regular Exercise

Physical activity is vital for maintaining fitness and preventing disease. Regular exercise strengthens the heart, muscles, and bones, boosts energy, and supports a healthy weight. Activities such as walking, cycling, swimming, and yoga are excellent ways to stay active.

Mental and Emotional Well-being

Good mental health is just as important as physical health. Managing stress through meditation, hobbies, and spending time with loved ones can improve emotional well-being. Getting enough sleep and maintaining a positive mindset also contribute to a healthier life.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



Healthy Lifestyle Habits

Regular health checkups, vaccinations, and good hygiene help prevent illnesses. Adopting healthy habits such as staying hydrated, maintaining a regular sleep schedule, and avoiding smoking and alcohol promotes long-term wellness.



Conclusion

Health and wellness require lifelong commitment and conscious effort. By eating nutritious foods, exercising regularly, caring for mental health, and following healthy habits, we can improve our quality of life and enjoy a healthier future.

Astha Chandra

12th Science





Science and Innovation: Shaping a Better Future

Science and innovation have transformed the way we live. From smartphones and online learning to modern transportation and healthcare, science has made our lives easier, faster, and more comfortable.



Healthcare and Education

One of the greatest contributions of science is in the field of healthcare. Modern medicines, vaccines, and advanced medical technologies help doctors treat diseases more effectively and save countless lives. In education, digital classrooms, educational apps, and online resources have made learning more accessible, interactive, and engaging for students.





YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Protecting the Environment

Science also plays a vital role in protecting our environment. Renewable energy sources such as solar and wind power, along with electric vehicles, help reduce pollution and conserve natural resources. In agriculture, improved seeds and modern farming techniques have increased crop production and supported farmers in achieving better yields.

Innovation with Responsibility

While science offers countless benefits, it should always be used wisely and responsibly. Technology should improve people's lives, protect nature, and contribute to the well-being of society. As students, we should remain curious, think creatively, and use our knowledge to develop solutions to real-life problems



Conclusion

Science and innovation are the driving forces behind a brighter future. By using them responsibly, we can build a healthier, smarter, and more sustainable world for everyone.

Bhavesh Patel

Class 12th commerce



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



My Beloved Father

My superhero, my beloved dad

You always hold my hand.

You clear my way, my way

You make me smile every single day.



My superhero, my beloved dad

**With every hug and gentle care,
you make me feel safe everywhere,**

I always know you are there.

**My superhero, my beloved dad
you are my guide and my strength.**

Thank you papa for all you do

I am so blessed to have you.

Gaurav Kumar Dewangan

Class- 7th Tulip



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Avocado Chickpea Toast

Ingredients -

- 4 slices of bread to your choice (French bread preferred)
- 1 1/2 cups boiled chickpeas
- 1 large or 2 small avocados
- 1 tbsp finely sliced green chilies
- 1 1/2 tsp salt
- 2 tbsp lime juice
- 2 tbsp finely chopped cilantro
- 2 tbsp balsamic glaze or balsamic vinegar
- 1/4 cup shredded radish

Instructions

Instructions:

In a bowl mash the chickpeas with fork or potato masher, until all the chickpeas are broken. Add the lemon juice, salt, green chilies, and cilantro. Mash the avocado, mix it well, add more salt, lemon juice and cilantro to adjust your taste. Toast the bread, spread the chickpea avocado spread over bread garnish with drizzling balsamic glaze and radish. Serve and enjoy!



Saumya Banjare

Class 8th Tulip



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



Healthy food recipes -

Ingredients -

Dal Soup with Veggie Crunch

For the Dal

- ½ cup red dal masoor dal
- ½ cup moong dal washed
- 2 tbsp oil
- ½ tsp cumin seeds
- 1 cup chopped tomatoes
- ¼ tsp turmeric
- ⅛ tsp asafetida hing
- ¼ tsp black pepper
- 1 tsp salt or to taste
- 3 cups of water
- 1 cup of additional water for adjusting consistency



For the Stir-Fried Vegetable Topping

- 1 tbsp oil
- ½ tsp cumin seeds
- ¼ cup zucchini finely chopped
- ¼ cup yellow or red bell pepper finely chopped
- ¼ cup of shredded carrots
- 1 tbsp ginger thinly sliced
- 2 dried red chilies





YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



For Garnishing
2 tsp lemon juice
½ tsp garam masala
2 tbsp finely
chopped cilantro
Instructions



Wash the moong dal and red dal until the water runs clear. Soak for 30 minutes. Drain and wash again.

Heat oil in a pot. Add cumin seeds and let them sizzle.

Add chopped tomatoes and cook until soft and mushy.

Stir in turmeric, asafoetida, black pepper, and salt.

Add the soaked dals and 3 cups of water. Cover and cook on low to medium heat for 15 to 20 minutes, until the dal is soft and mushy.

Blend the dal using a hand blender until smooth and soup-like in consistency.

Add 1 cup of water to adjust the consistency and bring it to a gentle boil.

In a separate pan, heat 2 tablespoons oil. Add cumin seeds.

Add ginger and dried red chilies. Sauté until fragrant.

Add zucchini and bell peppers. Stir-fry briefly until just tender, keeping a slight crunch.

Pour the stir-fried vegetables over the dal soup. Add lemon juice, garnish with cilantro, and sprinkle garam masala.

Serve warm.

Notes

Serve this dal soup as a light lunch with toasted bread, or plain rice.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



World Asteroid Day

World Asteroid Day is celebrated every year on 30 June. It is observed to make people aware of asteroids and their importance. It also teaches us how science can help protect the Earth from dangerous asteroids.

The date was chosen to remember the Tunguska Event of 1908, when a large space rock exploded over a forest in Siberia, Russia. The explosion damaged a very large area. This event showed that asteroids can affect our planet.

Asteroids are small rocky objects that move around the Sun. Most of them are found between the planets Mars and Jupiter.

World Asteroid Day also encourages students to learn more about space and science.

It reminds us that knowledge and technology are important for keeping our planet safe.

In the end, World Asteroid Day teaches us to understand space better and support scientific research. It also inspires us to care for our planet and prepare for the future.

Name - Naitik Patel

Class - 10(Tulip)



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Artificial Intelligence (AI): A Friend or a Foe?

Today, AI is no longer just a part of sci-fi movies—it is a part of our reality. It has a bright side that is changing the world, but it also has a dark side that we need to be careful about.



Let's look at both!

Bright Side

Makes Life Easier: We use AI every day without even realizing it—for example, when YouTube recommends videos or when auto-correct fixes our spelling.

Reduces Mistakes: The chances of making mistakes are reduced because AI works purely on logic and data.

Saves Time: AI can perform boring, repetitive tasks in seconds without getting tired. It saves a lot of time.

Dark Side

Makes Us Lazy: Overdependence on AI for everything—such as thinking or coding—can reduce our own thinking ability.

Scams: AI can now perfectly imitate anyone's voice and place anyone's face in a different video. Cybercriminals use this to trick people or spread fake news that looks 100% real.

Privacy Issues: AI constantly tracks our online searches, locations, and habits. Our personal data is no longer completely private, as companies use it to track us and influence our choices.

Conclusion

Artificial Intelligence is a powerful tool that can make our lives easier, faster, and more efficient. However, like every powerful technology, it should be used wisely and responsibly. AI should support human intelligence, not replace it. The future depends on how we choose to use it.

Name-Pratibha Jaiswal Class 11th Science



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



Cyber Security: Stay Safe in the Digital World

Cyber security means protecting our devices, accounts, and personal information from hackers, viruses, and online scams. Nowadays, the internet is a big part of our daily lives. For example, we use it for studying, online shopping, banking, and watching videos. This is why cyber security is very important in today's world.



As technology is growing rapidly, cybercrimes are also increasing. For instance, hackers can steal personal information, misuse bank details, or damage important files. Sometimes, people click on fake links or download unsafe files without realizing the danger. Such small mistakes can create big problems.

Students also use the internet for online classes, doing projects, and using social media. For example, many students search for study material or use educational apps for learning. If they are not careful, they can easily fall for fake websites or online scams.

To stay safe, we should use strong passwords, avoid suspicious links, and never share personal details with strangers. These simple steps can help us stay secure online.

Conclusion

Cyber security is important for everyone. If we stay alert and use the internet wisely, we can protect ourselves and make the digital world a safer place.

Rajveer Singh Thakur
Class 11th commerce





YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



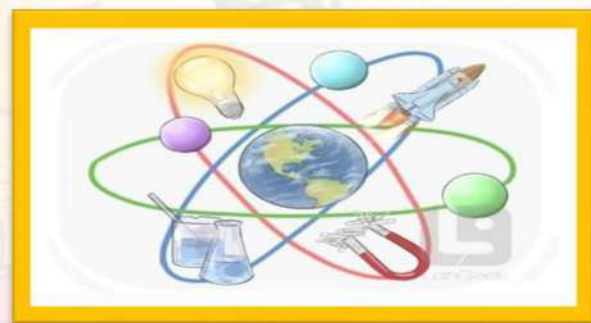
SCIENCE FACTS

1. Octopus have three hearts.
2. Human body contains 37.2 trillion cells.
3. A day in venus is longer than a year on Venus.
4. Town travel faster in water than in air.
5. Sloths can hold their breath longer than dolphins.
6. The Amazon rain forest produce 20% of world's oxygen.
7. There are more trees on Earth than stars in Milky way.
8. What are expand when it freezes, that's why Ice floats.
9. Light from the sun Takes 8 minute 20 second to reach Earth.
10. The human brain can generate enough electricity to power a light bulb.



Ridhi Patel

Class 8th Lotus



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



Maths Tricks

1. When multiplying the number 5 by an even number, there is a quick way to find the answer.

Example 1

For example, $5 \times 4 =$

Step 1: Take the number being multiplied by 5 and cut it in half, this makes the number 4 become the number 2.

Step 2: Add a zero to the number to find the answer. In this case, the answer is 20.

$5 \times 4 = 20$



2. Select a number from 1 to 6.

Multiply the number by 9.

Multiply it by 111.

Multiply it by 1001.

Divide the answer by 7.

The number will contain the digits 1, 2, 4, 5, 7, and 8.

Multiply 32×11

Step 1

32
↓ ↓
3 2

Step 2

3+2
↓
3 5 2

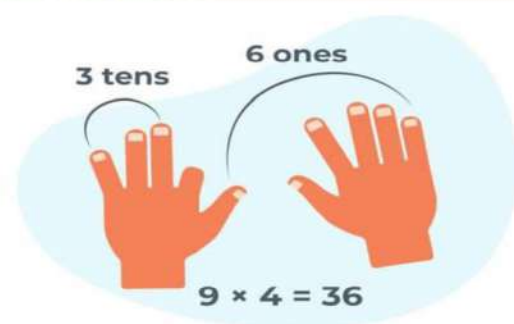
3. Think of any three-digit number in

which each of the digits is the same. Examples include 333, 666, 777, and 999.

Add up the digits.

Divide the three-digit number by the answer in Step 2.

The answer is 37.





YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



4. Think of a number.

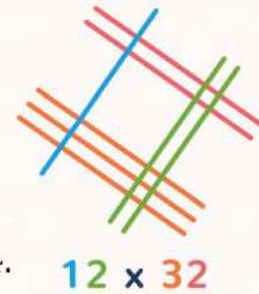
Multiply it by 3.

Add 6.

Divide this number by 3.

Subtract the number from Step 1 from the answer in Step 4.

The answer is 2.



5. If you multiply 6 by an even number, the answer will end with the same digit.
The number in the ten's place will be half of the number in the one's place.

Tejaswi Sahu

Class 8th Lotus

Multiply 12×34

$\begin{array}{r} 12 \\ \times 34 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ \times 34 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ \times 34 \\ \hline \end{array}$
3	10	8
408		



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



From Determination to Distinction

Yash Patel's Success Story

CBSE Class X School Topper – 2026 | Scored 97.2%

Success is never an accident. It is the outcome of dedication, discipline, consistency, and the right guidance. Scoring 97.2% and becoming the School Topper in the CBSE Class X Board Examination 2026 has been one of the most memorable achievements of my life. This success was possible because of the constant support of my parents, teachers, and Principal Sir, along with my own commitment to learning.



Time Management

Time management played a vital role in my preparation. I followed a well-planned timetable that balanced self-study, school homework, and revision. I always considered homework an important part of my learning because it gave me regular practice. Along with my studies, I also reserved some time for relaxation and leisure activities to stay refreshed and productive.

Consistency

For me, consistency was more important than studying for long hours occasionally. I made sure to study every single day, whether it was for two hours or five to six hours. There was no "free day" in my routine. This habit kept me connected with my classroom learning and strengthened my concepts continuously.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



A Positive Mindset

I always believed in giving my best. Instead of memorizing answers, I focused on understanding concepts thoroughly. This approach increased my confidence and made learning enjoyable. Since the Class X Board Examination comes only once, I treated it as a "now or never" opportunity and tried to learn something new every day.

The Turning Point – Pre-Board Examinations

The pre-board examinations became the turning point of my preparation. They gave me the real feel of the board examination and helped me improve my confidence, answer-writing skills, and time management. The guidance of my teachers and the counselling sessions conducted by our Principal Sir played a crucial role. My teachers patiently cleared my doubts, discussed chapter-wise Previous Years' Questions (PYQs), and exposed me to different types of questions. Principal Sir's valuable guidance helped me identify my mistakes and understand what examiners actually expect in an answer. This significantly improved my performance.

The Power of Revision

Revision was the key to retaining what I had learned. I revised every chapter several times instead of reading it only once. Regular tests and pre-board examinations conducted by the school made revision systematic and effective, helping me stay well-prepared throughout the year.



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



Managing Stress

I never compared myself with others. Instead, I focused on improving myself every day. Staying positive, maintaining a balanced routine, and believing in my preparation helped me remain calm and confident during the **examination**.

The Role of My Teachers

My teachers were the pillars of my success. They provided valuable notes, solved my doubts, discussed chapter-wise PYQs, introduced different question patterns, and guided me in improving my weak areas. Their encouragement and continuous support gave me the confidence to perform my best.

My Message to Juniors

Dream big, stay disciplined, and trust the process. Success is not about studying for one day or one month—it is the result of consistent effort throughout the year. Respect your teachers, revise regularly, practise sincerely, and believe in yourself. With determination and hard work, every goal is achievable.

"Success belongs to those who are consistent, confident, and committed to their dreams."



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161

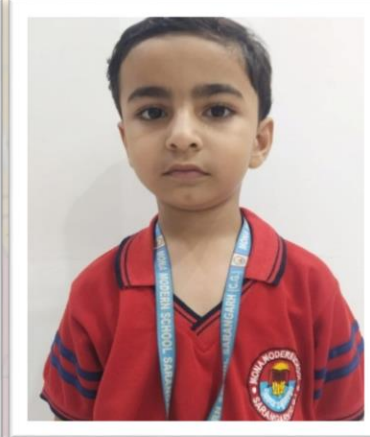
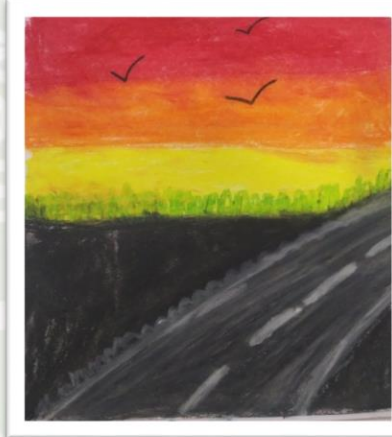


“ Kirti ” , The Art Gallery



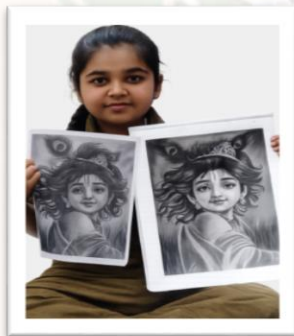
Arvita kesharwani

Class 2nd Rose



Athar Shaheer Khan

Class- UKG Lotus



Mishika Gupta Class 7th Rose

Avni Agrawal Class -2nd Rose



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★



Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161

100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07



YOUNG STREAM

★ ★ THE OFFICIAL FORTNIGHTLY MAGAZINE ★ ★

Mona Modern English Medium School, Sarangarh

Affiliated to CBSE, New Delhi | Affiliation No. 3330161



100 % Attendance



MONA MODERN ENGLISH MEDIUM SCHOOL, SARANGARH

www.monacg.in | 9575130353 | 9575110513

07

YOUNG STREAM



Where Curiosity Flows,
Creativity Grows,
and **Excellence** Shines.



• ABOUT THE MAGAZINE •

Young Stream is a platform that celebrates the ideas, talents and achievements of young minds.

It reflects our commitment to nurturing curiosity, creativity and character in every student.



LEARN

with Curiosity



LEAD

with Confidence



SERVE

with Compassion



GROW

with Character

“ Education is not the
filling of a bucket,
but the lighting of a **fire**.

– William Butler Yeats

”

• STAY CONNECTED •



www.monamodernschool.com



[/monamodernschool](https://www.facebook.com/monamodernschool)



[/monamodernschool](https://www.instagram.com/monamodernschool)



Mona Modern English Medium School,
Sarangarh, Chhattisgarh (C.G.)



9575130353, 9575110513

ISSN 2456-0001



9 772456 000018



**IGNITING YOUNG MINDS,
INSPIRING BRIGHT FUTURES**

