



# EARTH DAY ACTIVITY

**RESTORE OUR EARTH**

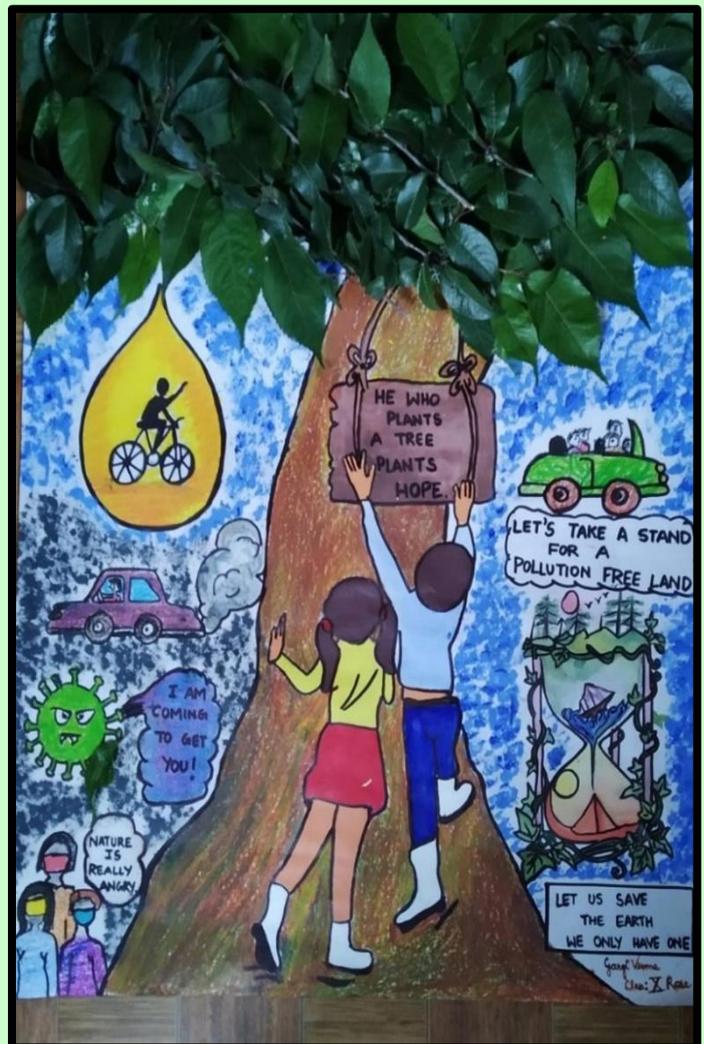
**This Year Let Us Celebrate EARTH DAY With a Twist....**

**You May Also Make Sketches, Drawings, Memes or Click Photographs of Mother Nature**

**Make Cool SUMMER DRINKS Or Lip-Smacking CHUTNEYS With Locally Available Fruits or Vegetables. Share any TWO RECIPES.**

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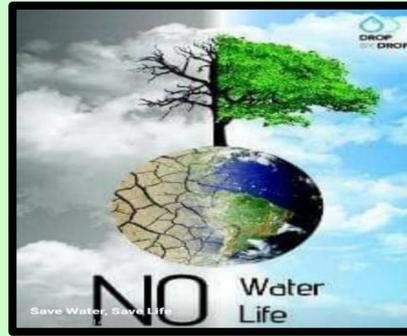


### RAW MANGO JUICE

**INGREDIENTS:**  
MANGO, SALT, SUGAR, MINT LEAVES, LIME JUICE, WATER.

**Recipe:**  
Wash, peel and chop the mango. Take mango and sugar into a blender.  
Grind into smooth puree.  
Then add water and blend it again.  
Strain the juice and discard the fibrous pulp if any. This step is optional though.  
Keep refrigerated, chilled till serving.

**Ayana Sarkar 9-B**

### Aam Panna (raw mango juice)

**Ingredients for Aam panna**  
Fresh mangoes  
Mint leaves  
Spices



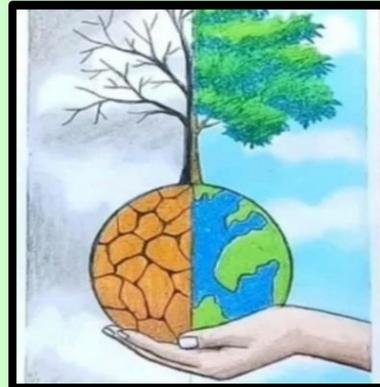

### Mint Lemonade

**Ingredients**  
1 cup of fresh chopped mint leaves, 1 lemon, 2 tsp sugar, a pinch of salt and 1 cup of water.

**Procedure**  
1) Wash all the ingredients well.  
2) Put the chopped fresh mint leaves, sugar, lemon and pinch of salt in the mixer grinder.  
3) Grind well.  
4) Now pour the lemonade in a glass and garnish it with lemon and mint leaves and add some ice cubes.  
5) Our Mint lemonade is ready to be served

**Akshita Agarwal (X)**





Wash the mangoes and peel them



Take a saucepan and put the mangoes in it with 1 1/2 glass of water in it and add the following spices

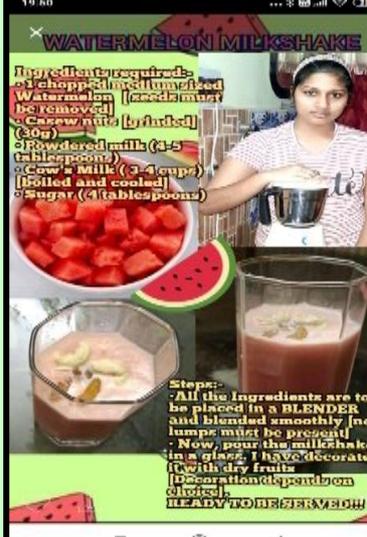
1. Salt as per taste
2. Black salt 1/2 teaspoon
3. Black pepper powder 1/2 teaspoon
4. Red chilli Powde 1/2 teaspoon
5. Sugar 1/2 cup




### WATERMELON MILKSHAKE

**Ingredients required:-**  
1) Chopped Ripe (Unseeded) Watermelon (seeds must be removed)  
2) Cashew nuts (toasted) (30g)  
3) Powdered milk (1-2 table spoon)  
4) Cow's Milk (3-4 cups) (Boiled and cooled)  
5) Sugar (4 table spoon)

**Steps:-**  
All the ingredients are to be placed in a BLENDER and blended smoothly (no lumps must be present).  
Now, pour the milkshake in a glass. I have decorated it with dry fruits.  
[Decoration depends on choice]  
**READY TO BEERVA MECH!**



Now put the lid on the saucepan and let the mangoes boil until they turn soft. After cooking turn the gas off and let the mixture cool. When the mixture is cooled transfer it in a mixing jar and grind the mixture until fine.



Now our concentrated aam panna is ready. Pour it in a glass and add water and mint leaves. Now our refreshing aam panna is ready



**Chop some fresh bananas.**  
**Put them in a blender.**  
**Pour in a glass of milk.**  
**Add sugar.**  
**Blend it**  
**Top it with some cashew and badam.**

**APARUJA SINHA 'B**

**INGREDIENTS:**  
2 bananas  
Castor Sugar  
1 glass Milk  
Cashews  
Kesar badam

**Banana Milkshake**





# Mango chutney



## INGREDIENTS

1/2kg mangoes ,oil  
100g, sugar 200g ,2 red  
chilli,salt ,haldi ,raw cashew  
nuts ,jaggery 200g , Dried bay  
leaves.

## PRODUCE

1. Heat oil in the pan then add Vietnam black pepper and dried bay leaves.
2. After sometimes add the mangoes,peeled and cut in 3/4 inch pieces than salt 1spoon ,haldi 1spoon.
3. And in the end add sugar and jaggery than leave it for 15mins.
4. The chutney is ready to be served!

---Sofia Sha  
(IX-B)

### Orange juice

Ingredients: Orange  
Quantity depending  
on people to serve

Method

1. Peel the oranges
2. Now make the juice
3. When the juice is ready. Decorate any way you want

Swasti Prasad

### Wood Apple Juice

(Beal Juice or Bengali quince juice)

Ingredients required-

- 1) Half a Beal or wood apple's pulp
- 2) 2 tsp sugar (or as per taste)
- 3) 1 tsp mountain salt (or as per taste)
- 4) 1 slice lemon's juice
- 5) 1 glass cold water

Recipe-

- Wash the wood apple well, and break it open
- Then take the pulp out with the help of a spoon
- Pour the pulp into a bowl with cold water
- Mash the pulp into the cold water properly
- Strain the mixture so that the seeds or any other particles are removed
- Then add sugar, mountain salt and lemon juice as per taste or as mentioned above.
- Serve chilled

Recipe equivalent to 1 glass. please multiply the ingredients if making in a large quantity

### AAM PANNA

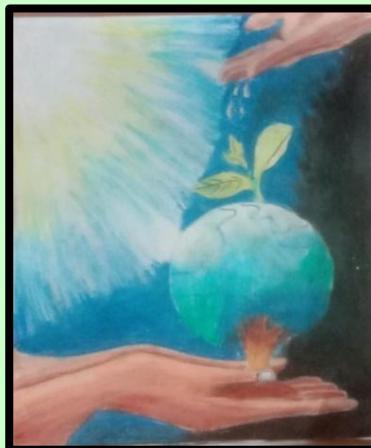
Ingredients:  
4 Roasted/bottled mangoes, 4 glasses of water, salt, sugar as per taste, 1 tea spoon roasted cumin powder, 1 table spoon black paper powder, mint leaves (optional)

Procedure:  
1) First Peel off the washed or boil mangoes then add water to the paste and mix it well  
2) Add salt, sugar, cumin powder and black paper powder and shake it nicely  
3) Put some mint leaves at the top  
4) Now the aam panna is ready to be served

### WATER - MELON JUICE

Ingredients:  
Water melon, ice cubes, mint leaves

Process: Cut the water melon into small pieces. Scoop out the seeds gently with a knife. Grind the melon in the mixer. Pour it into the glass. Put some black salt and ice cubes. Garnish the water - melon juice with mint leaves. And the Water - Melon Juice is ready to drink.



### CHATPATA CHUTNEY

Ingredients

- 4 Raw mangoes cut in small pieces
- 250g jaggery
- 1/2 tsp mustard seed
- 1 tsp roasted cumin powder
- 2 Green chillies
- Salt acc to taste

Method

- Heat oil on a pan. Add mustard seeds and green chilli.
- Add the mango pieces. Add salt according taste. Sauté it for 2 minutes.
- Add grated jaggery. Stir it until jaggery melts.
- Lower the temperature and let the mango cook for 3-4 minutes.
- Once the mango is cooked properly, add roasted cumin powder.
- Turn off the heat.
- Let the chutney cool for a few minutes and it will thicken up to.
- Serve the chutney with your favourite dish

Elora Samanta 9B

### Vegetable poha

Ingredients:  
Poha, onion (2 medium size), capsicum 1 pc, Carrot 1 pc, coconut grated, coriander leaves, mustard seeds.

Recipe:  
In a hot pan, put 2 spoons of oil and add mustard seeds, put the chopped onions and fry them till golden, put the vegetables and saute them for 2 minutes. Add salt, pinch of turmeric and chillies then add the pre soaked poha to the pan. saute for a minute and garnish with grated coconut and coriander leaves

### Watermelon Juice

Ingredients

- 4 cups seedless watermelon chunks
- 1/2 cup sweetened condensed milk
- 2 tablespoons sugar, or to taste

Melon balls on cocktail sticks, to decorate

● Pour into chilled glasses and serve decorated with melon balls on cocktail sticks. Add paper umbrellas if you want to get fancy-enjoy!

LORETO DAY SCHOOL, BOWBAZAR  
EVERY DAY IS EARTH DAY



Earth day, as celebrated on 22nd April each year, is a day to show our support towards Mother Nature with its rich biodiversity. Earth Day is dedicated to the bountiful Mother Nature and with each passing year, as the world battles a climate crisis, Earth Day is gaining significance. It is not an unknown fact that since the beginning of the appearance of man on earth, we have strived for growth and modernization. This modernization has no doubt made our lives easier but everything comes with a cost. We on earth are not the only living beings. If the whole earth consists only of a large number of living beings, we can also consider our earth as a being. Someone who needs love, affection and care just like us. For centuries, humans have become so captivated with our big machines and factories, that we forgot to give the love and care that our earth, our home needed.



We celebrate Earth day to show to the rest of the world that it is high time that we all start giving the long overdue love and care to our home. With urbanization, each day more and more forests are cut down for industrial purposes and the tremendous amounts of green-house gases released from all the factories adversely affect the health of mother earth. For the past few generations, we have been nothing but selfish, taking all that the earth has to offer and giving nothing in return. This way not only do we damage the earth, but also destroyed the habitat of many animals, thus bringing about the mass extinction of various species of animals. Through the celebration of earth day, we aim to raise awareness and take action to prevent the degrading of the earth any further and instead, help provide a healthier environment not just for us, but also for the other creatures inhabiting the earth.

NAYANTARA PAL X -B

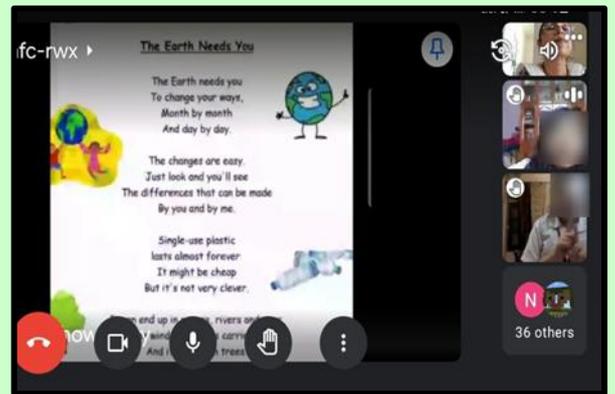


USE .....RECYCLE...REUSE

**Reconnect**

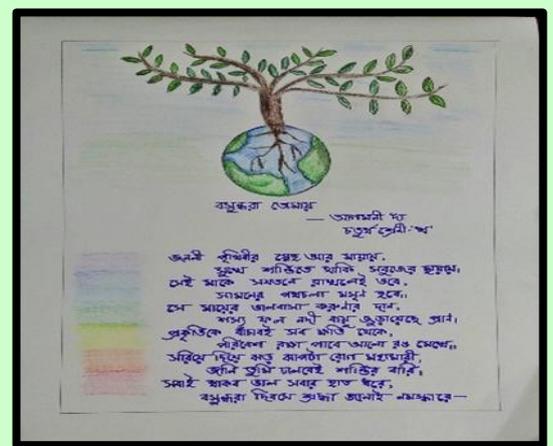
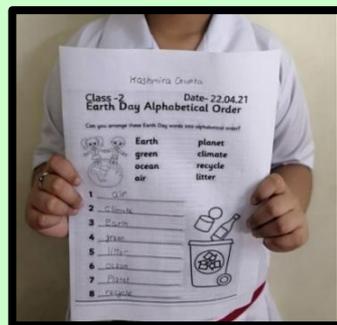
**RECITATION (CLASS-4)**

There was nothing for me to do today  
 So, I decided that I would finally step out of my room,  
 Feel the warmth of the sun again,  
 While the river gently kisses the soles of my feet.  
 While the wind gently makes the grass around me dance.  
 Listen to the voice of the melodious birds chirping a lovely song,  
 Sniff up the slight fragrance of roses in the air.  
 I would surrender myself to the beauty of the marvellous sights around me.  
 It would surely be a day well spent,  
 A day where I reconnect with mother earth.  
 A day where I appreciate nature before they eventually become my eternal host.



Yasha Ambreen Hussain, Class 10

**FOR THE BIRDS**



**MY GREEN FRIENDS**

**ACTIVITY LINK CLASS 8:**



WhatsApp Video 2021-04-25 at 9.33.38 PM.mp4

**SCHOOLS PERFORMED VARIOUS ONLINE ACTIVITY**



LORETO CONVENT DARJEELING

Earth Day has gained significance over the years due to the fast-depleting greenery around us, rise in pollution and excessive usage of plastics items. The 22nd of April marks as Earth Day and this year as well, students of Loreto Convent School, Darjeeling actively participated in it. They contributed their efforts with pictures, writings, creative art work, videos, sharing of summer drinks and chutney recipes. Their work speaks volumes about their enthusiasm and the ever readiness to protect our planet earth.

**Blue Moon Drink**  
~Shanon Lama

**Ingredients:**  
Ice cubes  
Mint leaves  
Blue food colour  
Lemon juice- 1 tsp  
Black salt- 1/4 tsp  
White cold drink  
Lemon slices

**Procedure:**

- ★ Put a few ice cubes in a glass.
- ★ Pour half a glass of white cold drink in the glass.
- ★ Add 1/4 tsp of black salt.
- ★ Add 1/4 tsp of lemon juice.
- ★ Now fill the other half of the glass with the white cold drink.
- ★ Add a few drops of blue food colour in the glass and mix it well.
- ★ Garnish the drink with lemon slices and mint leaves and your Blue Moon Drink is ready.

**Rose Mojito**

Stuti Gurung

**Ingredients**  
Rooch Afza 1-4 tbsp, fresh lemon, mint leaves, soaked chia seeds 1 tbsp, soda/water, ice cubes (optional), black salt (a pinch).

**Procedure**

- Squeeze the lemon in a sipper/glass.
- Add mint leaves, rooch afza and black salt.
- Add the soaked chia seed.
- Give it a good stir.
- Add ice cubes
- Finish the procedure by adding soda/water

*voila! your rose mojito is ready, now all you need is a good and relaxing summer day.*

Tashila Sherpa

Aegle marmelos juice recipe (bael)

By: tashila sherpa

**INGREDIENTS (1 CUP = 250 ml)**  
\*1 ripe bael fruit medium size  
\*sugar or jaggery as required  
\*1/4 tsp cinnamon powder optional  
\*1/4 tsp nutmeg powder optional  
\*chilled water as required

**INSTRUCTIONS**

1. Break open the bael fruit with a stone or hard object and by using a spoon scoop out all its pulp into a large container.
2. Press the pulp hard and squeeze out all its juice. Add little water to make the process easier. Discard all the seeds and fibres.
3. Now strain it and add the require amount of sugar and chilled water. Mix it until sugar melts.
4. Add the cinnamon and nutmeg powder and serve.

Bael naturally fights viral and bacterial infection ,can reduce Inflammation, and is considered a good cure for a number of diseases .  
It is also considered to be best summer drink

Shanon Lama

**Soyabean, Peanut Achar**  
~Shanon Lama

**PROCEDURE:**

- ★ Bring 3 to 4 cups water to boil and add Soya chunks. Squeeze off the excess water from the chunks.
- ★ Add them to a mixing bowl along with corn flour and salt.
- ★ Heat a pan and put some oil to fry the Soya chunks:

**Ingredients**

- ★ Roast the peanut as well till it becomes light brown.
- ★ Roast the sesame seeds and keep them aside.
- ★ Now bring a bowl and put all the ingredients together in it.
- ★ Pour Some hot oil in the mixture and mix it well and now our Achar is ready.
- ★ Put the achar in a platter and garnish it with sesame seeds, kasuri methi and rosemary/mint leaf.

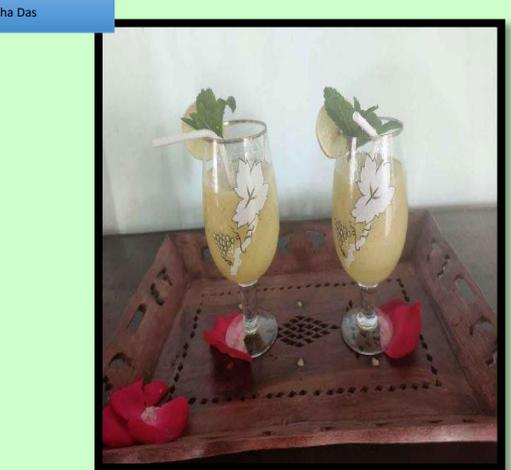
Soyabean- 100 gms  
Peanut- 100 gms  
Chilli flakes- 1 tbs  
Kasuri Methi- 1 tbs  
Tikhalal: 1 tbs  
Sesame Seeds- 2 tbs  
Pinch of Ajinomoto  
Salt- 1/2 tbs

**Mango Juice Recipe**

- 1- Wash, peel and chop the mango. Take mango and sugar into a blender.
- 2- Grind into smooth puree.
- 3- Then add water and blend it again.
- 4- Strain the juice and discard the fibrous pulp if any. This step is optional though.

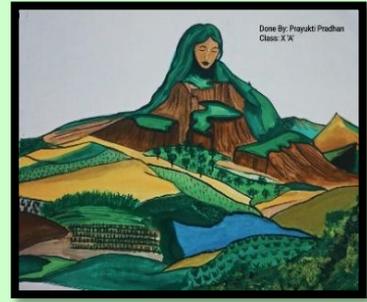
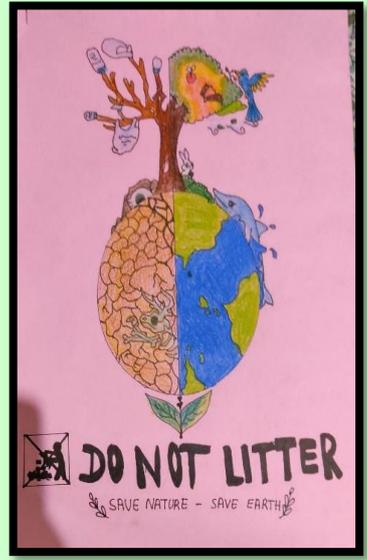
Keep refrigerated, chilled till serving. Juice made from fresh mangoes has very refreshing taste. Seasonal mangoes, this protein rich quencher is best for those trying to gain weight.

By Tashila Sherpa

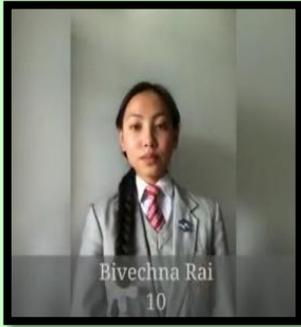


**A Better Place by Choden Sherpa, Class 8 C**  
Earth is known for its perfect beauty,  
And To protect it is our sacred duty.  
Always being ungrateful for it,  
In this splendid world we humans don't even fit .

Rivers filled with garbage instead of water,  
We talk about it,  
when tons of garbage are just found in the gutter.  
Animals getting extinct,  
it feels like we are in a world distinct.  
Thousands of trees being cut everyday,  
to protect it we all shall pay.  
We should do our part to save the Earth,  
She is not just our home, but also our mother.  
We all should pledge to make this world  
a better place, its flawless beauty people gaze...



Click [here](#) to play video



**A Little Hope by Utkrishta Chettri, 8B**

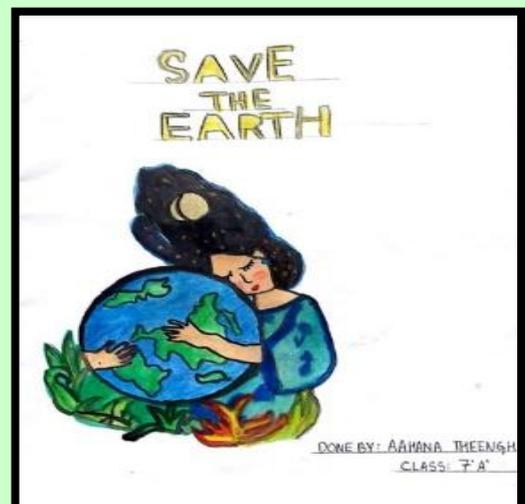
Do we remember our nature's beauty?  
 Or have we all forgotten our duty?  
 Have we taken our time to look around us?  
 Or decided to take the destruction bus?  
 Before us I think the world was green,  
 And was filled with mysteries unseen.  
 But as our desires grew,  
 Our Earth did not remain as good as new.  
 For once can we all just pause,  
 And think of all the cause.  
 For great, wonderful beasts are gone,  
 Do we want this to carry on?  
 Her beauty so rare,  
 Which she is always willing to share.  
 Birds singing a beautiful song,  
 Are long lost and long gone.  
 From now let us take a little move,  
 And try our best to improve.  
 We humans, we may be smart,  
 But have we tried to see through nature's broken heart?  
 If you love music have you just stopped,  
 To hear nature as she sobbed?  
 For Mother Nature has trust in you,  
 And I am sure you will want to help the world where you grew.  
 So let us save dear nature, save,  
 And stand up for right and be brave.  
 These are just words written by me,  
 But together we can save a tree.  
 So let's save our mother Earth,  
 And come to know how much she is worth.

Environment is not a thing, it is our surrounding, it is everything around us which includes plants, our most staple food and animals who keep the food chain circling. In order to survive, we need our environment.

Many trees are being cut down everyday, many animals are being slaughtered mercilessly, but for our own needs. We need paper, firewood from trees, proteins to stay fit and healthy from the meat of animals. These are necessary for us but we tend to do things excessively and don't think about the damage. Nowadays, due to less trees, the air isn't pure as it used to be, more cities are now in the place of big, dense forests, more pollution is occurring due to plastic, the new famous non-biodegradable substance and create more problems. If we together plant trees and saplings and use less plastic and be more conservative, the future generation will have enough to thrive on the planet peacefully.

Our environment is very precious and it is getting depleted. Thus, we need to protect and save trees and animals because our life depends on them.

*Khushika Gurung, Class 8 C*



LORETO CONVENT DELHI

**MANGO MILKSHAKE**

**Ingredients:**

- 2 large ripe mangoes
- 2 cups of milk
- 2 tablespoon sugar
- 2-3 ice cubes

(1) Wash, peel and chop mangoes into small pieces and remove the seed. Transfer them to a blender jar.

(2) Add milk and sugar to taste or sweetness and some ice cubes.

(3) Blend smoothly and then pour the shake into serving glasses. Garnish with some dry-fruits (available at home) and a scoop of any flavored ice cream.

Veena Jamdar 6A

**Pomegranate Lemon Cake Shake**

**Ingredients**

- 1. Pomegranate- 1/2 cup
- 2. Fresh cream- 1/4 cup
- 3. Milk- 1/4 cup
- 4. Vanilla essence- 2 drops
- 5. Orange essence- 2 drops
- 6. Sugar- 1 tablespoon
- 7. Ice cubes- 3-4 cubes
- 8. Lemon cake

**Instructions**

- 1. Combine fresh cream, milk and sugar.
- 2. Put pomegranate.
- 3. Add vanilla essence and orange essence.
- 4. Add ice cubes and blend.
- 5. Put a few small pieces of cake in the glass and pour milkshake on top.

Sukriti Pandey XII C

**MINTY CANARY DRINK**

**Ingredients:**

- Muskmelon 1 small
- Lemon 1 small
- Mint leaves
- Black pepper powder 1 pinch
- Sugar 2 tsp

**PROCEDURE**

Cut the canary melon, Separate the pulp from the seeds and grind it by adding sugar

Squeeze the lemon into it Crush the mint leaves with pepper powder

Take a stem glass, on the mouth of the stem glass, garnish it with sugar powder

Add crushed mint leaves into the canary melon juice and pour it into the glass Garnish it with mint leaves Charvi Manjunath V C



DIVYANSHIKA VIII



PRABHGUN VII A



PRABHGUN VII A



VAANI DUTTA X B



RASHIKA VI A



GURSIMRAN VIII B



BREEZE VI



AASHVI I A



SHERYL SINGH X B



YUVIKA -V



MAYURI VB



ALKA SHUKLA



ANWESHA



DEVANSHI



KYRA PREP

**WOODLAND -A JEWEL OF EARTH**

Once in a lifetime you must see,  
 A woodland full of lovely trees.  
 A woodland that may in winter wear  
 Protect creatures from cool air.  
 A woodland that may in spring wear  
 Bloom flowers on their hair.  
 A woodland that may in summer wear  
 Spread shed everywhere.  
 A woodland that may in monsoon wear  
 Send fragrance in atmosphere.  
 A woodland that may in autumn wear  
 Get ready for its new wear.  
 Take a pledge like me,  
 Restore our Earth by planting a tree.

**Navya Ahuja X-B**

**OH! MY PLANET EARTH**

Oh! my planet Earth,  
 We humans burden you very much  
 Trees are cut, don't know how much

Pure air to breath, going out of reach  
 Sparrows not to be seen, only towering  
 concrete  
 Trees we plant, only for the cameras  
 Or we paint them on the canvas

We are busy, polluting water with our waste  
 No river now remains completely safe  
 We struggle to get clean water  
 Ultimately we use Bisleri water

Mother Earth loves us very much  
 We shouldn't make her angry so much  
 Save our water and plant more trees  
 Ask forgiveness for all our deeds.

**SAMANVITHA TEJUS IV A**

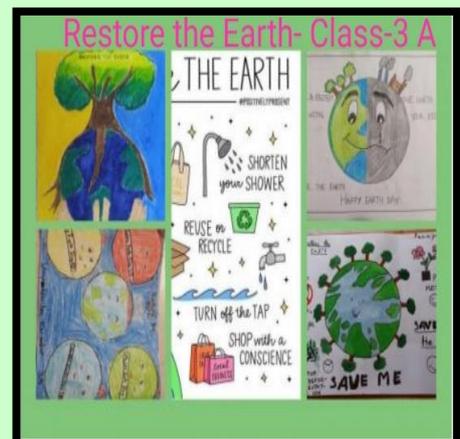
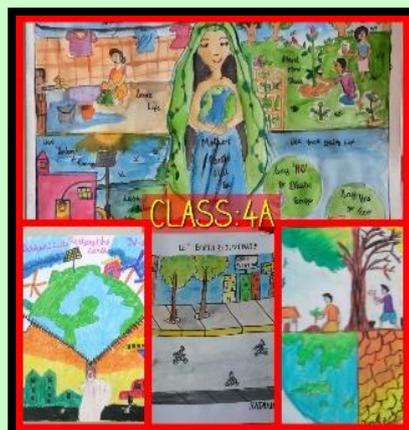


LORETO DAY SCHOOL, DHARAMTALA

It was in 1970 that the UN proclaimed 22<sup>nd</sup> April as World Earth Day to spread awareness against its unprecedented destruction and the need to conserve its resources. This year the theme of Earth Day is "Restore Our Earth".

*"We do not inherit the earth from our ancestors; we borrow it from our children"* is an ancient proverb.

It is our responsibility as well as duty to give the future generation a healthy and not an abused planet. Since the beginning of the industrial revolution human beings have mindlessly and selfishly destroyed and polluted this planet, harming not only themselves, but also many species of flora and fauna. Environmental calamities are a warning of the impending disaster. We need to act NOW else there will soon be no life on earth! It is time to get over our blissful ignorance and unite to restore the only home we have, because WE do not have a planet B to travel to leaving our planet bare, barren and poisonous. - Debanwita Das-8



**ACTIVITY LINKS:**

[https://drive.google.com/file/d/1VMoN9HKVeqDM\\_ic8PVFftZ4NAXqrAS8b/view?usp=sharing](https://drive.google.com/file/d/1VMoN9HKVeqDM_ic8PVFftZ4NAXqrAS8b/view?usp=sharing)

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<https://drive.google.com/file/d/1T7XCgpEDLI4CNSMkqvzVZnzpYWYC1TZe/view?usp=sharing>

**MOUSAMBI GINGER BREW**

**INGREDIENTS :**  
 MOUSAMBI JUICE-120ML  
 LEMON JUICE-30ML  
 GINGER JUICE-30ML  
 MOUSAMBI CHUNKS-30GMS  
 FRESH MINT -10LEAVES  
 MINT SPRIGS-2NO'S  
 GINGER JULIENNES FOR GARNISH  
 ICE CUBES-4-CUBES  
 MOUSAMBI SLICE FOR GARNISH  
 SUGAR SYRUP-30ML  
 BLACK SALT -1TEASPOON

**METHOD:**  
 IN A HIGH BALL GLASS MUDDLE MOUSAMBI CHUNKS,  
 FRESH MINT,LEMON JUICE,BLACK SALT AND SUGAR SYRUP  
 TOP WITH ICE-CUBES AND STIR  
 ADD MOUSAMBI JUICE,GINGER JUICE AND STIR  
 GARNISH WITH MINT SPRIGS,JULIENNE OF GINGER AND  
 MOUSAMBI SLICE  
 SERVES-2  
 AKALSHA GHOSH,6B



**Enjoy your drinks!**

Addressija Mukherjee  
Class 5B



**TOMATO CHUTNEY**

**INGREDIENTS**

- 1) Tomato 2
- 2)Garlic
- 3)Red Chillies
- 4) SALT
- 5)Oil
- 6) Five spices
- 7) Lemon juice
- 8) Sugar
- 9) Kaju
- 10) Dates
- 11) Raisins

**METHOD**

In a pan add oil, tomatoes, garlic, red chillies, Salt, five spices, lemon juice, sugar, kaju, dates and raisins. Let it cool. Blend it.



**Summer Cool Drink Preparation**  
**Abhi Day**  
 Class - 5B



**BLUE BERRY LEMONADE**

**INGREDIENTS**

- Ice cubes
- Lemon juice
- Soda (sprite)
- Blue Berry cream soda
- Mint leaves

TALBIYAH ALI EHSANI  
CLASS - 7 - A  
EARTH DAY ACTIVITY



MUSKANA KOTIARI, CLASS 12

**COCONUT CHUTNEY**

**METHOD:**  
 BLEND THEM ALL

**SMOOTH TOPPING RECIPE:**  
 TAKE A SMALL BOWL PUT ON GAS THEN ADD THE FOLLOWING:  
 OIL - 2TSP  
 MUSTARD-1TSP  
 DRIED RED CHILLI- BROKEN INTO PEICES  
 CURRY LEAVES ( CHURRY PATTI)- FEW  
 THEN FINALLY SAUTE AND SPLITTER AND FINALLY SERVE IT WITH DOSA

**INGREDIENTS:**  
 1 CUP COCONUT  
 PEANUT - 1 TBSP (ROASTED)  
 ONION-2 PETALS  
 CHILLI -2  
 TARMARIND - SMALL PIECES,  
 SALT - 1/2, 1Tsp  
 WARM WATER: 1/2CUP



**WATERMELON MOJITO**

**Ingredients :**  
 Lemon juice 2 tsp  
 Watermelon 1/4 cup  
 Power sugar 1 tsp  
 And soda half a cup

**Method:**  
 Pour some lemon juice watermelon and powder sugar in a glass and muddle it properly. Pour in in a another glass and add some crushed ice to your drink. And now your drink is a perfect summer cooler.

- Sarah Iris Nathun 6B



**Restore Our Earth**

"One of the first conditions of happiness is that the link between man and nature shall not be broken," said Leo Tolstoy and we humans have been foolish enough to break it. The year 2020 has shown us how foolish we have been. We have destroyed the earth that was gifted to us in all its glory and treated it so badly, that nature had to punish us. Today we live in fear of what the future holds for us.

The biggest mistake we make is, thinking that the earth needs us to survive. No, it does not. It is the humans who need the Earth to survive. The world does not belong to humans alone. Humans have caused destruction for their own benefit and have upset the balance in the eco system, forgetting that they too will not survive if other species to which the world belongs become extinct. The time has come for us to "Restore Our Earth" if we want to survive. We need to be 'educated' to do this.

To build a sustainable society, environmental and climate literacy, are very important. We need to educate ourselves that **reforestation** is not just about planting a few saplings and watching them grow but ensuring that the **plant species are in harmony with the existing ecosystem**. We also need to educate ourselves on using **biodegradable and recyclable commodities** and **sparingly use the available resources**. **Water conservation** is also of prime importance.

It is time we all came together to "Restore Our Earth" for survival.

Srishti Chattopadhyay  
Class - VIII Section - B

**INGREDIENTS:**

- Mango
- Mustard seeds
- Dry Chillies
- Sugar
- Salt

**METHOD:**  
 Heat oil in a pot, add mustard seeds dry chillies.  
 Add mango, water, sugar and salt to taste.  
 Stir it time to time till the syrup becomes thick.  
 Cool it and place it in a jar and it is ready to serve.

SAMRIDHI SINGH  
XII






## LORETO INDIA

The mango pulp paste is made by mixing it with 5 tablespoon mint leaves and 1 ½ cup of sugar in the grinder. One tablespoon of the above mango paste is added to a glass of water (200 ml) and mixed well. To the solution 1 tsp of cardamom powder, 1 tsp of pepper, 1 tsp of cumin powder and 3/4<sup>th</sup> tsp of salt are added. Four ice cubes are added to the juice. The drink is decorated with 2 mint leaves and served.

Uzma Fatma Anwar- Class VI

**BLUE LEMONADE:** First, crush 8 -10 pieces of mint leaves and cut 1 lemon in half. Squeeze lemon & mint together and collect juice Now take a glass and add powder sugar 1 tsp, ice cubes 5-6, lemon & mint juice 1 tsp , curacao syrup 1 ½ tbsq, chilled soda water as per requirement of glass. Mix it well altogether. Now put 1 lemon slice & few mint leaves in glass. Garnish with lemon slice on top of the glass. Made by Aliza Siddiqui Class – V



**MANGO CHUTNEY:** First peel the mangoes and cut them into pieces. Marinate the mango pieces with sugar and let it rest for 1 hour. Then boil the mangoes for 10 minutes in water. Take another pan and add 1 tsp of cumin seeds, 1 tsp of coriander seeds 1 tsp of fennel seeds. Roast all the seeds together then grind it to make powder. Now add the powder in mango mixture then add ½ tsp of red chilly powder and ½ tsp of salt. When the mangoes are soft, add 1 tsp of white vinegar & garnish with dates and cashew nuts. Now the sweet mango chutney is ready to shrewmouse Benazir Nur Class: V



**SIGNAGE:** The students of class VI made it simple for the people to understand the importance of the Earth and its resources through some simple signage.

Sreya Misra Divyanshi Gupta

**POWERPOINT PRESENTATION:** Explaining how important mother Earth is, was made easier by the students of class VII through their vibrant and colorful PowerPoint presentations. The PowerPoint presentations can be viewed by clicking on the link mentioned below.

<https://drive.google.com/file/d/1wWnVI7tWWTFY28CkqHyNeCQXBiqBSWnG/view?usp=sharing>

Zara Afrin Class VII

<https://drive.google.com/file/d/1rLFYzjJ2hUfI5qakrfIJzahzNi7YMf/view?usp=sharing>

Omkrita Chakraborty Class VII

[https://drive.google.com/file/d/1hW\\_5VBnBn8UbqQZ0le42zzbKLGUuwAf2/view?usp=sharing](https://drive.google.com/file/d/1hW_5VBnBn8UbqQZ0le42zzbKLGUuwAf2/view?usp=sharing)

Bushra Eram Class VII

<https://drive.google.com/file/d/1zbMAE-u9HNQCbO4BGOZyGbmImXaHHz7R/view?usp=sharing>

Joytri Das Class VII/Rozzelle Solomon-VII

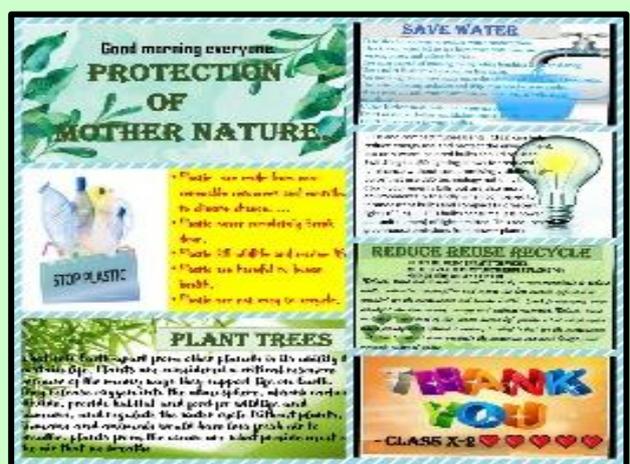
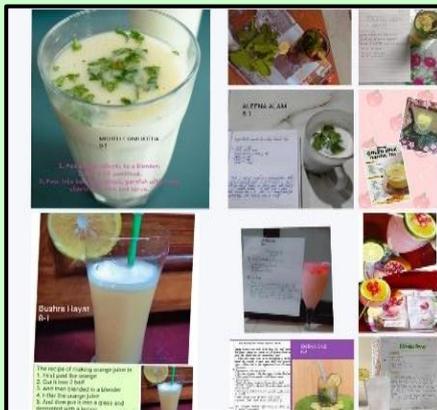
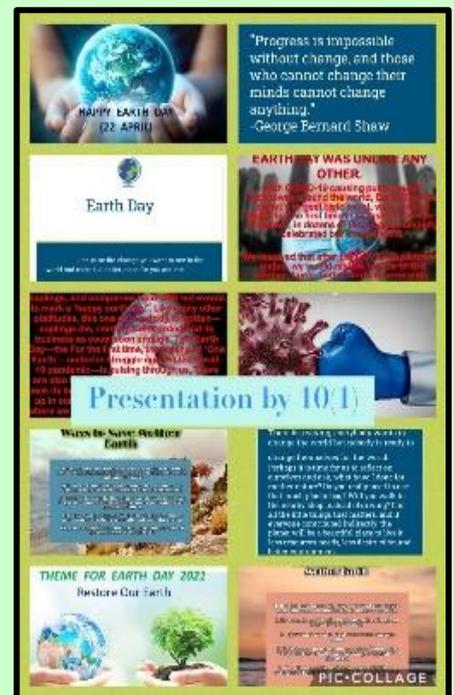
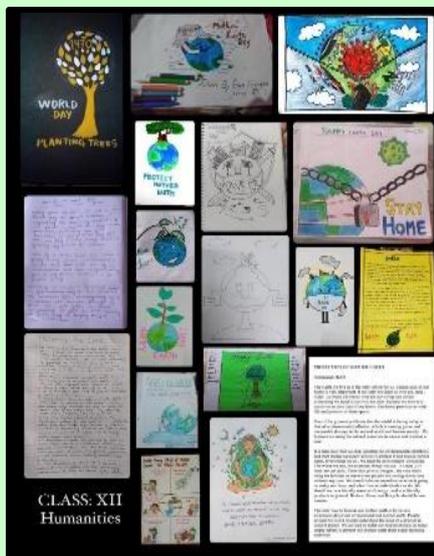
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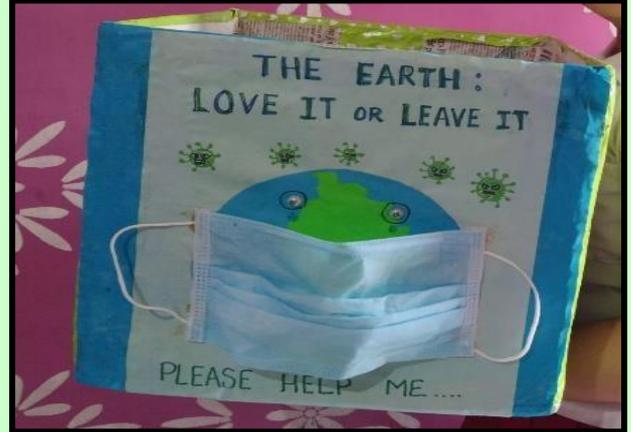
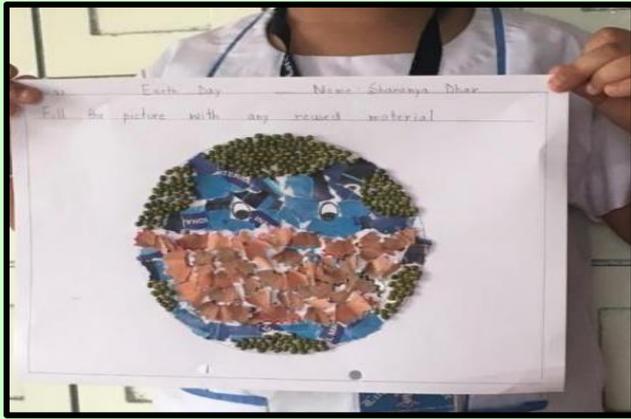
LORETO CONVENT , ENTALLY

The theme for EARTH DAY, 2021 is “Restore Our Planet”. We began with the JPIC special Assembly on Earth Day.

- Classes Nursery, KG, I and II-Drawing/craft/Non fire cooking/summer drinks.
- Classes III,IV and V-summer drinks/Creativity out of waste materials/poetry/painting.
- Classes VI and VII-Recycle Handicraft.
- Classes VIII and IX-i) Immunity boosting drinks/beverage ii) seasonal fruit salad iii) chutney
- Class X- PPT
- Classes XI and XII-Posters/Articles
- Participation in Tarumitra Virtual Earth Day Activities by our students
- Participation in a Webinar (organized by TARUMITRA)
- Signage for school and home







## MANGO LASSI

**INGREDIENTS**

- 1 cup Mangoes ( cubed & chilled)
- 3/4 to 1 cup yogurt ( chilled)
- 4 cardamoms powdered
- 3 thbps sugar
- 1/2 cup ice cubes

**INSTRUCTIONS**

- \* Add mangoes, cardamom powder, sugar and water to a blender jar.
- \* Blend until the mangoes are smooth.
- \* Pour the yogurt and run the blender once more until smooth, thick pouring consistency.
- \* Serve mango lassi chilled.
- \* Garnish with sliced pistachios and cardamom powder.

*B. Himani Shriya (3-1)*





### Mint Yoghurt Chutney

**Ingredients-**

- 1 cup Yoghurt
- 1/2 cup Coriander leaves, chopped
- 1 cup Mint leaves, chopped
- 1 green Chilly, chopped
- 1 inch Ginger, chopped
- Oil
- Salt

**Method-**

- Grind the coriander & mint leaves along with green chilly & ginger
- Add water, if required. Grind to form a smooth paste. Once that is done, add the coriander mint paste into the yoghurt
- Add enough salt & mix to form a light green creamy chutney. Transfer it into a bowl & garnish it with mint on top



Sarvi, Class III, Sec I

### WATERMELON LEMONADE

**ingredients**

- watermelon
- lime
- mint leaves
- ginger
- sugar
- rocksalt



**procedure**

- wash the ingredients well.
- cut the watermelon into small cubes & the ginger into small pieces.
- put the above ingredients into a mixer.
- squeeze the juice of one lime & also add 10-12 mint leaves with some sugar & a pinch of rocksalt.
- add half a cup of water.
- mix the ingredients well in the mixer.
- pour out the juice into a sieve & sieve it out in a glass.
- add some ice cubes & garnish it with mint leaves serve.



### CHILLI CURD CHUTNEY

- Ingredients-**
- Coriander seeds- 2 tsp
  - Cumin seeds- 1 tbsp
  - Whole dried red chillies- 2 pieces
  - Garlic cloves- 10 cloves
  - Oil- 4 tbsp
  - Salt- according to taste
  - Curd- 4 tbsp
  - Kashmiri red chilli powder- 1 tsp

**Method-**

Grind garlic cloves, cumin & coriander seeds & dried chillies. In a pan, fry the masalas till they turn brown. Then add the red chillies powder dissolved in water. When oil starts to separate, add curd and salt. Cook well till oil comes on the surface.



### COCONUT CHUTNEY

**INGREDIENTS**

- 1/4 cup chopped coconut
  - 1/4 cup fresh coriander leaves
  - 1 tbsp fried chana dal & urad dal
  - 1/4 inch ginger
  - 2 green chilies
  - Tamarind as needed
  - 1/2 teaspoon cumin
  - Salt as needed
- FOR TEMPERING**
- 1 tsp oil, 1/4 tsp mustard seeds
  - 1 broken red chili, 1/4 tsp cumin seeds
  - 1 sprig curry leaves, pinch of hing



**PROCEDURE**

1. Add all ingredients to a blender and pour 1/4 cup water and blend to a smooth thick chutney.
2. For tempering, heat oil in a small pan. Add mustard, cumin and red chilies.
3. When the seeds splutter, add the curry leaves and hing. Pour this on the chutney.
4. Give a stir and serve.

B. Hanani Shruya (3-1)

### Fresh Watermelon Juice

Sarvi, Class III, Sec I



**Ingredients-**

- 3 cups seedless Watermelon, peeled & cubed
- Juice of 1 Lemon
- 1/2 cup Coconut water
- 1 cup Ice

**Method-**

- Place all the ingredient into a high speed blender
- Puree until its smooth

**Ingredients**

- 1) Asafoetida
- 2) Urad Dal
- 3) Dry Red Chilli
- 4) Mustard seeds
- 5) Cumin
- 6) Garlic
- 7) Ginger
- 8) Curry leaves
- 9) Onions
- 10) Green chile
- 11) Tamarind
- 12) Salt
- 13) Tamarind



**Recipe**

First heat the pan then put some oil then put the ingredients one after another in the way

**Ingredients -**

- Rose Syrup- 2 tsp
- Soda- 250 ml
- Lime juice- 3 tsp
- Ice cubes- 4 large pieces
- Sugar- 1 tsp
- Mint leaves- a few
- Lemon rings- 3 slices

**Method-**

Pour rose syrup, ice cubes, mint leaves and lemon slices in a mason jar. Prepare lemon juice with lemon, water and sugar and pour it into the jar. Top it with mint leaves and enjoy with a reusable steel straw to protect the



**Ingredients:**

- Raspberries
- 1/2 ounce lemon juice
- 1/2 ounce simple syrup
- Sparkling water
- 2-3 dashes orange bitters
- Raspberries, to garnish



**PROCEDURE :**

1. Muddle the 5 raspberries with the simple syrup and lemon juice in the bottom of a shaker.
2. Add the ORN, orange bitters, and ice; shake to combine.
3. Strain the contents of the shaker into an ice-filled glass.



Ingredients:  
 • 1/2 cup raspberries  
 • 1/2 cup simple syrup  
 • 1/2 cup lemon juice  
 • 1/2 cup sparkling water  
 • 2-3 dashes orange bitters  
 • Raspberries, to garnish

**ACTIVITY LINK:**

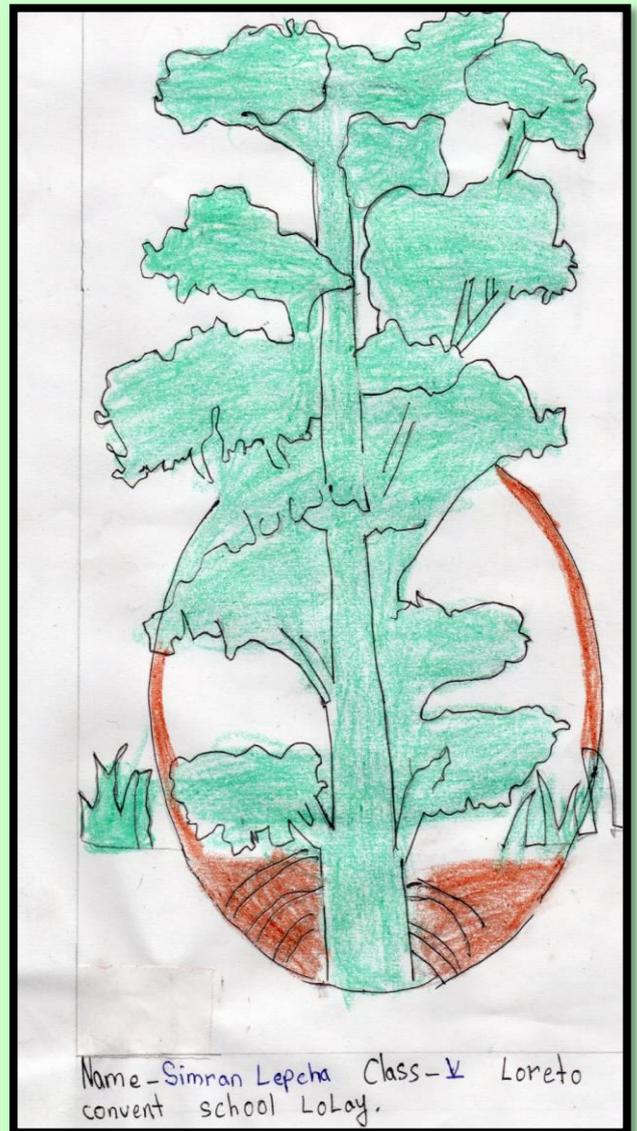
**Senior Section:**

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**Junior Section:** <https://drive.google.com/file/d/11ffHcynb9UUGBoDbkljUHDJIsYeF9KJZ/view?usp=drivesdk>

LORETO CONVENT SCHOOL, LOLAY

On 22<sup>nd</sup> of April 2021, Loreto Convent School Lolay has organised an online plantation programme and poem competition based on Earth Day.



## LORETO INDIA

### Save Our Home

Mother Earth you are silent and beautiful  
Your affection towards us is  
Kind in everyone's life,  
You are the provider of nutritious food,  
You are the creator of beautiful environment,  
Giver of beautiful gifts, we are grateful towards you.

You work for us to give us gifts,  
Your soft cover and in your fertile soil,  
We grow crops and vegetables Mother Earth,  
You are the protector of all beings.  
The depth of your love cannot be compared,  
Oh! Mother it is incomparable.



NISCHAI CHHETRI-V

PRATIMA KHAWAS-V

GRACY LEPCHA-V



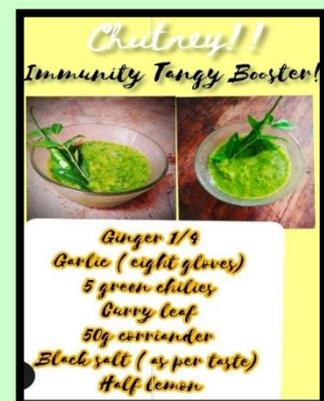
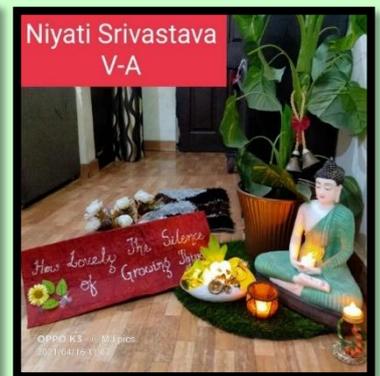
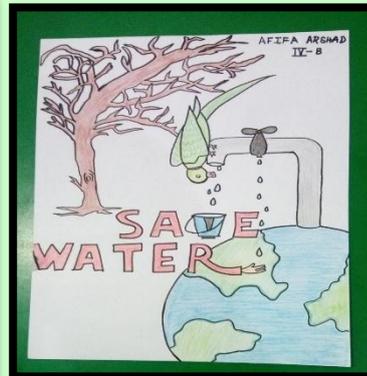
ELKINA TAMANG-V

ALEX LEPCHA -V

SIMRAN LEPCHA-V

LORETO CONVENT INTERMEDIATE COLLEGE, LUCKNOW.

Earth Day is celebrated on 22nd April every year. The day aims to raise awareness about climate change and global warming, and protecting our planet and taking action. The students of class I to XII this year pledged to save the environment by making handmade badges with a message on it, making use of the locally grown fruits to make summer drinks and chutneys, also showing their love for the planet through drawings and paintings.



The children participated enthusiastically in all the activities. Emphasizing on the importance to conserve water, girls portrayed their artwork enhancing the theme 'Save Water' and recycled toys and objects to decorate Bonsai.

**Ginger and mint flavoured lemonade**

YOU'LL NEED	ALL YOU HAVE TO DO
Ice cubes Ginger crushed Mint - roughly chopped Powdered sugar Lemon juice Salt Pepper Lemon slice	Put 6 ice cubes in a glass. Add a small piece of crushed ginger. Now add roughly chopped mint leaves. Add one teaspoon powdered sugar. Put lemon juice. Add half teaspoon salt. Now add. Black pepper. Put a slice of lemon in the glass. Now add cold water and mix well. The drink is ready.

-Kashvi Devgan

**INGREDIENTS**

4-5 Watermelon pieces  
half cup juice  
mint

**RECIPE**

Blend the mint and place in the cup.  
Slice the watermelon (remove the seeds) and the juice. Spritz Together.  
Add the seeds (removed for the watermelon) for garnishing.

enjoy

**strawberry mojitos**  
-Jehani Shrivastava

prep time-5 mins

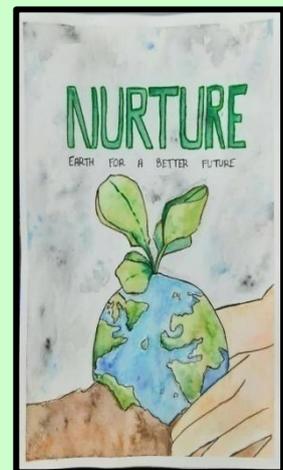
**Ingredients**

1 cup sliced fresh strawberries  
12 mint leaves  
¼ cup sugar syrup  
juice from ½ lime  
1 glass of spritzo

**optional garnishes** -strawberries, lime wedges or mint spring

**Instructions**

1. In a cocktail shaker, muddle strawberries, mint leaves, sugar syrup and lime juice with a muddler (use the back of a wooden spoon if you don't have a muddler).
2. Pour it in a glass full of ice and add spritzo in it. Garnish with a strawberry, lime wedge or mint spring.



**MINT LIME JUICE**

Ingredients

Laxmi chick Baraik (IX)

1. Lemon – 1Pcs (Cut into 8 pieces)
2. Ginger – ½ sliced
3. Mint leaves – few
4. Black pepper powder – A Pinch
5. Sugar – 5 to 6 teaspoons
6. Salt – ½ teaspoon
7. Water – as required



Direction: in a blending jar add a lemon which has been cut in 1/8 small pieces, a ½ inch of sliced ginger, a pinch of black pepper powder, 5-6 teaspoons of sugar and a ½ teaspoon salt. blend them together and strain it. transfer the juice into serving glass. lastly add some ice cubes with mint leaf on top of the glass.

**PUDINA CHUTNEY**

Ingredients:

1. Two cups roughly chopped mint leaves
2. One cup roughly chopped coriander
3. Green chilies 6-7 pcs
4. ½ cup thinly sliced onions
5. ½ slice ginger
6. Salt to taste
7. One teaspoon sugar
8. ½ lemon juice

Method: Combined all the ingredients and blend in mixture gland to make a smooth paste using little drop water. Serve it immediately.

Kumari Gurung (VIII)

**NATURE**

Nature is so beautiful  
that it blows our mind  
You just can lose yourself in it or  
Find yourself at the same time.

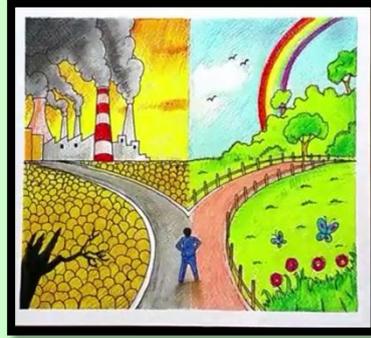
Anish Kujur :VIII



LORETO CONVENT, RANCHI



ABHIDYA SAHAY-IV



ABHIRUCHI SUMAN-IV



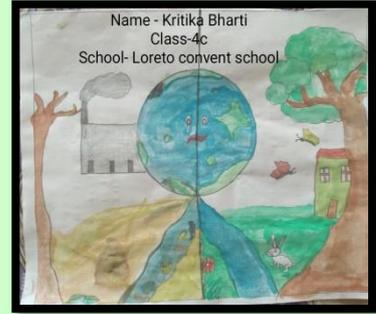
ARADHYA DUBEY-IV



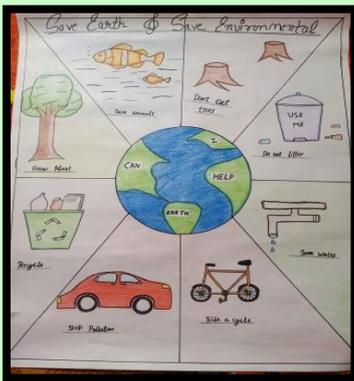
DIA CATHERINE EKKA-IV



DIYLEEN KAUR-IV



KRITIKA BHARTI-IV



NILISHA KUMARI-IV



YASHVI SHAH-IV



PREKSHA SRIVASTAV-IV



ISHITA-IV



SHAILLEY KESHRI-VIII



AADYA SHREE-VIII

**Immune boosting smoothie**

(carrot, beetroot, apple)

**Ingredients:**

- Carrot -260g**
- Beetroot - 170g**
- Apple -185g**
- Ginger - 2tbsp**
- Lemon juice -2tbsp**

Grind it well in the grinder till the consistency becomes smooth

now add 3 or 4 ice cubes

now enjoy your immune boosting smoothie

( By Aayushi singh )



**Wood apple juice recipe**

-CHETANSHI MODI, 5A

- Break the wood apple and take out the pulp.
- Take a bowl and add ½ cup water into it.
- Keep the pulp in the bowl and leave it for 30 minutes.
- Mash the pulp in the water gently.
- Take a filter, strain it and add 1 tsp sugar and squeeze some lemon.
- Stir well and then serve.
- Add some ice cubes.



AAYUSHI SINGH VIII

CHETANSHI MODI-V

**Hydro flow mojito**

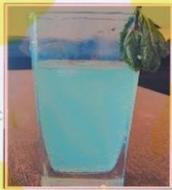
**INGREDIENTS :**

- 2 tbsp white sugar
- 10 fresh mint leaves and 4 mint tablets (polo)
- 1 lemon, thinly sliced
- 300ml fresh lemon juice
- 1 cup crushed ice
- Soda water, chilled, to serve

**PROCEDURE :**

1. In a mortar-pestle take mint leaves (about 8 to 10), 4 mint tablets, 2 slices of lemon / lemon juice, 2 tsp sugar, a pinch of salt.
2. grind all the ingredients. Put the juice in a shaker by straining it
3. Add crushed ice & soda water
4. Shake for a minute & serve chilled

- PARIDHI ADHIKARI (X'A)



**Mango Shake Recipe**

- Purvi Kumar

-Take two mangoes and one raw mango (cut in small pieces) in a container.



- Boil it for 5 minutes
- Grind the mangoes and put it in a pan.
- Add some water and boil it.
- After two minutes add some sugar.
- Take it in another container and cool it in the refrigerator.



PARIDHU ADHIKARI-X

PURVI KUMAR-V

**Lemon Juice Recipe**

**Ingredients**

- Lemon, Powder Sugar (1 cup), Chill Water (500 gm), Jajjeera powder ( 1tsp)

**Method**

1. In chill water add 1 cup of powder sugar and mix it nicely.
2. Then add lemon juice and jajjeera powder. Mix them nicely.
3. Then enjoy your lemon juice



NIHARIKA SHUKLA

**MANGO FROOTI....**

- Snishtha Priya

**RECIPE:-**

- Take a pan and heat it.
- Take 2 cups of chopped ripe mango
- Take ½ cup of chopped raw mango
- Add half cup sugar
- Add 2 cups of water
- Stir it well and let it boil for 10 minutes
- Turn off the flame and drain the water
- Let it cool Completely and grind it
- Filter the mango paste and whisk the mango pulp that falls down
- Finally dd 4 cups of water
- Refrigerate it for 2-3 hours and serve it



ENJOY YOUR HOMEMADE MANGO FROOTI !!!

SNISHTHA PRIYA

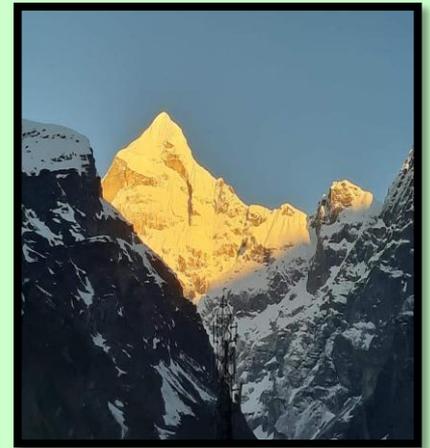
LORETO CONVENT SADAM



LORETO DAY SCHOOL, SEALDAH



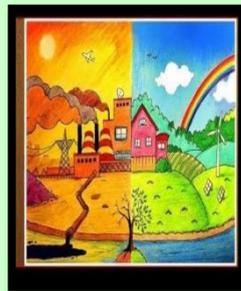
SWASTIKA DAS GUPTA



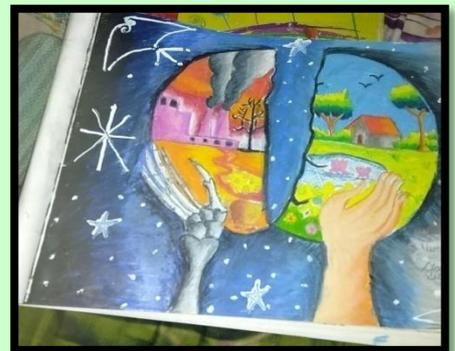
PHOTOGRAPH BY:SOHNI DUTT



RAJMITA SAHA VII



RAJSHREE PAUL VII



WASIFA PARVEEN VII

**PEARLY STRAWBERRY SMOOTHIE**

**INGREDIENTS:-**  
MILKMAID, ICE, OREO, STRAWBERRY CAKE, HERSHEY'S STRAWBERRY SYRUP, MILK & STRAWBERRY ICE CREAM

**Recipe**

1. Take 4 oreo biscuits, 3 slices of Strawberry cake, 3 ice cubes and 4 tablespoons of milkmaid.
2. Blend it for 1 minute.
3. Pour the above mixture into a glass tumbler.
4. Mix one cup of chilled milk and 4 drops of Hershey's Strawberry syrup in a separate bowl.
5. Then pour the strawberry milk into the glass tumbler.
6. Now gratefully pour a scoop of strawberry ice cream on top.
7. Lastly, garnish it with oreo crumbs.



PEARL SHARMA VI



PRAGYA TRIVEDI VI



SARAH JAMIL VI



### **WATERMELON-LEMONADE**

Ingredients- Watermelon, lemon, water and sugar.

Step 1: Cut a watermelon into small pieces.

Step 2: Make watermelon puree using a whisk/fork.

Step 3: Use a strainer to separate the watermelon juice from the pulp and seeds.

Step 4: Take a saucepan and add half cup of water and four table spoons of sugar.

Step 5: Bring the mixture to a boil and switch off the stove when the consistency of the syrup thickens.

Step 6: Transfer the syrup into a bowl and allow it to cool.

Step 7: Take a glass and fill ¼ of it with watermelon juice.

Step 8: Slice a lemon into a circle and put it into the juice.

Step 9: Add 3 table spoons of the syrup.

Step 10: Fill the glass with the remaining watermelon juice.

Step 11: Squeeze lemon juice into the watermelon mixture.

Step 12: Cut a slice of lemon and watermelon and decorate the glass with the fruit slices.

MANISHA PAHARI-IX

### **Where do we stand\***

Twenty years in future, I see an Earth  
I no longer dare to call by that name,  
The actions of life on my home  
Made the whole galaxy lifeless.  
All around I see bones  
Bones of an existence to busy to care  
A kill after another,  
And then suddenly, everyone's dead.  
The aftermath didn't turnout the way they wanted,  
Being untouched while everyone else cripples by,  
It took us too much time to realise,  
The earth was ours not just yours or mine.  
I stare from a far distance,  
How my mother weeps in the death  
Of her trillion children,  
How she blames herself for not having enough,  
I see her blood turn to stone  
There's no water we left behind.  
We were sure that one half of us will survive,  
At least that's what Thanos taught  
'The better half', wasn't that what they were called?  
I saw the agony in my mother's eyes  
As she was chained in metal and nailed in cement  
skyscrapers,  
Rewind back to now, it's 2021  
I know today there's a thousand of you,  
Waiting for someone else to change it all,  
I know someone's too scared to be the only one  
trying,  
Too scared to resist a destiny to come by,  
But could you promise your guilt won't stride  
In your heart, when the aftermath of 'not-doing'  
comes by.  
I know there are many of you who are sure  
One change can't remove all the trace of our dirt  
Trust me, the seven billion of us are waiting for one  
to start.

KAJAGARI BHATTACHARYA IX



The children took it upon themselves to 'be the change' in making the world a greener place by sowing seeds and saplings.



Admiring the beauty of the world and making others aware of its beauty, the children took photographs of nature at its best.

**PHOTOGRAPHY :**



Finding inspiration and seeking for positivity during this Pandemic, the children put on their aprons and showed off their cooking skills.

**TRADITIONAL COOKING :**



LORETO CONVENT TARA HALL SHIMLA

Earth day was celebrated on 22<sup>nd</sup> April, 2021 to demonstrate support for environmental protection. This year the theme for celebration was 'Restoring Earth'. All students from nursery to class ten participated in various activities. Students clicked photographs of Mother Earth, delivered speeches, painted pictures, adopted plants, grew plants in left over bottles, made salads and wrote recipes. The entire week of activities focused on the environmental issues that the world faces.



ADANYA DAHIYA 6



P.C : PAAVA KAUR 7



VRISHAHI DIDWAL 7



TULIPRISHA CHAUHAN 7

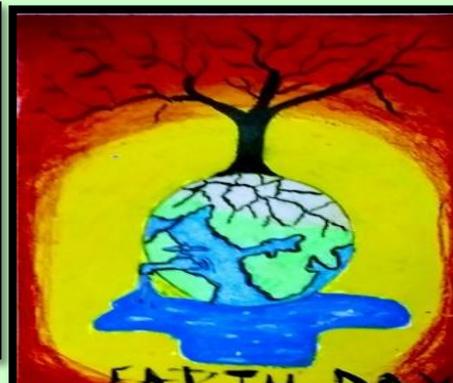
BEST OUT OF WASTE:



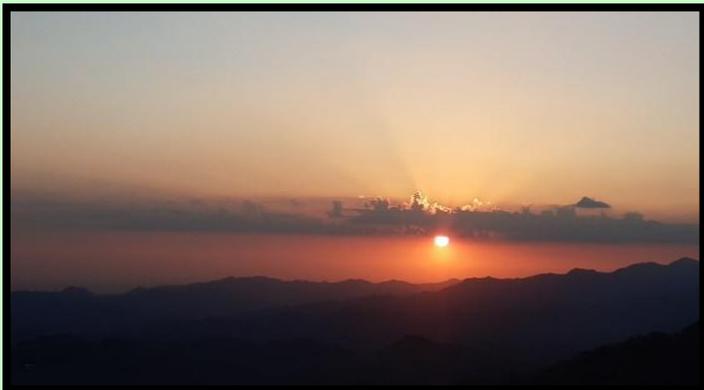
DHRITI SOOD 8



SHAMBHAVI SHARMA 7



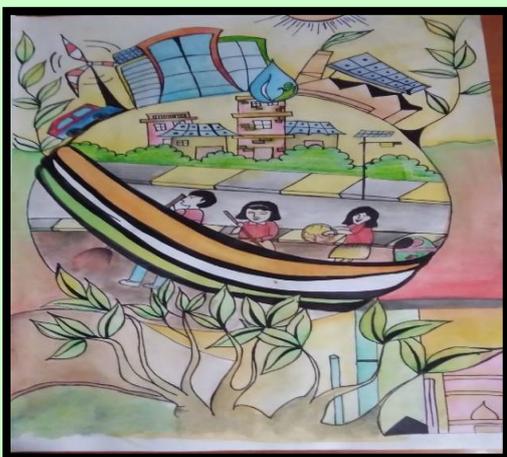
MAITHALI SHARMA 9



PC: SUKRITI SHARMA 9



PC: JYOTSANA SINGH 9



KAMAKSHI KAUSHAL 10

<https://photos.app.goo.gl/y56P7dasV16vh4dk6>

**Ingredients needed :** Mango, Crushed ice, Condensed milk

**Materials needed :** straw, blades, knife, Can opener, Apron, glass

put them into the grinder

**Step 2** add crushed ice

**Step 3** pour in the condensed milk

**Step 4** blend at the lowest first, then and the highest

**Step 5** Pour the finished mango shake glass

**ENJOY**

CEONA CHAYHAN 7

**SPROUT SALAD**

**INGREDIENTS:**

- Sprouts of yellow and green Moong dal
- Sliced small Onion, Tomato, Cucumber pieces
- Salt , Chilly , Chat masala power
- Drops of lemon juice

• From: Sanvi Kaushal 7<sup>th</sup> Rose Rollno. 33

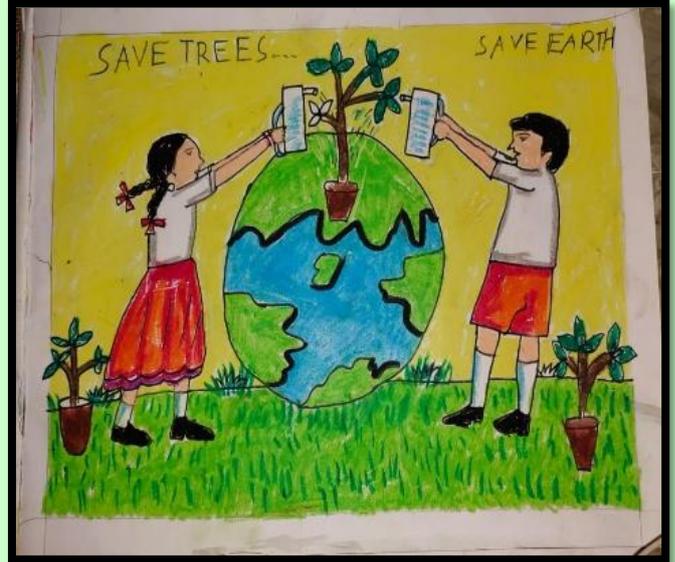
SANVI KAUSHAL 7

LORETO ST.VINCENT'S SCHOOL, THAKURPUKUR

The students of Loreto St. Vincent's School, Thakurpukur, enthusiastically participated in various activities to commemorate our benevolent Mother Earth. On the occasion of the Earth Day, an array of creative activities was organized with a view to sensitize the children about the conservation of natural resources and to motivate them to do their bit towards making their planet even more beautiful. The events of the week rekindled emotive concerns and instigated the youngsters to save, love and respect Mother Nature with all their heart and soul.

**জন্মভূমি**

হে দেশ, হে আমার জননী,  
কেমন করে তোমায় আমি বলি।  
যে মাটিতে ভর দিয়ে আমি উঠে দাঁড়িয়েছি  
আমি যা কিছু স্পর্শ করি কেবল তোমারই অনুভূতি  
তুমি বিশ্ব জননী,  
তুমি কখনো শীতল কখনো বা তপ্ত গ্রীষ্ম  
কখনো আবার বর্ষার রাণী।  
হে দেশ, হে আমার জননী,  
তোমার কোলে মাথা রেখে দুঃখের দিনে  
শুকিয়ে যায় আমার চোখের পানি।  
হে দেশ, হে আমার জননী হে বিশ্ব জননী, গর্ভধারনী  
তোমার কোলে কত পশু পাখির ঘর  
আর কত গাছের ছাওয়া।  
আর কত সমুদ্র কত নদী সেগুলি জলে ভরা।  
হে দেশ, হে আমার জননী,  
হে জননী যারা নিষ্ঠুর ভাবে তোমার বুকে আঘাত করেছে  
আমার কখনও তাদের ক্ষমা করিনি।  
হে দেশ, হে আমার জননী, আমার জন্মভূমি।



RASHI ROY: III

BIJOY HALDAR: IV



BONI MALIK: KG



ISHA NASKAR : II



<https://youtu.be/iY1X2FJ-Xs>

Dance by Titli Kar, Class1

ST. TERESA'S GIRLS' H.S. SCHOOL, DARJEELING

On 19<sup>th</sup> April the students and teachers pledged to save energy for a better tomorrow by turning off the electric devices from 6:00 p.m. to 6:30 p.m.



VIRTUAL ASSEMBLY

On 22<sup>nd</sup> April 2021 Earth Day was observed with a virtual assembly presented by the students of Class VIII.

DRAWINGS AND COLLAGE MAKING

The students participated in drawing and collage making activities too.



TAKE A PLEDGE:

The students of Class I took a pledge to Save Earth and to take action by making these pledge cards.



## LORETO INDIA

### SAPLING PLANTATION:

We planted vegetables and saplings of maple and orange in our homes as part of the Earth Day celebrations.



### NATURE PHOTOGRAPHY :

We took time to admire the beauty of Nature and capture it in our cameras.



### SUMMER DRINKS

The students made summer drinks out of seasonal fruits to beat the heat as well as to nourish the body.



Ingredients  
for lemon juice

1. lemon
2. Black Salt
3. Sugar
4. mint
5. ice cube

Donna Sherpa.  
Class 2 A



### MAKING CHUTNEY!

Using local vegetables and herbs, the students tried their hands in making varieties of Chutneys and pickles.



Radish Pickle  
INGREDIENTS:  
RADISH  
SALT  
SESAME SEEDS  
GREEN CHILLIES  
FRESH LEMON  
PROCEDURE:  
• Take medium sized radish and cut into fine pieces.  
• Grind the sesame seeds and place it aside.  
• Place the chopped pieces of radish into a bowl and add salt, chopped chillies, sesame seed powder and mix it well.  
• After mixing add lemon juice to give the flavour.

Anushka Chetti  
Class 4A



**Let's turn it all around,  
We can make the change.**

These words have always been the guiding and propelling force for every student in a Loreto Institution. A promise to bring the change was made by the students in the junior section (Class Nursery to Class V) on the 22nd of April observed as the Earth Day. The year 2021 marks the 51 st anniversary of Earth Day.

In harmony with the ideals of the JPIC, they participated in various activities with full gusto and a firm believe that they will be the voice of change. Each dedicated student made a promise to heal and nurture the nature for a better future.

**Earth Day Activities-**

**Nursery- Things we get from plants**

**Prep – Growing plants from food scrap**

**Class 1- Plantation of a sapling**

**Class 2- To sow the seeds of a medicinal plant**

**Class 3- Compost making at home**

**Class 4- To find out the nutritional value of any 5 green vegetables**

**Class 5-Growing a herb bed**

**Class 6- Energy savings at home**

**Class 7- Grow a fruit or vegetable plant at home**

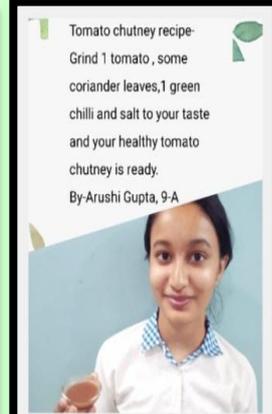
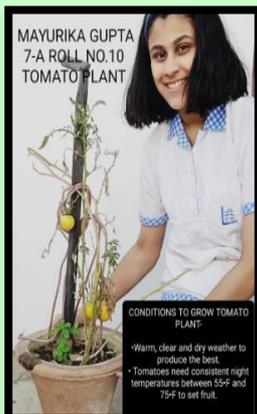
**Class 8- Signage making**

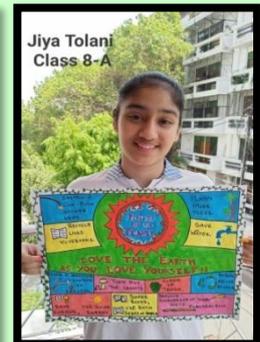
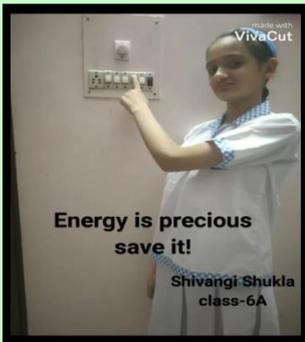
**Class 9- Refrigerator organization**

**Class 10-video to urge others to take action**

**Class 12- Compost bin with kitchen waste**

**Classes 6-12 - Summer drinks and chutney making**





ACTIVITY LINK OF CLASS X :

<https://youtu.be/erpjR3qBrsQ>  
Anshika Joshi 10 A

<https://youtu.be/o36bjNnrjeko>  
Suhani Chandra 10 B

<https://youtu.be/3cPKtsrJoSY>  
Himanshi Rajpal 10 A

<https://youtu.be/Nr1kOccOe1c>  
Hifza Asif 10 B

[https://youtu.be/g\\_7ltqQs6e0](https://youtu.be/g_7ltqQs6e0)  
Bhoomi Gawri 10 A

<https://youtu.be/hb7eiSbiyKI>  
Manasvi Khare 10 C



**FROM WATER BODIES TO FORESTS , SAVE NATURE FOR YOUR SONS AND DAUGHTERS.**

( AANVI CHAUHAN LORETO CONVENT SHIMLA )